



Flow: Where the Magic happens! *by Editor*

Have you ever experienced a moment of unbridled joy in your life when time seemed to stand still; a time where you were so immersed in the present that nothing else mattered except living that particular moment. That dear readers, is the essence of Flow.

As defined by psychologist, Mihaly Csikszentmihalyi, flow is a state of heightened focus and deep immersion in an activity where you lose track of time.

The beauty of flow lies in its universality and it can be experienced in numerous ways, whether through artistic expression like music or painting, or even simple activities like a leisurely walk in the park or cooking, the allure of flow remains constant.

Work becomes play when you are in a state of flow. This state of mind allows for greater resilience to distractions and stress, making even the most daunting tasks more manageable.

So, dear readers, the next time you find yourself engrossed in an activity, take a moment to appreciate the essence of flow, as it is a state of mind that can bring joy and fulfillment to any aspect of life.



This Award is for YOU! Lecturer of the Month

Anum Azhar can be described as one who is objective, realistic, disciplined, friendly, accommodating and focused. She is an outstanding lecturer, who has demonstrated exceptional dedication and commitment to her work. Her work at IAC has been defined by her profound connection to her community, her



Anum Azhar

steadfast determination to obtaining great opportunities for her students and the implementation of an all-encompassing teaching program. Anum's expertise in her field of study is unparalleled. She brings with her a wealth of knowledge and experience that enriches the learning experience of her students in manifold ways. Beyond her teaching, Anum Azhar is a compassionate and approachable individual who genuinely cares about the well-being of her students. She has fostered a climate of trust and openness, which makes it easy for the students to seek her guidance and assistance.

Moreover, Anum is entrusted with the administrative responsibilities at the Well Being Center and Positive Psychology and is, in short, the center's backbone. She has always shown enthusiasm for her work since she believes that anything worth doing is worth doing well.



Emotional Intelligence in Leadership

By Aqsa Shabbir

Emotional intelligence is the capacity to identify, regulate, and express emotions. As leaders, emotional intelligence enables us to effectively and empathetically manage interpersonal relationships. Effective leadership involves the ability to connect emotionally with people and to lead with emotional intelligence, because a leader's influence on employees' engagement and productivity is contingent on his or her emotional connection with them.

Every situation an employee encounters at work can be influenced by emotions including uncertainty and change, interaction with colleagues, relationships and conflicts, effort and exhaustion, and success and failure.

Leaders establish the organizational culture. Lack of emotional intelligence could have far-reaching repercussions, such as decreased employee engagement and an increased probability of employee turnover. People may be technically proficient at their jobs,

but if they are unable to collaborate and communicate effectively, their technical skills will be overlooked.

One can advance career and organization by mastering emotional intelligence. In order to improve emotional intelligence, it is necessary to comprehend and cultivate crucial characteristics such as self-awareness, self-management, social awareness, and relationship management.

To acquire leadership abilities, one does not need to be emotionless and robotic; rather, he or she must concentrate on interpersonal and intrapersonal capabilities. Being an effective leader is about technical skills, strategic thinking, and knowledge but being a great leader also requires emotional intelligence.



Positive Potential to Positive Excellence

By: Mariam Khawar

“*Excellence in anything increases your potential in everything.*”

Self-potential is the creative process of making sense of our experience, finding direction and purpose in life, setting goals, and making plans based on life purpose. Self-potential is closely related to the term self-development that we often use in personality psychology. The term basically includes the concept of self-improvement throughout life, living up to your best potential, critically thinking, identifying your true self.

Every individual dream of success, purpose in life, and self-growth, but we usually struggle to live up to our highest potential as we fail to excel in our personal and professional lives. To grow and achieve positive excellence in life, we human beings need to make excellence our top priority and try to live up to our best potential, which can be achieved by always striving to do better. People who try to live up to their potential and strive for excellence are usually seen to be happier and more satisfied in their lives than others, as they set smaller goals for themselves and achievement of those goals, leading to inner satisfaction. In order to achieve excellence in all areas of life, the first step is to strive for personal excellence.

