



**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! Last month's *Rector's Update* was issued just after our 26th Commencement ceremony on November 30. This year, the number of Forman graduates reached 1,293 including 1,025 at the Baccalaureate level and 268 at the postgraduate level; of this number, 664 were female (including 186 at the postgraduate level) and 158 were from Pakistan's Christian community (including 27 at the postgraduate level). The event was live streamed, resulting in more than 40,000 views from not only Pakistan but also the US, Australia, New Zealand and Dubai, among other countries.

The Commencement program featured speeches by Valedictorians Sanwal Hussain (undergraduate) and Maliha Ilyas (postgraduate). Numerous awards for academic and extracurricular excellence were included as part of the ceremony. This year's commencement was also widely covered in the local media including [The Nation](#) and [Dawn News](#).

A special shoutout to Registrar Dr. Nayer Fardows for his leadership in managing the process including the work of a dozen committees and countless offices and departments responsible for various aspects of what undoubtedly is the biggest annual event on the FCCU calendar. As Dr. Nayer describes it in his own thank you note to the entire Forman community, *"Your hard work, creativity, and outstanding dedication resulted in an elegant and memorable ceremony that appropriately celebrated and honored our students, their parents, distinguished guests, faculty and staff"*.









SPECIAL EVENTS

Forman's Mass Communication Department hosted the prestigious International Communication Association (ICA) regional conference on December 5-6, bringing media studies scholars together for critical discussion on *Climate and Communication*. A special shoutout to Dr. Firasat Jabeen who played such a critical role in bringing the ICA conference to the Forman campus. For my part, I took a personal interest in the event, partly because two of the participants came from my alma mater, Northwestern University in Evanston, Illinois.



Forman's Religious Studies Department joined with Kellogg College, the Asian Studies Center at Oxford University and the Information Technology University (ITU) in Lahore to host the first day of a three-day international conference on Christianity and Christians in Pakistan. Dr. Yaqoob Bangash who previously taught at Forman and is now on the faculty of ITU played a key role in organizing the event which opened at Forman on December 10 and closed at ITU on December 12. Religious Studies Chair Dr. Hafiz Ghani also coordinated closely with Dr. Bangash to organize the Forman portion of the conference.

The opening day program, convened by Forman graduate Abraham Murad from Oxford and moderated in part by Dr. Atiq-ur-Rehman from Forman, included the keynote address, delivered by Cardinal Joseph Coutts, Metropolitan Archbishop Emeritus of Karachi. Subsequent sessions covered themes ranging from Christian Identity to Christians in Education. Other highlights included a presentation by French researcher Dr. Paul Rollier on *A Life Among Muslims: Christian Identity and Religious Difference in Lahore* and an illuminating conversation on the legacy of "Pakistan's Christian Chief Justice A.R. Cornelius" between Dr. Bangash and Jawwad S. Khawaja, Pakistan's 23rd Chief Justice.

Parentetically, as with many of our recent events, this conference garnered local media attention including in *Dawn* (<https://www.dawn.com/news/1877961>) and *The News* (<https://www.thenews.com.pk/print/1260337-multi-layered-role-of-christians-in-pakistan-highlighted>).





Finally, Forman's Sociology Department in partnership with the Forman Sociology Society organized the *Sixth Conference on Marginalized Populations* on December 11. This year's themes included marginalization of females in the education sector; climate change; health and safety; and marginalization of ethnic and religious minorities. Researchers from the leading area institutions including University of Punjab, University of Management and Technology (UMT), Lahore University of Management Sciences (LUMS), University of Home Economics, University of Sargodha and the National College of Arts (NCA) delivered papers.



A special thanks to Dr. Sara Rizvi Jafree (Conference Chair) and Ms. Sana Shahid for their leadership and support in making this conference possible. Also, those interested in further information should contact the Sociology Department which produced an excellent "Book of Abstracts" summarizing the contents of each paper delivered -- both "hard" and "soft" copies of the report should be available.

**ACADEMIC PROGRAMS**



Forman's Geography Department celebrated its 100th Anniversary during late November and early December under the tagline "Mapping the Century". Special events included a series of lectures, starting on November 27 with a timely talk on the impact of air pollution and ways to mitigate it. Subsequent lectures featured Ms. Javeria Qais on *SDGs and Climate Change* and Dr. Samawia Rizwan on *Disaster Management*.







The series concluded on December 9 with an international discussion titled *Geography: Past, Present and Future* organized by Department Chair Dr. Khadija and Ms. Hafsa, among others. This centennial event featured Dr. Safdar Ali Shirazi (former Director of the Institute of Geography at the University of Punjab) as keynote speaker while also including participation from Dr. Salman Qureshi (Humboldt University), Dr. Shakeel Mehmood (Government College University), and Dr. Sahar Zia (Lahore College for Women University). In the words of one participant, "The celebration also featured heartfelt student testimonials, with alumni sharing personal stories of how their experience in the Geography Department had shaped their academic and professional paths."

