



24-Do you offer, manage or deliver outreach projects (education, health, information services, reading, community engagement, tutorials) for the local community?

Yes, Bahria University actively offers and supports outreach projects for the local community through student-led societies dedicated to sustainability. These societies organize and deliver a range of initiatives including environmental awareness campaigns, educational workshops, community clean-up drives, tree plantation activities, and informational sessions on sustainable living practices. Through these efforts, students engage directly with local communities to promote environmental responsibility, health awareness, and resource conservation, while also providing tutorials and guidance on sustainability-related topics. This reflects the University's commitment to community engagement and its role in fostering social responsibility and sustainable development beyond the campus.

DATA FOR QS SUSTAINABILITY RANKING 2027

ANX-A

Parameter:

1. BU Student-led society whose purpose is to engage with sustainability.

Evidence:

At the Institute of Professional Psychology (IPP), **one society (Society of Psychology has been established) and three student clubs have been formally proposed** to enhance student engagement, including areas related to sustainability.

The proposal has been submitted to the concerned authority vide **Reference Letter No. IPP/IPP/2026/L/1505**, and the response is currently awaited.

Parameter:

2. BU outreach projects from January 2025 to December 2025 (education, health, information services, reading, community engagement, tutorials) for the local community.

Evidence:

January 2025

IPP actively contributed to community outreach through mental health awareness initiatives.

A seminar titled **“Mental Health Awareness for a Sound Functioning Business and Corporate Sector Entity”** was conducted in collaboration with the Sindh Mental Health Authority (SMHA) at FPCCI, Karachi.

The session focused on promoting awareness of workplace mental health, reducing stigma, and highlighting the importance of employee well-being for productivity and organizational growth. Faculty members from IPP participated as speakers and moderators, contributing to knowledge sharing between academia, healthcare professionals, and the corporate sector.

This initiative reflects the university's commitment to community engagement, health awareness, and capacity building beyond the campus.

Bahria University



An interactive session on **Mandala Art** was conducted on **January 15, 2025**, at the Department of Pediatrics & Child Health, Aga Khan University, under the Residents Wellness Program.

The session was facilitated by **Ms. Zahyreen Kousar, Senior Lecturer at IPP, Bahria University**, and focused on promoting mental well-being through creative expression and mindfulness. Participants were introduced to the therapeutic benefits of mandala art as a tool for stress management, relaxation, and self-awareness.





February 20, 2025

As part of community engagement and mental health awareness initiatives, an alumni session titled “**The Art of Being You**” was conducted on **February 20, 2025**, at Bahria University Karachi Campus (BUKC).

The session was delivered by **Ms. Ammarah Batool, international alumna and Associate Clinical Psychologist (UK)**, focusing on self-care, resilience, and trauma-informed practices to support mental well-being. The session engaged over 80 postgraduate students from Karachi and Islamabad campuses, encouraging interactive learning and awareness.



Bahria University



Bahria University

As part of academic outreach and knowledge-sharing initiatives, Dr. Kiran Bashir Ahmad, Principal and HOD of IPP, represented IPP-Bahria University as a session chair at the 3rd Global Conference on Research in Education and Social Sciences 2025, held on February 21–22, 2025, at SZABIST University.

Furthermore, Dr. Noreen Jaffri, Assistant Professor at IPP, presented her research paper titled “*Fostering Inclusion and Enlightenment for a Sustainable Future.*”

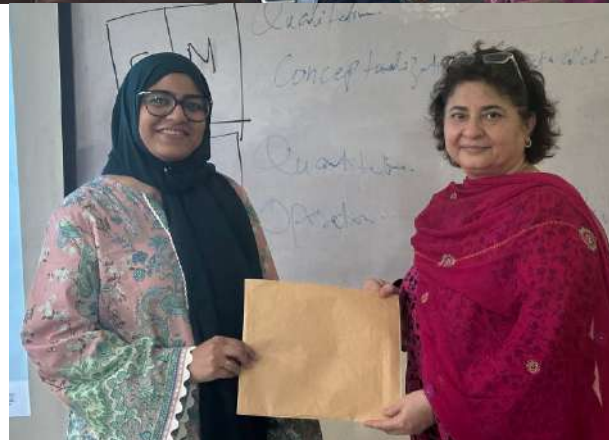


March, 2025

An introductory session on **Sand Play Therapy** was conducted on **March 21, 2025**, at the Institute of Professional Psychology (IPP), Bahria University.

