
IBA IN THE MEDIA

APRIL 21-27, 2025

IBA-CED SPARKS DIALOGUE ON MENTAL HEALTH, LEADERSHIP

TV MEDIA SECTION

#	DATE	MEDIUMS	NAME	KEYWORDS	LANGUAGE	SYNOPSIS	SENTIMENTS
01	Apr 25, 2025	TV	Express News	IBA Karachi-CED	Urdu	IBA holds session on mental health. Consul General of Germany in Karachi also address.	Positive
02	Apr 25, 2025	TV	Geo News	IBA Karachi-CED	Urdu	IBA organized seminar on leadership	Positive
03	Apr 26, 2025	TV	GTV	IBA Karachi-CED	Urdu	IBA-CED Karachi sparks dialogue on mental health, leadership and entrepreneurship.	Positive
04	Apr 26, 2025	TV	ABN News	IBA Karachi-CED	Urdu	IBA-CED sparks dialogue on mental health, leadership	Positive
05	Apr 26, 2025	TV	City 21	IBA Karachi-CED	Urdu	IBA holds session on mental health. IBA-CED Director Dr. Lalarukh Ejaz kicked off the session.	Positive



[Express News](#)



[GTV](#)



[ABN News](#)



[City 21](#)



[Geo News](#)

#	DATE	MEDIUMS	NAME	KEYWORDS	LANGUAGE	SYNOPSIS	SENTIMENTS
01	Apr 26, 2025	Publication	Business Recorder	IBA Karachi-CED	English	IBA-CED sparks dialogue on mental health, leadership	Positive
02	Apr 26, 2025	Publication	Express Tribune	IBA Karachi-CED	English	Discourse dissects mental health issues haunting leadership	Positive
03	Apr 26, 2025	Publication	Dawn	IBA Karachi-CED	English	Entrepreneurs, educators share stories of resilience to mental health challenges	Positive

DAWN

Entrepreneurs, educators share stories of resilience to mental health challenges

Dawn Report

KARACHI: In an effort to address the growing mental health challenges faced by people, especially leaders and entrepreneurs, the Institute of Business Administration (IBA) has hosted an event that brought together prominent figures from academia, development and the startup ecosystem to discuss how leadership, resilience and innovation can foster emotional well-being across various sectors.

The session, titled "Crucial Conversations: Stories of Impact", was organised by IBA's Centre for Entrepreneurial Development (CED) in collaboration with Synapse-Pakistan Neuroscience Institute.

IBA-CED Director Dr Lalarukh Ejaz highlighted three main goals of

the event: to initiate genuine conversations, identify real opportunities, and inspire innovative solutions.

The first panel discussion, "Roots of Impact: Purpose, Pressure & Perspective," was moderated by Dr Ayesha Mian, psychiatrist and founder of Synapse.

Panellists included Dr Akbar Zaidi, executive director IBA, Mushtaq Chhapra, founder of The Citizens Foundation, and Dr Salimah Walani, dean of the Aga Khan University School of Nursing, who shared insights on the emotional aspects of leadership and the importance of self-awareness and vulnerability in building resilient institutions.

The event also featured a keynote address by Dr Rüdiger Lotz, consul general of Germany in Karachi on

"Strengthening Entrepreneurial Support Systems for an Emotionally Healthy Society." He emphasised the need for cross-sector partnerships and systemic support to help individuals, especially youth, in navigating emotional challenges in today's volatile environment.

The final panel, "Thriving While Building," focused on the startup ecosystem and mental health struggles faced by entrepreneurs in high-pressure environments.

Moderated by Dr Usman Nazir of TBA, the panel included Dr Ahson Rabbani of ChildLife Foundation, Ammar Jangbarwala of MyWater Middle East, and Sukaina Abbas of Enchanté Jewellery, who shared personal experiences of burnout

personal experiences of burnout and resilience along with coping strategies they've adopted in their entrepreneurial journeys.

