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Introduction of the Department

The Department of Social Sciences offers five mutually exclusive disciplines. These include Political Science (Civics), Psychology, Education, Geography, and Ethics. The Department of Social Sciences includes a total of six faculty members and it offers best quality teaching and instruction to all sections of Humanities group and Non-Muslim students of all groups that are offered at FC College.

Vision and Mission Statement

The vision of the Department of Social Sciences is to offer the best quality teaching and strives to create an environment that can nurture, shape and inspire our students to be committed to excellence, fairness, leadership and service to others.

Chief Editor

Ms. Nabila Naphtali

Editorial Team

Mr. Haroon Gill

Ms. Naureen Akhtar

Ms. Rukhsar Zakria

MESSAGE BY HEAD – DEPARTMENT OF SOCIAL SCIENCES

Dear esteemed readers,

Warm greetings!

It brings me great joy to present to you the fourth edition of the Annual Newsletter from the Social Sciences Department for the academic year 2023-24. This edition provides a comprehensive overview of the multitude of activities orchestrated by our dedicated departmental team, coupled with our fervent commitment to education and service within the Forman community.

We firmly believe that our endeavors within the Social Sciences Department are instrumental in nurturing the next generation of leaders who will champion positive change on a global scale.

Throughout this academic term, our primary focus has been on delivering excellence in teaching and fostering critical thinking skills to equip our students for future success. Through our esteemed student club, the Freud Club, we have provided enriching opportunities for students to cultivate confidence, teamwork, leadership, and managerial prowess.

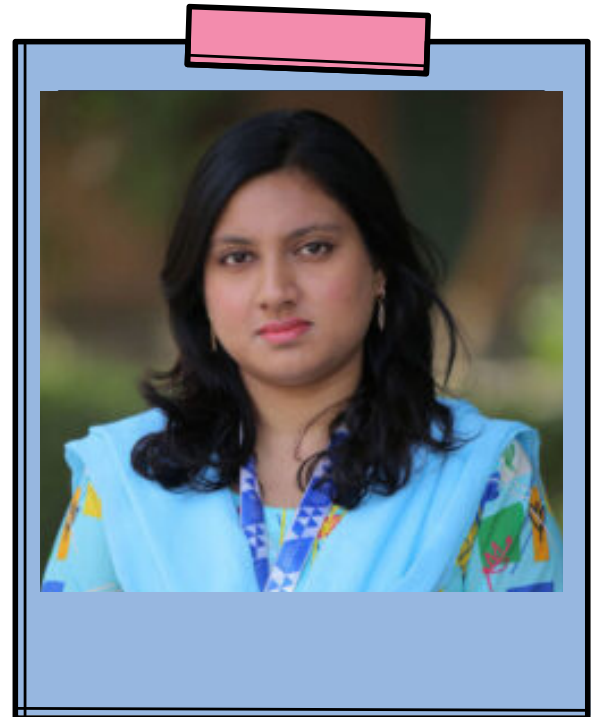
We firmly uphold the belief that by providing quality education and avenues for co-curricular engagement, we empower our students to emerge as competent professionals and proactive contributors to Pakistani society.

I extend heartfelt gratitude to the college administration and esteemed colleagues for their unwavering support and collaborative efforts in advancing our shared mission.

Warm regards,

Nabila Naphtali

Head of Department of Social Sciences



FACULTY – DEPARTMENT OF SOCIAL SCIENCES



Ms. Nabila Naphtali
Assistant Professor Psychology & Head



Mr. Kamran James
Associate Professor – Civics



Mr. Salman Munir
Assistant Professor – Geography



Mr. Haroon Gill
Lecturer – Education



Ms. Naureen Akhtar
Lecturer – Ethics



Ms. Rukhsar Zakria Bhatti
Lecturer– Ethics

Departmental Teaching Practice Sessions

April 22-25, 2024

The purpose of these sessions was to foster a culture of continuous learning and professional development. The faculty members not only learned from each other but were also encouraged to reflect on their practices, set goals, and pursue ongoing improvement. Constructive feedback helped to refine their skills and address areas for improvement.

Teaching Practice Session 1 – Civics

Topic: State and its Elements

Mr. Kamran James, the resource person employed various tools to make learning engaging while teaching the topic. He used multimedia to explain concepts better, even created paper props to demonstrate new ideas. Towards the end, he stressed on the importance of the topic based on the guidelines provided by the BISE.



Teaching Practice Session 2 – Education

Topic: Learning and Methods of Learning



Mr. Haroon Gill delivered his lesson on "Learning and Methods of Learning" to help fellow faculty members to understand the concept of learning. He discussed various methods and cognitive processes crucial for education, emphasizing on the importance of recognizing unique learning styles. The participants were engaged with interactive techniques, integrated new material, and shared valuable BISE exam strategies to enhance practical skills.