As part of its continuing *Writer's Lounge* series, Forman's English Department hosted Dr. Shahid Siddique, for a talk on December 13 titled *Language, Gender and Power: The Politics of Representation*. Dean of the Faculty of Social Sciences at the Lahore School of Economics, Dr. Siddique studied in both Canada and the UK and previously served as Vice Chancellor of Allama Iqbal Open University. A prolific author, his books include *Language, Gender and Power: Hegemony and Education Policies in Pakistan* both published by Oxford University Press. He has also published literary works in Urdu, Punjabi and Pushto.



Other events included a *Flavors of the Language* program on December 11 and a Christmas gathering for Christian faculty on December 12. Also, Dr. Fatima Syeda and Dr. Faiza Zaheer attended a panel discussion on the recent book *Transcultural Humanities in South Asia* by Dr. Waseem Anwar and Ms. Nosheen Yusaf at Government College University (Lahore).



Finally, English MPhil students enrolled in *South Asian Literature and Transcultural Literature*, arranged A Seminar on *Monstrosities Across Diverse Cultures*, an innovative teaching tool under the supervision of course instructors Ms. Sadiqa Maqbool and Dr. Subbah Mir in which participants came dressed as "monstrosities" from various backgrounds -- in this case, a single photograph probably tells the story best of all!





Speaking of innovative teaching approaches, I appreciated a note from Adeel Khalid, a lecturer in our English Department, who mentioned that he along with Alvina Wasim led a field trip involving Linguistics students to the National History Museum and the Walled City of Lahore as part of their coursework related to *Critical Discourse Analysis and Digital Humanities*. In addition to experiencing the rich linguistic diversity of Pakistan, students were introduced to folk tales of the Indus Valley Civilization and oral histories recalling partition and the establishment of Pakistan in 1947.



Also, Dr. Ayra Indrias Patras joined with Dr. Abeeda from the Political Science Department in accompanying 40 students taking her course on *Pakistan's National Government* to the Punjab National Assembly. Thanks especially to Punjab Assembly Member Salma Butt who helped obtain the permissions required for this field trip.







Our Career Services and Internships Office partnered with Student Affairs, School of Management and Department of Economics to organize an industrial tour to Cotton Web Limited for Business and Economic students, connecting classroom concepts with real-world applications. A leading textile manufacturing company specializing in high-quality denim jeans and other apparel, Cotton Web Limited is known for its state-of-the-art facilities and innovative approach to sustainable manufacturing. A special thanks to Dr. Ayesha Anwar (Department of Economics), Asim William George (School of Management) and Mariam Khalil (Career Services) for accompanying the students on what proved to be a memorable experience.

Also, the Kauser Abdulla Malik (KAM) School of Life Sciences organized a field trip for more than 25 MPhil Biotechnology students in early December to the National Institute for Genomics and Advanced Biotechnology (NIGAB) in Islamabad. Faculty members Dr. Irfan and Dr. Asma Maqbool participated, providing students with practical exposure to advanced research methodologies and their application to agriculture and other life sciences.



In addition, KAM School of Life Sciences organized a visit by 30 BSc Biotechnology students to the Corteva Agriscience Research Center in Okara, accompanied by Dr. Irfan and Dr. Afifa. The informative field trip included a lab tour, site visits, and interactive discussions.



The Office of Research, Innovation and Commercialization (ORIC) facilitated an *Author Workshop* via Zoom, bringing publishers and editors together to discuss the academic publication process.

Partnering with KAM School of Life Sciences, ORIC also organized a seminar on December 2 for *World Fisheries Day 2024*, providing a platform for participants from academia and industry to discuss a range of topics including entrepreneurship in fish farming, innovations in fish feed, and the potential for the fish industry in Pakistan.

Hasnain Nafay, Executive Producer at ARY News, delivered a guest lecture on *Production Techniques for Covering Large Marches, Processions and Political Situations*.



Associate Business Professor Dr. Ijaz Yusuf delivered a talk on *Productivity Challenges, Indices and Strategic Moves* at the recent *National Productivity, Quality and Innovation Summit 2024* organized by Pakistan's Ministry of Planning and Development.



## WEBINAR INVITATION

### ORIENTATION TO MICS

Forman's Population Research Center (PRC) headed by Dr. Vaqas Ali organized an *Orientation on MICS Data* webinar on December 4 featuring Mr. Isaac Shehzad from the Punjab Bureau of Statistics. Also, the PRC just published its annual booklet *Healthy Families and Communities in a Changing Society*, featuring the 15 top essays from the PRC's Second Annual Research Competition.