BUSINESS RECORDER

IBA-CED sparks dialogue on mental health, leadership

KARACHI: As mental health challenges continue to rise across Pakistan, with over 24 million people affected, the Centre for Intrapreneurial Development at the Institute of Business Administration Karachi has stepped forward to address the crisis through innovative lens — leadership and entrepreneurship.

Joining hands with Synapse - Pakistan



Neuroscience Institute, "Crucial Conversations: Stories of Impact," aimed at exploring how purpose-driven leadership, resilience, and emotional well-being across sectors.

IBA-CED Director Dr. Akhtar Zaidi, Executive Director of IBA, Mushaq Chishti, Founder of The Citizens Foundation, and Dr. Salimah Walani, Dean of the Algha Khan University School of Nursing, emphasized the importance of supporting and empowering individuals, especially youth, in navigating emotional challenges in today's volatile environment.

In the final panel, "Thriving While Building," the spotlight shifted to

Panelists spoke candidly about the emotional toll of leadership and the importance of values, self-awareness, and vulnerability in building resilient institutions.

The first panel discussion titled "Roots of Impact: Purpose, Pressure & Power" was moderated by Dr. Ayresha Mian, psychiatrist and founder of Synapse, the panel featured thought leaders from across Pakistan, including development sectors, including:

THE EXPRESS
TRIBUNE

Discourse dissects mental health issues haunting leadership

T OUR CORRESPONDENT

KARACHI As mental health challenges continue to rise across Pakistan, with over 24 million people affected, the Centre for Entrepreneurial Development at the IBA Karachi has stepped forward to address the crisis

through an innovative lens - leadership and entrepreneurship.

Joining hands with Synapse - Pakistan Neuroscience Institute, "Crucial Conversations: Stories of Impact," aimed at exploring how purpose, understanding, resilience, and innovation can support emotional well-being across sectors.

German Consul General Dr Rüdiger Lotz gave the keynote address titled "Strengthening Entrepreneurial Support Systems for an Emotionally Healthy Society."

Dr Lotz emphasised the need for cross-sectoral partnerships and systemic support structures to empower individuals, especially youth, in navigating emo-

IBA-CED Director Dr Lalarukh Ejaz kicked off the session with her opening remarks where she doubled down on three clear aims of the session. "Firstly to open up real conversations, then to dis-

sect real opportunities and inspire a new wave of innovation," she said.

The panel titled "Roots of Impact: Purpose, Pressure & Perspective" discussed the emotional toll of leadership and the importance of values, self-awareness, and vulnerability in building resilient institutions.

German Consul General Dr. Rüdiger Lotz gave the keynote address titled "Strengthening Entrepreneurial Support Systems for an Emotionally Healthy Society."

Dr Lotz emphasised the need for cross-sectoral partnerships and systemic support structures to empower individuals, especially youth, in navigating emotional challenges in today's volatile environment.

The final panel, "Thriving While Building," focused on the startup ecosystem examining the mental health issues of entrepreneurs under pressure.

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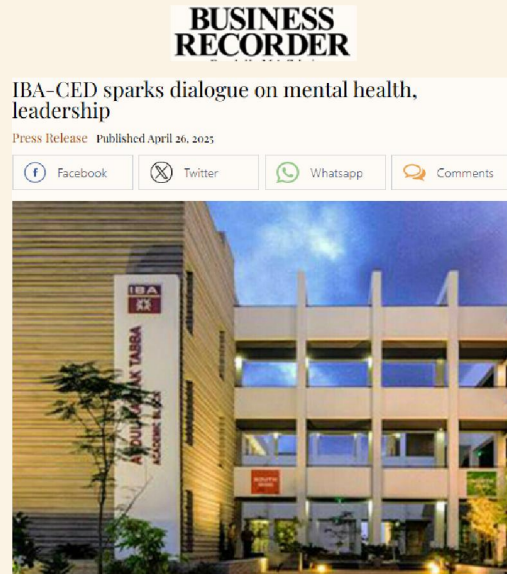
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DIGITAL MEDIA SECTION

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02	Apr 26, 2025	Digital	Business Recorder	IBA Karachi-CED	English	IBA-CED sparks dialogue on mental health, leadership	Positive
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