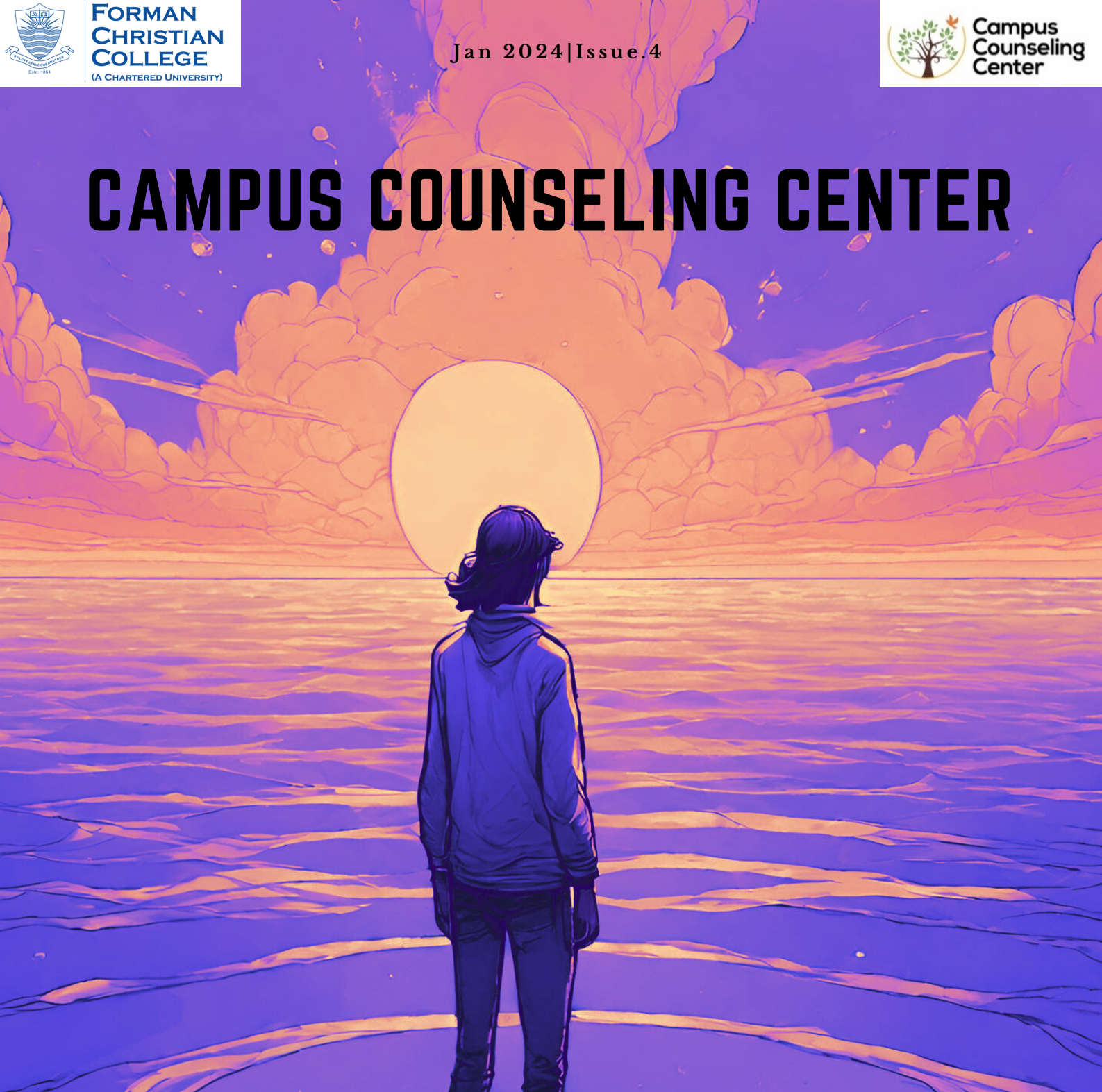


# CAMPUS COUNSELING CENTER



## THE LATEST FROM CCC:

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## Editor & Graphic Designer:

