



**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

Commencement  
2025



The biggest event of this month – and arguably Forman's biggest event of the year – was taking place, even as I was finalizing this monthly report, namely our Annual Commencement held on November 29 and involving more than 1,000 graduates from both our Bachelor's and Graduate programs. I look forward to including further details and photographs in next month's *Rector's Update*!

A special thanks for Dr. Nayer, Eileen Dass and others for their key role in not only planning Commencement but also facilitating important meetings in November involving both our Board of Directors and Board of Governors. Turnout was impressive, as were the two "Board Books" prepared by Eileen and Sheeza James, based on inputs from individuals across FCCU.

We also hosted a number of visitors from Germany, South Korea, the US, and elsewhere including most notably several guests from the Friends of Forman Board, some visiting Lahore for the first time. As a result, our on-campus Christy Munir Guest House was fully occupied for much of November. As is often the case, our visitors departed full of praise for the hospitality extended by those they met in Lahore as well as on the Forman campus.

## CONFERENCES AND WORKSHOPS

Forman's Environmental Sciences Department organized an International Conference in early December on *Clean and Green Strategies for Environmental Remediation*, grappling in depth with environmental quality issues in Pakistan related to unsustainable agricultural practices, industrial effluents, unplanned urban sprawl, abrupt climatic changes, and mismanaged solid and hazardous waste removal.



Forman's Chemistry Department organized an International Symposium on November 18 on *Chemistry for a Sustainable Future*, drawing researchers, academicians and industry experts to share insights and recent advancements in key areas such as Artificial Intelligence, renewable energy, and green and sustainable chemistry. Several guest speakers joined from Poland, Hungary, Germany, and the UK.



Also, the Chemistry Department organized a one-day *Workshop on Artificial Intelligence: Bridging Molecules and Machines*, providing hands-on training for students related to AI and Kinetics as well as less familiar and more technical topics such as Isoconversional Analysis, Power XRD, DFT Calculations Using Gaussian, and Retrosynthesis using IBM-RXN.



Forman's Political Science Department organized a seminar on November 6 on *Politics, Media and Technology: Empowering Youth in a Digital Age*, providing an opportunity to explore how emerging technologies and digital platforms are reshaping political participation and public discourse. Media literacy, ethical digital citizenship and responsible technological adoption also emerged as key themes.



In addition, Associate Professor Zamurrad Awan highlighted how Artificial Intelligence – described as the "engine" of the Fourth Industrial Revolution – is influencing political narratives across South Asia and the Middle East. Also, Assistant Professor Mudassir Farooqi showcased the innovative use of virtual reality, animation, and game design in civic education, in particular noting the extensive use of social media

as well as the evolving relationships between politics, media, and the public at large.

FCCU's Faculty of Humanities joined with the Government of Punjab's Urban Unit to organize a seminar on *Minds Over AI -- Media and Information Literacy in the Digital Space* to mark Global Media and Information Literacy Week 2025. The program included thought-provoking discussions on Media Literacy, Digital Ethics, and how Artificial Intelligence is reshaping the media and communications landscape.



Forman's Faculty of Humanities and Department of Mass Communication implemented the latest of its *Peace Journalism Workshops*, a key part of an ongoing partnership with Oslo Metropolitan University and the Journalism & Media International Center in Norway. The theme this time was *Voice of the Voiceless: Peace Journalism in an Age of Geopolitical Uncertainty and Platform Politics*.

Covered extensively in the local media, the workshop was held at FCCU on November 18-19 and attracted an impressive list of deans, faculty, researchers, working journalists, and others from at least 16 other colleges and universities across Pakistan, from Karakoram International University in the far north to the University of Karachi in the far south. Topics covered included digital responsibility, misinformation, trauma in newsrooms and the evolving challenges of practicing peace journalism in a fast-paced digital media environment.



Forman's Center for Public Policy and Government (CPPG) organized a seminar on November 10 on *The Future of Free Media in Pakistan: From Policy Reform to Professional Empowerment*. Speakers included Dr. Adeel Amir (FCCU Assistant Professor in Mass Communication); Remshay Ahmed (Communications and Advocacy Officer at Innovation for Change); Ajmal Jami (Journalist and Digital Media Consultant at Suno News and DG Infini); and Murtaza Dar (Lahore editor for NUKTA).



To mark International Children's Day, CPPG organized a Policy Roundtable on November 12 on *The Impact of Climate Change on Children in Pakistan and Child-Centered Climate Resilient Policy Choices*. Participants included representatives from the Government of Punjab's Environmental Protection and Climate Change Department as well as UNICEF, UNDP, civil society organizations and FCCU faculty and students.



Later in the month I hosted another CPPG Roundtable, this time on a Sunday afternoon in my home; on this occasion, retired Senior Foreign Service Officer Mark Ward led an engaging, animated, and candid discussion on *US Foreign Policy and the Future of Foreign Aid*.

Approximately 30 faculty and staff from CPPG attended, gaining insights from Mark's career in both USAID and the United Nations that took him to not only Pakistan (where he served as USAID Mission Director during the early 2000s) but also in Libya, Syria, Afghanistan and several other countries. He now teaches as an Adjunct at the University of Washington and University of Oregon.



Finally, I was pleased that I returned from my trip to the US to attend the Fall Friends of Forman Board meeting on November 4, in time to participate in Forman College's *Fourth Annual Science Fair Award Ceremony*. This year the program was implemented under the theme "*SciNovation & Artology*", creatively highlighting the intersection between science and art, in turn becoming the catalyst for innovation. Several Lahore area Colleges also participated, setting the stage for a wonderful event.



## GUEST SPEAKERS

Forman's Kauser Abdulla Malik School of Life Sciences arranged a talk by Professor Dr. Murat Arslan, professor of Aquaculture and Nutrition at Ataturk University in Turkey. Timed to observe *World Fisheries Day* on November 21, Dr. Murat noted that fish serves as an important source of protein and aquaculture is a rapidly growing industry around the world, a growth that Pakistan should also be sharing in.

