



FORMAN CHRISTIAN COLLEGE
(A CHARTERED UNIVERSITY)

Rector's Update

The latest news and announcements from Dr. Jonathan S. Addleton

In This Issue

Campus Updates

Faculty & Staff Achievements

Recent activities



July was dominated by high temperatures and heavy rains, at times leaving the FCCU campus looking more like a humid wetland rather than the forested green oasis more typically associated with Forman. Despite these challenges, Forman hosted a number of special events:

Dr. Mussarat Shahid, Head of FCCU's Writing and Communication Center, conceived, organized and implemented Forman's First Writer's Retreat. The event was held at O'Spring in Murree, a peaceful and picturesque setting for aspiring writers to discuss and critique their work. Twelve student writers attended along with Dr. Mussarat and Dr. Mir, hopefully starting a tradition that continues long into the future!



Once again FCCU's Center for Learning and Teaching (CLT) led by Dr. Rukhsana Zia, hit a "home run," this time with its online 23-session Research Methodology 2025 course that was well received, garnering more than 19,000 unique registrations from more than 100 countries. Twenty-six international experts were invited to conduct various sessions. While most CLT courses are focused on FCCU faculty, this is one example of how CLT has on occasion reached out to faculty from other institutions of higher learning as well: <http://clt.fccollege.edu.pk/>



Visit to Shining Stars Orphanage, Lahore



Students from TSA Special Education School at FCCU

The Armacost Psychological Society (APS) in partnership with Student Activities conducted its final activity of the 2024-2025 academic year: *APS Community Service: Smiles that Matter*. Inspired by Forman's motto ("By Love Serve One Another"), the two-day initiative started with a visit to the Shining Stars Orphanage. On Day Two, APS welcomed students from the TSA Special Education School to the Forman campus. Thanks especially to Dr. Uzma Ashiq; APS Advisor Nazia Asif Takkhar; APS President Khadija Ahmad Khan; and APS Vice President Eisha Atique for providing this space for students to show empathy, human connection and compassion to others.

Finally, I am pleased to announce that Dr. Noel Khokhar, himself a Forman graduate, has assumed his new position as Director of FCCU's Center for Public Policy and Governance (CPPG). A distinguished professional with teaching and other academic experience, Dr. Khokhar has served in many roles including as a decorated soldier, senior military officer, former Ambassador to Ukraine, and academic who is well versed in public policy, governance and global affairs, both in Pakistan and abroad.

Dr. Khokhar is no stranger to Forman, having served as Executive Dean in Forman's School of Social Sciences and School of Management from 2016-2018. He has also taught, lectured and conducted research in a variety of settings, both inside and outside government. His awards included the Hilal-e-Imtiaz (Military); commendations from the Chief of Army Staff; and the Distinguished Formanite Award. He has also written books, articles, monographs and research papers on a range of topics including national security, counter terrorism, minority affairs and Pakistan-Ukrainian relations.



Even from a distance, Dr. Khokhar has already made his mark on FCCU, organizing on short notice and with support from Colonel Khaqan, colleagues from CPPG and others, a visit to the Forman campus on July 28 involving 45 participants and two faculty members from the National Outreach Program for Minorities organized by the Civil Services Academy in Lahore.

Highlights included a briefing at CPPG; a visit to Forman's Natural History Museum; a tour of the Jim Tebbe Campus Center; an introduction to the School of Management; and a briefing at the FCCU Security Officer

As for the National Outreach Program for Minorities, it is built around a month-long residency program, the main purpose of which is to encourage greater minority participation in Pakistan's highly competitive civil service. The 45 participants in this year's program came from all four provinces and included both men and women.



While welcoming Dr. Kokhar back to campus, let me also offer a special words of thanks and appreciation to outgoing CPPG Director Dr. Saeed Shafqat who has been designated as Professor Emeritus; in that role, he will continue to be accessible to CPPG and FCCU students and faculty.

ACADEMIC NEWS



CPPG faculty member Dr. Ayra Indrias Patras has been offered a one-month Fellowship at the École School for Advanced Studies for Social Sciences EHESS in Paris. She will likely take up the Fellowship in January, providing four lectures/seminars as part of her contributions to the Center.

At the same time, let me also thank Dr. Patras for securing paid internships for four Forman students at the Pakistan Election Commission's provincial office. The students will be assigned to the Research and Planning Department, providing a wonderful opportunity for hands-on experience related to the election process in Pakistan.



Special thanks also to the Physics Department for arranging a free lecture series on Cosmology, yet another example of the type of event that enriches our community life.



