ICMLA-2026

1st International Conference on

MIGRATION AND LABOUR AFFAIRS

ABSTRACT BOOK

13-14 May 2026

Editor

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Editorial team

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Convener, ICMLA-2026

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1	**Dr. Madiha Naz** Assistant Professor, Department of Rural Sociology University of Agriculture Faisalabad
2	**Dr. Muhammad Idrees** Assistant Professor, Department of Rural Sociology University of Agriculture Faisalabad
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ICMLA 2026

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Conference poster



Overview of the University of Agriculture Faisalabad



The University of Agriculture Faisalabad is one of Pakistan's premier institutions dedicated to agricultural education, research, and innovation, with a strong historical legacy dating back to 1906 and its elevation to university status in 1961. Over the decades, it has developed into a comprehensive academic and research hub, playing a pivotal role in addressing national challenges related to food security, rural livelihoods, environmental sustainability, and socio-economic development. The university offers a broad spectrum of academic programs ranging from undergraduate to doctoral levels including Faculty of Veterinary Science, Faculty of Sciences, Faculty of Animal Husbandry, Faculty of Agriculture Engineering and Technology, Faculty of Social Sciences, Faculty of Food, Nutrition and Home Sciences, Faculty of Arts and Humanities, Faculty of Health and Pharmaceutical Sciences. With its strong emphasis on applied research, community outreach, and international collaboration, UAF continues to contribute significantly to policy development and capacity building in Pakistan's agrarian economy.

In addition to its academic excellence, the university maintains strong linkages with government bodies, development agencies, and international institutions to promote evidence-based solutions for rural and agricultural development. It is widely recognized for fostering a culture of innovation, critical inquiry, and interdisciplinary collaboration among scholars and students. Through its commitment to sustainable development goals, UAF continues to serve as a leading force in transforming rural communities and strengthening Pakistan's agricultural sector.

Overview of the Department of Rural Sociology



The Department of Rural Sociology is a key academic unit within the Faculty of Social Sciences at the University of Agriculture Faisalabad. The department is dedicated to the systematic study of rural society, focusing on social structures, cultural dynamics, development processes, and the challenges faced by rural communities in Pakistan and beyond. It plays an important role in generating sociological knowledge that informs rural development policies, social planning, and community-based interventions.

The department offers undergraduate and postgraduate programs including BS, M.Phil., and PhD in Rural Sociology and Sociology, designed to equip students with strong theoretical foundations as well as advanced research and analytical skills. Its academic framework emphasizes field-based learning, participatory research, and critical engagement with real-world rural issues such as poverty, inequality, gender dynamics, migration, health, education, and governance in rural settings. In addition to teaching, the department is actively engaged in research and extension activities in collaboration with national and international organizations. Through its academic excellence and community-oriented mission, the department continues to serve as a center of sociological insight and rural transformation in Pakistan.

Welcome Message



Prof. Dr. Zulfiqar Ali

Vice Chancellor
University of Agriculture, Faisalabad
Patron-in-Chief

Migration has been an integral part of human history, shaping societies, economies, and cultures across the world. In the Islamic tradition, the Hijrah of Prophet Muhammad (Peace Be Upon Him) from Makkah to Madinah stands as a timeless example of resilience, hope, and transformation. Today, migration and labour mobility continue to influence development trajectories, presenting both opportunities and challenges for nations and communities. It is a matter of pride that the University of Agriculture Faisalabad, under the umbrella of the Punjab Higher Education Commission (PHEC)-funded Centre for Migration and Labour Affairs (CMLA), is leading the center along with the partner universities, including the University of the Punjab, Bahauddin Zakariya University, Women University Multan, Ghazi University, and the University of Gujrat. This collaborative initiative reflects our shared commitment to strengthening research culture, fostering academic partnerships, and generating evidence-based knowledge on migration and labour affairs. The International Conference on Migration and Labour Affairs (ICMLA-2026) provides an excellent platform for scholars, researchers, policymakers, and practitioners to exchange ideas and contribute to informed dialogue on contemporary migration and labour issues. The abstracts presented in this volume demonstrate the diversity, quality, and relevance of research being undertaken in this important field.

I congratulate the organizers, partner institutions, authors, and participants for their valuable contributions and hope that this conference will promote meaningful collaboration, innovative research, and impactful policy engagement.

Message from the Chief Guest



Prof. Dr. Iqrar Ahmad Khan

Chairman PHEC

Punjab Higher Education Commission

It gives me great pleasure to extend my greetings to the participants of the International Conference on Migration and Labour Affairs (ICMLA-2026). This conference is a testament to the growing commitment of our universities to addressing contemporary societal challenges through research, dialogue, and collaboration. Recognizing the importance of migration and labour affairs in shaping economic and social development, the Punjab Higher Education Commission (PHEC) established thematic research centres to foster academic excellence, policy-relevant research, and institutional partnerships. The Centre for Migration and Labour Affairs (CMLA) is a notable outcome of this vision. I am pleased to see the University of Agriculture Faisalabad, together with the University of the Punjab, Bahauddin Zakariya University, Women University Multan, Ghazi University, and the University of Gujrat, working collectively to advance research and strengthen the culture of scholarly collaboration. This consortium model demonstrates how universities can pool their expertise and resources to generate knowledge that serves society. The research contributions presented in this abstract book reflect the dedication of our scholars and the growing capacity of our institutions to address national and global challenges. I congratulate the organizers, partner universities, authors, and participants for making this initiative a success. I hope this conference will inspire further collaboration, innovation, and impactful research in the years ahead.

Message from the Guest of Honor



Ms. Violetta Anand Kuzmova

First Secretary

German Mission, Islamabad

German Diplomat

It is a pleasure to join the International Conference on Migration and Labour Affairs (ICMLA-2026) and witness the growing academic engagement on issues that are shaping societies and economies across the globe. I extend my heartfelt congratulations to the organizers of ICMLA-2026 for initiating an important international platform dedicated to migration and labour affairs. In today's interconnected world, safe, orderly, and skilled migration has become increasingly important for sustainable economic development, social progress, and international cooperation. As global mobility continues to evolve, there is an increasing need for informed dialogue, evidence-based research, and collaborative approaches to maximize its benefits while addressing emerging challenges.

Germany recognizes the growing importance of workforce mobility and the need for skilled professionals in sectors such as agriculture, engineering, information technology, healthcare, and technical trades. As a long-standing partner of Pakistan in education, research, and development cooperation, Germany highly values initiatives that promote knowledge sharing and international collaboration. I am confident that this conference will contribute significantly to fostering meaningful dialogue, generating innovative ideas, and strengthening cooperation on migration and labour between Pakistan and the international community. I congratulate the organizers, researchers, and participants for their dedication and valuable contributions. I wish the conference every success and look forward to the positive outcomes that will emerge from its deliberations.

Message from International Expert



Prof. Dr. Beatrice Knerr

German Migration Expert

University of Kassel, Germany

It is a great honor and pleasure to support the International Conference on Migration and Labour Affairs (ICMLA-2026). Over the past three decades, my academic work has focused on migration, labor mobility, and rural development. It is encouraging to witness the growing commitment of Pakistani institutions and young researchers to addressing these critical issues through research, dialogue, and evidence-based policymaking. Conferences such as ICMLA-2026 provide valuable platforms for scholars, practitioners, and policymakers to exchange knowledge, foster partnerships, and contribute to sustainable and inclusive development.

The establishment of the Center for Migration and Labour Affairs is a timely and visionary initiative by the Punjab Higher Education Commission (PHEC) and the University of Agriculture Faisalabad. It has the potential to become a leading platform for research, policy dialogue, capacity building, and international collaboration on migration and labor issues. I extend my full support and best wishes for the success of the Center, and I am confident that it will make a significant contribution to advancing migration and labor studies in Pakistan and beyond.

Message from the International Delegate



Prof. Dr. Andreas Bürkert

German Professor

University of Kassel, Germany

It is an honor to participate in ICMLA-2026 and witness the growing academic engagement of Pakistani institutions in addressing migration, labor, and rural development-related issues. International collaboration in research and education is essential for understanding global development challenges and promoting sustainable and evidence-based solutions. Academic exchange and collaborative research initiatives provide valuable opportunities to strengthen knowledge-sharing, institutional partnerships, and interdisciplinary learning. I highly appreciate the efforts of the *University of Agriculture Faisalabad* and the *Department of Rural Sociology* for organizing this conference and fostering an environment of scholarly dialogue, innovation, and international cooperation.

I am also pleased to introduce and inaugurate the book ***Oasis Agriculture in Pakistan*** during ICMLA-2026. The book highlights important dimensions of agricultural sustainability, rural livelihoods, and environmental adaptation in Pakistan's oasis regions. I believe such scholarly contributions are essential for promoting sustainable agricultural practices and strengthening rural development discourse in Pakistan and beyond.

I hope that this publication and the discussions held during ICMLA-2026 will inspire future research collaborations and meaningful academic engagement between Pakistani and international institutions.

Message from the International Delegate



Prof. Dr. Holger Ehrhardt

German Professor

University of Kassel, Germany

It is a pleasure to be associated with ICMLA-2026, a conference that brings together scholars, researchers, and practitioners to discuss some of the most pressing issues related to migration, labor affairs, and sustainable development. Such academic forums play a vital role in encouraging intellectual exchange, cross-cultural understanding, and collaborative research among institutions across the world.

Migration and labor mobility are increasingly shaping global economic and social structures, making it essential for universities and research institutions to work collectively toward evidence-based solutions and policy innovation. Conferences like ICMLA-2026 not only strengthen academic cooperation but also provide opportunities for young researchers and students to engage with contemporary global challenges through interdisciplinary perspectives.

I highly appreciate the efforts of the University of Agriculture Faisalabad, the Department of Rural Sociology, and the Center for Migration and Labour Affairs (CMLA) for organizing this important international event. I am confident that the conference discussions, research presentations, and institutional collaborations established through this platform will contribute significantly toward future academic advancement, sustainable development, and international research partnerships.

Message from the Partner University



Prof. Dr. Ashfaq Ahmad Chattha

Vice Chancellor

Ghazi University, D.G. Khan

Migration and labor mobility remain critical issues for many developing regions where communities seek improved economic opportunities, sustainable livelihoods, and social advancement. There is an increasing need to equip individuals with technical and vocational skills that can support safe, productive, and skilled migration in today's rapidly changing global labor market.

As a partner institution of the ***Center for Migration and Labour Affairs*** (CMLA), Ghazi University is committed to promoting collaborative research, academic networking, and capacity-building initiatives in the field of migration and labor studies. Such partnerships among universities are essential for addressing migration-related challenges through evidence-based research, policy engagement, and skill-oriented educational programs.

I appreciate the organizers of ICMLA-2026 and the University of Agriculture Faisalabad for providing an excellent platform that connects academia, policymakers, development practitioners, and researchers to discuss practical and sustainable solutions for migration, labor mobility, and human capital development. I am confident that this conference will strengthen institutional collaboration and generate meaningful academic and policy outcomes for the future.

Message from the Dean



Prof. Dr. Waqas Wakil

Dean, Faculty of Social Sciences

University of Agriculture, Faisalabad

The Faculty of Social Sciences is proud to host ICMLA-2026 as a platform for scholarly interaction and meaningful discussion on migration, labor affairs, and social development. Migration is not merely the movement of people; it also represents the exchange of ideas, knowledge, expertise, and cultural understanding across societies.

The establishment of the Center for Migration and Labour Affairs (CMLA) reflects our institutional commitment to promoting research, collaboration, and policy dialogue in addressing migration-related challenges. I extend my sincere gratitude to all delegates, speakers, researchers, and participants whose contributions made this conference a successful academic endeavor.

Message from the Chairperson



Dr. Sadaf Mahmood

Lead Scientist

Centre for Migration and Labor Affairs

Chairperson / Associate Professor

Department of Rural Sociology

It is a privilege to welcome distinguished scholars, researchers, policymakers, practitioners, and students to the ***1st International Conference on Migration and Labor Affairs*** (ICMLA-2026). This conference represents a significant academic initiative aimed at promoting meaningful dialogue on migration, labor mobility, demographic transformation, and their socio-economic implications at national and global levels.

The establishment of the Center for Migration and Labour Affairs (CMLA) reflects our commitment to advancing evidence-based research, policy engagement, and international collaboration in the field of migration and labor studies. Through partnerships with national and international institutions, the center seeks to strengthen academic networking, research capacity, and policy-oriented scholarship that can contribute toward sustainable development and social well-being. ICMLA-2026 also aims to exchange innovative ideas, research findings, and practical solutions for addressing migration-related issues and labor market dynamics. I extend my sincere appreciation to all collaborating institutions, international delegates, keynote speakers, researchers, faculty members, and students whose valuable participation has made this conference possible. I hope that the discussions and outcomes of ICMLA-2026 will inspire future research collaborations, informed policy-making, and impactful academic contributions in the field of migration and labor affairs.

ICMLA 2026

Team UAF



Dr. Sadaf Mahmood

Chairperson / Associate Professor
Lead Scientist
PI, Lead University
University of Agriculture Faisalabad



Dr. Naveed Farah

Associate Professor
Team Member



Dr. Muhammad Idrees

Assistant Professor
Team Member



Dr. Muhammad Atif

Assistant Professor
Team Member



Dr. Madiha Naz

Assistant Professor
Team Member

Department of Rural Sociology
University of Agriculture Faisalabad, Pakistan

ICMLA 2026

Partner Institutions

Partner universities

University of the Punjab

Lahore, Pakistan

The Women University Multan

Multan, Pakistan

Ghazi University

Dera Ghazi Khan, Pakistan

University of Gujrat

Gujrat, Pakistan

Bahauddin Zakariya University

Multan, Pakistan

Institutional partners

Higher Education Commission (HEC), Pakistan

Institutional partner

Punjab Higher Education Commission (PHEC)

Funding partner

ICMLA 2026

Partner Universities and PIs



Dr. Sadaf Mahmood

Chairperson / Associate Professor
PI, Lead University
University of Agriculture Faisalabad



Prof. Dr. Farhan Navid Yousaf

Professor

PI - University of the Punjab



Dr. Madieha Akram

Chairperson / Assistant Professor

PI - The Women University Multan



Dr. Muhammad Shoaib

Chairperson / Associate Professor

PI - University of Gujrat



Dr. Sagheer Atta

Director ORIC / Associate Professor

PI - Ghazi University



Dr. Muhammad Ali Tarar

Chairperson / Associate Professor

Focal Person - Ghazi University



Dr. Muhammad Shabbir Chaudhry

Associate Professor

PI - Bahauddin Zakariya University

PI = Principal Investigator

ICMLA International Participants

Sr. No.	Name	Role	Area	National/ International
1	Ms. Violetta Anand Kuzmova	Guest of Honour	Germany	International
2	Prof. Dr. Andreas Bürkert	International Delegate/ Panelist/ Keynote Speaker	Germany	International
3	Prof. Dr. Holger Ehrhardt	International Delegate/Speaker	Germany	International
4	Prof. Dr. Beatrice Knerr	Keynote Speaker	Germany, online	International
5	Dr. Giacomo Orsini	Keynote Speaker	Italy, online	International
6	Dr. Mary Rose Sarausad	Keynote Speaker	Thailand, online	International
7	Prof. Dr. Ibrahim Sirkeci	Keynote Speaker	UK, online	International
8	Prof. Dr. Leung Yuk-ming Lisa	Keynote Speaker	Hong Kong, online	International
9	Prof. Dr. Zhao Xi	Keynote Speaker	China, online	International
10	Dr. Sara Akram	Session Chair	China, In person	International
11	Serene	Presenter	China, online	International
12	M. Sharayar Rao	Presenter	China, online	International
13	Kamran Siddique	Presenter	China, online	International
14	Zubair Hussain	Presenter	China, online	International
15	Rabia Mahmood	Presenter	China, online	International
16	Rao Faisal	Presenter	China, online	International
17	Waqas Ahmad	Presenter	China, online	International
18	Nusrat Azeem	Presenter	China, online	International
19	Atika	Presenter	China, online	International
20	Chaung Cao	Presenter	China, online	International

ICMLA National Participants

Sr. No.	Name	Role	Area	National/ International
1	Prof. Dr. Zulfiqar Ali	Patron-in-Chief	UAF	National
2	Prof. Dr. Iqrar Ahmad Khan	Chief Guest	PHEC, Pakistan	National
3	Prof. Dr. Waqas Wakil	Dean, FSS	UAF	National
4	Prof. Dr. Babar Shahbaz	Moderator (Panelist Session)	UAF, Pakistan	National
5	Prof. Dr. Ashfaq Ahmad	Panelist	Ghazi University, D. G. Khan	National
6	Dr. Muhammad Rizwan Safdar	Panelist	University of the Punjab	National
7	Prof. Dr. Ashfaq Ahmad Maan	Panelist	UAF (R)	National
8	Prof. Dr. Asif Kamran	Panelist	UAF	National
9	Shahzia Rafique	Panelist	Migration Resource Centres/ ICMPD, ISB	National
10	Prof. Dr. Abdul Ghafoor	Panelist	UAF	National
11	Prof. Dr. Kamran Ishfaq	Moderator (Keynote Speaker Session)	BZU	National
12	Dr. G.M. Arif	Keynote Speaker	PIDE, Pakistan	National
13	Dr. Jawaria Nasir	Moderator	UAF	National
14	Prof. Dr. Asghar Ali	Session Chair	UAF	National
15	Prof. Dr. Zahira Batool	Session Co-chair	GCUF	National
16	Dr. Muhammad Rafay Muzamil	Session Moderator	UAF	National
17	Prof. Dr. Izhar Ahmad Khan	Session Co-Chair	UAF	National
18	Dr. Muhammad Idrees	Session Moderator	UAF	National
19	Dr. Uzma Niaz	Session Co-chair	Emerson University, Multan	National
20	Dr. Naveed Farah	Session Chair	UAF	National

Sr. No.	Name	Role	Area	National/ International
21	Dr. Tanveer Baig	Session Co-chair	BZU, Multan	National
22	Dr. Muhammad Atif	Session Moderator	UAF	National
23	Dr. Muhammad Shabbir	Evaluator	BZU	National
24	Dr. Rizwan Abbas	Evaluator	Ghazi University, DG Khan	National
25	Dr. Noman Khaliq	Evaluator	Riphah International University	National
26	Dr. Saira Siddiqui	Assistant Professor	GCUF	National
27	Dr. Sana Ejaz	Assistant Professor	GCUF	National
28	Dr. Basharat Ali	Assistant Professor	GCUF	National
29	Dr. Paris Zaka Ullah	Assistant Professor	GCUF	National
30	Ms. Fouzia Mumtaz	Assistant Professor	GCUF	National
31	Ms. Ammara Asghar	Lecturer	UAF	National
32	Dr. Zoya Yaqoub	Lecturer	University Okara	National
33	Dr. Irfan Mahmood Janjua,	Assistant prof	PMAS-Arid Agriculture University, Rawalpindi	National
34	Mrs Kanwal Shahzadi,	District Women Protection Officer	Women Protection Centre, Faisalabad	National
35	Mr. Muhammad Shafique	Consultant, Migration Expert	Dasu Power Project, KPK	National
36	Mr. Majeeb Ullah	Assistant Director	Dasu Power Project, KPK	National
37	Prof. Dr. Muhammad Farhan	Assistant Professor	COMSAT	National
38	Dr. Shoaib ur rehman	Assistant Professor	UAF sub-campus depalpur	National
39	Dr. Munnazah Manzoor	Lecturer	UAF-sub Campus	National
40	Dr. Tahir Butt	Director	Sub campus UAF	National
41	Dr Sidra Noreen	Lecturer	Sub-campus Okara	National

Keynote Speakers



Prof. Dr. Beatrice Knerr

University of Kassel, Germany

She is a distinguished professor in the field of migration and labour economics, affiliated with the University of Kassel, Germany. With an academic and research career spanning more than four decades, she is widely recognized for her pioneering contributions to understanding international migration, labour mobility, development linkages, and migration governance. Through her teaching, research, and international collaborations, she has played a key role in advancing migration studies as a multidisciplinary field and in bridging academic knowledge with policy-relevant insights across different regions of the world.



Prof. Dr. Ibrahim Sirkeci

United Kingdom

He is a distinguished migration expert based in the United Kingdom with over 25 years of research experience in migration studies. He currently serves as Director of the International Business School, Manchester, and has held senior academic positions at several UK universities. He is also the founder and organizer of *The Migration Conference (TMC)*, an internationally recognized platform for academic exchange on migration, and is associated with leading migration-focused journals. His scholarly work includes influential publications on migration, remittances, diaspora studies, and transnational consumer behavior, making significant contributions to both academic scholarship and policy debates in the field of migration.

ICMLA 2026

Keynote Speakers



Dr. Lisa Y.M. Leung

Hong Kong

She is Associate Professor of Department of Cultural Studies, Lingnan University Hong Kong. She has researched and published extensively in the area of transnational media circulation. Her recent research focuses on race, minority, migration. She is co-author of the book Understanding South Asian Minorities in Hong Kong (HKU Press, 2014), and single author of Ethnic Minorities, Media and Participation: Creative Belonging in Hong Kong. In recent years, she has been researching on, and publishing about, the added precarities facing racial minority workers in the age of digitized platform capitalism.



Dr. Giacomo Orsini

Ghent University, Belgium

He is a senior researcher at the Centre for Migration and Societal Change at Eurac Research in Bolzano, Italy. He has previously coordinated postdoctoral research at the University of Essex (UK), Université Catholique de Louvain, and Ghent University. Since 2015, he has been a senior lecturer at the Université Libre de Bruxelles, teaching migration, race, ethnicity, and diversity. His research focuses on migration, border regimes, and the lived experiences of migrants, including refugees and unaccompanied minors in Europe.

ICMLA 2026

Keynote Speakers



Dr. Mary Rose Sarausad

Thailand

A highly skilled professional with proven experience in research and postgraduate teaching. Presented research papers in international conferences in Europe, Asia, and Canada. Received grants and fellowships for graduate studies and postgraduate research, and to participate in summer programs, workshops and conferences. Equipped with excellent academic and language skills through education and training in various multicultural academic environments. Adapts well to different cultural settings and is highly competent, both as an individual and colleague.



Prof. Dr. Zhao Xi

China

Prof. Dr. Xi Zhao has obtained double bachelor's degrees in World History and Economics from Peking University, China; a Master of Science degree from Technical University of Dresden, Germany; a Doctorate and Post-doctorate in Applied Economics from the global think tank ICDD, University of Kassel, Germany. At present, she is a professor and Director of the Sino-German Economic Development and Innovation Research Center (SGEDI) in the faculty of Economics at Hefei University, China. She has published three books and more than 30 papers in the field of migration, employment, and digital economics. For her contributions, she has been awarded the title of "Young Wanjiang Scholar" and selected as a board member of the ANHUI Society of Urban Economy, as well as a Fellow of the Royal Society for the Arts, Manufactures and Commerce (FRSA).

Conference Program

1st International Conference on Migration and Labour Affairs (ICMLA-2026)

Dynamics, Challenges, and Policy Responses {13–14 May 2026 (Hybrid mode)}

Venue: CAS Auditorium, University of Agriculture, Faisalabad

Day – 1 (13 May 2026) – Inaugural Session		
Activity / Session	**Time**	**Person**
Tilawat & Naat & National Anthem	09:30 – 09:40 AM	Hafiza Jaweria & Amna Mahmood
Welcome Address	09:40 – 10:00 AM	Prof. Dr. Zulfiqar Ali, Vice Chancellor-UAF
Conference Overview	10:00 – 10:10 AM	Dr. Sadaf Mahmood (Lead Scientist of CMLA)
Strengthening Safe and Skilled Migration Cooperation between Pakistan and Germany	10:10 to 10:20 AM	First Secretary, Ms. Violetta Anand Kuzmova German Mission in Islamabad (Guest of Honour)
Book Inauguration, "Oasis Agriculture in Pakistan", & brief introduction	10:20 – 10:40 AM	Prof. Dr. Andreas Bürkert, University of Kassel, Germany
Inauguration of CMLA Centre	10:40 – 10:50 AM	Chief Guest and Guests of Honors
Words of Wisdom from the Chief Guest	10:50 – 11:10 AM	Prof. Dr. Iqrar Ahmad Khan, PHEC Chairperson
Vote of Thanks	11:10 – 11:20 AM	Prof. Dr. Waqas Wakil, Dean (Faculty of Social Sciences)
Shield Presentation	11:20 – 11:30 AM	To honourable guests
Group Photo (in front of the CAS building)		
Tea Break 11:30 AM - 12:00 PM		
Panel Discussion *12:00 to 01:30 pm* (Duration: 90 minutes) *Session Theme: Migration in Transition: Challenges, Opportunities, and Policy Responses* *Moderator: Prof. Dr. Babar Shahbaz, Director, IAEERD, UAF*		

Day – 1 (13 May 2026) – Inaugural Session		
Activity / Session	**Time**	**Person**
Panelists Prof. Dr. Andreas Bürkert, University of Kassel, Germany Prof. Dr. Ashfaq Ahmad, Vice Chancellor, Ghazi University, D. G. Khan Prof. Dr. Yasir Nawab, Vice Chancellor, University of Kamalia Prof. Dr. Rizwan Safdar, University of the Punjab Prof. Dr. Ashfaq Ahmad Maan, Department of Rural Sociology, UAF Prof. Dr. Asif Kamran - Director, Agriculture Policy, Law and Governance Centre, UAF Shahzia Rafique, Senior Counsellor, Migrant Resource Centres - Pakistan- International Centre for Migration Policy Development (ICMPD), Islamabad Prof. Dr. Abdul Ghafoor, Director, IBMS, UAF		
Prayer/Lunch Break & Social Networking 1:30 to 2:30 PM		
Technical Session- 1 - Keynote Speakers (2:30 to 04:10 PM) *Session Theme: Migration and Labour: Multi-level and Transnational Perspectives* *Moderator: Prof. Dr. Kamran Ishfaq , Chairman of Sociology, BZU/Dr. Sadaf Mahmood, Lead Scientist, CMLA, UAF*		
Prospects of international migration from Pakistan. With a focus on the European Union	02:30 to 02:50 PM	Prof. Dr. Beatrice Knerr - Germany
Sustainable Rurbanity: a new concept to understand system transformation and co-existence in a telecoupled world	02:50 to 03:10 PM	Prof. Dr. Andreas Bürkert– Germany
Labour migration, remittances, and development	03:10 to 03:30 PM	Dr. G.M. Arif, PIDE, Pakistan
Engaging with policymaking from a de-/post-colonial perspective. The case of EU and government-funded studies	03:30 to 03:50 PM	Dr. Giacomo Orsini – Italy
Creating Alternative Migration Routes in Southeast Asia and the Multidimensional Aspects of Irregularity	03:50 to 04:10 PM	Dr. Mary Rose Sarausad - Thailand
Tea & Social Networking 04:10 – 04:40 PM		
Dinner & Sufi Night (Cultural Programme) 07:00 PM		

ICMLA 2026

Conference Program

Day – 2 (14th May 2026)		
Activity / Session	**Time**	
Technical Session 1A- CAS Auditorium, UAF Parallel Technical Session 1B – CAS conference room I, UAF	09:00AM – 11:00 AM	**2 Parallel** Technical Sessions
Tea Break (11:00 to 11:30 AM)		
Technical Session 2A- CAS Auditorium, UAF Parallel Technical Session 2B – CAS conference room I, UAF	11:30AM to 1:30 PM	**2 Parallel** Technical Sessions
Poster Presentation - CAS Auditorium, UAF	11:00AM-12:00PM	
Prayer/Lunch Break & Social Networking (1:30 to 2:30 PM)		
Closing Ceremony (2:30 – 04:00 PM) From Dialogue to Action: Way forward on Migration and Labour		
Summarize the key insights	2:30 - 2:50 PM	Dr. Sadaf Mahmood, Lead Scientist
Address of the Chief Guest	2:50 – 3:25 PM	Prof. Dr. Iqrar Ahmad Khan, Chairperson PHEC
Certificates/Shields Distribution	3:25 – 3:45 PM	Chief Guest & Vice Chancellor, UAF
Vote of thanks	3:45 to 4:00 PM	Prof. Dr. Zulfiqar Ali, VC-UAF
Tea & Social Networking 04:00 – 04:30 PM		

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ICMLA:1

Engaging with policymaking from a de-/post-colonial perspective. The case of EU and government funded studies

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Abstract

Critical scholars of migration studies are increasingly taking their field to task for its roots in empire and Western epistemologies. Besides exposing the coloniality of contemporary migrations, different authors have called for both a decolonization of research practices as well as situating the assumptions and norms of the discipline in history, thereby opening them up to examination and revision. Within such de-/post-colonial reflexive effort, academics have come to question key concepts and methodologies. For instance, integration and the huge scholarship concerned with it are blamed for (re)producing methodological nationalism and migrants' subaltern position within the so-called "host societies". Importantly, while these critical perspectives gain increasing centrality in the academia, in recent times they also shape (geo)political mobilizations. Yet, despite this occupation of the spaces of public and academic debates concerned with migration, due to their critical positioning against the politics of liberal democracy, de/post-colonial viewpoints are seen as unable to impact policymaking in the field of migration. With this contribution, I discuss key problematics in engaging with policymakers and provide a view on possible strategies to (try to) produce policy and societal impact from such critical perspectives. Empirically, I present key issues relative to both the preparation and implementation of a number of government and EU funded research projects.

ICMLA:2

Pakistan–EU Migration Dynamics in a Restrictive Policy Era

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Abstract

International migration plays a vital role in Pakistan's socio-economic development through remittances, employment generation, and global labour mobility. However, recent changes in European Union (EU) migration policies have created new challenges for Pakistani migrants. This paper examines the future prospects of migration from Pakistan to the EU by analyzing emerging migration trends, labour market demands, and policy developments. The study highlights that while opportunities for low-skilled migrants are declining due to stricter border controls and asylum regulations, demand for highly skilled workers in sectors such as information technology, engineering, and healthcare continues to grow. Germany, in particular, remains an attractive destination through study and skilled work pathways. The findings suggest that future migration success will increasingly depend on education, professional skills, and legal migration channels. The study provides insights for policymakers to promote skill development and safe migration strategies for Pakistani workers seeking opportunities in Europe.

ICMLA:3

Trapped Precarities, Liminal Resistances - Tactical Resilience of 'Migrant/Minority Workers' in Hong Kong

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Abstract

South Asians (Indians, Pakistanis and Nepalese) have had a long history of settlement in Hong Kong which dates back to early British colonization. Yet to date, descendants of these communities remain in the lower ebb of the society, as a majority work in menial jobs. The rapid development of platformized media has lured many into platformed businesses such as food delivery services, especially during the onset of COVID. As such, racial minority workers have been subjected to variegated forms of organizational and racial aggression, online and offline. This keynote articulates findings from a study that examines how the platformed economy impacts on the struggles and agency of racial minority labour in a post-colonial context. It discusses how gig work such as food delivery platforms 'traps' racial minority workers into socio-technological racial aggression that exposes the 'racialized professionalism' rooted in (British) colonial governance. It argues that platformized racial capitalism indeed contemporizes and algorithmizes racist ideologies which are rooted in colonialism and capitalism. While contextualizing the debates of platformized racial capitalism, the paper wishes to shed light on the 'liminal' space of creative agencies of racial minority gig workers, amidst increasingly neoliberalist and authoritarian surveillances.

