

CENTER FOR WELL BEING AND POSITIVE PSYCHOLOGY

"Empowering Tomorrow's Leaders: IAC's Summer Camp Leadership Training Program

The leadership training offered at the IAC Summer Camp has proven to be a pivotal experience for students, equipping them with the essential tools necessary for success in the real world. This comprehensive training program was thoughtfully structured over several weeks, with each week dedicated to honing specific skills aimed at nurturing students into their best selves.

The inaugural week places a strong emphasis on critical thinking, problem-solving, and strategic planning. **Continued on Page 3**



Summer Camp students assembled in the open amphitheater for leadership training activity



Gratitude Journaling: Embracing Life's Bright Moments!

BY EDITOR: YUMNA.QURESHI@IAC.EDU.PK

Have you ever had a day when the world seemed a bit brighter, your heart a bit lighter, and a sense of contentment washed over you?

Gratitude journaling is the key to unlocking these moments of pure bliss. In the words of psychologists and researchers, gratitude journaling is the art of relishing life's small joys and expressing heartfelt appreciation for them. It's about recognizing the everyday blessings that often go unnoticed. It involves the blessings that we human beings sometimes fail to notice

The beauty of gratitude journaling resides in its inherent simplicity and versatility. Crafting a daily journal can be a delightful activity, requiring nothing more than the simple act of capturing a handful of heartfelt sentiments. Whether it's the valued loved ones who grace

your life, the remarkable experiences you stumble upon, or even the minute intricacies that ignite a sense of joy within you, penning down these precious moments can prove to be an effortless and rewarding practice.

What makes it truly magical is its ripple effect. As you cultivate gratitude, you not only brighten your days but also radiate positivity around you. It's a small act of rebellion against the negativity that can sometimes overwhelm our lives.

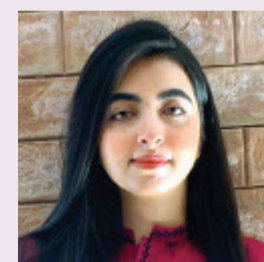
So, my dear readers, the next time you take a moment to pen down your gratitude, cherish it. Gratitude journaling is your passport to a world where joy is abundant, and life's vibrant colors shine a little brighter. Embrace it, and let it fill your life with warmth and contentment.

compared to their counterparts who lack optimism. The power of optimism cannot be underestimated, as it plays a significant role in shaping a student's academic journey and overall well-being. Optimistic students possess a unique mindset that enables them to approach challenges with a sense of hope and resilience. They view setbacks as temporary obstacles rather than undefeatable barriers, allowing them to bounce back from failures and continue striving towards attaining their goals.

Even when circumstances are difficult, optimism enables us to see the world in a positive light. It gives us perspective for the future and encourages us to keep going even when we feel like surrendering. Ultimately, optimism makes us happier and more successful people.

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This Award is for YOU! Lecturer of the Month



Aqsa is a true embodiment of compassion and an exceptional listener. Her students admire her for the genuine care and attention she offers, making them feel valued and heard. Her ability to lend a compassionate ear has left an indelible impact on those she serves.

In her dual role as a lecturer and counselor, Aqsa Shabbir excels in both realms. She seamlessly combines her expertise in the subject matter with her empathetic counseling skills, creating a holistic and enriching learning experience for her students.

Aqsa's presence at the Center for Well-Being and Positive Psychology has been transformative. Her positive influence has created a nurturing environment where students thrive.



"Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you."

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Optimism, defined as a mental attitude or disposition marked by hope and confidence in the future, is a quality that many individuals strive to cultivate. It is a mindset that enables individuals to approach life's challenges with a positive outlook and a belief that things will ultimately work out for the best. Embracing optimism can have a profound impact on one's overall well-being and can contribute to a more fulfilling and satisfying life.

