



**DEPARTMENT OF SOCIOLOGY**  
**NEWSLETTER 2022**



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## EDITORIAL NOTE

We are happy to share our second Department Newsletter which presents our work and efforts for the year 2022. The Department of Sociology faculty and students have continued to work together, with commitment for learning, research, and community service.

The year has seen the launch of our MPhil program and completion of the theses of our BS Majors, year 2022. The newsletter includes updates about the Forman Sociological Association, the 4<sup>th</sup> Department Conference on Marginalized Populations, and some interesting guest speakers who have helped to inspire students and connect them to the industry. Our faculty has been working hard this year to contribute to research, with Dr Shahid Rasheed's book being published, Dr Julie Flowerday's book completed during her sabbatical leave, and my third book accepted for publication by Palgrave Macmillan.

The best news of the year and what makes us both grateful and proud is the achievements of our majors and alumni. Amna Maryam has received the Fulbright scholarship, Ajwa Zulfiqar a fully funded scholarship at the University of Toronto, and Noor Nishan a scholarship and a graduate assistantship at Clemson University. Three students have published their theses in academic journals which are HEC approved, one has published a book chapter, and one has presented her thesis in an academic conference.

Sincerely  
Dr. Sara Rizvi Jafree  
Chair and Associate Professor,  
Department of Sociology



## LAUNCH OF MPhil SOCIOLOGY

The Department of Sociology is happy to share that it has launched its MPhil in Sociology program in Fall 2022. The orientation session was held on 3<sup>rd</sup> October 2022 for the first batch of MPhil students. At the close of Fall semester 2022, the MPhil students have successfully completed their first four core courses and we wish the batch immense luck and hope to have a productive and rewarding journey together, resulting in important research for Pakistan.



## THESIS OF THE MAJORS in SOCIOLOGY (2022)

The Department Undergraduate Majors have successfully completed their thesis journey (Spring 2022- Fall 2022) producing quality research findings on a variety of pressing social issues facing Pakistan ranging from social exclusion, work-life balance, globalization, academic honesty, and mental illness. Such diverse research shows the ability of our young sociologists to grasp the vast application of the sociological perspective.



**FAREEHA HABIB**  
SUPERVISOR: DR. JULIE FLOWERDAY  
*OBSERVING LEVELS OF EMPOWERMENT IN WORKING WOMEN OF A DEBT-BASED COMMUNITY IN A VILLAGE NEAR LAHORE.*



**AMNA MUNIR**  
SUPERVISOR: DR. MOHAMMAD VAQAS ALI  
*EFFECT OF DISCRIMINATION ON THE SELF-ESTEEM AND SELF-EFFICACY OF PUSHTOON STUDENTS OF FCCU*



**SYED BASIT ALI**  
SUPERVISOR: DR. SARA RIZVI JAFREE  
*EXAM STRESS AND ITS IMPACT ON ACADEMIC PERFORMANCE*



**KUNDAN RANA**  
SUPERVISOR: DR. JAWAD TARIQ  
*ASSESSING THE EFFECT OF WORK-STUDY CONFLICT ON ACADEMIC STRESS AND WELLBEING IN UNIVERSITY STUDENTS*



**AYESHA KHALID**  
SUPERVISOR: DR. SHAMAILA ATHAR  
*THE RELATIONSHIP BETWEEN SOCIAL ANXIETY AND ONLINE COMMUNICATION USING SOCIAL MEDIA*



**TAHREEM SAJJAD**  
SUPERVISOR: DR. SARA RIZVI JAFREE  
*EXPLORING REASONS AND RISKS OF BODY MODIFICATIONS IN UNIVERSITY STUDENTS*



**FATIMA GHANI**  
SUPERVISOR: SHERMEEN BANO  
*MENTAL ILLNESS AND STIGMA: A PERCEPTUAL ANALYSIS OF PREVALENCE AND DETERMINANTS OF MENTAL ILLNESS IN UNDERGRADUATE STUDENTS IN LAHORE*



**AIMAN ASHRAF**  
SUPERVISOR: DR. JAWAD TARIQ  
*EFFECTS OF ONLINE LEARNING ON THE PERFORMANCE OF STUDENTS DURING THE COVID-19 PANDEMIC*



**DUAA TAHIR**  
SUPERVISOR: DR. SARA RIZVI JAFREE  
*THE RELATIONSHIP BETWEEN ATTITUDES TOWARDS GENDER ROLES AND LIFE SATISFACTION IN FACULTY MEMBERS IN PUNJAB*