**ZAHRA S. HASHMI**  
Clinical Psychologist  
Campus Counselor  
Campus Counseling Center

## Co Editor:

**BANDGI ZAFAR**  
Administrator

**AALEEN ZAFAR**  
Clinical Psychologist  
Campus Counselor

# UPDATES

The Campus Counseling Center has achieved significant milestones throughout the past year, marking notable progress in its commitment to the well-being of the campus community. The Center is pleased to disseminate the following updates:

The Campus Counseling Center proudly launched its inaugural magazine, 'The Sanctuary'—a designated safe space for students to freely express themselves. This platform serves as an informal outlet for students to showcase their creative talents and perspectives.

Furthermore, the Campus Counseling Center released its third issue of the Dispatch, contributing to the broadcasting of valuable information and resources pertaining to mental health within the university community.

The Campus Counseling Center organized workshops and trainings throughout the year to promote the FCCU audience's awareness of mental health concerns. The purpose of these workshops and training is to educate the community.

They teach that discussing experiences, vulnerabilities, and shared concerns regarding mental health is acceptable, thereby attempting to reduce the stigma associated with mental health. Notably, the Campus Counseling Center embarked on a groundbreaking journey by organizing its inaugural Mental Health Week. This week-long event was dedicated to raising awareness and promoting a deeper understanding of mental health issues among the campus population.

In summary, the Campus Counseling Center's endeavors throughout the year underscore its commitment to creating a supportive and informed campus environment.

Through innovative initiatives and thoughtful programs, the Center continues to play a pivotal role in fostering mental health awareness and well-being within the university community.



# NOTE FROM THE ADMINISTRATOR

**MS BANDGI ZAFAR**

ADMINISTRATOR  
CAMPUS COUNSELING CENTER

As the Administrator of the Campus Counseling Center, I take a moment to reflect on the transformative journey that was 2023. It has been a year of both challenges and triumphs, shaping the landscape of mental health support on our campus. Our dedicated team at the Counseling Center worked tirelessly to adapt and innovate, ensuring that our services remained responsive to the evolving needs of our FCC community. Together, we faced the complexities of the modern collegiate experience, offering a safe haven for those seeking guidance and support. One of our notable achievements in 2023 was organizing the first ever Mental Health Week at FCCU, fostering a culture of open dialogue around mental health.

The efforts to destigmatize seeking help have borne fruit, creating an environment where individuals feel empowered to prioritize their mental well-being. Looking forward, I am excited about the possibilities that 2024 holds for us. Let us continue to build on the foundation we've established, furthering our mission to provide accessible, compassionate, and effective counseling services to all students.