Teaching Practice Session 3 – Psychology

Topic: Stress and The Stress Response

Ms. Nabila Naphtali opened her teaching session through a dialogue with the participants by posing questions, fostering an interactive learning environment. Additionally, she enriched the lecture by sharing supplementary information not covered in the textbook but highly relevant to the topic at hand, thereby enhancing the depth of understanding among participants. To reinforce learning, she devised a worksheet comprising of open-ended questions, encouraging critical thinking and application of concepts.



Teaching Practice Session 4 – Geography

Topic: The Action of Rivers

Mr. Salman Munir initiated his lecture by engaging fellow faculty members with questions related to the topic. He demonstrated effective strategies for approaching lengthy questions. In addition to verbal explanations, he complemented his teaching with sketching diagrams to enhance understanding, especially emphasizing their importance in the BISE exams. He incorporated real-world examples, showing images of river action and various stages of river development. These visuals served to reinforce the concepts being discussed.



Teaching Practice Session 5 – Ethics

Topic: Dr. Muhammad Younis

Ms. Rukhsar Zakria Bhatti employed an engaging approach to the teaching-learning process. Beginning with interactive questioning, she uninterruptedly engaged the participants, fostering a collaborative learning environment. Throughout the class, she provided insights into tackling questions in alignment with the BISE pattern. She shared additional information deemed essential for the BISE exam, enriching the students' learning experience.



Teaching Practice Session 6– Ethics

Topic: Foundation and Expansion of Christianity



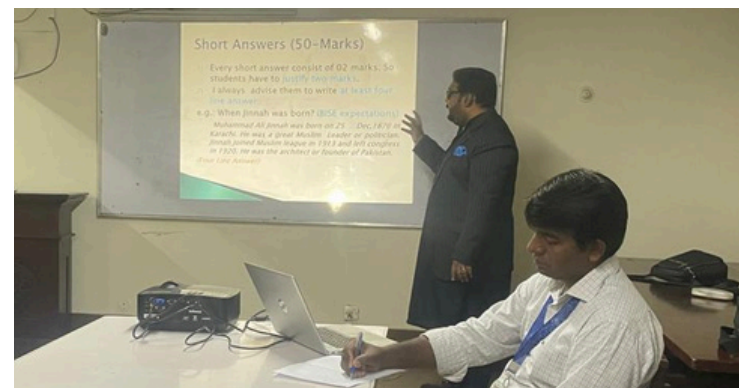
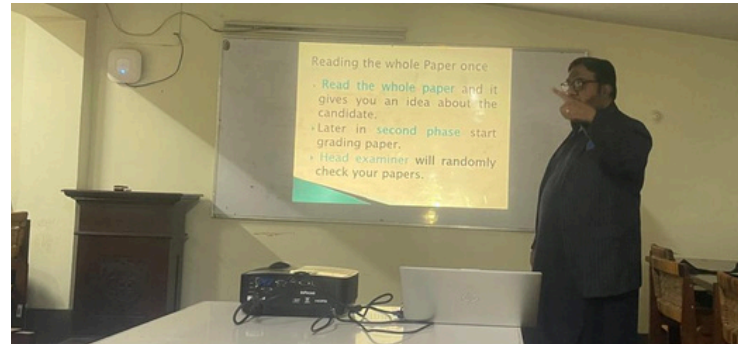
Ms. Naureen Akhtar began her lesson by posing questions that sparked curiosity and encouraged participants to share their previous knowledge. She explained the foundation and growth of Christianity, going beyond the confines of the textbook to provide valuable insights. Utilizing the whiteboard, she thoroughly outlined the structure for approaching the BISE exam questions, ensuring how to attempt them effectively. Furthermore, she shared supplementary material, such as an additional book with maps and history timeline providing a deeper understanding of the topic.

Capacity Building Sessions

Effective Marking & Feedback Improving the BISE Results

Resource Person: Mr. Kamran James

Mr. Kamran James stressed on the significance of precise marking techniques for both short and long questions. A balanced marking approach was recommended. He advocated for the creation of rubrics to standardize the marking process, reduce biasness, and ensure fairness. He also stressed on the need for timely and constructive feedback.