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(Joe Rogan)



Personal excellence is a journey one takes to develop as a person. It is the positive development of mental and emotional skills to improve as a person and focus on personal growth. This process might seem difficult to achieve, but it requires patience and would result in a happier, satisfactory and successful life. Individuals who achieve personal excellence live a productive life, have healthier relationships, and are successful in all areas of life.

The key to achieving personal excellence is the desire to succeed and the urge to reach one's full potential. Important actions one can take in this regard include having self-confidence, setting reasonable but attainable objectives, continuing to acquire and develop one's talents, challenging oneself outside of their comfort zone, and surrounding themselves with good people.

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To be human is to live our highest potentials

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(anonymous)

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Food for Thought



“A joyful life is an individual creation that cannot be copied from a recipe”



(Mihaly Csikszentmihalyi)



Summer Fun Begins: Students and Parents gather for the IAC's Summer Camp Inauguration Ceremony

Unveiling the Journey:

Inaugural Orientation Ceremony of the IAC Summer Camp

The Institute for Art and Culture recently hosted an orientation ceremony to mark the commencement of its inaugural summer camp. This event served as a valuable platform for all the schools operating under the institute, along with the Center for Well Being and Positive Psychology, to effectively demonstrate their respective courses and disseminate vital information regarding their objectives and intended outcomes.

To encourage interaction among the children, the Centre for Well Being and Positive Psychology in charge of the leadership training conducted an ice-breaker activity. The students were directed to gather in a circular formation and produce a rhythmic sound resembling the pitter-patter of raindrops by tapping their fingers on their palms. Additionally, the kids were encouraged to maintain eye contact with each other while participating in this activity.

This icebreaker aimed to give students exposure to interacting with different individuals within the summer camp community. By engaging in the activity together, students had the chance to meet and interact with their peers from various backgrounds and age groups. The children were encouraged to connect with one another and get over any initial shyness or hesitation by making eye contact and participating in the rhythmic activity. This exposure not only helped build connections and friendships but also fostered a broader sense of inclusivity and understanding.

Overall, this thoughtfully crafted icebreaker activity served as a powerful tool for promoting interaction, inclusivity, and a positive atmosphere among all the students participating in the summer camp.



Honoring Women's Day: Center for Well Being and Positive Psychology celebrating Women's Day in collaboration with Punjab food authority

Wall of Tribute: Honoring Women and Empowering Equality

In commemoration of International Women's Day, the Institute for Art and Culture's Well-Being Center thoughtfully curated a Wall of Tribute where students, guests, and participants were encouraged to inscribe messages paying homage to the women who have made a profound impact on their lives. It was a beautiful opportunity to express gratitude and reverence for these remarkable individuals.

Inscribed with heartfelt messages of gratitude, this wall served as a beacon of hope and inspiration for women everywhere.

By creating a platform for people to honor the women who have made a difference in their lives, the Well-Being Center has shown their unwavering support for the advancement and empowerment of women.



Empowering Women: Guest Speaker inscribing an inspiring message appreciating women on the Gratitude Wall for Women's Day

Coursera



Leap into the future of Academia: Ms. Bakhtawar and Mr. Talahi from Coursera at the LEAP Conference 2023

The Power of Practical Learning

During a recent progressive discussion between Ms. Bakhtawar, Head of the Center for Well Being and Positive Psychology, and Mr. Talahi, representing Coursera, a world-renowned online learning platform, the focus of the conversation centered on the curriculum and the significance of practical soft skills courses.

Ms. Bakhtawar underscored the importance of hands-on, experiential learning opportunities rather than theoretical approaches. She opined that personalized sessions were crucial in helping students to comprehend and apply the skills they acquired. She also stressed that curricula should be designed and modified based on the diverse needs of people around the world. She affirmed that unique solutions are imperative to address varying requirements of individuals from diverse backgrounds.