The session was delivered by **Ms. Vardah Bharuchi, IPP alumna and Certified Sand Play Therapist (AST–UK)**, focusing on the therapeutic applications of sand play in emotional healing and psychological well-being. The session provided participants with practical insights into expressive therapy techniques.

The activity was coordinated by **Ms. Zahyreen Kousar, Senior Lecturer at IPP**, reflecting the university's commitment to promoting mental health awareness, experiential learning, and alumni engagement.



April 2025

As part of academic outreach and knowledge-sharing initiatives, **Prof. Dr. Zainab Hussain Bhutto, Dean Professional Psychology**, represented Bahria University as a **Plenary Speaker** at the International Conference on *“The Evolving Landscape of Psychological Sciences”*, held on **April 15–16, 2025**, at the University of Karachi.



Bahria University

As part of community outreach and interdisciplinary learning initiatives, a session titled “Herbal Medicine in Pakistan – Tradition to Innovation” was conducted on April 21, 2025, at the Institute of Professional Psychology (IPP), Bahria University, featuring Haakim Amjad Ismail, faculty member at Hamdard University.

The session focused on the evolution of herbal medicine in Pakistan and its integration with modern healthcare practices. It emphasized the mind-body connection and the importance of culturally informed, holistic approaches in psychological care.

This initiative reflects the university’s commitment to promoting community awareness, integrative health practices, and expanded learning beyond conventional frameworks.



As part of academic outreach and professional development initiatives, a workshop titled “Self-Care for Mental Health Practitioners” was conducted on April 16, 2025, during the International Conference on “*The Evolving Landscape of Psychological Sciences*” at the University of Karachi.

The workshop was facilitated by Dr. Fareeha Kanwal, Head of Department, IPP, and Ms. Rabia Muzaffar, Clinical In-Charge, Umeed-e-Nau, IPP. It focused on practical strategies for maintaining well-being among mental health professionals and was well received by participants.



As part of academic outreach and experiential learning, two PhD scholars from the Institute of Professional Psychology (IPP), Bahria University, visited the VitaMind Pakistan Center, Karachi, under the supervision of Dr. Kiran Bashir Ahmad, Director/Principal.

The visit provided practical exposure to integrative mental health care, including treatments addressing nutritional deficiencies, Transcranial Magnetic Stimulation (TMS), brain mapping, and medication-assisted psychotherapy. Participants also engaged in case-based discussions with medical practitioners.



As part of community outreach and mental health awareness initiatives, Ms. Rabia Muzaffar, Senior Lecturer at IPP and Clinical In-Charge at Umeed-e-Nau, appeared on a television segment on April 29, 2025, to discuss *“Midlife Crisis: Reflecting on Life’s Highs and Lows.”*

The session focused on raising awareness about emotional well-being, highlighting midlife as an opportunity for self-reflection, personal growth, and resilience. It encouraged individuals to adopt proactive strategies for mental health and well-being.



As part of community outreach and educational initiatives, a workshop on “Stress Management” was conducted on April 30, 2025, at Fazaia Degree College by BS Psychology students of the Institute of Professional Psychology (IPP), Bahria University, under the supervision of Ms. Sidra Farooq Butt, Senior Lecturer.

The session engaged 71 school students and focused on creating awareness about stress, its causes, and practical coping strategies through interactive activities and techniques for emotional well-being.



May, 2025

As part of community engagement and educational outreach initiatives, a session titled “Academic and Career Pathways in the UK” was conducted on May 6, 2025, at Bahria University Karachi.