**BAKHTAWAR FAZAL**  
SUPERVISOR: DR. MUHAMMAD VAQAS ALI  
*DETERMINANTS OF ACADEMIC DISHONESTY AMONG STUDENTS AT FORMAN CHRISTIAN COLLEGE UNIVERSITY (FCCU)*



**EMAAN ATHAR**  
SUPERVISOR: DR. JAWAD TARIQ  
*RELATIONSHIP OF WESTERNIZATION AND LOCAL CULTURAL IDENTITY IN UNIVERSITY STUDENTS OF LAHORE*



**RAHMA FAISAL**  
SUPERVISOR: DR. SARA RIZVI JAFREE  
*RELATIONSHIP BETWEEN PARENTING STYLES AND SELF-ESTEEM IN UNIVERSITY STUDENTS*



**FAKIHA SADAQAT**  
SUPERVISOR: SHERMEEN BANO  
*GENDER DIFFERENCES IN WORK-LIFE BALANCE OF UNIVERSITY TEACHERS IN LAHORE*

## THESIS POSTER PRESENTATIONS

The Sociology Undergraduate Majors, batch of 2022, also presented their thesis posters in an event organized by the Department of Sociology and funded by the Office of Research Innovation and Commercialization – ORIC. The students gained confidence in presenting their work and received valuable feedback from faculty and peers.



## GUEST TALKS

### Opportunistic Research Strategies

The Department of Sociology and Forman Sociological Society supported the Dean of Social Sciences, FCCU, Distinguished Professor Dr. Sikandar Hayat, and the Faculty of Social Sciences, FCCU, by hosting a talk by Dr. Michael Hirsch, titled "Opportunistic Research Strategies ", on 12<sup>th</sup> February 2022. The students and faculty gained valuable insights about how to remain committed to publishing despite time and budget constraints.



## DEPARTMENT DEVELOPMENT AND EXTERNAL REVIEW

The Department of Sociology held its first annual meeting with external members of the Department Advisory Council on 6<sup>th</sup> July 2022. Subject specialists of Sociology from the University of the Punjab, Government College University, and University of Management Technology- Dr. Rahla Rahat, Dr. Sidra Maqsood, and Dr. Iram Rasheed, respectively, are honorable members of the council.

Salient issues related to updated HEC policies, course and programme development, and quality of student theses and publications were discussed. The meeting also provided opportunity to share best practices to link students with the industry for job placement and promote collaboration between sociology departments at local universities for research.



## DEPARTMENT CONFERENCE

The Department of Sociology, FCCU, hosted its 4<sup>th</sup> Conference on Marginalized Populations on 5th December 2022. The conference covered research on the following groups: religious minorities, urban impoverished groups, informal workers, vulnerable women groups, and the third gender. The Forman Sociological Society executive council did a great job in managing the conference and the department students participated actively in the Q&A sessions.

The conference recording can be found on the following links: Session 1: <https://youtu.be/-7WMZAFrC28>; Session 2: <https://youtu.be/NKZq1V9f0G0>

The honourable speakers included:

- Dr Amen Jaffer: Assistant Professor  
Humanities and Social Sciences

Department, LUMS

- Dr Rahla Rahat: Assistant Professor  
University Of Punjab

- Dr Farhan Navid Yousaf: Professor  
University Of Punjab

- Dr Masha Asad Khan: Dean of Humanities  
& Social Sciences, Kinnaird College for  
Women

- Dr Iram Rasheed: Associate Professor  
Sociology Department

University of Home Economics

- Dr Fauzia Sadaf: Assistant Professor  
University of the Punjab





## FORMAN SOCIOLOGICAL SOCIETY UPDATES

### Reading Circle “Transgender Persons Act 2018”

The Forman Sociological Society and Forman Political Science Society joined hands to hold a study circle based on the Transgender Person Act (2018), on November 6<sup>th</sup> 2022. The faculty speaker for this study circle was Miss Sharmeen Bano, who shared her research on this area and discussed solutions for better protection and policy implementation for the transgender community.



## Workshop 'Understanding the Coding Process in Qualitative Analysis'

The Forman Sociological Society in collaboration with the Department of Sociology hosted a session on the topic "**Understanding the Coding process in Qualitative Analysis**", on November 28<sup>th</sup> 2022. The session was led by an expert Dr. Fauzia Sadaf, University of the Punjab, and was extremely valuable for the students and for planning their research proposals.



