



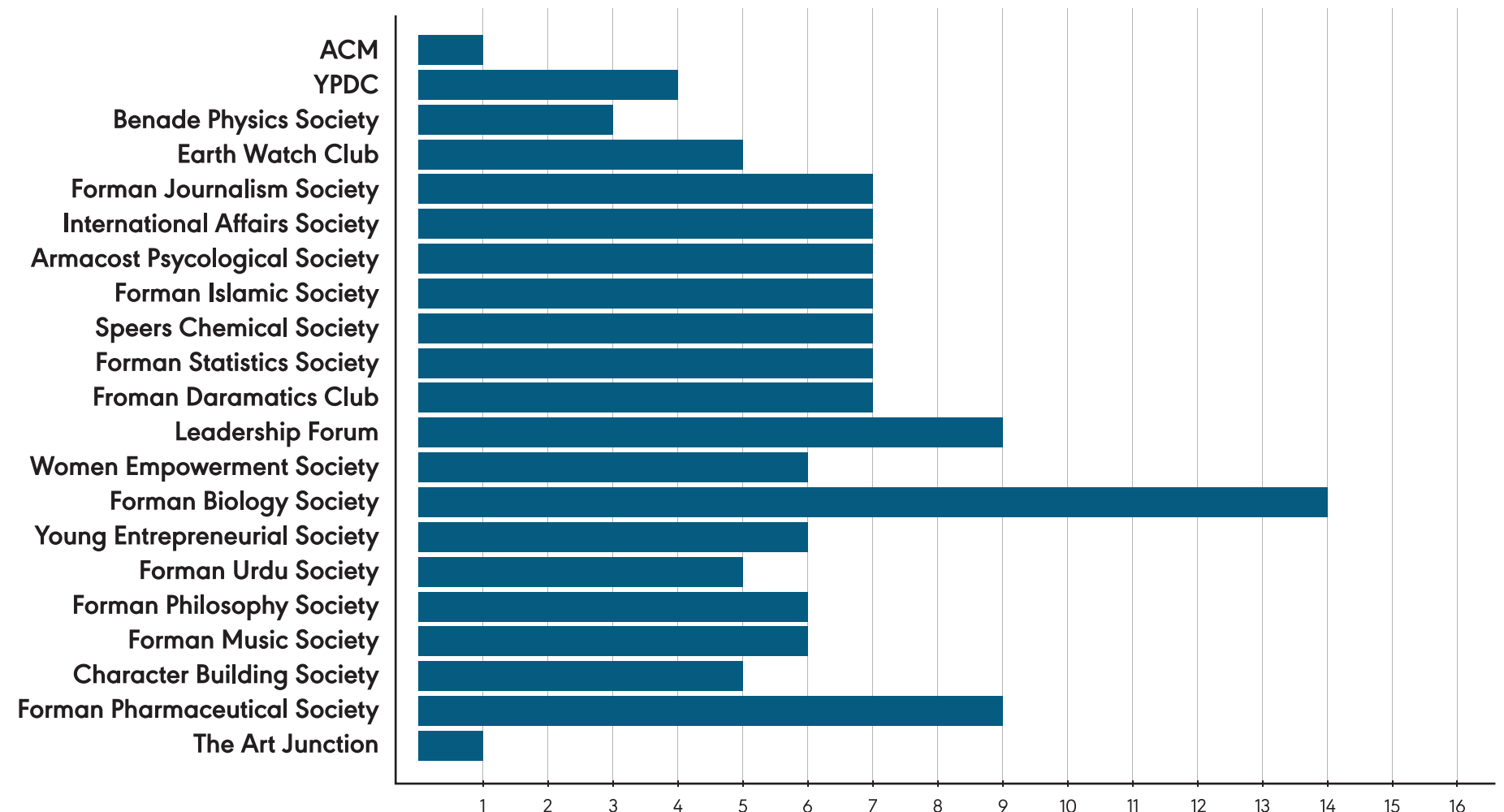
STUDENT AFFAIRS

SPRING 2021



STUDENT ACTIVITIES OFFICE

At Forman Christian College, we encourage students to participate in the various events, campus-wide activities, seminars, and talks organized by our student societies and clubs. Extracurricular events at FC College offer a platform for students to gain public speaking and management skills by engaging with their peers. In Spring 2021, 119 virtual events were organized by student societies. In addition to this, the Student Activities Office successfully organized online presidential elections with the help and coordination of the IT Office.