ICMLA:4

Cultures of Migration and the Global Nature of Temporary Migration

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Abstract

Temporary migration has become a defining feature of contemporary global mobility, shaped by economic needs, policy frameworks, and social networks. This study explores the concept of "cultures of migration," where migration becomes a normalized and socially embedded practice within communities. It highlights how temporary migration is increasingly driven by aspirations for improved livelihoods, education, and social mobility, particularly in developing countries. The research emphasizes the global nature of temporary migration, where migrants circulate between origin and destination countries rather than permanently settling abroad. It also examines how migration cultures influence individual decision-making, family expectations, and community-level migration patterns. The study further discusses the role of remittances, labour demand in destination countries, and restrictive migration policies in shaping temporary migration flows. Overall, it argues that temporary migration is not only an economic process but also a deeply cultural and socially constructed phenomenon.

ICMLA:5

Creating Alternative Migration Routes in Southeast Asia and the Multidimensional Aspects of Irregularity

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Abstract

The migration landscape in Southeast Asia has always been complex as a result of uneven economic development in the region, demographic transitions, political instability and the expanding regional integration. Although it drives economic growth and fills labour shortages, addressing complex migration movements has always been an immense challenge for governments. Migrants and forcibly displaced populations comprise a considerable proportion in the region's migrant population, and it is continuously rising due to various factors such as poverty, disasters, and conflicts. Moreover, regional and domestic approaches to address the challenges have been inadequate and underdeveloped. Several countries in the region focus on the temporariness of migration whereby integration of migrants and refugees has not been generally policy relevant as demonstrated in transitory and precarious employment conditions, lack of access to healthcare and insurance, and the inability to cope with unforeseen events such as the COVID-19 pandemic and political conflicts. These have significant implications on the migrants' ability to achieve self-reliance and socioeconomic resilience while in the host countries. This study examines the development of alternative migration routes and the multidimensional nature of irregularity, focusing on Thailand, Vietnam, and Myanmar as key case studies. It explores how both skilled and irregular migrants navigate formal and informal pathways in response to restrictive policies, labor market demands, and socio-political constraints and how this trend affects the experience of migration and the ways the migrants created opportunities for themselves. Using a comparative and interdisciplinary approach, policy frameworks, migration governance, and migrants' lived experiences across the three countries are analyzed to highlight how disparities and state regulations contribute to the production and normalization of various statuses (e.g., irregularity) in migration. Ultimately, the presentation contributes to broader debates on migration governance by proposing a multidimensional framework for understanding irregularity and by identifying policy pathways to support safer, more equitable, and sustainable migration systems in Southeast Asia.

ICMLA:6

Occupational Hazards, Healthcare Access, and Health Disparities Among Migrant Workers: A Public Health Perspective

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Abstract

Migration intersects with public health in ways that are both structurally produced and systematically under-addressed. This paper investigates the health vulnerabilities experienced by migrant workers, focusing on occupational hazards, barriers to healthcare access, and the broader determinants of health disparities in migrant communities. Drawing on sociological and anthropological frameworks, the study examines how labor market precariousness, legal status, and social exclusion compound physical and mental health risks for migrants. The paper further analyses how existing health systems fail to respond adequately to the needs of mobile populations. Findings emphasize the need for integrated health and labor policies that center migrant rights, cultural competency, and universal access to care as foundational pillars of public health governance.

ICMLA:7

Rural-Urban Migration, Livelihood Diversification, and Shifting Labor Markets: Perspectives from the Field

Serene

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Abstract

Rural-urban migration remains one of the most consequential demographic processes reshaping economies, communities, and labor markets across the developing world. This paper examines the dynamics of rural-urban migration through the lens of livelihood diversification, exploring how households and individuals navigate the transition from agrarian to urban labor economies. Drawing on sociological and anthropological fieldwork, the study investigates the push and pull factors that drive migration decisions, the livelihood strategies migrants adopt upon arrival in urban centers, and the structural barriers that constrain their integration into formal labor markets. The paper further analyses how remittance flows and circular migration patterns reshape rural economies and social structures left behind. Findings point to the need for inclusive labor market policies that recognize the agency of rural migrants and support sustainable, equitable livelihood outcomes across both sending and receiving contexts.

ICMLA:8

Political Ecology, Critical Heritage, and Sustainability at the Frontier of Climate-Driven Migration

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Abstract

Climate change and environmental degradation are increasingly recognized as drivers of displacement, yet the cultural and ecological dimensions of such migrations remain theoretically underdeveloped. This paper mobilizes frameworks of political ecology and critical heritage studies to examine how communities facing environmental stress navigate decisions to migrate, adapt, or remain. It foregrounds the relationship between place attachment, cultural heritage, and sustainability discourses in shaping migration trajectories. By attending to the politics of land, memory, and ecological knowledge, the paper challenges technocratic narratives of climate migration and argues for frameworks that integrate environmental justice, heritage preservation, and community-led sustainability. The paper contributes to interdisciplinary understandings of how culture and ecology co-constitute migration at times of environmental crisis.

ICMLA:9

Digitalizing Labor Migration: Algorithmic Platforms, Worker Agency, and the Regulatory Frontier

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Abstract

The digital transformation of work is reshaping migration in fundamental ways, creating new corridors of opportunity while simultaneously generating novel forms of precarity and control. This paper examines the intersection of technology, digital labor, and migration, focusing on how algorithmic platforms mediate access to employment, reconfigure labor relations, and challenge existing regulatory frameworks. Drawing on emerging literature in platform studies and labor sociology, the paper analyses how digital tools — from gig economy applications to remote work infrastructure — enable new forms of virtual migration while exposing workers to opacity, surveillance, and wage suppression. The paper calls for adaptive regulatory responses that keep pace with technological change, protect migrant digital workers, and ensure that the benefits of digital labor are equitably distributed across national and transnational contexts.

ICMLA:10

Architectures of Cooperation: Regional and International Frameworks for Migration Governance in a Fragmented World

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Abstract

In an era marked by resurgent nationalism and contested multilateralism, the architecture of regional and international cooperation on migration faces profound stress. This paper examines the evolution of bilateral and multilateral frameworks designed to manage migration flows, protect migrant rights, and promote shared responsibility among sending and receiving states. It analyses the mechanisms, gaps, and power asymmetries embedded in instruments such as the Global Compact for Safe, Orderly and Regular Migration, regional mobility agreements, and bilateral labor accords. The paper argues that effective cooperation requires moving beyond state-centric models towards inclusive frameworks that incorporate civil society, diaspora communities, and migrant voices. The findings carry direct implications for policy design and international advocacy in contexts where political will and institutional capacity remain unevenly distributed.

ICMLA:11

From Irregular Routes to Institutional Limbo: Pakistani Asylum Seekers, Legal Uncertainty, and Transnational Obligations in Italy

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Abstract

The paper will discuss the process of migration and its effects on the Pakistani asylum seekers in Italy by examining the factors of migration that affect the migration process such as pre-migration hardship, coercive transit, and post-arrival legal uncertainty. The study is based on 15 interviews of the life-history of Pakistani asylum seekers and recently regularized migrants in Italy and employs reflexive thematic analysis to investigate the relationship among the migration decisions, settlement struggles and family obligations across various phases of mobility. The results demonstrate that the participants hardly perceived migration as an economic decision, but as an outcome of compounded pressures such as livelihood insecurity, violence, debt, obstructed legal mobility and dreams of dignity and social acknowledgment. In transit, the participants recounted recurrent extortion, violence, confinement, and reliance on brokers, which demonstrated how haphazard pathways generate compound vulnerability. The uncertainty at the arrival in Italy did not stop but was redirected into another form of uncertainty by delayed documentation, long waiting lines, poor access to stable jobs, and language-related issues that compelled most people to enter precarious low-paid jobs. Another aspect of the study is the importance of transnational obligations, which reveal how remittances, family demands, and reuniting plans still influenced the choice and emotional life of migrants. Another input is related to credibility work as participants talked about the pressure to render complex lived realities into asylum-recognizable narratives. The article posits that migration governance does not just determine the mobility but also the stability, time, and significance of settlement, work, and family strategy in the face of uncertainty. It ends with a call to minimize procedural delays, equal establishment of status, enhanced language-to-work, and safer routes to the law.

ICMLA:12

Stay Duration, Scholarship Funding, and Psychological Well-Being: Conditional Effects among International Students in China

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Abstract

International student mobility is increasingly governed through scholarship systems that combine financial support with performance-based conditionalities. While such arrangements are assumed to facilitate adaptation, limited attention has been paid to how funding structures interact with the temporal dynamics of postgraduate study to shape psychological well-being (PWB). This study examines how stay duration and scholarship funding jointly influence PWB among international postgraduate students in China, with particular attention to variation across degree levels. The study draws on respondent-driven sampling data from 503 international students representing 61 countries. Ordinary least squares regression models were employed to assess the main and interaction effects of stay duration and funding status on PWB, with additional stratified analyses conducted for doctoral and master's students. Both stay duration and scholarship funding are positively associated with PWB. However, the interaction between these variables reveals a conditional and non-linear pattern. The initial well-being advantage observed among funded students diminishes over time, with effects varying across degree levels and being more pronounced among doctoral students. The findings demonstrate that psychological well-being is shaped by the interaction of temporal and institutional factors rather than by duration or financial support independently. Scholarship funding operates as a conditional resource embedded within governance structures, with implications for the design of funding policies and institutional support mechanisms in international higher education.

ICMLA:13

Research on the Employment Effects of Artificial Intelligence and Risk Response Strategies

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Abstract

The rapid development of artificial intelligence (AI) has exerted profound impacts on the labor market. Based on data and case studies from the Yangtze River Delta region in China, this paper analyzes the dual employment effects of AI: while it substitutes certain traditional jobs and creates unemployment risks, it also fosters new industries and generates employment opportunities. The study finds that these effects vary significantly depending on workers' skill levels and industry types. To address the employment risks brought by AI, this paper proposes comprehensive response strategies to achieve a balance between technological progress and employment stability.

ICMLA:14

Exploring the Root Causes and Human Costs of Child Labour in Punjab's Informal Service Sector: Evidence from In-Depth Interviews

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Abstract

Child labour remains a persistent socio-economic issue in Pakistan, particularly in Punjab, where thousands of children are employed in hazardous environments such as hotels and auto workshops. While existing literature extensively documents poverty as the primary driver of child labour, it fails to explain why similarly impoverished households make divergent decisions regarding their children's participation in work versus education. This qualitative study addresses this gap by exploring the underlying causes of child labour, its consequences, and the policy failures that perpetuate this practice in Punjab's informal service sector. Through in-depth interviews with 30 participants, including parents, child labourers, workshop and hotel owners, and officials from the Labour Department and Bureau of Statistics and employing inductive thematic analysis, this study identifies the complex interplay of socio-economic, cultural, and legislative factors that contribute to child labour. The findings reveal that child labour emerges not from poverty alone, but from the intersection of economic hardship with parental perceptions of education, institutional trust, cultural norms, and enforcement failures. The study also examines the dual inadequacy of government policies: the subjective lack of legal awareness among affected populations and the objective ineffectiveness of enforcement mechanisms. The study concludes with nuanced policy recommendations that address not only economic deprivation but also the social, cultural, and institutional dynamics that perpetuate child labour in Punjab.

ICMLA:15

Protective Marginalisation: Governance, Kinship, and Everyday Exclusion in Transgender Dera Households in Pakistan

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Abstract

This study explored the paradoxical role of the dera (communal household) in shaping the everyday lives of transgender individuals in Pakistan. Drawing on in-depth qualitative interviews with 31 transgender participants selected through purposive sampling, the study explores how the guru–chela kinship simultaneously provides protection, belonging, and material survival while reproducing dependency, surveillance, and constrained autonomy. Guided by structural injustice theory and Foucauldian governmentality, the study conceptualizes the dera as a form of protective marginalization. This informal governance structure emerges in response to state absence but reproduces hierarchical control over marginalized bodies. Data were analyzed using Braun and Clarke's reflexive thematic analysis, allowing for a nuanced examination of how power, discipline, and care intersect in everyday life. Findings reveal that family rejection, educational exclusion, and labour market barriers channel transgender individuals into community-based living arrangements that provide safety yet limit long-term mobility and self-determination. While the dera mitigates extreme vulnerability, it also institutionalizes dependence through moral regulation and economic control. The study argues that legal recognition alone is insufficient to address transgender marginalization and calls for structural interventions that confront the informal systems through which inequality is reproduced. By situating transgender experiences within broader governance and power structures, this study contributes to critical debates on gender, marginality, and social justice in the Global South.

ICMLA:16

Digital social capital and labour mobility: The role of job information and digital literacy among Pakistani migrants

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Abstract

In an increasingly digitalized labour market, migrants' online networks are emerging as vital pathways to employment opportunities and socio-economic mobility. This study investigates the role of digital social capital in shaping labour mobility among Pakistani labour migrants. Drawing on social capital theory and technology adoption perspectives, the study proposes a moderated mediation model in which job information access serves as a mediating mechanism, while digital literacy functions as a moderating factor. Specifically, it examines whether digital social capital enhances labour mobility, whether access to timely job information explains this relationship, and whether digital literacy strengthens this indirect effect. A quantitative cross-sectional design will be employed, targeting approximately 430 internal Pakistani labour migrants through purposive and snowball sampling. Data will be collected through questionnaires using validated measures of digital social capital, job information access, digital literacy, and labour mobility. Digital social capital will be assessed through online bonding and bridging capital; job information access through timeliness and reliability; digital literacy through technical and cognitive skills; and labour mobility through job search efficacy, occupational advancement, and spatial flexibility. Hypotheses will be tested using PROCESS macro for SPSS, including mediation and moderated mediation analyses. Digital social capital is expected to positively influence labour mobility, with job information access explaining this relationship. This study is expected to contribute to migration studies, digital inequality literature, and labour market research, while informing migration policy and digital inclusion programs aimed at reducing information inequalities.

ICMLA:17

Informal Settlements, Construction Safety and Internal Migration; Challenges in Kathmandu

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Abstract

The Kathmandu Valley has witnessed one of the most rapid urban changes in South Asia, primarily as a result of migration within the valley itself. The purpose of this study is to investigate the ways in which migration, the expansion of informal settlements, and the rise of the construction industry all interact to have an effect on urban vulnerability. PUSH (unemployment in rural regions and a lack of services) and PULL (construction employment and easy access to urban amenities) factors have both contributed to the growth of the construction sector and the expansion of the workforce. In spite of the fact that migrants contribute to the growth of cities, inhabitants are put in danger by shoddy labor and a lack of experience in the construction business. During the course of this qualitative research project, interviews were conducted with thirty construction workers who had a combined ten years of experience. The interviews were conducted utilizing snowball sampling approaches. The purpose of this study was to investigate migration drivers and the significance. By conducting an analysis of literature, policy papers, and field observations, the research investigates the socio-economic variables that are the driving force behind migration, the regulatory loopholes that exist within the construction industry, and the challenges that are associated with the governance of informal settlements. According to the findings, in order to put a stop to the vicious cycle of vulnerability and to promote safe, sustainable, and inclusive urban development in Kathmandu, it is required to implement a coordinated plan that encompasses migration management, housing provision, and the professionalization of the building sector.

ICMLA:18

Generative AI as a Digital Resource in Migration: A Structural Equation Modeling Study of International Students in China

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Abstract

Digital technologies are increasingly embedded in migration processes, shaping how migrants access resources, navigate host environments, and sustain transnational ties. Among these technologies, generative artificial intelligence (GenAI) represents an emergent form of digital resource, yet its role in migrant adaptation remains underexplored, particularly in non-Western contexts. This study examines how GenAI use functions within the broader process of migration-related adjustment among international students in China. Drawing on survey data from 678 international postgraduate students, the study employs structural equation modeling (SEM) to test a model linking GenAI use with key dimensions of migrant adaptation, including academic adjustment, social integration, and psychological well-being. Conceptually, GenAI use is positioned as a form of digital capital that may facilitate access to informational, linguistic, and academic resources in the host society. The findings indicate that GenAI use is positively associated with academic adjustment and social integration, both of which significantly predict psychological well-being. Indirect effects suggest that the relationship between GenAI use and well-being operates primarily through integration pathways, rather than direct influence. This pattern underscores the role of digital technologies as embedded within structural and social dimensions of migration, rather than as standalone determinants of outcomes. The study contributes to migration scholarship by integrating digital and AI-driven practices into models of migrant adaptation and by demonstrating the utility of SEM in capturing complex, mediated relationships. It also extends research beyond Western contexts, offering empirical evidence from China as an increasingly important destination in global student mobility.

ICMLA:19

Climate Change, Heat Stress, and Cooling Challenges in Rapidly Growing Cities in Punjab, Pakistan

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Abstract

The challenges of climate change, heat stress, and poor cooling infrastructure are being exacerbated in rapidly growing cities of Pakistan, especially in Punjab, due to rapid urbanization, population growth, and internal migration. The pressures of urbanization have grown rapidly with the migration of people from rural areas to cities for employment and improved livelihoods, causing a tremendous strain on urban infrastructure, housing, public services, and environmental resources. Unplanned expansion has led to many people living in slums, where they are often concentrated in poorly ventilated areas, having little space for green spaces, poor sanitation, and limited access to affordable cooling systems. The increasing number and severity of heatwaves due to climate change have placed a major health burden, especially on people involved in work, migrants, women, children, and the vulnerable urban population. Those involved in outdoor and informal sector activities are extremely vulnerable to the effects of extreme temperatures, resulting in heat stress, dehydration, decreased productivity, work-related health risks, and heightened socio-economic vulnerability. Additionally, greater dependency on traditional cooling systems leads to increased energy consumption and environmental damage, exacerbating climate-related issues. This study focuses on the interdependency between migration, labour market, urbanization, environmental stress, and public health in fast-growing towns & cities of Punjab. It highlights the importance of sustainable and socially inclusive cooling solutions, climate-resilient urban planning, better housing situations, green infrastructure, and labour climate adaptation policies. The study also highlights the significance of the interlinkage between migration and labour issues in the backdrop of climate action, with a view to safeguarding vulnerable groups and enhancing sustainable urban development in Pakistan.

ICMLA:20

Managing Social Risks of Project-Induced In-Migration: Lessons from the Dasu Hydropower Project, Pakistan

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Abstract

Large-scale hydropower projects create economic opportunities that attract in-migrant workers, leading to a labor influx. While in-migration often supports the local economy, it also generates social risks, including pressure on local resources, competition for employment, and conflict between the host community and in-migrant workers. Sometimes these issues create social conflicts that not only affect community relations but also hinder project progress. Although in-migration is considered an important issue worldwide, current management approaches are often general in nature and not context-specific, and they lack consideration of local realities, especially cultural sensitivities and the informal governance system (Jirga), particularly in the rural-tribal context. This study aims to fill this gap by proposing an Integrated In-migrant Management Framework (IIMF) that can help understand the links between in-migration, the associated social risks, conflict emergence, and their management to reduce potential conflicts and promote positive project outcomes. Therefore, drawing on lessons learned from hydropower development in Pakistan, this study adopts a qualitative approach to explore how these challenges emerge and are addressed in practice. The proposed IIMF will help in understanding the (i) drivers of in-migration, (ii) potential associated risks, (iii) moderating factors, (iv) management strategy, and (v) monitoring mechanisms. Therefore, it will provide a practical way to improve in-migration management and sustainable project outcomes.

ICMLA:21

Task-Based Learning for Labor Law Education: Empowering Migrant Workers

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Abstract

This research investigates the impact of Task-Based Learning (TBL) on labor law education for migrant workers, focusing on enhancing their rights awareness and empowerment. A mixed-methods approach was employed, combining quantitative data from surveys (n=150) with qualitative insights from focus groups (n=4) involving migrant workers, educators, and labor rights experts. The study's methodology included a pre-test/post-test design to assess knowledge gains and a thematic analysis of focus group discussions to identify key themes and challenges. Findings suggest that TBL's practical, scenario-based approach effectively engages migrant workers, leading to improved knowledge retention and rights advocacy. While challenges persist, such as tailoring materials to diverse linguistic and educational backgrounds, the study concludes that TBL is a valuable approach for labor law education, enabling migrant workers to assert their rights and navigate complex labor systems with confidence.

ICMLA:22

Sacred Spaces and Social Exclusion: Evaluating the Resocialization of Migrant Homeless Elderly People Near Multan Shrines

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Abstract

This study explores the lived experiences and processes of resocialization among migrant homeless elderly individuals residing near religious shrines in South Punjab, Pakistan. Focusing on the migrant elderly people from the surrounding areas of Multan, including Alipur, Jatoi, Rajanpur, and other adjacent localities, the research adopts a qualitative approach to examine how sacred spaces operate as both sites of refuge and social exclusion. A purposive sample of 20 participants (12 males and 8 females), all aged 60 years and above, was selected based on their status as migrant and homeless individuals living in proximity to shrines. Data were collected through in-depth, semi-structured interviews, capturing participants' migration histories, survival strategies, and everyday lived realities. The data were analyzed using Interpretative Phenomenological Analysis (IPA), allowing for an in-depth understanding of how individuals interpret their experiences of aging, displacement, and social belonging within shrine-centered environments. The findings indicate that shrines function as critical support spaces, providing temporary shelter, access to charity, and spiritual comfort. At the same time, these environments perpetuate marginality, as elderly migrants often remain socially invisible and structurally excluded. Key themes include family disintegration, economic hardship, health decline, and the search for dignity in later life. Resocialization occurs through informal social networks, participation in religious practices, and adaptation to the moral economy of shrine settings; however, these processes are often unstable and limited in scope. The study underscores the dual nature of sacred spaces in shaping both resilience and vulnerability among homeless elderly people. It calls for targeted social policies and community-based support systems to facilitate more sustainable forms of social reintegration for marginalized elderly migrants in South Punjab.

ICMLA:23

Artificial Intelligence Integration and its Effects on Academic Performance of University Students in Punjab

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Abstract

This study looks at how Artificial Intelligence (AI) helps to improve PhD students' academic performance in universities in Punjab. Its main objective is to determine the predictive influence of Artificial Intelligence on academic performance among doctoral students. The population comprised 1060 PhD Scholars sampled from 10 public and private universities of Punjab, Pakistan. A structured questionnaire was used to collect data. It focused on students' use of AI tools. It also gathered information about their learning experiences and academic performance. The study employed a stratified random sampling technique to ensure representation across institutions. The findings of the study show a positive relation between use of AI tools and students' academic performance. Students who used AI performed better in their studies. Regression results also showed that use of AI strongly predicts academic achievement. AI also improved learning efficiency, feedback and student engagement. The result showed that students who use AI can understand their subjects better. They also achieve higher academic results than those who use it less. Some differences were found between public and private universities. Private university students used AI slightly more than public university students. The results of the study show that AI can improve higher education if used appropriately. It is recommended that universities should use AI tools in classroom teaching. Training should also be provided to both students and teachers.

ICMLA:24

Impact of socio-economic conditions on Health-seeking behavior: A Qualitative study of Brick kiln workers in Multan, Pakistan

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Abstract

Brick kiln workers represent a marginalized group facing poverty, informal employment and poor living environment, which influence their healthcare decisions. This study examines the impact of socio-economic conditions on health-seeking behaviour among brick kiln workers' households in Multan, Pakistan. Health seeking behavior is a key aspect of public health, often shaped by income, living conditions and access to healthcare services. The study aims to explore factors affecting healthcare choices including income level, accessibility, awareness and cultural practices, and to analyze barriers to formal healthcare, especially for women and children. A qualitative research design was employed with data collected through purposive sampling using in-depth interviews and field observations. Participants included brick kiln workers. Thematic analysis was used to identify patterns related to healthcare access and decision making. Findings revealed that low income, limited healthcare access and lack of awareness lead to delay of treatment and reliance on informal providers. Women and children are disproportionately affected due to social and economic constraints. The study highlights the need for inclusive public health policies, improved healthcare infrastructure and targeted social protection programs. It concludes that strengthening policy interventions focused on affordability, accessibility and worker welfare is essential to reduce health inequalities and enhance well-being among brick kiln workers' communities.

ICMLA:25

State Control and Pakistani Migrants: Facilitating brain drain, marginalization or Social protection? A Critical Sociological Review of Pakistani Migration Policy Documents

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Abstract

Pakistan is situated at the intersection of the Global South labor export and the North-West border externalization regimes. Cross-border migration is a defining feature of Pakistan's socio-political landscape. While existing scholarship predominantly emphasizes remittances and labor mobility, limited attention has been paid to the sociological dimensions of migration policy formation. This study critically examines how Pakistani migration policy documents discursively construct migrants, governance, and state institutions within broader structures of power and inequality. Using Fairclough's Critical Discourse Analysis (CDA), this study analyzes a purposively selected corpus of 30 policy documents (1979–2024) spanning labor, security, and welfare frameworks produced by key federal institutions. The analysis combines textual, institutional, and socio-structural examination to reveal how migration governance is ideologically constructed and operationalized. The findings identify three dominant policy discourses – state control, labor-economic, and social protection – which inductively generate a Tripartite Migration Governance Framework. First, the state control discourse constructs the migrant as a Security Subject, categorizing individuals through surveillance, legality, and border regulation. Second, the labor-economic discourse constructs migrants as Economic Utility, reframing skilled emigration and brain drain as indicators of national economic success. Third, the social protection discourse produces the Tiered Citizen, where welfare and institutional support remain conditional upon legal status and economic productivity, thereby marginalizing irregular migrants and refugees. Ultimately, this study argues that Pakistani migration policies operate as a dual-edged mechanism: they simultaneously facilitate transnational economic mobility while reproducing structural inequalities and differentiated citizenship. By moving beyond economistic interpretations of migration, this research contributes to critical migration scholarship by demonstrating how policy discourse functions as a mechanism of state power, social categorization, and institutional control within the Global South.

ICMLA:26

Migration and Broken Family Relationships: A Social Challenge in D.G. Khan, South Punjab

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Abstract

Migration is becoming a major social issue in Dera Ghazi Khan South Punjab, where many people move from rural areas to cities or foreign countries in search of employment, education, and better living opportunities. Although migration improves economic conditions through remittances and financial support, it also creates serious social and emotional problems within families. This study focuses on the impact of migration on family relationships and social life in D.G. Khan. The research explains how long-term separation between family members weakens emotional attachment, communication and trust within households. In many migrant families, women face increased responsibilities and psychological stress while managing homes alone. Children often suffer from loneliness, lack of parental supervision, poor academic performance, and behavioral problems. Migration also affects marital relationships and contributes to conflicts, family disorganization, and weakening of the traditional joint family system. The study identifies poverty, unemployment, limited educational facilities, and lack of local job opportunities as major causes of migration in South Punjab. Socially, migration changes cultural values and family structures, creating emotional distance among family members. Rural communities in D.G. Khan are particularly vulnerable because strong family bonding and social interaction are central parts of their traditional lifestyle. This abstract is based on sociological perspectives and family issues in Pakistan. Methodology Utilizing a qualitative approach, primary and secondary data related to migration the research draws upon interviews and case studies (often using a mixed-methods structure) to explore the lived experiences of families in D.G. Khan. The findings suggest that while migration may provide economic benefits, it also produces hidden social costs that affect the stability of families and communities.

ICMLA:27

From Work Alienation to Migration: Workplace Incivility as a Hidden Driver of Skilled Workforce Mobility

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Abstract

Skilled migration from developing countries such as Pakistan is increasingly influenced not only by economic incentives but also by adverse workplace environments. This study examines how workplace incivility contributes to migration intentions among knowledge workers by examining the mediating role of work alienation and the moderating effects of perceived organizational support and gender. Drawing on Social Exchange Theory and Conservation of Resources Theory, the study proposes that negative interpersonal treatment at work depletes knowledge workers' psychological resources, leading to feelings of work alienation and, ultimately, intentions to seek employment abroad. Data were collected from 310 knowledge workers working in public-sector agricultural research institutions in Punjab, Pakistan. Using regression and mediation analysis, the findings reveal that workplace incivility significantly increases work alienation, which in turn positively predicts migration intentions. The results further confirm a partial mediating effect of work alienation in the relationship between workplace incivility and migration intentions. Perceived organizational support weakens the positive association between workplace incivility and work alienation, while gender differences were observed in the strength of these relationships. The study contributes to the migration and labour literature by highlighting psychosocial workplace factors as critical yet underexplored drivers of skilled migration. The findings suggest that improving workplace climate, promoting supportive organizational environments, and addressing gender-specific challenges can play a vital role in retaining skilled human capital. These insights have important implications for policymakers and institutional leaders seeking to reduce brain drain and promote sustainable workforce development.

ICMLA:28

Technology Integration in Higher Education for Preparing Students for Digital Labour Markets

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Abstract

The rapid growth of digital economies has changed the skills for job requirements. Technology integration in higher education is now essential. It plays a key role in educational reform. Institutions are expected to upgrade their teaching practices. They must respond to changing digital labour markets. There is now a strong demand for graduates who have digital skills. This study explores how the use of technology in higher education helps students prepare for these digital labour markets. It focuses on the impact of technology on students' learning. It looks at students' engagement in the classroom. It highlights the development of important skills. These include problem-solving and critical thinking. It also considers knowledge retention. These skills are necessary for success in today's digital world. The study used a quantitative research approach and included BS students of social sciences from public sector college in Muzaffargarh, Pakistan. This experimental study used a pre-test, post-test control group design. The control group received traditional instructions. The experimental group was taught using technologies. Data were analyzed using mean, standard deviation and t-tests. Findings of the study show that experimental group performance was in all included skills of intervention. Their engagement in classroom, knowledge retention, problem solving, digital literacy and critical thinking skills were significantly high. The study recommends integrating digital technologies in teaching practices. Faculty should be properly trained. Digital infrastructure should be improved. These steps will prepare students for digital markets.

ICMLA:29

Impact of Digital Security Threats on Out-migration Intentions Among Young Adults: A Sociological Exploration of Youth Out Migration Intention in Multan

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Abstract

The purpose of this paper is to investigate the intricate relationship among virtual vulnerabilities and migratory behaviors thru a sociological lens, mainly focusing at the effect of digital safety Threats on Out-Migration Intentions amongst teens in the contemporary era of fast Technological transition, digital structures have emerged as critical extensions of the self; however, they also serve as conduits for systemic risks. This study employs a qualitative studies format rooted in phenomenology. The objective is to head past numerical statistics and seize the lived reviews of teenagers facing virtual vulnerabilities, through manner of focusing at the subjective meanings participants connect to cyber-extortion, the look at explores how those threats transition from technical risks to sociological push elements. The results explores that how reports with cyber extortion, phishing, and unauthorized information breaches characteristic as cutting-edge push elements that force the knowledgeable teenagers towards searching for digital and professional shelter in greater cozy environments. This paper concludes that addressing the impact of virtual safety Threats is critical for national policy, as the failure to relaxed digital interactive platforms immediately undermine the retention of younger expertise within the neighborhood socio- economic framework.