Individuals who possess an optimistic

perspective, firmly believe that good things will happen. Their unwavering positive outlook not only shapes their mindset but also has a profound impact on their overall well-being and achievements. Whereas those who adopt a pessimistic attitude often find themselves trapped in a cycle of negativity, hindering their happiness and success.

It has been widely observed that students who possess a positive outlook on life tend to have a higher likelihood of achieving success

Her dedication to nurturing mental well-being and personal growth is commendable.

Aqsa Shabbir is our Lecturer of the Month for her unwavering dedication to students' holistic development, her deep connections with them, and her promotion of well-being and positive psychology.

VISITS

Renowned Psychologists Join Board of Studies for Innovative BS Psychology Program

“Not every day you come across such institutes that are working or the mental well-being of their students”

Ms. Shahnila Tariq



The faculty of Center for Well Being and Positive Psychology with Dr. Shahnila Tariq after successfully signing of the Board of Studies for BS Psychology Program

The Institute for Arts and Culture recently introduced the BS Psychology Program. The formation of the Board of Studies was facilitated by the Center for Well-Being and Positive Psychology. **Dr. Shahnila Tariq** from UMT and **Dr. Naumana Amjad** from Nur University were extended invitations to join the Board of Studies for the BS Psychology Program. Both guests expressed their admiration for the program and emphasized the inclusion of innovative courses like positive psychology, forensic psychology, and media psychology. Furthermore, they received an overview of the center's activities and lauded the efforts of the faculty in promoting the mental and personal well-being of students. Respected guests accepted the invitations and are now esteemed members of the BS Psychology Program's Board of Studies.



From the Head Counselor's Desk:

AYESHA HAIDER: AYESHA.HAIDER@IAC.EDU.PK

Remember, it's not the strength of the storm that defines you, but your ability to dance in the rain.

In the journey of life, you have the power to shape your destiny, and as the head counselor, I am here to guide you through the intricate patterns of your mind. Remember, it's not the strength of the storm that defines you, but your ability to dance in the rain.

Embrace your inner resilience. Every obstacle you encounter is an opportunity to become stronger and wiser. You have the power to transform adversity into strength and setbacks into stepping stones.

Life's journey is indeed a complex web of experiences, encompassing both moments of brightness and darkness. By cultivating a deep sense of self-awareness, practicing self-compassion, and embracing perseverance, you have the power to uncover and embrace your true potential. It's the small, consistent steps you take each day that lead to monumental changes.

I encourage you all to have faith in yourself, as you possess an extraordinary ability to conquer challenges and achieve your aspirations. With every setback, you gain experience; with every effort, you build character. When faced with doubt, it is important to remind yourself that your mind is a powerful asset and that your potential knows no limits.

As a counselor, I am here to provide guidance, but the true transformation lies within you so keep moving forward, for your potential is infinite, and your journey is worth every step.

WORKSHOP

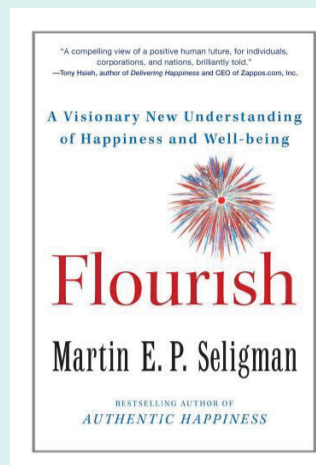
Faculty Development Program Chapter 3: Unlocking the Power of Effective Communication



A Faculty Development Program (FDP) session dedicated to enhancing communication effectiveness within departments was conducted successfully with the Heads of the Departments. The primary objective of the session was to emphasize the crucial importance of efficient communication and devise approaches to enhance interdepartmental and intradepartmental communication. In addition to these informative discussions, a question-and-answer segment was incorporated to respond to inquiries, while interactive games were employed to promote companionship and build bonds among the department heads. This comprehensive approach aimed to equip participants with valuable insights to foster better communication within their academic departments.