The chart shows the society engagements and online events conducted by various societies during Spring Semester 2021.

“This annual newsletter is published to share what has taken place in the Student Affairs Department and give an inside look into our programs and services. As a Department of Student Affairs, we have many years of collective experience in the field of higher education. However, none of us has previously experienced a year like 2020. I am delighted to see the resiliency and innovation of the members of this department.

Although facing unprecedented situations, our team consistently looks for ways to best support our students in their educational pursuits. None of us would ever hope for a year like this again, but challenges afford us opportunities. We will move forward, utilizing what we have learned this past year to better serve and support our students. Please continue to seek out ways to encourage students to leverage this year as a growth opportunity while remaining committed to achieving their educational goals.”

KASHIF SHAROON
CHIEF STUDENT LIFE OFFICER

TEDx FCCOLLEGE



The TEDx event is an internationally recognized platform for sharing innovative, community-led ideas. This year the International Affairs Society hosted the first ever live TEDx event at FCCU with Sir Jonathan Addleton, Rector FCCU, as one of the esteemed speakers. Under the theme of ‘One Step Forward’ renowned speakers from the local community of innovators in Pakistan were invited to share their ideas and inspire the FCCU community. Speakers included chefs, police officers, artists, educators and fashion writers, creating a diversity of thought and ideas, leading to thought-provoking discussions and interactive talks that were thoroughly enjoyed by the audience.



FORMAN CHRISTIAN COLLEGE
(A CHARTERED UNIVERSITY)



Farewell to **QUNDEEL RUBBANI**

MANAGER STUDENT ACTIVITIES OFFICE

We would like to acknowledge Mr. Qundeel for his dedication in organizing, managing, and maintaining events in FCCU throughout his tenure in the Student Activities Office. He served in this office from February 2017 to August 2021, and will surely be missed by faculty, administration, and students alike. His service to the institution will never be forgotten.



FAIQA HAIDER

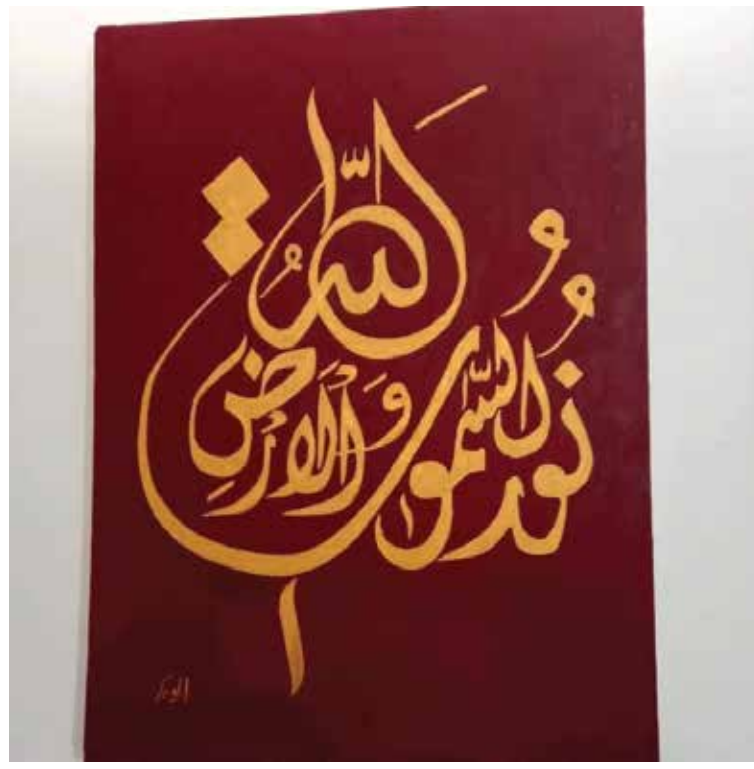
ASSISTANT STUDENT ACTIVITIES OFFICE

COMPETITIONS

KAHOOT COMPETITION

Character Building Society organized the Kahoot Competition in March 2021 for freshman week. This event was a quiz competition on the topic of Heroes and Legends of Pakistan. Mr. Abdul Rehman Bhinder won 1st place in the competition.