Meet THE Team



**Bandgi Zafar**  
Administrator



**Zahra Saghir Hashmi**  
Campus Counselor  
Graphic Designer, Editor



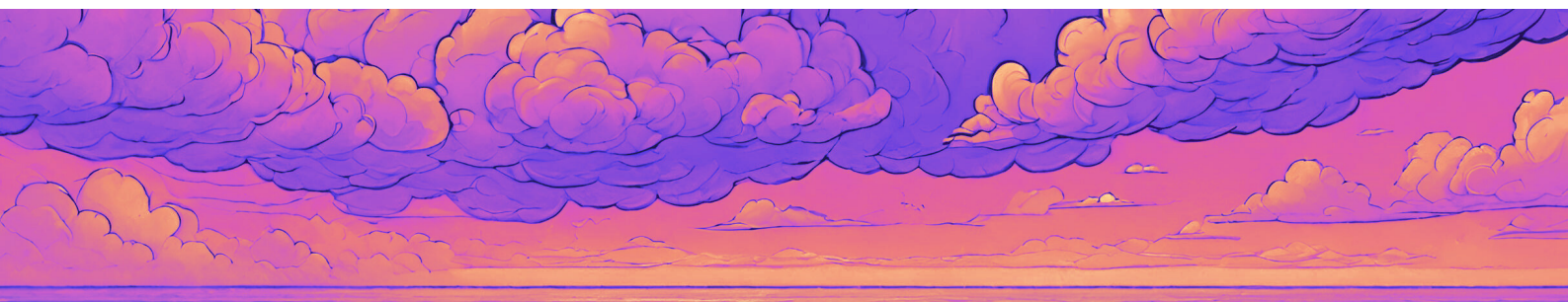
**Sabrina Asim**  
Campus Counselor



**Aaleen Zafar**  
Campus Counselor



**Syeda Saniya Zehra**  
Campus Counselor





# REFLECTIONS FROM THE TEAM

Ms. Zahra Saghir HASHMI  
Clinical Psychologist Campus  
Counselor

*"Hope is the constant fight the mind has to survive." ~ZSH*

This past year at the Campus Counseling Center (CCC) has been a mix of highs & lows, but undeniably a success. We proudly launched our first magazine & orchestrated an engaging Mental Health Week that received overwhelmingly positive feedback from students and staff, showcasing our commitment to a supportive campus. A big shoutout to our dedicated CCC team – none of this would have been possible without them! Amidst a busy year with numerous clients & cases addressing mental health concerns, we recognize the challenges in a world saturated with tough news and constant social media updates. As mental health professionals, our role is demanding, yet we're here to navigate & provide support. Let's remember the global context and its impact on our sense of security. Counselors, too, are human, facing an ever-changing environment. In the face of adversity, compassion and kindness propel us forward.

Ms. Syeda Saniya zehra Clinical  
Psychologist Campus  
Counselor

The past year has been a mixture of professional challenges and accomplishments. As a mental health practitioner it is rather satisfying to see how mental health is being destigmatized at least in the vicinity of this university, as students and staff members reach out to CCC. It is evident that the population at large has started seeing mental health challenges as a point of concern which can be managed rather than topics that one needs to hide away from. This year has come with its fair share of ups and downs. We currently reside in a setting where there are a number of global challenges which if not directly, but are indirectly affecting us in our own capacities. As a mental health professional I believe we have been rather successful in extending our empathy even during difficult times. My time at CCC has been a great learning curve in extending my support towards the FCCU community in all ways possible.



Ms. Sabrina Asim Clinical  
Psychologist Campus  
Counselor

The university years of an individual are emotionally and intellectually more demanding than almost any other stage of education. At this stage, an individual faces a great deal of pressures & challenges that pose a variety of social and emotional-behavioral problems. This year we've experienced an extensive variation & renewed uprisings in prevailing societal issues and for many, a collision of all of the facets of our lives coming together.

During the course of this year, I have observed students seeking professional help to be struggling with more multifaceted problems such as mood disturbances, anxiety, impairment of self-concept & interpersonal problems which significantly impact their daily functioning. These observations highlight a range of challenges & concerns of university population. They reflect the importance of clinical training needed to support and serve vulnerable individuals. More than ever, people are talking about their mental health problems without a fear of judgment from others. Understanding mental health trends in education helps us create more awareness around mental health from the ground up, & proactively address the challenges & generate space for identifying healthy ways to cope with adversity. As individuals, staying informed about these trends & actively participating in sessions on mental health, helps us develop a more compassionate & inclusive community where everyone has the opportunity to thrive.

Ms. Aaleen Zafar Clinical  
Psychologist Campus  
Counselor

2023 has been a wonderful year. As a mental health counselor, it is always joyous to see young people develop a greater understanding of the importance of mental health, both theirs & of those around them. Mental health week by CCC in collaboration with different societies personally gave me a chance to witness everyone's enthusiasm, wonderful ideas and creative contributions towards creating healthier spaces. I hope we can move into the new year with greater enthusiasm and responsibility to take care of & check up on all those around us. Community and positive social connections are an essential backbone of each individual's mental health. As a therapist I hope I have played my part in teaching valuing coping skills and improving our relationships with ourselves & others, to those who have sought counseling from me. Hoping to aim for these same goals in 2024!