The session was delivered by Mr. David Lennon, Regional Manager at Newcastle University, who provided guidance on postgraduate studies, scholarships, and career opportunities abroad. The session aimed to enhance students’ awareness of international academic pathways and future career prospects.

The initiative was facilitated with the support of IPP alumna Ms. Sameea Haider and organized by Ms. Irum Shabeer, Alumni Coordinator, reflecting the university’s commitment to global exposure, alumni engagement, and student development.



June, 2025

The Institute of Professional Psychology (IPP), Bahria University, organized a seminar on “Psychology of Cross-Cultural Differences” on June 3, 2025.

The seminar featured international and national speakers, including Mr. Takayuki Nakamichi, Mrs. Kermin Parakh, and Mr. Sheikh Hammad, who shared insights on culture, human behavior, and interpersonal understanding. Student presentations and cultural displays further enriched the learning experience.

The session was organized by Ms. Maham Saeed, Senior Lecturer at IPP, reflecting the university’s commitment to cultural awareness, experiential learning, and community engagement.



The Institute of Professional Psychology (IPP), Bahria University, in collaboration with the Sindh Mental Health Authority (SMHA), hosted a seminar titled “Pathways toward Empowerment – Overcoming Addiction Together” on June 25, 2025, at the Al-Beruni Auditorium, Bahria University Karachi Campus, in alignment with World Drug Day 2025.

The seminar brought together psychologists, medical professionals, educators, and policymakers to discuss prevention, treatment, and recovery from substance and digital addictions. Sessions included insights on drug abuse, alcohol dependence, digital addiction, and culturally ingrained substances, as well as strategies for counselling and recovery support.

Esteemed speakers from IPP-BU, University of Karachi, Dow University, JPMC, Hamdard University, and other institutions, including Dr. Kiran Bashir Ahmad, Dr. Fareeha Kanwal, Prof. Dr. Tahira Yousuf, and Senator Karim Khawaja, contributed to the knowledge-sharing and community awareness efforts.



Bahria University



July, 2025

As part of international academic engagement, a delegation from Bahria University visited Sunway University, Malaysia, on July 15, 2025. The delegation included Dr. Zainab Hussain Bhutto (Dean, Professional Psychology), Dr. Kiran Bashir Ahmad (Director/Principal, IPP-BU), and Dr. Shazia Yusuf (Principal, Islamabad Campus).

The visit focused on postgraduate programs, clinical training facilities, integration of technology in education, and potential collaboration opportunities, including faculty/student exchanges, joint research, and co-hosted academic events.

Bahria University



As part of international academic engagement, a delegation from Bahria University visited Asia Pacific University (APU), Malaysia, on July 16, 2025. The team included Dr. Zainab Hussain Bhutto (Dean, Professional Psychology), Dr. Kiran Bashir Ahmad (Director/Principal, IPP-BU), and Dr. Shazia Yusuf (Principal, Islamabad Campus).

The visit focused on exploring faculty and student exchange programs, joint research projects, and integration of technology in psychology education, aiming to strengthen global academic collaborations and expand learning opportunities.



As part of international academic engagement, a delegation from Bahria University visited INTI International University, Nilai Campus, Malaysia, on July 17, 2025. The team included Dr. Zainab Hussain Bhutto (Dean, IPP), Dr. Kiran Bashir Ahmad (Director/Principal, IPP-BU), and Dr. Shazia Yusuf (Principal, Islamabad Campus).

The visit focused on exploring student exchange programs, undergraduate programs in Business Psychology, QS ranking collaborations, joint conferences, training initiatives, and research partnerships. This engagement reflects the university's commitment to fostering global academic collaborations and enriching learning experiences for students and faculty.



Dr. Tooba Farooqi, Senior Assistant Professor at the Institute of Professional Psychology (IPP), Bahria University, participated as a panelist at the 2nd Kohsar National Conference on Psychology held at University of Kohsar, Murree, from July 18–21, 2025.

The conference, themed “Indigenous Perspectives of Theory and Practice”, brought together psychologists, researchers, and students from across Pakistan. Dr. Tooba’s participation reflects IPP’s commitment to advancing scholarly dialogue and contributing to the national psychology community.