FCCU
KAHOOT COMPETITION



FCCU
CALLIGRAPHY

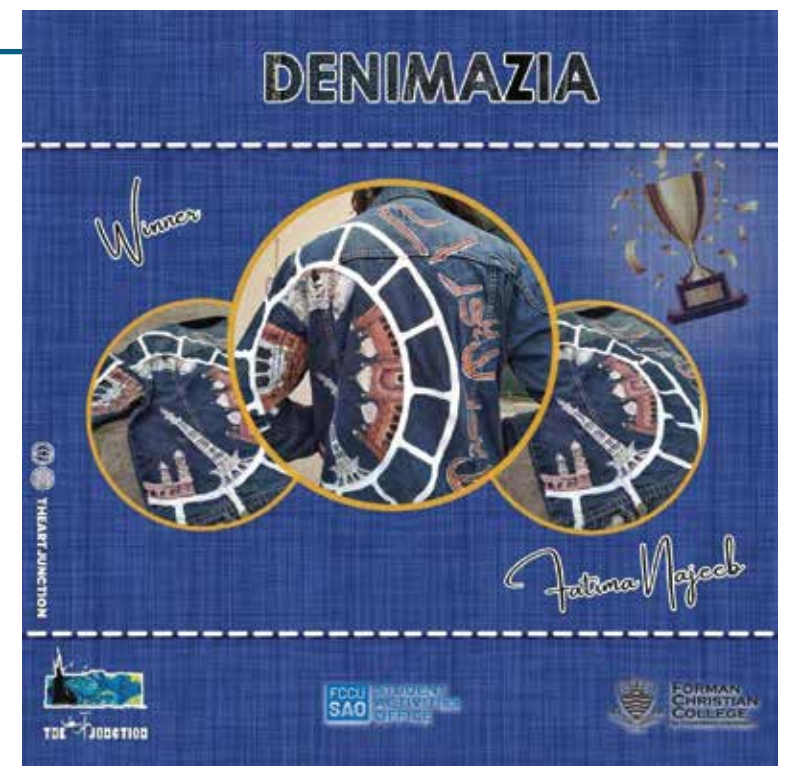
CALLIGRAPHY

Forman Islamic Society organized a Calligraphy competition. The participants submitted their art pieces online. This event was organized completely online and a notable number of students eagerly presented their calligraphic art.

DENIMAZIA

In April 2021, the Art Junction Society arranged a unique online denim fabric competition called DENIMAZIA. Fatima Najeab, with her funky, yet creative layout won this competition by utilizing Lahori aesthetics in an imaginative denim jacket design.

FCCU
DENIMAZIA



INTERUNIVERSITY ACTIVITIES



PARLIAMENTARY DEBATING

The debating team representing Forman Christian College consisted of Muhammad Dawood Khan, Ayesha Ali and Fasaht Chohan. They won the open finals at the International Parliamentary Debating Championship organized by GCU. Furthermore, Muhammad Dawood Khan was announced best speaker of the tournament in the Urdu category.



STUDENT CORNER

Their Voice and Thoughts



"FCCU's Student Activities Office is instrumental in helping organize events proposed by various societies and running them in a way that ensures success, safety and fun for all the people involved. We in the Social Media Cell work to highlight such events so they can be reviewed and revisited. Even being General Manager of Social Media Cell in Student Activities Office hasn't stopped me from participating in events myself, one of which resulted in a roll of honor in Formanites Debating Society in my name. And we hope we can continue doing this work to bring forth all the fun activities happening in FCCU into the limelight."

