

## **ALUMNI AFFAIRS-IPP**

### **Alumni Activities:**

#### **Workshop on Stress Management by Our Esteemed Alumni** 🎓

We are thrilled to share that our distinguished alumni, Nimra Ahmed and Maira Chishti, conducted an insightful, activity-based workshop on Stress Management for BS Psychology students on May 17, 2024, at IPP BUKC.

Nimra Ahmed (MS-Clinical Psychology, Class of 2019; BS (Psychology), Class of 2014) and Maira Chishti (M.Phil Professional Psychology, Class of 2021; BS (Psychology), Class of 2017) are both Associate Clinical Psychologists and Certified NLP Master Coaches. They currently serve as Business Development Managers and Consultant Coaches at Arslan Larik and Company (AL&CO).

Their workshop equipped our students with practical strategies to manage stress effectively, drawing from their extensive professional experience and expertise.

We extend our heartfelt gratitude to Nimra and Maira for their invaluable contribution to our students' learning journey. Your dedication and support make us proud!





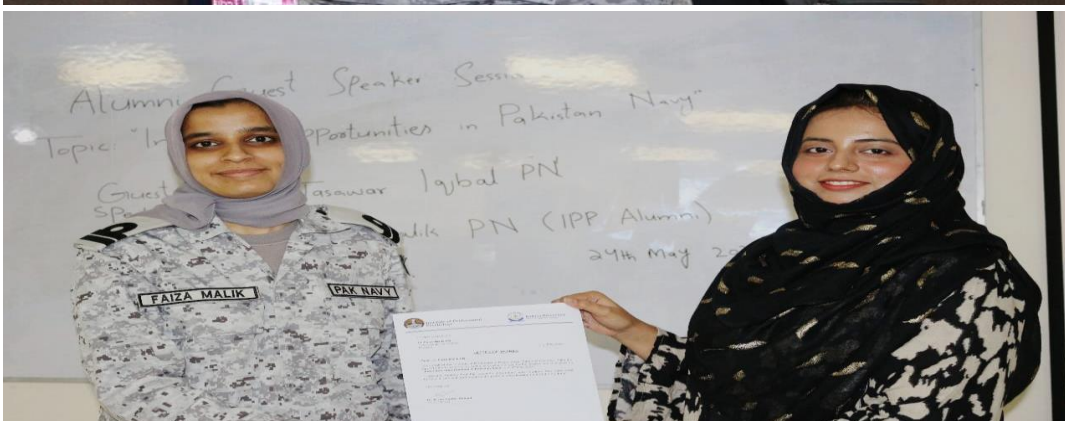
## Alumni Guest Speaker Session:

Institute of Professional Psychology successfully conducted an insightful session on ***Induction opportunities in the Pakistan Navy*** for BS final semester and postgraduate students.

The session, held on 24th May 2024 at the Bahria University Karachi Campus, featured our distinguished alumna, Ms. Lt Faiza Malik PN, and Lt Tasawar Iqbal PN. Ms. Faiza Malik completed her Bachelor of Science in Professional Psychology from the Institute of Professional Psychology, Bahria University, Karachi in 2019. During her studies, she actively contributed to various national and international publications and holds international certification as a Hypnosis Practitioner, Coach, and Counselor from the Professional Board of Hypnotherapy.

In 2020, she joined the Pakistan Navy as a Psychologist Officer and served at the Inter Services Selection Board (ISSB) for six months. She is currently stationed at the Pakistan Navy Recruitment and Selection Center in Karachi.

The session provided valuable information about career paths, eligibility criteria, and the application process for becoming a Naval Officer. Students and alumni had the chance to interact with the representatives and learn about the honor and pride of serving our nation.







## **Alumni Discount:**

We are excited to announce that Coffee Wagera (Bahadurabad outlet) is offering a 20% discount exclusively for alumni and students of Bahria University. This limited-time offer is available from May 15th to June 15th upon presenting a university ID card.



**20% Off at  
CW-Bahadurabad!**

