

ALUMNI AFFAIRS-IPP

MENTAL HEALTH WEEK

Inaugural ceremony was a momentous occasion filled with optimism and collaboration.



With love and enthusiasm, IPP present the culmination of the most awaited event of the year!

Mental health week was organized by Institute of Professional Psychology on 11 Dec-2023 to 15 Dec-2023

Honored to have distinguished alumni join us as we navigate the realms of mental well-being.

On 11th December 2023, two esteemed alumni of IPP Mehreen Mustafa and Rashke Zehra from the batch of Spring 2019, demonstrated exceptional commitment and dedication to the cause of mental health. They generously volunteered their time and expertise to assist in setting up the stalls for the Mental Health Camp. Their willingness to engage with the current students and contribute to the success of the event reflects the strong sense of community within our IPP alumni network.

The camp was a vibrant tapestry of love, smiles, and bright colors, creating an atmosphere of positivity and warmth. Individuals explored facets of their personalities, gained insights into healthy media consumption habits and how to empower oneself for a more mindful and

balanced lifestyle and engaged in interactive play therapy activities, bringing out the inner child in everyone.

A heartfelt thank you to Dr. Zainab Hussain Bhutto, Dr. Kiran Bashir Ahmad, and the entire IPP team for making this journey towards mental well-being a truly enriching experience.



Recruitment drive by Alumni

A recruitment drive was conducted on December 5, 2023, at the Institute of Professional Psychology, Bahria University, Karachi Campus. Organized by our distinguished alumna, Ms. Samea Haider, in collaboration with the Alumni Coordinator-IPP— Ms. Samea Haider a graduate of the IPP Class of BS-2022. Currently serving as an Executive to the Managing Director at HR Consultants Pvt Ltd, Ms Haider brought her wealth of experience to compose a thorough interview process. The interviews were specifically conducted for individuals in their concluding semester of undergraduate studies and recent graduates. This event reflects the dedication of our alumni in supporting and guiding current students in their professional journey.



Bahria University-Karachi Campus, Alumni Homecoming Dinner 2023

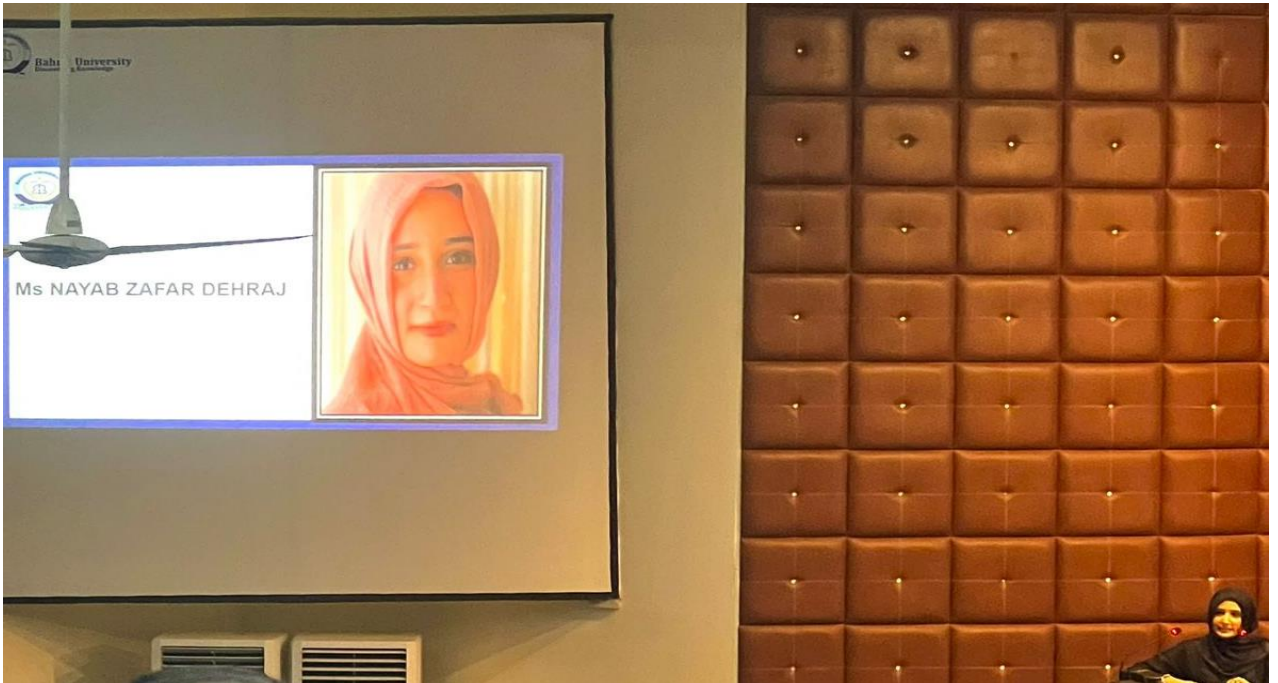
The Alumni Homecoming Dinner, a highly anticipated event, unfolded with grace and camaraderie at the Bahria University Karachi Campus, on December 22nd, 2023. The event aimed to foster connections, celebrate achievements, and build a robust community among its graduates. The evening was carefully planned to capture the essence of Bahria University, providing a space for alumni to connect, reminisce, and stay engaged with the vibrant alumni community.

Event Overview:

- **Date & Time:** December 22nd, 7:30 PM - 10:00 PM
- **Venue:** Bahria University Karachi Campus
- **Attendance:** 75 registered alumni from the Institute of Professional Psychology, with 44 alumni attending, showcasing significant enthusiasm and engagement within the community.
- **Distinguished Guests:** Chief Guest Rector of Bahria University Vice Admiral (R) Asif Khaliq HI(M), Director Student Affairs Ms. Sandal Mufti, Assistant Director Alumni Affairs Mr. Humayon Zaib Abbasi, along with university leaders and faculty members.

The event, graced by esteemed Chief Guest Vice Admiral (R) Asif Khaliq HI(M), provided a platform for reflection and inspiration. The commitment to future plans, including the expansion of international alumni chapters and the initiation of collaborative initiatives, underlines Bahria University's dedication to the ongoing growth and success of its alumni community. As the evening concluded with the departure of the Chief Guest, the spirit of unity, accomplishment, and shared legacy lingered, marking the event as a memorable milestone in the rich history of Institute of Professional Psychology Bahria University.





Workshop by Alumna:

An informative workshop was conducted by our proud Alumna, Ms. Ayesha Tabassum Shaikh (**Batch of 2019 MS-CLINICAL PSYCHOLOGY**) with the collaboration of LDC on 8th December, 2023 for students of 8th semester on Professional Development in Psychology.

The purpose of conducting this workshop was to make sure that every student is well aware of the career choices for future and how to excel in the different domains of psychology.



The poster is yellow and white. At the top left is the Bahria University logo. To its right is the text: "Leadership Development Centre Bahria University - Karachi Institute of Professional Psychology". To the right of this text is a circular logo with "LP" inside. Below this is the main title: "Workshop on Professional Development in Psychology". Underneath the title is the subtitle: "Learn how to excel in different domains of Psychology and enhance your professional skills". On the left side, there is a vertical yellow bar with the text "Only for BS-8 Students". In the center, it says "Facilitator: Ms. Ayesha Tabassum" next to a small portrait photo of her. Below that, it lists the venue: "New Engineering Block Lecture Hall", the date: "Friday December 8th, 2023", and the time: "1030 - 1230 Hrs."



