



INSTITUTE OF PROFESSIONAL PSYCHOLOGY-BAHRIA UNIVERSITY

ALUMNI AFFAIRS REPORT

October -2024

Back to Bahria- Alumni Spotlight Series

Catch a glimpse of our alumna, Ms. Farah Nasir! We are excited to share an inspiring video featuring Farah Nasir, a proud graduate of the Class of BS Psychology 2011 and M.Phil. in Educational Psychology 2017. In this video, she reflects on her journey, achievements, and the impact of her education at the Institute of Professional Psychology.

<https://www.facebook.com/share/v/1X3JZ1z8af/>

A screenshot of a Facebook post from the Bahria University Alumni Network. The post is dated 3 Oct and features a video thumbnail of Ms. Farah Nasir. The text of the post reads: "Alumni Spotlight Series 🌟 Catch a glimpse of our alumna, Ms. Farah Nasir! We are excited to share an inspiring video featuring Farah, a proud graduate of the Class of BS Psychology 2011 and M.Phil in Educational Psychology 2017. In this video, she reflects on her journey, achievements, and the impact of her education at the Institute of Professional Psychology. #AlumniInspiration #BUAlumniFamily #ippalumni". The video thumbnail shows Ms. Farah Nasir, a woman with dark hair, wearing a red and green patterned top, sitting at a desk with a microphone. A name tag in front of her reads "Ms. Farah Nasir" and "Alumna of Institute of Professional Psychology". There is a speaker icon in the bottom right corner of the video thumbnail.

Alumni Guest Speaker Session:

1) Session on Anger Management!

We are proud to share that our alumna, Dr. Fareeha Kanwal, a PhD scholar from the Institute of Professional Psychology (IPP), recently conducted an insightful session on Anger Management for the BBA students.

📅 Date: 17th October 2024

📍 Venue: Bahria University Karachi Campus (BUKC)

Dr. Fareeha Kanwal, who holds a PhD in Professional Psychology (Batch-2017) and an M.Phil in Professional Psychology (Batch-2015) from the Institute of Professional Psychology-Bahria University, provided valuable strategies for managing anger and fostering emotional resilience. The session offered practical insights that will help students navigate challenges in both their personal and professional lives.

A big thank you to Dr. Fareeha Kanwal for sharing her expertise and to all the students who participated!



2) International Alumni Session Insights:

We are pleased to share that an enlightening session on "**Forensic Psychology and its Implementation in Job Roles**" was successfully conducted by our International *alumna Ms. Sundus Khan (Class of 2007 - BS Psychology), a CID Officer with the Hampshire Police Force in the UK!*

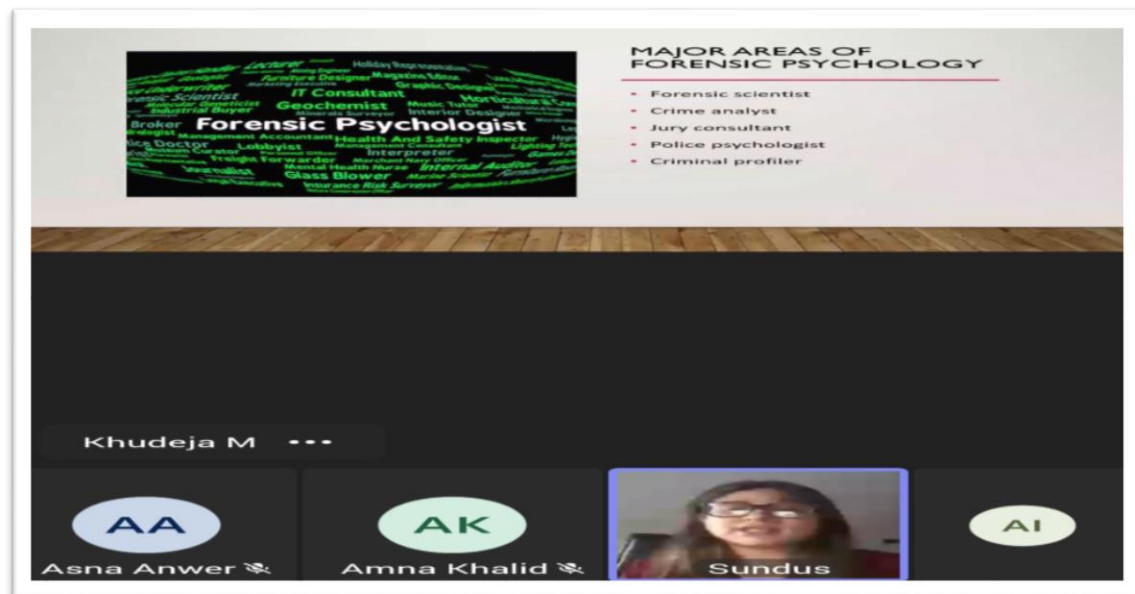
📅 Date: 18th October 2024

🕒 Time: 2:00 PM PST

This session provided our forensic psychology class with a unique opportunity to learn from a successful professional about the practical applications of forensic psychology in real-world scenarios.

Organized by: Irum Shabeer, Alumni Coordinator, IPP-BU

A special thank you to Ms. Sundus Khan for sharing her invaluable insights and to everyone who participated in making this session a success!



Alumni Discount:

I am pleased to inform you that Malima Restaurant Karachi is offering an exclusive 15% discount for the alumni, students, faculty, and staff of Bahria University. This initiative reflects our commitment to providing value and support to our alumni community. Additionally, we are working on other initiatives to further ensure that our alumni feel valued and recognized as an integral part of our university family.



MALIMA

BAHRIA UNIVERSITY
پاکستان

**Bahria University Walo
Mailma Pohcho!**

Breakfast, lunch Aur Brunch Pe Lo
15% off
Kis Baat Ka Intizar Hai?

Cash Payments Only*

The advertisement features a dark green background with several food items: a plate of omelette and fries, a bowl of soup, a plate of fried chicken, a plate of sandwiches, and a plate of fried fish. The logos for Malima and Bahria University are prominently displayed at the top.