Dr. Shazia Ilyas, Associate Professor in the Environmental Sciences Department, has been invited to attend a major conference on climate issues related to Article Six of the Paris Climate Agreement, scheduled to be held in Bogota (Colombia) in September. Funded by Germany as part of the International Climate Initiative, the event involves participants from Pakistan, Thailand, Zambia and Columbia.

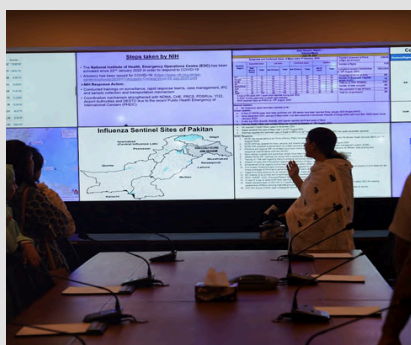


Dr. Qurratulaen from Forman's English Department attended an online Spring School offered by the School of Materialist Research (SMR). Taking a "deep dive" into the intersection of humanities, sciences, social sciences and the creative fields, she successfully completed three courses, one on Posthumanism, a second on Nietzsche and Marxism, and a third on Political Subjectivity, Dissidence, and Contemporary Antigones.

FIELD TRIPS

The Kauser Abdulla Malik (KAM) School of Life Sciences organized an educational study tour to Friesland/Campina Engro Food in Sahiwal for students enrolled in Forman's MPhil Food Safety and Quality Management program, providing students with practical exposure to modern food processing, quality control and food safety in the dairy industry.

In addition, KAM organized separate field trips for postgraduate Biotechnology and Molecular Pathology and Genomics students to the National Institute of Health (NIH) in Islamabad and the National Tea and High Value Crops Research Institute (NTHRI) near Mansehra, providing important hands-on insights into lab protocols and research procedures.



PUBLICATIONS



Congratulations to KAM School of Life Sciences Professor Dr. Muhammad Zubair for his recently published book *AI in the Lab: A Deep Learning Researcher's Starting Pack*, available from Lambert Academic Publishing: <https://www.barnesandnoble.com/w/ai-in-the-lab-nabeeha-abid/1147425921>.

Congratulations also to Tauseef Iftikhar Mubarak, Lecturer in FCCU's Biology Department, whose article "Rooftop Gardens: Our Mini Food and Oxygen Factories" was published in the May 2025 issue of *Landcare in Focus*, the biannual magazine of Landcare Australia: <https://landcareaustralia.org.au/news/publications/landcare-in-focus/>. The article focuses on creating awareness on establishing small and low-cost rooftop gardens using recycled containers.



Associate History Professor, Saadia Sumbal recently published two outstanding journal articles, one on "Muslim Endowments and Communal Politics in Colonial India" in the *South Asia Multidisciplinary Academic Journal* (Paris) and the other on "Adjudicating Muslims Intestate Succession: Shariat versus Customary Law" in the *Journal of Sikh and Punjab Studies* (New York): <https://journals.openedition.org/samaj/10152> and https://giss.org/jspss_vol_31/06-sumbal.pdf.

Associate Vice Rector Dr. Gloria Calib recently published an article on Forman entitled "Forman Christian College: A Beacon of Hope and Transformation": <https://insightsjournal.org/>.





Also, Dr. Sadia Kamran, Chair of FCCU's Department of Visual and Performing Arts, published an article in the *Tribune*: <https://tribune.com.pk/story/2555201/the-red-dress-from-bridal-couture-to-therapy-and-empathy>.

MPhil graduate Khadija Mazhar from the Sociology Department published her research on "Occupational Commitment Among Women Clinical Educators in Pakistan: The Impact of Social Status and Work-Family Interference" in the *Journal of Educational Psychology and Pedagogical Sciences*, an HEC-approved journal: <http://jepps.su.edu.pk>



OUTREACH, MEDIA REFERENCES AND VISITORS:



Dr. Noreen Khokhar, former Chair of Forman's Urdu Department, was interviewed on *Lahore Rang*, with a special focus on protecting and maintaining the Urdu language in Pakistan: <https://youtu.be/NRz7b4CI0II?si=L6rLyti4zhqyLUfb>

I was delighted to see Robin and Eileen Dass, vacationing in Taxila, Murree and Kohala, interviewed as part of a Pakistan Television (PTV) documentary on Kashmir -- you can see both of them responding to questions about their holiday three and half minutes into this video clip which also includes several references to FCCU:

<https://youtu.be/jBUTDS8uKYU?si=m58Qf92flUYXyKMr>



Visitors this month include senior project managers from Barnabas Aid, a UK-based charity that has made generous contributions to Forman's scholarship fund. Also, we welcomed Chad Twitty, Cultural Affairs Officer at the US Embassy in Islamabad, to our campus.



