



FORMAN CHRISTIAN COLLEGE
(A CHARTERED UNIVERSITY)

Rector's Update

The latest news and announcements from Dr. Jonathan Addleton

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Happy New Year! This edition of the *Rector's Update* is being written from a cold and snowy British Columbia, here to celebrate Christmas with our daughter and new granddaughter Maeve ("One Who Brings Joy"). That said, I also appreciated spending the first part of December in Lahore, enjoying several of the events that helped launch the holiday season at Forman Christian College (A Chartered University).

CHRISTMAS AND NEW YEAR EVENTS

The entire month of December was filled with countless activities celebrating the Christmas season as well as the New Year to come. I participated in a number of them including the lighting of the first Advent candle at the Urdu language Presbyterian Sunday morning service at Sinclair Hall. Also, Eileen and Sheeza organized a *Coffee and Carols in the Rector's Office*, another wonderful way to start December.



During subsequent days I attended several other celebrations including one hosted by Buildings & Works under one of our historic campus banyan trees and another organized by the Kauser Abdulla Malik School of Life Sciences in the Peter Armacost Science Building. In addition, the Christian Life program hosted a Carol Service in Sinclair Hall focused on *The Word Became Flesh* in the lead-up to Christmas.



Also, the Advancement and Alumni Office sponsored an *Evening of Carols* on the top floor of the Jim Tebbe Campus Center. Titled as *Joy, Jingles, and Generosity*, nearly 300 Forman graduates attended. A special thanks to Chief Marketing and Outreach Officer Badia Raza and Assistant Alumni Relations Manager Muhammad Talal along with other members of their team for making this heart-warming event possible.



A variety of other Office and Departmental Holiday events also took place. For example, five English Department faculty members (Azeem Alphonse, Rehana John, Naomi Justin, Jonathan Caleb Imdad and Shahan Pervez) organized a Christmas lunch for English Department faculty on December 1, an event that included not only lunch but also interactive games, token gifts, and a Christmas cake.



Once again the front lawn of the Forman Chapel was the venue for several Christmas bazaars, providing opportunities for local NGOs engaged in skills development to expand their marketing opportunities. For example, in late November *Help for the Helpless* focused on needy village women organized a sale featuring hand-made products.

Similarly, in early December the *Emmanuel Center* held its annual Christmas Sale, also on the front lawn of the Forman Chapel; featured items included Christmas decorations and baked goods as well as various embroidered and knitted items. The TSA/FCCU partnership also organized a display of hand-made items to brighten the Christmas season, offering them for sale to members of the Forman community.

EMMANUEL
CENTER
FOR REST



In addition, this year's annual Light of Hope Christmas program was truly wonderful. It was in turn followed by a two-day Christmas Arts & Craft Exhibit in mid December, many of the items on sale having been hand-made by our creative K-10 Light of Hope students.



The biggest event of all almost certainly was the College Christmas Gala titled *Glory in the Highest*, held on December 5 and featuring our amazing College Choir led by Ms. Joy. To my mind, this singular event only gets better and more inspiring every year.

As this [YouTube link](#) suggests, the Forman College Christmas Gala lights, costumes and set as well as the quality of music was amazing. In keeping with Forman's international dimension, songs and readings were delivered in multiple languages including Urdu, English, Korean, Dutch, Punjabi, and Spanish. A special thanks to College Vice Rector Dr. Ivan Suneel and all the members of his team who worked so hard to make this year's event a big success. A special thanks, too, to US Consul General Stetson Sanders who attended as a special guest.



I also attended several outside activities including the Kinnaird College Christmas Play, a wonderful event hosted by our nearby "sister" institution. In addition, I attended the Salvation Army Christmas Bazaar featuring the Salvation Army brass band as well as a variety of Christmas-related items.

Finally, let me express appreciation to the Forman Rotaract Club which collected donations from across campus for its eagerly awaited annual "Secret Santa" event, organized especially for Light of Hope students.



Thanks to Moses Flagus, the joy of the Christmas season was spread beyond the walls of FCCU when a group from Forman was asked to sing Christmas Carols at Packages Mall! The choir included a mix of both students and alumni. As Moses reports, *"It was a very encouraging experience, and the audience response was extremely positive"*.



CONFERENCES, WORKSHOPS, SEMINARS AND EXHIBITIONS

The Environmental Sciences Department organized a Seminar on *Climate Change and Flooding in Pakistan*, in early December, in this case in partnership with the World Wildlife Fund (WWF). Discussions centered on shifting climate patterns as well as an increase in the frequency and intensity of flooding in Pakistan.

Under the leadership of Dr. Mariam Rao and Dr. Ambreen Khursheed, FCCU's School of Management implemented a Research Symposium on *Accounting and Finance at the Crossroads of Entrepreneurship* in late November, bringing together leading voices from academia and industry to explore how financial systems and innovation shape entrepreneurial landscapes. Also, a PhD



Scholars Research Colloquium organized as part of the program brought scholars together to discuss areas of special interest including green finance, governance, leadership, and policy frameworks.



The Kauser Abdulla Malik School of Life Sciences held a Seminar on *Quality Assurance in Food and Beverages* featuring two guest speakers, the first a Divisional Manager from Metro Cash & Carry and the second the founder of F&B Architects.