BOOK RECOMMENDATION

Book Review



“An intriguing book, that offers valuable insights for achieving a life filled with deep satisfaction and fulfillment”

Flourish, a book written by the esteemed author Martin Seligman delves into the profound notion of well-being. Seligman, a true pioneer in the Positive Psychology movement, has successfully set a new standard for enhancing the human condition. In his book, the author delivers on his promise to guide readers towards a flourishing life. With an electrifying new theory, he explores the essence of a good life, not just for individuals but also for society as a whole.

The book introduces the concept of PERMA, representing Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment – the five pillars of Positive Psychology that foster profound life satisfaction.

This book's far-reaching implications are truly thought-provoking. Seligman's groundbreaking ideas have the potential to completely transform various fields such as education, economics, therapy, medicine, and public policy. Engaging examples showcase Positive Psychology in action, from innovative approaches in education to elevating employee well-being in corporations. The book offers exercises for self-reflection, facilitating personal growth.

Seligman's book offers a range of exercises that effectively prompt readers to delve into their attitudes and aspirations. This aspect of the book makes it an invaluable tool for personal growth.

"Flourish" is a truly remarkable book that offers a fresh perspective and serves as a source of inspiration. It provides valuable insights and, more importantly, presents practical strategies for enhancing one's life experience.



Gratitude: Unlocking the Fullness of Life

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The term gratitude originates from the Latin term gratia, which means grace or a state of being thankful. Gratitude is an emotional state characterized by a sense of appreciation and thankfulness. It is a sense of thankfulness and joy in response to receiving a gift, whether the gift is a tangible benefit from a specific other or a moment of peaceful bliss evoked by natural beauty. With gratitude, people acknowledge the goodness in their lives.

Gratitude is a powerful emotion that individuals experience and convey in various ways. Many individuals choose to incorporate the practice of applying gratitude to their past experiences, as they find solace in recalling positive memories and expressing gratitude for past blessings. Many individuals express gratitude for the present moment, recognizing the value of not taking their blessings for granted. Gratitude enhances the quality of life and makes it more worth living. It opens the human spirit and instills the desire to reciprocate with good deeds. It also enhances personal lives and strengthens relationships with friends and family.

The act of expressing gratitude has been found to have positive effects on our overall well-being, including our emotional state, physical health, and ability to manage stress. This phenomenon facilitates individuals in experiencing heightened positive emotions, savoring favorable occurrences, enhancing their overall well-being, and cultivating healthy interpersonal connections.

Everyone can benefit from trying to practice gratitude in day-to-day life. It can be achieved simply by paying attention to the good things that happen to us. We must appreciate and accept the importance of everything in nature and our surroundings. Whenever possible we should express gratitude to those who contribute to our comfort, such as gardeners, security guards, sweepers, delivery men, etc. We should make a habit of thanking God when we wake up in the morning and before sleeping at night.

Gratitude can change your life as it makes you appreciate what you have, rather than what you don't have. It is the single most powerful source of inspiration that any individual can tap into if they simply stop and pay attention to the simplistic beauty and miracles of life.



make friends left me feeling like an outsider, shrouded in self-doubt.

However, I soon discovered IAC's hidden gem: the Center for Well-Being and Positive Psychology. Although hesitant at first, I sought help from a counselor, Ms. Aqsa Shabbir, whose compassionate listening and guidance marked a turning point. I worked closely with her, gaining invaluable tools for stress management, time optimization, and relationship building.

The pivotal moment arrived when I participated in a campus event, supported by Ms. Aqsa and the center's staff. I created a piece that expressed my journey of self-discovery, symbolizing my transformation from a timid, self-doubting student into someone ready to embrace life's challenges.

The resulting exhibition was a tremendous success, drawing admiration from fellow students and leading to invitations to join art clubs. Gradually, I developed strong friendships, and my confidence soared.

The Well-Being Center became my sanctuary, a hub for growth and self-discovery. Through their guidance, support, and friendship, I not only overcame my challenges but thrived in my new environment. Today, I'm a confident, well-adjusted student at IAC, excelling academically while pursuing my passion for art. My story underscores the strength in seeking help when facing adversity and the transformative power of the right guidance.