HEALTH AND WELLNESS PROGRAMS



The Campus Counseling center and Mercy Health Center, working with Student Affairs, hosted an Awareness Session to mark *International Day Against Drug Abuse and Illicit Trafficking*. Held in Cheryl Burke Hope Tower, speakers presented information on drug abuse, noting that it is a growing concern among both students and youth, both in Pakistan and around the world.



On July 9 the FPSC organized a three-hour Workshop on *Developing the Muscle Empathy*, conducted by Clinical Psychologist Dr. Urusa Fahim. As part of a busy month, the FPSC on July 19 also organized a three-hour Workshop on Handwriting Analysis, conducted in this case by Consultant Neuropsychologist and Trainer Dr. Rafiq Dar.



Thanks to the FCCU University Sports Department for organizing the first ever Fitness Training and Coaching Camp, providing approximately 300 students, faculty, staff and campus residents with coaching and fitness training. I was especially pleased to see several Forman families join in, providing a unique opportunity to promote health and well-being across the entire campus.



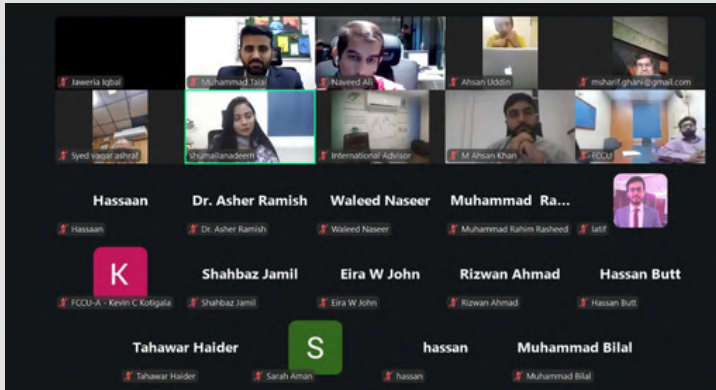
In addition, the FCCU University Sports Department in partnership with the Forman Sports Society (FSS) organized the *Student of the Year* competition to recognize student excellence in sports. The competition also included a number of strength and agility challenges. Winners included Hammad Rafique (Male Category) and Wafia Khalid (Female Category).



I recently read an article in *Inside Higher Education* noting that over the last three years pickleball has emerged as the "fastest growing sport in America," with more than 2.3 million young adults now participating, even as the number of collegiate pickle ball clubs in the US now exceeds 200 -- a trend that is beginning to go global. This is also in keeping with an *Inside Higher Education* survey indicating that 57 percent of college students want more exercise and 43 percent want to spend more time outside.

In this regard, I am pleased to note that Kamil Shamshad, Deputy Head of Student Affairs, indicates that "our University Sports Department had already initiated the procurement of the necessary sports equipment for the new pickleball facility at FCCU. The groundwork is progressing well and we are now preparing for the formal inauguration of this exciting addition to our campus in the near future".

ALUMNI NEWS



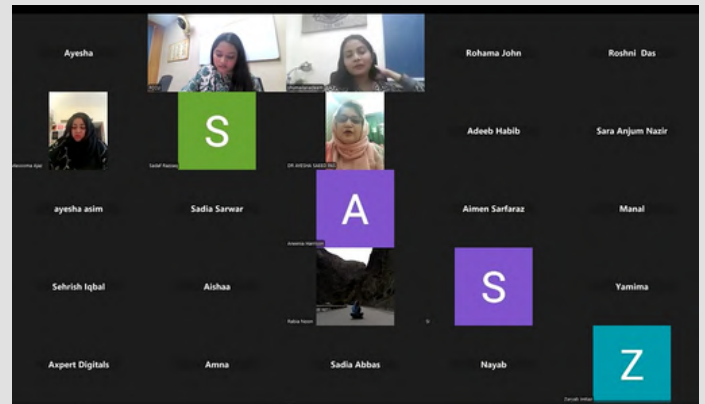
FCCU's Advancement and Alumni Office hosted a "virtual edition" of our ongoing series of *Formanite Talkies* on July 17, this one focused on business and entrepreneurship. Initially planned as an in-person gathering, it was shifted to an online format because of the unpredictable monsoon rain. Nonetheless, more than 30 alumni accessed the Zoom link.

Participants included a mix of senior and mid-career professionals as well as recent graduates working in industries ranging from IT to tourism,

e-commerce to chemicals. Assistant Manager for Alumni Relations Muhammad Talal opened the event, followed by Manager for Corporate and Foundation Relations Jaweria Iqbal who moderated it, and Advancement and Alumni Head Shumaila Nadeem who closed it. Also, Dr. Asher Ramish, Associate Professor in Forman's School of Management, introduced FCCU's latest Executive Education initiative.

