



# CHARACTER BUILDING PROGRAM

## FORMAN CHRISTIAN COLLEGE, LAHORE



## 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

In addition to fostering a deep passion for learning and achieving success among our students, it is imperative that we prioritize the development of their character. We must invest our efforts, time, and energy into guiding them towards cultivating qualities such as respect, consideration, openness, empathy, and, above all, kindness. Merely teaching these values in the classroom is not sufficient; we must strive to exemplify them through our own behavior. Our aim is to help our students become conscious individuals who are willing to introspect and adapt their thoughts and actions. This program serves as a crucial stepping-stone in molding the lives of our students, enabling them to contribute not only through their skills and knowledge, but also by embodying and practicing high standards of behavior. We extend our heartfelt wishes to all those who are dedicated to this vital mission.

**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

The Committee for Content Development created a comprehensive course manual to enhance the effectiveness and rigor of the initiative. This manual serves as a guide for faculty members from different disciplines, helping them teach the core values of FCC consistently. With 11 chapters encompassing the 7 core values of FCC, along with topics such as personality grooming, habits, diversity, and acceptance, the manual offers definitions, teaching strategies, and assessment methods. The Committee is also working on developing a workbook with the objective of encouraging active learning by incorporating exercises, activities, and opportunities for reflection.

# 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

## POSTER PRESENTATION FEEDBACK COMMITTEE



The feedback committee for the Character Building Poster Competition, 2023 was formed to review the presentations of the participating students and to provide feedback. The committee members, Ms. Susan Baker, Mr. Muhammad Umer Chaudhry, and Mr. Arooj Justin, along with Ms. Nabila Naphtali carefully assessed each student's presentation, considering factors such as clarity of content, organization, delivery, and overall effectiveness.

# POSTER COMPETITION FOR THE CHARACTER-BUILDING PROGRAM, 2023

2nd Annual Poster Competition for the Character-Building Program was organized on the 13th of April, 2023. A total of 16 posters were selected to be showcased in the competition from both 1st and 2nd 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 and Personality Development.

The presentations were evaluated by a panel of dignitaries of Forman Christian College. It included Mrs. Eileen Dass, Chief of Staff, Dr. Rukhsana Zia, Director of Center of Learning and Teaching, Mr. Haroon Dawood, Head of Residential Life and Mr. Hanook Walter, Senior Manager of Events Reservation and Facilities. Musa Bin Amer (2H1) secured the 1st position, Muhammad Sherayr Malik (2M9) secured the 2nd position and Faseeh ur Rahman (1M1) secured the 3rd position. The winners were awarded with appreciation certificates by the honorable panelists and the Worthy Vice Rector College, Dr. Ivan Suneel Samuel.



# CAPACITY-BUILDING SESSION ON REFLECTIVE ESSAYS

A capacity building session was organized for all the faculty members to help them understand the pattern and structure of a reflective essay, its difference from descriptive essays and in what ways faculty members can help students write better essays in the Character-Building Classes. Mr. Mohsin Manzoor from the Department of English was the resource person. It was held on December 20th 2022.



# FACULTY APPRECIATION CEREMONY

A faculty appreciation ceremony was organized to recognize the efforts of the faculty members in their Character-Building classes and the Annual Poster Competition. The honorable Vice Rector, Dr. Ivan Suneel, the honorable Coordinator Dr. Lubna Amer graced the occasion and presented tokens of appreciation to the faculty members. The Vice Rector shared in detail his vision regarding the Character Building classes and the Annual Poster Competition for the next session.



# REFLECTIVE ESSAYS

FCC emphasizes the importance of reflection and introspection for bringing about behavioral change and altering thinking patterns of its students. As part of their Character-Building Program, a practice of writing reflective essays at the end of each topic or section is implemented. Students are encouraged to write about what they have learned in class, any new awareness they have gained, and how they plan to incorporate these new ideas and ways of thinking into their lives.

## EXCERPTS FROM THE REFLECTIVE ESSAYS

"In order to make this world a better place, we need a fair and just society. This can only be achieved by good ethics and morality, when people maintain their integrity by using fair means in all ways. We have to be sincere and committed with ourselves and take part in eradicating false and corrupt activities. Treating everyone equally plays a great role in fairness and providing all with equal living opportunities to progress will bring ultimately a just society. We should be the elements for promoting this strong value of fairness and justice by staying honest and fair in our dealings and day to day activities. It should be that much deeply inculcated in our character that no one or nothing could grip us or slip us from our character of being just and fair."

Mohammad Ali  
1E-9, 244402933  
Fairness and Justice

"Unfortunately, the reality is that not everyone embraces diversity. In fact, discrimination and marginalization are all too common in many parts of the world. These attitudes can lead to harmful outcomes, including exclusion, isolation, and the perpetuation of harmful stereotypes.

To counteract these negative outcomes, it is crucial to foster acceptance in society. This means creating environments that are welcoming and inclusive of all people, regardless of their background or identity. Acceptance requires open-mindedness, empathy, and a willingness to learn about and appreciate different cultures and viewpoints.

There are many ways to promote acceptance in our communities. For instance, we can start by actively seeking out and engaging with people from diverse backgrounds and making a conscious effort to understand and respect their experiences and perspectives. We can also support policies and initiatives that aim to create a more inclusive and equitable society, such as anti-discrimination laws and diversity training programs."

Hafiz Muhammad Waqar  
1E-8, 244402805  
Diversity and Acceptance



# REFLECTIVE ESSAYS

"As a student I have lots of habits: both good and bad. I am always striving to improve myself as a person so that I can become a civilized person for society. One of my bad habits which I want to get rid of is indecisiveness, which I believe if I can get rid of that then I will be able to make better decisions. These decisions can make a significant impact on my life. As for accountability I personally hold myself accountable for my failures and will wholeheartedly take responsibility for my actions if they have dire consequences.

Muhammad Yousaf Warsi

2M7, 27-01710

Discipline and Accountability

"Just as one act of disrespect can harm someone, one act of appreciation, recognition, or respect can improve relationships and even repair broken ties. Life really is a two-way street — kindness and fair treatment will always have a good outcome.

At a young age, my parents told me to stop being careless about how I treated others. "Actions have consequences," they said. One small action can go a long way when we recognize our inherent human dignity. The secret to any good relationship, be it one with our siblings, parents, or friends, is treating all people with respect.

Rana Ali Arshad

2M-10, 27-01037

Respect and Dignity of Each Human Being