REHMAN KHALID
GENERAL MANAGER SOCIAL MEDIA CELL,
STUDENT ACTIVITIES OFFICE

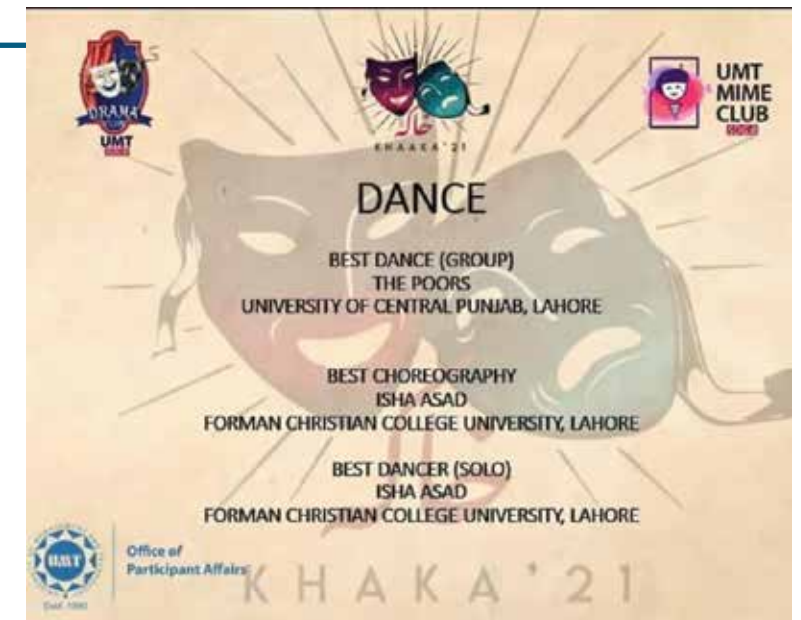


"Perfectly embodying a spirit of resilience and innovation, the Student Activities Office and all the societies have worked hard despite the challenging year to ensure a memorable, fulfilling experience for FCCU. I am proud to have been a part of this unforgettable year which gave us many opportunities to be creative and dauntless."

NATALIA NASEEM
PRESIDENT, INTERNATIONAL AFFAIRS SOCIETY

KHAAKA'21

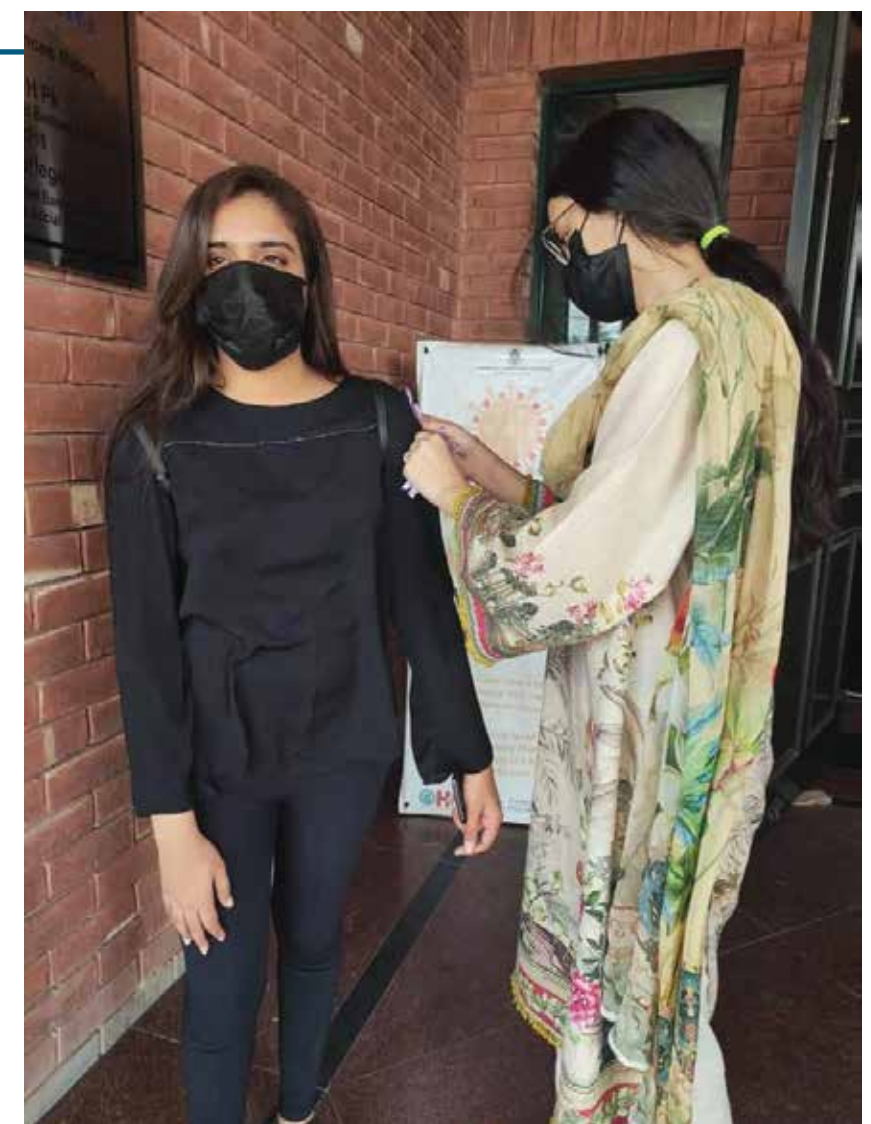
Organized by UMT, the KHAACA'21 brought students from prominent Lahore universities together to showcase their talent in an online drama competition. FCCU students won awards in several categories, including Best Actress, Best Solo Dancer, and Best Actor in a Negative Role.