ICMLA:30

Representation of Exile, Trauma, and Loss of Belonging: A Sociocultural Exploration of Media on the Middle East Crisis

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Abstract

This study critically examined the representation of exile, trauma, and loss of belonging in media narratives surrounding the Middle East crisis during current war 2025-26 through a socio-cultural and linguistic perspective. It argued that contemporary media functions not merely as a channel of information but as a powerful site of meaning-making that shapes global perceptions of displacement and human suffering. Drawing on trauma theory, the study explored how experiences of violence, forced migration, and identity disruption are mediated through fragmented, repetitive, and emotionally charged representations. Using qualitative analysis of selected news reports articles from three separate news channels, the paper investigated how exile is constructed through recurring images of refugee movement, border crossings, and temporary settlements, often emphasizing physical displacement while underrepresenting its deeper psychological dimensions. It further analyzed how trauma is both individualized and collectivized, frequently aestheticized in ways that risk normalizing violence. The notion of belonging is examined through portrayals of statelessness, cultural dislocation, and identity instability, revealing how media narratives frame displaced populations as perpetually "other." The study contended that such representations are shaped by broader socio-political power structures that influence visibility, voice, and narrative framing. Ultimately, this paper demonstrated that media operates as a socio-cultural text that not only reflects but actively constructs the lived realities of crisis, raising important questions about ethics, representation, and responsibility in contemporary media discourse.

ICMLA:31

Language of Crisis: Media Representation of Climate Migrants

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Abstract

This study examines how media discourse constructs the figure of the "climate migrant" through the pervasive language of crisis and urgency. Drawing on Critical Discourse Analysis and the theoretical insights of Teun A. van Dijk and Norman Fairclough, the study investigates how news media frame climate-induced migration and shape public perception. It argues that climate migrants are frequently represented through alarmist and securitized narratives that foreground displacement, vulnerability, and threat, while marginalizing notions of resilience and agency. Employing a qualitative research design, the study analyzes selected international and regional media reports, with particular attention to lexical choices, metaphorical constructions and broader framing strategies that position migration as a crisis phenomenon. The findings demonstrate that such discursive patterns contribute to the politicization of climate mobility, reinforcing fear-based narratives and legitimizing restrictive migration policies. Furthermore, the dominance of crisis discourse obscures structural factors, including environmental degradation, global inequality, and governance failures. By critically interrogating these representations, the paper highlights the media's role in reproducing dominant ideologies and shaping socio-political responses to climate migration. It ultimately advocates for more balanced, ethical, and humanizing media narratives that recognize migrants as active agents within complex socio-environmental contexts.

ICMLA:32

Aspirations Beyond Borders: Examining the Nexus Between Youth Unemployment and Migration Intentions Among Pakistani University Students

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Abstract

Youth unemployment has emerged as a critical socioeconomic challenge in developing countries, particularly in Pakistan, where a growing number of university graduates face limited employment opportunities. This study examines the relationship between youth unemployment and migration intentions among university students, focusing on how labour market uncertainty shapes aspirations to seek opportunities abroad. Drawing on push–pull theory and the theory of planned behavior, the study explores the extent to which perceived unemployment, job insecurity, and underemployment influence students' intentions to migrate. A quantitative research design was employed, targeting university students enrolled in public sector universities in Pakistan, with a specific focus on Bahauddin Zakariya University (BZU), Multan. Data were collected through a structured questionnaire measuring variables such as perceived employability, economic pressure, career expectations, and migration intentions from N=384. Statistical techniques including correlation and regression analysis were used to examine the predictive relationship between youth unemployment and migration aspirations. The study revealed that higher levels of perceived unemployment and labour market instability significantly increase students' intentions to migrate. Additionally, socioeconomic factors such as family income, social networks, and exposure to international opportunities moderated this relationship. The findings contributed to the broader discourse on migration and labour dynamics by highlighting the role of structural economic constraints in shaping youth mobility decisions. This research offers important policy implications, suggesting the need for targeted employment generation programs, career counseling services, and skill development initiatives to reduce the outflow of educated youth. It also emphasizes the importance of integrating youth perspectives into national labour and migration policies to foster sustainable development.

ICMLA:33

Socio Economic Determinants of Rural to Urban Migration: A Case Study of District Layyah, Punjab, Pakistan

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Abstract

Rural to urban migration is a significant driver of rapid urbanization in Pakistan, shaped by evolving socio economic and demographic conditions. This study investigates migratory patterns and the underlying socio economic determinants in District Layyah, Punjab. A quantitative research design was employed, and primary data were collected from 200 respondents using a purposive sampling technique. The sample comprised those who migrated from rural areas to urban centers and had been settled with their families for at least three years. Data were gathered on key variables, including age, education, occupation, income, and access to health facilities, along with push and pull factors influencing migration. The findings indicate that migration is mainly influenced by pull factors, particularly better employment opportunities, improved living standards, and access to education and healthcare. Socio-economic variables such as age, income, and education significantly affect migration behavior. The overall findings show that 66% of respondents migrated due to pull factors, while 34% migrated due to push factors. The study concludes that reducing rural urban disparities is an important factor for balanced regional development.

ICMLA:34

Female Migration and Access to Reproductive Health Services: A Case Study of District Layyah, South Punjab

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Abstract

Female migration has become an important socio demographic factor influencing access to reproductive health services in developing regions. This study analyzes the relationship between female migration and access to reproductive health services in District Layyah, South Punjab, Pakistan. The target population of this study consisted of married women (both migrant and non-migrant) residing in District Layyah. A sample of 100 respondents was selected using a purposive sampling technique. Data were collected through a structured interview schedule and analyzed using SPSS. The overall findings indicate that 48% of respondents reported limited access to reproductive health services, while 32% reported easy access and 20% had no access. The chi-square test shows a significant relationship between migration status and access to reproductive health services ($p = 0.002$). The study concludes that migrant women face greater barriers in accessing reproductive health services due to socio economic and structural inequalities. The findings highlight the need for improved healthcare access, awareness programs, and gender-sensitive policy interventions.

ICMLA:35

Climate Justice and Migration: Experiences of Flood-induced Women in Ravi River basin, Lahore

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Abstract

Floods have become more frequent and severe in Pakistan because of climate change, posing serious environmental and social justice challenges. Frequent floods in Ravi River basin of Lahore have resulted in large-scale displacement and women have taken the major share of the burden due to gender inequalities, which were already existing. This paper, in a climate justice context, explores the interaction of environmental risk, gender, and socioeconomic inequality that runs through structural vulnerabilities to determine the migrant experiences of women affected by floods. The research design applied in this study is qualitative research that adopts an interpretivist paradigm. Ten (10) women living in the Ravi River area of Lahore in flood-laid villages were interviewed in-depth, in semi-structured interviews. Displaced and migratory people were also identified using snowball sampling. The informed consent was carried out in all interviews, which then were recorded and transcribed verbatim. Braun and Clarke's reflective thematic analysis was used to analyse the information and identify patterns and meanings that appeared repeatedly in the discourses of the participants. In the study, relocation caused by climate had significant effects on the livelihood of women, their social networks and access to important services. Economic insecurity, inadequate living conditions, and poor access to healthcare and sanitary systems were noted by participants during and after relocation. Women were more vulnerable to gender norms as they restricted their autonomy in making their migration decisions and having access to the relief resources. Also, there was a higher risk of exploitation, instability, and social marginalization in temporary settlements. With these challenges, women were resilient and employed community-based support systems, informal networks, and adaptive coping mechanisms. Its results have shown that there is an urgent need to integrate gender-sensitive approaches into climate change adaptation and migration policy. Resolving the problem of disproportionate burden on women demands climate justice worldview that emphasizes equality, inclusion, and women as proactive agents and not passive victims. Policymakers and stakeholders should make sure that there is fair access to resources, come up with social protection structures, as well as enhance the participation of women in decision making on disasters and climate adaptation. The long-term gendered impacts of climate-induced migration and ways of having sustainable and equitable resilience should be studied in the future.

ICMLA:36

Climate Change and Environmental Stress: Exploring Internal Migration Patterns in Pakistan

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Abstract

This study explores how climate change and intensifying environmental stressors are reshaping internal migration patterns in Pakistan. Focusing on the aftermath of the 2022 Pakistan floods and the 2025 Pakistan floods, it examines how affected populations experience displacement, reconstruct livelihoods, and adapt to new socio-economic environments. Drawing on qualitative interviews and policy analysis, the research investigates the intersection between state responses and local coping strategies. The study highlights how environmental crises disproportionately affect vulnerable communities in regions such as Sindh, Balochistan, and South Punjab, often resulting in prolonged or permanent displacement. Migration to urban centers frequently emerges as a survival strategy, while return remains uncertain for many. Particular attention is given to how experiences of climate-induced migration differ across gender, class, and region, revealing structural inequalities in access to resources and adaptation opportunities. By foregrounding rural and indigenous perspectives, this research underscores the importance of local knowledge, social networks, and community resilience in navigating environmental stress. It argues that internal migration in the context of climate change is not solely a response to ecological disruption but also a complex social process that challenges existing policy frameworks and raises critical questions about inclusion, adaptation, and sustainable development.

ICMLA:37

Promotion of Decent Work and Occupational Safety and Health from Gender Perspective in Cotton Crop

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Abstract

Cotton is the most important cash crop around the globe that provides livelihood to millions. It reduces poverty and fosters economic growth. However, cotton sector has poor working conditions, which lead to hazardous effects on human health. Cotton farmers rely on highly hazardous pesticides for the management of pests, which results in negative impact on human health, environment and household economy of cotton farming families. In order to highlight the above stated issues, the current study was conducted in South Punjab and Sindh. The Better Cotton Project focuses on capacity building of the women workers and farmers on how to handle treated seed at the time of sowing, use of equipment in hoeing, application of pesticides, handling and storage of pesticides and fertilizers, washing clothes of pesticide applicators, restricted entry-interval in field after pesticides application, negative impact of the Highly Hazardous Pesticides on the pregnant and lactating women, rest breaks during field work. After capacity building of the women farm workers and women farmers, the data was collected through mixed research method which showed significantly reduced pesticides poisoning incidents in the studied area. At the start of the project, 143 cases of pesticides poisoning were recorded, which significantly reduced to 28 cases post capacity building of women farmers and women farm workers. The outcomes of the study suggest that following occupational health and safety guidelines can significantly minimize the pesticides poisoning incidents, therefore, it is suggested that awareness on safe handling, storage and preparation as well as application of pesticides should be promoted among cotton farming communities with focus on women folks.

ICMLA:38

Effects of International Migration on the Psychosocial well-being of the Migrant's Families Left Behind

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Abstract

People migrate across international borders when they leave their native countries to find a more permanent or semi-permanent area to live. Migrants frequently leave behind better living situations for their family members back home. Migrating has always been a daring method for people to demonstrate their will to overcome adversity and build a brighter future. Globalization and other technological improvements in communication and transportation have made it possible and desirable for an increasing number of people to relocate. Remittances enhance the financial status of families in beneficiary nations, but they also have a substantial impact on individuals who are left behind, according to the data. They face numerous challenges. The fate of the migrant's loved ones after his departure is a critical subject in migration research. The vast majority of migrants are men, who frequently migrate alone, leaving their families behind. Current study will explore the effects of international migration on the family dynamics and their psychosocial well-being. The study was conducted in rural Punjab, Pakistan. A multistage sampling technique was used to select the sample. At the first stage from rural Punjab, districts Sialkot, Jhelum and Faisalabad were selected through purposive sampling technique. At 2nd stage three tehsils (one from each district) were selected through purposive sampling. At 3rd stage six union councils (two from each tehsil) were selected conveniently. At fourth stage 18 villages (three villages from each union council) were selected purposively where the rate of migration is high. At final stage of sampling procedure 180 households were selected through snowball sampling technique. An interview guide and an interview schedule were used as tools for data collection. The collected data were analysed with the help of SPSS. Findings reveal that migration can have positive and negative impacts on the social, economic and political factors of both host nations and origin locations. Many family members, particularly spouses and children, experience symptoms of depression and anxiety. Feelings of abandonment, uncertainty about the future, and the burden of additional responsibilities can contribute to mental health struggles. Families may feel emotionally drained as they try to adapt to their new situation, particularly when faced with loneliness, role changes, and new challenges. Families who previously engaged actively with their community may withdraw socially due to increased household responsibilities, limited time, or feelings of loneliness. In conclusion, while migration offers economic benefits, its impact on family dynamics and psychosocial well-being in rural Punjab is complex and multifaceted. Effective support systems, improved access to resources, and community-based interventions are vital to ensuring the well-being and stability of families left behind, enabling them to better cope with the emotional and social impacts of migration.

ICMLA:39

Fostering Sense of Collective Action among Women Cotton Farm Workers through Cooperative Poultry Farming

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Abstract

Women cotton farm workers face poverty because of minimum wages, limited decision-making power and access to market as well as performing hazardous work in cotton farming areas of Sindh, Pakistan. These conditions do not meet the standard criteria of Decent Work defined by International Labour Organization. Current research studied "how cooperative homestead poultry farming can strengthen collective engagement among women farm workers''. WWF Pakistan selected eight groups; each consisted of ten women beneficiaries of region Sukkur, Sindh under umbrella of Better Cotton Project. WWF-Pakistan distributed homestead poultry kits that consisted of nine poultry birds per beneficiary and battery-operated automatic incubators per group. Results revealed that cooperative poultry farming enhanced average monthly income by 18.50% due to adopting alternate income source. Cooperative group strategies also improved 76.75 and 59.5% access to money and access to market vendors respectively. 69.30% women cotton pickers had improved occupational health and safety conditions due to adopting minimum personal protective equipment during field work. Furthermore, the results depicted that 79.34% women workers actively participated in decision making process, which increased their self confidence. This approach improved beneficiaries' voice for negotiating for fair wages and ensuring gender equality in cotton-farming area. It was concluded that homestead integrated cooperative enterprises can strengthen socioeconomic indicators to improve gender inclusive, responsive and sustainable livelihoods in Sindh, Pakistan.

ICMLA:40

Migration, Rurbanity, and Urban Transformation: Sociological Inquiry into Emerging Rural–Urban Interfaces

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Abstract

Migration and urbanization are changing rural landscapes into dynamic rural-urban interfaces called rurban areas. These transitional areas are undergoing substantial social, economic, and cultural changes, especially in developing countries such as Pakistan, where internal migration is constantly changing the settlement patterns and livelihoods of people living there. This research examines the social dimensions of both migration and urban transformation in Punjab, Pakistan focusing on the impact of internal migration on developing rurban communities; in particular, how lived experiences of both migrants and local residents provide an understanding of how rurban spaces facilitate continuity and change in the everyday experiences of individuals. Through an interpretive sociological approach, the methodology for the research was based on a qualitative design; thirty purposively selected individuals (migrants, long-term residents, and community leaders) from Faisalabad, Rawalpindi, or Gujranwala (each of these areas is experiencing significant rural-to-urban migration) formed the participant sample. Semi-structured interviews, focus groups, and field observation were the means used to collect data from the participant group. Thematic analysis was used to analyze the data and identify recurring social trends, interpretative meanings, and community changes. According to the research findings, migration is regarded as a means of acquiring economic advantages, educational opportunities, and social mobility. In contrast, rurban areas form hybrids of urban and rural social structures with different traditions from the two social categories existing in the same geographic space. In addition to illustrating rurbanity as a spatial feature, this study also indicates that the process of building rurban areas is primarily a result of social negotiation and adjustment, as well as identity restructuring. The analysis concludes with recommendations for inclusive urban design; context-specific governance; and policies that will create sustainable economic growth in rapidly developing hybrid rural–urban areas.

ICMLA:41

Migration Data for Evidence-Based Policy: Monitoring Trends Through Community Centered Research

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Abstract

Migration remains a critical driver of social and economic change, yet policy responses often lack timely, reliable, and disaggregated data. This study examines how systematic migration data collection and monitoring can inform evidence-based policymaking, with a focus on both quantitative and qualitative approaches. The research was conducted with study participants drawn from migrant households, local government officials, and civil society organizations across three urban centers experiencing high rates of internal and cross-border migration. Household surveys captured demographic and socio-economic profiles, while focus group discussions and key informant interviews provided insights into lived experiences, challenges, and policy gaps. Findings reveal that integrating administrative records with community-level data significantly improves the accuracy of migration statistics, enabling policymakers to detect emerging trends such as labor mobility, remittance flows, and social integration challenges. Moreover, participants emphasized the importance of transparent data governance and participatory monitoring frameworks to ensure inclusivity and trust. The study concludes that migration data systems anchored in community participation not only strengthen monitoring capacity but also enhance the legitimacy and responsiveness of policy interventions. By bridging empirical evidence with governance, this research contributes to the development of sustainable, rights-based migration strategies aligned with national and global development agendas.

ICMLA:42

Gendered Dimensions of Migration: A Sociological Analysis of Pakistani Youth Pursuing Employment and Educational Opportunities Abroad

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Abstract

Migration among Pakistani youth for employment and education has intensified in recent years, reflecting shifting global mobility patterns and socio-economic transformations. Contemporary research increasingly emphasizes that migration is a gendered process, shaped by unequal access to opportunities, resources, and decision-making power. This study explores how gender influences the migration experiences of Pakistani youth, focusing on variations in mobility, constraints, and socio-cultural expectations. It examines how family structures, institutional frameworks, and cultural norms shape pre-departure decisions, experiences in host societies, and reintegration processes. Drawing on a sociological framework and a mixed-methods approach, the study integrates quantitative trends with qualitative insights to capture the lived realities of young migrants. Recent scholarship highlights that migration trajectories differ significantly between men and women, with gender roles influencing autonomy, distance of mobility, and professional opportunities (Xinyi Zhao et al., 2023). Emerging studies further indicate that migration can simultaneously reinforce and transform traditional gender roles, particularly in contexts where women gain new forms of agency and participation in public life (Women & Studies International Forum, 2025). Additionally, gendered migration dynamics are embedded in broader structural and environmental contexts, requiring more nuanced theoretical frameworks to explain differentiated responses and experiences (Naziha Sultana et al., 2024). The findings suggest that while male migrants often experience greater freedom of movement, female migrants encounter layered constraints but also demonstrate resilience and adaptability. By situating gender at the center of migration analysis, this study contributes to contemporary debates and offers policy-relevant insights for creating inclusive and equitable migration frameworks for Pakistani youth.

ICMLA:43

Youth Migration, Employment Challenges, and Labour Market Transformation in Pakistan: A Socioeconomic Perspective

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Abstract

As the world becomes increasingly mobile, migration is a prominent aspect of the modern experience for many societies, especially in developing nations such as Pakistan, where unprecedented population growth and inadequate employment opportunities are changing the way that people approach their work lives. This study aims to understand how youth in particular are using migration as a means of tackling barriers to employment and adjusting to a changing labour market in relation to socioeconomic development. The purpose of this study is to critically study both internal and international youth migration from the perspective of a livelihood strategy as well as a response to structural inequalities such as unemployment, underemployment and regional disparities. Furthermore, the study will look at the ways in which youth who migrate have their migration decisions influenced by their access to human capital, socio-economic networks and economic conditions. The study used a qualitative research approach to look at the motivations for, experiences during and outcomes of youth migration by employing a mixture of secondary data and policy analysis techniques. The results illustrate that while youth migrating abroad have access to greater income earning opportunities and will likely improve their skills, they may also face many difficulties, such as insecurity of their job(s), exploitation, social dislocation, etc. Additionally, the study evaluated the existing policy framework related to labour migration and found serious gaps in terms of governance, existing protections and strategies for employment generation. The findings suggest that if proper institutional support of migration is not provided, the migrant youth may become an additional burden to the society instead of contributing to sustainable development. Therefore, the study presents policy recommendations to enhance youth empowerment through skill development, labour market reform and increased governance of youth migration.

ICMLA:44

Masculinity, Provider Pressure, and Migration Trauma: Mental Health Challenges of Young Male Migrants

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Abstract

Migration has become an increasingly significant phenomenon among young men from developing countries, driven by economic aspirations, educational opportunities, and social mobility. However, beyond the economic dimension, migration is deeply shaped by gendered expectations, particularly the societal construction of masculinity that positions men as primary providers. This study explores the intersection of masculinity, provider pressure, and migration-related trauma, focusing on the mental health challenges faced by young male migrants. The research highlights how dominant cultural norms of masculinity compel young men to undertake migration as a means of fulfilling family expectations and achieving financial stability. These pressures often begin prior to migration and intensify during the migration journey, where individuals face precarious working conditions, social isolation, discrimination, and uncertainty about their future. Such experiences contribute to heightened psychological stress, anxiety, depression, and emotional exhaustion. Despite these challenges, many young male migrants suppress emotional distress due to cultural norms that discourage vulnerability and emotional expression in men. The study further emphasizes that migration trauma is not limited to physical displacement but also includes psychological strain arising from unmet expectations, financial burdens, and the responsibility of supporting families back home. The inability to achieve immediate economic success often deepens feelings of failure and inadequacy, reinforcing mental health vulnerabilities. Thus, this paper argues that male migration experiences must be understood through a gender-sensitive lens that recognizes the role of masculinity in shaping mental health outcomes. It calls for greater attention to psychosocial support systems and policy frameworks that address the emotional well-being of young male migrants in addition to their economic conditions.

ICMLA:45

Public Health, Safety, and Working Conditions: Pathways to Equity and Sustainable Development

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Abstract

Public health and occupational safety are inseparable dimensions of human well-being and economic resilience. This paper explores the interconnections between working conditions, health outcomes, and safety standards, emphasizing how workplace environments shape both individual lives and collective progress. Unsafe and unhealthy conditions ranging from exposure to physical hazards and toxic substances to excessive working hours and lack of protective measures continue to undermine Labor rights and public health, particularly in vulnerable populations such as women, youth, and informal sector workers. At the same time, evidence demonstrates that investments in safe and equitable working environments yield significant benefits: reduced occupational injuries, improved productivity, and enhanced worker morale. Integrating public health frameworks with Labor policies ensures that workers have access to healthcare, protective equipment, and fair employment practices. Gender-sensitive approaches are crucial, as women often face unique occupational risks and barriers to safe employment. This study argues that strengthening occupational health and safety standards is not merely a regulatory necessity but a strategic pathway toward sustainable development and social equity. By situating working conditions within the broader context of public health, the research underscores the need for multi-level interventions—government regulation, employer accountability, and worker empowerment—to create resilient Labor markets that prioritize human dignity and well-being.

ICMLA:46

Exploring the Challenges of Technology Integration in Higher Education Institutions of Pakistan

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Abstract

Technology integration in higher education is crucial for modernizing instruction and learning and increasing institutional effectiveness. However, there are still many obstacles to the successful integration of technology in Pakistani higher education. This study examines the main obstacles to technology integration as per teachers' perceptions. To identify institutional, technical, and pedagogical barriers, a survey was conducted at a few Pakistani universities using a quantitative approach. Data was analyzed using Statistical Package for the Social Sciences (SPSS). Results indicate that some of the biggest challenges in implementing technology are inadequate infrastructure, limited access to digital resources, a lack of training opportunities, and resistance to change. This issue is further exacerbated by inconsistent internet access, a lack of administrative support, and low levels of digital literacy among instructors. To promote a culture of technology-enhanced learning, this study also recommends strategic planning and investment in capacity building. Institutional policy should prioritize teacher preparation, resource distribution, and ongoing technical assistance to remove these obstacles. By tackling these issues, Pakistani universities will be better equipped to improve the caliber of instruction, make learning more interesting, and meet a minimum standard that is followed throughout the world. Thus, by offering context-specific insight into the Pakistani higher education system and offering useful suggestions for legislators, administrators, and educators, this study contributes to the expanding body of knowledge on educational technology.

ICMLA:47

Internal, External, or Both? Remittance Source Heterogeneity and Food Insecurity among Left-Behind Households in Pakistan

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Abstract

Food insecurity remains a persistent household welfare challenge in developing economies, yet remittances are often treated as a single income source despite likely differences in their welfare relevance. This study examines whether the association between remittance receipt and household food insecurity in Pakistan varies by remittance type, distinguishing among internal remittances, external remittances, and households receiving both. The analysis uses the Pakistan Social and Living Standards Measurement Survey 2019-20, covering 157,456 households nationwide, and defines food insecurity as a binary indicator based on the eight-item Food Insecurity Experience Scale, where moderately and severely food-insecure households are coded as deprived. The empirical strategy combines baseline nonlinear models with average marginal effects, robustness checks, indigeneity-corrected estimation, and subgroup analysis. The results indicate that remittance-receiving households are less likely to be food insecure than non-receiving households, but the magnitude of this association differs sharply across receipt types. Internal remittances are associated with a modest reduction in food insecurity, whereas external remittances correspond to a substantially stronger protective association. Households receiving both internal and external remittances also appear less food insecure, although that result warrants caution given the small size of the group. The main patterns remain broadly robust across alternative specifications, while heterogeneity analysis shows that internal remittances are more context-dependent and external remittances are more consistently protective across household settings. The study contributes to the development economics literature by showing that remittance source matters for household welfare under weak formal protection: not all.

ICMLA:48

Examining How Financial Inclusion and Return Policies Influence Online Purchase Behavior and Repurchase Intention under Perceived Risk in Pakistan's E-Commerce Market

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Abstract

The fast growth of e-commerce in Pakistan has opened so many opportunities to develop digital economy. Despite policy measures like the National Financial Inclusion Strategy and the new consumer protection frameworks, still a large number of the online shoppers are not willing to go into a repeat buying due to their doubt on the security of the payment, the reliability of getting a refund and the enforcement of returns. This study investigates how financial inclusiveness, free return and refund policy affect online purchase behavior, customer satisfaction, and repurchase intention in presence of the moderating role of perceived risk in the e-commerce market of Pakistan. Based on the Unified Theory of Acceptance and Use of Technology, Expectation-Confirmation Model, and Perceived Risk Theory, this research develops and provides empirical evidence of an interrelated conceptual model. A quantitative research design was adopted, which involves the use of a structured online questionnaire that was given to the Pakistani active e-commerce users. Validated measurement scales are used in the study to validate the relationship between variables but are modified to the local context and statistical methods are used in SPSS and AMOS to analyze the data to identify direct, mediating, and moderating relationships. The findings indicate that financial inclusion, refund and return policies significantly affect online purchase behavior and satisfaction, but these correlations are undermined in high-uncertainty conditions by perceived risk. Customer satisfaction was also found to mediate the relationship between purchase behavior and repurchase intention. The results provided insights to policy-makers on how to effectively address digital trust frameworks and those e-commerce companies who want to design risk-mitigating strategies to ensure long-term customer loyalty.

ICMLA:49

Virtual Community Brand Engagement in Context of Strong and Weak Brand Identification

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Abstract

Despite their growing strategic importance, Virtual Brand Communities (VBCs) often fail to convert active consumer participation and interaction into meaningful emotional devotion and bond. Within these communities, members may appear very engaged while they are at fundamentally different levels of brand identification that might be strong or weak. This study examines how Virtual Brand Community Engagement (VBCE) influences Brand Love and Brand Recall through Brand Identification as a mediating variable, while investigating Brand Reward as a moderator that strengthens and acts as a supercharger of the engagement-identification relationship. Grounded in Social Identity Theory, which explains how individuals internalize group membership into their self-identity, the study argues that consumers who strongly identify with a brand community have more significant chances to develop deep emotional attachment and enhanced brand memory and influenced behaviours. A quantitative, cross-sectional survey was filled by 295 active brand community members across Pakistan, and data were analyzed using the Structural Equation Modeling (SEM). Results reveal that VBCE strongly and significantly influences Brand Identification, which in turn strengthens Brand Love and Brand Recall ultimately. Brand Identification acts as a significant mediating mechanism in both pathways, establishing it as the core psychological conduit connecting engagement to outcomes which are brand love and recall as mentioned. Furthermore, Brand Reward significantly moderates and charges the engagement and identification bond. These findings extend the engagement to identification and further to outcomes (brand love and recall) framework to an emerging market, offering actionable implications for marketers and managers seeking to convert their community participation into sustained emotional loyalty and brand salience.

ICMLA:50

Socio-cultural and Economic Reintegration Challenges of Return Migrants: Evidence from Punjab, Pakistan

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Abstract

Return migration has been seen as the most common form of the "reverse brain drain" caused by the total migration of capable migrants abroad. The challenges faced by migrants and their families as they return to their own country emerge from the individual circumstances and the characteristics of both the home country and the host country. Reintegration or readjustment refers to the process by which a returnee re-engages with the social, cultural, economic, and political aspects of their country of origin. During the readjustment/reintegration process, a wide range of disputes may arise, and the relationship between them is complex. However, some issues arise more frequently than others. This research will be a qualitative exploratory design to examine the socio-cultural and economic reintegration challenges of return migrants. A purposive and snowball sampling method will be applied to select participants (return migrants). Twenty return migrants were interviewed to gather firsthand information about their post-return experiences. Semi-structured in-depth interviews were conducted to collect data, with flexibility to delve into personal stories, social connections, culture adaptation, and economic ventures in great depth. The data were analyzed through thematic analysis, adopting Braun and Clarke's (2006) strategy, in order to reveal and interpret salient themes from the participants' stories. Overall, the findings reveal that return migration among highly skilled academics is shaped by a complex interplay of structural constraints, emotional ties, professional aspirations, and national commitment. While returnees bring enhanced skills and strong motivation to contribute, their long-term impact depends critically on supportive institutional environments and forward-looking policy frameworks.

ICMLA:51

Lived Experiences of Youth Amidst Heat Stress: A Qualitative Exploration of Mental Health Challenges in a Rural District of Pakistan

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Abstract

Rising global temperatures and climate change are increasing health risks, particularly in Dadu, Sindh, where physical and psychological resilience to heat is limited. While Pakistan frequently experiences record-breaking heatwaves, the mental health impacts of heat stress are poorly understood, especially among rural youth, who make up 60% of the country's population. Extreme heat disrupts their education, work, and social life, with limited mental health support exacerbating the psychological toll. This study explores how youth and communities in Dadu experience, interpret, and cope with the mental health impacts of heat stress. This study adopted the exploratory qualitative design guided by the Socioecological Model (SEM) to capture the multi-level influences on mental well-being. Data was collected through 10 focus group discussions with participants from Dadu including youth, parents, and Lady Health Workers (LHWs), and 7 in-depth interviews with healthcare professionals and policymakers. Participants were purposively selected from rural and peri urban communities, interviews were conducted, audio recorded, transcribed, translated, and thematically analyzed using NVivo 15. Participants perceived heat stress as a physical burden that progressively affected mental well-being. At the individual level, themes of physical and psychological symptoms, sleep disruption, and coping behaviours (hydration, shade, rest) were dominant, with gendered differences reflecting women's indoor heat exposure and men's outdoor labour. Interpersonal and community level revealed family dynamics, gendered caregiving roles, and collective coping strategies. At the organizational level, healthcare and workplace constraints including under resourced schools, workplaces and Basic Health Units (BHUs), lack of specialized doctors and psychosocial training—all intensified stress. The policy level highlighted limited government, fragmented coordination, and emerging initiatives like telepsychiatry and heat action plans, which remain insufficient in terms of mental health. Overall, the findings demonstrate that heat stress in Dadu is both a physical and psychosocial crisis, requiring a multi-level action to protect mental well-being. Extreme heat in Dadu was experienced both as a physical and psychosocial crisis by Youth and other participants. Integrating psychosocial support within primary healthcare, improving community awareness regarding mental health and heat stress, and embedding mental health into Pakistan's climate adaptation policies are critical to building resilience in heat vulnerable regions.

