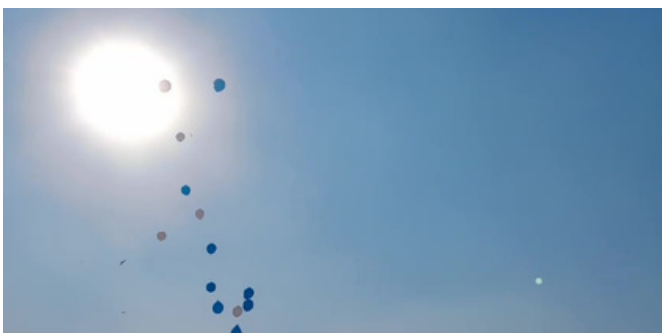




To ensure an enjoyable and fun-filled event, various activities were meticulously planned. We chose an outdoor venue, Student counselors played a pivotal role in ensuring the success of this event. The first activity involved students writing their New Year resolutions on chits, creating a sense of commitment and motivation for the upcoming year. The collected resolutions were then placed in a box.



As the New Year unfolds, people around the world embark on a journey of self-improvement by setting resolutions and goals. This tradition signifies a fresh start, closing the chapters of the past and opening new ones in our lives. On January 23, KINAHS hosted a vibrant celebration of the New Year Resolution Day, bringing together our enthusiastic nursing students and dedicated staff for a lively event.



Moving on to the next activity, students were given another set of chits to write their most challenging memories from the past year, even their worst moments. These written memories were placed inside balloons distributed among the students. We counted down from 3 to 1, releasing the balloons into the sky—a symbolic gesture of letting go of the past and embracing new beginnings.

NEW YEAR RESOLUTION DAY



The collected New Year resolution chits were later distributed among all KINAHS students, serving as a source of inspiration and motivation. The idea was that someone's resolution could be a source of encouragement for another person.

To capture the memorable moments of the day, we took pictures and group photos with students and staff. Adding to the festive atmosphere, we welcomed the New Year with the delightful flavor of happiness. Enhancing the excitement of the event. The New Year Resolution Day at KINAHS was not just a celebration but a meaningful and engaging way to kick start the year with positivity and camaraderie.



Our most competitive students generously opened up and shared their life stories and experiences with KINAHS.



**KARACHI INSTITUTE OF NURSING & ALLIED HEALTH
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