As part of its *Writer's Lounge Series*, Forman's English Department hosted Athar Tahir for a talk on his new book *Where Cicadas Sing*. A novelist, essayist, short story writer, critic, art historian, calligrapher, translator, and Punjabi scholar, Tahir was also a Rhodes scholar at Oxford where he studied English Language and Literature; he later continued his studies at the University of Pennsylvania as a Rotary International Scholar and at the University of Southern California as a Humphrey Fellow.

As part of its *Graduate Seminar Series*, Forman's English Department hosted a discussion led by Dr. Syrrina Ahsan Ali Haque, author of several notable books including *Sand in the Castle*, *Cultural Confessions in Khaled Hosseini's Works* and *Dialogue on Partition*. Known for her innovative approach to teaching and research, Dr. Haque has taught at University of Lahore, Kinnaird College, Government College University, and the University of Buffalo, among other places.

Also as part of its *Graduate Seminar Series*, the English Department invited Dr. Muhammad Bilal Anwar from the University of Brighton to speak on sustainable development and the cultivation of supportive learning environments.

A special thanks to Ambassador Aizaz Ahmad Chaudhry, Pakistan's former High Commissioner to India, for agreeing to discuss his new book *Pakistan-India Relations: Fractured Past, Uncertain Future* at FCCU in early December.

Forman's Department of History and Pakistan Studies organized a well-attended talk on November 18 titled *Future of Pakistan: Western or Pakistani Democracy?*, delivered by prominent journalist (and Forman graduate) Sohail Warraich, an editor at *Jang* perhaps best known for his popular TV show *Aik Din Geo Kay Sath* and his widely read book *Qatil Kaun? Ghaddar Kaun?*



Forman's Business Incubation Center (BIC) arranged a talk led by Shiza Qurashi and Muhammad Ahmed, Advocates from the Salam Law Firm, on *Legal Aspects and Considerations*, focused especially on emerging entrepreneurs.

Also, BIC hosted Babar Malik – renowned podcaster, consultant and entrepreneur – for a mentoring session on *Financial Aspects: Commercialization and Monetization* that included practical lessons from his own journey as an entrepreneur as well as best-selling motivational books such as *Rich Dad, Poor Dad* and *The Richest Man in Babylon*.

Dr. Michael Nazir-Ali, former Bishop of Raiwand (Pakistan) and former Bishop of Rochester (UK), was featured as part of an International Seminar on *Imam Ghazzali's Persian Legacy: Unveiling Mystical Insights* on November 13. Discussants included Dr. Tahir Hameed Tanoli (Head of Academics and Research at Iqbal Academy) and Dr. Tarunjit Singh Butalia (Professor at Ohio State University), followed by a lively question and answer session.

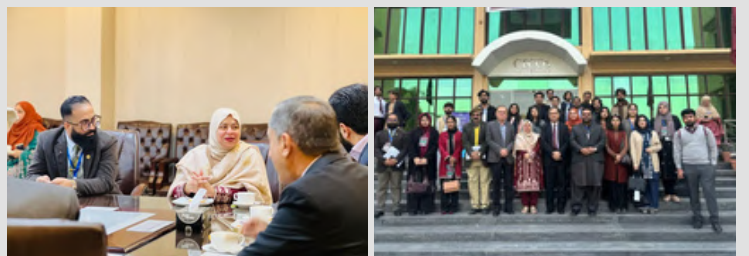


I also departed this Seminar with one additional "take away", this one related to Forman's history: In his remarks, Dr. Atiq-ur-Rehman mentioned that Pakistan's National Poet Allama Iqbal and Forman Principal Edmund Lucas (after whom the Lucas Center is named) once met to discuss "Revelation and Reasoning", suggesting that Forman has long provided a platform for serious discussion and that this type of respectful dialogue is woven into the history of our institution.

## POSTS, PUBLICATIONS AND PRESENTATIONS

FCCU's English Department was well represented at the *First International Conference on Humanities, AI, Research, Management, and Mathematics* hosted by CECOS University in Peshawar during November 18-19. Department Chair Dr. Fatima Syeda delivered the keynote address on *Being Human in the Age of Artificial Intelligence*. Eighteen Forman students traveled from Lahore to attend the conference.

A special thanks to "Old Formanite" Yasir Ali Khan, now at CECOS, for providing the 18 Forman students with a personalized tour of Peshawar that included the historic Walled City, *Qissa Khwani Bazaar*, *Saddar Bazaar*,



Islamia College, Edwardes College and the Gandhara Peshawar Museum, among other sites. The Forman delegation also appreciate interacting with students from Khyber Pakhtunkhwa, several of whom indicated an interest in pursuing their postgraduate studies at Forman.



As an aside, Yasir previously helped facilitate a similar visit involving FCCU students to the *National Conference on Literature Culture, and Climate* at the University of Chitral; he is also planning to ensure similar representation at an upcoming international conference hosted by the University of Swat.



