



## **INSTITUTE OF PROFESSIONAL PSYCHOLOGY-BAHRIA UNIVERSITY**

### **ALUMNI AFFAIRS REPORT**

**November -2024**

**International Alumni Session Insights:**

***International Chapter Head Qatar***

Head of HR Business Support  
QatarEnergy

INTERNATIONAL CHAPTER HEAD-QATAR  
**MR. RAZA SARWAR**  
Bahria University BSE-Software Engineering Class of 2005  
Topic: Changing Paradigm – Future of Work

BS-Psychology 8th semester

17 November 2024  
SUNDAY 10 AM PST

ORGANIZED BY

Ms. Irum Shabeer Alumni Coordinator Institute of Professional Psychology-Bahria University, Karachi.	Ms. Saria Rafiq Senior Lecturer Institute of Professional Psychology-Bahria University, Karachi.
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### **Changing Paradigm: The Future of Work**

We are pleased to share the highlights from the International Alumni Session held on Sunday, 17 November 2024, featuring Mr. Raza Sarwar, International Chapter Head – Qatar, and Head of HR Business Support at QatarEnergy.

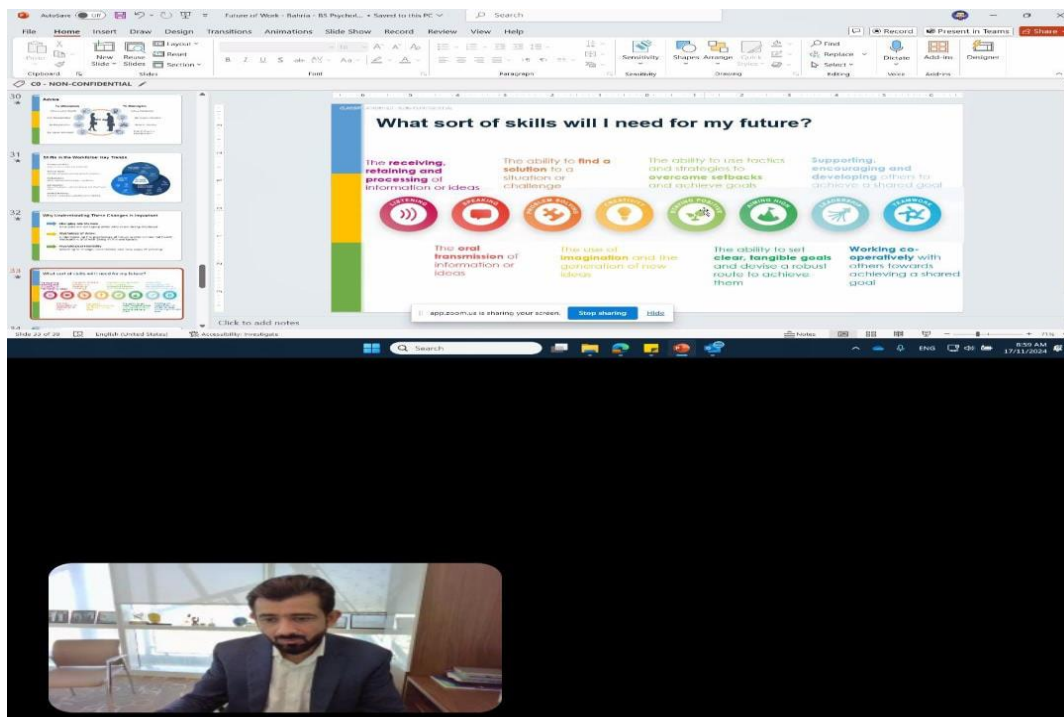
The session, titled “Changing Paradigm – Future of Work,” provided Bahria University students with the opportunity to learn from one of our distinguished alumni. Mr. Sarwar, a graduate of the BSE (Software Engineering) Class of 2005, shared valuable insights from his time at Bahria and key moments that have shaped his professional journey.

***During the session, participants explored:***

- Key global workforce trends
- Essential skills for success in a dynamic professional landscape
- Strategies for shaping rewarding careers

We would like to extend our sincere gratitude to Mr. Raza Sarwar for sharing his experiences and inspiring the next generation of professionals.