Forman's Political Science Department organized a workshop on *Quantitative Data Analysis Using SPSS*, led by Political Science Assistant Professor Dr. Abeeda Qureshi and conducted by Statistics Department Head Dr. Sharoon Hanook. Approximately 50 Bachelor's and MPhil students attended.



Forman's English Department sponsored another session in its continuing *Graduate Seminar Series*, this one involving Dr. Iram Amjad who teaches Applied Linguistics at FAST-NUCES in Lahore. Her thesis focused on the sociolinguistic dynamics of courtroom narratives in murder trial cases in Pakistan; Dr. Iram is also on the editorial board of several academic journals and has presented at various international conferences.



Partnering with the English Department at the Lahore College for Women University, Forman's English Department organized a Drama Symposium on emerging global trends in theater on December 15.



MPhil students in the English Department's *Digital Approaches to Literature* class under the supervision of Dr. Fatima Syeda and Ms. Sadiqa Maqbool organized an Exhibition titled *Digital Waterfalls: Rescripting Water Narratives* that showcased the theme of water via a range of creative, critical and technological lenses, blending creativity and scholarship while also providing glimpses into the future of digital humanities and environmental storytelling at FCCU.

Forman's Visual and Performing Arts Department presented a calligraphy performance by National College of Arts Assistant Professor Ahsan Ali Khan, drawing inspiration from one of the opening lines in Rumi's *Masnawi*: "Listen to the reed, how it tells a tale . . ."



Meanwhile, our Mass Communication Department hosted a Seminar on *The Art and Strategy of Copywriting*, targeting students interested in freelance copywriting. Shahzad Khan, an award-winning copywriter with a global clientele spanning at least 94 countries, led the session.



Forman's Computer Science Department offered an opportunity for faculty from non-technical disciplines to join in a four-day AI-ready Workshop, organized under Meta AI's *Upskilling for Pakistan Initiative* with a view toward developing AI literacy, awareness, and practical skills among university faculty.



The same Department also organized a Senior Project Exhibition and Open House (*Comspex 2025*) in early December featuring 15 innovative projects prepared by graduating seniors. Awards were given for "Best Project" and "Best Poster Design", with judges having to pick from among a variety of themes ranging from Artificial Intelligence to Data Base Development.



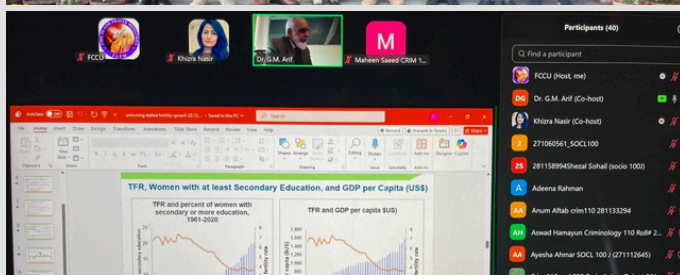
Forman's Physics Department in partnership with the Benade Physics Society organized a three-day Workshop on *Quantum Computing*, a rapidly growing field. More than 40 students from Forman's Computer Science and Math Departments attended, benefitting from the expertise of featured speaker Dr. Bilal Tariq from Pakistan's National Center for Physics in Islamabad.



The Chemistry Department in partnership with Students Affairs and the Spears Chemical Society organized *ChemXplained: Exploring Chemistry in Action*. Dr. Zakir Khan from COMSATS University in Lahore opened the event, focusing on carbon capture and related issues. Subsequent sessions featured Khaulla Safdar from the BinRasheed Group and Hira Ali, co-founder of Hira Ali Beauty which develops and markets skincare products.



Our Center for Public Policy and Governance (CPPG) organized a Seminar on *Pakistan's Counter Narcotics Policy and Role of Anti Narcotics Force (ANF) in Preventing Substance Abuse*, featuring Brigadier Sikandar Hayat Chaudhary, Regional ANF Directorate Commander, as the main speaker.



The Population Research Center (PRC) organized a Webinar on December 23 on *Unlocking the Fertility Stall in Pakistan* featuring Dr. Ghulam Muhammad Arif, Senior Technical Advisor to the Population Council.



Meanwhile, the Political Science Department held a Seminar titled *From Narratives to Threats: Intertextually and the Politics of Conspiracy*, arranged by Dr. Mudassir Farooqi, Assistant Professor of International Relations and War Studies. More than 150 students, faculty and staff attended, indicating strong interest in the subject. Thanks to Cheezious Pakistan and Furqan Foods, participants were served refreshments afterwards, providing opportunities for further conversation!

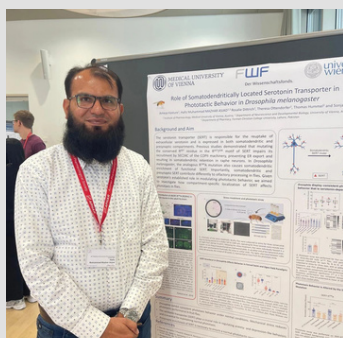
Forman's ongoing partnership with Oslo Metropolitan University (OsloMet) and the Journalism & Media International Center (JMIC) in Norway continues to provide important benefits, most recently in the form of a four-day *Journalists' Safety Workshop* hosted by FCCU from 9-12 December. The program was officially opened by Dean of Humanities Dr. Altaf Ullah Khan and moderated by Dr. Syed Muhammad Saqib, Associate Professor of Mass Communication.