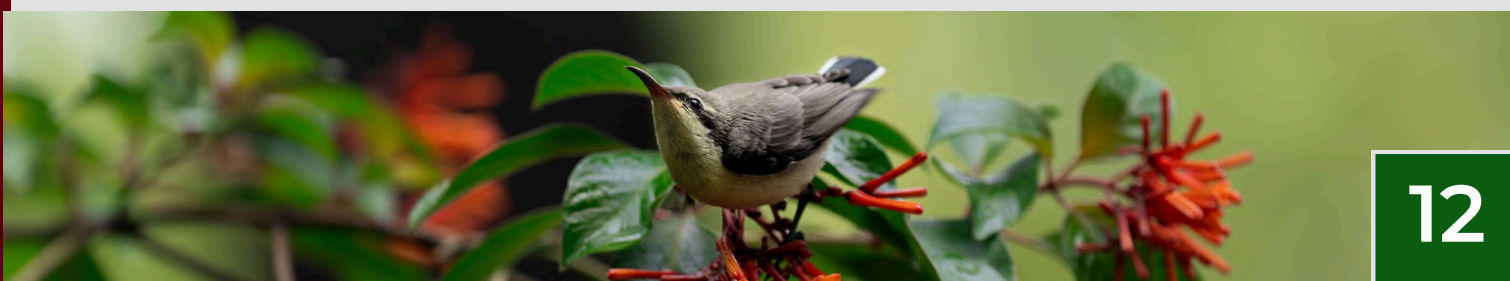
Dr. Ashar Johnson Khokhar, Chair of our Education Department, received a *Best Paper Award* at the *8th International Conference on World Religions* held in late October at Minhaj University. The award-winning paper was titled *Lived Experiences of Minority Students in State and Private (Christian) Schools: A Case Study From Pakistan*, providing insights into issues related to inclusion, equity and diversity within Pakistan's educational landscape.



Dr. Sara Rizvi Jafree spoke at that same conference, in her case focusing on *New Paths for Interfaith Dialogue*. Her talk highlighted several potential approaches including business networks involving multiple faith communities; social media outreach promoting positive messages; neighborhood initiatives based on the Singapore experience; and shared interfaith rituals drawing on historic approaches that have been practiced on the Indian Subcontinent for centuries, examples of the latter including Sikh Gurdwaras hosting community kitchens; joint participation in Diwali festivities; and Hindus, Sikhs and non-Shia Muslims providing food and water during Ashura processions.



Dr. Noel Kokhar, Director of Forman's Center for Public Policy and Governance (CPPG), delivered a talk via Zoom titled *Algorithmic Arms Race: Where Security and Strategy Collide* at a recent *International Conference on Rethinking Security: Traditional and Non Traditional Threats*, organized by the Maritime Center for Excellence at the University of Management and Technology (UMT) in Lahore.

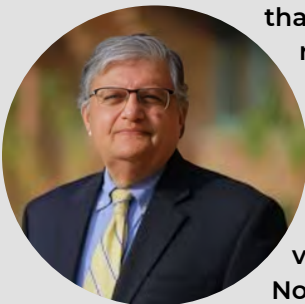


Forman's October seminar on *Pakistan's Readiness for Carbon Markets Under the Paris Agreement* was featured on the [UNEP-Copenhagen Climate Centre's official website](#). The relevant article, titled "Pakistan: Building Carbon Market Capacity Through Academia", is available here: [Pakistan: Building Carbon Market Capacity through Academia](#).



Also, Dr. Shazia Ilyas reports that the latest issue of *Carbon Mechanisms Review* features contributions related to her recent participation in a Climate Change meeting in Colombia, with her work featured in an article on "From Research to Readiness: Building National Capacity for Article 6 through Academic Networks" (pp. 148-155). Published by the German Federal Ministry for Economic Affairs and Climate Action, it serves as a key resource on global carbon markets and Article 6 developments.

Forman's Sociology Department reports that faculty member Ammar Yasir published an article in *Dunya Digital* on Dostoevsky's "The Double", examining in particular the tension between the self we carry within each of us and the version that the world expects of us. Connecting the novel with the realities of urban life in Pakistan, he sheds light on the notion of "quiet erasure" while also exploring thought-provoking themes such as identity, belonging, urbanization and modernization.



I enjoy reading Dr. Sikandar Hayat's occasional articles on Pakistan's history in various popular publications including an especially interesting essay in the November issue of *Hilal* titled "Letters of Destiny: Iqbal, Jinnah and the Way to Pakistan".

Fahad Abdullah shared details of his academic journey within Forman and beyond, noting several publications as well as service as a member of our Visiting Faculty in Forman's Political Science Department in Spring 2025. Citing faculty members Dr. Muhammad Younis, Dr. Mudassir Farooqi, Dr. Wajid Ali Ranjha, Dr. Julie Flowerday, Dr. Shakila Noor Sindhu and Dr. Asad-ur-Rehman for special thanks and appreciation, he also mentioned several published articles stemming from his research including in the [Journal of Political Studies](#); [Journal of Political Science](#); [Human Rights Review](#); and [Global Campus Human Rights Journal](#).

I also appreciated talking to Forman faculty member Qalandar Memon who pointed me to several of his recent publications covering subjects such as Bacha Khan and Balochistan including [The Genius of Bacha Khan](#); [The Prince of the Mountains: On Agha Abdul Karim and His Guerrilla Foco](#); and [The Birth of Necropolitics: How the Riyasat of Pakistan Governs Balochistan](#).



Dr. Farid Malik continues to engage in extensive public outreach by posting op-eds in Minute Mirror on topics ranging from Iqbal to Jinnah, coal to the semiconductor sector: [China is committed to coal, so should we](#); [Iqbal's poetry](#), [Sikander's prose](#), [Jinnah's struggle](#); [Entering the Semiconductor Sector](#); [Saving the Constitution](#); [When growth stops?](#); [The colonial plunder continues](#); and [Visit of UK Army Chief](#).

In addition, Dr. Farid's discussion on coal in Pakistan appears on the following [YouTube channel](#).



Research and Review Club secretary Nadia Iftikhar reports that the meeting on November 14 included tributes to Dr. Arfa Syeda and reflections by Dr. Kauser Abdulla Malik and Dr. Sikandar Hayat on the importance of cultivating and maintaining a culture of research. In addition, Dr. Douglas Trimble noted that the quality of articles is much more important than simply the number of articles produced. Also, two faculty members –

Dr. Farheen Zeeshan (English) and Dr. Amna Malik (Mass Communication) – were congratulated for having completed their PhDs.



