

NEWSLETTER

Department of Psychological Studies, University of Swat

2025-26

University of Swat
Aspiring for Quality Education with Relevance

PSYCHOLOGY STUDENTS SOCIETY
UNIVERSITY OF SWAT

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Message from
Prof. Dr. Muhammad Qasim
Vice Chancellor, University of Swat



It gives me immense pleasure to share my message for the newsletter of the Department of Psychological Studies. The newsletter provides a valuable glimpse into the department's academic journey, achievements, activities, and contributions to the university community.

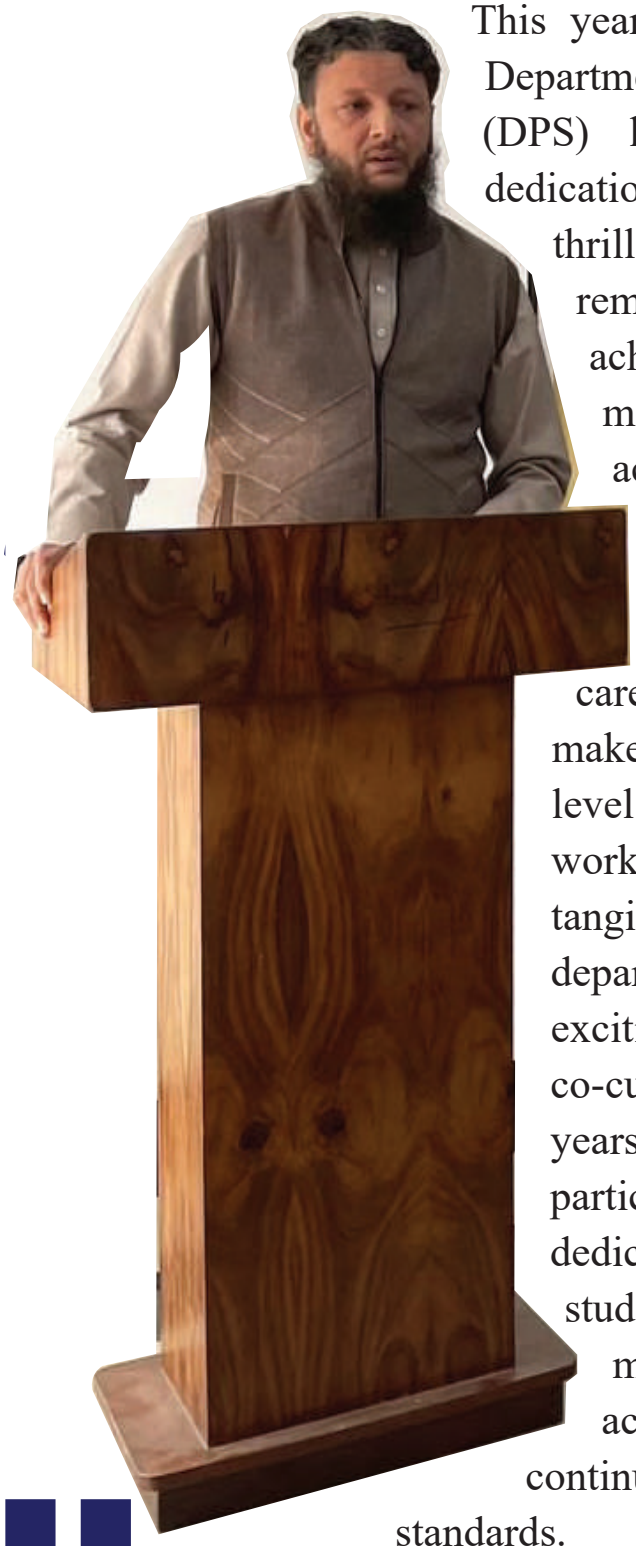
The accomplishments of the Department of Psychological Studies are particularly commendable considering its small faculty strength. Despite limited human resources, the department has consistently demonstrated remarkable commitment and productivity, reflected in the successful graduation of students, vibrant academic activities, and its continued contribution to teaching, learning, and scholarship. The regular publication of this newsletter further reflects the dedication, creativity, and professional spirit of its faculty and students.