***We honor your privacy. Only students who willingly consent will have their stories published in our newsletter. Rest assured, all counseling sessions and cases are strictly confidential.**



MUHAMMAD OSAMA AHMAD

Student's Testimonial

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This captivating course has not only broadened my academic horizons but has also connected me with a team of truly cooperative counselors. The center's staff, in particular, stands out as a beacon of encouragement and support, consistently going above and beyond to assist students. Their expertise makes them well-equipped to address the challenges that stressed-out students often face.

University life can be a whirlwind of responsibilities and pressures, and in my personal experience, it can easily become overwhelming. The mental and emotional toll of balancing coursework, social interactions, and personal growth can be immense. In such times, having a caring and empathetic individual to talk to is nothing short of a blessing. The center's counselors provide a safe space for students to share their concerns, making the university journey a more manageable and fulfilling one.

SUMMER CAMP

"Empowering Tomorrow's Leaders: IAC's Summer Camp Leadership Training Program"

The week commenced with the "Find the Leaders" activity, a unique exercise challenging students to identify individuals based on a set of specific qualities. For problem-solving, the "Human Knot" activity was introduced, where students collaborated to untangle a human knot. Furthermore, class discussions were conducted to foster critical thinking and debate on pertinent topics. For the strategic planning session, the students were divided into groups, provided with paper cups, and tasked with devising a strategy to construct the tallest tower from the cups within a specified time frame.



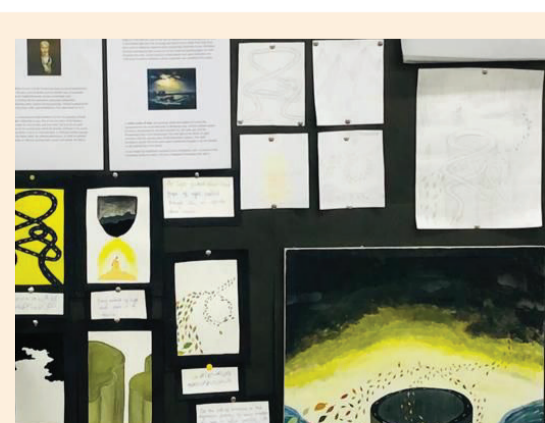
Engaged in the human knot activity, the students of the summer camp showcasing their teamwork and enthusiasm

These activities collectively encapsulated the qualities that define exceptional leadership. The primary objective of these meticulously designed activities and discussions was to arm students with these indispensable tools, empowering them to evolve into effective leaders capable of making a significant impact in the future.

STUDENT'S CORNER

From Doubt to Confidence: A Student's Journey of Transformation

I'm Areeba, and I'd like to share my transformative journey at IAC. Initially filled with anticipation and dreams of studying at this prestigious institution, I soon encountered daunting challenges. Adapting to the new environment proved far more demanding than expected. Struggling to



Radiating Confidence: Student proudly presenting her work at a campus exhibition



"Role-Play Rumble: When Soft Skills Class Turned Hilariously Fun"