Strategies to Avoid Students Failure in the BISE Examination

Resource person: Mr. Salman Munir

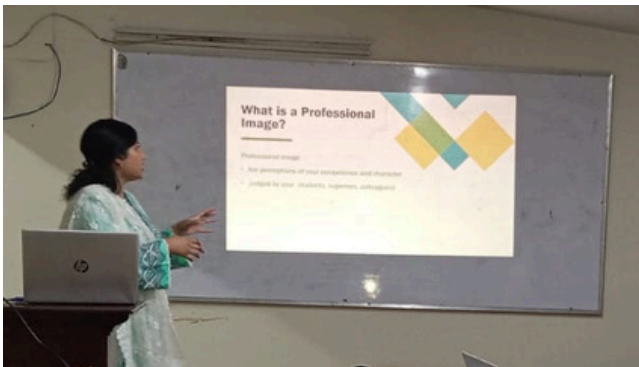


Mr. Salman Munir shared his personal challenges regarding the BISE uncertainty of paper pattern, leading to low grades of students. To improve students' grades, he introduced strategies like flexible test dates, short questions, multiple tests without immediate grading, practical tasks, and separating long questions assessments. These strategies significantly improved grades and reduced students failures. He also demonstrated basic BISE exam approaches, aiming to guide students towards better results.

Professional Image Building

Resource person: Ms. Nabila Naphtali

Ms. Nabila Naphtali led a session on cultivating strong professional image, emphasizing on the difference between attitude and behavior. She discussed strategies for creating a positive image, highlighting how supervisors perceive and evaluate individuals. Key strategies included appropriate attitude, behavior, non-verbal communication, and work appropriate attire, all impacting professional perception and a positive professional image.



Activities of Social Sciences Club 2023-2024

Session on Academic Excellence

October 26, 2023

The session 'How to Make Academic Year Successful?' was organized by Social Sciences Club where Mr. Haroon Gill, the resource person emphasized on setting clear goals to achieve academic excellence. During the session self-discipline, effective time management, developing practical study habits, and managing stress as crucial tools were highlighted to be successful. The students showed great interest in the topic by posing a number of questions which allowed them to articulate their current understanding of the topic.



Commencement of New Academic Session, 2023- 24



The classes for new academic session 2023- 24 commenced on August 24th, 2023 for 2nd Year. The students were warmly welcomed by the Social Sciences Club members and were also provided with information for their respective subjects and guided toward their academic blocks.

Participation of Social Sciences Club in SciNovation, 2024 January 30, 2024

The students from the Social Sciences Club participated in SciNovation 2024. The Geography students Shafiq Masih-1H2 presented a model on Volcanism, Sahil Abbas -1H2 displayed a poster on Pollution, and Zia ud Din -1H2 exhibited a model on Atmospheric Layers. Muhammad Muazzam Ali from 2H1 also presented a model on Psychology. The models and posters were highly appreciated by the jury and faculty members. The students not only confidently presented their models and posters but also responded various queries posed by the jury and faculty members.



Ethics Preparatory Seminar

Resource person: Ms. Naureen Akhtar
Facilitators: Ms. Rukhsar Zakria Bhatti & Mr. Haroon Gill

A 2.5 hours Ethics Preparatory Seminar for Intermediate Part-II students was organized on Feb. 26, 2024. The core purpose of the seminar was to press with the utmost urgency, meeting students as a larger group to discuss the subject matter and related issues. The full syllabus was reviewed, and important questions were emphasized during the session. The students were also familiarized with the BISE paper pattern, marking scheme and time allotment. The seminar helped students to perform well in internal (Pre-board) exams held in March 2024. Altogether 60 students attended the seminar. The students were awarded with certificates of participation at the end of the seminar.



Faculty Members' Achievements



1. Mr. Salman Munir Ph.D Scholar successfully submitted his PhD Dissertation titled "Drought Monitoring and Hazard Assessment for Climate Resilience in the Punjab, Pakistan" to Doctoral Program Coordination Committee (DPCC), University of the Punjab, Lahore on 01 January 2024. The thesis is under process of foreign evaluation.

Research Papers Publications by Mr. Salman Munir

1. Munir, S., & A. Shirazi. (2023). LONG-TERM DROUGHT ANALYSIS AND HAZARD ASSESSMENT USING SC-PDSI IN THE PUNJAB, PAKISTAN. Pakistan Journal of Science, 75(04), 652–659.

Retrieved from <https://pjosr.com/index.php/pjs/article/view/988>

2. Farasat, S. Siddiqui, M. Ghous, A. Shafqat, A. Hanif, M. Sohail, S. Munir, & Muhammad Jabbar. (2023). EXPLORING THE PARADOX OF POPULATION GROWTH AND FOOD RESOURCES IN PUNJAB – PAKISTAN: REASSESSMENT IN THE LIGHT OF MALTHUSIAN THEORY. Pakistan Journal of Science, 75(04), 741–751.

<https://doi.org/10.57041/pjs.v75i04.1032>

3. Munir, S., & A. Shirazi. (2023). A COMPREHENSIVE REVIEW OF DROUGHT IN PAKISTAN. Pakistan Journal of Science, 75(03), 560–568.