WOMEN'S DAY CELEBRATION

WOMEN'S DAY

Women Empowerment Society at FCCU, led in the celebration of International Women's Day by distributing purple ribbons - the official international color for the event - among the student body. They also promoted this important day by highlighting notable female role models through awareness posts and offering a variety of seminars and talks. Celebrations like these are an important step toward bridging the gender gap and encouraging an equal, tolerant society.



NATIONAL AND INTERNATIONAL PARTNERSHIPS

Throughout the year, societies organized various events in collaboration with international and national institutions, providing invaluable opportunities for students and staff to broaden their horizons and stay well-equipped in an increasingly globalized world.

NAB Anti-Corruption Workshop

The Character Building Society held an Anti-Corruption workshop on-campus with the NAB Lahore team addressing students at Forman Christian College. This event was a valuable addition to FCCU's growing event roster, improving student awareness and perfectly aligning with the core values of the university.

Day International Research Conference Networking Workshop

The School of Management at FCCU collaborated with the University of Derby, UK for a workshop revolving around key factors for the Center of Supply Chain Improvement. The University of Derby's Center of Supply Chain is a prominent feature of the university where members provide critical insight regarding organizational challenges in supply chain and international operations management.



The Chief Proctor's Office and Sports Office are integral to student life at Forman Christian College. From enabling a positive culture of student conduct to ensuring an active lifestyle, these departments play a crucial role in student development and success. Forman Christian College was one of the first universities in Pakistan to smoothly transition to a fully online semester without significant disruption to the student learning experience, both inside and outside the classroom.

CHIEF PROCTOR OFFICE



ABDUL REHMAN
CHIEF PROCTOR

This year, the Chief Proctor's Office has had the added responsibility of enforcing COVID-19 SOPs at Forman Christian College to ensure the safety of all students, faculty and staff present on campus. The Prefects, working alongside the Proctors, have diligently served FCCU by ensuring effective implementation of COVID SOPs. Their contribution in enforcing the use of masks and physical distancing has helped FCCU successfully operate under a blended mode for two semesters.

SPORTS OFFICE



SHAHZAD NAZIR
HEAD OF SPORTS

RESUMPTION OF SPORTS FACILITIES

Earlier this year, the Sports Office announced the resumption of non-contact sports activities as per government instructions. The office is fully aware of the significance of sports. However, they also believe that student health and safety is of prime importance. Therefore, it was vital to plan for the safety of students in multiple settings to avert the potential risk of disease transmission.

With this in mind, only non-contact sports such as badminton, gymnasium, swimming, basketball, table tennis, cricket, tennis, football and volleyball have been resumed. The gym and swimming facility is also open for students, staff and faculty.

Sports Office organizes, promotes and conducts games. The Sports Board features a very active intramural sports program with competition in athletics, basketball, cricket, football, hockey, table tennis, wrestling, lawn tennis & swimming.