During the discussion, Ms. Bakhtawar emphasized and highlighted a gap in the online approach to teaching soft skills courses. She noted that without close interaction between the instructor and the students, effective learning may be hindered.

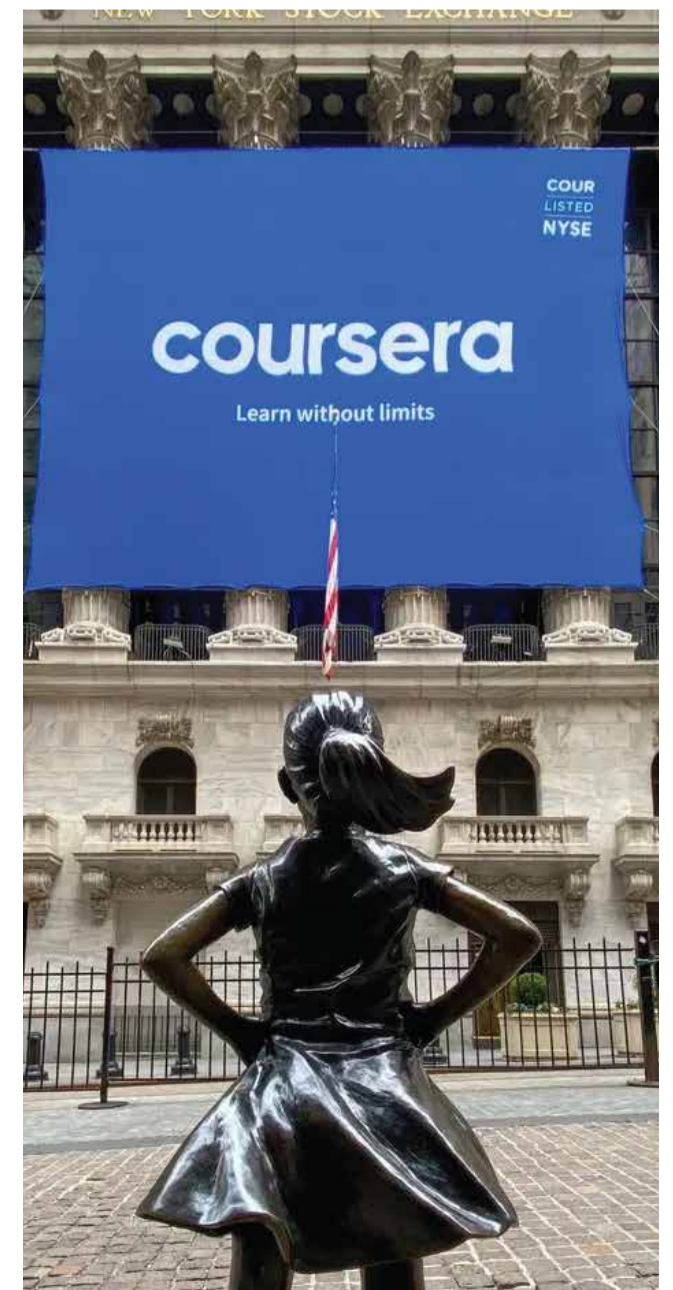
She highlighted the necessity of creating opportunities for students to interact with both the instructor and their peers for an enriched learning experience.

Mr. Talahi expressed interest in Ms. Bakhtawar's assistance in deeper understanding of the soft skills topic and expressed his interest in connecting his subject expert with her for further guidance. Ms. Bakhtawar extended an invitation to Mr. Talahi to visit Pakistan to explore potential collaboration opportunities and to observe the operations of the Soft Skills Lounge at Institute for Art and Culture.

Ms. Bakhtawar suggested that Mr. Talahi incorporate interactive elements, like group discussions and individual coaching, into his soft skills courses to enhance their efficacy. She shared her own experience of conducting personalized sessions with students, which helped them apply their newly acquired skills in practical situations

Overall, the discussion was progressive as both professionals shared their expertise and opinions to arrive at a better understanding of the topic.