## Blood Donation Drive

The Forman Sociological Society in collaboration with the Forman Biological Society and the Character Building Society, hosted the annual Blood Donation Drive at FCCU on 17<sup>th</sup> November 2022 in Sinclair Hall. The donation drive provided a convenient opportunity on-campus for students to donate blood and develop ethics for community service.



## "Career Opportunities for Sociology Students"

### Mr. Mohsin Muslim

Forman sociological society hosted Mr. Mohsin Muslim for an interactive session with students on the topic: "**Career Opportunities for Sociology Students in Survey Design**" on October 17<sup>th</sup> 2022. Mr. Mohsin Muslim is a Researcher / Ethnographer/ Trainer, with 30 years of experience in conducting Marketing and Survey Research in Pakistan. He has worked on a wide range of survey research projects for World Bank, UNICEF, WHO, Smeda, and leading national, multinational organizations and research companies.



### Ms Nosheen Zaidi

The Forman Sociological Society and the Department of Sociology hosted an online talk titled, "**Career Opportunities for Students of Sociology in the NGO Sector**" by Ms Nosheen Zaidi on September 19<sup>th</sup> 2022. Ms Nousheen Zaidi is the Deputy Director Social Mobilization in Walled City Lahore Authority.



## Mr. Safdar Abbas

Mr. Safdar Abbas, a Social Welfare Officer, working in the Social Welfare Department of Punjab, conducted a session on the diverse "Career opportunities for Students of Sociology in the Social Welfare Department".

The image is a screenshot of a Zoom meeting. The main content is a presentation slide titled "Opportunities in Govt. Departments" with a bulleted list of departments: Social Welfare Department, Punjab; Punjab Social Protection Authority; Child Protection and Welfare Bureau; Women Development Department; Higher Education Department; Local Government and Community Development Department; and Planning & Development Department. A central banner features a portrait of Mr. Safdar Abbas, Deputy Director NGOs in Department of Social Welfare, Government of Punjab, and provides the date (August 15th, 2022) and time (10:00 - 11:00 A.M.). Logos for Forman Sociological Society, SAO Student Activities Office, Zoom, and Forman Christian College are also visible. The Zoom interface shows a grid of participants and a bottom toolbar with options like Participants, Chat, Share Screen, and Zoom.

## Talk on Adjustment and Wellbeing of Older Adults in Old Age Homes

The Forman Sociological Society and the Department of Sociology hosted an online talk titled “**Adjustment and Wellbeing of Older Adults in Old Age Homes**”, led by Dr Jawad Tariq on July 25<sup>th</sup> 2022. Dr. Jawad discussed his published research on the neglected elderly population of Pakistan and how better policy can be planned for their housing, protection, and inclusion in society.

The screenshot shows a Zoom meeting interface. On the left, a presentation slide titled "Adjustment and Wellbeing of Older Adults in Old Age Homes of Punjab" by Jawad Tariq, PhD. On the right, a slide titled "Objectives" with three bullet points:

- To analyze if relocation autonomy is related to loneliness experienced by residents of old age homes and whether social support mediates this relationship
- To analyze if loneliness creates adjustment problems for older adults living in old age homes and whether institutional environment moderates this relationship
- To see whether adjustment is related to older adults' wellbeing in old age homes