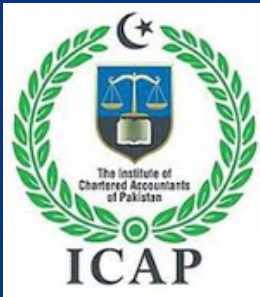
## ACCREDITATION NEWS



I am pleased to note that Forman's Bachelor of Science in Business (BSB) and Master of Business Administration (MBA) programs were recently accredited by Pakistan's National Education Accreditation Council (NBEAC), having been placed in the prestigious "X" category for a three year period ending in November 2028. Let me also add a special "shout out" to Dr. Rao Raza Hashim (Dean), Dr. Syed Shoaib Nazir (Chair), and Dr. Samreen Hamid (Accreditation Manager) for their key role throughout the process.

Even as we completed accreditation for the School of Management, our BS Computer Science Department chaired by Dr. Mubashir Mushtaq launched its own accreditation process, starting with an initial Accreditation visit on November 27.

Also, our Education Department recently hosted a pre-accreditation peer review conducted by the National Accreditation Council for Teacher Education (NACTE), in this case focusing specifically on our MPhil program in Education.



Somewhat related, Jamshaid Akhtar who heads Forman's Internal Audit Department reports that FCCU has been approved by the Institute of Chartered Accountants of Pakistan as a Training Organization Outside Practice (TOoP), reflecting the strength of our institution in this important area.



## OUTREACH

I continue to appreciate the many ways our faculty, staff and students reach out to various media channels. Examples in recent weeks include Associate Management Professor Dr. Ijaz Yusuf who was interviewed by [Deen-o-Dunya](#) on *Challenges in Technical Education in Pakistan*, among other things emphasizing the importance of Business Incubation Centers as well as links between academia and the private sector.



Also, Head of Pharmacy Department Dr. Omer Qureshi was featured in a long and illuminating interview in *Family Magazine*, published by the high circulation Urdu language newspaper *Nawa-i-Waqt*.

A Department of Chemistry delegation including Dr. Shazma Azeem, Dr. M. Saeed Iqbal and Dr. Mariya al-Rashida met with Chair of the Punjab Higher Education Commission (PHEC) Professor Dr. Iqar Ahmad Khan to discuss avenues for mutual cooperation, quality assurance, and institution strengthening.



As usual, I attended the monthly meeting of Lahore-area Rectors and Vice Chancellors, this time hosted by Dr. Rukhsana Kausar at Rashid Latif University. Several timely topics were covered including university admissions trends and the future of micro-credentialing. Also, the group is launching a "*Lahore Alliance of Universities*" that should open up new opportunities for music, sports and other competitions involving our students.



Finally, my outreach this month included a Zoom presentation to the adult Sunday School Class at East Liberty Church in Pittsburgh which has provided a number of scholarships to Forman students over the years.

## FIELD TRIPS

Earlier this Fall, Forman's Pharmacy Department organized a study tour to one of my favorite places in northern Punjab, the Khewra Salt Mines and Swaik Lake. As part of the trip, students explored local medicinal applications, high altitude poisonous plants and various minerals, blending academic learning with field experience.

Meanwhile, Forman's Geography Department joined with the Dean Geography Society to arrange an educational field trip to scenic Khanpur Dam on November 8, providing students with "real life" exposure to themes covered in their Geographic Profile of Pakistan course. In particular, students studied the physiographic features of the Potohar Plateau while also exploring water resource management, hydrological systems, and the relationship between human activity and rural landscapes in this unique part of Pakistan.

As for the College, the Forman Tycoon's Club organized an educational visit to the Pakistan Stock Exchange, a fitting follow-on to the previous month's visit to the Lahore Chamber of Commerce.



## STUDENT SOCIETIES AND STUDENT ORGANIZATIONS

Held under the umbrella of Students Affairs, FCCU on November 16 hosted the 16th edition of TEDxFCCU, one of Pakistan's oldest TEDx events. Unexpectedly, I was asked to deliver one of the TED talks; in addition the line-up of speakers included Formanite Najeeb Ullah Ghauri (Chairman and CEO at NetSol Technologies Inc.); Munib Nawaz (Fashion Designer); Asma Khawar Khawaja (High Court Advocate); Fatin Tariq (E-Commerce pioneer); and Roshaneh Zafar (Managing Director and Co-Founder, Kashf Foundation).

The all-day program also included musical breaks featuring several FCCU students as well as other musicians including Timsal Fatima, Kamran Sarfaraz, Bhalji Rai and Muhammad Aahil. A special shout-out to faculty member Syed Jaffer Gardezi and student Hamail Fatima as co-organizers of what proved to be an exceptionally interesting, though-provoking, entertaining, and well organized event!



At the same time, Assistant English Professor Urfa Naseer John reports that the student-led College Shakespeare Society arranged another successful TEDx talk, this one involving College students and held in Sinclair Hall in late October.

As it happens, this was the first TEDxFCC event organized by the College side of our institution. Six talented students delivered thought-provoking talks on diverse topics including *"Leadership is Not Just a Title"* (Joshua Rang); *"The Art of Listening"* (Uns Ahmad); *"Social Media: Is it Helping Us or Harming US?"* (Muhammad Ayaan Farooqi); *"The Day I Decided to Let Go"* (Abdullah Khan); *"Young Leaders: The Change Starts with Us"* (Abdullah Ibrahim); and *"Social Media: Friend or Foe?"* (M. Huzaifa).



Forman's Photography Society organized *FCCU Frame Off 2025* in November, showcasing student photographs in six main categories: Portrait; Architecture; Fashion; Products; Reels; and Poster Design. The program started with a panel discussion led by photographer Mr. Osman Pervaiz Mughal (@opmshoots) and included a "Shab-e-Zouq" Qawwali Night featuring the Bakshi Brothers from Coke Studio, attracting an audience of more than 700. A special thanks to Photography Society's Sameed Farhan and his team for this well-received initiative.



Working with Forman's Pharmacy Department, the Pharmaceutical Society celebrated World Pharmacists Day, taking the opportunity to promote the theme *Think Health, Think Pharmacist*. Activities included a quiz, musical performances and cake-cutting ceremony.