The program brought together academics, journalists and students from colleges and universities across Pakistan. The first two days involved a "Training of Trainers" component aimed at strengthening safety education at institutions of higher learning; in contrast, the next two days were dedicated to student-focused issues related to journalist safety, covering such topics as physical risk, digital security, ethical decision-making, responsible reporting, and trauma awareness.



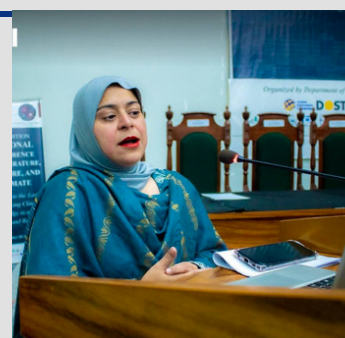
OUTSIDE ACADEMIC ENGAGEMENTS

Registrar Dr. Nayer Fardows joined in the Asia/Pacific Quality Network (APQN) Academic Conference and Annual General Meeting involving more than 400 participants held in Hong Kong in late November, presenting his research paper on *Ensuring Quality in Higher Education through Financial Sustainability: Managing Endowment Funds for Institutional Excellence*. The paper will also be published in APQN Analogue, ensuring even wider circulation.



Associate Pharmacy Professor Dr. Hafiz Muhammad Mazhar Asjad returned from an extended research stay in Austria, having participated in three international conferences and interacted with research scientists from across the globe. Conferences attended included the *29th Scientific Symposium of the Austrian Pharmacological Society*; the *Jubilee Meeting marking 25 Years of WHO Classification of Mastocytosis*; and the *Euro-CASE Annual Conference on Complex Systems: Shaping the Future for a Resilient Society*.

English Chair Dr. Fatima Syeda was invited to speak at the *National Conference on Literature, Culture and Climate* organized by the University of Swat on December 11. Her keynote speech was titled *Digital Pollution and the New Environment Angst*.



Forman's Education Department partnered with the Beaconhouse to establish an Evaluation Committee for STEAM projects within the Beaconhouse School System. Focusing on grades five and six, Ammar Hussain Khan led a team of four FCCU students with STEM expertise to mentor and monitor much younger students in addressing global issues through a STEAM approach.

CPPG's Dr. Muhammad Rovidad participated as a judge in a December 5 program involving a *Unity in Diversity Policy Competition*, organized by Beaconhouse National University's Center for Policy Research (BCPR) in partnership with Friedrich-Ebert Stiftung. Graduate students from several major universities in Lahore and Islamabad participated. In the end, the jury selected the Punjab's Sufi Heritage presentation as the winner, citing its originality, clarity, contextual relevance, and strong linkages between identified challenges and actionable policy measures.



FACULTY ACHIEVEMENT

Distinguished National Professor of Biotechnology and Dean of Postgraduate Studies Dr. Kauser Abdulla Malik travelled to Dubai in early December as a special guest of the US Soybean Export Council where he was honored with the prestigious "Zero Hunger Champion Award 2025"; his accomplishments were also featured in a documentary shown at the event which included references to his long-time associations with FCCU as well as other leading academic and research organizations across Pakistan.

As both a scientist and a leader, Dr. Kauser has devoted his life to promoting food security, strengthening agricultural sustainability, and inspiring future generations to address hunger concerns. Other program participants included the granddaughter of Dr. Norman Borlaug, "Father of the Green Revolution".



Ms. Maryyam Khan, Assistant Professor in the School of Management, received the prestigious "Women of Impact Award" on Pakistani Women Entrepreneurship Day 2025. The national award conferred by the State of Pakistan honored her work in empowering women across the country, from urban centers to rural communities in all four provinces.



Associate Political Science Professor Dr. Zamurrad Awan presented her research on *Reshaping Masculinity and Empowering Women: Gender Portrayals in Pakistani Television and Digital Media Commercials* at the recent *International Conference on Challenges and Trends in Arts and Social Sciences*, held at the American International University in Bangladesh (AIUB). While in Dhaka, she also met with the senior AIUB leadership to discuss potential linkages between AIUB and FCCU.



Associate English Professor and Postgraduate Studies Coordinator Qurratulaen Liaquat has been selected to serve as a part time Assistant Professor for teaching an online international course titled *Posthuman Educator* offered by the Posthuman Academy. She will be co-teaching with several established Posthuman Theorists including Katherine Hayles, Stefan Lorenz Sorgner, Francesca Ferrando and Roberto Marchesini. Similarly, Dr. Qurratulaen contributed a recorded lecture titled *Big Data and AI: Perspectives from the Global South*, again reaching out to an audience beyond Pakistan.

Chairperson and Associate Mass Communication Professor Dr. Firasat Jabeen spoke at the *International Media Summit* organized by Deutsche Welle Akademie and International Media Support in Islamabad, joining a panel of academics and journalists to discuss *Rethinking Media Education in the Age of AI and Hybrid Learning*. This was followed by a two-day workshop on *Collaboration and Modern Teaching: Shaping the Journalism of the Future*. Participants came from across Pakistan as well as from Mongolia, Kyrgyzstan, Tajikistan, and Bangladesh.