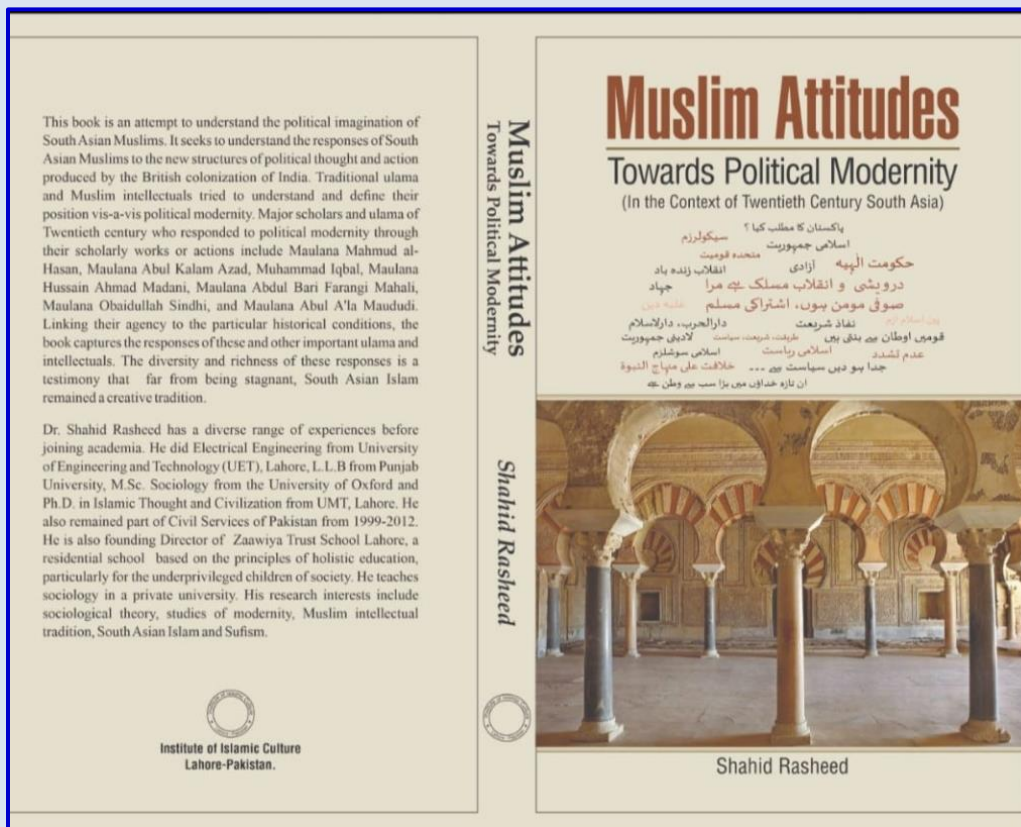
The screenshot shows a Zoom meeting interface. On the left, a slide titled "Conceptual Framework" with a diagram showing the relationship between Social Support, Loneliness, Adjustment, and Wellbeing, moderated by Institutional Environment. On the right, a slide titled "Conclusion" with three bullet points:

- Loneliness and adjustment problem in old age homes can be reduced by facilitating relationships of new residents with staff and well adjusted residents and encouraging the residents to engage in various activities at the facility
- Therapeutic interventions, such as Reminiscence therapy, and other individual as well as collective group discussions/sessions can help reduce loneliness and adjustment problems in addition to increasing social support available to residents of old age homes
- Preparation of a transitional care plan for the relocating older adults by comprehensive assessment of the individual as well as circumstances of relocation
- Increasing socio-recreational activities in the old age homes can lower loneliness, increase adjustment, and enhance wellbeing

## FACULTY NEWS

### Dr. Shahid Rasheed

Dr Shahid Rasheed (Assistant Professor, Department of Sociology) has published a book titled: **‘Muslim Attitudes towards Political Modernity’**. This book is a wonderful resource for many disciplines such as sociology, political science, religious studies, and history; and most importantly it is a great contribution to develop the knowledge base of our students.



## Dr. M. Vaqas Ali

Dr M. Vaqas Ali (Assistant Professor, Department of Sociology), as Director Population Research Center, has led efforts to organize or host the following activities to support colleagues, students, and research at FCCU overall:

- A webinar on “**Digital Population and Housing Census 2022**” on November 29<sup>th</sup>, 2022
- An on-campus two day workshop on ‘**Data Types and Analysis using STATA**’ on 15<sup>th</sup> and 17<sup>th</sup> November 2022
- A research essay competition for baccalaureate students on "**2022 floods in Pakistan: Challenges & Solutions**", funded by "Office of Research, Innovation and Commercialization (ORIC), FCCU"
- A collaborative panel discussion on the "**Devastation by Floods in Provinces: Relief and Rehabilitation activities & imminent challenges**" on 9<sup>th</sup> December 2022, supported by UNFPA.



Dr. Vaqas also served as a panelist at the 23<sup>rd</sup> Annual Population Research Conference organized by the Population Association of Pakistan, in a panel discussion on "**Population and Democracy: Pakistan unsolved dilemma of Social Cohesion**". The topic of his presentation at the panel discussion was "*From a population to a nation: social cohesion as a key mediator between the welfare state and human development.*"



## Dr. Shamaila Athar

Dr. Shamaila Athar (Assistant Professor, Department of Sociology) engaged her Criminology 118 class, in November 2022, by visiting the Safety and Security Office of FCCU headed by Colonel Khaqan Mahmood. Students gained valuable insights by taking a tour of how FCCU manages its security and how safety risk is mitigated on campus.