As part of a partnership with Shaukat Khanum Memorial Cancer Hospital and Mercy Health Center, Forman's Biology Society organized an on-campus blood donation drive on November 3. As organizers of this initiative noted, Pakistan requires nearly four million blood bags each year to meet its healthcare needs -- a requirement that literally depends on voluntary donations and blood drives such as this one.

Finally, working with Career Services and Internships, Forman's Biology Society organized a Workshop on Publishing Research Outcomes featuring Dr. Hijab Batool from Chughtai Labs. Some 45 FCCU students attended the two-day event.



## ADMISSIONS UPDATE

Having experienced excellent Admissions results for the Fall semester, the Admissions Office conducted an outreach program covering both Karachi and Multan to encourage students to consider Forman for their higher education.

The Karachi schedule included participation in *The City School Education Expo 2025* held at the PC Hotel where the team met 300 students as well as representatives from local educational institutions. This was followed by interaction with guidance counselors from Cedar College, The Lyceum and Karachi Grammar School as well as information sessions at St. Paul's Cathedral School and at City School Campuses in Darakhshan and PECHS. In addition, the team discussed educational opportunities at Forman with Anthony Naveed, Deputy Speaker of the Sindh Assembly.

The Multan program involved sessions at Bloomfield Hall and Beaconhouse. In addition, the team discussed education opportunities at FCCU with Bishop Asher William, in turn connecting FCCU with pastors and community leaders with a special interest in minority access to institutions of higher learning.

This outreach effort was followed by a second initiative led by Admissions Officers Sofia Shahzad and Angel Safdar, in this case involving Lahore, Islamabad, Murree, Abbottabad and Nathia Gali. Lahore outreach included participation in the *Beaconhouse National College Fair 2025* and the *City School Education Expo 2025*, both held at the PC Hotel. Together the two events attracted more than 1,000 visitors including students, parents and guidance counselors.

Meanwhile, the Islamabad outreach program involved participation at the *Beaconhouse National College Fair* and the *City School Education Expo*, collectively leading to interactions with more than 300 students. In addition, the team reached out to Head Start and Roots Millennium Schools as well as Fatima Church and St. Thomas Church.

As for outreach in the mountains north of Islamabad, this included information sessions in Murree, Abbottabad and Nathia Gali involving the Convent of Jesus and Mary and SPS Chinar, ensuring outreach to another 350 students, some of whom expressed a special interest in Forman programs related to Psychology, Computer



Science and Biotechnology. Other meetings included as part of a very busy schedule involved St. Denny's School in Murree and church representatives in both Abbottabad and Nathia Gali.

Overall, this extensive Fall outreach campaign on the part of Admissions enhanced Forman's visibility, deepened school and community relationships, and opened doors for future partnerships and other cooperative efforts.



## SPORTS UPDATE



Talented FCCU athletes Khoula Ahmad Butt and Hajra Iqbal secured Bronze Medals at the prestigious HEC All Pakistan Women's Intersvarsity Boxing Championships hosted by the University of Faisalabad from November 3 through November 6. For Khoula, this was the second consecutive time that she has received this recognition as one of the best female boxers in Pakistan.



Forman participated in the *Lahore School of Economics Sports Gala* in late October, bringing together teams from 13 Lahore-area universities. Forman excelled in several events, receiving Top Male Athlete and Top Female Athlete Awards as well as the Best Delegation Award. Female Forman athletes placed first in badminton singles and doubles and second in futsal and netball. For their part, male Forman athletes brought home the top trophy for volleyball.