Associate Sociology Professor Shahid Rasheed was featured in a number of articles including [Tribune India](#), highlighting what was described as the first Sanskrit workshop held in Pakistan since 1947, bringing visibility to Forman while also recognizing the importance of maintaining proficiency in classical languages. According to Shahid who is also studying Greek, "Classical languages carry our collective wisdom. Learning them is a moral project, a project of humanity".



Just as this *Rector's Update* was being finalized Assistant Economics Professor Dr. Humna Ahsan shared the wonderful news that she had been awarded a research grant valued at \$150,000 from the Abdul Latif Poverty Action Lab at MIT for a project titled *Empowering Girls, Engaging Boys: Reducing Gender-Based Violence in Pakistan through School-Level Interventions*.

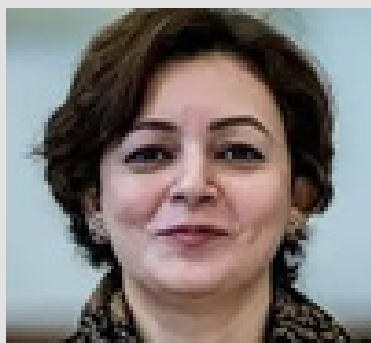
Going forward, the project will also involve collaboration with Texas A&M University (US), University of Bath (UK) and University of Health Sciences (Pakistan), with Dr. Humna serving as the Co-Principal Investigator based in Pakistan where her work will in turn be supported by a \$82,000 MIT grant routed through Forman to cover local project implementation and data collection costs.

FACULTY PUBLICATIONS AND MEDIA APPEARANCES



Chemistry Department Chair Dr. Shazma Massey Azeem was interviewed by [Lahore Rang](#) in late November.

Dr. Farid Malik continues to contribute to various blogs and other publications including *Minute Mirror*, covering a broad range of topics including [Bangladesh](#); [New York Mayor Mamdani's meeting with President Trump](#); [Pakistan's former Prime Minister Zulfikar Ali Bhutto](#); and the [IMF role in Pakistan](#).



Sadia Pasha Kamran from Forman's Visual and Performing Arts Department provided a valuable reflection on the importance of a liberal arts education via her op-ed in the [Express Tribune](#).

Congratulations to Dr. Saeed Shafqat for his article titled *Do Plans Help in a World Where Disorder is the New Norm? Interpreting China's 15th Five-Year Plan*, published by the Hong Kong Research Center for Asian Studies.



Congratulations, too, to Dr. Aisha Amjad (Editor), Dr. Sarah Shahed (Managing Editor), Dr. Umber Bin Ibad (Associate Editor) and Ms. Tehniyat Fatima (Assistant Editor) for posting the December 2025 edition of the [Forman Journal of Social Sciences](#) (Volume 5, Issue Number 2).

As an aside, the FCCU Faculty of Social Sciences publishes two HEC-accredited journals, the other being the *Forman Journal of Economic Studies*, the latest edition of which should be available shortly.



STUDENT ACTIVITIES

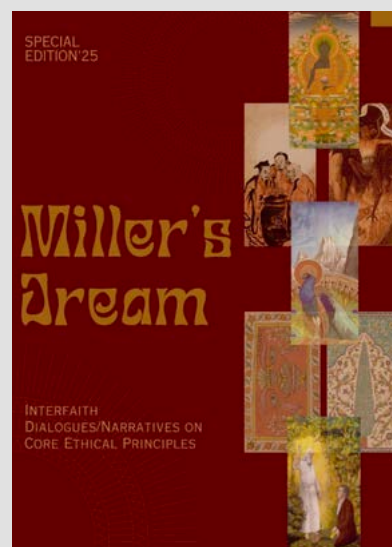
A Computer Science team that included Ahmed Hamza, Muhammad Shamoon Butt and Uswa Ejaz represented FCCU at the Ghulam Ishaq Khan Institute Innovation Summit, returning with the Runner-Up Award in the Speed Programming category of the competition. Well done "Team Divide and Conquer": Keep shining and keep making the FCCU community proud!



The Forman Debating Society represented FCCU at Government College Model UN IV 2025, securing several individual awards while also earning the Best Delegation Award for the second consecutive year. High achievers included Daniya Ahsan (Best Delegate); Faseeha Gul, Emaan Zahra, Sarmad Irfan, and Haseeb Irshad (Outstanding Diplomacy); Mubashir Bezinjo, Mariyam Rashid and Rahim Ullah (Honorable Mention); and Suleman Shareef and M. Shehryar (Special Mention).

I was pleased to see our Philosophy students launch the latest edition of *Miller's Dream*, one of my favorite student-led publications.

I appreciated attending a student Poster Board program on *English for Pharmaceutical Purposes*, held on the verandah of the newly constructed Pharmacy Annex featuring four new labs and an Animal House. A special thanks also to Dr. Adeel Khalid from the English Department for his role in helping to organize this event in cooperation with his Pharmacy School colleagues.