August, 2025

On August 14, 2025, the Institute of Professional Psychology (IPP), Bahria University, participated in the Grand Independence Festival for Persons with Disabilities, organized by the Department of Empowerment of Persons with Disabilities (DEPD).

As part of community service, IPP arranged engaging games and activities to promote cognitive and motor skill development, while fostering joy, relaxation, and healthy coping mechanisms among participants. This initiative reflects IPP’s commitment to inclusion, social responsibility, and community

engagement.



On August 26, 2025, the Ladies Horticulture Club (LHC) organized a guest speaker session at the Horticulture Society of Pakistan, titled “Awakening the Self in the Sensory Garden.” The session was delivered by Dr. Kiran Bashir Ahmad, Director/Principal, Institute of Professional Psychology (IPP), Bahria University, who is also a member of LHC.

Around 40 members attended, and the session highlighted how sensory gardens can enhance memory, perception, focus, and overall well-being through mindful gardening practices. Interactive activities allowed participants to explore practical strategies for creating memory-evoking and wellness-enhancing

garden spaces, reflecting IPP's commitment to community engagement and applied psychological knowledge.



September, 2025

On September 3, 2025, Prof. Dr. Zainab Hussain Bhutto, Senior Professor at the Institute of Professional Psychology (IPP), Bahria University, participated as a panelist in the Youth Engagement Interactive Session and Panel Discussion at the University of Karachi, titled "BREAKING THE SILENCE: HEARING THE YOUTH PERSPECTIVE."

Bahria University

Organized by the Department of Psychology in collaboration with Pharmatec at the Chinese Teachers Memorial Auditorium (CTMA), Dr. Zainab shared insights on the role of family environment in shaping youth mental health, reflecting IPP's commitment to youth engagement and mental health advocacy.



Prof. Dr. Zainab Hussain Bhutto, Professor at the Institute of Professional Psychology (IPP), Bahria University, participated in the Consultative Meeting on Minimum Service Delivery Standards for Mental Health Services in Sindh.

Organized by the Sindh Healthcare Commission (SHCC) in collaboration with the Pakistan Mental Health Coalition (PMHC) and Taskeen Health Initiative, the meeting brought together key stakeholders to review and discuss drafted standards for mental health facilities, promoting quality and accessible mental health care in line with Sustainable Development Goals.



On 12th September 2025, the Institute of Professional Psychology (IPP), Bahria University, hosted a collaborative discussion with the Savaira Foundation and Jinnah Postgraduate Medical Centre (JPMC).

The meeting included Dr. Yasmeen Khan (Founder & Director, Savaira Foundation), Ms. Tabinda (Senior Psychologist, JPMC, and IPP alumna), Dr. Kiran Bashir Ahmad (Director/Principal, IPP), Dr. Noreen Jaffri (Head of Department, IPP), Clinical Incharges, and the Alumni Coordinator. The team explored joint initiatives in mental health training, community projects for underserved populations, trauma care workshops, awareness programs, psychosocial support, and research-based program development.

These collaborations support the UN Sustainable Development Goals—SDG 3 (Good Health &

Wellbeing), SDG 4 (Quality Education), and SDG 17 (Partnerships for the Goals)—aiming to create meaningful impact in mental health care.



The Institute of Professional Psychology (IPP), Bahria University Karachi, hosted a collaborative meeting with a distinguished delegation from the Institute of Behavioural Psychology (IBP), Karachi, including Mrs. Habiba Habib and Ms. Anushka Kharadi.

The delegation met with Dr. Kiran Bashir Ahmad (Director/Principal, IPP) and faculty members to discuss potential collaborations, provide feedback on IPP alumni at IBP, and explore joint initiatives in mental health training, community outreach, and capacity-building programs.





On 10th October 2025, the Institute of Professional Psychology (IPP), Bahria University Karachi, collaborated with Special Olympics Pakistan (SOP) to organize a Mental Health Camp for Athlete Leaders.