# WORKSHOPS



FORMAN CHRISTIAN COLLEGE  
FCCU, CAMPUS COUNSELING CENTER  
PROUDLY PRESENTS

Campus Counselling Center

## CONFLICT MANAGEMENT

*Be Strategic in the midst of a Conflict*  
— Albert Einstein

PARTICIPATION  
**CERTIFICATE**  
WILL BE AWARDED  
\*Terms & Conditions Apply

**SPEAKER**  
Ms Zahra S. Hashmi  
Clinical Psychologist (MSCP)  
Campus Counseling Center, FCCU

**MODERATOR**  
Ms Bandgi Zafar  
Administrator  
Campus Counseling Center, FCCU

**ON MARCH 13, 2023, 2PM**

Join the discussion  
by registering on the link provided  
<https://forms.gle/LCLyQX1akakLax1V8>

Digitally Created By Campus Counselor Zahra Saghir Hashmi

## Conflict Management

Ms. Zahra Saghir Hashmi conducted workshop on Conflict Management held on March 13, 2023. Participants dived into an insightful session and gained valuable knowledge and skills for effective conflict resolution.

## Anger Management

Stepped into the realm of emotional well-being with our Anger Management Workshop led by the seasoned facilitator, Ms. Sabrina Asim. On March 22nd, 2023, participants gathered for a day of self-discovery and growth.



FORMAN CHRISTIAN COLLEGE  
CAMPUS COUNSELING CENTER

Campus Counselling Center

## ANGER MANAGEMENT

**SPEAKER**  
Ms Sabrina Asim  
Clinical Psychologist (MSCP)  
Campus Counseling Center,  
FCCU

**ON 22nd March, 2023, 2 PM**

Join the discussion  
by registering on the link provided or scan  
to register  
<https://forms.gle/35UDuZjKyJf5YkF66>

Digitally Created By Campus Counselor Zahra Saghir Hashmi



**Anxiety Management:** Achieving Peace of Mind; A Recap of the Anxiety Management Workshop Hosted By Ms. Aaleen Zafar  
On April 12th, 2023, Ms. Aaleen Zafar, our Campus Counselor, led an Anxiety Management workshop. Ms. Aaleen shared tips and tricks for alleviating stress and maintaining inner peace.

**Creative Resilience: How to Flourish in the Face of Life's Challenges** (29th Nov, 2023) While getting on with our lives, we tend to encounter plenty of barriers and issues which distract us from our real path.

Through all of the challenges and transitions that we experience, we need to stay focused and take care of ourselves and the people around us. The workshop provided a profound learning experience for the FCCU staff and students to acquire new skills and become proficient in developing more positive attributes to prevent problems from becoming a source of hurt and grief for us, as well as mastering productive coping strategies that will help navigate life's ups and downs!

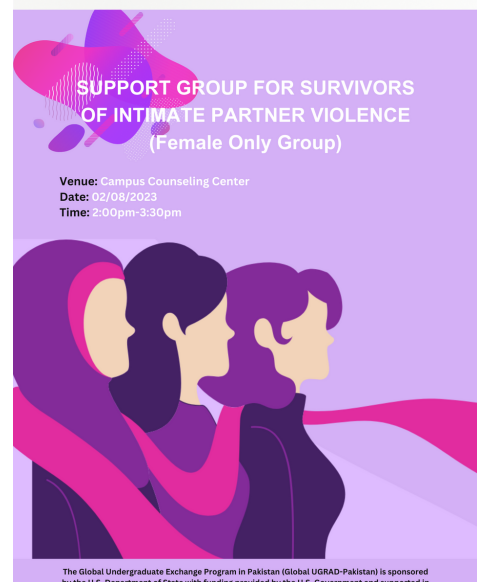




## Intimate Partner Violence

On 2nd August, 2023, Campus Counseling Center in collaboration with USEFP held a group discussion on “Intimate Partner Violence” for female students at FCCU.