Psychology has an increasingly important role in understanding human behaviour and promoting individual and societal well-being. I am confident that the department will continue to build on its achievements and further strengthen its academic and research contributions.

I congratulate the faculty, staff, and students for their continued efforts and wish the Department of Psychological Studies greater success and distinction in the years ahead.

Message from
Prof. Dr. Anwar Hussain

Dean, Faculty of Management, Art and Social Sciences and Chairman, Department of Psychological Studies



This year (2025-26), the family of the Department of Psychological Studies (DPS) has demonstrated exceptional dedication for academic excellence. I am thrilled to acknowledge the remarkable milestones and inspiring achievements. Our faculty members put great efforts to lead activities in mental health, cognitive processes, and social behavior. Our brilliant students are not only building their career paths but also contributed to make the DPS visible at national level. We are proud for their hard work and passion for making a tangible difference in the academic departments. We also have an exciting lineup of curriculum and co-curriculum activities in coming years and encourage everyone to participate actively. Thank you to our dedicated faculty members and students whose collaborative spirit makes DPS a vibrant hub for academic excellence. We would continue our journey to achieve higher standards.

5th Board of Studies Meeting













BUILDING RESILIENT YOUTH: TRAINING WORKSHOP AT BARA GALI CAMPUS, UOP 2026



Dr. Faheem Uddin, Department of Psychological Studies represented University of Swat as a speaker at a workshop on "Building Resilient Youth: Mental Health, Gender-Based Violence Prevention, and Countering Extremism & Radicalization" organized by Department of Psychology University of Peshawar in collaboration with Khyber Pakhtunkhwa Culture & Tourism Authority and Pakistan Inclusive Psychological Society (PIPS).

Enhancing wellness and building resilience through psychospiritual and social support promotes holistic well-being by addressing individuals' psychological, emotional, spiritual, and social needs. Psychospiritual support helps people find meaning, hope, and inner strength during times of adversity, while strong social connections provide emotional encouragement and practical assistance. Together, these approaches improve coping skills, reduce stress, and protect against mental health challenges. Integrating psychospiritual and social support into health and community programs empowers individuals and communities to thrive, adapt to change, and maintain long-term well-being.

Dr. Faheem's insightful presentation was highly appreciated by the participants for it's practical perspectives and valuable recommendations aimed at building resilience, promoting mental health, and enhancing wellness. Prof. Dr. Erum Irshad (Chief Guest), Prof. Dr. Summiya Ahmad (Chairperson) and Dr. Hayat Muhammad were present on the occasion and appreciated the session.

SEMINAR ON "WORLD SUICIDE PREVENTION DAY"

10TH SEPTEMBER

2025

Around 105 students and all faculty members participated in the event. Prof. Dr. Anwar Hussain (Dean FMSS) was the Chief Guest.









Waqas khan, student of psychology, took part in "All Pakistan English essay competition at AWKUM" happened on 21st April 2026. Waqas khan secured 2nd rank in All Pakistan English essay competition. Made university of swat and psychology field proud on national levels.



Ayas Uddin, Waqas khan, and Maria syed of department of psychological studies participated in "National conference on literature, culture, and climate (NCLCC-25) took place on 10-12 December".
They presented their capable writing and presentation skills at the conference hall.

VISIT TO PSYCHIATRY UNIT

On March 14, 2026 the most senior students (Batch 2022-2026) of BS Psychology program visited The Saidu Group of Teaching Hospotal Saidu Sharif, Swat under the supervision of respected Ma'am Palwasha Rahim (Head of the Department). Students were guided and assisted by Senior Psychiatrists regarding case history taking and ECT use.



VISIT TO THE SPECIAL EDUCATION COMPLEX

28TH OCTOBER 2025

Our psychology students participated in an insightful study visit to the Special Education Complex in Saidu Sharif, Swat. The visit provided a vital opportunity to engage directly with individuals navigating various physical and cognitive challenges. The experience was designed to allow students to witness firsthand the psychosocial support and specialized educational interventions required to empower differently-abled individuals in our community.