The IPP team, including Clinical Incharges and the Alumni Coordinator, facilitated creative and therapeutic activities led by postgraduate students to support athletes' emotional well-being, self-expression, and inclusion.

The session was guided by Ms. Duaa Raghieb (Program Coordinator – Athlete Leadership, SOP; IPP alumna), whose dedication to mental health advocacy made this initiative possible.





Bahria University

IPP Represents Pakistan at the Third International Conference on the Humanities, Effat University, Jeddah sa

On 22nd October 2025, the Institute of Professional Psychology (IPP), Bahria University, proudly represented Pakistan at the Third International Conference on the Humanities at Effat University, Jeddah, under the theme: *“Quality of Life: Toward Prosperous and Healthy Societies.”*

Our dedicated faculty and scholars shared research on psychological well-being and quality of life, reflecting IPP’s commitment to academic excellence, innovation, and global collaboration. This participation highlighted the Institute’s impact on international conversations around mental health, showcasing Pakistan’s contributions to evidence-based psychological research.

Representing IPP at the conference were:

- Dr. Kiran Bashir Ahmad – Director/Principal, IPP
- Prof. Dr. Tahira Yousuf – Senior Faculty
- Prof. Dr. Zainab Hussain Bhutto – Senior Faculty
- Dr. Barerah Siddiqui – Senior Faculty
- Dr. Fareeha Kanwal – Professor of Practice
- Ms. Irum Shabbir – Alumni Coordinator, IPP
- Ms. Sana Shamim – PhD Candidate
- Ms. Wareesha Khan – Alumna

The team presented research on interdisciplinary and evidence-based frameworks that promote psychological health and enhance quality of life, reinforcing IPP’s vision of advancing psychology through education, research, and meaningful international collaboration.

📍 Conference: Third International Conference on the Humanities

📍 Venue: Effat University, Jeddah, Saudi Arabia

📅 Date: 22nd October 2025



November 2025

On 14th November 2025, the Institute of Professional Psychology (IPP), Bahria University, visited the Deep Chand T. Ojha (DCTO) Campus, a government school partnered with Kiran Foundation under an ongoing MoU supporting mental health and education initiatives.

Supervised by Dr. Kiran Bashir Ahmad (Director/Principal, IPP) and joined by Ms. Rabail Bashir (Clinical Incharge), PhD scholars, and postgraduate students, the team conducted expressive arts sessions with mothers of enrolled students, fostering creativity, mindfulness, and emotional connection using household spices, colors, textures, and patterns.

A personality assessment camp was also conducted with Grade 7 students to better understand their emotional world, self-perception, and strengths, providing insights to guide teachers and caregivers in tailored support.

Additionally, IPP and the Board of Trustees explored future collaborative efforts, including research opportunities, mental health camps, and capacity-building programs for educators.