The discussion was targeted at educating the audience about different forms of abuse which are likely to arise in relationships, alongside familiarizing them with the terminology related to emotional abuse. Some participants in the audience shared their experiences and how they have coped with abuse in the past.







The purpose of the discussion was to identify healthy and unhealthy patterns in a relationship and how they impact mental health. After the discussion, a brief art therapy activity was organized for the attendees, where they were given the prompt to paint anything which they identify as a 'safe space'.





## Training Workshops

The Campus Counseling Center (CCC) consistently demonstrates dedication in coordinating comprehensive training sessions for both the campus community and its counselors. With a proactive approach to addressing pertinent issues, CCC has invested substantial efforts throughout the year to design and implement various training programs. Notably, CCC has significantly heightened awareness of suicide and self-harm on campus by delivering suicide first-aid training.

Furthermore, CCC has effectively managed numerous mental health emergencies within the hostel facilities. In recognition of the unique challenges faced by hostel staff and residents, the Campus Counseling Center has introduced an innovative training initiative specifically tailored for FCCU hostels—namely, the Psychological First Aid Training program. This distinctive program aims to enhance the well-being of hostel residents and staff, reflecting CCC's commitment to fostering a supportive and resilient campus environment.



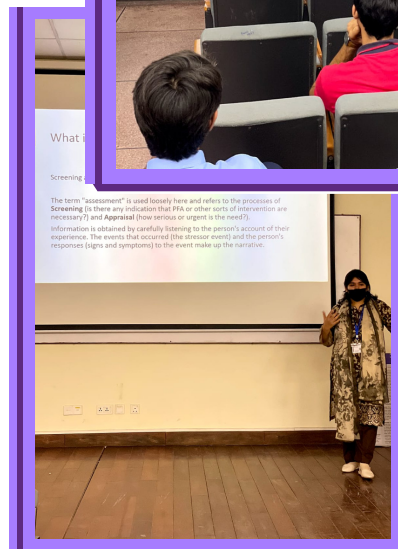
# Psychological First Aid Training

## Psychological First Aid Training (PFA):

Campus Counseling Center organized two training sessions on Psychological First Aid which were held on 25th August 2023, conducted by Ms. Aaleen Zafar (Campus Counselor), and Ms. Syeda Saniya Zhera. This PFA training was intended for hostel staff, management and student residential assistants. Participants were awarded certificates.

## PFA Objective:

The objective of Psychological First Aid is to address basic needs and reduce psychological distress through the provision of a caring, reassuring presence, as well as education on common stress reactions. It empowers the individual by highlighting their strengths and fostering their existing coping abilities.



# Professional Trainings

## Training on Bipolar Disorder and Its Treatment

**By Ms. Amna Nawaz**

(24th February, 2023) Ms. Amna Nawaz visited the Campus Counseling Center to lead a thorough two-hour training session on Bipolar Disorder and its treatment. The emphasis of the training was on therapeutic approaches, coupled with careful medication usage. The presentation provided a thoughtful exploration of Bipolar Disorder within the context of the disease concept.



# MAGAZINE

## The Sanctuary (A Safe Space)

This year we introduced the Counseling Center's magazine, The Sanctuary: A Safe Space.

We were greatly inspired by the multitude of voices within our tight knit community. We presented this magazine as a safe space for these diverse, heartfelt voices, and aimed to provide them a platform for growth and development. With this magazine our intention was to host a therapeutic space for Formanites, where they could share their stories and express their emotions in a variety of creative ways, These included writing, painting, photography, poetry etc.

All the entries made by Formanites in this magazine represented efforts made to introspect and connect with one another through their unique emotional expression. We appreciate your contribution, openness to vulnerability and support towards the Forman community. at large. We were delighted to provide a safe space for you and feel honored that you decided to share your entries with us!