The exchange of ideas and opinions opened up possibilities for future collaborations and partnerships.



Aligning Human Talent with Performance

A workshop was conducted by Mr. Habibullah, a distinguished performance coach from Khasma Digital. This engaging and informative workshop was conducted for the members of the Center for Well-Being and Positive Psychology, with the aim of aligning human talent with performance, and optimizing organizational outcomes.

The workshop was thoughtfully designed to be discussion-based, with an invigorating motivational activity in which all participants were tasked with reflecting upon and writing down their personal goals and future plans. This activity fostered a deeper sense of self-awareness and instilled a heightened level of confidence within the participants, thereby empowering them to achieve their goals with greater efficacy.

The workshop concluded on a high note, with Ms. Bakhtawar graciously expounding upon the workings of Soft Skills Lounge, and the myriad ways in which we can collaborate in future endeavors



Ms. Sarwat and Ms. Bakhtawar discussing collaboration strategies for a brighter future for the youth.

Empowering Youth Through Collaborations

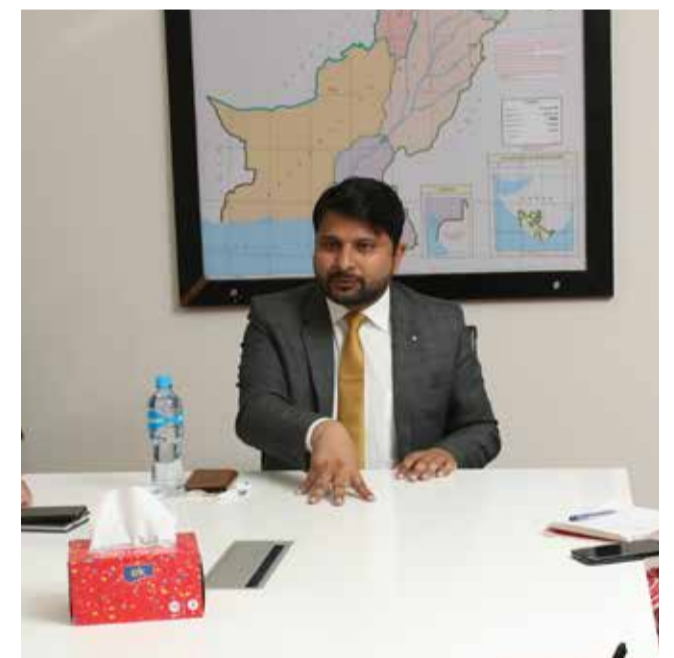
A delegation comprising of Ms. Sarwat and Mr. Tabish from the Center for Positive Development and Innovation (CPDI) recently engaged in a productive meeting with the head, Ms. Bakhtawar, from the Center for Well-Being and Positive Psychology (CWPP) to explore potential collaborations between the two organizations. The primary objective of this meeting was to discuss the possibility of conducting joint youth development sessions at the Institute for Art and Culture.

During the meeting, the CPDI delegation expressed their keen interest in partnering with CWPP to design and deliver comprehensive sessions aimed at fostering positive growth and development among young individuals. By leveraging the combined expertise of both organizations, these sessions would provide significant perspectives, pragmatic resources, and empirically-supported methodologies to empower young individuals in diverse aspects of their daily lives.

This proposed collaboration seeks to establish a mutually beneficial partnership that not only enriches the youth development initiatives of both organizations but also contributes to the overall well-being and positive psychology landscape in the community. By pooling resources, expertise, and networks, both the centers aim to make a significant and lasting impact on the lives of young individuals through their collaborative efforts.

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Overall, this thoughtfully crafted icebreaker activity served as a powerful tool for promoting interaction, inclusivity, and a positive atmosphere among all the students participating in the summer camp.