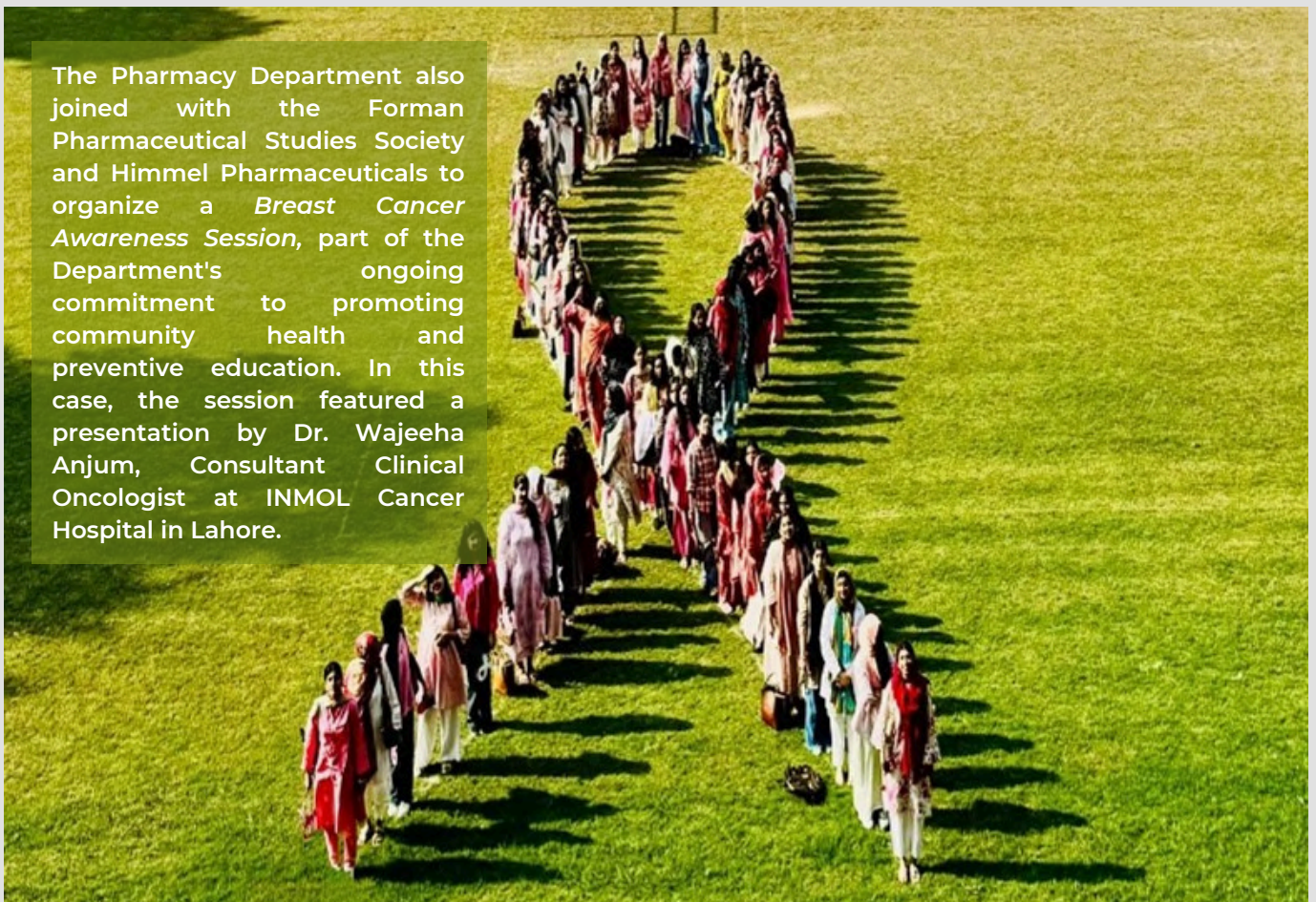


## HEALTH AND WELL-BEING

Forman's Pharmacy Department organized an inspiring session on *Power of Mindset under the Theme of Rewiring Stress: Mental Wellbeing for Students*, providing insights into positive approaches and practical strategies for managing stress. Ms. Eram Zeeshan, corporate trainer, certified life coach and consultant for Bridge Connect KSA, led the session which was also live streamed.



The Pharmacy Department also joined with the Forman Pharmaceutical Studies Society and Himmel Pharmaceuticals to organize a *Breast Cancer Awareness Session*, part of the Department's ongoing commitment to promoting community health and preventive education. In this case, the session featured a presentation by Dr. Wajeeha Anjum, Consultant Clinical Oncologist at INMOL Cancer Hospital in Lahore.



Forman's Psychology department chaired by Dr. Ivan Suneel implemented a three-day training course for MS Clinical Psychology students on *Acceptance and Commitment Therapy (ACT)* for perinatal mental health. Facilitated by international experts Dr. Cerith Waters, Dr. Jennifer Berreet and Ms. Clair Traylor, the course offered in-depth learning on ACT along with case study

discussions and breakout activities. Students described the course as *"enriching, culturally relevant and transformative"*.

Meanwhile, the Forman Psychological Services Center (FPSC) situated on the nearby TSA/FCCU campus organized a number of programs open to the public including a three-hour workshop on *Trauma Informed Clinical Practice: Essential for Psychologists*, led by Clinical Psychologist Dr. Nazia Bashir.



Partnering with Mercy Health Center and Student Affairs, the Residential Life Office organized a *First Aid Training Session* for 30 Assistant Guardians and Resident Assistants, preparing them to respond to hostel emergencies related to minor injuries, burns and fainting cases; the program also included a section on bandaging, first aid kit maintenance, and emergency reporting procedures.



In addition, Mercy Health Center and Student Affairs separately organized a workshop on *Basic Life Support (BLS) and Cardiopulmonary Resuscitation (CPR)* conducted by one of our visitors, Dr. Jason Stopyra, Professor of Emergency Medicine at Wake Forest University in North Carolina.



## "BY LOVE SERVE ONE ANOTHER"

Working with the Punjab Human Rights and Minority Affairs Department, Dr. Ayra Indrias Patras and Kamran Khan from Forman's Political Science Department invited Forman students to personally welcome Sikh Yatrees arriving in Lahore from India to celebrate Baba Guru Nanak's birth anniversary. While the arriving pilgrims were no doubt surprised and touched by the warm welcome, the experience also gave our students a greater appreciation for the value of interfaith harmony and peaceful coexistence.



Reflecting on his upcoming FCCU graduation, English major Tashfeen Ali Yaftali described his unique experience as an "Ambassador of the Kalash Valley Outreach Program" which resulted in at least six students from this remote region of Chitral bordering Afghanistan enrolling at Forman. Among other things, he helped coordinate two outreach programs during two successive summers, visiting the region and personally arranging round-trip transport to Lahore as part of a successful effort to encourage the first Kalash students to attend Forman.



A special word of appreciation to Forman graduate Waqar Karim who volunteered his services to establish a well-received Civil Service "Study Circle" while also sharing his advice as a decorated Civil Servant and Deputy Commissioner to Forman students interested in taking Pakistan's highly competitive civil service exam. Thanks, too, to Adnan Ilyas, head of Career Services and Internships, for supporting this effort.



Faculty, staff and students from the Center for Language Development organized the Third Annual *Incredible Edibles Food Sale* on Main Ground on November 4, donating all 66,500 rupees in proceeds to the Student Scholarship Fund. Once again, the channa chaat was especially delicious! A selection of earrings was also for sale with the 19,360 rupees in proceeds going toward buying books.

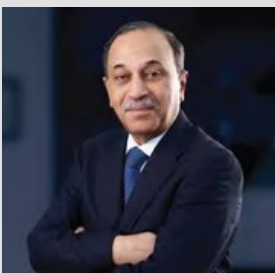


As CLD director Uzma Khan describes it, *"Three years ago when our CLD teacher Ms. Sarah Johnson suggested the idea of a food sale we had no idea it would become an annual event. Not only is it very satisfying to give back to FCCU even in this small way, it is very inspiring to see students – many of whom are beneficiaries of the Scholarship Fund themselves – have donated seed money for the event"*.



