

CHARACTER BUILDING PROGRAM

FORMAN CHRISTIAN COLLEGE



INTRODUCTION OF THE PROGRAM

The Character Building Program has been introduced at Forman Christian College, under the vision and guidance of Dr. Ivan Suneel Samuel, Vice Rector College. The purpose of the program is to initiate dialogue and discussion about the core values of Forman Christian College and other different topics like personality development, development of healthy habitual patterns and many other related concepts in our classrooms. Through this initiative we are helping our students in reflecting upon their patterns of thinking and behaving and in learning different ways to improve themselves on an ethical and moral basis.

Dr. Ivan Suneel, Vice Rector College, has made Character Building class a part of the regular teaching which reflects his commitment towards educating the youth that is equipped with a strong moral character.

Through this program, students are given an opportunity to practice core values through different in-class and out-of-class activities. These include poster competitions, debates, community service projects and other relevant activities.

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VISION OF THE CHARACTER BUILDING PROGRAM

The vision of the character building program is to make our students understand the core ethical values of Forman Christian College, to make them care about those values and to act upon them in their academic and personal lives. The aim is also to make our students aware of the standards of behavior at FCC and also to be mindful of their patterns of thinking and behaving.

MESSAGE BY THE COLLEGE VICE RECTOR

At Forman, we believe in the holistic development of our students. One of the aspects of holistic development heavily relies upon helping students gain education that will help them to learn new knowledge, skills, and competence to navigate through life. The other one is to help our students build a stronger character by learning important values that have stood the test of time, values that transcend the barriers of all cultures, countries, and religions, values that make us truly human in every sense of the word. It is beautifully said by someone that “We can change with an ever- changing world if we have a changeless core within.” We believe that our students need both competence and character to walk this planet with pride and joy and to make it a better place for those around them. It is our belief that we have an incredible opportunity to influence the minds and shape the lives of our students so that they would go out into the world to serve and lead with a strong character and greater competence.



Happy Character Building!

Dr. Ivan Suneel Samuel - College Vice Rector

MESSAGE BY THE COLLEGE COORDINATOR

Character education is not a “quick fix.” It provides long-term solutions that address moral, ethical, and academic issues of growing concern to our society. It is a learning process that enables students to understand and act on core values such as integrity, respect, justice, civic virtue and citizenship, and responsibility for self and others. On such core values, we form the attitudes and actions that are the hallmarks of safe, healthy, and informed communities that serve as the foundation of our society.

Students who learn character traits have better success both at college and outside the college. They learn to be more forgiving, responsible, caring, and compassionate. They are more likely to cooperate with others, tolerate different viewpoints, and to respect the needs of others.



Dr. Lubna Amer - College Coordinator and Head of the Chemistry Dept.

MESSAGE BY THE INCHARGE FOR COURSE CONTENT AND COURSE ACTIVITIES

As much as we want our students to be avid learners and achievers in life, we also must aspire to invest our efforts, time and energy into helping them in developing strong characters. We must teach our students the importance of being respectful, considerate, open and empathetic and more so, being kind. We must make sure that we are not just teaching these important values in our classes but also strive to show these values through our own behaviors. We must help our students develop into conscious beings who are willing to introspect and alter their ways of thinking and behaving. This program is a stepping-stone towards shaping the lives of our students in a way that they cannot just contribute with skills and knowledge but also with practicing and exemplifying great standards of behavior. Wish you all the good luck in contributing towards this very imperative cause.

Nabila Naphthali



MESSAGE BY THE INCHARGE OF COURSE EVALUATION

FCC's motto "By love serve one another" cannot be implemented unless supported by a kind, humble and generous community that knows how to communicate and understand each other effectively. It is from here that we find the true purpose of the Character-Building program, that is, to ensure that students, faculty, and staff members are enlightened with the essential core values so that they can show respect, compassion, gratitude, and love to one another and serve with humility and dignity anywhere they find themselves to be. This year, character-building classes' prominent feature remained the "Reflective Essays" that are written by the students after completing each topic. These essays are carefully evaluated to gauge the quality of the character-building classes.

Atif Shakeel Saroia



CHARACTER BUILDING COURSE MANUAL

To make the Character Building initiative, rigorous and effective, a course manual has been designed by the Committee for Content Development for Character Building Program. The purpose of the manual is to facilitate faculty members from different fields to be able to uniformly teach the core values of FCC. The course manual includes 11 chapters (7 Core values of values of FCC along personality grooming, habits and diversity and acceptance). The course manual includes definitions, different teaching strategies to teach and different methods to assess student learning and understanding.