Special thanks to Ms. Irum Shabeer and Ms. Saria Rafiq from the Institute of Professional Psychology-Bahria University for organizing this insightful session.



zoom Workplace

https://app.zoom.us/j/75738811550?join\_from=PWA-1&pwd=LxqAV8ZfhsytuprKJaQHGZyq1YY84.1&x\_zm\_rtaid=Lh-ahQHrCQ:5gsmenfpkaig.173...

Participants (38)

Find a participant

- RS Raza Sarwar (Me)
- E Irum Shabeer (Host)
- AA Aleona Azhar
- RT Raahimcen Talpur
- HM Hanifa Moin
- M Mariyam Kashif Khan
- A Aaminah Arshad
- S Soola
- D 05-171211-180
- A Aishba Khalid
- AA Almas Asad Rana
- e Hadia (179)
- ZZ Zosha Zaher
- Dua Rehman
- MK Musnaffa Khanani-007

Zoom Meeting Controls: Mute, Start Video, Participants (38), Chat, Reactions, New Share, More, Stop sharing, Hide, Leave

Windows Taskbar: Search, File Explorer, Microsoft Edge, Zoom, 6:41 AM 17/11/2024

Irum Shabeer

Raza Sarwar

SARIA

## “Alumni Guest Speaker Session for BS Psychology Freshmen”

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

**Alumni Guest Speaker Session**  
*Topic: The Role of Self-Esteem in Personal and Professional Success.*

**Thursday**  
14 November 2024  
12:30-2:30 Hrs.

**Organised by:**  
Miss Iram Shabeer  
Alumni Coordinator-Institute of  
Professional Psychology-Bahria  
University

**Facilitator:**  
Ms. Tehreem Adil  
Batch of MS-Clinical Psychology-2020  
Deputy Regional Manager Student-Wellbeing  
Beaconhouse

The Institute of Professional Psychology, Bahria University Karachi, proudly hosted an inspiring session on "The Role of Self-Esteem in Personal and Professional Success" on 14th November 2024.

Facilitator: Ms. Tehreem Adil (MS-Clinical Psychology, Batch of 2020)

Current Role: Deputy Regional Manager Student Wellbeing, Beacon house

Special thanks to Miss Iram Shabeer, Alumni Coordinator, for organizing this insightful session, which left students motivated and equipped with practical tools to enhance their self-esteem and achieve success!

"An excellent session that truly resonated with our students!"





## **Alumni-Driven Initiative: Bahria University at Lincoln Corner Education Fair**

We are excited to share that Ms. Fareena Ahmed, Class of 2020 (BS Psychology), currently working at Lincoln Corner Karachi, has invited Bahria University Karachi Campus to participate in the Education Fair held at Lincoln Corner Karachi, in collaboration with the US Consulate General Karachi and Education USA on 20th November 2024!

This event offers a wonderful opportunity for Bahria University to connect with students, educators, and professionals, while highlighting our dedication to providing accessible and quality higher education.



## Connecting Across Borders: International Alumna Ms. Sumbul Batool Visits IPP

We are delighted to share highlights from an inspiring visit by an international alumna to the Institute of Professional Psychology (IPP), Bahria University Karachi Campus.

On November 28, 2024, Ms. Sumbul Batool, a distinguished graduate of the MSc-Professional Psychology program (2010) and PMD program (2011), visited IPP. Currently, she serves as a Behavioral Therapist/Intensive Special Education Aid at Kildeer Countryside Community Consolidated School District 96 in Chicago, United States. During her visit, Ms. Batool shared valuable insights from her experiences in special education and behavioral therapy and discussed her work in an international context.

Her visit not only showcased the global influence of IPP alumni but also strengthened the connection between IPP and its graduates, underscoring their significant contributions on the world stage. Additionally, Ms. Batool shared details about her recently published book, **“Treatment and Management of Anxiety,”** published by Paramount.

This book is a practical guide offering a variety of techniques to manage anxiety effectively, including yoga breathing exercises, NLP (Neuro-Linguistic Programming) methods, energy healing practices, and gratitude exercises. These methods are simple, accessible, and beneficial for both practitioners and those seeking self-help strategies.





