



INSTITUTE OF PROFESSIONAL PSYCHOLOGY-BAHRIA UNIVERSITY

ALUMNI AFFAIRS REPORT

December -2024

A Proud Alumni Showcase at Mental Health Week 2024!

**Mental Wellbeing AT
Micro and Macro Levels
Role Of Mental Health Practitioners**

**MHW 2024
Alumni Leading The Way
Mental Wellbeing Seminar
AT IPP-BAHRIA!**

 Ms. Tahira Anas (Clinical Psychologist)	 Ms. Sara Tamar (Team Lead - Creative Writing InterSys Limited)	 Dr. Naima Fatima Sheriff (CEO and Co-founder of kumak)
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**17 DECEMBER ,
2024**

10AM-1PM

**AL BERUNI AUDITORIUM
BUKC**

At IPP-BU, we are excited to highlight the exceptional achievements of our alumni who continue to lead and inspire in the field of mental health.

IPP distinguished alumni return to lead the way during Mental Health Week 2024!

Conference Theme: Mental Wellbeing at Micro and Macro Levels – Role of Mental Health Practitioners

Our Alumni Leading the Way:

Dr. Naima Fatima Sheriff – CEO & Co-founder of Kumak, transforming mental health practices

Ms. Tahira Anas – Clinical Psychologist, making a difference in people's lives

Ms. Sara Tamar – Team Lead for Creative Writing at InterSys Limited, empowering stories and mental health awareness

These incredible alumni have gone on to build impressive careers and are now coming back to share their journeys and insights. They represent the values and excellence that IPP-BU alumni stand for, making a real impact on mental wellbeing globally!

This seminar is not just about learning – it's about celebrating the success of our alumni and the valuable contributions they continue to make in the world of mental health.

Let's come together to honor and learn from our own!

The Institute of Professional Psychology (IPP) at Bahria University Karachi Campus hosted a seminar titled "Mental Wellbeing at Micro and Macro Levels: The Role of Mental Health Practitioners" during Mental Health Week 2024.

The seminar highlighted the significant contributions of IPP alumni in raising awareness about mental health and addressing challenges on both individual and systemic levels.

The event was graced by the presence of Vice Admiral (R) Asif Khaliq HI(M), Rector of Bahria University, who presented shields to the speakers in recognition of their outstanding contributions. This seminar underscored the vital role of mental health practitioners in fostering mental well-being.

Heartfelt thanks were extended to the Honorable Rector Bahria University, speakers, alumni, faculty, staff, participants, and the organizing team for their efforts in making Day 2 of Mental Health Week 2024 a resounding success.







Alumni Voices, Global Stories ✨

IPP alumni—both from Pakistan and around the world—share their heartfelt memories and reflections on why **Mental Health Week at IPP** is so meaningful. 🌟

From local initiatives to global influence, their voices inspire us to unite for mental health awareness and well-being, one step at a time. Let's celebrate this powerful global connection!



Mental Health Week 2024
"Alumni Wishes"



<https://www.facebook.com/share/p/19v4rd6mdt/>

IPP Alumni Visit Mental Health Camp and Relive Their Memories ✨

Our IPP alumni had the opportunity to visit the **Mental Health Camp**, where they cherished the chance to relive their memories and reconnect with the spirit of well-being and awareness fostered at IPP. 🌱

Their reflections remind us of the enduring impact of mental health initiatives and the importance of coming together to support one another.



Alumni Homecoming 2024

Chief Guest:

Vice Admiral (R) Asif Khaliq HI(M), Rector Bahria University graced the event as Chief Guest accompanied by Vice Admiral (R) Khawaja Ghazanfar Hussain HI(M) Director General BUKC along with Directors, Deans, Faculty, and BUOs of Bahria University Karachi Campus.



Alumni Participation:

The event was elevated by the presence of over **300 alumni** from Bahria University Karachi Campus, whose contributions played a pivotal role in its overall success. To ensure inclusive representation, alumni from each school were carefully selected, resulting in broad and meaningful participation. Notably, **26 alumni from the Institute of Professional Psychology (IPP)** joined the event, adding to its vibrant and inspiring atmosphere.

Alumni Success Stories at Homecoming

Every school's alumni had the opportunity to share their inspiring success stories during the Homecoming event. Representing the Institute of Professional Psychology (IPP), **Ms. Tabinda Afzal** (M.Phil. Class of 2014) presented her remarkable journey. She shared cherished memories of her time at IPP and highlighted the significant role the institute and Bahria University played in shaping her achievements and career. Her story served as a testament to the enduring impact of IPP on its alumni.