I am thrilled to note that Forman's own Haroon Christy is joining with his three brothers -- Dr. Shahzad Christy Munir, Commodore Kamran Christy Munir and Zeeshan Christy Munir -- to establish a scholarship endowment fund in memory of their parents, the late Dr. Maureen Christy and Dr. Christy Munir who contributed so much to Forman during the post denationalization period.

As Haroon recalls, *"Our parents lived lives marked by service, compassion, and a deep and enduring commitment to helping others; growing up, we saw firsthand how deeply they felt for students and families struggling financially . . . FCCU, in particular, held a special place in their hearts"*.



Jaweria Iqbal, Manager for Corporate and Foundation Relations, forwarded a check to our CFO for 18.3 million rupees from Aezaz Hussain, Forman graduate and Chairman of both Systems Limited and the Aezaz & Neelam Hussain Trust; the funds will be used to establish an endowment to support scholarships for BS Computer and BS Mathematics students. She also notes that this was the Trust's first contribution toward the education sector.

In addition, we recently received a generous check from Faysal Bank as part of a multi-year commitment to help fund scholarships at FCCU. In this case, let me thank Shumaila Nadeem, Acting Head of our Advancement and Alumni Office, for her notable role in encouraging these and other contributions as part of our ongoing Advancement efforts.



Finally, senior faculty and staff including Dr. Trimble, Dr. Gloria, Dr. Hassan Shah, and Dr. Kauser Malik joined Mrs. Badia Raza and others from Advancement and Alumni to honor the late Hamza Butt, remembering the impact of his life in the all-too-few years given to him. His parents and sister also attended to formally dedicate the new bench placed in his memory outside the Jim Tebbe Campus Center, lending a special poignancy to the occasion.

During the gathering the family shared a video of Hamza performing at an FCCU music event while also sharing personal memories of Hamza's creativity, warmth and kindness. The ceremony also included a short prayer as well as expressions of appreciation to the Butt family for maintaining connections with Forman, supporting Forman and placing the memorial bench outside the Campus Center to remember and honor their beloved son.



## OTHER NEWS

The official inauguration of Forman's new Center for Biblical Teaching and Research (CBTR) was scheduled to coincide with the recent visit by Executive Director Roger Dermody and other Friends of Forman which funded the project. Religious Studies Professor Bob Wetmore who has long championed the project, organized the event at which Dr. Michael Nazir-Ali served as Guest of Honor.



I welcomed the opportunity to attend several events sponsored by our Advancement Office during November including the *Faculty and Staff Fundraising Appreciation Ceremony 2025* held in the Jim Tebbe Campus Center on November 19 to honor members of our Forman community who contributed to FCCU last year.

Among other things, it was gratifying to learn that the IT Office achieved a contribution rate of 100 percent with every member of IT donating to last year's fund-raising efforts. Also, I couldn't help but notice that our Religious Studies Departments at both the College and University ranked as "top tier" contributors in terms of their generosity.



In addition, our Advancement and Alumni Office hosted *Corporate Connect 2025* on November 13, bringing together FCCU's senior leadership, prominent corporate leaders and distinguished professionals from Pakistan's corporate world to celebrate generosity, strengthen partnerships, and foster dialogue between academia and industry. The event saw participation from a wide range of sectors including pharmaceuticals, banking, health, IT, automobile, industrial lubricants, paints, energy, petroleum, food and cement.



Guests included Bob Din (President of the Formanites Alumni Association) and Omer Saeed (Director of Servis Industries which has long supported Forman). We also used the occasion to launch *Corporate Chronicles*, a new publication featuring inspiring stories from Forman graduates working in the corporate sector. Those featured in *Corporate Chronicles* include Mr. Bilal Amjad, CEO InstaCare, Mr. Tahir Saleemi, CEO, Haji Sons, Mr. Sajjad Suleman Malik, CEO, Emkay Seeds, Mr. Laeeq Uddin Ansari, Senior Director, Millat Tractors, Mr. Mubbasher Omer, CEO & Commercial Director, Paints-AkzoNobel Pakistan, Mr. Asad Sheikh, Founder & CEO, Foodies R Us, Mr. Najam Mazari, Chairman, Chiltan Group of Industries, Mr. Zeeshan Qureshi, CEO, Capital Smart Innovations, Mr. Taimoor Ali, COO, Bookme.pk, Nasir Chaudhary, Founder, Medipak Limited, Syed Mazhar Iqbal, CEO, Daewoo Pakistan Express Bus Service Ltd, and Shahid Hosain Kazi, CEO, Rozee.pk.

'Badge of honor' was also given to major corporate benefactors and donors for their continued support toward FCCU's mission of accessible, quality education.

Our Financial Aid Office headed by Phool Shahzad organized a program on *Bridging Dreams: Honoring Donors and Beneficiaries* to thank the many donors who helped make this record-breaking year for financial aid possible. Several Forman student beneficiaries also participated, providing insights into their continuing personal and professional journey at Forman.



I was privileged to attend the Honda Atlas DBM graduation ceremony at our School of Management on November 15, marking the completion of the fifth "batch" of mid level Honda Atlas officers to earn their Diploma in Business Management. The event concluded with dinner in E Block, providing further opportunity to meet with the students as well as several executives from Japan who are part of the very successful Honda Atlas partnership in Pakistan.



Thanks also to the Center for Learning and Teaching (CLT) for organizing its first-ever Certificate Awarding Ceremony for New Faculty on November 17, recognizing our 2022 cohort of new faculty who after three years and multiple courses have earned their Forman Core Pedagogy Certificate aimed at strengthening teaching and learning at FCCU. Faculty members receiving certificates included Aqsa Sarwar, Khurram Muaz, Muhammad Rovidad, Muhammad Saleh Habib, Sharoon Nasim, Sumaira Akra, Tazeen Bokhari and Tehniyat Fatima.