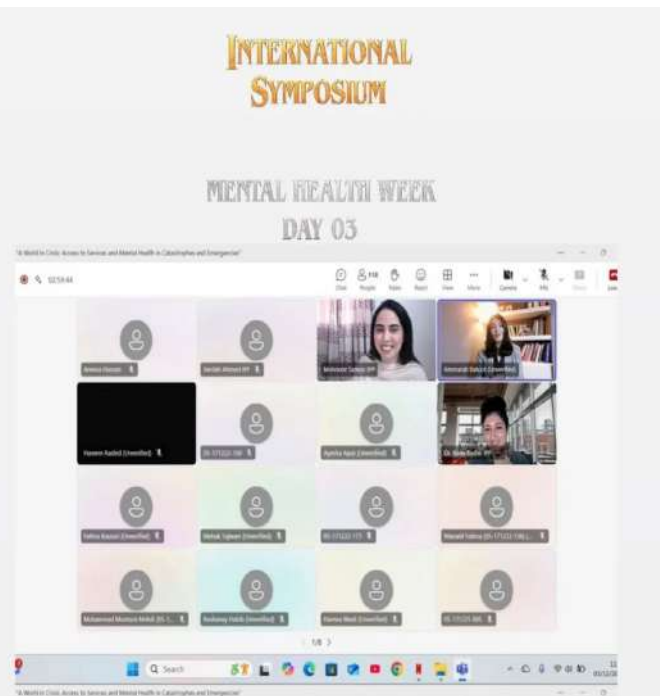
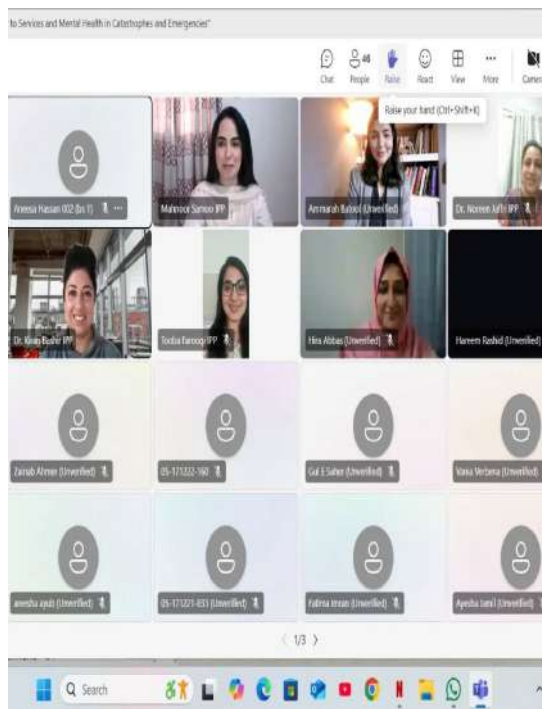


Bahria University

The Institute of Professional Psychology, Bahria University hosted its first International Online Symposium titled: *“A World in Crisis: Access to Services and Mental Health in Catastrophes and Emergencies.”*

The event explored mental health support during global crises, including trauma, stress, accessibility, and community resilience. Under the leadership of Dr. Kiran Bashir Ahmad and Dr. Noreen Jaffri, the symposium featured experts from Malaysia, UK, Russia, Netherlands, Argentina, and USA, sharing insights on suicide crisis response, secondary trauma, grief, leadership in crises, and maternal mental health.

This landmark event promoted cross-cultural learning, collaboration, and practical strategies for supporting communities in emergencies.



On 2nd December 2025, IPP-BU welcomed its alumni back for a heartfelt seminar on *“Contributions of Psychologists in Different Walks of Life.”* Graduates shared their journeys, challenges, and impactful work, inspiring current students with stories of growth and dedication.

Speakers: Bisma Afzal, Ellma Rafiq, Salar Fazle Rabbi, Zahra Haider, Asif J. Soherwardy, Hafsa Riaz.

Organized by Ms. Irum Shabeer, Alumni Coordinator – IPP BU.



Bahria University



BS 7th-semester Health Psychology students, guided by **Ms. Sidra Farooq Butt**, completed a 1-day CPR course at Liaquat National Hospital, covering adult, child, and infant CPR, choking management, and hands-on training.



IPP Students Conduct Assessment Camp at Ghulaman-e-Abbas School

M.Phil 3rd-semester students of IPP-BU, under the guidance of Dr. Zainab Hussain Bhutto, conducted a psychological assessment camp for children at Ghulaman-e-Abbas School.



Leadership Assessment & Counseling Camp at Indus University

BS 8th-semester students of the Psychology of Leadership course at IPP-BU organized a Leadership Assessment & Counseling Camp for students and faculty at Indus University.

The camp featured interactive activities on Emotional Intelligence, MBTI, Personality, Leadership Styles, and Emotional Decoding. Participants from psychology and other departments actively engaged and appreciated the practical, counseling-based approach.

The camp was conducted under the guidance of Ms. Shabnam Arshi, Assistant Professor, IPP-BU, offering students valuable hands-on learning beyond the classroom.