Another enjoyable event was the School of Management's *Entrepreneurial Fiesta '25*, an annual festival featuring student start-ups, interactive workshops, networking, and creative cultural and recreational activities.



In addition, I was able to briefly visit the *Annual Student Business Bazaar* in early December, reflecting the creative work of Assistant Professor Irtifa Nasir's Consumer Behavior students. Various displays featured 14 new brands covering a range of products including leather goods, home decor, fashion, jewelry, games, and skincare products. As Irtifa notes, "It is a project very close to my heart and seeing students bring their ideas to life has been incredibly special!"

SCHOOL OF MANAGEMENT PRESENTS BUSINESS BAZAAR '25

CRAFTS LINE



Forman's Population Research Center (PRC) hosted its third research essay and presentation competition on *Data and Its Role in Social Development*. Arranged in part to mark the International Day of Persons with Disabilities on December 3, the event also highlighted the importance of data-driven policy analysis and formulation. Winning entries were presented by students including Tayyaba Asad from Psychology, Kashaf Amin from Environmental Sciences and Shehryar Khan from School of Management, underscoring the interdisciplinary nature of this initiative.



Congratulations to Syed Hassan Abbas Bukhari on his selection to participate in the Lingnan University (Hong Kong) exchange program from January through May 2026, providing a unique opportunity for both cultural interaction and academic engagement. As he commented on his departure on January 2, *"I look forward to representing FCCU's values and spirit on an international platform"*.



FIELD TRIPS AND OTHER EXCURSIONS

Undergraduates in Dr. Shamaila Athar and Athar Azeems's Sociology Class visited the Punjab Safe Cities Authority, providing first hand insights into modern policing and public safety systems. Topics covered included CCTV monitoring, traffic safety, emergency response, child safety, use of drones, and a virtual women's police station.





Also, Sociology students taking a class on *Aging and Social Policy* taught by Dr. Aaisha Amjad had the opportunity to visit Aafiat Old Age Home, providing insights into the lives of older adults as well as the social, emotional, health and economic challenges they face.



Accompanied by Dr. Derk Bakker and Sumaira Akram, Environmental Science students visited the biogas plant located on the edge of Gujjar Colony on the outskirts of Lahore. Inaugurated only last year, the biogas plant converts animal waste into usable gas which is then sold to companies as an alternative to conventional fuel sources.



FCCU's School of Management in partnership with our Career Services & Internships Office organized an industrial tour to Cotton Web Limited led by Associate Professor and Director of Executive Education Dr. Asher Ramish. In addition to exploring Cotton Web's production facilities, students participated in interactive sessions with various staff involved in supply chain coordination and production management while also exploring key issues such as resource planning, workflow efficiency, and quality control.



Forman's Chemistry Department organized a visit to Ibrahim Fibres Limited in Faisalabad, one of Pakistan's leading polyester manufacturers. In addition to observing the entire production process students discussed possible internships and future research collaborations. Returning to Lahore, the group visited the historic Hiran Minar in Sheikhupura where they learned about Mughal-era wildlife conservation as well as current biodiversity efforts, especially concerning the native Black Deer.



Partnering with the Office of Research, Innovation and Commercialization (ORIC), students in Dr. Kauser Abdulla Malik's course on *Commercialization of Biotechnology Products* visited the Bayer Research Center in Manga Mandi, Lahore. Among other things, the visit provided learning opportunities related to potential future careers in the biotech industry.

Joining with Student Activities, the Forman Photography Society organized a "Photowalk" on December 6, attracting more than 100 students interested in documenting Lahore's vibrant culture and historic landmarks through photography. This year's route began at Taxali Gate and continued through the Old City to Badshahi Mosque before concluding at Lahore Fort. A special thanks to Dr. Syed M. Saqib Saleem who led the tour.



Finally, the Physics Department organized a one-day trip to the Soan Valley and Uchhali Lake on December involving 52 faculty members and students. While enjoying the region's history and natural beauty, participants also benefitted from a better understanding of the geological features of the Salt Range as well as the opportunity to promote relaxation, teamwork and positive interaction among both students and faculty.



CAREER SERVICES, INTERNSHIPS AND FURTHER EDUCATION

Partnering with the British Council, the Advancement and Alumni Office organized a guidance session for students in late November to explore various scholarship opportunities including the Scotland Pakistan Scholarships for Young Women and Girls; Women in STEM Scholarships; Commonwealth Scholarships and Fellowships; Chevening Scholarships; Charles Wallace Pakistan Trust Fellowships; and others.



Forman's Career Services and Internships Office arranged for KFC Pakistan to visit FCCU in early December as part of its Management Trainee recruitment drive, providing details on the selection process as well a growth opportunities for Pakistan's leading retail food brand.

This year's MBA 2026 cohort was offered an opportunity to attend a first-ever "Recruitment Bootcamp", an event organized by Instructor Faiza Tasneem to strengthen the link between academic learning and real-world HR practices. As part of the initiative, HR representatives from a number of companies including Nishat Churian Ltd., Sarena Industries, Curexa Health, Layers Enterprises, Allied Bank and Honda visited the Forman campus and met with Forman students.



Dr. Nashi Khan, Dr. Abia Nazim and Dr. Uzma Ashiq represented FCCU at a meeting organized by the Punjab Institute of Mental Health in Lahore, providing an opportunity to highlight the importance of clinical placements for trainee Psychologists in public sector institutes and hospitals.