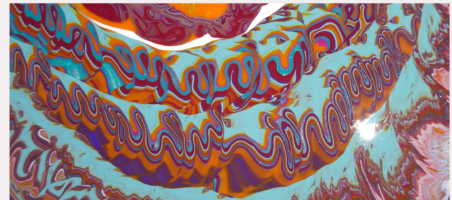


### THE SANCTUARY

A SAFE SPACE

ISSUE #1

2023



### ARTWORK

BY RIDA FATIMA MAGSI

Each painting has taught me to play with colors and it also taught me that even if it gets messed up, it's still art. Painting teaches you consistency, dedication, and stability. I get a chance to create different patterns, designs and textures. Sometimes accidental paintings turn it to be the best ones.



# MENTAL HEALTH WEEK 2023

## Community Yoga



Yoga Instructor: Samra Tariq  
Date: 16 Oct 2023

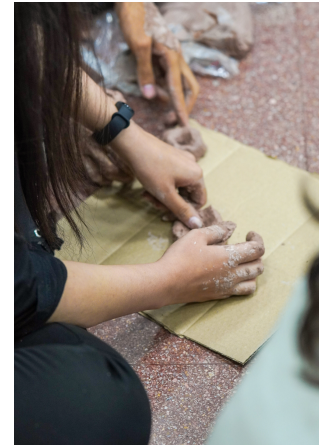


"Circa Community Yoga: October 16, 2023"



Embarking on a journey of self-care: Mental Health Week 2023 kicked off at the Campus Counseling Center with a rejuvenating community yoga session led by the incredible Samra Tariq. Dive into the serenity that unfolded, beautifully captured by the lens of the Forman Photography Society.

## Clay Workshop



Instructor: Aaleen Zafar, Sabrina Asim & Syeda Saniya Zehra (Campus Counselors Campus Counseling Center)  
Date: 16 Oct, 2023

"Exploring the Intersection of Creativity and Mental Wellness: CCC and Armacost Psychological Society join forces for a Transformative Clay Workshop. Aaleen Zafar, Sabrina Asim and Syeda Saniya Zehra, Campus Counselors from the Campus Counseling Center, guided participants in crafting small vessels from clay. An insightful journey aimed at promoting mental health and stress relief. Captured beautifully by the lens of Forman Photography Society. CCCxArmacostPS"

## **Trust Circle: Conversation With A Stranger**



**Hosted by CCC x APS Date: 16 Oct, 2023**

**Unlocking Dialogue: CCC and APS join forces to spark conversations on Mental Health. Our unique event challenged participants to sit back-to-back with strangers, initiating profound discussions and icebreakers. An eye-opening experience revealing the impact of anxiety on crucial mental health conversations. The event was covered by Armacost Psychological Society.**

## **Art Therapy Workshop**



**Instructor: Minal Maqbool Malik**

**Date: 17 Oct, 2023**

**Unlocking Creativity and Wellness:**

**The Art Junction x CCC A fusion of mindfulness and self-expression in our art therapy workshop led by the incredible Minal Maqbool. Brought to you by the dynamic collaboration of Campus Counseling Center and The Restorative Niche, hosted by the visionary student society, The Art Junction.**

**Beautifully captured by the lens of Forman Photography Society.**

# Talk: Mental Wellbeing as an Influencer

Guest Speaker: Abdullah Maroof aka Bawa Jee

Date: 18 Oct, 2023



"Circa Abdullah Maroof aka Bawa Jee: October 18, 2023"

Circa Society President The Art Junction Ghulam Fareed Sukhera: October 18, 2023.

"The Art Junction, in collaboration with CCC, proudly presents a thought-provoking session featuring Abdullah Maroof, renowned as Bawa Jee, a distinguished Nigerian-Pakistani influencer boasting a substantial following of 50.4k across social media platforms. He shares insightful perspectives on the profound influence of fans and fame on mental health. The event was covered by Forman Photography Society.