Dr. Faheem Ud Din, Faculty of DPS participated as Guest Speaker in Seminar in collaboration with Ashfaq Neuro Psychiatric Hospital, Khwazakhela, Swat.

THE 2025 PSYCHOLOGICAL FIRST AID CAMP

Driven by strong student leadership and a vision to make mental health resources accessible, the camp stands as one of the proudest achievements of our department this past year.



Psychological First Aid Camp is organized by the senior students of DPS to provide free counseling services to the students on campus.



PFA team visited different departments in UOS for psychological awareness



PFA Camp in service

EMPOWERING RESILIENCE: THE FALL 2025 PFA CAMP RECAP

From September to late November 2025, the Department of Psychological Studies at the University of Swat launched its latest Psychological First Aid (PFA) Camp. Designed as a bridge between classroom theory and community service, this "Community Work" initiative provided a vital lifeline for students navigating the complexities of modern academic and personal life.

Led by senior student practitioners Waqas Khan, Ayas Uddin, Wajahat Ullah Yousafzai, Maria Sayed, Sumayya Karam, and Wareesha Zeb, under the expert supervision of Dr. Faheem Ud Din and Ma'am Palwasha Rahim, the camp transformed the Charbagh campus into a place for healing and self-discovery.

The Fall 2025 session saw a significant caseload, highlighting a growing trust in mental health services within our student body:108 Documented Clients: Served over a 7-week period during weekly sessions.Demographic Focus: The majority of seekers were males aged 18–27, a critical stage for identity exploration.Clinical Success: Practitioners utilized a multi-modal approach, combining Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and the RAIN technique to provide high-impact, short-term care.

The 2025 PFA Camp has set a high standard for community outreach at the University of Swat. As the PFA Camp reflects on its success, the Department of Psychological Studies remains committed to fostering an environment where academic research, clinical practice, and societal well-being intersect.

"The PFA camp did not merely treat symptoms; it provided a space for 'Overthinking' to be voiced and 'Anger' to be understood."

THE VISION BEHIND THE CAMP

The mission of the PFA Camp was simple yet profound: to equip individuals with the tools to navigate emotional distress and to foster a culture of empathy and active listening. It was designed to bridge the gap between clinical psychological principles and everyday mental well-being.

The initiative also served as a cornerstone for academic and professional development, allowing final-year students to apply their clinical and counseling psychology knowledge in a real-world setting, directly contributing to their rigorous community work requirements.

THE CAMP WAS APPRECIATED WIDELY BY THE UOS FACULTY

The UOS Faculty repeatedly praises the camp as a "superb" and "wonderful" initiative. They noted that after seeing the camp from their office, they inquired and were impressed to learn it was a student-led project from the Psychology department.

Through discussions with the practitioners, the UOS Faculty noted that the youth in Swat are facing a wide range of challenges, specifically mentioning career confusion, relationship issues, anxiety, and depression.

They strongly recommended that these camps should not be one-time events but should be held every month.

They suggested that the University should establish a dedicated, permanent corner or office for student counseling, run by the most senior students, to provide ongoing support for the entire university population.





Group Photo of Faculty with VC Prof Dr Hassan Sher, Ex-VC Prof. Dr. M. Jahanzeb Khan, Prof. Dr. Rubina Hanif (Director, National Institute of Psychology, Quaid-e-Azam University Islamabad) seminar held at the Department of Psychological Studies, University of Swat