Forman's Lucas Economics Society in partnership with our Economics Department organized an impressive two-day *Economist of the Year* event, involving individuals and institutions from across Lahore. As Lucas Economics Society Faculty Advisor Ms. Madiha Noor noted, "*The guests and the participants from various institutions were full of praise and admiration for FCCU*".



Forman's Sociology Society in partnership with our Sociology Department organized a two-day book drive under the supervision of faculty advisor Ammar Yasir. Books donated by Forman faculty, students and staff are being donated to libraries in DI Khan through the Ilm Daan initiative.

Forman's Urdu Department chaired by Dr. Noureen Khokhar was the catalyst behind *Bazm-e-Urdu*, an initiative to encourage BS scholars in both the BS and MPhil programs to present their creative work to an appreciative audience. This month's program included a celebration of the birthday of Dr. Attique Anwar, author of *Surkh Mosam*; in addition, BS Urdu student Haider Hussain recited some of his own *ghazals* while MPhil student Babra Sultana introduced *Ice Bag of Dreams*, a fictional depiction of a high altitude porter assisting an international climbing expedition facing a snowstorm.





Also, Forman's Urdu Department and the Forman Urdu Society partnered with Student Affairs to organize Forman's *Second Annual Mushaira*, attracting a large audience that filled Sinclair Hall. A number of distinguished poets attended including Zahid Fakhri, Haroon Rafique, Abbas Tabish and Syed Salman Gillani, among others.



**OTHER NEWS**

External visitors this month included Deputy Chief of Mission Arno Kirchhof from the German Embassy who dropped by Forman's Media Center to see the GIZ-provided media equipment that has been installed in the facility. He also used the occasion to discuss with students potential study and scholarship opportunities in Germany.



As part of its industry linkages program, Forman's Department of Chemistry signed a Memorandum of Understanding (MOU) with Pacific Pharmaceutical Pakistan, an ISO 1400 certified company which exports pharmaceutical products to more than 25 countries. In particular, the MOU will provide internship and employment opportunities for Forman students while also promoting research collaboration in areas of mutual interest.



A special thank you to the Career Services and Internships Office headed by Adnan Ilyas Aziz for organizing an inspiring session delivered by International Motivational Speaker [Robert Steffen](#) on November 28 on "Your Message is Only Worth as much as your Ability to Communicate It". As Syeda Mariam Zahra who moderated the event describes it, "[Robert Steffen](#) taught us that great communication isn't about perfection but about presence, energy, and genuine emotional connection".



Dr. John Schwaiger, Founder and President of Career Formation Services, conducted an interactive seminar for intermediate College students in late November, focusing on Personality Types and Anxiety Management. Prior to the seminar, students completed a personality indicator questionnaire. Sources of anxiety were also discussed along with types, symptoms and coping mechanisms.





Also, our Career Services and Internships Office organized an impressive mentorship and guidance session on December 9 for Forman students aspiring to civil service careers, drawing on the insights and views of seven recent Forman graduates who passed what is arguably Pakistan's most selective and competitive exam.

I was especially impressed with the range of backgrounds represented among the seven presenters who have now embarked on Civil Service careers. As I recall, this included alumni who majored in Political Science (Police Service); English Literature (Inland and Revenue Service); English Linguistics (Audits and Accounting); Biotechnology (Customs Service); Psychology (Commerce and Trade); and Environmental Science (Office Management and Secretariat Group). To my mind, this suggests that a Liberal Arts education really does help instil flexibility while also developing the critical thinking skills desperately needed in today's ever-changing world.

A special thanks to Uzma Khan, head of Forman's Center for Language and Development, for her work with the Intensive English for Academic Preparation (IEAP) program in sponsoring the *Incredible Edibles* event on December 2. A similar event last year was used to buy books for the IEAP library and facilitate a donation of 80 books to the Light of Hope school; this year she reports that the sale of food and hand-made jewelry from the event raised more than 52,000 rupees for the FCCU Scholarship Fund while another 5,765 rupees is being allocated to buy books for the IEAP library.



Forman's Human Resources (HR) Office organized two new employee orientation sessions in late November, one for faculty and the other for administrative staff. I spoke at both sessions which involved 115 new employees including 59 new faculty and 56 new administrative staff.

**FORMAN CHRISTIAN COLLEGE**  
**MANAGING OCD THROUGH CULTURALLY ADAPTED CBT**

- Date: 12th December 2024
- Time: 2:00 pm - 5:00 pm
- Venue: Forman Psychological Services Center,
- 23/2 Race Course Road, China Chowk, Lahore

**DR. KIRAN ISHFAQ**  
 CLINICAL PSYCHOLOGIST  
 PHD, MS CLINICAL, ADCP

The Forman Psychological Services Center, another aspect of the TSA/FCCU partnership, organized a half day workshop on December 12 on *Managing Obsessive-Compulsive Systems (OCS) through Culturally Adapted Cognitive Behavioral Therapy (CBT)*, led by Clinical Psychologist Dr. Kiran Ishfaq. As with all such workshops, members of the Forman community as well as members of the wider community outside the four walls of Forman were invited to attend.