Retrieved from <https://pjosr.com/index.php/pjs/article/view/987>



2. Mr. Haroon Gill successfully completed his Ph.D Education Coursework from the University of Management and Technology (UMT) Lahore. He also has cleared his Ph.D comprehensive exam in March 2024 and currently engaged with research work.

3. Ms. Nabila Naphtali successfully completed "Learning How to learn for youth- An online non credit course authorised by Arizona State University offered through Coursera on December 19, 2023.



Faculty Members' Achievements

4. Mr. Haroon Gill Ph.D scholar in Education presented a research paper in the 2nd International Conference on Education, [\(RE\)forming & \(RE\)imagining Education](#) at FCCU held on Feb 23-24, 2024 on the topic of "Cultivating Global Citizens: The Crucial Role of Teachers in Peace Education and the Impact on Created Student Support Systems."



5. Ms. Naureen Akhtar was awarded with [Peace Award](#) in recognition of her sincere efforts to advocate and advance women's social and economic well-being, moreover her constant contribution to build bridges among different religious groups through dialogue and collaborative action for betterment of the society. The ceremony took place on Dec. 22, 2023 at Peace Center, Lahore.

6. Ms. Naureen Akhtar was invited as a panelist at 6th International Conference on [WORLD RELIGIONS: Religions in Postmodern World - Prospects and Challenges](#) held at Minhaj University Lahore on October 28-29, 2023. Ms. Akhtar spoke on how to meet challenges, postmodernism pose to religion, gender and society. She was awarded with souvenir by Dr. Hussain Qadri, Deputy Chairman and Dr. Sajid Mehmood, VC - Minhaj University.



7. Ms. Rukhsar Zakria Bhatti successfully passed [Certificate in Koine Greek](#) from FCCU on August 22, 2023. The six courses language program focused on dealing complex Biblical text. The certificate enhanced her understanding of Scripture and successfully grasped its meaning. Moreover, the new learning provided practical; training in Biblical translation and interpretation.

Community Service Highlights

1. Ms. Nabila Naphtali was invited as a resource person for a workshop on The Psychology of Resilience. She focused on the outcome of successfully adapting to challenging life experiences through mental, emotional, and behavioural flexibility and adjustment to internal and external demands. The workshop was organized by the Department of English at FCC. in August 17, 2023.



2. Ms. Nabila Naphtali was invited by the Department of Mathematics as a resource person for a capacity building session on Professional Image Building and the Growth Mindset. She affirmed that professional image building involves showcasing one's skills, expertise, and professionalism in a way that sets him/her apart from others. Developing expertise, demonstrate integrity and effective communication were indicated the key strategies for professional image building. The session was conducted on May, 14, 2024.

3. Ms. Naureen Akhtar was invited as a resource person for a consultation workshop on Bridging Gender Gaps in Climate Action. The event aimed to bring young individuals from various universities, and church leaders from diverse backgrounds, together to understand the intersections of gender equality, and linkages between gender and climate change. Ms. Naureen highlighted the impact of climate change which amplifies existing gender disparities. The event was organised by Ecumenical Commission for Human Development, Lahore on March 15, 2024





4. Mr. Kamran James participated as a panelist at The International Holocaust Remembrance Day on 03 February, 2023. The discussion was organized by U.S Consulate Lahore at USEFP Office, FCCU, Lahore. He shared his views on Challenges of teaching the legacy of the Holocaust to Pakistani students and Minorities' rights in Pakistan. Additionally, Mr. James' following column was also published in online paper named urdu.nayadaur.tv.

سیاسی اور معاشی مسائل کا واحد حل قومی
مفاہمتی پالیسی پر اتفاق

5. Mr. Haroon Gill was invited as a panelist by Minority Concern- UK to speak on the topic: Why is Education Important for Religious Minorities in Pakistan? Emphasising on the need of education for marginalised communities, he shared inclusive education policy in Pakistan and also highlighted challenges of inclusive education in Pakistan. He advocated that Christian institutions need to restructure themselves to meet the challenges of the dynamic education, social and technological conditions.



5. Ms. Naureen Akhtar conducted a one-day teachers' training session on Classroom Management and Lesson Planning for the teaching staff of the Sacred Heart Convent School, Lahore on June 06, 2023. The resource person focused on two major components of classroom management :content management, and conduct management. The training session helped teachers to learn strategies to prevent students from disrupting classes, and ensuring a focused and productive learning atmosphere. Helpful tips on creating effective lesson plans and assessments were also shared.

"Coming together is a
beginning, staying together
is progress, and working
together is success."
Henry Ford