# Poetry Slam

Hosted By: CampusCounselingCenter x  
ArmacostPsychologicalSociety

Date: 18 Oct, 2023

"Unleashing Emotions Through Verse: A Poetry Slam by the Campus Counseling Center and Armacost Psychological Society!" Participants were warmly encouraged to share their heartfelt poetry with a receptive audience. The primary objective was to provide a platform for individuals to articulate and express their emotions through the art of poetry, offering unique insights into the diverse ways people convey their feelings through the written word.



# Poster Competition

Led by Ms. Zahra Saghir Hashmi, Campus Counselor at CCC and Advisor for Univ 100 Section FF, the passionate students of Section FF took the reins to organize an impactful event dedicated to mental health awareness. Through their final project, they translated dedication into action, crafting thought-provoking posters that underscored the importance of mental well-being.

This endeavor served as a profound learning journey for the Univ100 students, showcasing their adept application of diverse skills acquired during the UNIV 100 course. Effective time management, clear communication, and thorough research were evident in every aspect of the event. The students' collective commitment and tireless efforts were instrumental in ensuring the resounding success of this meaningful initiative.



Circa Poster Competition Winners, October 18, 2023, from Right to Left: Ms. Sabrina Asim, Ms. Syeda Saniya Zehra, Ms. Aaleen Zafar, Ms. Bandgi Zafar, Ruqqaya Mansoorn, Umme Asia, Mohibullah, Zartaj, and Ms. Zahra Saghir Hashmi.



"Circa Poster Competition: 2nd Position, October 18, 2023"

# Bake Sale & More



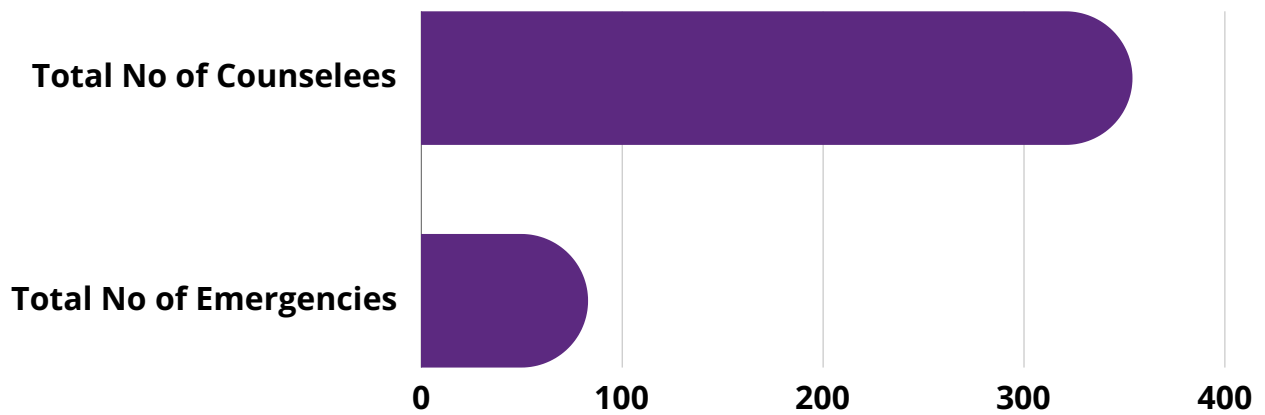
"Circa Poster Competition: 3rd Position, October 18, 2023"



Circa the last day of Mental Health Week 2023 - October 18, 2023. Right to Left : Anwar , Ms. Zahra Saghir Hashmi, Ms. Bandgi Zafar, Ms. Syeda Saniya Zehra, Ms. Aaleen Zafar, Ms. Sabrina Asim, and Asfahan.