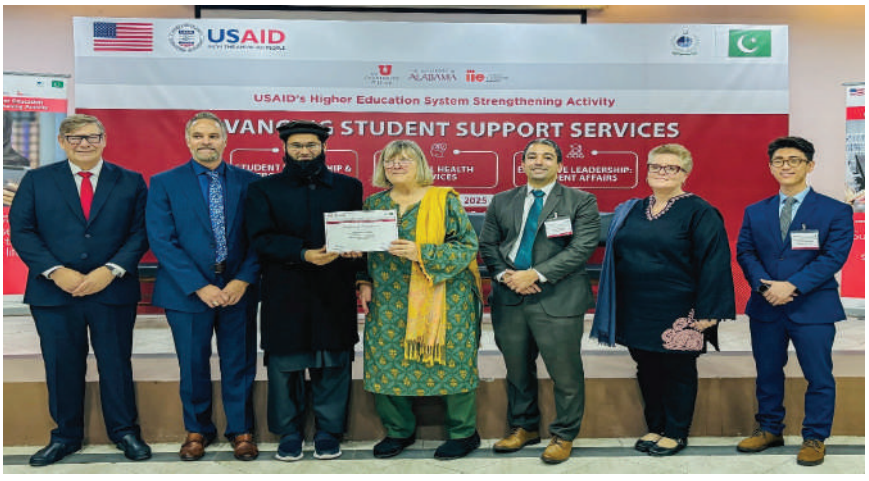


"EMBRACE, ENHANCE, AND EMPOWER: PROTECT YOUTH, ENSURING SAFETY"

14TH APRIL 2025

the Department of Psychological Studies, in collaboration with the National Institute of Psychology, Quaid-i-Azam University, Islamabad, organized an enlightening seminar focused on "Youth Protection and Mental Well-being" under the theme "Embrace, Enhance, and Empower: Protect Youth, Ensuring Safety". The seminar aimed to explore critical issues such as academic pressure, identity crises, unemployment, digital addiction, mental health concerns, and social isolation among young people in Pakistan. The Guest Speakers in the seminar were distinguished experts in the field: Prof. Dr. Rubina Hanif (Director, National Institute of Psychology, Quaid-i-Azam University) along with her team, Dr. Syed Imran Bukhari (Assistant Professor) and Prof. Dr. Muhammad Jahanzeb Khan (Ex- Vice Chancelor: University of Swat, FATA University, University of Peshawar; currently Vice Chancellor at Bannu University of Science & Technology) whose evidence-based insights and engaging presentations enriched the discussion. Their guidance facilitated an open dialogue on psychological resilience, coping mechanisms, and strategic interventions to empower youth in navigating a rapidly evolving societal landscape. The students and faculty members actively participated in this intellectually stimulating forum. Their involvement reflected strong commitment to understanding the psychosocial dynamics affecting youth and contributing to constructive solutions.

Dr. Faheem participated in USAID's Higher Education System Strengthening Activity: Mental Health and Wellness. Advancing Student Support Services. January 13-16, 2025. UET Lahore, conducted a session on Micro-Counseling Skills.



Dr. Faheem conducted Post-Conference Workshop conducted on "Integrating the Psychospiritual Approach in Counseling and Clinical Practice" 7th International Conference Mental Health and Rehabilitation: Contemporary Trends and Advances in Clinical Practice (ICMHR-2024) January 17, 2025. Center for Clinical Psychology, University of Punjab, Lahore.



We, The Department of Psychological Studies, continue to grow and welcome new cohorts into the BS Psychology program, we remain committed to fostering a supportive, research-driven, and academically enriching environment for all.



A glimpse into our recent departmental seminar where students and esteemed faculty members engaged in thought-provoking discussions. These interactive sessions are a cornerstone of our program, designed to bridge theoretical knowledge with real-world applications of empathy, peace, and psychological insight.



WORLD PRESS FREEDOM DAY

Students of psychology batch 2022-26 had their participation on the "World press freedom day" took place on Wednesday 3rd may 2023. Waqas khan stood 1st rank at university of Swat contest. Organised by journalism department for open university contest.



Waqas khan, student of psychology, participated in "National academic Expo" happened on 8th and 9th March of 2023. Waqas khan submitted a short film and secured 2nd rank in all national academic Swat expo.



FIELD VISIT TO THE HEALING DOOR REHAB & PSYCHIATRIC CENTER

To provide practical exposure to clinical environments, the department organized a field visit to the Healing Door Rehab & Psychiatric Center. Students had the invaluable opportunity to step outside the classroom and observe the operational dynamics of mental health rehabilitation and patient care firsthand.



WALK FOR WELLBEING:

10TH OCTOBER 2024

University of Swat students demonstrate immense solidarity during the World Mental Health Day awareness walk on October 10, 2024. The event, dedicated to destigmatizing mental health issues, saw an incredible turnout, with participants carrying banners advocating for community mental well-being and service. The strong show of solidarity demonstrated our collective resolve to prioritize mental health support and advocacy.

