

## Technical Services Association And Forman Christian College (A Chartered University)

# Executive Director's Update

### Executive Director's Message:

Greetings to each of YOU. We are excited about ongoing development of TSA/FCCU as you can read our update news below, and yet with frustration, as any development history tells us so. A key question of this update is **how to better serve "One of the Least"** after we have done a visible capacity building within TSA/FCCU. In other words, whom is really this capacity building for? So, our staff would have "a Day of Review and Refocus" in mid-August, so that we would "Review" on life and work of ourselves in Jan-June 2025 and "Refocus" on those in July 2025-June 2026, "toward more supports to actual beneficiaries (One of the Least) with self-sustainability". So, do pray for us to identify best ways forward to answer to this key question through continuing struggles.

Many thanks again.

Keung Chul (Matthew) Jeong  
Executive Director of TSA/FCCU

## Special Education School (SES)

### Easter Activity:



- On 16th April, the students participated in a delightful Easter activity where they prepared beautiful Easter egg baskets. With the guidance and assistance of their teachers, the students decorated the baskets with painted boiled eggs, candies, and cupcakes. At the end of the activity, each student received an Easter egg basket. It was a memorable and festive celebration that helped strengthen the bond between students and teachers.

### Ibrahim's birthday/Visiting Hannan:

- On 24th April, Ibrahim's mother celebrate Ibrahim's birthday with other school students. Ibrahim was happy to celebrate together with his classmates. On 29<sup>th</sup> April, we visited Hannan who was admitted into hospital because of injure to his foot during Eid Days & had to go through skin grafting. Please pray for Hannan's full recovery.



## Mother's Day/Father's Day:

- On 21st May, We celebrated Mother's Day, a heartfelt occasion to honor and celebrate the unconditional love of our mothers. On 18th June, we celebrated Father's Day to honor the wisdom and support of fathers. Student's prepared songs and dances, speech, cards and gift to pay thanks and love to parents. All the participants were touched by this beautiful & meaningful event, and everyone enjoyed in celebration & fellowship.



## APS Event, 1 Day Visit at FCCU:



- On 29th May 2025, our students participated in an activity session at Forman Christian College University, organized by the Armacost Psychological Society (APS). Our students actively engaged in various fun activities and enjoyed the session. Refreshments and gifts were presented to the students at the end, we truly appreciate the warm arrangement and meaningful interaction.

## Continuous support during Summer Vacation:

- As the summer vacation begins, several students received individual sessions from their class teachers to address behavioral issues and improve cognitive skills. Ms.Javaria (Speech Therapist), Ms.Saba (Psychologist) are also providing sessions focusing on communication, emotional regulation, and overall well-being during summer vacation. Through continuous guidance & support during summer vacation, we expect noticeable improvements to be seen in the students' behavior and cognitive abilities.



## Needle Crafts Center (NCC)

- During April-June, we delivered embroidery & knitting work to the vulnerable women in villages. To meet with market trend, we attempted to make more clothing products, i.e. ladies short Kurta, Child Kurta, which some are now already available in-store. Nevertheless, with the help of Mr.Shaleem (Web Editor), we are also uploading product information & pictures on e-commerce store, hope to reach new customers in coming future.

## Physiotherapy Center (PC)

- During April-June, Mr. Peter was developing the standard operation procedures of Physiotherapy Center, and expecting to launch the new operation (including new operation hours) starting from August.
- Thanks to the support from FCCU, with the approved FY budget, PC is also planning to upgrade the existing equipment in the near future.

### Healthy Tips - for Office Workers:

- If you are sitting whole day, your glutes muscles are probably going to sleep, and other small muscles become over worked. It may cause lower back pain, knee pain, and some kind of exhaustion and pain you cannot describe. Get up, and do 1 movement to wake up your glutes as the pictures shown: 1) Stand straight, and 2) lift one leg backwards for 10 times, and switch side. Hope your glutes can be awoken.



① Stand straight.

② Lift one leg backwards (for 10 times), switch side.

## Christian Trauma Care and Research Center (CTCRC)



- **Pre-marriage school**: During April-June, we have conducted 5 pre-marriage school sessions, in collaboration with Christian Life Program (CLP). Our primary goal was to help young individuals understand the biblical foundation of marriage. A total of 50 youth members participated regularly and were given certificate upon completion, and we were truly encouraged by the enthusiasm and interest shown by the participants.



