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NEWSLETTER HUMANITIES DEPARTMENT

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PHILOSOPHY EXHIBITION “REALITY BEHIND LIFE”



A Philosophy Exhibition was planned and organized by BPY 7 students on 8th December 2021, supervised by Dr. Shakeela Ibrahim Raja.

This event was open to all and students from different departments also joined to share their thoughts and ideas. The main purpose of this exhibition was to make students think about some fundamental questions that have troubled the humankind since ages: “what is life and how has it evolved with time?”

There were 10 groups who prepared panaflex posters and presented different topics related to philosophy. Each group was prepared to be tested about their knowledge. The chief guest Dr. Summar Iqbal Babar marked the students’ projects and briefly asked questions. Head of Humanities department, Dr Farhat Nisar appreciated the student’s effort and admired the organizers for holding such a remarkable event. It was a great event full of knowledge and education. Everyone was pleased with the display and decoration. In the end, the chief guest was presented with a shield by Dr. Farhat as a token of gratitude on behalf of the students and faculty of Humanities department.

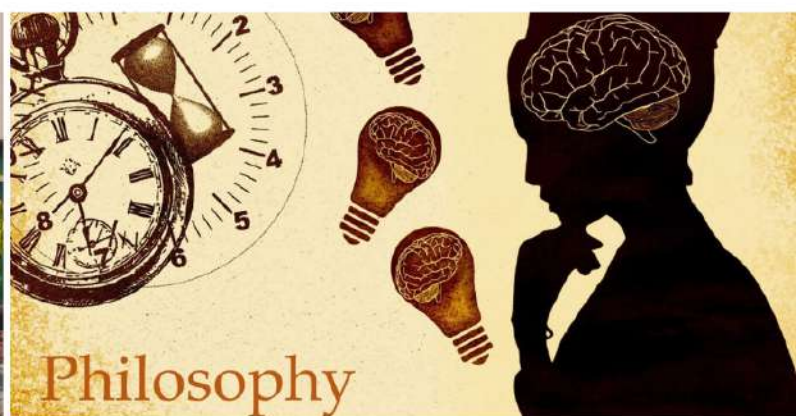
CLOSING CEREMONY OF THE QURAN COURSE.

A Quran course has been a regular feature of the activities conducted by the Humanities Department (CUI) since 2014. During the pandemic, it was shifted to online mode and a closing ceremony was conducted on campus in October 2021.

Dr. Waqar Masood Khan, the instructor of the course, addressed the gathering and stressed on the need to understand the teachings of the Holy Book and their incorporation in our daily life to lead successful and stress-free lives.



The participants appreciated the untiring efforts of the humanities faculty Dr. Frahat Nisar and Dr. Umme Farwa in the immaculate organization of such an impactful event.



ENGAGING UNIVERSITY FACULTY FOR MENTAL HEALTH WELLBEING OF THE YOUTH



To highlight the significance of mental health in youth and to observe this year's mental health day, the Commission of Science and Technology for Sustainable Development in the South (COMSATS) and its Centre of Excellence, COMSATS University Islamabad (CUI) jointly organized a half-day workshop on 'Engaging University Faculty for Mental Health Wellbeing of Youth' on October 14, 2021, at the Islamabad Campus.

On behalf of the two organizations, Dr. Azeema Fareed from COMSATS Telehealth Desk, Ms. Samreen Idrees from Department of Humanities and Dr. Nighat Sohail from Health Informatics Department arranged this hybrid workshop. Federal Secretary to Ministry of Science and Technology, Dr. Akhtar Nazir was the chief guest of the event.

While speaking at the closing ceremony, Prof. Dr. Tabassum Afzal, Rector COMSATS University Islamabad (CUI), considered the subject event very timely owing to increasing stress and other mental health related issues since the advent of COVID-19.

Considering cultural and societal norms an important factor in dealing with mental illnesses, Prof. Afzal cited examples of stress management from the early Islamic history and life of Prophet Muhammad (Peace Be Upon Him). He urged the faculty to take initiatives for the wellbeing of youth's mental health. He also acknowledged the long-standing COMSATS Secretariat – CUI relationship and suggested furthering of cooperation between the two organizations.



Earlier, the technical sessions were opened by the Registrar CUI, Dr. Sajjad A. Madani, who highlighted several challenges arising for youth from the information age. Dr Aisha Kashif (Psychologist United Nations Organization), Dr. Saima Kalsoom (Psychologist, National Defense University Islamabad) and Dr. Noreen Akhter (Psychologist National University of Science and Technology, Islamabad) who are the experts in the field of Psychology provided comprehensive insights to the participants on importance of mental health, prevailing issues in college and university students, the red flags and early signs of these disorders and tips to equip the teachers for tackling these issues. The technical session was followed by the distribution of shields and certificates to the honorable guests and participants. In the end, lunch was served in the faculty cafeteria.