ALUMNI SPOTLIGHTS



LT CDR ALLAH NAWAZ PN
CURRENT ROLE: COMMISSIONED OFFICER, PAKISTAN NAVY
RANK: LIEUTENANT COMMANDER

Lt Cdr Allah Nawaz PN is an alumnus of the Department of Psychological Studies, University of Swat. He is currently serving as a Lieutenant Commander and Commissioned Officer in the Pakistan Navy, representing the department in a distinguished public-service career.



AHSAN ALI
DEGREE: BS PSYCHOLOGY
BATCH: 2019–2023
CURRENT ROLE: LIEUTENANT & PSYCHOLOGIST OFFICER, PAKISTAN NAVY

Ahsan Ali was selected for the Pakistan Navy Special Branch as a Psychologist Officer on 8 July 2024. After completing his professional training, he was commissioned as a Sub-Lieutenant on 4 January 2025 and is currently serving as a Lieutenant and Psychologist Officer in the Pakistan Navy Recruitment & Selection Centre, Dera Ismail Khan.



MR. ISRAR MOHAMMAD
BS PSYCHOLOGY, BATCH 2013-2017

My journey in Psychology has been more than an academic experience; it has been a journey of understanding people, understanding myself, and discovering a meaningful purpose in life. The Department of Psychology played a significant role in shaping my academic and professional identity by providing me with knowledge, confidence, guidance, and valuable experiences. The lessons and mentorship I received continue to influence my work as a psychology professional and educator. I remain deeply grateful and proud to be an alumnus of the department, and I sincerely hope it continues to inspire, empower, and nurture future generations of psychologists who will make a meaningful difference in society. My heartfelt gratitude to all my teachers and mentors—the foundation they helped build will always remain a meaningful part of my story.

AMNA KHAN
CURRENT ROLE: CLINICAL PSYCHOLOGIST
ORGANIZATION: SRSP — UNFPA-SUPPORTED PROJECT
LOCATION: CIVIL HOSPITAL JAMRUD, DISTRICT KHYBER

Amna Khan is currently working as a Clinical Psychologist with SRSP on a UNFPA-supported project at Civil Hospital Jamrud, District Khyber. Through her role, she contributes to the provision of psychological and mental health support within the community.

SADIA JAN
QUALIFICATIONS: MSC PSYCHOLOGY (2015), DIPLOMA IN SPEECH-LANGUAGE PATHOLOGY (2017), MS SPEECH-LANGUAGE PATHOLOGY (2020)
CURRENT ROLE: CONSULTANT SPEECH AND LANGUAGE THERAPIST
ORGANIZATION: MTI BACHA KHAN MEDICAL COMPLEX, SWABI

Sadia Jan has developed her professional expertise in the field of speech and language pathology. She is currently serving as a Consultant Speech and Language Therapist at MTI Bacha Khan Medical Complex, Swabi.

ALUMNI SPOTLIGHTS



ABDUR RAHIM KHAN
BATCH 2013-2017

An esteemed alumnus of the Department of Psychological Studies, University of Swat, Mr. Abdur Rahim Khan completed his BS in Psychology (Session 2013–2017). He further advanced his academic and professional career by an MS in Clinical Psychology from the International Islamic University Islamabad, followed by an Advanced Diploma in Clinical Psychology (ADCP) from NUML Islamabad. Currently, he is pursuing his PhD in Psychology at NUMS Islamabad and serves as the In-Charge of the Psychology Program at Abasyn University, Islamabad Campus. In addition to his academic role, he is the Founder and Co-CEO of Premium International Rehab and Psychiatric Center, Islamabad.



MUHAMMAD ABBAS (BATCH 2021-2025)
Assistant Therapist
STL Rehabilitation & Autism Centre, I-9 Islamabad

My time in the Psychology Department at Swat played a vital role in shaping both my professional skills and personal growth. The program provided a strong theoretical foundation while also fostering empathy, critical thinking, and practical understanding of human behavior. These skills have been especially valuable in my work at Autism Rehabilitation Centre, where I engage with individuals requiring patience, care, and tailored psychological support. Looking back, the department truly prepared me to face real-world challenges with confidence, compassion, and a strong sense of responsibility.