ICMLA:52

Climate Change Migration and Future Labor Market Challenges

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Abstract

Climate change has emerged as a major global issue that significantly influences migration patterns and labor market conditions. Environmental problems such as floods, droughts, rising temperatures, and natural disasters force people to leave their homes and migrate to urban or economically stable areas in search of employment and better living conditions. This study examines the impact of climate change-induced migration on future labor market challenges. The main objective of the research is to analyze how migration affects employment opportunities, wage levels, labor competition, and workforce distribution in host communities. The study used a quantitative research methodology based on a survey approach. Data were collected through structured questionnaires from migrant workers, local employees, and employers in urban labor markets. The population of the study consisted of climate migrants, local workers, and employers, while a sample size of 200 respondents was selected using a stratified random sampling technique to ensure equal representation of all groups. Statistical analysis was conducted to evaluate the relationship between climate migration and labor market conditions. The findings revealed that climate change is a major factor driving migration and increasing pressure on urban labor markets, especially in low-skilled sectors. The study found that migration leads to increased competition for jobs, unemployment, underemployment, and wage instability among local workers. At the same time, employers benefit from the availability of low-cost labor, and migration also helps fill labor shortages in certain industries. The results further showed that many migrants face poor working conditions, low wages, and job insecurity due to limited policy protection. The study concludes that governments and policymakers need to develop effective climate adaptation strategies, employment generation programs, and inclusive labor market policies to manage the future challenges associated with climate-induced migration.

ICMLA:53

Socioeconomic Impact of Migration on Mental Health and Well-being of Individuals

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Abstract

Migration is a fast expanding worldwide phenomenon with severe socioeconomic ramifications that have a major impact on people's mental health and general well-being. With an emphasis on socioeconomic factors like income, employment, housing, social integration, and access to healthcare, this review paper synthesizes the body of research to investigate the relationship between migration and mental health outcomes. Systematic reviews show that pre-migration trauma, migration related stressors, and post-migration socioeconomic difficulties make migrants more susceptible to mental health conditions like depression, anxiety, and post-traumatic stress disorder (PTSD). Psychological distress in migrant populations has been repeatedly linked to socioeconomic instability, which includes low income, unemployment, substandard housing, and restricted access to social services. Furthermore, social network disruption, family separation, and diminished social support networks increase social isolation and diminish a sense of belonging, all of which worsen mental health risks. Language limitations, cultural adjustment challenges, and discrimination all have a significant impact on the mental health of migrants. The review points out that migration does not always result in unfavorable results, though. In certain situations, more social integration, higher living standards, and better economic prospects might increase psychological health and life happiness. As a result, the effects of migration on mental health are extremely context dependent, impacted by variables like the kind of migration (forced vs. voluntary), length of stay, age of migration, and availability of support networks. This study finds that improving migrant mental health outcomes requires addressing socioeconomic disparities and bolstering social support systems. Community integration initiatives, healthcare access, inclusive labor markets, and culturally competent mental health treatments should be the main goals of policy interventions. To further understand the dynamic interaction between migration, socioeconomic circumstances, and mental health, future research should prioritize longitudinal designs and region specific analyses.

ICMLA:54

Climatic Change and Rural Migration Dynamics: Socio-Cultural and Economic Vulnerabilities and Adaptive Responses in Punjab Pakistan

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Abstract

Climatic changes have arisen as main drivers of human mobility especially in agrarian based communities where livings are highly dependent on environmental stability. The rising temperature variability, scarcity of water, erratic rainfall and the extreme climatic events have enlarged socio-cultural and economic vulnerabilities and impacted rural–urban migration dynamics in rural areas of Punjab, Pakistan. Directed by the Sustainable Livelihoods Framework (SLF), the present research study observes how climate-induced environmental stress affects household migration decision and role of household resources in formulating adaptive responses. This study was conducted in Central Punjab focusing on the villages most affected by climate stress in districts of Lahore, Jhang, Chiniot and Nankana Sahib. The rural households relying on agriculture and experiencing challenges about the climate-related livelihood were the target population of the study. A sample of 200 households was selected by using multistage sampling ensuring the equal representation from each selected district and a well-structured questionnaire consisting of demographic information, climate-related challenges, livelihood capitals and migration behavior was employed for primary data collection which were further analyzed by SPSS employing descriptive statistics, ANOVA, regression analysis and correlation to discover relationships between climate stress, household resources and migration. The major findings of the study reflect that climate stress significantly causes migration. The droughts, floods and declining agricultural productivity were the key determinants. Those households with strong human, social, financial and physical capital were less likely to move, highlighting the protective role of the household resources and migration was mainly a short-term adaptive strategy. The male household members were more likely to migrate increasing responsibility for females. Main differences in migration patterns were explored across districts which emphasized the impact of localized environmental, social and economic conditions. Moreover, this research presents the empirical evidence on climate change–migration nexus in rural areas of the Punjab, Pakistan by suggesting the promotion of climate-resilient agricultural strategies, strengthening rural livelihoods, increasing social networks and giving institutional support can minimize the chances of forced migration and improve household adaptive ability.

ICMLA:55

The Impact of Social Networks on Promoting Green Innovation: An Industrial Perspective

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Abstract

This study examines the role of social networks in promoting green innovation in Pakistan's industrial sector, drawing on social capital theory. It focuses on the key dimensions of social networks, including trust, reciprocity, civic engagement, knowledge sharing, collaboration, and network connectivity, to understand how these factors influence the adoption and diffusion of sustainable industrial practices. This study has four main objectives: to analyze how social participation drives green innovation; to identify which dimensions of social networks most strongly affect industrial innovation; to assess the mediating role of knowledge sharing and institutional support; and to propose a strategic framework linking social participation to sustainable industrial development and policy advancement. Using a quantitative approach, data were collected from 436 respondents across four major industrial districts of Punjab: Lahore, Sialkot, Gujranwala, and Faisalabad through stratified random sampling. Analysis using SPSS revealed a significant positive relationship between social networks and green innovation ($p < 0.001$), with knowledge-sharing networks acting as a key mediator that enhances collaboration, learning, and the adoption of eco-friendly technologies. The findings highlight that robust social networks and active social participation are critical drivers of industrial innovation, fostering cooperation, environmental awareness and sustainable development. This study recommends strengthening social capital and participatory mechanisms to guide Pakistan's industrial sector toward a greener, more sustainable future.

ICMLA:56

The Social Dimensions of Climate Change: Environmental Stress, Inequality, and Interpretation in Punjab, Pakistan

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Abstract

From a sociological perspective, climate change is not only a biophysical process but a socially mediated phenomenon shaped by institutions, power relations, and collective meaning-making. This paper examines how environmental stress, including water scarcity, air pollution, extreme heat, and agrarian disruption, is experienced and contested across social groups. Drawing on environmental sociology and social constructionist theory, it focuses on three processes: (1) the social stratification of risk, whereby vulnerability is distributed along lines of class, gender, and rural–urban divides; (2) framing contests through which media, state actors, and civil society assign causes and responsibilities; and (3) the institutionalization of solutions, where technical and market-based interventions often override community knowledge and informal adaptive practices. Using qualitative case insights from Punjab, Pakistan, the study introduces the concept of "interpretive stress" to capture conflicts over what constitutes a crisis and whose knowledge is legitimized in response. These dynamics produce unequal adaptation pathways and shape public trust in climate governance. The paper argues that addressing climate change requires attention to the social construction of risk, the politicization of environmental knowledge, and the cultural and structural conditions that enable or constrain collective action. It demonstrates that effective climate policy must integrate sociological analysis to address not only ecological thresholds but also social equity, legitimacy, and public trust.

ICMLA:57

The Role of Social Media in Crime Awareness and Victim Support among Migrant Workers in Urban Pakistan

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Abstract

This study explores the role of social media in enhancing crime awareness and providing support to victims among migrant workers in urban areas of Pakistan. With the rapid expansion of digital platforms, social media has emerged as a powerful tool for disseminating information, reporting incidents, and connecting individuals with support networks. Migrant workers in urban settings often face increased vulnerability to crime, exploitation, and limited access to formal support systems due to weak social networks and unfamiliar environments. In such contexts, social media serves as an alternative platform for raising awareness, sharing experiences, and seeking assistance. This research aims to examine how digital platforms contribute to informing migrant labour populations about potential risks and facilitating informal support mechanisms. The study adopts a qualitative approach, relying on secondary data, case studies, and existing literature to analyze patterns of online engagement in crime-related issues. It also highlights the dual nature of social media, where it not only promotes awareness and support but may also lead to misinformation and privacy concerns. The findings are expected to demonstrate that social media plays a significant role in crime prevention and victim empowerment, particularly among migrant labour populations in urban Pakistan. The study concludes by recommending strategies to enhance the effective use of digital platforms while minimizing associated risks.

ICMLA:58

Effects of Parental Migration on Children's Emotional and Behavioral Development: A Case Study of District Chiniot, Pakistan

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Abstract

Parental international migration is a widespread socio-economic phenomenon in rural Pakistan, particularly in districts such as Chiniot. While migration contributes to household income through remittances it also results in prolonged parental absence which may affect children's emotional and behavioral development. This qualitative case study explores the experiences of left-behind children in District Chiniot. Data were collected through purposive sampling and in-depth semi-structured interviews with children and caregivers (n = 20). Thematic analysis was employed to interpret the data. Findings revealed six major themes that are emotional distress and longing, behavioral instability, weakened parent child attachment, caregiving gaps, coping through digital and social substitution and the paradox of economic gain versus emotional loss. The study concludes that parental migration produces complex psychosocial consequences for children highlighting the need for structured psychosocial and educational interventions in migrant sending communities.

ICMLA:59

Female Bullying and Its Socio-Economic Impact on Women's Professional Participation: A Reform-Oriented Study from Faisalabad

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Abstract

This research explores the complex issue of gender-based harassment in offices and its impact on women's professional growth. The study examines both the immediate and long-term consequences of workplace harassment, focusing on its frequency and effects on job satisfaction, concentration, career advancement, and overall work performance. The research also investigates how women are often denied salary increments, promotions, and administrative opportunities as a result of harassment. The objectives of this study include exploring the psychological and emotional effects of workplace harassment on women, specifically its impact on self-perception, motivation, creativity, and job progression. Additionally, the study scrutinizes the role of organizational administration in either mitigating or exacerbating these incidents and proposes strategies to reduce the occurrence and severity of gender-based harassment. The research further acknowledges how factors such as ethnicity, socioeconomic status, and nationality intersect with gender-based harassment in the workplace. A cross-sectional methodology was employed, utilizing intentional sampling to survey 300 employed women through a standardized questionnaire. The data collected were analyzed and presented to provide an in-depth understanding of the issue. Findings reveal that literacy level and age are not significant factors in the occurrence of workplace harassment. Each participant reported a unique experience with gender-based harassment, underscoring the lack of support for women and insufficient administrative measures in professional environments. Consequently, the study concludes that a woman's age and literacy level do not significantly influence her experience of harassment. The diversity of experiences reported highlights the need for targeted interventions to address gender-based harassment effectively. It is recommended that organizations enhance gender sensitivity training, develop robust support systems, and ensure that all employees feel secure and confident in reporting such incidents.

ICMLA:60

Phenomenological Study of Climate Change Induced-Migration in Coastal Region Sindh

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Abstract

Evidence suggests that climate change disrupts established patterns of society. The Intergovernmental Panel on Climate Change has revealed that the greatest single impact of climate change might be on human migration—with millions of people displaced by shoreline erosion, coastal flooding and agricultural disruption. Since then, many scholars have argued that environmental degradation, and in particular climate change, is poised to become a major driver of population displacement—migration. Similarly, the coastal region of Sindh has witnessed the worst effects of climate change in Pakistan. Therefore, there is need to study the pain and sufferings of forced migrants. The phonological approach seems to be most appropriate to document the lived experiences of the coastal community who lost their agriculture lands to sea intrusion, severe coastal flooding and faced scarcity of livelihood resources, resultantly were displaced. The study highlights that migration has a drastic impact on their family. The study indicated that the people who don't migrate due to climate change may lack enough funds for new settlement and they feel obligation to their native places where they believe their ex parents and ancestral remains. The climate change affected people were found migrating to main city like Badian, Sujawal, Thattha and Karachi. The lived experiences of the migrated people reveal that they faced problems in social adjustment due to alien atmosphere and different dynamics and rural and urban environment. Moreover, migration has severely affected the women and children due to hostile environment of urban life.

ICMLA:61

Climate Change, Environmental Stress, and Migration: A Psychological Review of Mental Health Impacts and Resilience in South Punjab

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Abstract

The escalation of climate change has worsened environmental stress factors like floods, heat waves, and scarcity of water in South Punjab, which are significant factors behind internal migration. This literature review will analyze the psychological implications of displacement that have been caused by climate disruptions with references to eco-anxiety, trauma, acculturative stress, and identity disruption among migrants. Based on national and international research of 2015 till 2025, the review emphasizes the lack of mental well-being in the face of sudden displacement especially rural populations who rely on agriculture in the districts of Multan, Muzaffargarh, and D.G. Khan. The main results reveal that depression, PTSD, and chronic stress are more prevalent in people who were displaced, and the lack of social support and unstable working conditions after migration worsened the situation. The evidence concerning the psychological resilience, coping mechanisms and community network in the mitigation of distress is also synthesized in the review. Although there has been an increasing awareness regarding climate migration, the concept of mental health has still not been addressed in the labor and migration policies in Pakistan. The paper proposes the incorporation of psychosocial support into climate adaptation and labor structures and highlights the significance of community-based intervention and mental health literacy.

ICMLA:62

Labour Market Reintegration of Ex-Offenders: Challenges, Stigma, and Policy Gaps in Punjab, Pakistan

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Abstract

Pakistan's criminal justice system incarcerates over 97,000 prisoners across more than 116 jails, with Punjab alone housing approximately 57% of the national prison population (Pakistan Prison Statistics, 2023). Each year, thousands of individuals complete their sentences and return to society; however, the pathway from incarceration to stable employment remains deeply obstructed. This paper examines the structural, social, and institutional barriers to labour market reintegration of ex-offenders in Punjab, Pakistan — an issue that lies at the intersection of criminal justice, labour rights, and social policy. Drawing on secondary data from the Punjab Probation & Parole Service Annual Reports (2022–2024), Pakistan Bureau of Statistics Labour Force Surveys, and international comparative literature including UNODC recidivism studies, this paper employs a secondary data analysis methodology to map employment outcomes for individuals under probation and parole supervision in Punjab. National data indicate that the unemployment rate among released offenders exceeds 70% within the first six months of release (UNODC, 2022), while recidivism rates in South Asian contexts remain closely correlated with economic exclusion. In Pakistan, where the overall youth unemployment rate stands at 10.5% (PBS, 2023), ex-offenders face compounding disadvantages rooted in stigma, absence of formal skills certification, and employer discrimination. The Punjab Probation and Parole Act 2020 and the National Reintegration Policy Framework envision rehabilitation as central to offender management; yet empirical evidence suggests significant implementation gaps at the district level. Analysis of supervision data from 2022 to 2024 reveals that fewer than 12% of probationers in Punjab were linked to any formal vocational training programme during their supervision period, and referrals to employment services remained negligible across most districts. The paper argues that this gap is not merely administrative but structural — rooted in the absence of inter-agency coordination between the Home Department, the Punjab Skills Development Authority (PSDA), and the Labour and Human Resource Department. Informed by principles of restorative justice and evidence-based probation practice, the study identifies three critical intervention points: pre-release skill mapping, employer sensitisation campaigns, and post-release economic support linkages. Internationally, programmes such as the UK's Reducing Reoffending Strategy and Norway's rehabilitation model demonstrate that structured labour market inclusion reduces recidivism by up to 40% (Ministry of Justice UK, 2021). Pakistan's probation framework, despite its legislative ambition, lacks the resource allocation and monitoring infrastructure necessary to replicate such outcomes at scale. This paper concludes that labour market reintegration of ex-offenders must be repositioned as a labour rights issue, not solely a criminal justice concern. Policy recommendations include the introduction of a Punjab Ex-Offender Employment Scheme under the PSDA, mandatory vocational assessment within the probation supervision plan, and the establishment of employer incentive structures for hiring rehabilitated individuals. Addressing this gap is essential not only for reducing recidivism and protecting public safety, but for realising the Sustainable Development Goal 8 commitment to decent work and economic inclusion for all.

ICMLA:63

Psychosocial Vulnerabilities and Coping Mechanisms of Families Left Behind by International Labour Migrants: A Qualitative Inquiry from Faisalabad, Pakistan

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Abstract

The issue of international labor migration has become a socioeconomic phenomenon that has altered the structure of households, financial flows, and family well-being. Although remittances are an important economic lifeline to the recipient communities, but non-economic impacts discrepancy between the economic benefits and psychosocial losses that families remain bear is critical. This paper examines lived psychosocial experiences, social functioning impairment, and adaptive coping strategies of families abandoned by the international labor migrants in Faisalabad, Punjab, Pakistan, and to investigate the perceived impact of remittance regularity in influencing the emotional well-being of families. Quantitative research design was used, which aimed at capturing the in-depth, contextual experiences of left-behind families. This method was considered the most suitable one because psychosocial phenomena under study are sensitive and subjective in nature. The purposive sampling method was employed in order to choose the participants that were rich in information and had a first-hand experience as family member who had been migrated to an international destination at least one year. Thirty participants were recruited which included spouses, dependent adult children, and elderly parents of migrants. The research was carried out in Faisalabad district, a major source of labor and high migration rates to the Gulf nations. The data collection was done using semi-structured in depth interviews. Emotional distress, household decision-making, social isolation, and remittance management were explored by using an interview guide based on the Social Ecological Model. They were analyzed through thematic analysis in line with the six stages identified by Braun and Clarke. Four general themes were identified: (1) omnipresent emotional isolation and anxiety among spouses (2) role overload and involuntary autonomy in household management (3) behavioral and academic problems of children due to paternal or maternal absence and (4) the irregularity of remittances as a major source of stress that adds to the psych Emotional wellbeing was deeply impaired despite the improvements that happened in terms of finances, in all the groups of participants. Psychosocial support programs targeted at left-behind families need to be embedded in the national migration governance system in Pakistan. It is also highly recommended that community-based counselling services, migrant family helplines, and bilateral welfare clauses in labor agreements be introduced to help resolve the invisible human cost of international labor migration.

ICMLA:64

From Territorial Mobility to Platform-Mediated Work: The Political Economy of Digital Labour Migration

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Abstract

Digital platforms increasingly enable cross-border employment without physical relocation; traditional migration paradigms are being redefined. The research integrates quantitative analysis of secondary data drawn from labour force surveys, platform statistics, and international databases with qualitative insights from semi-structured interviews and case studies of digital workers in the Global South, particularly Pakistan. The findings reveal that platform-mediated labour expands access to global markets, offering flexible income opportunities and reducing the necessity for physical migration. These benefits are accompanied by heightened precarity, including income instability, lack of formal contracts, and exclusion from social protection systems. Qualitative evidence further highlights workers' lived experiences of algorithmic control, rating pressures, and limited bargaining power, underscoring asymmetrical relationships between platforms and labour. From a political economy perspective, the study demonstrates how digital labour migration reproduces global inequalities, as workers from developing regions compete in deregulated, highly competitive markets that exert downward pressure on wages. The absence of coherent transnational regulatory frameworks intensifies these challenges, leaving workers inadequately protected across jurisdictions. By combining empirical evidence with theoretical insights, the paper advances the concept of "virtual mobility" as a defining feature of contemporary labour migration. It concludes by advocating for inclusive, rights-based governance frameworks that address the complexities of digital labour, ensuring fair work conditions and sustainable development outcomes in the evolving global economy.

ICMLA:65

The Impact of Climate Change on Migration Patterns and Labour Conditions: Economy of Digital Labour Migration

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Abstract

This study examines the impact of climate change on migration patterns and labour conditions using a mixed-methods approach. It explores how environmental degradation, extreme weather events, and gradual climatic shifts influence human mobility and reshape labour market dynamics, particularly in vulnerable regions of the Global South. The research integrates quantitative analysis of secondary data from climate risk indices, labour force surveys, and migration statistics with qualitative insights drawn from case studies and existing empirical literature. The quantitative findings indicate a strong association between climate stressors such as floods, heatwaves, and droughts and increased internal migration, especially from rural to urban areas. These climate-induced movements are often linked to agriculture-dependent communities where livelihoods are highly sensitive to environmental changes. The data further suggests that displaced populations frequently enter informal labour markets characterized by low wages, job insecurity, and limited social protection. Qualitative evidence highlights the lived experiences of climate-affected migrants, revealing that migration is often a survival strategy rather than a voluntary choice. Migrants commonly face precarious working conditions in urban informal sectors such as construction, domestic work, and day labour. Gendered vulnerabilities are also evident, with women experiencing additional barriers to decent employment and mobility. The study concludes that climate change is not only an environmental issue but also a significant driver of labour market transformation and migration pressure. It underscores the need for integrated policy frameworks that address climate adaptation, migration governance, and labour rights simultaneously. Aligning with Sustainable Development Goals (SDGs) 8, 10, and 13, the paper recommends strengthening social protection systems, improving urban labour regulation, and enhancing climate resilience in rural livelihoods to mitigate adverse migration and labour outcomes.

ICMLA:66

Effects of Gender Stereotypes on Mental Health of Men and Women in District Faisalabad

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Abstract

Gender stereotypes are social constructs which are deeply rooted and affect how people express their emotions, how they form identities, and how they manage their challenges particularly in collectivist societies including Pakistan which are patriarchal. Gender stereotypes play a significant role in shaping social expectations, behaviors, and psychological well-being of individuals. This study examines the effects of gender stereotypes on the mental health of men and women in District Faisalabad, Pakistan. Using a quantitative research design, data were collected from a representative sample of adult men and women through a structured questionnaire measuring gender role attitudes, stress, anxiety, depression, and emotional well-being. The students of higher education that are exposed to a greater amount of academic and psychosocial stressors can feel more psychologically distressed due to internalized gender expectations. The existing research examines how gender-stereotype perceptions and mental-health outcomes, which include depression, anxiety, and stress, are related to each other among the students of two public universities in the Faisalabad district. The study design used in the study was a quantitative, cross-sectional survey design. The sample included male and female students of two public sector universities of Faisalabad. To measure endorsement of gender-stereotypical beliefs, Gender Stereotype Scale (GSS) was used as a validated instrument, and to measure the outcomes of mental health, Depression Anxiety Stress Scale-Short Form (DASS-21) was used. The statistical methods included descriptive statistics, independent-samples t-tests and correlations to examine gender variations and the connection between gender stereotypes and psychological distress. Findings showed that the gender-stereotype beliefs were prevalent amongst the sampled students. Significant differences in gender came out statistically among certain mental-health outcomes, which indicated psychological differences in male and female cohorts. The more traditional gender stereotypes were endorsed the more the levels of depression, anxiety and stress were higher. The findings reveal that rigid gender stereotypes negatively affect the mental health of both men and women, though in different ways. Women experience higher levels of stress, anxiety, and depression due to expectations related to domestic responsibilities and social conformity, while men face psychological distress linked to norms of emotional suppression, financial responsibility, and masculinity. The findings reveal that male respondents exhibited higher adherence to traditional gender stereotypes, while females showed more egalitarian attitudes. In terms of mental health, female respondents reported significantly higher levels of anxiety and stress, whereas depression levels were relatively similar across genders. Higher endorsement of rigid gender stereotypes was associated with increased psychological strain, highlighting the negative impact of societal expectations on well-being. The study concludes that gender stereotypes have a significant influence on mental health, with women particularly vulnerable to stress and anxiety due to socially imposed roles. The findings emphasize the need for gender-sensitive mental health interventions, awareness programs, and policies aimed at reducing stereotype-related psychological distress and promoting social equality.

ICMLA:67

Linking Climate Change, Environmental Stress, and Migration

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Abstract

Climate change has emerged as one of the most pressing global challenges of the 21st century, significantly influencing environmental stability and human livelihoods. Rising temperatures, irregular precipitation patterns, and an increase in extreme weather events have intensified environmental stress across many regions of the world. These changes not only disrupt ecosystems but also directly affect agricultural productivity, water availability, and living conditions. As a result, climate-induced environmental stress has become a critical factor driving human migration, particularly in vulnerable and resource-dependent communities. The relationship between climate change, environmental stress, and migration is complex and multifaceted. On one hand, migration can serve as an adaptive strategy, allowing individuals and communities to seek better economic opportunities, improved living conditions, and reduced exposure to environmental risks. This can enhance resilience and provide access to resources that are otherwise unavailable in degraded environments. On the other hand, large-scale migration often creates social, economic, and political challenges, including pressure on urban infrastructure, competition for jobs, and potential conflicts in host regions. The primary causes of such migration include droughts, floods, land degradation, and loss of livelihoods, while the effects range from demographic shifts to increased vulnerability among displaced populations. Thus, climate-induced migration presents both opportunities and challenges that require careful management and policy intervention. In conclusion, climate change acts as a significant driver of environmental stress, which in turn influences patterns of human migration. While migration can provide adaptive benefits, it also introduces new risks and complexities for both migrants and receiving communities. Addressing this issue requires a comprehensive approach that includes climate mitigation, sustainable resource management, and the development of policies that support safe and organized migration. A balanced and proactive strategy is essential to minimize adverse impacts while maximizing potential benefits in an increasingly climate-affected world.

ICMLA:68

Occupational Safety and Public Health Challenges in Labour Workers

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Abstract

Workers' health and safety are essential components of sustainable economic and social development. This study explores the major public health and workplace safety challenges faced by labour workers, particularly those employed in industrial, agricultural and informal sectors. In developing countries, many workers perform their duties in unsafe environments with limited access to health services, protective equipment and proper sanitation. Common occupational risks include exposure to dust, chemicals, excessive heat, unsafe machinery and long working hours. These hazards often lead to respiratory illnesses, skin infections, physical injuries, fatigue and mental stress. In addition, poor workplace sanitation, lack of clean drinking water and inadequate rest facilities further increase health vulnerabilities. Female and temporary workers are often more exposed to unsafe conditions due to weak labour protections and workplace discrimination. The findings indicate that unsafe working conditions reduce worker productivity, increase absenteeism and create financial burdens for households through medical expenses and loss of income. Poor public health standards at the workplace also contribute to labour dissatisfaction and migration toward safer employment opportunities. The paper recommends strict enforcement of occupational safety laws, regular health check-ups, provision of personal protective equipment (PPE), sanitation facilities and awareness programs on worker rights and health practices. Ensuring safe and healthy working conditions is crucial for labour welfare and long-term economic stability.

ICMLA:69

Impact of Working Conditions on Worker Health, Safety, and Productivity

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Abstract

Working conditions are a major determinant of employee health, workplace safety and overall productivity. This study explores the relationship between unsafe working environments and public health outcomes among workers in labour-intensive sectors such as agriculture, manufacturing and construction. The research highlights several workplace issues, including overcrowded worksites, poor ventilation, unsafe tools, machinery-related hazards, excessive noise and lack of adequate rest periods. Continuous exposure to these conditions increases the risk of fatigue, workplace accidents, chronic respiratory illnesses, stress and reduced concentration. Agricultural workers additionally face pesticide exposure, unsafe machinery handling and heat-related illnesses, while industrial workers are vulnerable to dust inhalation and repetitive strain injuries. The study argues that poor working conditions negatively influence worker morale, reduce institutional productivity and increase healthcare costs. Frequent illness and occupational injuries contribute to absenteeism, labour turnover and declining household income. These outcomes ultimately affect broader economic stability and social wellbeing. The paper proposes comprehensive workplace reforms, including safety audits, first aid services, regulated working hours, health insurance and employer-led awareness programs. By prioritizing worker health and safety, organizations can improve productivity while ensuring labour dignity and sustainable development.

ICMLA:70

Youth Migration: Opportunities, Challenges, and Gender Perspectives

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Abstract

Youth migration has become a significant global phenomenon, closely linked with evolving gender roles and employment aspirations. In many developing and developed societies, young individuals increasingly migrate in search of better education, economic stability, and career growth. Gender plays a crucial role in shaping migration patterns, opportunities, and challenges, as males and females often experience different social expectations, access to resources, and labor market conditions. Understanding the intersection of youth, gender, and migration is essential for addressing inequalities and promoting inclusive development. Migration offers several advantages, including improved employment opportunities, skill development, and financial independence, particularly for youth seeking to achieve their career aspirations. For many young women, migration can also lead to empowerment, greater autonomy, and exposure to diverse social environments. However, it also presents notable challenges. Migrant youth often face job insecurity, exploitation, cultural adjustment issues, and limited access to social protection systems. Gender disparities further intensify these issues, as young women may encounter workplace discrimination, safety concerns, and restricted mobility, while young men may face pressure to fulfill economic responsibilities. The causes of youth migration are deeply rooted in unemployment, lack of educational opportunities, and socio-economic inequalities, while its effects include both economic growth through remittances and social disruptions such as family separation and identity struggles. In conclusion, youth migration, influenced by gender dynamics, significantly shapes employment aspirations and life outcomes. While it provides opportunities for growth and empowerment, it also exposes young migrants to various risks and inequalities. Therefore, there is a need for comprehensive policies that ensure safe migration practices, gender equality, and fair employment opportunities. Addressing these issues can help maximize the benefits of migration while minimizing its adverse impacts, ultimately contributing to sustainable social and economic development.

ICMLA:71

Changes in Employment Trends as a Result of Rural Out-Migration

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Abstract

Employment patterns in both sending and receiving regions have been significantly changed by rural out-migration. This study focuses on how labor migration from rural to urban regions affects household economies, agricultural production, and local labor markets. The study examines shifts in the structure of the workforce using a mixed-method approach, emphasizing the decrease in agricultural labor and the increase in non-farm employment alternatives. The study further examines how women are taking on more financial responsibility in agriculture as a result of male workers migrating. It also studies how remittances affect rural residents' entrepreneurship and career decisions. According to research, migration may cause labor shortages and upend traditional livelihoods, but it can also increase income diversity and lower poverty. Findings suggest that while migration can enhance income diversification and reduce poverty, it may also create labor shortages and disrupt traditional livelihoods.