RESIDENTIAL LIFE OFFICE

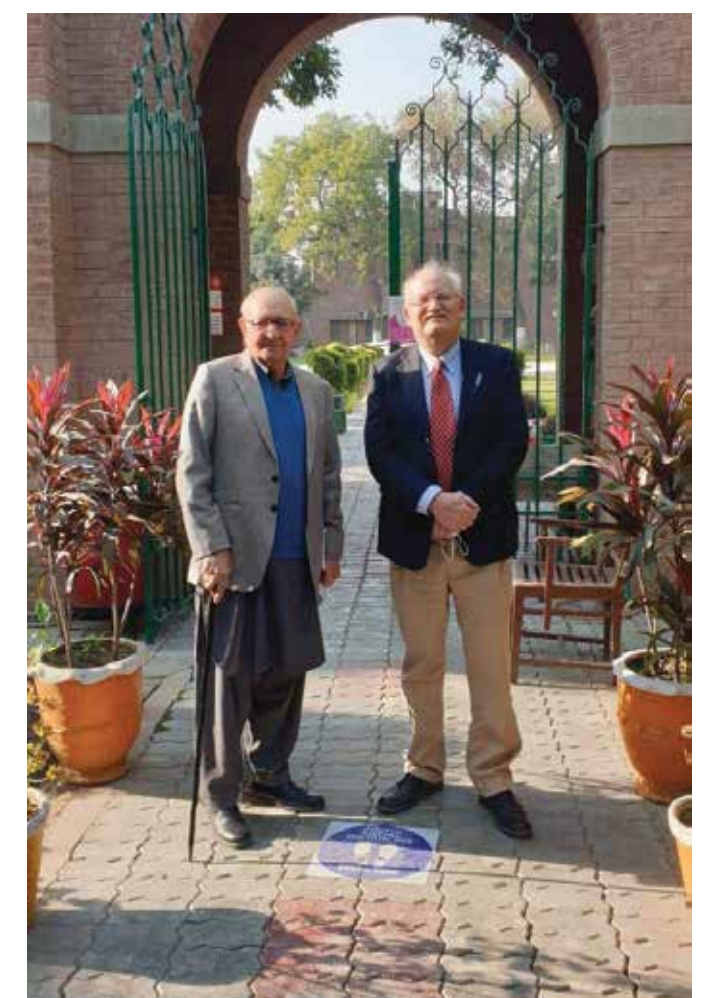


HAROON DAWOOD
HEAD OF RESIDENTIAL LIFE



Forman Christian College has always been a welcome home for students from all over Pakistan. The residential Life Office is a central body involved in ensuring the accessibility of quality education. The office has faced unique challenges this year, however, student education has not been disrupted by the pandemic. During lockdowns, the office actively facilitated students from remote areas like Waziristan, Balochistan, Gilgit, and FATA, as well as students facing internet connectivity issues. The Residential Life Office ensured that these students had access to adequate internet services so that no student was deprived of education.

In response to the pandemic, the Residential Life Office and Financial Aid Office provided hostel financial aid to needy students. Resident Assistants were hired for the period of 2021-2022. Resident Assistants are vital to maintaining a safe and welcoming environment for the residents, and they help the Hostel Guardians in managing tasks. In return, the Residential Life Office facilitates the Resident Assistant with free accommodation and a mess scholarship.



FORMER GOVERNOR OF BALOCHISTAN VISITED GRISWOLD HALL IN JAN' 21

The former Governor of Balochistan and distinguished Formanite, Mr. Muhammad Khan Achakzai, recently visited FCCU. He met the Rector FCCU, Dr. Jonathan Addleton and visited "Griswold Hall" where he had resided as a student from 1959-1963.



CAREER SERVICES OFFICE



SARA PERVAIZ CHUGHTAI
HEAD OF CAREER SERVICES AND INTERNSHIPS

Through the leadership of the Career Services and Internships Office, FCCU supports the professional development of students by providing various opportunities that prepare them for the future. These services range from professional development seminars and workshops to networking opportunities with renowned entrepreneurs and business leaders. Despite the challenges of the pandemic, lockdowns, and working remotely, CSIO successfully managed internship placements for FCCU students, facilitating them with online, remote internship opportunities and equivalent alternatives.

Some key highlights of 2021 include virtual sessions led by the Head of Career Services and Internships, Ms. Sara Pervaiz Chughtai. Under her direction, the office hosted numerous webinars and workshops on the development of a variety of professional skills, including Resume Writing. Several virtual sessions were also conducted, including one by guest speaker, Mr. Umer Ghumman, on "Personal branding for visibility to future employers." In addition to this, the office held MOU signing ceremonies with companies like Milkar.com and Startup Grind, opening new avenues for students at FCCU.