MISBAH
(BATCH 2021-2025)

My time in the Department of Psychological Studies, University of Swat, was instrumental in shaping my professional path. It strengthened my critical thinking, social interaction, character building, research abilities, and understanding of human behavior. Academic projects, presentations, and assignments helped me connect theoretical knowledge with real-world application. I am especially grateful to my teachers, whose guidance, support, and mentorship greatly influenced my personal and academic growth. Their commitment to conducting classes regularly and ensuring timely completion of course files fostered a disciplined and effective learning environment. I advise students to prioritize practical experience alongside academic learning. Early involvement in internships, fieldwork, and skill development can make a meaningful difference in career readiness and professional confidence.



ASAD KHAN (BATCH 2021-2025)
Clinical Psychologist (Practicing in Islamabad)

One thing I wish I had understood as a psychology student is that knowledge alone isn't enough its application defines your impact. The Department of Psychological Studies helped me develop critical thinking, empathy, and a deeper understanding of human behavior. In real practice, challenges are rarely textbook based they demand adaptability and emotional intelligence. What truly prepared me was learning how to think, not just what to think. My advice to students is simple: focus on understanding people, including yourself that's where real psychology begins.

MARIA HAYAUDDIN
BATCH 2021-2025

I actively support the Social Welfare and Child Protection Welfare Commission. I participated in their efforts to promote child rights, safety, and welfare services in our community.

ALUMNI SPOTLIGHTS

MISHAL NASEEM
BATCH 2021-2025

Studying psychology didn't just teach me theory it sparked my own emotional growth, forcing me to build resilience and master the art of clinical empathy.
To me, success isn't just holding a degree; it is the ability to step into a clinic and actually make a difference.I'm Currently doing MPhil in Clinical Psychology at the Institute of clinical Psychology Karachi where i get to apply everything I learned and apply it where it matters most. Through internships across Karachi, I moved past textbooks to connect authentically with patients, managing complex crisis situations with professional confidence.
I am proud to carry the values from my time at the University of Swat into my advanced clinical work today, pushing the boundaries of mental health care every single day.

MAHNOOR ZAMAN
BATCH 2021-2025

As a psychology graduate, my journey has taught me that psychology is not just about understanding the mind but about understanding people, their struggles, and how we can create meaningful change. Interestingly, psychology also brought me closer to Islam, which eventually led me to explore Islamic psychology, both personally and professionally.
Professionally, my degree opened doors for me early on. In my third semester, I started my first job as a Communication Manager for a U.S.-based brand, and since then, I've had the opportunity to work with different brands, organizations, and lifestyle coaches, continuously building my skills. Today, I work as an individual counsellor and Mental Health Trainer. I also volunteer in the mental health space and am building my own personal brand.
I am truly grateful to my department and university for giving me the foundation to better understand myself, people, and the world around me, and to pursue work that genuinely inspires and fascinates me.

YAMNA IQBAL
MSC PSYCHOLOGY BATCH 2014 - 2016

Proud to be the alumnus of the department of Psychology. My time in the department shaped how I think and help others. Currently doing Clinical Psychology Diploma. I have 2 years teaching experience as a visiting Lecturer in Govt. Post Graduate Girls Degree College Saidu Sharif and one Year teaching experience as a visiting Lecturer in University of Swat. The foundation I got here helps me in both teaching and Mother work. Whatever I learned about understanding people, patience, and empathy, I use it in teaching and as a mother.
Credit goes to my department for making me who I am today.
The department gave me confidence and skills that I use every day. Psychology gives me skills for life. I'm thankful to all faculty.

SANA KHURSHID (MSC PSYCHOLOGY 2014-16 UOS, MPHIL SBBWU)
LECTURER, DEPT OF PSYCHOLOGICAL STUDIES
WOMEN CAMPUS, UNIVERSITY OF SWAT

The Department of Psychological Studies gave me knowledge, confidence, and a purpose.
I'm forever thankful to my teachers and mentors for their guidance and support.