3. Details of BU Student Societies and Clubs

List of Societies and Clubs is attached with participation of students of IPP:
IPP Debating Club
Hierarchy

Name	Department	Position
Maheen Jamal	IPP	Mentor
Muhammad Sharjeel	IPP	President
Laraib Fakhra	IPP	Joint Secretary - Academics
Humna Razzak	IPP	joint Secretary - Management
Amna Faheem	IPP	Co Director Management

ENGLISH DOMAIN

Name	Department	Current Semester
Nabiha farrukh khan	IPP	5
Tamanna	IPP	6th
HafsaAzam	Ipp	4th
Yusra Farhan	IPP	2
Wania Ali	IPP	3rd
Komal Kashif	IPP	1st
Simirti	IPP	1st
Syeda heeba naqvi	IPP	2nd
Zainab Bibi	IPP	2
Nabiha Zehra Ali	IPP	6th

URDU DOMAIN

Name	Department	Current Semester
Zainab Fatima	IPP	7th
Saadain Bin Danish	IPP	2nd
Mahnoor Ilyas	Ipp	5th
Rao hammad mustafa	IPP	3rd
Areeba Fatima	IPP	7
Zainab Zahra	IPP	7th



Bahria University

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MUN DOMAIN

Name	Department	Current Semester
Fatima Munir	IPP	3rd
Aamna Yasir	IPP	2nd
Haya Kamran	IPP	1st
Maryam Sarwar	IPP	4th
Hassan Ali	IPP	3rd

MANAGEMENT DOMAIN

Name	Department	Current Semester
Dua Latif	IPP	7th

Dramatics club

Name	Department	Domain
Maheen Amin	IPP	Co-Ordinator

Members		
Name	Department	Domain
Hajra Aamir	IPP (Clinical Psych)	Makeup / Management
Tayyaba Aftab	IPP	Marketing
Malika Haider Naqvi	IPP	Acting / Marketing

BU MEDIA LIST

Name	Semester	Designation
Safaa Sheikh	1st	Member - Team Graphic Design
Alliyah Muzaffar	5th	Member -Team Management
Zuha Fatima	3rd	Member team Social media
Maryam Sohail	5th	Member-Team Creativity



Bahria University

CHARACTER BUILDING SOCIETY-NAB

TEAM MEDIA

Name	Department	Semester
Mariam Abid Baig	IPP	2nd
Mehak Bilal	IPP	2nd
Abiha Batool	IPP	2nd
Rimmel	IPP	5TH

Parameter

4. Does BU Student Societies and Clubs represents both undergraduate and postgraduate students at university level.

Evidence:

Yes, it represents as given point:3.

Parameter

5. Does BU Student Societies and Clubs is connected/affiliated to a wider national level Student Societies and Clubs

Evidence:

Society of psychology is connected at national level with PPA Pakistan Psychological Association as many students have presented their work regarding in conference organized by PPA.

On 10 October 2025, the Institute of Professional Psychology (IPP), Bahria University Karachi, collaborated with Special Olympics Pakistan (SOP) to organize a Mental Health Camp for Athlete Leaders, a heartwarming initiative aimed at promoting emotional well-being, self-expression, and inclusion.



Bahria University

Parents Voice Association- Ujala Center

As a part of mental health initiatives in the month of October 2025, IPP BS 7A internship students visited UJALA PVA to engage in a series of creative and therapeutic activities aimed at promoting mental well-being. This initiative reflects our commitment to fostering empathy, creativity, and mental health awareness within the community.



DM School System

Mental health awareness workshops were conducted at DM School System, KAECHS Campus, Karachi by the passionate postgraduate students of Institute of Professional Psychology - BU, specially designed for Grade 10th and 11th students. Under the supervision of Ms. Rabail Bashir and Ms. Rabia Muzaffar. The session focused on creating awareness about anxiety, how it affects us, and practical coping strategies to manage stress and emotional challenges.



Bahria University



Heal and Grow at MITE University

IPP Bahria Karachi collaborated with MITE University Karachi to host 'Heal and Grow' session at MITE TMUC university. This initiative focused on student self-awareness and counselling, helping students prioritize their mental well-being as they start the new semester. Post graduate students of M.Phil and MS conducted the camp under the supervision of Ms. Rabia Muzaffar and Ms. Rabail Bashir.