SPORTS UPDATE

Eesha Umer Shafi, the standout Forman swimmer who represented Pakistan and FCCU at the University Games in Germany earlier this year, made an impressive mark at the *All Pakistan HEC Intervarsity Women Swimming Championship 2025-26* hosted by the University of Punjab and held in Trinity School in Johar Town in late November.

Competing against top swimmers from across Pakistan, Eesha placed first in the 50 meter Freestyle; second in the 100 meter Freestyle; and third in the 50 meter and 100 meter Backstroke, returning to campus with one Gold, one Silver, and two Bronze medals while also consolidating her position as one of the top female swimmers in Pakistan.



Our talented student athlete Rija Tariq Sidhu was awarded a Silver Medal in the Hammer Throw at the *All Pakistan Inter University Athletics (Women) Championship* held at the University of Punjab, also in November. Several other Forman students participated as part of the FCCU Women's Athletics Team including Mahrukh and Swera Shahid (100 meters) and Mahrukh, Neha Waseem, Jessica Yousaf and Areefa Asad (4x100 meter relay).

Forman's Women's Badminton Team participated in the *All Pakistan HEC Intervarsity (Women) Badminton Championship 2025-26* hosted by Shah Abdul Latif University in Khairpur in late November. Some 32 teams from across Pakistan participated with Forman reaching the quarterfinals in the Singles category.



Also, the FCCU Women's Basketball team joined teams from 15 other leading institutions in participating in the *All Pakistan HEC Intervarsity Women's Basketball Championship 2025-26*, hosted by the Lahore College for Women University. Highlights included a decisive opening victory over Superior University, ensuring that FCCU reached the Quarter Finals of the competition.



Several Forman athletes participated in the *All Pakistan HEC Intervarsity Men Athletics Championship 2025* held at the University of Peshawar in November, joined by Coach Bashir Anjum and Manager Shahzad Nazir. Male athletes from some 27 other universities also competed. Results were encouraging, especially considering the small size of the four-person Forman team: Sarim Ahmed, Abdul Ahad and Abdullah Zaman all reached the semi-final of their respective track events while Hammad Rafique qualified for the final in the Long Jump.



Earlier this fall the FCCU Men's Table Tennis team participated in the *All Pakistan HEC Intervarsity (Men) Table Tennis Championship 2025-26*, organized by the University of Gujrat. Both Shaiq Zeeshan and M. Ayhan reached the Semi-finals in Singles while Azaan Sheikh and Shaiq Zeeshan reached the Semi-finals in Doubles.



Also the FCCU Men's Badminton Team participated in the *All Pakistan HEC Intervarsity (Men) Badminton Championship 2025-26* hosted by Government College University Lahore, advancing to the Semi-finals in both the Singles and Doubles category.

FCCU joined 22 other universities from across Pakistan at the *All Pakistan HEC Inter University (Men) Taekwondo Championship 2025-26*, hosted by the National University of Computer and Emerging Sciences (FAST NUCES) in Islamabad. Forman was represented by Muhammad Hamza Iqbal who advanced to the Semi final round.



FCCU's sports culture also involves active participation in intramural programs including the *FCCU Open Intramural Tournament 2025-2026* organized by the FCCU Sports Office in partnership with Student Affairs and the Forman Sports Society. A number of events were featured including badminton, basketball, lawn tennis, table tennis and volleyball; most notably, 36 teams participated in futsal and another 32 teams participated in cricket, showcasing their skill, teamwork, and a competitive spirit.



Although it occurred earlier in the fall, I don't think I mentioned earlier Forman College's week-long *First Mega Sports Fest*, a truly mega event involving 34 participating educational institutions, hundreds of student athletes and more than 150 teams competing in a wide range of sports. Launched to encourage physical fitness, strengthen a culture of sports and encourage competition, it almost certainly ranks among the largest Intermediate sports events ever held on our campus!



College Vice Rector Dr. Ivan Suneel formally opened the event, among other things emphasizing the importance of sports in character building. Students then participated in various sports including football, volleyball, cricket, basketball, badminton, table tennis, tug of war and athletics, making full use of Forman's various sports facilities.

The Sports Fest concluded with an impressive ceremony on North Field followed by dinner. Awards were presented to the winners in each sports category, with Government College emerging as the winner of the "Best Delegation" trophy, having secured the most points across multiple events. The closing ceremony also included an acknowledgement of everyone who contributed including players, coaches, volunteers, referees and others.



Finally, congratulations to Babar Kamil, Associate Professor and Chair of FCCU's Health and Physical Education Department for just completing his PhD in Sports Sciences from the University of Lahore!