MARYAM KAUSAR
LECTURER AT THE DEPARTMENT OF PSYCHOLOGICAL STUDIES, WOMEN CAMPUS, UNIVERSITY OF SWAT, AND CURRENTLY A PHD SCHOLAR AT FOUNDATION UNIVERSITY ISLAMABAD
MSC PSYCHOLOGY 2016-18

As an alumni of Psychology, I acknowledge the strong academic foundation and mentorship provided by my teachers, which has significantly helped in shaping my career path.
I have published researches and supervised students, contributing to the growth of our discipline.
My journey reflects the department's dedication to cultivating scholars who make meaningful contributions to the field of psychology.

MARYAM ALEEM (VISUALLY IMPAIRED)
MSC PSYCHOLOGY, BATCH 2016 - 2018

I am a proud graduate of the Department of Psychological Studies, University of Swat, where I completed my MSc in Psychology (Batch 2016–2018). After completing my degree, I chose the field of education as my career path. Today, I am serving as a CT Teacher at a High School in Upper Swat. My journey has been both challenging and rewarding, and I am committed to inspiring my students and contributing positively to society.

ALUMNI SPOTLIGHTS



AKBAR ZEB
BATCH: 2015–2019
CURRENT ROLE: PRIMARY SCHOOL TEACHER (PST), BPS-12
ELEMENTARY AND SECONDARY EDUCATION DEPARTMENT

Current Role: Primary School Teacher (PST), BPS-12
Akbar Zeb is an alumnus of the Department of Psychological Studies, University of Swat. He is currently serving as a Primary School Teacher (PST), BPS-12, contributing to the education and development of young learners.



MUHAMMAD MUBEEN
BATCH: 2017–2021
CURRENT ROLE: POLICE CONSTABLE

Muhammad Mubeen is an alumnus of the Department of Psychological Studies, University of Swat. He is currently serving as a Police Constable, contributing to public safety and community service.



SHAKEEL UR RAHMAN
CURRENT ROLE: PSYCHOLOGIST
ADDITIONAL ROLE: DIRECTOR, DARUL HIKMAH SCHOOL SYSTEM

Shakeel ur Rahman is serving as a Psychologist with the Integrated HIV, Hepatitis and Thalassemia Control Program, Health Department, Khyber Pakhtunkhwa. He also serves as Director of Darul Hikmah School System, Alladand Dheri, District Malakand, contributing to both healthcare and education.



ASGHAR ALI
CURRENT STATUS: FULLY FUNDED PHD CANDIDATE
INSTITUTION: WICKING DEMENTIA RESEARCH AND EDUCATION CENTRE, UNIVERSITY OF TASMANIA

Asghar Ali is a fully funded PhD candidate at the University of Tasmania's Wicking Dementia Research and Education Centre. His research focuses on culturally safe healthcare for Aboriginal and Torres Strait Islander peoples living with dementia, with the aim of promoting more respectful, responsive and equitable dementia care.



USMAN ALI
QUALIFICATION: MSC PSYCHOLOGY, 2019
CURRENT ROLE: EMERGENCY MEDICAL TECHNICIAN (EMT)
ORGANIZATION: RESCUE 1122

Usman Ali is currently serving as an Emergency Medical Technician with Rescue 1122. His background in psychology supports his emergency-care role, particularly in communicating with and assisting individuals experiencing fear, anxiety, panic and trauma during critical situations.

ALUMNI SPOTLIGHTS



FAZLE KHALIQ
BS PSYCHOLOGY, BATCH 2017 - 2021

My journey as an alumnus of the Department of Psychological Studies, University of Swat, has been truly meaningful. The support, guidance, and dedication of my teachers played a vital role in shaping my academic and professional journey. Their teaching, mentorship, encouragement, and belief in their students inspired me to pursue higher education, research, clinical practice, and teaching. I remain grateful for the strong academic foundation and memorable experiences I received at the University of Swat.

Today, I am proud to be serving at the National Cyber Security Academy, Air University Islamabad, as a Lecturer. I carry the lessons and values of my teachers with me in every step of my professional journey. Proud to be a University of Swat alumnus.



