

## **ALUMNI AFFAIRS-IPP**

### **Alumni Session**

### **"Career Pathways Workshop"**



Institute of Professional Psychology  
Bahria University - Karachi



### Exploring Different Career Path

Discuss various career options available to psychology graduates beyond traditional clinical or counselling roles, such as research, human resources, education, marketing, or social work.

Only for BS-8  
Students

**Venue:**  
NEB Lecture Hall

**Friday:**  
1st March 2024  
10:30-12:30 Hrs.

**Facilitator:**  
Ms.Bisma Afzal

**Organised by:**  
Miss Irum Shabeer

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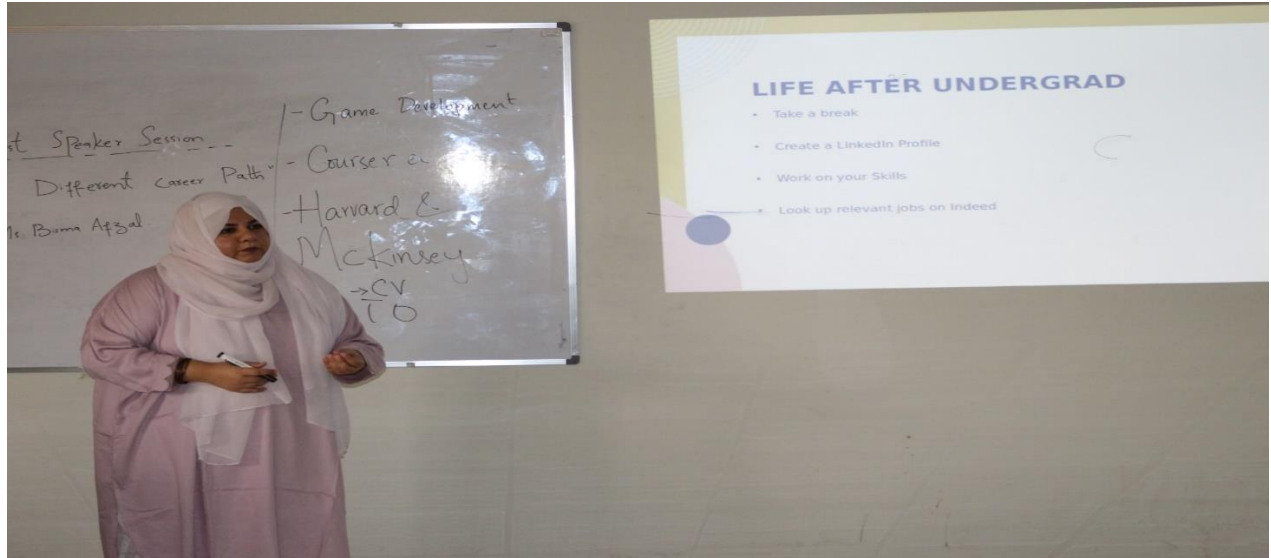
Alumni Coordinator-Institute of Professional Psychology  
Bahria University Karachi Campus.



Our esteemed alumna, Ms. Bisma Afzal (Batch, BS-2017), conducted a highly beneficial workshop titled "Exploring Different Career Paths" for the graduate students of the Institute of Professional Psychology - Bahria University, Karachi, on March 8th, 2024.

Ms Bisma's expertise as an organizational psychologist provided valuable insights for our students, aiding them in navigating their future career endeavors. We extend our sincere appreciation to Ms. Bisma Afzal for her valuable contribution to our academic community.





## **"Interactive Play Therapy Workshop: Exploring Healing Techniques"**

**Institute of Professional Psychology  
Bahria University - Karachi**

# **Play Therapy Basics**

Using play as a means of communication and expression for children. Explore their emotions, experiences, and challenges in a safe and supportive environment.

**Only For  
BS Students**

**Wednesday:  
13th March 2024  
11:30 - 1:30 Hrs.**

**Organised by:  
Miss Irum Shabeer**

**Facilitator:  
Ms. Ellma Shaikh  
Lecturer Psychology  
NUML University  
MS- Clinical Psychology  
Batch of 2020**

Alumni Coordinator-Institute of Professional Psychology Bahria University  
Karachi Campus

Our esteemed alumna, Ms. Ellma Shaikh (Batch-Fall 2020-MS Clinical Psychology), currently serving as a Lecturer of Psychology at NUML Karachi, conducted a highly beneficial and interactive workshop titled "Play Therapy Basics" for the 6th semester BS students of the Institute of Professional Psychology - Bahria University, Karachi, on March 13th, 2024. During the workshop, students were actively engaged and gained hands-on experience with various play therapy techniques through role-playing exercises. They demonstrated their inner child while engaging in activities such as "Color Your Life," "Anger Balloon," "Emotional Regulation," and "Animal Family." Additionally, the significance of play therapy was addressed, highlighting its importance in facilitating communication, expression, and healing in individuals, especially children.