ADNAN ILYAS
MANAGER INTERNSHIPS

HIGHLIGHTS

SESSION BY MR. UMER GHUMMAN



INTERNATIONAL EDUCATION OFFICE

MOU SIGNING CEREMONY WITH MILKAR.COM

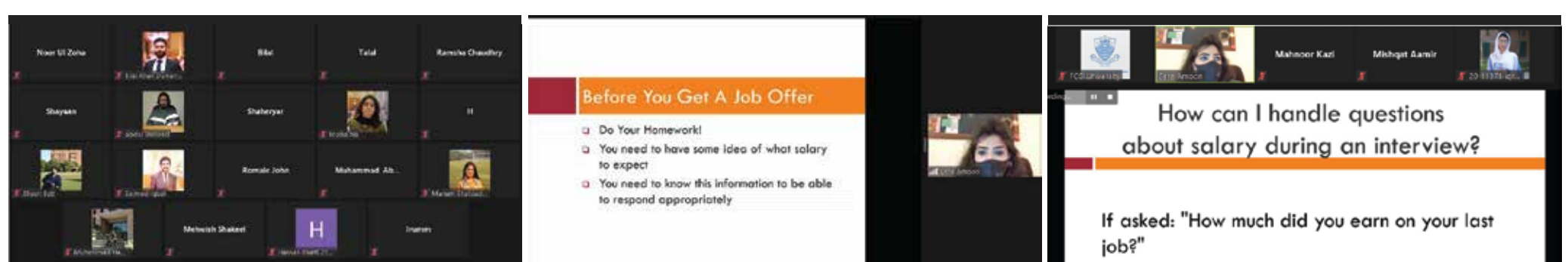


SUMAIYA SHAMSHAD
English Literature
UGRAD Fall 2021

Global UGRAD is a substantive exchange program designed to expose students to the U.S. educational system, society and culture. I have been selected for the UGRAD 2021 Fall group to represent Pakistan and its diverse culture. This would have been a distant dream without the help of the international education office. Ms. Sylvia and Ms. Maryam conducted one-on-one sessions with me, provided me with all the information that I needed to have and were my staunch support throughout the process. I would also encourage other students to apply to these programs since they holistically make you a better person and are instrumental for your growth.



SESSION ON SALARY NEGOTIATION SKILLS



ABDUL RAFAY
BSB Delightful
Istanbul Summer
Online Program 2020

The online exchange program of Istanbul Aydin University was utterly a great experience for me. Styling the course of issues in International and Eurasian politics gave me a whole lot of experience to learn about how the politics of countries affect the world economy and its growth. Sharing thoughts among people with diverse backgrounds and coming up with solutions was something a student should never think of missing. This program was actually a blessing for me to learn in this pandemic situation in such a wonderful online experience. I really appreciate the efforts of IEO who have helped me out throughout the semester in a very positive manner in any kind of problem or query. This program has made me capable of coming up with my perspective easily in front of a larger audience. I surely will want to never miss this opportunity in the coming years as well.



SESSION ON SALARY NEGOTIATION SKILLS





M. SAWAIZ FATAR

Business
Delightful Istanbul
Online Winter
School 2021

Taking an online exchange program is a marvelous experience for me. I was able to interact with students which belonged to different cultures. I learned many new skills which will help me in my career. The services of the International Education Office FCCU during this program was incredible.



JAWAD DASTGIR

English Literature
Geography
UGRAD Fall 2021

Dreams are mysterious. They take one away from the real world to a fictitious creation. They enable one to fly beside clouds and sing with birds. They also urge one to create one's own reality influenced by one's dreams. And in so doing, dreams never fail. Whoever hangs on to them, becomes successful in creating her or his own reality. Global UGRAD was once a dream from me too, like it is now for most of you. All you need to do is to be passionate, resilient and confident enough to hold on to your dreams. Furthermore, I would like to commemorate the timely and productive guidance and support of Maram Sylvia & Maram Maryam during my selection procedure of UGRAD. IEO's efforts for the welfare of formantes are commendable. I recommend you to keep getting guidance from IEO in your selection procedure. Goodluck with your applications!



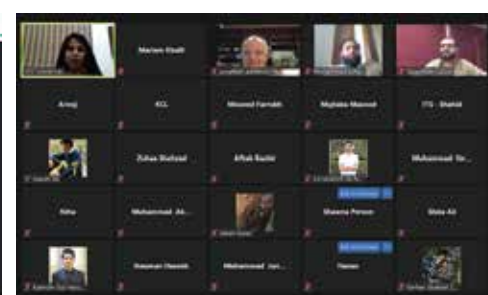
INTERNATIONAL EDUCATION OFFICE

Presenting opportunities for the holistic growth of FCCU students, the International Education Office facilitates students and provides guidance to those interested in an international education experience. The office is dedicated to enhancing the student learning experience by offering new avenues for growth in an increasingly globalized world. Numerous information sessions were conducted online to offer guidance and support, including UGRAD information sessions and the 2021 International Education Expo.

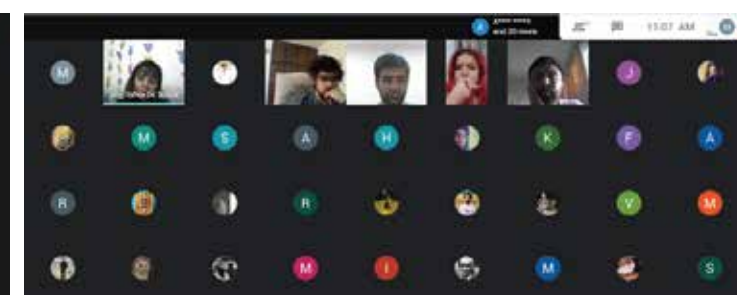
In 2021, the office saw great success with 19 postgraduate scholarships published. Ten students were selected for an online Summer 2021 term, and 8 were provided with the opportunity to study in leading international institutions for Fall 2021.