Bahria University



Martin Dow Camp

This camp was in collaboration with Martin Dow. This camp was designed with various creative and therapeutic activities to promote emotional well-being, enhance self-expression and self-awareness and to build meaningful connections.





Bahria University

Foundation

On 14th November 2025, the IPP team visited the Deep Chand T. Ojha (DCTO) Campus, a government school adopted by the Kiran Foundation, with whom IPP holds a formal MoU supporting ongoing collaboration in mental health and education. A personality assessment camp was conducted with Grade 7 students of DCTO, with the aim of better understanding their emotional world, self-perception, and inner strengths. The camp provided a supportive, engaging environment where students felt comfortable sharing their perspectives.



Bahria University

Mental Health Week at IPP

A week dedicated to the theme: “Access to Services: Mental Health in Catastrophes and Emergencies.” This theme reminds us that during crises and disasters, mental health support becomes not just important, but essential. Ensuring access to psychological care, community aid, and emotional support can transform lives in moments of vulnerability. This year’s underlying message was Strength & Solidarity — because whether we are responding to catastrophes, providing psychological support, or advocating for health equity, we become stronger when we stand together.



Ghulaman-e-Abbas School

On 11 December 2025, M. Phil 3rd Semester students of IPP-BU visited Ghulaman-e-Abbas School to conduct an Assessment Camp for the children. Under the supervision of Dr. Zainab Hussain Bhutto, Senior Professor at IPP-BU, the students interacted with the children and conducted psychological assessments in a warm and supportive environment.



Bahria University



Learning Hands Rehabilitation Center

On 28th January 2026, the Institute of Professional Psychology, Bahria University Karachi, collaborated with Learning Hands Rehabilitation Centre to conduct a mental health camp for caregivers, parents, and therapists of children enrolled at Learning Hands.

The camp was conducted under the supervision of Ms. Rabail bashir and Ms. Rabia Muzaffar, Clinical In-Charge at IPP.

The initiative aimed to provide psychological support, guidance, and practical resources to caregivers and professionals working with children with special needs.



Bahria University



NED University

A Mental Health Camp was conducted at NED University under Wellness 360, focusing on counselling and psychological assessment for students by IPP-BU Postgraduate Trainee Psychologists, under the supervision of Ms. Rabia Muzaffar and Ms. Rabail Bashir, Clinical Incharges, Umeed-e-Nau. The camp addressed key areas, including personal awareness, stress management, and support circles, reaching and supporting students.



Bahria University

NJV High School

On 6th February 2026, the students of M.Phil (Clinical Psychology) 3rd Semester, Institute of Professional Psychology (IPP), Bahria University, conducted a Camp Visit at N.J.V High School as part of their academic training in Emotional Understanding, Support, and Regulation.

The visit was designed to provide experiential learning opportunities while promoting emotional awareness and well-being among school students. This initiative aimed to strengthen emotional resilience, enhance self-regulation skills, and foster a supportive school environment. Such community-based engagements reflect the Institute's commitment to integrating academic excellence with social responsibility and professional practice.



Beacon Lite Academy- Maymar Campus

The postgraduate students of the Institute of Professional Psychology (IPP), Bahria University, organized a Mental Health Camp at Beacon Lite Academy – Maymar Campus on 16th February 2026. The camp provided a safe and supportive space for A & O Level students to learn stress management techniques, understand their personality strengths, and seek guidance about their academic paths.

It was encouraging to see students actively participating and sharing their thoughts about their well-being and future goals. A Time Management Workshop was also conducted by Ms. Rabia Muzaffar, where students learned practical techniques to manage their studies more effectively.




Bahria University



Mental health Camp at Sir Syed University of Engineering and Technology

Postgraduate interns from the Institute of Professional Psychology conducted a mental health Camp at Sir Syed University of Engineering and Technology. This camp, organized for both faculty and students, featured activities on mindfulness, self-esteem, personality compass, and time management techniques.

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