Mr. Habibullah, coach from Khasma Digital



Unlocking Potential: Mr. Habibullah from Khasma Digital conducting a workshop on Aligning Human Talent with Performance for the faculty of the Center for Well Being and Positive Psychology



Job Security VS Professional Growth

Ms. Bakhtawar Mukhtar, Head of the Center for Well-Being and Positive Psychology, conducted a workshop focused on job stability and professional development. During the session Ms. Bakhtawar imparted the notion of grouping to the participants, highlighting its significance in promoting teamwork and facilitating group projects.

Participants were provided with a comprehensive self-awareness form, designed to facilitate their understanding of their own strengths and weaknesses. Following this, they were divided into three distinct groups, each tasked with the challenging responsibility of selecting a team leader amongst themselves and define their leadership competencies. The session involved a discussion of the participants' leadership skills and qualities, with valuable feedback provided by all the participants.

Ms. Bakhtawar further expounded on how this exercise can assist in the promotion of team-building, and how it can facilitate a deeper understanding of one's co-workers.

She highlighted the importance of leveraging one's leadership abilities and how to become a leader through performance, emphasizing the benefits of continuous learning and innovation for development. The session concluded with anonymous feedback from participants on their understandings, learnings, and outcomes.

Transforming Education: Pioneering Faculty Growth and Student Success through Chapter 3

The Faculty Development Training Program is a strategic initiative by the Center for Well Being and Positive Psychology poised to transform IAC's educational landscape. It is a comprehensive program designed to enhance the skills, knowledge, and effectiveness of our academic staff. The program aims to empower faculty members with modern teaching methodologies, advanced research techniques, and professional growth opportunities. By fostering a culture of continuous learning and improvement, the program seeks to elevate the quality of education, research output, and overall academic excellence within our institution.

Chapter 1 and 2 have of this training program have successfully been completed, and we are now actively engaged in Chapter 3 of this training program. By equipping faculty members with cutting-edge skills, fostering innovation, and promoting a culture of excellence, this program will create a lasting positive impact on both faculty professional growth and student success.

The Pursuit of Happiness



Chasing the Bliss

Fatima Khawar

Fashion Marketing and Merchandising
Pakistan Institute for Fashion and Design (PIFD)

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The pursuit of happiness is a lifelong journey that requires conscious effort



(Anonymous)



Building Stronger Bonds: Faculty members engaged in team building activities during Faculty Development Program

The pursuit of happiness is a universal quest that we all strive for in our own unique ways. Happiness is not just an emotion; it's a fundamental aspect of our overall well-being. As a fashion marketing student, I've learned that happiness is not just about feeling good, but also about finding meaning and purpose in life. One way to achieve happiness is to cultivate gratitude. By focusing on the positive aspects of our lives and being thankful for them, we can increase our sense of well-being and happiness. As artists, we can express our gratitude through our art by creating works that reflect the beauty and joy in the world around us.

Nurturing positive relationships is another key strategy in our pursuit of happiness. As social beings, we crave human connection and interaction. Spending quality time with loved ones, connecting with people who uplift us, and surrounding ourselves with positivity can bring immense joy into our lives.