OTHER ACTIVITIES

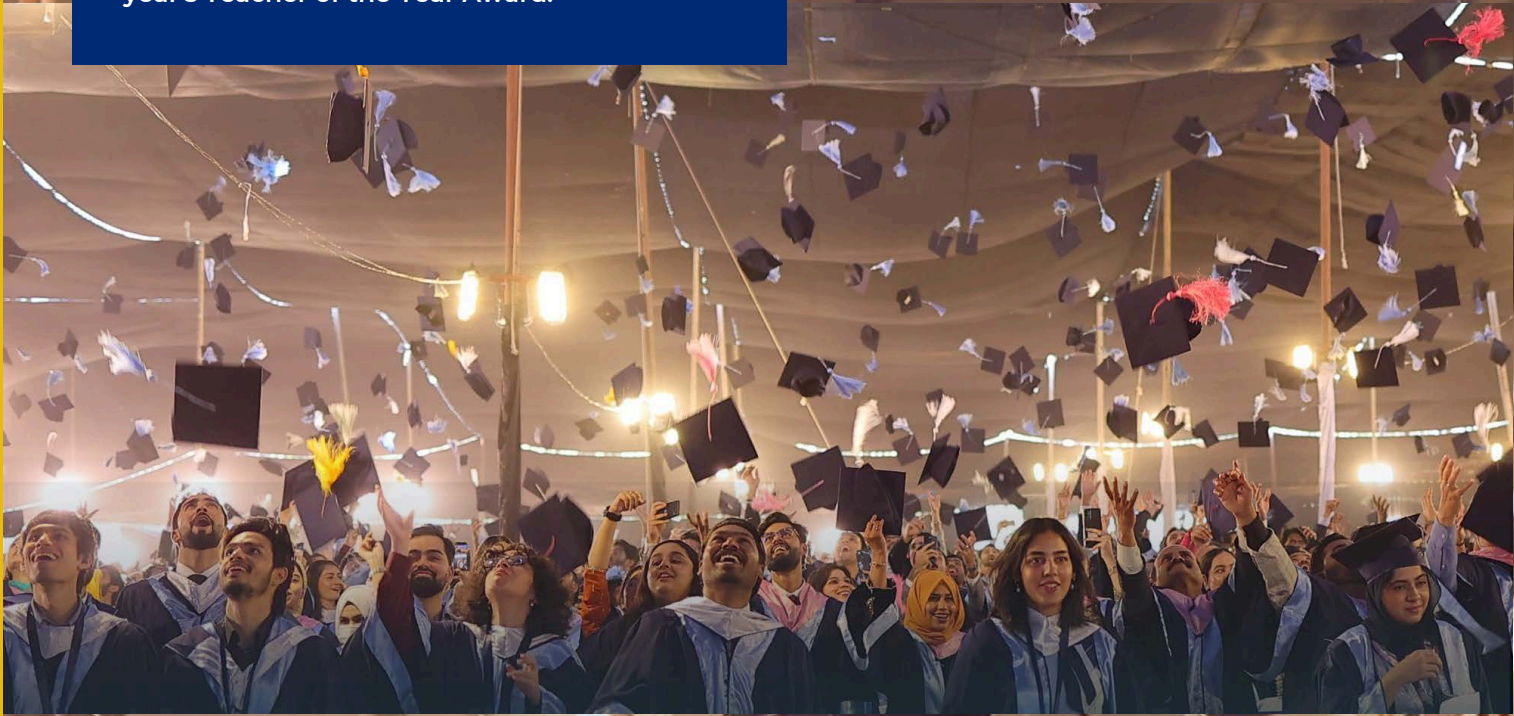
Last month's *Rector's Update* highlighted FCCU's 27th Commencement ceremony while also promising more details later. Among other things, those other events included a post-graduation Commencement party on North Field featuring the prominent local band Bilal Saeed, organized by Dr. Elizabeth and her colleagues in Student Affairs.



I also want to recognize Registrar Dr. Nayer for his leadership in implementing possibly the most successful Commencement yet, drawing on the contributions of countless others from across FCCU sharing a commitment to excellence, service and celebration. It is hard to exaggerate the work that goes into what unquestionably is our biggest annual event.



This year that work was largely carried out by twelve different committees as well as countless offices and departments, resulting in what Dr. Nayer appropriately describes as *"an elegant and memorable ceremony"* involving some 1,270 graduates who crossed the stage to receive their degrees. A number of outstanding students were also recognized for their academic achievements and community service. In addition, Chemistry Department Head Dr. Shazma Massey Azeem received this year's Teacher of the Year Award.



A special thank you to Vice Rector for Academic Affairs Dr. Douglas Trimble and Margy Trimble for representing Forman at Dr. Peter Armacost's memorial service, held at the First Presbyterian Church in St. Petersburg (Florida). As Dr. Trimble described, *"It was a beautiful worship service with a Bible reading from Galatians that Dr. Armacost had selected; hymns; a song his granddaughter sang; memories shared by his daughters; and a sermon preached by his sister"*.

Following the service Dr. Trimble met with Dr. Armacost's wife Mary-Linda who contributed so much to the Forman community throughout their shared tenure in Lahore. In addition, he passed on the book of memories provided by Forman faculty, staff and alumni, the digitized version of which is now also available as part of the FCCU archives.



Fall was a busy time for Forman's Christian Life program, starting with a series of Friday Chapel services centered on *How Christ is Reflected in the Lives of Old Testament Prophets*. In addition, the Chapel Office organized a Retreat for Christian students from Forman in Murree. Other notable Fall programs included a "Meet and Greet" for new students and a regularly performing student-led choir. A special "shoutout" to Rev. Babar Rana, Obed Shahbaz, Biptas George, and other members of the Christian Life team who assumed a lead role in all these efforts.