Dr. Shamaila and her SOCL 101 (Social Work) class for Spring 2022 collected and distributed clothes and other winter stock for the underprivileged, as part of their **‘Community Service’** initiative.

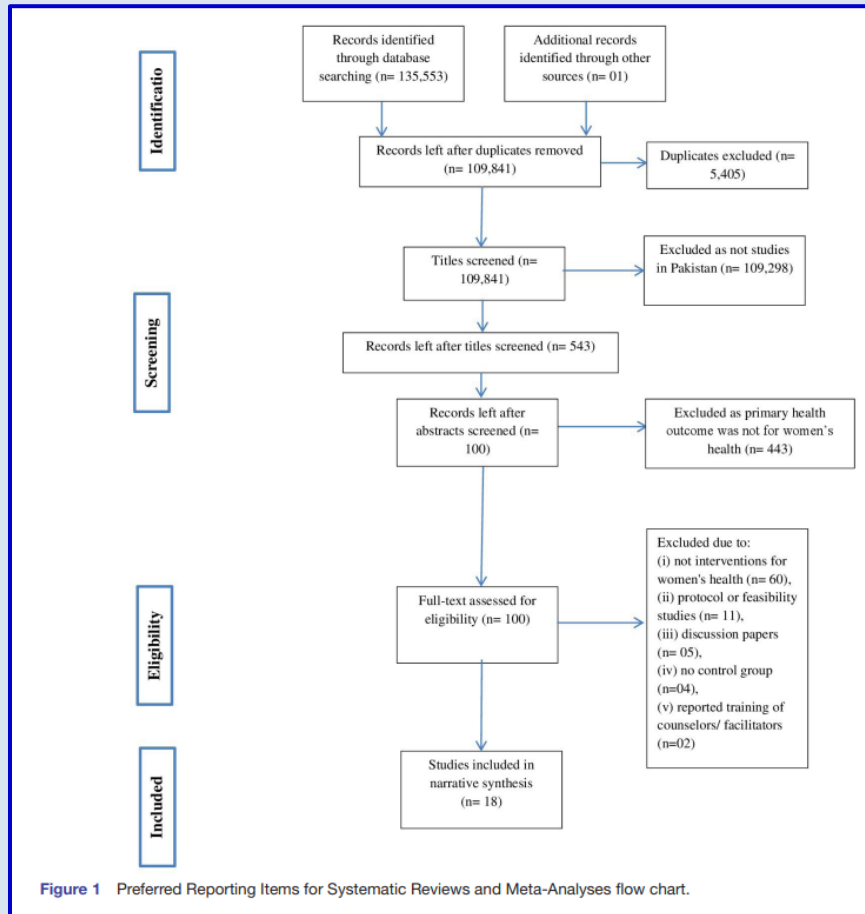


## Dr. Sara Rizvi Jafree

Dr. Sara Rizvi Jafree (Associate Professor, Department of Sociology) completed the first part of her post-doctorate project, a systematic literature review of women's health outcomes from primary care interventions. The study has been published by BMJ Open and is open access to read: <https://bmjopen.bmj.com/content/bmjopen/12/8/e061644.full.pdf?with-ds=yes>

The review highlights that:

“There is an absence of information about the effectiveness of primary care services for older women, women with special needs, refugees and displaced women and unmarried women. Limited services delivered to women of reproductive years lack active door-to-door services, group-based approaches, and quality or holistic care. Facilitators that need more investment include: (i) utilization of community peers who can deliver care cost-effectively; (ii) e-health services to reach remote and home-based women; and (iii) integration of financial vouchers to support uptake in majority poor populations.”