I was pleased to sign two MOUs in November, one with the Trade Development Authority of Pakistan (TDAP), the other with Chughtai Labs headed by Forman graduate Dr. Sohail Akhtar Chughtai. Both MOUs promote research involving Forman faculty as well as internships and employment for Forman students. The MOU with Chughtai Labs was especially impressive because the Forman student who heads our Biology Society, was instrumental in reaching out to Dr. Chughtai to help move the MOU process forward.



Let me express appreciation to the UN Fund for Population Activities (UNFPA) which recently donated 32 new computers to equip Forman's Population Research Center (PRC), headed by Dr. Mohammad Waqas and now well equipped to undertake high quality training, research, education, and policy engagement on population issues facing Pakistan.



We welcomed poet, novelist, journalist and prolific writer [Farzana Aqib](#) to our campus on November 21, appreciating especially her gift of books to Ewing Library. Our Chief Librarian Farrukh Shahzad was also present to receive this donation. As part of our discussion, I welcomed a side conversation on cricket in Pakistan, a sport in which her husband Aqib Javed has played a key role!



Forman students Hafsa Ahmed and Zainab Shahbaz, founders of Team LegalConnect from our first ORIC/BIC cohort, participated in Startup Weekend Lahore, a 54-hour "entrepreneurial bootcamp" organized by LUMS. Their innovative idea was shortlisted during the first round of elevator pitches, earning them the right to participate. The weekend event also provided opportunities to refine their AI-powered legal platform designed to provide confidential assistance while also bridging the gap between lawyers and clients.



BS Honors graduate Syed Hassan Abbas Bukhari wrote to me regarding his volunteer internship experience with the Punjab Police in which he took part in various training and field activities including rappelling, shooting, and police drills. As he describes it, *"This opportunity not only enhanced my leadership and civic awareness but also strengthened my sense of responsibility as a student at FCCU"*.

The Forman Language Center organized two sessions providing details on academic and professional opportunities in Germany. The first involved an awareness session on *Safe and Regular Migration to Germany* and was open to our German language students. The second event, led by the Director of the German Academic Exchange Service and also involving Forman's International Education Office, attracted an audience of 250 and was open to all FCCU students, whether studying German or not.



Ruth Park, head of the Forman Language Center, reports that we have just completed the first-ever Goethe Institute/Forman College German language proficiency exams, providing guest house accommodation for invigilators and examination space for 50 students and teachers from Aitchison, Roots Ivy, Lahore Grammar School and elsewhere. This is a new partnership following on the heels of an earlier one with the Alliance Francaise that in this case led to the posting of a native French speaker to our campus to teach French to our students.



I am pleased to note that the inspiring Forman College anthem titled *The Forman Heart* with words authored by Susan Bakker and music written by Ms. Se Eun (Joy) in 2024 has now been copyrighted by the Intellectual Property Organization of Pakistan!



Last month's *Rector's Update* included special thanks, appreciation and praise for the life of renowned scholar, writer and Emeritus Professor Dr. Arfa Sayeda Zehra who taught at Forman for fifteen years. As I have observed, tributes continued to be voiced including via the tens of thousands of heart-felt emojis and comments on our social media not to mention various other media outlets across Pakistan and beyond – Dr. Arfa was truly a beloved professor, shaping the lives of many young people over many years, both at Forman and beyond.

Recalling Dr. Arfa's passing, it is worth rereading Qalandar Memon's interview with her in Dawn from more than a decade ago, further highlighting her wisdom. (Available [here](#)).

Here is another tribute to Dr. Arfa, this one written by writer, poet and Forman faculty member Shahida Shah in the Urdu press: "*Dr. Arfa Sayeda Zahra was a distinguished Pakistani scholar whose lifelong contributions shaped the country's intellectual, cultural, and educational landscape. A historian, educator and legendary Urdu scholar, she devoted more than five decades to teaching and research. She considered Urdu not just a medium of expression but a civilizational heritage that nurtures harmony and intellectual refinement*".

And here is a reflection from one of her former students, Iqtadar Ahmad Warraich: "*You were not just a teacher to me, you were a mentor, a guide, and an inspiration . . . your teachings will continue to be passed on to generations of learners; your voice, your smile, and your presence in the classroom will always echo in my memories*".

Finally, Mohammad Umair Shahid Dogair, now undertaking his post graduate studies as a Global Leadership Scholar in Modern History in Scotland, writes that he chose to attend Forman rather than Government College specifically because Dr. Arfa was teaching at FCCU ("*Even if I don't get to study under her at least I get to see her*"): "*My teachers and parents imagined a future for me in medicine. But deep inside I knew I wasn't meant to be a doctor. Literature has been my true calling . . . I took seven courses with her, some required, others simply because she was teaching them . . . I have always loved my teachers deeply, but with her, it wasn't love, it was ishq*".

The January edition of the Rector's Update will include more details on a month filled with many additional activities related to the Season including both Christmas and New Year!

Christmas is a wonderful part of the Forman calendar, providing opportunities to reflect on the year that is slipping away while also sharing in the warmth and generosity that is a hallmark of the Forman community at its best.

Christmas also aligns beautifully with our long-standing motto "By Love Serve One Another", reminding us that love lies at the heart of the Christmas story while also highlighting the importance of faith, hope, humility, compassion and service.

Even as we share in the joy of Christmas, we also look toward the New Year, welcoming in particular its promise of new energy and new beginnings. In a broken and fragmented world, the example set by Forman as a space in which multiple faiths, cultures, castes, creeds, and backgrounds stand united in mutual respect and understanding is more important than ever.

May this Christmas season bring peace to your hearts, warmth to your homes, and joy to your families, even as the coming year provides us with further opportunities to build, strengthen, and sustain the Forman community long into the future.

Finally, let me wish a meaningful and blessed Christmas to all who observe it, even as we usher in the New Year: May God bless and keep you and your loved ones; may God bless and keep Forman; and may God bless and keep Pakistan throughout 2026 and beyond!



**DR. JONATHAN S. ADDLETON**  
**RECTOR**