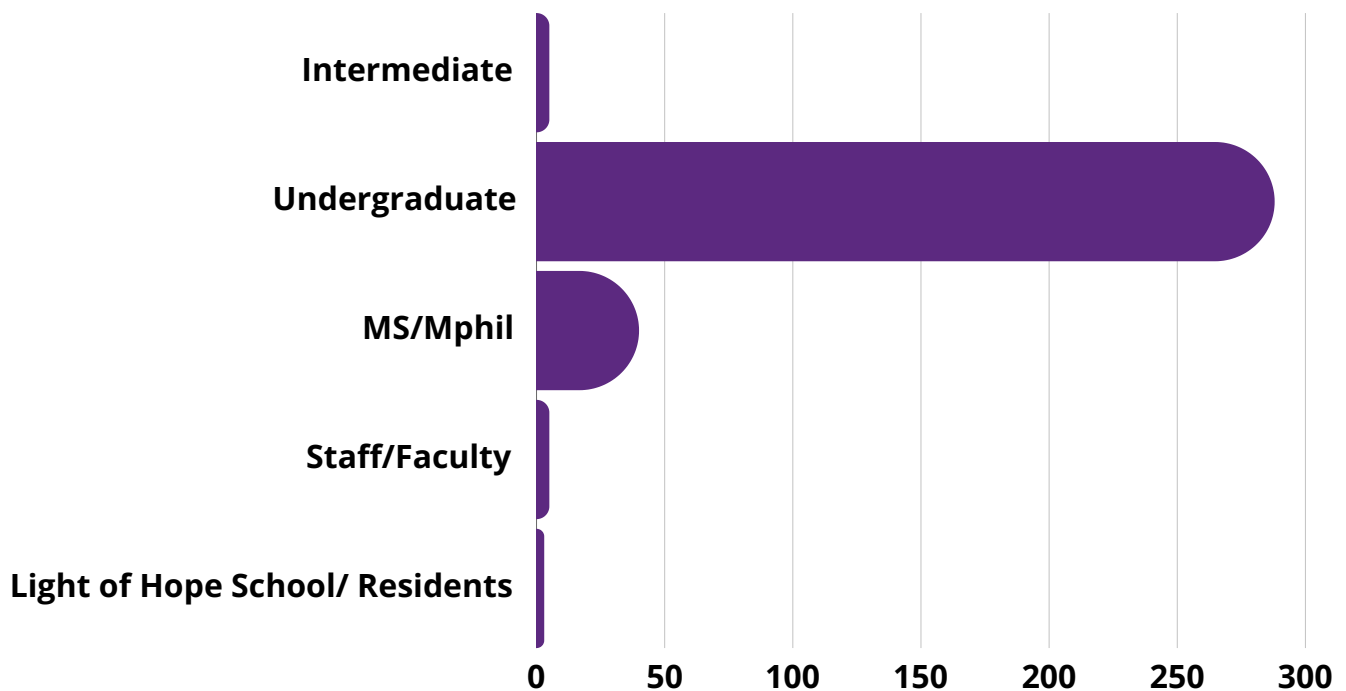


## Individual counseling sessions January- December 2023



Graph 0.1. The graph above shows the number of accommodated requests for counseling and emergencies.

## Individual counseling sessions January- December 2023



Graph 0.2. The graph above shows the percentage of counselees from intermediate, baccalaureate, masters, and professional degree.

# NOTE

We extend our gratitude to you for dedicating your valuable time to peruse this newsletter. The Campus Counseling Center wishes to express appreciation for your discerning awareness of mental health issues and the profound significance it holds in our community.

Our unwavering commitment and resolve to aid individuals seeking assistance underscore the significance of our collective efforts. Recognizing the parity between physical and mental well-being, we navigate an ever-evolving global and domestic landscape that defies conventional categorization.

Your continued support is invaluable as we endeavor to foster a campus environment that prioritizes the well-being of every individual.

Editor's Note  
Zahra S. Hashmi  
Campus Counselor  
Campus Counseling Center

## EMAIL

ccc@fccollege.edu.pk

## CONTACT

0334-4330052



***Bulletin: The Dispatch 2023***



***Magazine The Sanctuary  
(A Safe Space)***