The protocol paper has previously been published by BMJ Open and can be downloaded from the following link: <https://bmjopen.bmj.com/content/bmjopen/11/3/e043715.full.pdf?with-ds=yes>

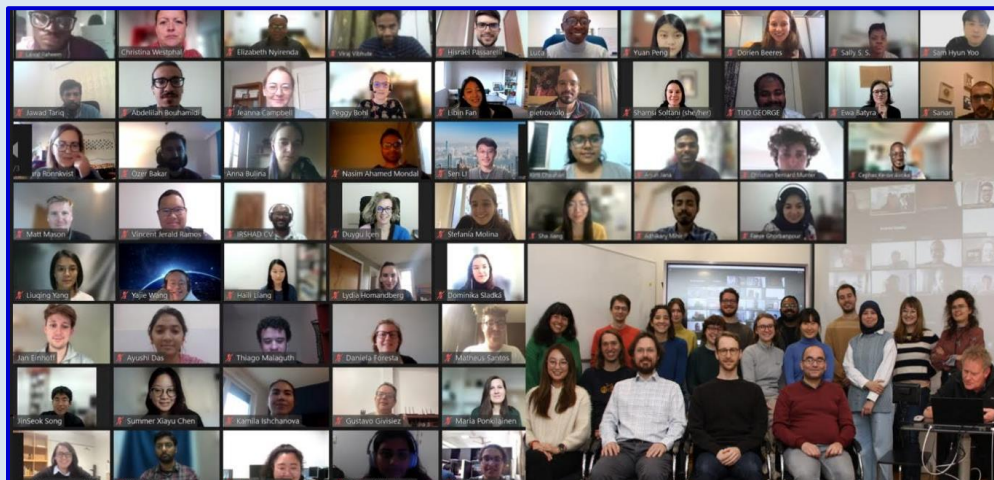
## Dr. Jawad Tariq

Dr Jawad Tariq (Assistant Professor, Department of Sociology) was selected for a five day course titled Digital and Computational Demography from November 14-18, 2022. The course was offered by Max Planck Institute for Demographic Research, Germany. The course was jointly instructed by Dr Emilio Zagheni, Dr. Aliakbar Akbaritabar, Dr. Jisu Kim, Dr. R Gordon Rinderknecht. And Dr. Tom Theile.

The topics covered in the course included:

- 1) Introduction to Digital and Computational Demography; Approaches for combining representative data and non-probabilistic samples; Identifying sources of bias in digital trace data and adjusting for them.
- 2) How internet works; Surfing the web and web scraping in R; Getting started on accessing APIs with R.
- 3) Using social media data for migration research; Accessing Twitter data via the Academic Twitter API.
- 4) Using large-scale bibliometric data for demographic research; Advantages and pitfalls of using Scopus data to trace internal and international scholarly migration worldwide.
- 5) The impact of digital technology on daily life and well-being, and on opportunities for primary data collection.

Dr Jawad successfully completed the course after taking an online exam conducted by MPIDR.



## Ms. Shermeen Bano

Ms. Shermeen Bano (Lecturer, Department of Sociology) presented her research paper, co-authored with Dr Rahla Rahat, Director National Centre for Resettlement and Rehabilitation at the University of the Punjab in November 2022, at the International Workshop on Climate Change, Displacement and Disease. The paper's title was "**Disaster Preparedness and Mitigation: Experiences and Reflections of the Survivors of 2022 floods in Baluchistan/Pakistan**". The workshop was organized at Quaid-e-Azam University, Islamabad in partnership with the Edinburgh Centre for Medical Anthropology, University of Edinburgh.



## Ms. Tehniyat Fatima

Ms. Tehniyat Fatima (Lecturer, Department of Sociology) presented the paper titled **"Adolescents' Notions and Experiences of Privacy in Vertical Living"** at the 4<sup>th</sup> Conference on Marginalized Populations arranged by the Sociology Department at FCCU. The paper is a part of her graduate research and highlights the importance of viewing age as a factor of marginalization in housing policy in Pakistan.



## ALUMNI/STUDENT NEWS & RESEARCH UPDATES

### Ajwa Zulfiqar

Ms. Ajwa Zulfiqar (Major Sociology) has gained a fully funded scholarship to pursue her Masters in Anthropology at the **University of Toronto**.



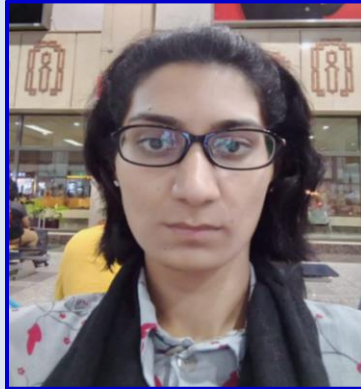
### Amna Maryam

Ms. Amna Maryam (Major Sociology) has received the **Fulbright scholarship** to pursue her Master's at **Columbia University**.