COMMITTEE FOR CONTENT DEVELOPMENT



Ms. Eram George
Member
Head of the English
Department and Associate
Professor



Ms. Nabila Naphtali
Convener
Assistant Professor of
Psychology and Head
College Guidance Office



Mr. Atif Saroia
Member
Associate Professor of
Economics and Deputy
Controller Examinations



Mr. M. Umer Chaudhry
Member
Assistant Professor of
Physics and Deputy Chief
Proctor



Mr. Mohsin Manzoor
Member
Assistant Professor of
English

MEETING WITH MRS. FIONA ADDLETON

The Committee for Content Development also had the honor of having a meeting with Mrs. Fiona Addleton. During the meeting the content of the Character Building Course Manual was reviewed and many new topics were discussed to be further incorporated in the course manual in the future.



TEACHER TRAINING SESSIONS FOR CHARACTER BUILDING CLASSES AT FACULTY RETREAT'21

A full day training session was conducted as a part of the Faculty Retreat, on August 25th, 2021, to equip the FCC faculty members for teaching the FCC core values and related topics that have been included in the course for the Character Building Classes.

A total of ten training sessions were conducted by the members of the committee. The session on Personality Grooming was conducted by Ms. Nabila Naphtali. Ms. Eram George conducted the sessions on Integrity and Respect for the Dignity for Each Human Being. The training sessions for Habits, and Discipline and Accountability were conducted by Mr. Mohsin Manzoor. Sessions on Diversity and Acceptance, Excellence and Service were conducted by Mr. Muhammad Umer Chaudhry. Mr. Rehan Sohail conducted the training sessions on Fairness and Justice, and Community.



POSTER COMPETITION FOR THE CHARACTER-BUILDING PROGRAM, 2022

Forman Christian College organized its first 'Poster Competition for the Character Building Program' on the 25th of May, 2022. A total of sixteen posters were selected to be showcased in the competition from both first and second year classes. The posters were made on different topics and core values that are taught in the Character Building classes, such as Dignity and Respect, Excellence, Community, Diversity and Acceptance, Mental Health and Habits.

The presentations were evaluated by a panel of dignitaries of Forman Christian College. It included Mrs. Fiona Addleton, Dr. Gloria Caleb, Associate Vice Rector for Academic Affairs, Miss Shawna Person, Chief Student Services Officer, Mr. Douglas David, Chief Human Resource Officer and Mr. Asif Anwar, General Manager Procurement and Fixed Assets.

The winners were awarded with appreciation certificates by the honorable panelists and the Worthy Vice Rector College, Dr. Ivan Suneel Samuel.



REFLECTIVE ESSAYS

We truly believe at FCC, that behavioral change and alteration in thinking patterns are not possible without reflection and introspection. As a part of the Character Building Program, we have introduced a regular practice of writing reflective essays at the end of every topic/section. Students write about the different things that they learn in the class, become aware of something new and different ways they will incorporate these new ideas and ways of thinking.

EXCERPTS FROM THE REFLECTIVE ESSAYS

“I have heard many times that we should give respect and have respect, so this has created a mindset that if you are receiving respect then we should give respect or if we are getting respect, we should expect the same behavior and treatment from others. But that is not the reality of the world. I have finally understood that I have to give respect to everyone on my behalf without expecting the same behavior from others. Maybe he or she will treat you aggressively or rudely but I should not lose my patience with them.”

Respect for the Dignity of Each Human Being

Taha Sheraz

26-05146

2H1

“For example, one day a cashier gave me extra money after I paid the bills for the grocery. I have a bad habit of not counting the change. When I came back home, I realized that I had a 1000 more than I should’ve had. At once, it felt funny and lucky to me. But deep down, it was not acceptable for me. So I went back to the grocery store and returned the extra amount. The cashier was pleasantly surprised and thanked me. The smile on his face was priceless and I felt proud of myself for being honest.”

Integrity

Sohaib Irfan

26-01525

2M5

REFLECTIVE ESSAYS

“When the CB class began my personal definition of excellence would have either been success, morality or a combination of the two, but by the end of the class this definition changed. Excelling in life is not just a simple emotion that we experience when something goes our way, but a great feeling of contentment. Contentment to the point where one loves everything about what they do, from their family to their job, to their social status in life. I believe that this excellence takes some time and a lot of hard work to achieve. However, I think that everyone is capable of eventually achieving excellence. This excellence is exactly what I now strive to achieve and it has become my major goal in life”

Excellence

Saad Masood

26-02333

2E3

“I learnt in this portion of C-B class that we all have to consider ourselves accountable for our actions then and only then can human society develop or progress. As a student I hold myself accountable for my actions. After joining FCC I very soon realized that if I will be late in my classes there will be a consequence of it. If I am not in a proper uniform again there will be consequences for it. If I do not perform very well in my exams there will be consequences. So these college rules and regulations are in fact for my own benefits.”

Discipline and Accountability

Aksheed Faiz

2H4