ICMLA:72

Handling Migration Streams, Protecting Migrants' Rights, and Maximizing Socio-Economic Benefits: A Study of Regional and International Cooperation

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Abstract

Globalization is now characterized by migration, which calls for coordinated actions that cut across national borders. This study looks at how regional and global collaboration may optimize the socioeconomic advantages of migration, safeguard migrant rights, and efficiently manage migration flows. The study examines policy tools, bilateral agreements, and multilateral initiatives that influence migration governance, drawing on frameworks created by institutions like the United Nations and the International Organization for Migration. Using a qualitative methodology, the study examines international agreements, policy documents, and a few labor migration corridor case studies. It addresses problems including labor exploitation, human trafficking, and irregular migration while highlighting the importance of collaboration in fostering safe, orderly, and regular movement. Mechanisms for defending migrant rights—such as legal protections, moral hiring practices, and access to social protection systems—are given special consideration. Results indicate that successful collaboration improves not only the safety of migrants but also the economic benefits of migration through labor market integration, skill transfer, and remittances. However, issues including inconsistent policies, weak enforcement capabilities, political sensitivities, and unequal power dynamics between sending and receiving nations still exist. The study comes to the conclusion that attaining a balanced migratory governance model requires bolstering regional and international alliances, enhancing data-sharing mechanisms, and coordinating national policies with international frameworks. Such initiatives are essential to maintaining migration's role as a catalyst for sustainable development while defending the rights and dignity of migrants everywhere.

ICMLA:73

Academic and Emotional Adaptation of Pakistani Postgraduate Students in Europe

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Abstract

A rising number of Pakistani postgraduate students are enrolling in universities around Europe as a result of increased student mobility for higher education. Although this exposure to other countries gives opportunities for professional and academic growth, it also poses serious emotional and intellectual problems. The twin effects of homesickness and learning environment adjustment on the academic achievement and psychological health of Pakistani postgraduate students in European nations are examined in this study. In Pakistan, homesickness is a significant issue that is frequently marked by emotional pain, cultural dislocation, and loneliness as a result of being cut off from family and familiar social systems. Anxiety, low motivation, and trouble integrating socially can result from these emotional pressures. Concurrently, students have difficulties adjusting to new learning contexts, such as disparities in instructional strategies, language obstacles, expectations for autonomous learning, and unfamiliar evaluation systems. In order to investigate how these variables interact and affect both academic performance and mental health, the study uses a qualitative methodology that draws on student experiences. It also emphasizes coping mechanisms that might facilitate the shift, such as institutional services, cultural communities, and peer support. The results highlight the necessity for European universities to provide orientation programs and culturally sensitive support systems for overseas students. In the end, resolving homesickness and issues with the learning environment is crucial for boosting academic achievement and cross-cultural engagement among Pakistani postgraduate students in addition to promoting student well-being.

ICMLA:74

Technology, Digital Labor, and Migration: Opportunities, Challenges, and Socio-Economic Implications

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Abstract

Global labor markets and migration patterns are changing as a result of the quick development of digital technologies. This study explores the relationship between migration, digital labor, and technology, emphasizing how remote job opportunities and online platforms facilitate cross-border employment without the need for traditional physical migration. The study examines the opportunities and difficulties presented by digital labor by examining pertinent policies and examining the experiences of digital migrant workers. Opportunities include improved access to international job markets, skill development, income diversification for migrants, and knowledge transfer and digital remittances that boost sending countries' economies. However, issues including digital inequality, platform-based exploitation, legal and regulatory gaps between jurisdictions, and the absence of official social protection systems for digital workers continue to exist. The study also looks into the wider socioeconomic ramifications, including the possibility of lessening the pressures associated with traditional labor migration, affecting remittance flows, and having an effect on local labor markets in both sending and receiving nations. The results emphasize the urgent need for legislative frameworks that support fair access to digital employment possibilities, strike a balance between innovation and the protection of the rights of digital migrant workers, and use technology for sustainable development. In conclusion, strategic governance, inclusive digital infrastructure, and international cooperation are necessary to optimize advantages and reduce dangers for migrants globally, even though digital labor provides revolutionary possibilities for migration and economic empowerment.

ICMLA:75

Impact of the Kafala system on Migrant Workers' Psychological Well-being

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Abstract

For Pakistani laborers, migration to Saudi Arabia has traditionally been a major route for economic mobility. Although such migration presents financial opportunity, it frequently comes with complicated obstacles that affect workers' mental health and well-being. This study investigates the relationship between Saudi Arabia's labor migration laws and migrant workers' psychological well-being. Workplace circumstances, labor rules, and regulatory frameworks like the Kafala (sponsorship) system that influence migrants' lived experiences are all given special emphasis. The study looks at how migrant workers' stress, anxiety, and depression are influenced by things like employment uncertainty, limited mobility, few legal protections, language challenges, and social isolation. It also emphasizes how access to healthcare services, contract disparities, and hiring procedures affect mental health outcomes. The study finds weaknesses in the present safeguards and assistance programs for migrant workers through a review of the literature and policy analysis. The results indicate that although recent changes to Saudi labor laws are intended to enhance working conditions, there are still major obstacles to their implementation and accessibility. To protect the welfare of migrant workers, the study highlights the need for more inclusive, rights-based legislative frameworks, culturally responsive mental health treatments, and more robust enforcement measures. In the end, improving labor migrants' mental health is crucial for social stability and long-term economic growth in addition to being a humanitarian issue.

ICMLA:76

Retaining Talent in Pakistan: A Multidimensional Approach to Youth Empowerment

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Abstract

A large number of young people are leaving Pakistan due to a lack of work possibilities, unstable economic conditions, a mismatch between skills and jobs, and the belief that there are better options overseas. This "brain drain" hampers socioeconomic progress in addition to depleting the nation's human resource. Through focused, youth-oriented developmental initiatives, this project investigates how to keep Pakistani youth in their homeland. The study highlights the significance of encouraging competency-based and skills-oriented learning in order to match education with market demands, especially in developing fields like digital technology, entrepreneurship, and green economy employment. It emphasizes how the public and private sectors may work together to build innovation hubs, startup ecosystems, and sustainable job prospects. The report also emphasizes the necessity of inclusive policies that increase youth involvement in decision-making, boost governance transparency, and promote a sense of national engagement and belonging. Access to microfinance, career counseling, internships, and vocational training are examples of youth empowerment programs that are analyzed as essential instruments for improving employability and lowering migratory intentions. Social development initiatives, such as enhanced quality of life, civic engagement platforms, and community development initiatives, are also mentioned as important factors that contribute to youth retention. The study comes to the conclusion that keeping young people in Pakistan calls for a multifaceted strategy that incorporates social, educational, and economic tactics. Instead of losing its youth population, Pakistan may turn it into a valuable resource for long-term national development by funding youth-centric programs and fostering an atmosphere that encourages development and innovation. By investing in youth-centric policies and creating an enabling environment for growth and innovation, Pakistan can transform its youth population into a powerful asset for sustainable national development rather than losing it to global migration trends.

ICMLA:77

Family Influence on Career Choices: A Comparative Study of Male and Female Youth

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Abstract

Career choice is a significant life decision influenced by multiple social factors, particularly family. In collectivist societies like Pakistan, parental expectations, cultural norms, and gender roles play a crucial role in shaping the career aspirations of young individuals, often leading to differences between male and female youth. This study aims to examine the extent of family influence on career choices and to compare how these influences vary across gender. A quantitative survey-based approach was employed, and data were collected from college and university students in Faisalabad using a structured questionnaire. The sample included both male and female participants, and the data were analyzed using descriptive and comparative methods to identify patterns of influence. The findings indicate that family plays a dominant role in career decision-making for both genders; however, female students experience greater direct influence and restrictions due to societal expectations, while male students demonstrate relatively higher autonomy. Key factors influencing decisions include parental preferences, financial considerations, and cultural values. The study concludes that although family support is important, the evident gender disparities highlight the need for promoting balanced guidance and equal opportunities in career decision-making among youth.

ICMLA:78

Gendered Migration Patterns: Effects on Family Cohesion, Stress, and Social Integration

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Abstract

With more women engaging in both domestic and international labor mobility, migration is becoming more gendered. Although remittances from female mobility greatly boost household income and national economies, little is known about the social effects of this migration. The impacts of gendered migration patterns on social integration, psychological stress, and family cohesion among migrant women and their families are investigated in this study. The study makes the case that female migration modifies traditional family structures by shifting caregiving responsibilities, which frequently results in broken family ties and changed parent-child dynamics. Both migrants and family members who are left behind may experience emotional strain as a result of prolonged separation, which can raise stress, anxiety, and social isolation levels. At the same time, migrant women face challenges in host societies, including cultural adjustment, limited social networks, and barriers to integration, which further intensify psychological pressures. The study examines how social and emotional costs of migration interact with economic gains using a multidimensional paradigm. It emphasizes how policy contexts, support networks, and sociocultural norms influence immigrant experiences and family results. Additionally, the analysis takes into account coping mechanisms that help lessen negative consequences, such as adaptive family methods, community support networks, and international communication. The study comes to the conclusion that although female migration can increase economic resilience, if inclusive policies and social protections are not in place, it may also impair family cohesion and make social integration more difficult. In order to combine economic advantages with social well-being and ensure more sustainable and humane migration results, it suggests gender-sensitive migration policies, easily available mental health treatments, and family-centered support programs.

ICMLA:79

The Intersection of Gender and Digital Literacy in Shaping the Migration Aspirations and Employment Outcomes of Rural Youth

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Abstract

With a particular focus on how gendered access to technology determines economic mobility, the study explores the critical role that digital literacy plays in altering the typical migration paths of rural youth. With an emphasis on gender-based inequities, the goal and purpose of this study is to examine the transformative effect of digital literacy as a mediating factor in rural adolescent migration decisions and job outcomes. This study, which employs a quantitative methodology, finds that although a high level of digital literacy frequently increases the desire to relocate to urban tech hubs, it also offers a special opportunity for virtual migration through remote work, which may enable young people to stay in their communities while earning competitive wages. The study captures the subtlety of how a young man's digital skills could direct him toward urban manufacturing or IT sectors using a stratified random sample of 400 participants. Due to a dearth of local high-tech employment possibilities, those with the strongest digital abilities are 60% more likely to look for work outside of their home districts, according to the data analysis by SPSS. To close the gender gap, the study suggests creating community-based digital incubators that target young women in particular. According to the study's findings, digital literacy has two sides: while it gives young people more employment agency and earning potential, it does not create localized digital economies. The results support a change in policy from only granting internet access to supporting rural digital ecosystems that are in line with the particular career goals of a youth population that is diverse in terms of gender. The study concludes that by giving rural youth options to physical relocation, digital literacy is a revolutionary force that reshapes the migration-employment nexus.

ICMLA:80

Climate Realities: Assessing the Multi-Dimensional Impacts of Environmental Stress on Migration

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Abstract

Climate change has increasingly become a defining global challenge, reshaping environmental, economic, and social landscapes worldwide. Rising temperatures, extreme weather events, and shifting natural resources are contributing to patterns of human mobility that are complex and regionally varied. This study examines the interconnections between environmental stress and migration to understand how climatic pressures influence human movement. The main objective of the research is to identify and analyze the pathways through which environmental changes such as drought, sea-level rise, and natural disasters affect migration decisions and outcomes across different communities. Employing a mixed-methods approach, this study synthesizes data from climate records, migration statistics, and qualitative interviews with affected populations to map trends and lived experiences. Findings reveal that environmental stress often acts as a significant factor in migration decisions, interacting with economic and social vulnerabilities. In particular, regions experiencing prolonged droughts and increased storm intensity show higher rates of displacement and seasonal migration. However, migration outcomes are not uniform; adaptive capacity, policy support, and social networks shape whether environmental pressures result in permanent relocation or temporary movement. The study concludes that climate-related environmental stress is a key driver of contemporary migration patterns, but its effects are mediated by local conditions and adaptive strategies. Effective policy responses require integrated frameworks that address environmental resilience, social protection, and sustainable development to support communities facing climate-induced mobility pressures.

ICMLA:81

Task-Based Learning for Labor Law Education: Empowering Migrant Workers

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Abstract

This research investigates the impact of Task-Based Learning (TBL) on labor law education for migrant workers, focusing on enhancing their rights awareness and empowerment. A mixed-methods approach was employed, combining quantitative data from surveys (n=150) with qualitative insights from focus groups (n=4) involving migrant workers, educators, and labor rights experts. The study's methodology included a pre-test/post-test design to assess knowledge gains and a thematic analysis of focus group discussions to identify key themes and challenges. Findings suggest that TBL's practical, scenario-based approach effectively engages migrant workers, leading to improved knowledge retention and rights advocacy. While challenges persist, such as tailoring materials to diverse linguistic and educational backgrounds, the study concludes that TBL is a valuable approach for labor law education, enabling migrant workers to assert their rights and navigate complex labor systems with confidence.

ICMLA:82

Digital Labour as a New Form of Migration: Opportunities and Precarities in Pakistan's Platform Economy

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Abstract

This study looks at how digital labor is becoming a new kind of migration, especially looking at how platforms like Upwork, Fiverr, and Careem are changing job opportunities for young people in Pakistan. Digital labor lets workers "migrate digitally" across countries without moving physically, giving them more flexibility and access to income around the world. However, this change also brings new problems, such as unpredictable pay, control by algorithms, no job protections, and increased job insecurity. The research aims to understand how digital labor platforms are changing migration and job opportunities, to find out the main issues like job insecurity, algorithm control, and lack of worker protections, and to see how digital labor is changing traditional ways of moving for work and what rights workers have. By understanding digital labor in the bigger picture of migration studies, the study shows both the benefits and the risks of working through these platforms. The results show that while digital labor opens up new ways to earn money globally and creates opportunities for people who are often left out, it also continues unfairness through empty systems and unfair treatment. Workers often deal with unstable income, tough competition, and rely on tricky algorithms that decide who gets seen and gets jobs. These factors lead to job insecurity and support systems that leave workers behind. At the same time, freelancers find ways to cope, like building support groups and finding different sources of income. Overall, digital labor is both a good and bad thing: it gives flexibility and global reach, but also makes workers face new kinds of risks and dependence.

ICMLA:83

Fluid Frontiers: Environmental Stress and the Logic of Displacement in Amitav Ghosh's The Hungry Tide

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Abstract

Amitav Ghosh's book, The Hungry Tide (2004) delivers a profound narrative framework interpreting the violence of climate change and the ensuing environmental stress that triggers human migration. In the precarious ecosystem of the Sundarbans—a landscape of altering tides and eroding coastlines—the novel probes how ecological precariousness is not simply a backdrop but an active emissary of displacement. This study employs an ecocritical methodology that merges postcolonial theory to interrogate the text as a case study of environmental instability. By positioning the narrative in discourse with recent climate data, the analysis detects a critical Honesty-Pragmatism Paradox: the strain between a community's profound cultural fondness to the land and the pragmatic, often compelled, decision to relocate in response to rising sea levels. The research concentrates on the tide country as an allegory for a world in continuous flux, where the boundaries among land and water—and among the citizen and the climate migrant—are constantly dissolving. Through a detailed textual analysis of characters like Fokir, whose local knowledge represents an estrangement with the environment, and Piya, whose value-neutral stance slowly yields to a gut-level understanding of ecological crisis, the paper claims that migration in the human epoch is a multidimensional process of disruption and adjustment. The analysis also demonstrates that Ghosh's portrayal of the 1979 Morichjhãpi massacre acts as a historical prelude to modern environmental inequity, where the state's actions to conserve the more-than-human world often come at the crushing cost of the displaced. Ultimately, this paper infers that The Hungry Tide delivers a necessary ethical framework for future policy, indicating that addressing the human rights of migrants demands a framework that prioritizes the lived experience of environmental claimants over the solid, arbitrary mapping of the sovereign-state.

ICMLA:84

Analysis of Family Dynamics and Psychosocial Well-being of International Migrants Families in Rural Punjab, Pakistan

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Abstract

International labor migration has become a defining feature of rural livelihoods in Punjab, Pakistan, significantly reshaping family structures and social relations. This study analyzes the impact of migration on family dynamics and the psychosocial well-being of left-behind families in rural communities. The research explores how prolonged physical separation, remittance dependency, and shifting gender roles influence intra-household relationships, emotional stability, and social cohesion. Using a mixed-methods approach, the study combines quantitative survey data from 200 households with qualitative insights from in-depth interviews and focus group discussions. Key variables include marital relationships, parent–child interaction, decision-making patterns, mental health indicators, and perceived social support. Findings reveal that while remittances improve economic conditions and access to education and healthcare, they also generate emotional strain, loneliness, and role overload —particularly among women who assume increased responsibilities in the absence of male migrants. The study further highlights that children in migrant households may experience reduced parental supervision and emotional attachment, potentially affecting their behavioral and educational outcomes. However, strong kinship networks and community support systems often mitigate adverse psychosocial effects. Gendered experiences of migration emerge as a critical dimension, with women demonstrating both vulnerability and resilience in adapting to changing family roles. The research underscores the need for policy interventions that address not only the economic benefits of migration but also its social and psychological costs. Strengthening community-based support mechanisms, promoting mental health awareness, and facilitating communication between migrants and their families can enhance overall well-being. This study contributes to the growing body of literature on migration by providing a nuanced understanding of its multidimensional impacts on rural family life in Punjab.

ICMLA:85

Effects of International Migration on the Psychosocial Well being of the Migrant's Families Left Behind

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Abstract

People migrate across international borders when they leave their native countries to find a more permanent or semi-permanent area to live. Migrants frequently leave behind better living situations for their family members back home. Migrating has always been a daring method for people to demonstrate their will to overcome adversity and build a brighter future. Globalization and other technological improvements in communication and transportation have made it possible and desirable for an increasing number of people to relocate. Remittances enhance the financial status of families in beneficiary nations, but they also have a substantial impact on individuals who are left behind, according to the data. They face numerous challenges. The fate of the migrant's loved ones after his departure is a critical subject in migration research. The vast majority of migrants are men, who frequently migrate alone, leaving their families behind. Current study will explore the effects of international migration on the family dynamics and their psychosocial well-being. The study was conducted in rural Punjab, Pakistan. A multistage sampling technique was used to select the sample. At the first stage from rural Punjab, districts Sialkot, Jhelum and Faisalabad were selected through purposive sampling technique. At 2nd stage three tehsils (one from each district) were selected through purposive sampling. At 3rd stage six union councils (two from each tehsil) were selected conveniently. At fourth stage 18 villages (three villages from each union council) were selected purposively where the rate of migration is high. At final stage of sampling procedure 180 households were selected through snowball sampling technique. An interview guide and an interview schedule were used as tools for data collection. The collected data were analyzed with the help of SPSS. Findings reveal that migration can have positive and negative impacts on the social, economic and political factors of both host nations and origin locations. Many family members, particularly spouses and children, experience symptoms of depression and anxiety. Feelings of abandonment, uncertainty about the future, and the burden of additional responsibilities can contribute to mental health struggles. Families may feel emotionally drained as they try to adapt to their new situation, particularly when faced with loneliness, role changes, and new challenges. Families who previously engaged actively with their community may withdraw socially due to increased household responsibilities, limited time, or feelings of loneliness. In conclusion, while migration offers economic benefits, its impact on family dynamics and psychosocial well-being in rural Punjab is complex and multifaceted. Effective support systems, improved access to resources, and community-based interventions are vital to ensuring the well-being and stability of families left behind, enabling them to better cope with the emotional and social impacts of migration.

ICMLA:86

Gender Inequalities in Public Health, Safety, and Working Conditions: Implications for Household Food Security in Rural and Urban Punjab, Pakistan

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Abstract

This study examines gender inequalities in public health, safety, and working conditions and their implications for household food security through a comparative analysis of rural and urban Punjab, Pakistan. Women play a central role in ensuring household food security through food production, purchasing, preparation, storage, and intra-household distribution. They also manage dietary diversity and coping strategies during food shortages. However, their contributions remain undervalued and are constrained by patriarchal norms, limited access to healthcare, unsafe mobility, and poor working conditions. These constraints differ across rural and urban contexts, where variations in infrastructure, labor opportunities, and social structures influence women's capacity to secure food for their households. The study aims to examine how gender inequalities in public health access, safety, and working conditions influence household food security outcomes. It specifically seeks to compare women's roles in rural and urban settings, assess disparities in access to resources and decision-making power, and analyze how these factors affect food availability, access, utilization, and stability. A quantitative research design will be employed using primary data collected through a structured interview schedule administered to 384 married women. Stratified sampling will ensure equal representation from rural and urban households in three purposively selected districts of central Punjab. Data will be analyzed using SPSS, applying descriptive statistics as well as inferential techniques such as correlation and regression analysis to examine relationships between women's health access, safety conditions, working environments, decision-making authority, and household food security outcomes. The study is expected to demonstrate that gender-based inequalities in access to public health services, exposure to unsafe environments, and poor working conditions significantly affect household food security. Women with greater access to healthcare, safer mobility, and improved working conditions are likely to contribute more effectively to food security, dietary diversity, and household resilience. Rural–urban differences are anticipated, with rural women facing greater structural disadvantages. The findings will highlight the importance of addressing gender disparities in public health, safety, and labor conditions to improve household food security. The study recommends the development of gender-sensitive policies that enhance women's access to healthcare, ensure safe mobility, and improve working conditions. Promoting women's empowerment through increased access to resources, education, and decision-making opportunities is essential for achieving sustainable food security in both rural and urban contexts of Punjab, Pakistan.

ICMLA:87

Cultural Adaptation and Labour Market Integration of Pakistani Youth Migrants in Gulf Countries: Opportunities and Barriers

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Abstract

International labor migration has become a defining feature of globalization, with a growing number of young individuals from Pakistan migrating to the Gulf, especially Dubai, in search of better opportunities and living standards. While migration offers economic benefits and career advancement in numerous ways, it also presents multiple challenges that shape migrants' experience in host countries. This study aims to explore the processes of cultural adaptation and labor market integration among Pakistani youth migrants in Dubai, with particular focus on the opportunities available to them alongside the social, cultural, and structural barriers they encounter. It also examines how migrants navigate workplace norms, negotiate identity and belonging, and adjust to new sociocultural environments, while investigating the role of social networks, and individual capabilities in shaping employment outcomes. The study adopts a quantitative research design, with a structured online survey questionnaire to collect data from Pakistani Youth migrants (18-35) residing and working in Dubai. A non-probability sampling approach, including convenience and snowball sampling, is employed to reach respondents through digital platforms and migrant networks. The survey instrument is designed to capture key dimensions such as employment status, workplace adjustment, social support, and perceived barriers to integration. Data will be analyzed using descriptive and inferential statistical techniques to examine relationships between cultural adaptation and employment outcomes. By aligning with SDG 8 (Decent Work and Economic Growth), the study offers insights for more inclusive migration and labor policies.

ICMLA:88

Changing Gender Roles in Pakistan: Employment Patterns, Migration and Family Dynamics in Rural and Urban Contexts

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Abstract

This study examines how gender roles are evolving in Pakistan, with an emphasis on how shifting migration and employment trends are affecting family dynamics in both rural and urban settings. Male migration, changing livelihood strategies and rising female labour force participation are all contributing to changing home structures that question traditional roles. The purpose of the study is to investigate how these changes may affect caregiving duties, labour division and intra-household decision-making. A qualitative research design is used, based on key informant interviews, focus groups and in-depth interviews carried out in specific Punjabi rural and urban locations. This method enables a sophisticated comprehension of social perceptions and lived experiences related to evolving gender roles. Results show that, although the degree of change differs between sociocultural contexts, women's economic participation is linked to greater involvement in both financial and home decision-making. While rural settings show a slower transition, urban households have comparatively more flexibility in role adaption. One important factor that changes the dynamics of income and family responsibilities is migration. By highlighting the necessity of context-sensitive policies that promote fair labour participation and acknowledge shifting family arrangements, the study adds to larger conversations on gender, labour and migration. It provides useful information for decision-makers and development professionals who want to advance gender parity and family welfare in Pakistan.

ICMLA:89

Health Inequalities among Women in Diverse Migration Contexts: A Comparative Study of Left-Behind, Disaster-Induced, and Seasonal Migrant Households in Rural Pakistan

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Abstract

Migration is often viewed as a pathway to economic opportunity, yet its social and health consequences for women in rural Pakistan remain largely overlooked. Women experience migration in different ways: some stay behind when male family members migrate for work, others are displaced due to natural disasters, while some engage in seasonal migration themselves. Each of these situations brings unique challenges that shape women's physical health, mental well-being, and access to essential healthcare. Understanding these inequalities is crucial for developing meaningful and inclusive interventions. This study explores health disparities among women across three migration contexts: (1) left-behind women in migrant households, (2) women displaced by natural disasters, and (3) seasonal migrant women. Using a comparative research design, data were collected through structured surveys and in-depth interviews from low-income rural households. The analysis focuses on key dimensions of health, including physical and mental well-being, reproductive health, nutrition, and access to healthcare services. The findings highlight clear but varied inequalities. Left-behind women often carry increased domestic and agricultural responsibilities, experience emotional stress, and have limited decision-making power despite receiving remittances. Women displaced by disasters face severe health risks due to displacement, lack of basic services, and disrupted social support systems. Seasonal migrant women encounter occupational health hazards, poor living conditions, and barriers to accessing formal healthcare due to mobility and marginalization. Overall, the study shows that women's health inequalities are not uniform but are shaped by the nature and conditions of migration. It emphasizes the need for context-specific, gender-sensitive policies, including improved healthcare access, social protection, and support systems tailored to each group. Addressing these disparities is essential for enhancing women's well-being and building more resilient rural communities.

ICMLA:90

Changing Labour Roles of Rural Women in Livestock Management: Evidence from Rural-to-Urban Male Migration in Pakistan

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Abstract

A rising number of men in rural Pakistan are migrating to urban areas in search of work, which has led to notable changes in household labour patterns. While rural-to-urban male migration provides financial support to families through remittances, it also places additional responsibilities on women who remain in rural households. This study examines the impact of rural-to-urban male migration on the labour roles of rural women in livestock management, focusing on their workload, decision-making, and contributions to family livelihoods. Traditionally, women's involvement in livestock care included tasks like feeding, cleaning, and basic health management. However, with men migrating to urban areas, women now take primary responsibility for livestock management, including breeding decisions, health care, and marketing of livestock products. This shift increases their workload and requires greater skills and knowledge, often without sufficient access to veterinary services, training, or financial resources. Social and cultural constraints, such as gender norms and limited mobility, further challenge women's ability to manage livestock effectively. This study draws on existing research and case studies to explore how changing labour roles influence women's livelihood strategies, household income, and food security. It also highlights coping mechanisms and support systems, including community networks, training programs, and extension services, that can help women manage these responsibilities. The study concludes that rural-to-urban male migration not only reshapes household labour divisions but also elevates women as central contributors to rural livelihoods. Providing women with resources, knowledge, and institutional support is essential to sustain livestock productivity, strengthen rural economies, and promote inclusive development in migration-affected areas.

ICMLA:91

Climate Change, Environmental Stress and Migration: Implications for Household Food Security and Women's Role in Resilient Rural Livelihoods

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Abstract

Climate change has emerged as a critical global challenge, intensifying environmental stress and reshaping livelihood patterns, particularly in developing regions. This study explores the complex relationship between climate change, environmental stress, and migration, and their combined impact on household food security. Environmental degradation, including erratic rainfall, rising temperatures, and declining agricultural productivity, forces rural households to adopt coping strategies such as seasonal or permanent migration. The study argues that migration, while often considered an adaptive response, has mixed implications for food security. On one hand, remittances can enhance household income and improve access to food; on the other, migration may reduce agricultural labor availability, disrupt local food production, and increase vulnerability, especially among women and marginalized groups. Environmental stress further exacerbates food insecurity by limiting access to natural resources, reducing crop yields, and increasing dependence on market-based food systems. Focusing on rural communities, the paper highlights how socio-economic inequalities, gender roles, and limited access to resources intensify the adverse effects of climate-induced stress. In particular, women face heavy workloads and low decision-making power, which directly influence household food consumption and nutritional outcomes. The study emphasizes the need for integrated policy approaches that link climate adaptation, sustainable agriculture, and social protection systems. Strengthening local resilience through women's empowerment, diversified livelihoods, and climate-smart agricultural practices is essential to ensure sustainable food security in the face of ongoing environmental and socio-economic transformations.

ICMLA:92

Flood Induced Migration and Livelihood Transformation in Pakistan: A Systematic Review

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Abstract

The frequency and severity of floods have greatly risen due to climate change, especially in developing countries like Pakistan that are already at risk. Particularly in rural and agrarian populations, these frequent floods have become a major factor in internal migration and displacement. This study summarizes the body of research on the relationship between migration patterns, livelihood transformation, and environmental stress brought on by floods in Pakistan. The study investigates how flood disasters undermine agricultural systems, deplete household assets, and force impacted populations to migrate as a coping and adaptation strategy. It does this by drawing on a systematic analysis of peer reviewed articles, policy reports, and case studies. It delves deeper into the nature of migration like temporary, seasonal, and permanent and how it affects the places of origin and destination, especially with regard to labor market integration and urban pressures. The assessment also emphasizes how displaced people's livelihoods have changed, with a greater reliance on informal employment, a move from farm based to non-farm activity, and shifting socioeconomic dynamics. Particular focus is placed on how household decisions about migration versus local adaptation are influenced by risk perception, resource availability, and institutional support. Using peer reviewed academic articles, policy reports, and institutional documents released between 2000 and 2024, the study employs a systematic literature review process. Utilizing predetermined keywords pertaining to floods, migration, and livelihoods, pertinent studies were found utilizing scholarly databases including Scopus, Web of Science, and Google Scholar. To guarantee the quality and applicability of the chosen research, a systematic screening procedure based on inclusion and exclusion criteria was used. After that, a thematic analysis was carried out to summarize the main conclusions from the literature. The results highlight the need for coordinated measures that improve climate resilience, support sustainable livelihoods, and efficiently manage migration. They also show substantial gaps in policy frameworks addressing displacement caused by climate change. This paper contributes to the growing body of knowledge on climate change, environmental stress, and human mobility, with specific insights for policymakers and researchers focusing on Pakistan and similar developing contexts.

ICMLA:93

The Language of Remittances: Decoding the Socio-Linguistic Impact of International Labour Migration on Home Communities

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Abstract

In this research, we aim to decode the complex link between financial remittances and linguistic shifts driven by international labour migration. While migration is usually studied through economic frameworks, we argue that its influence on the linguistic landscape of home communities deserves equal attention. We evaluate how the inflow of foreign capital triggers linguistic borrowing, where prestige terms and communication styles from host countries gradually enter local dialects. Using a qualitative design, we analyze how these changes act as social codes that signal status and identity shifts in migrant-sending households. We found that language quickly becomes a marker of social mobility, creating a clear "Us vs. Them" divide within communities. Our findings show that remittances are not just economic transactions — they drive a deep socio-linguistic evolution that reshapes the cultural fabric of regions like Punjab. We conclude that the true impact of remittances is often heard in the changing voices of the home community, where language itself becomes a form of capital.