## Noor Nishan

Ms. Noor Nishan (Major Sociology) has got admission in **Clemson University** to study in the MS program offered by the Department of Sociology, Anthropology and Criminal Justice. She has also been awarded a graduate assistantship. We wish her all the best and hope to hear more news about her accomplishments.



## Zaman Karamat

Mr. Zaman Karamat (Minor in Sociology) has received an admission in the **University of Oxford** to read for a Master of Science in Refugee and Forced Migration Studies.



## Arooj Khalid Behamni

Ms. Arooj Khalid Behamni (Major Sociology) has contributed to a chapter in Malala Fund's latest release: **"Dare To Learn: The Power of an Educated Girl"**. The book can be found on the following link: at: [https://lnkd.in/dF\\_mWNt](https://lnkd.in/dF_mWNt)



## Fatima Abid

Ms. Fatima Abid (Major Sociology) presented her final year thesis at the International Social Sciences Conference, University of Lahore, School of Integrated Social Sciences, on July 15-16 '2022. The title of her research is: **"COVID-19, Online Teaching, and its Impact on the Wellbeing of University Teachers in Lahore"**.





## Rania Khan

Ms. Rania Khan (Major Sociology) has published her final year thesis in an HEC recognized journal- Global Digital & Print Media Review. The study is titled: "**The Need for Interventions to Reduce Time Spent on Social Media and Strengthening of Family Relationships in University Students**". You can read the full manuscript on the following link: <https://gdpmrjournal.com/papers/D2AwFtDwTx.pdf>



## Kundan Rana

Ms Kundan Rana (Major Sociology) has participated in a 2-day Inter Provincial Exchange Seminar conducted in Islamabad under \*GIZ\* (Deutsche Gesellschaft für Internationale Zusammenarbeit) in collaboration with \*PIC\* (Punjab Information Commission), and other organizations to raise awareness for **Right To Information and Right To Services** in the country.



## Amna Maryam

Amna Maryam (Major Sociology) has published her thesis in the HEC approved journal, Global Sociological Review, titled: '**Sociodemographics of Formal and Informal Sector Women Workers of Pakistan and a Comparison of their Perceived and Practiced Autonomy**'. The full paper is accessible to read on the following link:

[https://doi.org/10.31703/gsr.2022\(VII-I\).11](https://doi.org/10.31703/gsr.2022(VII-I).11)



## Fatima Saeed

Ms. Fatima Saeed (Major Sociology) as been published her thesis in a HEC approved journal. The study is titled: "**The Effect of Patriarchy on Spatial Mobility in Urban Women Teachers and Students**". The full study can be read online open access on:

<http://bujhss.bahria.edu.pk/index.php/ojs/article/view/98/43>



## FACULTY RESEARCH

### Dr Sara Rizvi Jafree

Rizvi Jafree, S., Burhan, S. K., & Mahmood, Q. K. (2022). **Predictors for stress in special education teachers: policy lessons for teacher support and special needs education development during the COVID pandemic and beyond.** Journal of Human Behavior in the Social Environment, 1-18.

<https://doi.org/10.1080/10911359.2022.2077498>

Jafree, S. R., Khawar, A., ul Momina, A., & Mahmood, Q. K. (2022). **Infection preparedness of community health workers: implications for maternal and neonatal health services in Pakistan.**

Primary Health Care Research & Development, 23. <https://doi.org/10.1017/S1463423622000081>

Jafree, S. R., Zakar, R., Rafiq, N., Javed, A., Durrani, R. R., Burhan, S. K., ... & Fischer, F. (2022).

**WhatsApp-Delivered Intervention for Continued Learning for Nurses in Pakistan During the**

**COVID-19 Pandemic: Results of a Randomized-Controlled Trial.** Frontiers in public health, 114.

<https://doi.org/10.3389/fpubh.2022.739761>

### Ms Shermeen Bano

Rahat, R., Bano, S., & Rubab, I. (2022). **Policy Inaction on Gender Mainstreaming in Infrastructure**

**Projects for Sustainable.** Research Journal for Societal Issues, 4(1), 49-65.

### Ms Tehniyat Fatima

Hussain, B., Zafar Sheikh, A., & Fatima, T. (2022). **Learning social entrepreneurship: Experiences of**

**sociology students.** Cogent Business & Management, 9(1), 2032539.