ZAHID ULLAH
QUALIFICATION: MSC PSYCHOLOGY
GRADUATION YEAR: 2024
CURRENT ROLE: PRIMARY SCHOOL TEACHER

Zahid Ullah completed his MSc Psychology in 2024 and is currently serving as a Primary School Teacher in a government school, contributing to the education and development of young students.



SARDAR ALAM
DEGREE: BS PSYCHOLOGY
BATCH: 2020–2024
CURRENT ROLE: PRIMARY SCHOOL TEACHER

Sardar Alam is a BS Psychology graduate of the University of Swat. He is currently serving as a Primary School Teacher in the Elementary and Secondary Education Department, Khyber Pakhtunkhwa.



MUHAMMAD SOHAIL JAN
DEGREE: MSC PSYCHOLOGY
GRADUATION YEAR: 2023
CURRENT ROLE: PSYCHOLOGIST

Muhammad Sohail Jan is currently working as a Psychologist with Da Haq Awaz Anti-Drugs Social Welfare Organisation. His work contributes to mental health, social welfare and initiatives aimed at addressing substance abuse within the community.



MOHAMMAD IDREES
BATCH: 2014–2018
QUALIFICATIONS: MPHIL, ADVANCED DIPLOMA IN CLINICAL PSYCHOLOGY (ADCP)
CURRENT ROLE: PROFESSIONAL PSYCHOLOGIST — SELF-EMPLOYED

Mohammad Idrees provides online mental health and psychological services, with a focus on confidence, self-awareness, resilience, personal growth and healthier relationships. His work aims to make psychological support more accessible and promote mental well-being.

ALUMNI SPOTLIGHTS



MR. HAIDER ALI
BS PSYCHOLOGY, BATCH 2017-2021

Haider Ali is a Clinical Psychologist with a strong academic and clinical background. He completed his BS Psychology (2017–2021) from the University of Swat, followed by Advanced Diplomas in Counseling Psychology and Clinical Psychology from Riphah International University, and an MS in Clinical Psychology from Shifa Tameer-e-Millat University, Islamabad. Currently, he is the Owner and Clinical Psychologist at Swat Psychiatry & Rehabilitation Hospital, Swat, where he provides professional psychological assessment, psychotherapy, clinical interventions, and mental health services. Alongside his institutional role, he is also engaged in private clinical practice, with a focus on evidence-based and patient-centered psychological care.

SIDRA WAHAB
QUALIFICATION: MPHIL PSYCHOLOGY
MASTER'S COMPLETION: 2016
DISTINCTION: GOLD MEDALIST
CURRENT ROLE: LECTURER IN PSYCHOLOGY
INSTITUTION: GOVERNMENT POSTGRADUATE GIRLS COLLEGE, SAIDU SHARIF, SWAT

Sidra Wahab is currently serving as a Lecturer in Psychology at Government Postgraduate Girls College, Saidu Sharif, Swat. A Gold Medalist in her Master's degree, she has continued her academic development by completing an MPhil in Psychology.

MARIA HAMEED
BATCH 2016-2020

I am a successful enterpreneur and freelancer, currently working in Graphic Designing and Content Writing at Vertexsoft.

INAYAT ULLAH
QUALIFICATION: MSC PSYCHOLOGY
CURRENT ROLE: GOVERNMENT SCHOOL TEACHER
ADDITIONAL ROLE: GENERAL SECRETARY OF A COMMUNITY ORGANIZATION

Inayat Ullah is currently serving as a government school teacher. Alongside his professional responsibilities, he also contributes to community development as the General Secretary of a community organization.

SALIM ULLAH
BATCH: 2017–2021
QUALIFICATIONS: MPHIL IN CLINICAL PSYCHOLOGY; PHD SCHOLAR
CURRENT ROLE: CLINICAL PSYCHOLOGIST

Salim Ullah is currently serving as a Clinical Psychologist at the Institute of Behavioral Sciences, Dow University of Health Sciences, Karachi. He holds an MPhil in Clinical Psychology and is currently pursuing his PhD, further advancing his expertise in clinical practice and research.

EDITORS' PROFILE



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