ICMLA:94

Flood Induced Migration: Socio-Economic Capital Transformation and Economic Recovery; A Case Study of Chiniot

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Abstract

Floods drive people to undertake internal migration in agriculture-based areas in Pakistan such as District Chiniot where socio-economic life undergoes metamorphosis. The current paper presents the impacts of socio-economic transformations on the economic recovery among the 2025 flood migrants of Chiniot. Comprehensive data was collected from 150 flood victim households. The majority of migrants experienced the deteriorating impact of socio-economic capital transformations on their economic recovery by affecting their economic resilience and income recovery leading them towards livelihood diversification. Specifically, to estimate the perceived impacts of socio-economic capital transformation on economic recovery among 2025 flood migrants of Chiniot, regression analysis was used and identified flood-induced migration resulted in deteriorated Socio-Economic conditions, leading to decline in economic resilience and income recovery due to social disruption and loss of stable economic opportunities. Consequently, livelihood diversification increased; dislocating the migrants from farm activities to informal labor activities. The study concludes that livelihood diversification is the key driver of economic recovery, but structural barriers limit its effectiveness. The study recommends policy interventions to focus on skill development and localized structured support system for speedy and long-term post-flood economic recovery among migrants.

ICMLA:95

From Digital Recruitment to Workplace Exploitation: A Quantitative Lifecycle Analysis of Migrant Labour

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Abstract

The proliferation of digital platforms in labour recruitment has transformed migration processes, particularly in developing contexts such as Pakistan. Although digital recruitment has expanded access to employment opportunities, its implications for migrant workers' labour conditions have remained insufficiently examined. This study adopted a quantitative lifecycle framework to analyze the relationship between digital recruitment practices and workplace exploitation among migrant labour. A cross-sectional survey design was employed, and data were collected from a representative sample of internal and international migrant workers. A structured questionnaire captured key variables across different stages of the migration lifecycle: pre-migration (digital job search behavior), recruitment (contract transparency and recruitment costs), migration (mobility-related challenges), and employment (wages, working hours, occupational safety, and legal protection). The data were analyzed using descriptive statistics, correlation analysis, and multiple regression models to assess the effects of digital recruitment on labour outcomes. The findings indicated that a higher reliance on digital recruitment platforms was significantly associated with increased risks of misinformation, contract discrepancies, and workplace exploitation. The study further demonstrated that information asymmetry mediated this relationship, while factors such as education, gender, and type of migration moderated the extent of vulnerability. By empirically establishing the structural linkages between digital recruitment mechanisms and labour exploitation, this research contributed to ongoing debates on technology, migration governance, and decent work. The findings underscored the need for robust digital governance frameworks, improved transparency in recruitment processes, and targeted policy interventions to protect migrant workers' rights in increasingly digitized labour markets.

ICMLA:96

Youth Mobility and Career Aspirations: A Comparative Study of Male and Female Migrants in Urban Labor Markets

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Abstract

Youth migration to urban labor markets is a significant socio-economic phenomenon driven by the search for better employment opportunities, higher incomes, and improved living conditions. Young migrants contribute substantially to urban economies; however, their experiences are not uniform. Gender plays a crucial role in shaping mobility patterns, access to employment, and career aspirations. Male migrants often experience fewer restrictions in movement and job selection, while female migrants may face barriers such as limited job opportunities, wage inequality, and social constraints. Youth migration is also influenced by factors such as educational attainment, social networks, and regional disparities in development. Urban centers tend to offer diversified employment sectors, ranging from formal industries to informal services, which attract young individuals seeking upward social mobility. However, the transition into urban labor markets is often accompanied by challenges such as job insecurity, lack of adequate housing, and limited access to social protection systems. The study aims to analyze the patterns of youth migration to urban labor markets, compare employment status and job sectors of male and female migrants. The study will employ a purely comparative research design. Primary data was collected through a structured questionnaire administered to a representative sample of male and female youth migrants in selected urban areas, using stratified random sampling to ensure proportional representation of both genders. Data was analyzed using statistical software such as SPSS or STATA. The research finds that male migrants exhibit higher geographic mobility and prioritize income growth and professional advancement, while female migrants' mobility is often shaped by family networks, safety concerns, and cultural norms, with a stronger focus on job stability and work-life balance. Both genders rely on informal networks to access employment; however, males have broader access to diverse sectors, whereas females are frequently concentrated in service and informal jobs. Structural and social barriers, including limited training opportunities and workplace discrimination, disproportionately affect female migrants, impacting their career trajectories. The findings underscore the gendered nature of urban labor market integration and the need for targeted interventions. Recommendations include implementing gender-sensitive vocational training and mentorship programs and promoting workplace policies that ensure safety, equal pay, and flexible work arrangements, enabling equitable career opportunities for youth migrants.

ICMLA:97

A Sociological Study of Vaccine Hesitancy and Public Health Challenges in Punjab Pakistan

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Abstract

Vaccine hesitancy is a significant challenge to global public health, affecting immunization efforts and contributing to the spread of preventable diseases. This study examined a sociological study of vaccine hesitancy and public health challenges in Punjab, Pakistan. The cultural and religious beliefs also play a critical role in shaping vaccine decisions, with many participants expressing concerns about the compatibility of vaccines with their religious teachings. The study revealed a strong understanding of vaccines' role in disease prevention. A significant portion of the population (42%) agreed that they understand how vaccines help prevent the spread of infectious diseases. Additionally, 52% of respondents were familiar with the safety and efficacy of vaccines, reflecting a moderate level of awareness about vaccines' importance in public health. A similar percentage (52%) of participants also agreed that vaccines undergo thorough testing before being approved for public use. This study used a quantitative research design that assessed attitudes regarding vaccine safety. The population of the study was university students. Data was collected by using a random sampling technique. A total of 120 respondents were chosen at random. The data was gathered by using a structured questionnaire. This study concludes that vaccine hesitancy is influenced by a complex combination of factors, including misinformation, trust in health institutions, and cultural and religious beliefs.

ICMLA:98

Role of Digital Data in Improving Migration Policies in Developing Countries

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Abstract

Dynamic economic, social, and environmental issues are increasingly influencing migration in developing nations, necessitating timely and accurate statistics to support sound policy decisions. However, traditional data sources like household surveys and censuses are frequently constrained by inadequate information, expensive prices, and delays. By offering more precise real-time insights into migration patterns and behaviors, this study explores the significance of digital data in enhancing migration policies. The study, which uses a qualitative and exploratory research approach, is predicated on a thorough analysis of the body of current literature as well as secondary data sources, such as policy papers, scholarly publications, and reports from international organizations. In order to comprehend their utility in migration monitoring and policy formation, the methodology focuses on examining a variety of digital data types, including social media activity, mobile phone records, satellite imaging, and digital financial transactions. According to the findings, digital data can greatly improve evidence-based policymaking by making it easier to monitor labor mobility, demographic shifts, and remittance flows. The study also highlights important obstacles, such as ethical dilemmas, data protection difficulties, a lack of technical know-how, and digital inequality in poor nations. The study makes the case that optimizing the advantages of digital data requires bolstering institutional capacity, creating strong data governance frameworks, and encouraging cooperation between the public and commercial sectors. It finds that more responsive, inclusive, and sustainable policy outcomes in developing nations can result from the successful incorporation of digital data into migration policy procedures.

ICMLA:99

Potential of Solar Energy to Improve the Livelihoods of Farming Community in Semi-Arid Region District Bhakkar

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Abstract

Renewable energy like solar, wind and biofuels can play an important role in making a spotless, solid energy in future. Solar energy is one of the renewable assets by and large use is agriculture areas different applications. In present conditions, the prevailing shortfall of the energy in Pakistan can be managed by using the solar energy as an indigenous resource. But there is a lack of awareness about the use of solar energy for farming activities in these areas. This study aims to understand the acceptability of solar energy for agriculture activities among farmers in semi-arid areas and its impact on the livelihood of farming communities. The study was conducted in district Bhakkar and for collection of data three union councils were selected purposively from Tehsil Bhakkar. The reason for purposive choice of the focused-on Union councils is the presence of potential respondents in this village and a sample of 120 respondents was selected. Data were collected through interview schedule in a face-to-face survey. The collected data were analyzed by using statistical method through SPSS. The results of study show that many changes occurred in agriculture farming due to solar energy. The farmers learned about solar using for agriculture farming and thinking about solar energy using for agriculture in future. All farmers maintained positive views about solar energy using for agriculture farming. According to the collected data 55.0% of farmers were using solar panels for agriculture farming, 100% of farmers knew about solar energy, 52.5% of farmers knew a great extent about solar energy as an alternative source. According to the farmers' views 50.0% of farmers had known to some extent that solar energy can be used for irrigation or solar power pumping.

ICMLA:100

Potential of Solar Energy to Improve the Livelihoods of Farming Community in Semi-Arid Region District Bhakkar

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Abstract

Renewable energy like solar, wind and biofuels can play a vital role in making a spotless, solid energy in future. Solar energy is one of the renewable assets by and large use is agriculture areas different applications. In present conditions, the prevailing shortfall of the energy in Pakistan can be managed by using the solar energy as an indigenous resource. But there is a lack of awareness about the use of solar energy for farming activities in these areas. This study aims to understand the acceptability of solar energy for agriculture activities among farmers in semi-arid areas and its impact on the livelihood of farming communities. The study was conducted in district Bhakkar and for collection of data three union councils were selected purposively from Tehsil Bhakkar. The reason for purposive choice of the focused-on Union councils is the presence of potential respondents in this village and a sample of 120 respondents was selected. Data were collected through interview schedule in a face-to-face survey. The collected data were analyzed by using statistical method through SPSS. The results of study show that many changes occurred in agriculture farming due to solar energy. The farmers learned about solar using for agriculture farming and thinking about solar energy using for agriculture in future. All farmers maintained positive views about solar energy using for agriculture farming. According to the collected data 55.0% of farmers were using solar panels for agriculture farming, 100% of farmers knew about solar energy, 52.5% of farmers knew a great extent about solar energy as an alternative source. According to the farmers' views 50.0% of farmers had known to some extent that solar energy can be used for irrigation or solar power pumping.

ICMLA:101

NEXUS BETWEEN CAREER ASPIRATIONS AND MIGRATION INTENTIONS AMONG YOUTH IN HIGHER EDUCATION INSTITUTIONS

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Abstract

Pakistan, as a developing country, has experienced a steady rise in international student mobility over the past four decades, reflecting broader global trends. This study examines the nexus between career aspirations and migration intentions among youth enrolled in higher education institutions, with a specific focus on students of agricultural sciences at the University of Agriculture Faisalabad. Understanding this relationship is critical for aligning individual ambitions with national development priorities. The research adopts a quantitative approach, employing an online survey administered to 200 students selected through simple random sampling. Data were collected using a structured questionnaire comprising Likert-scale items and analyzed through the Statistical Package for Social Sciences (SPSS). The findings indicate a strong inclination among respondents to pursue opportunities abroad, with 51% expressing readiness to migrate for employment or higher education. Migration intentions are closely associated with career aspirations, particularly in relation to perceived opportunities for professional advancement, access to quality education, and improved living standards. Countries such as Australia and Canada emerged as preferred destinations, reflecting their perceived advantages in labor markets and educational systems. Furthermore, the results highlight that limited domestic job opportunities and concerns about quality of life significantly influence migration decisions. The study underscores the need for a comprehensive policy response that addresses both structural and perceptual drivers of migration. Enhancing local employment prospects, improving the quality of higher education, and providing effective career guidance are essential strategies to manage migration flows and retain skilled youth. The research calls for coordinated efforts among policymakers, educational institutions, and development stakeholders to foster sustainable economic growth and reduce the outflow of human capital.

ICMLA:102

Climate Change, Environmental Stress, and Migration in Pakistan: Emerging Challenges and Policy Responses

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Abstract

Climate change has become an important factor for many people who have to move; however, this is particularly true for people who live in developing countries (such as Pakistan), where their livelihoods are being threatened by the effects of climate change (environmental degradation, water scarcity, extreme weather events, etc.). This paper looks at the complex relationship between environmental pressures caused by climate change and migration (how these types of pressures can potentially lead to internal or rural to urban migration), and whether migration due to climate change is perceived as an adaptation strategy, or as a result of greater economic and social vulnerability. Through a qualitative approach supported by secondary data analysis, this study examines the experiences of the affected populations with regard to their reliance on agriculture, other natural resources, etc., and how declining agricultural productivity, flooding, prolonged drought, depletion of natural resources, etc., are all factors that contribute to someone's decision to migrate. While migration may provide some short-term economic benefits to some individuals, it usually creates increased pressure in urban areas, more people working in informal employment situations, and more social disparity. This research paper also analyzes the current policy frameworks related to climate adaptation and migration governance, and finds some significant gaps between institutions and long-term planning. It concludes that the lack of an integrated policy framework which considers both climate resilience and migration management significantly reduces the effectiveness of the current policies.

ICMLA:103

CLIMATE-INDUCED HEAT STRESS AND ITS IMPACT ON RURAL URBAN MIGRATION TRENDS IN PAKISTAN

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Abstract

Climate change has caused extreme heat events to become very frequent, long, and severe, and threatening human health, household, and overall well-being, particularly in climatically sensitive regions over the last two decades such as Pakistan. The decline in agricultural output, the risk to water resources, the deterioration of the workforce, and the health risks associated with frequent heat exposure and heat stress, are forcing rural families to move to large cities more and more in search of economic stability and a better life. This study investigates how increasing temperatures and heat stress influence rural-urban migration trends in Pakistan. Due to migration, people are forced to live in congested areas without proper cooling or basic facilities. When people migrate they often lack access to affordable cooling solutions and basic facilities necessary to cope with extreme temperatures. This is not a matter of luxury but of survival, leading to the spread of diseases such as heatstroke, dehydration, and heat exhaustion, which are common in such extreme conditions. The assessment of this study is based on review articles from various database sources. From different authentic websites like Google Scholar, Semantic Scholar, and BASE, alongside specialized databases like PubMed (medicine), Research Gate, and Science Direct. Based on the PRISMA Statement, 33 articles from 85 were selected for final analysis. The results show that rural-urban migration was viewed as a survival mechanism, as well as an adaptive reaction to climate pressure, without proper planning and adequate resources for planned cities. Furthermore, the findings of this study inform climate-responsive migration policies while promoting adaptive infrastructure, including the super-efficient cooling solutions in heat-vulnerable rural and urban settlements. It emphasizes the need for proper settlement procedures for migrants, along with effective strategies to cope with extreme heat. This study was conducted under the Project: APP47457, titled “Super-efficient Sustainable Cooling Solution for All Applications (S2Cool)” by the Ayrton Challenge Programme UKRI, led by Northumbria University; however, the views expressed do not necessarily reflect the UK Government's official policies.

ICMLA:104

Systematic Review of Gentrification and its Impact on Land Use and Land Cover in Pakistan: A Silent Looming Crisis

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Abstract

Urban areas in Pakistan are growing rapidly, with the urban population increasing from about 30.6% in 1990 to nearly 39% in 2023, showing a steady rise in urban expansion and land pressure. In major cities such as Lahore and Karachi and Faisalabad, studies show that gentrification-related areas have experienced rapid land value increase and redevelopment, with some neighborhoods showing housing price increases of more than 20–40% over short periods due to redevelopment activities. This reflects a growing trend where low-income areas are being replaced by high-income housing and commercial projects. One major reason behind this change is gentrification, which is the process where poorer urban areas are upgraded and become expensive, leading to changes in land use and housing patterns. This process often affects land use and land cover (LULC), but its environmental and social effects are still not fully understood. The main problem of this study was that most research on gentrification focuses on social and economic changes, while less attention is given to how it changes land use patterns and the environment. Because of this gap, this study aimed to review and bring together existing research on how gentrification affects land use and land cover changes. This study used a systematic review method. Information was collected from PubMed, Google Scholar, research journals, government and institutional reports, and newspaper articles. A total of 120 studies were found in the initial search. After removing repeated and unrelated studies, 78 studies were checked in detail. From these, 42 studies were selected for final review because they were closely related to the topic. The remaining 32 studies were excluded because they were not fully relevant. The study followed a clear process of searching, screening, and selecting studies, and then grouping the findings into common themes. The results showed that gentrification leads to major changes in land use. Many low-income residential areas and informal settlements were replaced with high-rise buildings, commercial areas, and planned housing schemes. It also led to a reduction in green spaces, farmland, and open land. In many cases, land prices increased quickly, which pushed poor communities out of their original areas. The main findings of the review showed that gentrification is a hidden driver of land use and land cover change. It not only changes the physical structure of cities but also creates social problems like displacement and inequality. These effects were more common in fast-growing cities in South Asia, Africa, and Latin America, where planning systems are weak. In conclusion, the study suggests that governments should adopt better urban planning policies. These should include protection of green spaces, fair housing policies, and proper land use control. Community involvement in planning decisions is also important to reduce the negative effects of gentrification and support balanced urban development.

ICMLA:105

The Language of Remittances: Decoding the Socio-Linguistic Impact of International Labour Migration on Home Communities

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Abstract

In this research, we aim to decode the complex link between financial remittances and linguistic shifts driven by international labour migration. While migration is usually studied through economic frameworks, we argue that its influence on the linguistic landscape of home communities deserves equal attention. We evaluate how the inflow of foreign capital triggers linguistic borrowing, where prestige terms and communication styles from host countries gradually enter local dialects. Using a qualitative design, we analyze how these changes act as social codes that signal status and identity shifts in migrant-sending households. We found that language quickly becomes a marker of social mobility, creating a clear "Us vs. Them" divide within communities. Our findings show that remittances are not just economic transactions — they drive a deep socio-linguistic evolution that reshapes the cultural fabric of regions like Punjab. We conclude that the true impact of remittances is often heard in the changing voices of the home community, where language itself becomes a form of capital.

ICMLA:106

Impact of Afghan Refugees on Peace and Stability in Pakistan

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Abstract

The recent escalation of border tensions between Pakistan and Afghanistan, particularly following the U.S. withdrawal from Afghanistan, has significantly reshaped refugee dynamics and raised critical concerns regarding peace and internal stability. This study empirically investigates the impact of Afghan refugees on peace in Pakistan, with a specific focus on security perceptions, social cohesion, and policy responses in high refugee-hosting regions. A mixed-method research design was employed. Quantitative data were collected through structured surveys (n = 50) from host community members and Afghan refugees in selected urban and semi-urban areas, while qualitative insights were obtained through 15 in-depth interviews with policymakers, law enforcement officials, and migration experts. Secondary data from the United Nations High Commissioner for Refugees and International Organization for Migration were also integrated to strengthen the analysis. The findings reveal a significant gap between perceived and actual security threats. While 62% of host community respondents associated refugees with increased insecurity, empirical evidence showed no consistent rise in crime directly attributable to refugee populations. However, policy measures such as forced repatriation, documentation drives, and stricter border controls were found to intensify socio-economic vulnerabilities among refugees and contribute to mistrust between communities. Additionally, the study identifies that securitization of migration—treating refugees primarily as a security concern—has undermined social cohesion and indirectly affected peace. The study concludes that current policy approaches, although aimed at strengthening national security, risk exacerbating instability if not aligned with humanitarian and integration frameworks. It recommends a multi-layered policy approach, including improved refugee registration systems, community-based integration programs, bilateral coordination between Pakistan and Afghanistan, and evidence-based public communication strategies to reduce stigma. This research contributes to migration and peace literature by demonstrating that mismanaged migration governance, rather than refugee presence alone, is a critical determinant of peace and stability.

ICMLA:107

Involvement of Unemployed Migrants in Informal and Illicit Activities

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Abstract

The growing number of unemployed migrants in host societies has raised important concerns regarding their participation in informal and illicit economic activities. While migrants are often perceived as contributors to rising illegality, limited empirical research has examined the structural conditions that shape such involvement. This study investigates the extent to which unemployment among migrants influences their engagement in informal (unregulated but legal) and illicit (illegal) activities, with a focus on socio-economic marginalization, labor market exclusion, and policy constraints. A qualitative research design was employed, and 15 semi-structured interviews were conducted with law enforcement officials. Secondary data from International Organization for Migration and United Nations Office on Drugs and Crime were used to contextualize findings. The findings state that unemployment increases migrants' reliance on the informal economy as a survival strategy, particularly in low-skilled and unregulated sectors. However, involvement in illicit activities was found to be less widespread and often linked to extreme economic hardship, lack of legal documentation, and restricted access to formal employment opportunities. The study further highlights a discrepancy between public perception and actual patterns, where migrants are frequently overrepresented in crime narratives despite limited evidence. The findings suggest that participation in informal and illicit activities is not inherently driven by migrant status but by structural inequalities, exclusionary labor market policies, and inadequate integration mechanisms. The study recommends inclusive employment policies, skills development initiatives, and improved legal access to work as key strategies to reduce vulnerability and prevent engagement in illicit activities.

ICMLA:108

The Impact of the Iran-Israel Conflict, 2026 on Pakistani Migration Patterns

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Abstract

The Iran-Israel Conflict, 2026 has created major challenges for Pakistani migration by disrupting the regional corridor that connects Pakistan with Iran, the Gulf, Turkey, and Europe. This paper examines the role of Iran as both a destination and transit country for Pakistani migrants and highlights how conflict-related instability can reshape labour mobility, remittance flows, and cross-border movement. Iran has long served as an important route for Pakistani migrants. Many Pakistanis travel legally to Iran for pilgrimage, trade, religious tourism, and short-term work, while others later use the Iran–Turkey route for onward migration to Europe. The intensification of conflict has increased insecurity along these migration pathways and created uncertainty for Pakistani nationals already present in Iran. According to official estimates, nearly 35,000 Pakistanis were residing in Iran at the beginning of the conflict, while almost 1,000 had already fled due to worsening violence and transport disruptions. The conflict is also significant because Pakistan remains heavily dependent on Gulf migration. Around 6 million Pakistanis are currently working in the Middle East, and the region contributes approximately 54 percent of Pakistan's total remittances. Pakistan sends nearly 0.7–0.8 million workers to the Middle East every year, making Gulf migration a major source of employment and foreign exchange. If instability continues, around half a million new workers may not be able to migrate in 2026, while another half a million may be forced to return to Pakistan. This could reduce remittances by an estimated USD 3–4 billion annually and increase pressure on Pakistan's labour market. The paper further argues that the Iran conflict has disrupted major aviation and transport systems across the Gulf. Airspace closures in Iran, Iraq, Qatar, Kuwait, Bahrain, and the UAE have affected key transit hubs such as Dubai, Doha, and Abu Dhabi, which are commonly used by Pakistani migrants travelling to Gulf countries and Europe. Thousands of flights have been delayed, rerouted, or cancelled due to regional insecurity, increasing travel costs and limiting labour mobility. Prolonged disruption of these routes may weaken Pakistan's migration system because Saudi Arabia and the UAE remain the largest sources of remittances, contributing approximately $685.5 million and $696.2 million respectively in February 2026 alone. The study concludes that the Iran conflict is not only a geopolitical crisis but also a migration crisis for Pakistan. Disruption of the Iran corridor and Gulf transit routes may reduce labour migration opportunities, delay remittance flows, and increase the risk of forced return migration.

ICMLA:109

Exploring the Nexus Between Migration, Labour, and Child Malnutrition

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Abstract

Migration and labour-related challenges have emerged as significant determinants of child health, particularly in low-income and developing regions. This study explores the nexus between migration, labour conditions, and child malnutrition among children under five years of age. It examines how internal and cross-regional migration, insecure employment, low wages, seasonal labour, and poor living conditions influence children's nutritional status and overall well-being. Families engaged in migrant labour often experience unstable income, food insecurity, limited access to health services, inadequate housing, and disruptions in childcare practices, all of which increase the risk of stunting, wasting, and underweight among young children. Using a mixed-method approach, the study analyzes household-level data and parental experiences to identify the socio-economic and environmental factors associated with malnutrition. The findings indicate that children of migrant labourers are more vulnerable to nutritional deprivation than those in non-migrant households. Maternal unemployment, irregular paternal income, lack of sanitation, and limited access to healthcare further intensify the problem. The study also highlights that frequent migration disrupts continuity in nutrition programs and healthcare utilization. The research concludes that child malnutrition cannot be addressed solely through health interventions; rather, it requires integrated policies linking labour welfare, social protection, migration management, and child nutrition services. Strengthening income security, improving living conditions, and ensuring access to healthcare and nutrition support for migrant families are essential to reducing malnutrition among children.

ICMLA:110

Climate Migrants or Nutritional Refugees: Examining the Role of Gendered Asset Loss and Social Capital in Child Malnutrition in Punjab, Pakistan

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Abstract

Climate-induced migration in Punjab, Pakistan driven by floods, heatwaves, and drought coincides with persistently high child stunting (38%) and wasting (17%). This study reframes climate migrants as potential nutritional refugees, arguing that child malnutrition is socially produced through gendered asset loss and erosion of social capital. Using a qualitative method based exclusively on secondary data, we analyzed published ethnographic case studies, government (NDMA/PDMA) reports, NGO field narratives (ActionAid, BRAC), and legal documents concerning displaced households in Punjab. Thematic analysis identified four core themes. The first, Gendered Asset Stripping, shows that displacement disproportionately deprives women of productive assets (livestock, kitchen gardens, savings), directly reducing children's dietary diversity. In the second theme, Bonding vs. Bridging Social Capital, kinship networks fracture after migration, while ties to host communities remain weak, forcing mothers into harmful coping strategies like meal reduction and gender-biased feeding. In the third theme, Nutritional Refugee Trajectory, a three-stage pattern emerged: pre-migration asset loss, transit-related feeding disruption, and post-migration exclusion from local food-sharing networks. In the fourth theme, Silent Malnutrition Governance, policy documents ignore gender-differentiated asset loss, treating malnutrition as clinical rather than displacement-driven. We conclude that child malnutrition among Punjab's climate migrants is a structured nutritional debt borne by women. Re-framing them as nutritional refugees demands policy integration of gendered asset restitution and social capital rebuilding.

ICMLA:111

Water scarcity as a push factor a sociological analysis of rural to urban migration dynamics.

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Abstract

Water scarcity has become an increasingly pressing challenge in agrarian regions of Punjab, where dependence on irrigation-based agriculture makes rural livelihoods highly vulnerable to environmental stress. This study examines water scarcity as a structural push factor influencing rural-to-urban migration, providing a sociological analysis of how ecological constraints interact with livelihood vulnerability, social structures and mobility decisions among smallholder farmers. The research adopts a mixed-methods design, combining quantitative household survey data with qualitative insights derived from in-depth interviews and focus group discussions to capture both macro-level trends and micro-level experiences. The findings indicate that declining water availability resulting from groundwater depletion, erratic rainfall patterns and inequitable water distribution has significantly undermined agricultural productivity and household income stability. As a consequence, migration emerges as an increasingly important livelihood strategy, particularly among younger and economically active members of rural households. However, migration decisions are not solely shaped by environmental stress; they are mediated by access to resources, patterns of land ownership and the influence of social networks, as well as shifting labor market opportunities in urban centers. The study further demonstrates that migration is a socially embedded and adaptive process, reflecting both structural constraints and individual agency. It highlights the uneven impacts of water scarcity across different socio economic groups and underscores the reconfiguration of household roles, gender relations and livelihood strategies associated with migration. By situating environmental change within a broader socio economic context, the study contributes to ongoing debates on environment migration linkages and calls for integrated policy interventions focused on sustainable water management, rural resilience and inclusive urban development.

ICMLA:112

Impact of Rural-Urban Migration on Women's Economic Empowerment in Punjab, Pakistan

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Abstract

Rural-to-urban migration is an important socio-economic trend in developing nations such as Pakistan, especially in Punjab, where people move to cities seeking improved job prospects, educational opportunities, and living standards. This research examines how rural-to-urban migration affects the economic empowerment of women in Punjab, Pakistan. Women's empowerment refers to women's capacity to access resources, engage in decision-making, and attain financial independence. Previous studies indicate that migration can improve women's economic conditions by enabling access to formal job opportunities, creating diverse income streams, and increasing exposure to urban labor markets. Nonetheless, the effects of this process are not wholly advantageous. Although migration can enhance women's involvement in paid employment, many continue to encounter systemic obstacles such as limited access to their earnings, restricted freedom of movement, and socio-cultural limitations stemming from patriarchal traditions. Research also shows that women who migrate from rural areas to cities may face increased vulnerabilities, such as unstable jobs, insufficient social protection, and diminished social autonomy compared to women who remain non-migrants or those originating from urban settings. This research utilizes a mixed-method strategy to explore the opportunities and challenges encountered by migrant women. The objective of the study is to evaluate the changes in women's employment status, income contributions, decision-making authority, and overall economic well-being following migration. Additionally, it examines how elements such as education, family dynamics, and access to urban resources affect empowerment results. The outcomes of this research are anticipated to enhance the comprehension of gender-related aspects of migration and offer policy suggestions for improving women's economic empowerment in urban areas. It underscores the necessity for inclusive policies, skill-building initiatives, and social support networks to make rural–urban migration a route for sustainable empowerment instead of ongoing marginalization.

ICMLA:113

Impact of rural-urban migration on agricultural productivity in Punjab Pakistan

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Abstract

Rural-urban migration has emerged as a defining feature of socio-economic transformation in Punjab, Pakistan, with significant implications for agricultural productivity and rural livelihoods. This study explores how the outflow of labor from rural areas to urban centers is reshaping farming practices, labor availability and overall agricultural output in the rural areas. Drawing on qualitative insights and secondary data, the paper examines both the challenges and adaptive responses associated with migration. The findings suggest that migration contributes to a decline in the availability of skilled and unskilled agricultural labor, particularly during peak farming seasons, leading to delays in sowing and harvesting and, ultimately, reduced productivity. Smallholder farmers are disproportionately affected, as they rely heavily on family labor and have limited access to mechanization. At the same time, remittances sent by migrants provide rural households with additional income, which can be invested in farm inputs, technology, and land improvement, partially offsetting labor shortages. The study also highlights a gradual shift toward mechanized farming and crop diversification as adaptive strategies adopted by farmers in response to labor constraints. However, unequal access to financial resources and technology creates disparities in the ability of households to benefit from these changes. Gender roles are also being redefined, with women increasingly participating in agricultural activities, although often without adequate support or recognition. By linking migration dynamics with agricultural outcomes, this paper contributes to ongoing debates within Rural Sociology and development studies. It underscores the need for integrated rural development policies that address labor shortages, promote equitable access to mechanization, and harness the positive potential of remittances. The study offers practical insights for policymakers aiming to sustain agricultural productivity while managing the socio-economic impacts of migration in Punjab.