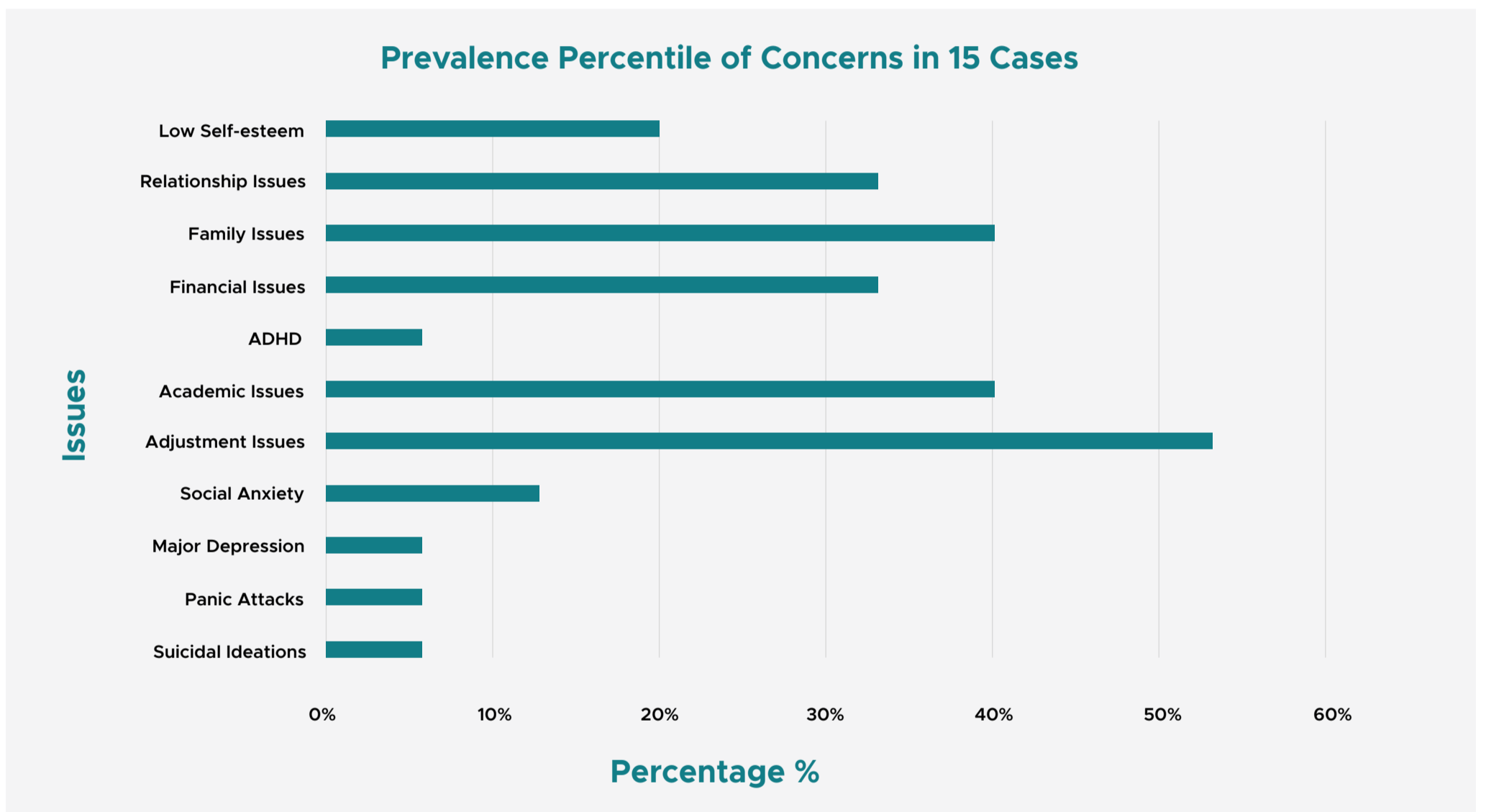
Pursuing our passions is also vital for happiness. As artists, we have a unique advantage in this regard. We can engage in activities that bring us joy and fulfillment, whether it's painting,

dancing, writing, or acting.

Through our art, we can find meaning and purpose in life. Self-care is another crucial aspect of our pursuit of happiness. As artists, we can easily get lost in our work and neglect our physical and mental health. It's essential to prioritize activities such as exercise, healthy eating, and relaxation techniques to take care of our bodies and minds.

Lastly, living in the present moment is key to achieving happiness. As artists, we often find ourselves lost in thoughts about the past or future. By practicing mindfulness techniques such as meditation or yoga, we can cultivate a sense of calm and contentment in the present moment.