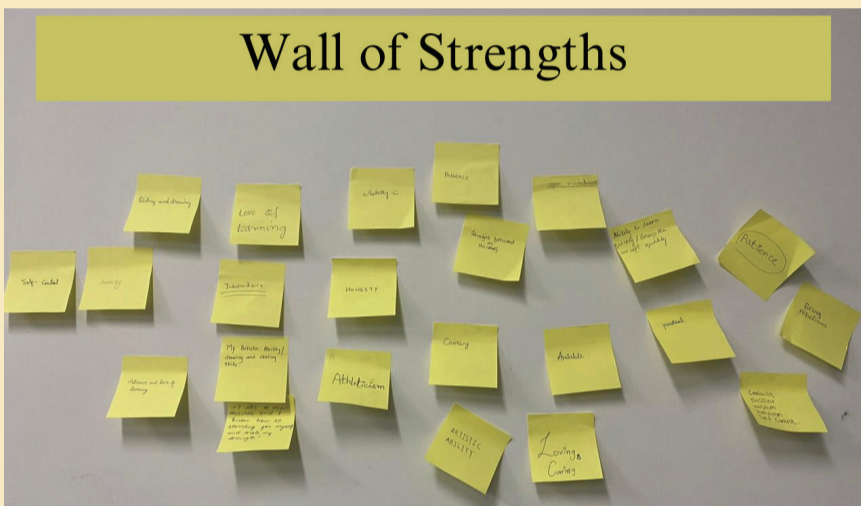
AHMAD BUTT: MOHAMMAD9098@GMAIL.COM

There was this one moment in the Soft Skills class when I was in the most delightfully embarrassing scenario imaginable. Our teacher, Ms. Rida, had the idea of having us undertake role-play activities to help us learn about effective communication.

My partner and I had to work together to solve a made-up problem in the office. Simple, right? Wrong! To emphasize a point, my partner, Haad, slammed his fake coffee cup down on the table, spilling water all over his notes. He tried to keep a straight face while wet notes stuck to his hands like soggy confetti, but the entire class erupted in laughter.

After a while, we were able to get back on track, but the laughter from that incident remained. We discovered that one of the most important soft skills is the ability to laugh off setbacks and move on. As a result, we developed the most valuable soft skill of all: the ability to laugh at ourselves.

"Fostering Well-Being Through Mindfulness: The Soft Skills Lounge Approach"



Mindfulness, the art of fully appreciating the present moment, is a fundamental practice in the curriculum of the Soft Skills Lounge. Instructors actively engage students in mindfulness activities, recognizing the numerous advantages they provide. These practices, which are rooted in positive psychology, have the potential to enhance the well-being and personal development of students. By fostering mindfulness, we

empower our students to improve their focus, reduce stress, and cultivate self-awareness and emotional regulation. In doing so, we create an environment where cognitive skills and memory are boosted, which lays a strong foundation for learning. These tools equip students not only for academic success but also for navigating the complexities of their personal lives. The holistic approach of mindfulness aligns seamlessly with the principles of Positive Psychology, which promotes resilience among our students.

READER'S ACTIVITY

Exercise 16: Colored Candy Go Around

Keywords:

Communication, bonding, engagement

Goal:

To encourage communication and provide insight into individual and family dynamics.

Instructions:

- Distribute 10-15 colored candies or beads to each family member.
- Assign specific questions to different candy colors.
- Family members sort their candies by color.
- One family member randomly selects a color, announces the quantity, and answers the corresponding question.
- This person then chooses the next family member to answer the same question.
- Continue until each family member has responded to all questions.

This playful activity encourages family members to communicate and express thoughts and emotions they may not typically share. It offers valuable insights into family dynamics while maintaining an engaging and creative atmosphere.

Dear Counselor: How do I?

Dear counselor, as you're aware, the weather is changing, and the onset of winter is often accompanied by seasonal depression due to its long, nights. How can people effectively combat this seasonal depression?

Dear Reader,

To combat seasonal depression, prioritize exposure to natural light by spending time outdoors during daylight hours. Regular exercise releases mood-boosting endorphins, aiding in mood stability. Maintain a well-balanced diet rich in nutrients and consider vitamin D supplements. Engage in activities you enjoy, socialize with friends and family, and practice relaxation techniques such as meditation or yoga. Adequate sleep is crucial, so establish a consistent sleep schedule.

Professional counseling or light therapy may be needed if symptoms persist. Remember, seeking support from loved ones and professionals can make a significant difference in overcoming seasonal depression.

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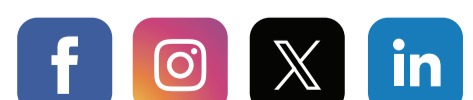
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