ICMLA:114

Socioeconomic Impact of Covid-19 on Reverse Migration Trends in Punjab, Pakistan

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Abstract

The COVID-19 pandemic caused unprecedented disruptions to global and national economies, significantly affecting labor mobility and migration patterns. In Pakistan, particularly in Punjab, strict lockdown measures, business closures, and economic slowdown triggered a large-scale reverse migration from urban to rural areas. This study examines the socioeconomic impact of COVID-19 on reverse migration trends in Punjab, Pakistan, with a focus on understanding the causes, consequences, and coping mechanisms associated with this phenomenon. The research adopts a mixed-methods approach, combining quantitative data collected through structured household surveys with qualitative insights obtained from in-depth interviews and focus group discussions with return migrants across selected districts of Punjab. The study identifies key push factors behind reverse migration, including sudden job losses, reduced incomes, lack of job security in the informal sector, rising living costs in urban centers, and limited access to healthcare and social protection during the pandemic. Many migrant workers, especially daily wage earners and those employed in informal and service sectors, were disproportionately affected and compelled to return to their native villages. The findings reveal that while reverse migration provided short-term relief through familial support systems and reduced living expenses, it also created new socioeconomic challenges in rural areas. Increased population pressure strained local resources, limited employment opportunities, and weakened already fragile rural economies. The influx of return migrants intensified competition for agricultural and non-agricultural jobs, often leading to underemployment and reduced wages. Additionally, the study highlights the gendered implications of reverse migration, as women experienced a rise in unpaid domestic responsibilities, restricted mobility, and reduced participation in income-generating activities. Furthermore, the study emphasizes that reverse migration during COVID-19 functioned as both a survival strategy and a structural challenge, exposing existing inequalities and vulnerabilities within labor markets and rural development systems. The research concludes that there is a critical need for comprehensive policy interventions, including the expansion of rural employment programs, strengthening of social safety nets, improved access to healthcare, and targeted skill development initiatives. Such measures are essential to support return migrants, enhance rural resilience, and ensure sustainable socioeconomic recovery in the post-pandemic period in Punjab, Pakistan.

ICMLA:115

From Rural livelihoods to Urban Labor Markets: A Qualitative Study of Migration Dynamics and Socio Familial Struggles in Punjab Pakistan

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Abstract

Rural-to-urban migration in Pakistan is not often a free choice - to most rural Pakistani families, it is a survival exercise. With the agricultural means of livelihood dwindling due to land fragmentation, climatic shocks and the shrinking rural jobs, complete families are forced to leave their homes and start a new life in the new cities. However, little is known about the lived experiences of these migrant families, including their fears, their losses, and their struggles on a daily basis in the context of scholarly and policy discourse. This qualitative research makes the voices heard. In-depth semi-structured interviews were carried out among 15 purposely-sampled migrant families living in peri-urban settlements of Faisalabad District that had migrated to the region of Punjab within the last five years using a phenomenological approach. The snowball sampling method was applied to select participants avoiding any lack of diversity in the household composition, its migration years and livelihood background. Using the Push-pull theoretical framework during thematic analysis of interview transcripts, six major themes emerged, all centering around the theme of dislocation: (1) Push factors rooted in structural collapse - Participants explained that agricultural failure, debt, lack of basic services were the main driver of their migration. The results indicate that rural and urban migration is economically driven but has produced far reaching social and psychological consequences that disproportionately affect women, children and elderly relatives. The paper concludes that migration governance in Pakistan needs to be moved off the economic prism and instead adopt a family-based, rights-based paradigm, which tends to the human costs of displacement and assists migrant families to establish positive lives in urban areas.

ICMLA:116

Dietary Risks, Lifestyle Behaviors, and Student Well-Being in the Context of Rural-Urban Migration: Public Health Challenges and Policy Responses from Faisalabad District, Pakistan

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Abstract

Lifestyle choices and dietary habits are key determinants of the long-term physical and mental health of university students —a population increasingly shaped by rural-urban migration and labor market aspirations in Pakistan. As young people migrate from rural areas to urban centers like Faisalabad for higher education, their well-being outcomes reflect broader socio-economic pressures tied to migration and employment transitions. This study aimed to determine the relation between diet, lifestyle, and overall well-being including physical and mental well-being — of public and private sector university students in Faisalabad District. Key variables included meal skipping, fast food intake, sleep patterns, physical exercise, and socio-economic status. Employing a quantitative, descriptive, cross-sectional design, data were collected from 222 students (70.3% female, 29.7% male) through stratified random sampling using a structured, self-administered questionnaire. Standardized self-report scales and 5-point Likert items measured nutritional intake, sleep patterns, physical activity, and psychological distress. Univariate analysis revealed notable lifestyle concerns, with 56.9% of students consuming only 1–2 meals per day. Bivariate analysis using Chi-square tests showed a significant association between balanced dietary practices and academic focus ($\chi^2 = 19.86$, $p = .003$), with 69.6% reporting that eating habits influenced their concentration. Multiple linear regression identified key predictors of well-being, with the model explaining 51% of variance ($R^2 = 0.51$). Balanced diet ($\beta = 0.321$, $p < .05$) and sufficient sleep ($\beta = 0.289$, $p < .05$) were the strongest positive predictors, while junk food consumption ($\beta = -0.241$, $p < .05$) negatively impacted well-being. Academic pressures and financial limitations — often intensified by migration-related displacement and reduced family support — contributed to unhealthy lifestyle choices. The study underscores the need for university-level interventions, including affordable nutritious food and institutional support, to promote healthier lifestyles among the future labor force.

ICMLA:117

Academic Trajectories, PCOS, and Labor Force Readiness among Migrant Female Students: Evidence from District Faisalabad

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Abstract

Polycystic Ovary Syndrome (PCOS) is a complex endocrine disorder that affects 6–15% of women of childbearing age worldwide. The syndrome is also very prevalent among the South Asian population. Apart from the symptoms, the syndrome also poses significant psychological, social, and economic challenges to young women in pursuit of higher education and early professional careers. In Pakistan, the high rate of migration of students from rural areas to urban areas for educational purposes subjects female students to increased socio-economic challenges, which may significantly affect the symptoms and academic performance of the female students suffering from PCOS. The anticipated outcomes are also expected to demonstrate statistically significant inverse relationships with polycystic ovary syndrome (PCOS) and academic achievement, social involvement, and readiness for professional life ($p < 0.05$). Furthermore, the challenges associated with migration are likely to influence these correlations. This research provides novel empirical findings derived from a low-middle-income country setting, thereby directly influencing health policy, gender-sensitive labor markets, and student-focused initiatives that are essential for fostering decent work and advancing sustainable development objectives.

ICMLA:118

Gender Differences in International Migration Aspirations and Motivations among University Students in Faisalabad: A Comparative Sociological Study

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Abstract

International migration has increasingly become a significant socio-economic phenomenon, particularly in developing countries like Pakistan, where young people aspire to pursue better education, enhanced economic opportunities, and improved social prospects abroad. The motivation and migration among the university students depends not only on the structural factors, including the economic situation, job opportunities, but is also defined by the social economic demographic factors and gender-based social norms. Even though the significance of this problem continues to increase, there is a lack of empirical research on gender disparities in migration intentions in the framework of Pakistani education at the city level. A quantitative study was conducted with 224 respondents. The researchers determined that 68% of the students are willing to migrate with higher intentions between males (72) and females (63) and were affected by economic, educational, and social reasons. The results show that there are statistically significant differences between gender and migration intentions as male students show a greater inclination towards migration than female students. Among male students, economic reasons turned out to be the most significant, and educational or social ones among female students. Also, socioeconomic status, peer influence and exposure to social media were found to be significant predictors of migration intentions in the two groups. The research adds to the current literature on the topic by emphasizing the feminized aspects of the migratory desires and supporting the necessity to implement gender-sensitive educational and policy interventions in Pakistan. It also suggests that to meet the challenges and ambitions of higher education students in Pakistan, there should be development of local jobs, high-quality education and gender-sensitive policies.

ICMLA:119

Beyond Mobility: The Impact of Erasmus+ on Skills Development, Migration Aspirations, and Post-Return Challenges

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Abstract

International academic mobility programs, such as Erasmus+, are widely recognized for enhancing students' skills, providing global exposure, and developing intercultural competencies, while also influencing their migration aspirations. However, the outcomes of these mobility experiences can be complex and uneven, especially for students from developing countries like Pakistan. This study aims to examine how Erasmus+ academic mobility affects students' migration aspirations and skills development. It will specifically focus on challenges such as language barriers, limited opportunities for academic and professional growth in Germany, and the lack of recognition of skills acquired abroad in students' home countries. The research will evaluate the extent to which participation in Erasmus+ contributes to academic, professional, and intercultural development while analyzing how structural and institutional constraints impact students' trajectories after their mobility experiences. This study employs a qualitative and reflective approach, supported by relevant literature, to highlight that while the Erasmus+ program significantly enhances human capital, language barriers often impede full integration into the academic and labour markets of the host country. When students return to Pakistan, they often experience a decline in their professional and academic networks. This decline results in reduced social capital and limited access to opportunities. The findings also reveal a lack of institutional acknowledgement regarding international mobility. For example, achievements from host universities, such as transcripts of records (TOR), are not formally integrated into final degree documentation. Additionally, there is no official indication to justify the extended duration of study. This absence of formal recognition can lead to misunderstandings in academic and professional settings. Extended semesters, for instance, may be viewed negatively, which can adversely affect students' career prospects and credibility. Additionally, limited access to further opportunities in Germany, along with the undervaluation of international experience in Pakistan, creates a paradox where students feel both empowered and marginalized. The findings indicate that these interconnected factors critically influence students' migration intentions and career pathways. The study underscores the need for improved language support, better access to post-exchange opportunities, and stronger recognition mechanisms in students' home countries to harness the potential of internationally mobile students fully. This research contributes to broader discussions on migration governance, skilled mobility, and sustainable development.

ICMLA:120

Environmental Stress, Women's Empowerment, and Household Food Security: Investigating the Socio-Economic Dynamics of Climate-Driven Migration

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Abstract

Women's socioeconomic empowerment (WSEE) is a cornerstone of household food security (HFS) in regions like Pakistan, the phenomenon is increasingly intertwined with the dynamics of migration. Food insecurity acts as a primary push factor driving household members to migrate toward urban centers or overseas in search of better economic opportunities. When male members migrate women experience decision-making autonomy and economic participation through the management of remittances, it also imposes a triple burden of labor, childcare, and food production. This research examines the impact of women's socioeconomic empowerment on household food security in the context of migration in Faisalabad. A quantitative research design was employed. Data were collected from 286 women aged 18–50 years through face-to-face interviews. The relationship between food security and migration is cyclical: food insecurity drives migration, and the resulting migration patterns reshape empowerment dimensions' access to resources and autonomy that determine a household's ability to stay nourished and resilient in a changing socio-economic landscape. Data were analyzed using SPSS, employing descriptive and inferential statistics techniques. Empowered women are more likely to manage remittances effectively, improving access to food 76.4% as compared to 53.2%. Migration's impact on labor shortage affects local food availability, with 62.5% of households reporting reduced subsistence farming. The stability pillar of food security is heavily dependent on remittances making households vulnerable to economic shocks. Overall, WSEE enhances HFS, but migration's dynamics pose challenges to food availability and stability. To enhance household food security in the context of migration, policymakers should focus on empowering women. Initiatives like vocational training, financial inclusion, and access to resources can boost WSEE. Strengthening agricultural support systems and promoting climate-resilient farming practices can mitigate labor shortages. Social safety nets and financial services can reduce dependence on remittances. Engaging local communities in gender-sensitive programs can foster sustainable improvements in HFS.

ICMLA:121

CLIMATE ANXIETY, STUDENT MIGRATION, AND ACADEMIC PERFORMANCE IN EDUCATIONAL INSTITUTIONS OF DISTRICT FAISALABAD

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Abstract

Climate anxiety, as a chronic psychological stress that manifests itself in the face of what is perceived as a threat to the climate, is rapidly becoming an important mental health issue among students. In high-stress areas of the environment like Faisalabad, where physically unfavorable conditions like extreme heat, air pollution, and ecological imbalance are the order of the day, the effects of climate change cut across physical, emotional, and cognitive outcomes among students. Notably, the stress caused by climate does not just create a psychological burden but indirectly influences the migration of students, with those living in regions prone to threat migrating to urban educational hubs in search of better opportunities. The proposed research hypothesizes that migration as a pressure factor enhances the impact of climate anxiety on student achievement. Hostel accommodation or temporary, unsteady, and resource-limited living conditions of migrant students are often associated with social dislocation, economic pressures, and less emotional support. These stresses overlap with climate anxiety to further interfere with concentration, motivation, and general academic functioning. The study is based on the Stress and Coping Theory (Lazarus and Folkman, 1984) and the Social Cognitive Theory (Bandura, 1986) that climate anxiety revolves around cognitive-emotional load mediated and enhanced by migration-related difficulties. The research design was quantitative with the use of a sample of 250 students at one of the public universities and one of the private universities located in District Faisalabad, chosen using simple random sampling. The structured questionnaire was used in data collection, and SPSS was used in data analysis with descriptive and inferential statistics to establish the relationship among climate anxiety, migration status, living conditions, and academic performance. The research anticipates determining the existence of significant academic failure among migrant and hostelized students due to climate anxiety against the background of both environmental and socio-economic stresses. The results of the findings are expected to enlighten climate-sensitive education policies and enhance institutional mental health support systems including super-efficient cooling solutions for classrooms. In line with SDG 4 (Quality Education) and SDG 13 (Climate Action), this provides empirical evidence in the context of developing-country action on climate psychology, student migration, and educational well-being to the expanding worldwide research in these domains. This study was conducted under the Project: APP47457, titled “Super-efficient Sustainable Cooling Solution for All Applications (S2Cool)” by the Ayrton Challenge Programme UKRI, led by Northumbria University; however, the views expressed do not necessarily reflect the UK Government's official policies.

ICMLA:122

The Language of Remittances: Decoding the Socio-Linguistic Impact of International Labour Migration on Home Communities

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Abstract

In this research, we aim to decode the complex link between financial remittances and linguistic shifts driven by international labour migration. While migration is usually studied through economic frameworks, we argue that its influence on the linguistic landscape of home communities deserves equal attention. We evaluate how the inflow of foreign capital triggers linguistic borrowing, where prestige terms and communication styles from host countries gradually enter local dialects. Using a qualitative design, we analyze how these changes act as social codes that signal status and identity shifts in migrant-sending households. We found that language quickly becomes a marker of social mobility, creating a clear divide within communities. Our findings show that remittances are not just economic transactions — they drive a deep socio-linguistic evolution that reshapes the cultural fabric of regions like Punjab. We conclude that the true impact of remittances is often heard in the changing voices of the home community, where language itself becomes a form of capital.

ICMLA:123

Shadowed Rights: Assessing Labor Protections and Migrant Legal Frameworks in Amitav Ghosh's "The Shadow Lines"

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Abstract

The Shadow Lines (1988) by Amitav Ghosh proves essential for understanding how the 1947 Partition continues to influence modern identity, yet its connection has intensified as displacement today often results in systemic gaps in legal protection. This paper fills the gap between literary memory and contemporary labor rights, exploring how Ghosh's narrative demonstrates the modern struggle for just treatment and legal recognition. To achieve this, the study exercises a qualitative literary analysis that places the text in discussion with current migration frameworks, treating the novel as a "socio-cognitive scaffold" for rethinking policy. The analysis centers on the "Honesty-Pragmatism Paradox"—a choice migrants must make between their authentic selves and the very pragmatic roles demanded by repressive, often uncompromising, legal frameworks. By examining the character of the grandmother, whose fixation on physical borders mirrors today's rigid institutional bureaucracies, the research highlights how "shadow lines" function as operative, systemic barriers that render migrant workers invisible and deny them basic human rights. These narrative symbols seem to be more than historical ghosts; they are metaphors for the irrational nature of modern labor debarment that prioritize maps over people. Ultimately, this paper positions the novel as a profound call for a rights-based model, contending that true social justice demands a system that values human contribution over place of birth, promising that "decent work" becomes a universal reality irrespective of the borders crossed.

ICMLA:124

Digital Labour and Migration in the Age of Technology: Opportunities, Inequalities, and the Rise of Virtual Mobility

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Abstract

Rapid advancements in information and communication technologies (ICTs), including platform-based work and remote employment systems, have created new forms of digital labour that transcend geographical boundaries. These developments enable migrants to access global labour markets without physical relocation, while also influencing traditional migration patterns. Drawing on interdisciplinary literature from labour economics, sociology, and migration studies, this research highlights the dual nature of digital labour for migrant populations. On one hand, digital platforms such as freelancing marketplaces and gig economy applications offer flexible employment opportunities, skill utilization, and income diversification. These opportunities can reduce barriers associated with legal status, language, and mobility constraints, particularly for migrants in host countries or those unable to migrate physically. On the other hand, digital labour often reproduces and amplifies existing inequalities. Migrant workers engaged in digital platforms frequently experience precarious employment conditions, income instability, lack of social protection, and algorithmic control. Power asymmetries between platform corporations and workers can marginalize migrants further, especially those from low-income regions who may face wage suppression due to global competition. The study also explores the concept of "virtual migration," where labour crosses borders digitally while workers remain in their home countries. This phenomenon challenges traditional definitions of migration and calls for new regulatory frameworks to address labour rights, taxation, and cross-border governance. In conclusion, while technology-driven digital labour offers transformative potential for migrant inclusion and economic participation, it simultaneously introduces new vulnerabilities. Policymakers must adopt inclusive and adaptive strategies to ensure equitable access, fair working conditions, and social protection for digital migrant workers in an increasingly globalized digital economy.

ICMLA:125

Eroding Identities: Environmental Stress and the Ethics of Climate Migration in Barbara Kingsolver's Flight Behavior

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Abstract

Startling things happen when winter stays too long. A swarm lands where it should not - orange wings stuck in frozen trees. People stare, unsure what shift has begun. One woman sees her valley change overnight, though she cannot name the force behind it. The air feels heavier each morning. Scientists arrive with clipboards, while locals whisper of bad luck or divine signs. Nature does not warn politely; it simply shows up uninvited. What moves across the land also shifts trust between neighbors. Some profit from spectacle. Others fear losing everything they know. Homes sit close to eroding soil now. Money decides who watches closely and who must leave first. Poor families stay rooted even as danger grows. Richer voices shape policy from far away. Suffering spreads unevenly. Blame gets tossed around like dried leaves. No one planned for butterflies to signal crisis. Yet here they are, trembling in cold winds nobody predicted. Out walking one October morning, Dellarobia stumbles into something she cannot explain. A shimmer in the woods - red, alive - pulls her off the usual path. Not borders but breath define movement here. People drift not for jobs or cities, instead escaping quiet collapses: dying soil, thinning air, promises broken across generations. Butterflies arrive without paperwork, yet spark debates on who belongs and who gets saved. Their wings mirror what humans feel when land turns against them. Kingsolver ties insect flight to human fear - not through charts but coughs at night, tractors that won't start, children asking why sky looks wrong. Law books remain untouched while barn roofs cave under rain weight. This story insists protection must grow where roots once held. Papers rarely help when wind tears through valleys older than policy. Empathy matters most when ground shifts beneath feet already bruised. Names outweigh numbers whenever fire season stretches past calendars. No certificate grants safety if rivers rise faster than committees meet.

ICMLA:126

MIGRATION FROM BALOCHISTAN TO PUNJAB DUE TO CLIMATE CHANGE; REASONS, IMPACT AND SUGGESTIONS

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Abstract

Among all the provinces of Pakistan Baluchistan is the largest province by area, is progressively susceptible to climate change, facing severe scarcities, unpredictable rainfall, and extreme droughts, compounded by 2022 flood compensations. This environmental dilapidation has crippled a lot in agriculture sector as well as pastoral livelihoods, obliging communities to recklessness rural lands. This study aims to analyze the reasons behind climate-induced migration from Balochistan to Punjab, to identify the impact of climate change on livelihood and schooling of their children, evaluate the impacts on both areas, and suggest extenuation approaches. A qualitative method was employed, applying existing literature, secondary published data, survey, environmental reports, and experimental studies focused on districts like Chaghi and Kila Abdullah, along with analysis of 2022–2024 displacement data. Climate change is a threat multiplier in Balochistan, rotating seasonal drive into perpetual, distress-driven relocation. Instant action needs investing in local precipitation harvesting, familiarizing low-delta produces, and emerging particular policy outlines to achieve climate-induced movement rather than treating it exclusively as a financial migration issue. Furthermore, government should take some special measures to register such cases and allocate special funds in such situation to minimize the relocation issue with the collaboration of local government. NGOs should take some special steps to help such families and their children to minimize the malnutrition issues also.

ICMLA:127

Virtual Migration and Lifestyle Challenges: A Netnographic Study of Remote Work Practices in Pakistan.

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Abstract

The rapid expansion of digital labour platforms has enabled new forms of participation in global economies without physical mobility. This study investigates virtual migration through a netnographic approach, focusing on lifestyle challenges faced by Pakistan's remote workforce. The objectives are threefold: (1) to examine lifestyle adaptations among remote workers, (2) to analyze gendered experiences of virtual migration and (3) to assess health and sustainability implications of digital labour. A six month digital ethnography was conducted, drawing on the researcher's own remote work experience in the medical billing industry for USA-based clinical practices while residing in Pakistan, a clear form of international virtual migration. Netnographic fieldwork included participant observation across job sourcing platforms, healthcare workflow systems and workplace communication tools (Microsoft Teams, Zoom, Slack), along with engagement in online professional communities where colleagues coordinate tasks and share knowledge (primarily private Slack workspaces and WhatsApp groups). Digital trace analysis and semi structured online interviews supplemented the observations; thematic coding was used to analyze interactions and narratives. A purposive sample of 30 participants with at least one year of remote work experience was selected to ensure diversity across gender, sector (IT and healthcare documentation) and urban–rural backgrounds. The study found that remote workers adapted their lifestyles by managing time zone differences, blurred work–life boundaries and screen related fatigue. From a gendered perspective, virtual migration produces both opportunities and inequalities: women benefit from increased flexibility and labour market access yet remain disproportionately burdened by unpaid domestic responsibilities and are more vulnerable to digital harassment and workplace invisibility. Men experience intense pressure related to economic provision, often working longer and irregular hours across time zones, which contributes to stress and burnout. At the same time, reduced workplace interaction and limited engagement in domestic roles can lead to social isolation and a presence without participation dynamic within the household. Virtual migration also had mixed health and sustainability effects, reducing commuting emissions while contributing to digital fatigue and psychological strain. The findings underscore the need for policy interventions that promote gender-sensitive digital labour protections, regulate platform-based work conditions and support worker well-being through inclusive labour policies, digital safety frameworks (including cross-border client accountability) and occupational health guidelines tailored to remote work environments in Pakistan.

ICMLA:128

"Climate Change and Migration in Pakistan: Causes and Challenges"

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Abstract

Climate change has emerged as a critical issue in Pakistan, significantly affecting environmental stability and human livelihoods. Rapid changes in weather patterns, including frequent floods, prolonged droughts, and rising temperatures, have disrupted agricultural activities and increased vulnerability among rural populations. Since a large portion of the population depends on agriculture for income, these environmental changes have resulted in reduced crop productivity, water scarcity, and economic instability. Consequently, many individuals and families are compelled to migrate from rural areas to urban centers in search of better living conditions and employment opportunities. Furthermore, this study explores the relationship between climate change and migration, emphasizing that migration in this context is largely forced rather than voluntary. Environmental degradation limits livelihood options and pushes communities toward urban areas, where they encounter additional challenges such as unemployment, inadequate housing, and limited access to basic services. The study also highlights the lack of effective policy planning, insufficient governmental support, and weak infrastructure as key factors exacerbating these issues. The purpose of this study is to Analyze the impact of climate change on migration patterns in Pakistan, Identify key environmental and socio economic factors driving forced migration, Examine the challenges faced by migrants in urban areas, Evaluate the role of government policies and adaptation strategies in addressing climate induced migration. This study is primarily qualitative in nature. It analyzes secondary data and case studies related to climate change and migration trends in Pakistan.

ICMLA:129

The Role of Digital and AI-Based Nutritional Counseling in Personalized Health Management

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Abstract

Technology is moving fast and digital and artificial intelligence based nutritional counseling is a new way to manage health. This new way uses applications and wearable devices and artificial intelligence driven algorithms to give people personalized advice on what to eat. It looks at what's happening with their body right now and their health and how they live. Digital platforms are different from the way of doing things because they can watch what people are doing all the time and give them feedback right away. They can also change what they are telling people to eat based on how they're doing. This helps people stick to their diet and be more interested in what they're doing. Digital and artificial intelligence based nutritional counseling uses things like how much people are moving and how their body is working to give them advice on what to eat. This makes the advice more accurate and helps people take care of themselves. It also helps people who live away from cities because they can get help from their computer or phone. There are also things like chatbots and virtual coaches that help people make changes in their life. They keep people motivated and help them track how they are doing. Even though digital and artificial intelligence based nutritional counseling is really helpful there are still some problems. We have to make sure people's information is safe and that they know how to use the technology. Some people also want to talk to a person. Using technology to help people with what they eat is a really good idea. It can help people be healthy and not get sick much. It can also help people eat in a way that's good for them and the Earth. Digital and artificial intelligence based nutritional counseling is a change in how we take care of ourselves. It is an efficient way to help people and it can be used by a lot of people.

ICMLA:130

Analyzing the Impact of Environmental Stress on Rural-to-Urban Migration: A Thematic Analysis of Vulnerable Regions in Pakistan

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Abstract

Environmental stress is increasingly recognized as a major driver of internal migration, with the World Bank estimating that climate-related factors could force more than 216 million people to migrate within their own countries by 2050. In Pakistan, rising temperatures, recurrent heatwaves, floods, and water scarcity are intensifying rural livelihood insecurity, particularly in vulnerable ecological zones. This study analyzes the impact of environmental stress on rural-to-urban migration in vulnerable regions of Pakistan through a systematic thematic analysis of secondary data. The study adopts a qualitative secondary data analysis approach. A total of 120 academic articles, policy reports, and institutional documents were initially identified from peer-reviewed databases and organizational sources. After applying inclusion criteria focused on relevance to environmental stress and migration dynamics in Pakistan, 50 studies were selected for in-depth analysis. The data were systematically coded and organized using thematic analysis to identify recurring patterns and key themes. The thematic findings reveal four major drivers of migration: climate-induced heat stress and environmental degradation, declining agricultural productivity and livelihood insecurity, water scarcity and resource depletion, and inadequate rural adaptation capacity. The analysis further shows that migrants often relocate to urban centers where they face overcrowding, informal employment, and limited access to essential services, increasing their vulnerability in destination areas. The study concludes that environmental stress is a critical push factor reshaping rural–urban migration patterns in Pakistan. It recommends integrated policy responses focusing on climate adaptation, rural livelihood protection, and sustainable urban planning to manage migration more effectively and reduce vulnerability in both origin and destination regions.

ICMLA:131

The Role of Technology and Education in Shaping Livelihood Strategies for Rural Migrants in South Asia

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Abstract

South Asia is experiencing rapid rural–urban migration, driven by environmental stress, economic pressures, and demographic change, with millions of people relocating annually in search of sustainable livelihoods. However, limited access to education and technology continues to constrain migrants' ability to integrate into urban economies. This study examines the role of technology and education in shaping livelihood strategies for rural migrants in South Asia, focusing on their capacity to adapt, diversify income sources, and achieve economic stability. The study adopts a qualitative secondary data analysis approach. A total of 86 research articles, policy reports, and institutional publications were initially identified through major academic databases. After applying strict inclusion and relevance criteria, 39 studies were selected for detailed review and analysis. The collected data were systematically compiled and thematically analyzed to explore patterns related to digital access, educational attainment, employment opportunities, and livelihood resilience among migrant populations. The findings indicate that access to education and digital technologies significantly enhances migrants' employability, income diversification, and adaptation to urban labor markets. In contrast, migrants with limited digital literacy and educational backgrounds remain confined to informal, low-paying, and vulnerable occupations. Regional disparities, gender gaps, and affordability barriers further restrict the equitable benefits of technological advancement. The study concludes that strengthening digital inclusion, expanding access to quality education, and promoting skill development initiatives are critical for building resilient and sustainable livelihood strategies. These measures can support inclusive growth and improve the socio-economic integration of rural migrants across South Asia.

ICMLA:132

Between Decent Work and Exploitation: A Policy Analysis of South Asian Migrant Labor and the Kafala System in the Gulf States

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Abstract

The Gulf Cooperation Council (GCC) countries serve as a primary destination for millions of low- and semi-skilled South Asian migrant workers seeking economic opportunity. However, their contributions to host economies are frequently overshadowed by systemic labor exploitation facilitated by the kafala (sponsorship) system, a legal framework that fundamentally contradicts international standards for decent work and human rights. By tying a migrant worker's immigration and employment status directly to their employer, the kafala system creates severe power imbalances. This study critically examines the structural mechanisms of the kafala system, evaluates the efficacy of recent labor law reforms in the Middle East, and assesses the resulting deficits in decent work and labor rights for South Asian migrants. Employing a systematic literature review, comparative policy analysis, and regulatory framework analysis, this research evaluates national labor laws, bilateral agreements, and institutional mechanisms across major GCC receiving countries, specifically Qatar, Saudi Arabia, and the United Arab Emirates (UAE). The analysis reveals that the kafala system delegates excessive control over workers' legal status and mobility to private employers, promoting an environment vulnerable to wage theft, passport confiscation, restricted mobility, and forced labor. While international pressure has prompted recent regulatory modifications, such as the partial abolition of the No Objection Certificate (NOC) and the introduction of wage protection systems, these reforms are often fragmented, poorly enforced, and systematically exclude highly vulnerable demographics, particularly female domestic workers. Furthermore, the lack of cohesive regional coordination among South Asian labor-sending states exacerbates these unequal power dynamics, leaving migrants without adequate legal recourse or social protection during crises. The study concludes that incremental, regime-centric reforms are insufficient to guarantee decent work. Meaningful change requires the fundamental dismantling of the kafala system, the extension of inclusive national labor laws to all migrant workers, and the establishment of a robust regional alliance among South Asian nations to enforce rights-based migration governance aligned with Sustainable Development Goal (SDG) 8.