Similarly, Forman's Alumni Office organized an evening meeting of female Formanites on July 25, providing an opportunity for those "*juggling careers*" and "*conquering life's chaos*" to "*pause, connect and empower one another*". As anticipated, the gathering also provided a forum to "*share experiences, challenges, and stories of strength*".

On July 24 the Advancement and Alumni Office hosted a delegation from the Marketing Association of Pakistan (MAP) that involved several "Old Formanites" including Malik Amir Salam (Chairman Corporate Relationship Committee, MAP); Ali Asim (Advocate Supreme Court); Amjad Aziz (son of former Head of Department Physics Mr. Aziz Dean); Noor Ullah (Head Corporate Affairs Jang Group of Companies); Nasir Javed (Head of Medipak); Khawaja Sharjeel (Country Director Fund Raising & Public Relations); Zahid Malik (CEO AESP); and Zain Majid (Head of 4DX Digital Consulting), among others.



As Chief of Marketing and Outreach Badia Raza warmly welcomed the delegation, providing a campus tour and presenting to all members of the delegation including the several Formanites recent developments on the Forman campus while also looking into areas of possible future cooperation.





Congratulations to Forman graduate Anmool Yarmiah who was recently accepted into the Master's in Cyber Security program at Wright State University in Ohio. While noting that the *"experiences and opportunities"* provided by Forman have been an important part of his academic journey, he also credits Forman graduate Parkash Singh, currently studying at Ohio State University, for providing *"huge help during the admission process"*.

Forman graduate Arslan Williams was recently appointed as Assistant Professor at Federal Government Degree College in Lahore, an appointment for which he thanks God as well as the *"prayers of my family and elders who supported me in every step of the way"*.



I was pleased to see the feature article on Forman graduate Attiazaz ("Bob") Din who is also the President of the Formanites Alumni Association included in the July 31 edition of the *Pakistan Observer* under the headline "The Formanite Who Took Pakistan to Nasdaq": <https://epaper.pakobserver.net/popup.php?newsrsrc=issues/2025/2025-07-31/29242/4.jpg>

OTHER ACTIVITIES

FCCU's Student Activities Department headed by Riffat Zahir organized a *"Meet and Greet"* for Society and Club Presidents and Advisors for the 2025-2026 Academic Year. Held on June 30, the purpose was to bring presidents and faculty advisors together, introducing them to each other as well as to policies and procedures related to the operation of Student Societies at Forman. Deputy Chief for Student Affairs Kamil Shamshad also participated, along with Rishmaan Nabeel and Yashwa Ayub from the Student Activities Department.



The first "cohort" of FCCU Business Incubation Center (BIC) "incubees" has been selected! Nineteen applications were received and reviewed, resulting in an entering "class" of eight individuals who will receive BIC support during the coming months as they seek to turn their business ideas into reality. For those interested, Forman's BIC is situated on the top floor of the Jim Tebbe Campus Center.

Also, Associate Professor Dr. Muhammad Bilal Sadiq reports that four Forman KAM School of Life Sciences postgraduate students -- Zilwa Mumtaz, Noor Asif, Ayesha Amin and Yumna Siddique -- have been appointed as junior scientists in the Punjab Agriculture Food and Drug Authority.




The PecoDrop team through its PecoPick initiative continues to promote eco-friendly waste collection on campus, picking up your recyclables including plastic bottles, cans, paper and other items on request: <https://forms.gle/o7iBoMUrnckD83XWA>

Although I am unable to attend every such event, I also appreciated the opportunity to join in the evocative Farewell and Welcome program organized by Zain Ahmed Khan and other members of the departing BS Biotechnology Class of 2025.



Also, congratulations to Forman student Eesha Umer Shafi, one of only two swimmers from Pakistan selected to participate in the 2025 World University Games in Germany!





Finally, a special word of appreciation to the Forman Admissions Office headed by Suleman Khairullah for organizing a Virtual Open House on July 10 for Postgraduate Programs at FCCU, providing an excellent opportunity for prospective students to learn about the application process as well as scholarship and financial opportunities for students interested in enrolling in FCCU this Fall.

The two-hour program was led by Nasir Gill and provided an opportunity for those interested in studying at Forman to discuss their plans directly with members of the Forman faculty. Prospective students expressed special interest in a number of areas including Clinical Psychology, English and Business.



DR. JONATHAN S. ADDLETON
RECTOR