Ms. Shaikh, with her extensive knowledge and expertise in play therapy, effectively clarified students' queries and provided invaluable insights into the fundamentals of this therapeutic approach, enriching their learning experience.





## Online Alumni Session: Mastering Professional Growth-International Chapter Head Hong-Kong

Mentor: Mr. Abid Khan, Certified Procurement Veteran with over 10 years of Experience, MSc (OSCM), BBA, MCIPS (International Chapter Head from Hong Kong)- Batch of 2007 BBA FINANCE.

**Institute of Professional Psychology**  
**Bahria University - Karachi**

**Global Alumni Mentorship Connection**  
Topic: "Mastering Professional Growth: Job Hunting, LinkedIn Strategies, and Teamwork Development"

**Audience:**  
BS- Psychology students  
8th semester

12 pm Pakistani Time  
16 March 2024

**Organised by:**  
**Saria Rafiq**  
Vice President  
Alumni Association  
**Irum Shabeer**  
Alumni Coordinator IPP

**MENTOR:**  
**Mr. Abid Khan**  
(BBA-2007)  
Sourcing and procurement specialist - FedEx  
International Chapter Head Hong-Kong

Delighted to share the success of our recent professional development session on March 16, 2024, from 12 PM to 1:30 PM, led by Mr. Abid Khan, Bahria Alumni International Chapter Head, Hong Kong, focusing on LinkedIn strategies and professional development for BS Psychology last semester students.

Organized by Ms. Irum Shabeer, Alumni Coordinator at Bahria University's Institute of Professional Psychology, and Ms. Sari Rafiq, Lecturer at IPP and Vice President of the Alumni Association BUKC.

Zoom Meeting | Upgrade

**E** Irum Shabeer | **S** Syeda Noorulain | Nisha Jagirani (2)

Abid khan

You are viewing Abid Khan's screen

0:20:29 | SHOW TASKBAR | DISPLAY SETTINGS | View Options

Yamna Mumtaz entered the waiting room | View | Admit

## TEAMWORK DEVELOPMENT

- Effective communication:** Role of clear communication in fostering collaboration and teamwork.
- Building trust:** Establishing trust among team members.
- Conflict resolution:** Importance of resolving conflicts constructively to maintain a healthy team dynamic.
- Collaboration and synergy:** Value of working together towards common goals and leveraging each other's strengths.

No Notes.

Irum Shabeer | Saria Rafiq | Abid khan

g | Upgrade

# Humayun Zaib Abbasi

Zoom Meeting | Upgrade

Irum Shabeer | Abid khan | Saria Rafiq

You are viewing Abid Khan's screen

2:17 PM

Next slide

## PROFESSIONAL GROWTH

- Continual learning:** Acquiring new skills and knowledge.
- Setting goals:** Setting clear and achievable professional goals.
- Seeking feedback:** Requesting feedback from supervisors, colleagues, and mentors.
- Networking:** Building professional relationships within and outside the organization.
- Adaptability and flexibility:** Need to embrace change and be open to new opportunities.

No Notes.

Slide 2 of 7

Participants (10)

Find a participant

- E Irum Shabeer (Host, Me)
- Hamna Sajjad
- F Falak Naz 131
- AK Abid khan
- JS Javeria Shahid
- mada 133
- N NOOR US SEHER AGHA -088
- SI Shiza iqbal
- M Mehvish
- RA Romesa Adil 154
- HH huda haris alvi
- rahima nisar
- areeba107



## Alumni Session:

### How to Build Instant Rapport?

Institute of Professional Psychology  
Bahria University - Karachi

**Alumni Mentoring Session**  
Topic : How to Build Instant Rapport?

Class- internship  
7th semester,  
BS Psychology

11:00 Am  
to  
12:30 PM  
25th March-2024

**Mentor:**  
**Ms. Amima Salam**  
Batch of -PMD 2008  
MPhil 2021  
Assistant Medical Director  
Transformation Wellness Clinics

Organised by:  
**Irum Shabeer**  
Alumni Coordinator

Our esteemed alumna, Ms. Amima Salam, Class of 2008 PMD, M.Phil. (Professional Psychology) 2021, led a highly beneficial session on 'How to Build Instant Rapport?' for the BS students of the Institute of Professional Psychology - Bahria University, Karachi, on March 25th, 2024. Ms. Salam, currently serving as the Assistant Medical Director at Transformation Wellness Clinics, brought her wealth of experience and insightful guidance, making the discussion truly valuable.

Hosted at the Institute of Professional Psychology, attendees had the opportunity to strengthen their networking skills and establish meaningful connections within the community.