ICMLA:133

ROLE OF SOCIAL CAPITAL ON THE MIGRANTS STUDENTS' ACADEMIC PERFORMANCE: EVIDENCE FROM PUBLIC SECTOR UNIVERSITIES IN FAISALABAD

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Abstract

Present study has been designed to explore the relationship between the social capital and academic performance among migrant students. The intellectual success of a nation's youth has a direct bearing on its economic and social progress. The success of a country's social and economic growth can be traced directly back to the quality of the graduating students from educational system. Building social capital can be difficult for students making the move from college to university since they may feel uncomfortable in their new social environment. As students leave their college, frequently their parents' homes, and previous classmates, they must forge new social networks in addition to fulfilling university obligations and adjusting to university life. Since classmates and professors interact more regularly and students are geographically separated from their parents if they move to a university location, these factors may eventually take precedence over family support. Within this concept, social capital can promote interpersonal interactions, therefore lacking it might increase the cost to the community of accomplishing a certain goal. In other words, much as physical capital influences changes in various materials used to form tools to enable production, social capital influences changes in human (skills and abilities) characteristics. The primary goals of this study were to describe the degree of social capital and level of academic achievement among university students. Cross-sectional surveys from public Faisalabad universities were used to conduct the study. It uses a multistage sampling approach. The University of Agriculture Faisalabad and Government College University Faisalabad were readily chosen in the initial step as eight public sectors institutions. In the second round, 160 respondents 80 from each of the two universities were chosen at random. Additionally, information was gathered via a carefully constructed questionnaire. Using SPSS, the data that had been gathered was examined. Frequencies were used to determine the variables' central tendency, while chi-square and gamma tests were used to determine the associations and degree of relationships between the variables. Moreover, multiple linear regression model was also applied to check the cumulative effects of various variables on the dependent variable. Results show that 80.0% of respondents concur that meeting new individuals on campus inspires them to do new things. The majority of respondents, 76.3%, concur that getting to know people on campus lets them feel like a part of the school. 75.0% of those surveyed concur that connecting with students serves as a reminder that everyone in the world is related. Based on the research, it was shown that social capital and academic success were strongly correlated. The migrant students faced less bonding as compared to the native people.

ICMLA:134

Rural-Urban Migration and Employment Insecurity: Institutional Barriers and Livelihood Adaptations in Pakistan

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Abstract

Migration and labour governance in Pakistan reflect complex socio-cultural, economic, and institutional dynamics that shape livelihood strategies and employment transitions across rural-urban contexts. Understanding how individuals navigate migration decisions, adapt to informal employment sectors, and experience workplace vulnerabilities requires deep exploration of lived experiences, institutional constraints, and social networks. This qualitative study examines the multifaceted dimensions of labour migration, employment challenges, and adaptive livelihood strategies among migrant and non-migrant populations in Faisalabad District. Using a phenomenological research design, in-depth semi-structured interviews were conducted with 35 participants, including migrant workers, rural residents considering migration, employers, and labour department officials, selected through purposive sampling to capture diverse perspectives and experiences. Data collection focused on understanding personal narratives of migration motivations, employment experiences, institutional barriers, and coping mechanisms adopted by vulnerable workers. Thematic analysis using NVivo software identified six major themes: (1) push factors and migration aspirations rooted in livelihood insecurity and limited rural opportunities; (2) employment vulnerabilities and informal sector dynamics including wage exploitation and lack of legal protections; (3) institutional gaps in labour governance and enforcement of worker rights; (4) social capital and migration networks as crucial resources for employment access; (5) gendered dimensions of migration and labour market segregation; and (6) policy disconnects between national labour frameworks and ground-level realities. Participants articulated how economic pressures, political instability, and currency devaluation intensified precarious employment conditions, forcing reliance on informal networks and kinship ties for livelihood security. The study reveals that effective policy responses must address not only structural labour market issues but also the institutional, social, and cultural dimensions influencing migration and employment outcomes. Findings contribute to understanding how qualitative lived experiences of migrants illuminate critical gaps in current policy frameworks and institutional capacity for labour protection in Pakistan.

ICMLA:135

Drivers, Labour Market Dynamics, and Policy Responses in Faisalabad District

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Abstract

International migration and labour governance represent critical development challenges in Pakistan, shaped by rising unemployment, informal employment sectors, and weak institutional frameworks that directly impact livelihood strategies and rural-urban migration dynamics. This study investigates the primary factors influencing migration decisions and labour market conditions in Faisalabad, focusing on job insecurity, inadequate legal protections, governance gaps in labour departments, and the socioeconomic impacts of currency devaluation within broader contexts of economic and political instability. As young people migrate from rural areas to urban centers for economic opportunities, their employment outcomes and well-being reflect deepening structural inequalities and limited access to decent work. The research employed a quantitative, descriptive, cross-sectional design with primary data collected from 88 respondents in Faisalabad through stratified random sampling using a structured, self-administered questionnaire. Descriptive statistical analysis using SPSS revealed that 64.8% of respondents cited unemployment as a primary push factor for migration, while 71.6% reported experiencing job insecurity in their current employment. Bivariate analysis using Chi-square tests identified a significant association between informal employment and lack of legal protections ($\chi^2 = 22.54$, $p = .002$), with 78.9% of informally employed respondents reporting inadequate workplace safety measures. Multiple linear regression analysis identified key predictors of migration intentions, with the model explaining 58% of variance ($R^2 = 0.58$). Low wage structures ($\beta = 0.412$, $p < .05$), institutional governance weaknesses ($\beta = 0.356$, $p < .05$), and currency devaluation impacts ($\beta = 0.298$, $p < .05$) emerged as the strongest predictors of outmigration decisions. Findings underscore that effective migration management and labour protection require strengthened institutional frameworks, improved wage structures, and coordinated policy responses addressing both supply-side factors (individual migration drivers) and demand-side factors (labour market opportunities). The study contributes to understanding how international labour migration dynamics intersect with development outcomes, livelihood security, and institutional effectiveness in South Asia, offering empirical evidence for policy recommendations to improve labour conditions and manage migration sustainably.

ICMLA:136

Climate Change, Environmental Stress and Migration

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Abstract

Migration has become an important global issue that is increasingly influenced by climate change and environmental stress. Environmental problems such as floods, droughts, rising temperatures, and land degradation are affecting people's livelihoods, especially in rural and developing regions. These environmental changes are forcing many people to migrate in search of better living conditions and economic opportunities. The purpose of this study is to examine how climate change and environmental stress contribute to migration patterns in different parts of the world. This study uses a qualitative methodology based on secondary data such as research articles, reports, and academic sources. It focuses on the relationship between environmental challenges and human migration and explains how environmental stress influences migration decisions. The findings show that climate change increases environmental risks, reduces livelihood opportunities, and encourages both temporary and permanent migration. It also highlights that migration can act as an adaptation strategy for people facing environmental difficulties. However, factors such as poverty, lack of resources, and weak policies can increase the vulnerability of affected populations. In conclusion, the study highlights that climate change and environmental stress play an important role in shaping migration patterns. Effective climate adaptation policies and better planning are necessary to reduce environmental risks and support sustainable migration management in the future.

ICMLA:137

Analyzing the Effects of Rural-Urban Migration on Livelihood Strategies and the Evolving Dynamics of Labor Markets in Developing Regions

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Abstract

This study examines the dynamics of rural-urban migration in developing regions and its impact on livelihood strategies, while analyzing how it reshapes labor markets. As rural populations migrate towards urban areas in search of better opportunities, they adopt various livelihood strategies, ranging from informal sector work to formal employment, which influences both urban and rural economies. This study aims to explore the factors driving rural-urban migration, the challenges faced by migrants in securing stable livelihoods, and the evolving nature of labor markets in the context of urbanization. The objectives of this research are to identify how migration influences the economic behaviors of both rural and urban populations, to evaluate the shifts in labor market structures, and to examine the adaptation of migrants to changing economic landscapes. By placing rural-urban migration within the broader context of economic development, this research highlights both opportunities and vulnerabilities faced by migrants. The findings reveal that while migration often offers access to better income and opportunities, it also creates challenges such as job insecurity, underemployment, and social exclusion. Furthermore, migrants contribute to urban growth and diversification but are often subjected to precarious working conditions in informal or low-wage sectors. This study underscores the need for policies that support the integration of migrants into the labor market and promote equitable development in both rural and urban areas.

ICMLA:138

Exploring the Role of Social Capital, Human Capital, Migration Networks, and Social Integration in Shaping the Outcomes of Rural-Urban Migration

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Abstract

This study investigates the roles of social capital, human capital, migration networks, and social integration in influencing the outcomes of rural-urban migration. With an increasing number of rural dwellers migrating to urban areas in search of improved economic prospects, understanding the key factors that shape their migration experiences becomes essential. Social capital, which encompasses the networks and relationships within communities, plays a pivotal role in facilitating access to resources and support in urban environments. Likewise, human capital comprising education, skills, and work experience affects migrants' ability to adapt to urban labor markets and secure employment. Migration networks, formed through personal and familial migration experiences, help guide new migrants and reduce the challenges associated with relocation. The study emphasizes the importance of these factors in determining the success of migration, focusing on how social ties and individual skills interact to enhance integration in urban societies. By conducting case studies and in-depth interviews, the research also highlights the barriers migrants face, such as discrimination and exclusion, that hinder full integration. The findings suggest that while social capital and human capital can significantly improve the socio-economic mobility of migrants, overcoming the challenges of social integration remains an ongoing issue that requires targeted policy interventions.

ICMLA:139

EMPLOYMENT ASPIRATIONS AND RURAL-URBAN MIGRATION TRENDS AMONG YOUTH

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Abstract

Pakistan is a predominantly young nation, with over 60% of its population under the age of 30. Despite this demographic advantage, youth unemployment and underemployment remain persistent structural challenges, particularly in rural areas. Limited access to quality education, vocational training, and formal employment opportunities has intensified rural-urban migration among young people across Pakistan. This migration is not merely a movement of people but reflects deeper socioeconomic aspirations, frustrated expectations, and systemic inequalities embedded in Pakistan's labour market. This study examines the employment aspirations of rural youth in Pakistan and their relationship with rural-urban migration dynamics. Drawing on existing literature, national survey data, and secondary sources, the study explores how economic push factors including poverty, land fragmentation, and agricultural decline combined with urban pull factors such as perceived employment opportunities and better living standards, shape migration decisions among youth. Special attention is given to gender dimensions, analyzing how male and female youth differ in their migration patterns and employment aspirations within Pakistan's socio-cultural context. The findings highlight that rural youth migration is increasingly driven by aspiration rather than necessity alone, signaling a significant shift in migration dynamics. However, urban labour markets often fail to absorb this influx adequately, resulting in informal employment, exploitation, and social marginalization. The study concludes with policy recommendations emphasizing rural development, skills training, and gender-inclusive employment strategies to address the root causes of youth migration in Pakistan.

ICMLA:140

CLIMATE CHANGE, ENVIRONMENTAL STRESS, AND MIGRATION: A GLOBAL PERSPECTIVE WITH SPECIAL REFERENCE TO PAKISTAN

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Abstract

Climate change has become one of the biggest drivers of human migration across the world. From the sinking islands of the Pacific to the flood-plains of South Asia, millions of people are being forced to leave their homes due to rising temperatures, extreme weather events, droughts, and sea level rise. According to the World Bank, over 216 million people could become internal climate migrants by 2050. Pakistan, ranked among the top ten most climate vulnerable countries in the world, stands at the center of this global crisis. This study examines the relationship between climate change, environmental stress, and migration both at the global level and within Pakistan. It highlights how environmental shocks push communities into forced migration and what social, economic, and policy challenges follow. Globally, climate migration is rising fastest in South Asia, Sub-Saharan Africa, and Latin America. In Pakistan, the 2022 super floods affected over 33 million people, making them one of the worst climate disasters in modern history. Droughts in Balochistan, water scarcity in Punjab, and coastal erosion in Sindh are continuously pushing rural and farming communities toward urban centers. Like other developing nations, Pakistan's climate migrants especially women and daily wage workers arrive in cities without resources, skills, or social support, deepening poverty and inequality. Global experiences from Bangladesh, India, and Sub Saharan Africa show that early investment in climate adaptation, rural development, and social protection can reduce forced migration. Pakistan needs context-specific policies that draw on these international lessons while addressing its unique geographic and social vulnerabilities. Climate migration is no longer a future threat; it is a present reality. Pakistan's experience mirrors a global pattern where the most vulnerable communities bear the heaviest burden of climate change. Evidence based policies and international cooperation are urgently needed to protect climate affected populations.

ICMLA:141

CLIMATE-INDUCED MIGRATION AND ITS SOCIOECONOMIC IMPLICATIONS: EVIDENCE FROM VULNERABLE RURAL COMMUNITIES OF PUNJAB PAKISTAN

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Abstract

Climate-induced migration has emerged as one of the most pressing consequences of environmental change, particularly in vulnerable rural regions of developing countries. This study explores the relationship between climate variability, environmental degradation, and population mobility, with a focus on how climate stressors drive migration decisions and reshape livelihood patterns. The study is framed within the climate vulnerability and sustainable livelihood approaches, which explain how environmental shocks influence household survival strategies. Key climate stressors such as rising temperatures, irregular rainfall patterns, floods, droughts, soil degradation, and water scarcity significantly reduce agricultural productivity and threaten rural livelihoods. As agriculture remains the primary source of income in many rural communities, these environmental pressures act as strong push factors for migration toward urban centers or more stable rural regions. Simultaneously, perceived opportunities for employment, income diversification, and better living conditions act as pull factors attracting migrants to cities. The main objective of the study is to probe the reasons of climate induced forced migration and its socio-economic implications on the household. Present study was conducted in flood-affected areas of southern Punjab. Quantitative design was applied to get the data. A sample of 180 respondents was drawn through purposive sampling technique. Data was collected through interview schedule and analyzed through SPSS. Findings from existing empirical literature suggest that climate-induced migration has both positive and negative socioeconomic outcomes. On one hand, migration serves as an adaptive strategy, enabling households to diversify income sources through remittances, reduce vulnerability, and improve access to education and healthcare. On the other hand, it contributes to urban overcrowding, informal employment, housing shortages, and increased social inequality in destination areas. Additionally, migration can lead to labor shortages and demographic imbalances in rural communities, particularly affecting agricultural productivity. The study concludes that climate-induced migration is not merely a displacement issue but a complex adaptive response to environmental stress. Effective policy interventions are required to strengthen climate resilience, promote sustainable agriculture, and develop planned migration strategies to minimize adverse social and economic impacts.

ICMLA:142

RURAL–URBAN MIGRATION AND ITS EFFECTS ON LABOR MARKETS: A STUDY OF MOBILITY, LIVELIHOODS, AND SOCIAL CHANGE

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Abstract

Rural–urban migration is a key driver of structural transformation in developing economies, significantly influencing labor market dynamics, livelihood patterns, and social organization. This study examines the effects of rural–urban migration on labor markets, with particular attention to employment opportunities, wage structures, and the changing nature of work in both rural and urban settings. The analysis is grounded in push–pull migration theory and segmented labor market theory, which together explain how economic disparities and labor demand differentials shape migration flows. The primary push factors include limited rural employment opportunities, low agricultural productivity, seasonal unemployment, and income insecurity. In contrast, urban areas attract migrants due to higher wages, diversified job opportunities, and improved access to services and infrastructure. However, the absorption of migrants into urban labor markets is often concentrated in informal and low-skilled sectors, leading to underemployment and precarious working conditions. The main objective of the study is to explore the effects of rural-urban migration on labour markets. This study adopts a qualitative and quantitative research design using a mixed-methods approach. Primary data is collected through structured questionnaires and key informant interviews from selected rural and urban migrant households. Secondary data is obtained from published reports, government statistics, and academic literature. The data is analyzed using descriptive statistics and thematic analysis to identify key patterns and relationships. Findings from existing literature suggest that migration has a dual impact on labor markets. In rural areas, out-migration can result in labor shortages, increased dependency on remittances, and shifts in agricultural production systems. In urban areas, the influx of migrant labor contributes to labor supply expansion, wage competition, and the growth of informal employment sectors. Despite these challenges, migration also enhances livelihood diversification and improves household welfare through remittance flows. The study concludes that rural–urban migration is both a response to labor market imbalances and a catalyst for economic restructuring. Policy interventions focusing on rural job creation, skill development, and inclusive urban labor regulations are essential to ensure equitable and sustainable labor market outcomes.

ICMLA:143

Digital Labor and Migration in the Age of Technology: Opportunities and Inequalities

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Abstract

Technology has significantly changed the nature of the labor and migration process by providing more opportunities and at the same time accentuating existing inequalities. This abstract seeks to examine the relationship between digital labor and migration by highlighting the various ways in which technology has helped change the nature of the labor and migration process. Digital platforms and the gig economy have enabled people to access global labor markets without the need to physically migrate and thus the emergence of the concept of 'virtual migration.' People in developing countries can now offer various services to people in developed countries, such as data entry, content moderation, software development, and customer service. However, the digital nature of the contemporary labor process has brought with it a number of challenges and problems. Digital labor is characterized by low wages and a lack of labor rights and protections. Migrant workers are at the core of the digital and physical migration process and are at a disadvantage due to various factors such as language and socio-economic barriers. Technology has enabled the traditional process of migration by making the process more efficient and effective. Social media and communication platforms have enabled migrants to maintain relationships with people in the host countries and thus change the nature of the traditional concepts of identity and belonging. This abstract argues that although technology has enabled people to access the global labor process and migrate more efficiently and effectively, it has brought with it a number of challenges and problems and thus the need to establish regulatory frameworks to govern the process and ensure the rights of workers are protected and respected. Technology and the digital nature of the contemporary labor process are essential in understanding the relationship between digital labor and migration and thus the need to establish a more inclusive and equitable system of labor and migration.

ICMLA:144

Climate Change, Environmental Stress and Migration: Challenges and Adaptation in Rural Areas

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Abstract

Climate change has significantly affected environmental conditions and human livelihoods, particularly in rural areas of developing countries like Pakistan. This abstract examines the relationship between climate change, environmental stress, and migration by highlighting how environmental degradation influences population movement. Increasing temperatures, water scarcity, floods, and declining agricultural productivity are major environmental stressors that force people to migrate in search of better economic opportunities and living conditions. Climate change has transformed traditional livelihood patterns, especially in agriculture-dependent communities. Farmers facing crop failures and loss of income are compelled to migrate either temporarily or permanently. This has led to both internal and external migration, creating pressure on urban areas and altering rural social structures. Environmental stress not only impacts economic stability but also contributes to social inequalities and vulnerability among low-income populations. Furthermore, migration as a coping strategy has both positive and negative consequences. While it provides income opportunities and reduces financial stress through remittances, it also leads to labour shortages in rural areas and increased burden on urban infrastructure. Environmental challenges continue to intensify, making it essential to understand the link between climate change and migration. This study argues that although migration can act as an adaptive strategy, there is a strong need for sustainable environmental policies and community-based interventions. Promoting afforestation, water conservation, and awareness programs can help reduce environmental stress. Effective policy frameworks are required to manage migration and protect vulnerable populations, ensuring a more sustainable and resilient future.

ICMLA:145

Gender Differences in Youth Migration and Career Aspirations

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Abstract

In recent times, the interconnection among gender, youth migration, and career prospects has become an increasingly common area of interest in scholarly studies. This paper focuses on the ways in which gender variations affect the process of migration among youth, along with their job perspectives within diverse socio-economic environments. While migration may be considered an effective means of seeking better prospects, it is clear that these prospects vary widely depending on one's gender. According to recent literature, male youth tend to migrate individually in pursuit of job opportunities, mostly owing to their financial obligations and societal obligations. On the other hand, female youth are confronted with cultural barriers, security threats, and familial pressure to prevent their migration. Consequently, migration among female youth is largely dependent on family decisions, such as marriages or moving locations. Moreover, there are also differences observed in employment aspirations. Specifically, young men want better-paid work, more technical jobs, or chances to go abroad, while young women would prefer secure and socially accepted careers as teachers, nurses, or office workers. These distinctions may be due to cultural differences, gender discrimination in the education sector, and unequal employment opportunities. In addition, education, socioeconomic situation, and political factors also play an important role in these results. First, the gender gap in education and employment still affects how young adults see their future career path. However, second, digitalization and globalization increasingly create new opportunities for women's employment through remote work, etc. Lastly, there are distinct differences in migration experiences as well. For example, while male migrants often struggle to find stable employment and deal with adverse working conditions, female migrants have higher risks of being exploited, discriminated against, and finding fewer job opportunities. In summary, gender is an important factor when it comes to determining youth migration trends and career aspirations. The resolution of such disparities should include gender-responsive approaches, educational opportunities, and safe migration routes that will help youth reach their career aspirations.

ICMLA:146

Gendered Dimensions of Socioeconomic Aspirations and Urban Employment Challenges Among Migrant Youth: A Qualitative Inquiry from Faisalabad, Pakistan

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Abstract

In the contemporary era, the movement of young people transcends mere geographical relocation; it represents a profound quest for socioeconomic transformation and professional identity. Within the industrial and agricultural landscape of Faisalabad, youth migration serves as a high-stakes negotiation between personal agency and the formidable structural constraints of a developing economy. While traditional discourse often reduces migration to a series of economic transactions, this paper argues that these transitions are fundamentally defined by gendered realities that dictate the very motives for movement and the subsequent quality of labor market integration. We identify a critical discrepancy between the high-reaching employment aspirations of young migrants and the stark, often exclusionary, realities of the modern workforce. This research delves into the lived experiences and career motivations of male and female youth to uncover how gender shapes their migration trajectories. By examining the intersection of social roles and institutional frameworks, the study highlights the specific barriers that prevent young migrants from securing decent work. We further explore how the lack of gender-responsive urban and industrial planning in hubs like Faisalabad impacts the long-term professional stability of these individuals. Adopting a qualitative research design, this study moves beyond statistical abstractions to capture the rich, subjective narratives of the migrants themselves. Utilizing the "aspirations-capabilities" framework, we provide a platform for voices that are frequently marginalized in quantitative policy assessments. Data were meticulously gathered through semi-structured interviews and focus group discussions, ensuring a holistic understanding of the migration journey. Through purposive sampling, we engaged with students and young professionals who are navigating these complexities daily. The findings reveal a striking contrast: while young men are often bound by the pressures of traditional breadwinning, female migrants face a double burden—navigating professional ambitions while contending with rigid social conformity. This paper concludes by advocating for gender-sensitive policy responses that align with the true aspirations of the youth, transforming migration from a survival strategy into a genuine pathway for equitable development.

ICMLA:147

Climate Change, Rural-Urban Migration and Labour Market Challenges in Pakistan

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Abstract

Climate change has emerged as a significant driver of rural-urban migration in Pakistan, profoundly affecting labour markets in both rural and urban areas. Rising temperatures, frequent floods, prolonged droughts, and erratic rainfall patterns have severely disrupted agricultural productivity, leading to livelihood losses and increased economic vulnerability among rural households. As a result, large numbers of people are migrating to urban centers in search of alternative employment opportunities. This migration, while serving as a coping strategy, creates multiple challenges in the labour market. In rural areas, it leads to labour shortages in agriculture, rising production costs, and reduced farm output. In urban areas, the influx of migrants exerts pressure on already limited job opportunities, resulting in high underemployment, expansion of the informal sector, low wages, and poor working conditions. Many migrants, particularly youth and women, face difficulties in securing decent work, adequate housing, and access to basic services. This paper examines the complex linkages between climate change, rural-urban migration, and labour market dynamics in Pakistan. It highlights key challenges, including skill mismatches, exploitation in informal jobs, and increased urban poverty. The study also explores potential policy responses, such as climate-resilient agricultural practices, skill development programs for migrants, improved urban labour absorption strategies, and integrated migration governance frameworks. Effective policy interventions are essential to manage climate-induced migration, protect migrant workers' rights, and promote sustainable livelihood opportunities. The findings underscore the need for coordinated efforts between rural development, urban planning, and labour policies to address the dynamics, challenges, and policy responses required for inclusive growth in Pakistan.

ICMLA:148

Climate Change, Environmental Stress, and Migration

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Abstract

This study explores the intensifying relationship between global climate change and the rising patterns of human migration. As environmental stressors—such as rising sea levels, prolonged droughts, and extreme weather events—compromise the habitability of diverse regions, millions are forced to leave their ancestral homes in search of safety and economic stability. By examining the intersection of ecological degradation and social vulnerability, this paper argues that migration is no longer a choice but a necessary survival strategy for those on the front lines of the climate crisis. The analysis focuses on the transition from gradual environmental decline to acute displacement, highlighting the need for proactive international policy frameworks. Ultimately, this research emphasizes that addressing climate-induced migration requires a dual approach: mitigating environmental damage while simultaneously protecting the human rights and dignity of those displaced by a changing planet.

ICMLA:149

Cultural Adaptation and Psychosocial Well-being Among Pakistani Migrants

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Abstract

Migration is a social process that is transformative and embedded in the society, not only through physical movement, but also through the active negotiation of cultural identity, social integration and belonging in host societies. The Pakistani international migration has been remarkable in recent years, especially among young adults who are pursuing economic stability, education, and better life opportunities. Whereas migration can improve social mobility, it also subjects people to cultural adjustment issues that may greatly influence psychological well-being. The present study explored how the cultural factor impacts the psychological health of the Pakistani migrants living in European, American, Asian, Oceanian, and Gulf countries (24-30 years). The quantitative research design was utilized, and 170 Pakistani migrants took part in the studies through snowball and purposive sampling. The questionnaire was structured with demographics, Berry Acculturation Model, Stephenson Multigroup Acculturation Scale (SMAS), and Ryff Psychological Well-being Scale (RPWBS). Both male and female migrants were involved. Statistical data was calculated with the help of Spearman rho correlation and Kruskal-Wallis test. The results showed that there are no statistically significant differences in the psychological well-being among acculturation strategies and this can be explained by the fact that the integration strategy was prevalent among respondents and thus there was restricted representation of the other acculturation orientations to be accurately compared. However, there were strong positive correlations between the psychological well-being and the acculturation levels particularly the ethnic society immersion and dominant society immersion. The greater cultural identity and the greater levels of social integration correlated with the improved psychological well being. The coping strategies showed a positive yet weak relationship with psychological well-being. The paper emphasizes the relevance of encouraging bicultural interactions and coping strategies to improve the mental health of Pakistani migrants.

ICMLA:150

Role of Digital Platforms in Shaping Migration Decision

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Abstract

In Pakistan, where international migration is strongly linked to economic mobility and improved living standards, digital platforms have emerged as key influences in shaping migration-related decisions. This study investigates the role of digital platforms particularly social media, online job portals, and communication applications in influencing the migration intentions of individuals who are actively planning to migrate or are already in the migration process. Adopting a socio-digital perspective, the study explores how digital engagement interacts with personal aspirations, diaspora networks, and structural constraints within the Pakistani context. A quantitative research design was employed using a structured questionnaire administered to 50 participants aged 18–35. The sample specifically included individuals who were either planning to migrate abroad or were in the process of applying for visas, jobs, or study opportunities. Participants were selected through purposive and snowball sampling techniques. Key variables included frequency of digital platform usage, exposure to overseas networks, perceived credibility of online information, and strength of migration intention. Data were analyzed using descriptive statistics, correlation, and regression analysis. The findings suggest that digital platforms play a significant role in shaping migration decisions among Pakistani individuals in the pre-migration phase. Social media platforms contribute to the normalization and desirability of migration by highlighting success stories of overseas Pakistanis, while online job portals and networking platforms provide accessible pathways to explore employment and study opportunities abroad. Additionally, direct communication with migrants through digital channels reduces uncertainty and strengthens confidence in migration decisions. However, the study also identifies risks, including exposure to misleading or incomplete information, exaggerated portrayals of success, and disparities in digital access, which can influence expectations and decision-making processes. The study concludes that digital platforms function as influential socio-informational environments that actively shape migration aspirations and choices among individuals in Pakistan who are preparing to migrate. It highlights the need for policy measures aimed at promoting digital literacy and ensuring the availability of reliable migration-related information through official digital platforms. This research contributes to the understanding of digital migration by providing context-specific insights into how technology influences decision-making during the critical pre-migration stage.

ICMLA:151

Invisible Wounds Across Borders: International Migration, Mental Health Distress and the Psychological Wellbeing of Transnational Families

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Abstract

International migration is one of the defining socio demographic processes of the twenty first century yet its psychological consequences for both migrants and the families they leave behind remain systematically underexplored in the empirical literature. This qualitative study investigates the mental health and psychosocial wellbeing of transnational family members across migrant sending households, foregrounding the affective, relational and structural dimensions of migration that are routinely obscured by economistic frameworks. For this, the researcher conducted in-depth semi-structured interviews with twenty-four participants including left-behind spouses, children of migrants, elderly parents and returned migrants in district Faisalabad using purposive sampling technique. The qualitative data were transcribed, translated and analysed using thematic analysis technique. The study employs thematic analysis to identify five interconnected themes: psychological distress and the burden of ambiguous loss, the hidden emotional labour of left behind women, children's psychosocial development and attachment disruption, the mental health of returned migrants and re-integration strain and community stigma, help-seeking barriers and resilience. The findings reveal that migration generates enduring psychological costs that are unevenly distributed across gender and generational lines systematically silenced by cultural norms of gratitude and resilience, and structurally neglected by both migration policy and mental health service provision. The study contributes to the growing body of scholarship advocating for a psychosocially informed approach to migration governance and transnational family support. However, the researcher used multiple techniques i.e. reflexivity, parallel translation, constant comparison, expert consultation, peer debriefing, maintenance of reflexive journals and referential adequacy to ensure rigor and trustworthiness in this qualitative research process.

ICMLA:152

Artificial Intelligence, Digital Labor and Employment Transformation: A Sociological Analysis of the Changing Dynamics of Platform-Based Work

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Abstract

Artificial Intelligence (AI) has become a powerful force affecting digital work and job structures today. The rising use of AI technologies in online platforms, businesses, and automated systems has changed how we work, communicate, and produce economically. In many developing countries, AI-driven systems are changing job opportunities by encouraging freelance and platform-based work. At the same time, these changes bring challenges like job insecurity, monitoring, and the exploitation of workers. This study aimed to explore the sociological effects of AI on digital work and how AI technologies influence workers' independence, economic conditions, and work experiences in the digital economy. The researchers used a quantitative approach and conducted a survey to gather data from digital workers involved in online and platform-based jobs. The study took place in Faisalabad, using simple random sampling methods. Researchers collected data from 250 respondents aged 18 to 40 through face-to-face and online questionnaires focused on specific aspects of digital work and the impact of AI. The structured questionnaire looked at key factors, including algorithmic management, work flexibility, job security, digital monitoring, productivity, income stability, and workers' independence. They also gathered secondary data and theoretical insights from relevant sociological literature on digital capitalism, technology, and changes in labor. The collected data were examined using SPSS software with various statistical methods, including frequencies, percentages, chi-square tests, and cross-tabulations. Findings showed that AI technologies have improved efficiency and productivity in digital work sectors, with 72.4% of respondents stating that AI systems helped them work faster and manage tasks better. However, 68.7% of respondents were worried about job insecurity because of automation and the replacement of human workers. About 64.5% reported that algorithmic monitoring and digital surveillance increased stress in the workplace and reduced their independence. The study also found that platform-based digital workers deal with inconsistent income and lack proper social protection despite having more flexible job opportunities. The analysis revealed that AI has created both chances and disparities in digital labor markets. While AI fosters innovation, economic growth, and flexible job options, it also increases the commodification of labor, social inequality, and reliance on technology. The study concludes that the growing role of AI in digital work requires ethical guidelines, worker protection policies, programs to develop digital skills, and inclusive labor strategies to guarantee fair and sustainable working conditions in the changing digital economy.