- **Student Support**: On 11th June, CTCRC supported a student from Jarawala in securing admission to Forman Christian College University (FCCU) in the BS Economics program. The team provided financial assistance and also helped identify a suitable hostel option with the guidance and support of Mr. Phool Shahzad and Dr. Farzand Masih.



- **PSTSS Planning Meeting**: In June, CTCRC held two planning meetings for PSTSS (Pakistan Society for Traumatic Stress Studies) on 4th June and 12th June. During these meetings, the working group for PSTSS was finalized, and detailed discussions were held in preparation for the upcoming Symposium scheduled in 27th September 2025.



- **Follow-up visit to Jaranwala**: On 17th June, we visited Jaranwala to follow up on the Sunday School ministry. During the visit, we also met with Chand Masih, a young man we have been supporting for medical treatment related to tuberculosis. The visit was a time of encouragement and pastoral care.



## Hostel



- Residential Life Office offered free Psychosocial Support for the hostel girls and our many girls utilized that opportunity to understand about stress management, time management, and career.
- Girls did prayers and spend time on meditation during Ramadan and Lent Season, and discussed on how this season improved them spiritually.
- FCCU/TSA girls fully participated in Career Summit organized by Career Office Career Summit 2025, themed “Bridging Industry & Academia”.
- Girls successfully completed spring semester, during these months they have spent maximum time on their studies.
- Our hostel girls attended Korean Culture night.
- Staff fun activity: hostel staff celebrated Ms. Tasneem’s 50<sup>th</sup> birthday with her friends.

## Forman Psychological Service Center (FPSC)

- **Acceptance and Commitment Therapy Workshop (ACT)**: On 16th April, A foundational training by Dr. Uzma Ilyas introduced core ACT principles and therapeutic techniques. The session focused on psychological flexibility and mindfulness-based strategies. Participants requested an extended follow-up.
- **One-Day Free Mental Health Awareness Camp**: On 30th April, this outreach event offered free consultations, psycho education, and referrals to over 20 individuals. It fostered community engagement and promoted mental health awareness through interactive booths and expert support. 20+ individual consultations.
- **Forgiveness Education and Practice Workshop**: On 18th May, Dr. Iffat Batool led a 3-hour experiential workshop on forgiveness in trauma care. Through theory, journaling, and role-plays, participants explored forgiveness as a therapeutic tool. Positive feedback led to calls for future trainings.
- **Webinar - Healing the Mother Wound**: On 20th June, Ms. Mahnoor Munawar facilitated this session on maternal wounds and emotional healing. With 27 participants, the webinar included somatic practices, boundary work, and a live Q&A. Many attendees expressed interest in continued sessions.
- **Sessions Conducted**: A total of 10 individual therapy sessions were conducted this quarter. These sessions focused on enhancing insight, promoting emotional resilience, and helping clients develop coping strategies for psychological well-being.



## Management Report

- **Finance Committee Meeting**: On 2nd May, the Finance Committee meeting was held in Seminar Room of New Admin Building, TSA/FCCU. During the meeting, the annual budget for FY2025-26 was thoroughly reviewed and approved by the Finance Secretary. Additionally, the new financial SOP were finalized and duly signed by the designated authorities.
- **Executive Committee Meeting**: On 20th May, the Executive Committee was held in Seminar Room of New Admin Building, TSA/FCCU. The Annual Budget for FY2025-26 was presented and unanimously approved by all members of the committee.
- **Regulatory Compliance and Certification**: An application for the renewal certificate under the Punjab Charity Commission (PCC) was submitted, covering the next two years of TSA's operations; An application was submitted under Section 2(36) of the Income Tax Ordinance, 2001, to renew TSA's Non-Profit Organization (NPO) status; TSA submitted a grant application along with required documentation to the Punjab Welfare Trust for the Disabled (PWTD), seeking the annual financial grant for the year 2025-26 to support the ongoing school project.

## Prayer Request:

1. **Please pray for SES students and parents**, that while they enjoy the summer vacation, they may also experience learn and growth with the support of our teachers.
2. **Please pray for TSA financial operation**, as we are moving toward a new financial SOP, to enable financial transparency & long-term development.
3. **Please pray for the future development & planning of each TSA projects**, esp. recruitment of a full-time Accountant, a full-time manager of NCC, and the new operation hours & new equipment for PC, for TSA/FCCU to better serve "one of the least" in the community.
4. **Please pray for "a Day of Review and Refocus" in mid-August**, so that all our staff would "Review" on life and work in Jan-June 2025 and "Refocus" on those in July 2025-June 2026, "toward more supports to actual beneficiaries (One of the Least) with self-sustainability".