In conclusion, the pursuit of happiness is a lifelong journey that requires conscious effort and commitment. As artists, we have a unique advantage in our pursuit of happiness. By cultivating gratitude, nurturing positive relationships, pursuing our passions, practicing self-care, and living in the present moment, we can achieve happiness and find meaning and purpose in our art and our lives.



Student Testimonial



Fiza Ijaz
School of Art
Graphic Design

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This course has instilled within me a heightened sense of empathy towards my own self

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Initially, I was not really aware of what would be the potential benefit of enrolling in a soft skills course. However, it turned out to be an immensely valuable experience.

Not only did the course equip me with fundamental etiquette for maintaining connections with those around me, but it also instilled within me a heightened

sense of empathy towards my own self. within me a heightened sense of empathy towards my own self.

Moreover, our course instructor used to conduct individual sessions for us every now and then. These sessions proved to be immensely helpful as they allowed me to unload my emotional and mental burdens and also assisting me on how to face the challenges that came my way. I am confident that the personal growth I have achieved through this course will continue to benefit me in the future.

Dear Counselor:
How do I overcome my fear of public speaking? (anonymus)

Dear reader,

As a counselor, I empathize with the challenges of overcoming the fear of public speaking. It can be an intimidating obstacle to navigate, but rest assured that it is possible to conquer this fear and become a confident speaker.

The first step is acknowledging and accepting the fear, understanding that it is a common experience shared by many. Embrace the fact that with dedication and practice, you can overcome this fear and grow as a communicator. Thorough preparation is key to boosting your confidence. Invest time in researching your topic, organizing your thoughts, and creating a well-structured presentation. The more prepared you are, the more comfortable you will feel when speaking in front of others.

Start small by practicing your speaking skills in front of a supportive audience, such as friends or family. Gradually work your way up to larger audiences or public speaking engagements. Seek opportunities to speak in public whenever possible to gain experience and desensitize yourself to the fear. Engaging in relaxation techniques, such as deep breathing or positive self-talk, can help calm your nerves before and during a speech. Remember, becoming a skilled public speaker is a journey that requires time, effort, and persistence. Each speaking opportunity is a chance for growth and learning. With practice and determination, you can overcome your fear of public speaking and emerge as a confident and effective communicator.

Welcome to the "Dear Counselor" column in our newsletter, a space dedicated to addressing the various challenges individuals face in their daily lives. In this column, we aim to provide guidance, support, and advice on a wide range of issues while respecting the anonymity and privacy of our readers.

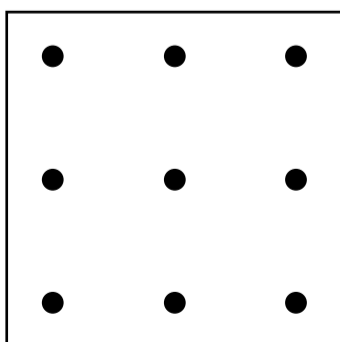
Here for You: The Center for Well-Being and Positive Psychology

Over the years, IAC's Center for Well-Being and Positive Psychology has played an essential part in identifying and addressing a wide range of mental health and well-being challenges. The center has been dedicated in supporting students with these challenges. Over the years the center has observed a higher prevalence of certain challenges, namely adjustment issues, family issues, relationship issues, and financial issues among their students. Through proactive measures and effective management, the center has consistently demonstrated its commitment to addressing and resolving these cases on a monthly basis. Kudos to the center for their dedication to enhancing the lives of their students.



Faculty Center for Well-Being and Positive Psychology

Readers' Activity:



Think Out of the Box 9 Dots Puzzle

Connect up all of these dots with only four straight lines without lifting up the pencil, and without retracing over any of the lines.

Gratitude by Mental Elimination

Time: 5-15 minutes

Goal: To help people avoid taking things for granted and increase gratitude.

To begin the Gratitude by Mental Elimination exercise, the reader should think about something good in their life right now and then take a moment to imagine what life would be like without that one good thing. Reader should then write down the ways in which their life would be different without this one good thing.

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