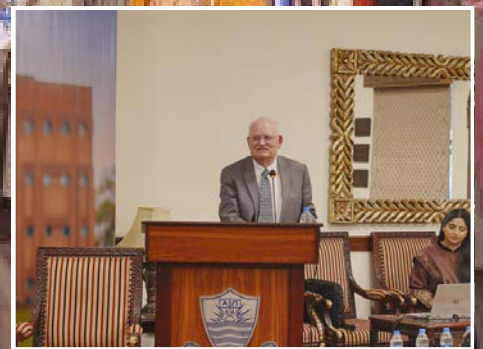
FCCU's Computer, Mathematics, and Urdu Departments hosted a session on *Holistic Well Being for Educators*, promoting mental, emotional and physical well-being while also encouraging inter-departmental cooperation and collegiality. The innovative program included an inspiring poetry session led by Pride of Performance Nazir Qaiser along with a reflection by Dr. Najeeb Jamal on the value of poetry. Also, Forman graduate Sharon Javed accompanied by Salman Williams (Senior Food Services Officer) and Abraham Qaiser (FCCU student) enriched the session with a well received musical program.



While on a visit to the US Consulate to discuss security matters, Col. Khaqan presented Consul-General Stetson Sanders with a copy of CPPG Director Noel Khokhar's book *Voices of Valour* honoring the role that soldiers from Pakistan's Christian community have played throughout Pakistan's history.



Forman's Admissions Office hosted a "Lunch & Learn" session, also in late November, welcoming Counselors, Career Advisors and Academic Coordinators from more than 70 leading schools and colleges across Pakistan offering A Level, High School and IB programs. The intent of the program was to enhance awareness about FCCU's Bachelor's program as well as various merit scholarships, need-based financial aid, and work/study opportunities.



FCCU Chief Librarian Farrukh Shahzad reports that the new and much improved library system ALMA/Primo is now live: [search here](#). This new discovery service provides a set of powerful tools to search books, ebooks, digital archives, images and much more; it also comes with an AI Research Assistant.

The Vice Rector's Office officially inaugurated FCCU's Emeritus Professors' Lounge (S-014) in early December, honoring some of the "legends" of FCCU in a warm and dignified ceremony, acknowledging in particular the enduring contributions of Dr. Rehan Siddiqi, Dr. Hamid Saeed, Dr. Kauser Abdulla Malik, and Dr. Saeed Shafqat as well as the late Dr. Christy Munir and Dr. Arfa Sayeda Zehra.



Forman's Faculty Advising Office successfully held its annual meeting on *The Academic Advising System in FC College: How Faculty Advising Shapes a Student's Journey*. Sessions were led by Dr. Atiq-ur-Rehman; Associate Vice Rectors Dr. Gloria Calib and Dr. Hee Sook Song also spoke, emphasize important themes such as academic excellence, holistic development, and student success based on both the Liberal Arts model and NECHE standards.





The UN Fund for Population Activities (UNFPA) donated additional lab equipment for Forman's Population Research Center (PRC) including the latest tele-conferencing equipment, further enhancing our ability to host both national and international events focused on population research and policy.



FCCU's recycling initiative ("PecoDrop") continues to have a positive impact, having organized various events where students, faculty and staff turn in their empty bottles in exchange for small discounts and gifts: [PecoDrop page](#). In addition, it organized a special exhibition featuring premium natural bamboo products: [Green Upshot](#).

Joining with the Student Activities Office and Forman Earth Watch Club, PecoDrop also organized FCCU's first-ever *Inter-Society Green Flag Challenge Award Ceremony*, bringing together student societies from across campus to promote responsible waste disposal and recycling through friendly competition aimed at inspiring behavioral change, as indicated [here](#).

In the end, the Forman Pharmaceutical Society was named "FCCU Champion", having earned 15,400 recycling points, followed by the Forman Dean Geography Society with 13,200 points (each recycled item earned 10 points). Discount vouchers, souvenirs and eco-friendly pencils and toothbrushes were also provided.



I appreciated hearing from Forman PharmD graduate M. Haseeb Akhtar who noted that he had launched a new coffee brand under the name *Coffee Haus* ("We Brew it With Love"), adding it to the offerings provided at *Seventh Street Pizza* which he has managed for the last two years. Both the restaurant and cafe are situated in the same [location](#).



Finally, congratulations to Najeeb Ullah Ghauri, Forman graduate as well as Founder, Chairman and CEO of one of Pakistan's most successful IT companies (Netsol Technologies, Inc, USA) who was given the honor of ringing the opening bell at the New York Stock Exchange on December 17, marking the 25th anniversary of NETSOL's listing on NASDAQ!



Dignitaries in attendance included Pakistan's Ambassador to the United States HE Rizwan Saeed Sheikh and Pakistan's Ambassador to the United Nations HE Asim Iftikhar. Reflecting on the ceremony afterwards, Najeeb commented that *"Ringling the bell was a truly humbling experience -- a reminder of the journey, the resilience, and the belief that innovation from Pakistan can compete and succeed on the global stage"*.



DR. JONATHAN ADDLETON
RECTOR