LIFE AFTER COMSATS; AN INTERACTIVE SESSION WITH THE ALUMNI OF BS PSYCHOLOGY PROGRAM BY COMSATS PSYCHOLOGICAL SOCIETY (CPS)

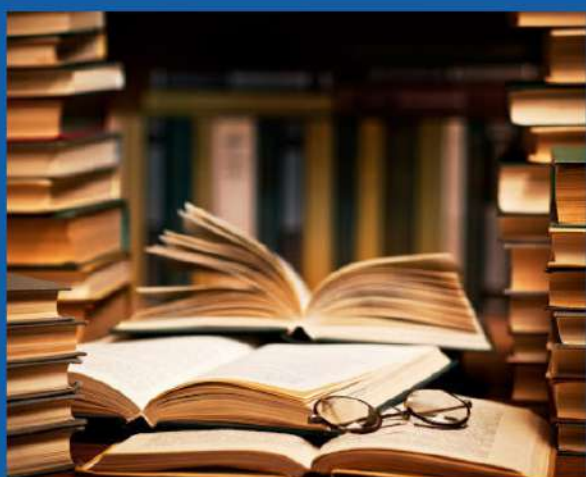


An interactive session was held with the alumni of BS Psychology Program on 22nd April, 2022 in Video conferencing room, Junaid Zaidi Library, CUI. The event was organized by COMSATS Psychological Society to help current BS Psychology and BS English students benefit from the real life experiences of our talented alumni who are working in the field for quite some time now.

Neyhan Bilour (class of 2013), Ammarah Riasat (class of 2015), Junaid Ghazali (Class of 2015), Sarim Shakir (Class of 2016), and Osama Akhtar (class of 2019) were invited to enlighten their juniors with the challenges real life hurled their way when they stepped into the real world after graduation. They also shared how they overcame the problems they faced and how their teachers at CUI helped them take the real-world problems head on and come out as successful in the end. Dr. Farhat Nisar, head of Humanities department distributed participation certificates among the guests in the end and thanked the organisers for holding such an enlightening event



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BOOKS PUBLISHED BY FACULTY

1

Mystic Melodies by Dr. AMNA SAEED

Is a soulful collection of poems that narrate the soul's journey into timeless nothingness. The poems document the mystical experiences of the soul in search and in need of the Ultimate Truth, fancying to embody eternity as the accompanied abode of precious and the Supreme.

2

15 Illusions of Love in Life

is a collection of short stories that explores the illusionary. Ephemera nature of love, life, and death as we know it. The compilation narrates the disconnected stories of common, yet purely unique characters caught in a spiritual struggle. Different characters intersect in an intricate, ironic pattern of the narrative to unfold the ultimate drama of existence in this world.

3

Ink Spark; An Appraisal of National and International Issues by Ms. Aqeela Asif

is a crisp overview of several topics related to national, international, educational, economic and social issues. It seeks answer to a fundamental question faced by the current generation; how will the world deal with the post-COVID 19 set up, international issues and establish linkages in the era of complex interdependence? Ms. Asif has approached all her subject matter with and immaculate analytical approach to articulate the gravity the underlying issues.



RESEARCH PUBLICATIONS

BY HUMANITIES DEPARTMENT



Dr. Fayyaz Ahmad Faize

- Jilani, S., Akhtar, M., Faize, F. A., & Khan, S. R. (2022). Daughter-to-Father Attachment Style and Emerging Adult Daughter's Psychological Well-Being: Mediating Role of Interpersonal Communication Motives. *Journal of Adult Development*. Impact factor 1.909 (Clarivate Analytics).
- Husain, W., & Faize, F. A. (2022). The State of Education in Pakistan: Assessment through Bloom's Taxonomy. *Contemporary Education and Teaching Research*, 3(1), 1-13.
- Faize, F.A. and Husain, W. (2021). Students with severe anxiety during COVID-19 lockdown – exploring the impact and its management. *The Journal of Mental Health Training, Education and Practice*.
- Faize, F.A. & Nawaz, M. (2020). Evaluation and Improvement of students' satisfaction in Online learning during COVID-19.
- Husain, W. & Faize, F.A. (2020). Public awareness of psychological problems in Pakistan.
- Faize, F.A. & Akhtar, M. (2020). Addressing Environmental Knowledge and Attitude in Undergraduate Students Through Scientific Argumentation.

Dr. Sarah Saeed

- Sarah Saeed, Prof. Dr. Rana Eijaz Ahmad (2020) "Climate Change and the Indus Basin: prospects of Cooperation between India and Pakistan" *Journal of Development and Social Sciences* vol: 2, Issue 4.





Dr. Amna Saeed

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- Saeed, A, Fasih, A. & Syed, A. (2020). Reclaiming the Lost Glory of Home: A Postcolonial Study of The Selected Works of Abdullah the Cossack. Pakistan Social Science Review. Vol. 4. No.1. (517-524). ISSN:2664-0422.
- Saeed, A. & Munir, B. (2020). Triple Oppression of African-American Women: Conceptual Metaphor Analysis of How to Make an American Quilt by Whitney Otto. Pakistan Social Science Review. Vol.4, No. 2 (492-502).
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- Saeed, A. & Qurat-ul-ain. (2020). Austen in Pakistan: Colonial Glorification and Imperialist Assertion in Austenistan. Multicultural Education. Vol.6. Issue 3 (200-207). ISSN: 10683844. (X category). Published: 8.10.2020
- Saeed, A. & Qandeel, A. (2020). War, Delusion of Progress and Religious Confusion: Critical Metaphor Analysis of Doer's All the Light we Cannot See. Multicultural Education. Vol.6. Issue. 4. (285-292). ISSN: 10683844. (X category) Published: 7.10.2020
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- Saeed, A. & Rehman, A. (2021). The Existential Alienation of the Feminine Self in This House of Clay and Water by Faiga Mansab. Humanities and Social Sciences Reviews. Vol. 9. No. 1. (69-78). eISSN 2395-6518. (W Category).
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