UGRAD Session with principal candidates



EXPO Day 1



UGRAD Information Session

CAMPUS COUNSELLING CENTER



BANDAGI ZAFAR

ADMINISTRATOR CAMPUS COUNSELLING CENTER

The Campus Counseling Center is integral to student life at FCCU. They're at the forefront of mental health awareness and education, promoting a culture that prioritizes emotional wellbeing and reduces the stigma attached with discussions centered around mental health. Dealing with the ongoing pandemic and the sudden shift to online classes and blended semesters has led to increased pressure on students and has brought additional mental health challenges. The Campus Counseling Center, led by Ms. Bandgi Zafar, has been committed to finding creative avenues to offer support for the unique challenges students are facing.

Over the past year and half, the Counseling Center has moved to a "telehealth" model and has utilized online platforms for counseling sessions. Additional support was provided through various workshops organized by the department. Ms. Amber Ijaz and Ms. Zahra Saghir Hashmi led sessions on Anxiety Management, Conflict Management, and Time Management, while Mr. Arman Ahmed offered a session on Stress Management.





MERCY HEALTH CENTER

Over the past year and half, the Counseling Center has moved to a "telehealth" model and has utilized online platforms for counseling sessions. Additional support was provided through various workshops organized by the department. Ms. Amber Ijaz and Ms. Zahra Saghir Hashmi led sessions on Anxiety Management, Conflict Management, and Time Management, while Mr. Arman Ahmed offered a session on Stress Management.

As scientists around the world worked tirelessly to produce safe and effective vaccines against COVID-19, health professionals came alongside these efforts to promote the importance of receiving the vaccination. Extensive campaigns have been conducted globally, and Mercy Health Center, likewise, took initiative to educate the FCC community on the significance the vaccine plays in slowing the spread of the virus. When the Government of Pakistan initiated a vaccination drive, Mercy Health Center elaborated the procedure for registration and utilized social media to encourage FCC employees, students, and residents to receive the vaccine.

For the latest updates, follow us on:

Instagram: mhc.fccu

Facebook: Mercy Health Center FCCU

KEEP FOLLOWING ALL RECOMMENDED SOP'S TO PROTECT YOURSELF AND OTHERS FROM COVID-19.

FCC Mercy Health Center

#STOPTHESPREAD

REGISTER YOUR DOMESTIC HELP, DRIVER, GARDENERS, THEIR ELIGIBLE FAMILY MEMBERS FOR THE COVID-19 VACCINE THAT MIGHT NOT KNOW THE REGISTRATION PROCEDURE.

Together, the smallest changes make the largest impact

FCC Mercy Health Center

HOW TO REGISTER FOR COVID VACCINATION?

A STEP-BY-STEP LOOK ON HOW YOU CAN REGISTER FOR COVID VACCINATION

- STEP 1**
Send CNIC number to 1166 or register for vaccination on NIMS website.
www.nims.nadra.gov.pk
- STEP 2**
Vaccination center and Pin Cod will be intimated through SMS.
- STEP 3**
Request another center if needed by calling 1166 or NIMS website.
- STEP 4**
Date of appointment will be communicated through SMS.
- STEP 5**
On scheduled date, visit the vaccination center, along with CNIC and Pin Code verification.
- STEP 6**
Get vaccinated!

#STOPTHESPREAD
For assistance in registration, visit [Mercy Health Center](#) or call 0300-0642006

FCC Mercy Health Center

#STOPTHESPREAD

GET VACCINATED!

Walk in Covid-19 vaccinations for all over 18 years.

FCC Mercy Health Center

Book your appointment for COVID-19 vaccination by calling 1166 or visit NIMS website.

FCC Mercy Health Center



NEWSLETTER CREDITS



NAIRA FRANCIS
ADMINISTRATIVE ASSISTANT
STUDENT AFFAIRS OFFICE

LEAD



SAWAIZ FATAR

CONTENT



NATALIA NASEEM



JAMSHED ZAMAN



AQSA AZAM

GRAPHICS



KINZA ZAHID



TAYYAB IFTIKHAR



FORMAN CHRISTIAN COLLEGE
(A CHARTERED UNIVERSITY)

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FCCollege | Department of Student Affairs

Instagram

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Twitter

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Youtube

FCCUniversity

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