Thanks also to Forman's Women's Empowerment Society, Student Affairs and the University Sports Office for organizing a *Self-Defense Workshop* on December 11-12. The program included an awareness session with police; basic introduction to karate; and classes in yoga and Zumba.



Meanwhile, Zohaib Ayyaz, President of Forman's Character Building Society (CBS), reports that the CBS launched its first event of this academic year, hosting a session on *COPs in the Campus: Road Safety and Smog Reduction Awareness Seminar* followed by a *Driving Licensing Campaign* on December 19. Chief Traffic Officer Ms. Ammara Athar served as keynote speaker. In addition, a Mobile Van Licensing Unit visited Forman to help students obtain both their learner and permanent driving licenses.



Other events during December included a cultural evening on December 13 that featured not only the various cultures of Pakistan (including examples from Forman's Punjabi, Seraiki, Pukhtun, Balochi, Baltistani and Kalash communities, among others) but also from the US, Sri Lanka and the Middle East.



Dr. Hira Khalid, Associate Chemistry Professor and former Fulbrighter, shared the news that she has been selected as the only Pakistani to be included on the "Top 50 Talented and Inspirational Women" shortlisted for the Haagen-Daz's Rose Project 2024-2025: <https://iwd.haagen-dazs.global/en/iwd-top-50-nominees/>



The citation for this achievement which recognizes 50 women from 17 countries "Who Don't Hold Back" includes the following: "*Dr. Hira Khalid is a pioneering researcher focused on advancing treatments for ovarian cancer, Hepatitis C and Alzheimer's disease. As the first to gain a PhD in her family, Hira has overcome significant cultural and financial challenges to become a leader in her field, representing Pakistan at international platforms such as the first Commonwealth Chemistry Congress and Lindau Nobel Laureate Meeting. Through her research and outreach, Hira empowers young women, particularly from underprivileged backgrounds, to defy the norm and pursue careers in STEM.*"

## PUBLICATIONS

Forman Assistant Political Science Professor Dr. Abeeda Qureshi mentions that Ms. Arooba Younis ("*our talented MPhil student*") co-authored an article with her that appeared in an international journal, based on Arooba's MPhil thesis: <https://onlinelibrary.wiley.com/doi/10.1002/wmh3.647>. In addition, Arooba will publish a second article next month and is working on a third one.

WMHP  
WORLD MEDICAL & HEALTH POLICY

RESEARCH ARTICLE

**A Comparative Analysis of the Indian Lunacy Act 1912 and Pakistan's Mental Health Ordinance 2001**

Arooba Younas Abeeda Qureshi

First published: 06 December 2024 | <https://doi.org/10.1002/wmh3.647>



Dr. Abeeda adds that she encourages her MPhil students to submit academic articles for publication based on their theses, mentioning specifically two of her other supervisees that have met with similar success including Ahad Malik (who was mentioned in the December *Rector's Update* who recently published a book chapter based on his MPhil thesis) and Hira Yaqoob (whose article in a journal published by the National University of Science and Technology (NUST) will appear next month).

The December issue of the *Forman Journal of Social Sciences* is now available: <https://www.fccollege.edu.pk/forman-journal-of-social-sciences/>. An HEC approved journal that is available online and indexed internationally, the latest edition covers several important issues including the use of "gamification" to achieve student learning outcomes; compassion fatigue among emergency room doctors; and the potential for solar power in Pakistan. Contributions from two international scholars are included, one from Australia exploring language attitudes among Burushaski youth and another from Indonesia focused on security issues along the Durand Line.

The latest edition of the *Forman Journal of Economic Studies* (Volume 20, Issue 2) published by Forman's Economics Department has also just been posted: <https://www.fccollege.edu.pk/forman-journal-of-economic-studies/> and <http://ojs.fccollege.edu.pk/index.php/FJES/issue/view/30>. Forman's oldest social science journal, this issue includes authors from Quaid-i-Azam University, Iqra University, International Islamic University, and COMSATS University in Pakistan as well as Bolton University (UK), Northeastern Forestry University (China) and the University for Development Studies (Ghana), among others, covering such issues as determinants of return for students studying abroad; the impact of resource inequality on student performance; and the size of Pakistan's informal economy.

**OUTREACH**



Thanks to our Marketing and Outreach Office headed by Ms. Badia Raza, several hundred Forman students participated in an evening episode of *Hum Dekengey* hosted by Mansoor Ali Khan, a well-known media celebrity whose father was a Formanite. As it happens, one of the PTI lawyers who participated in the talk show was also a Forman graduate, as was the show's Senior Producer. The *Hum Dekengey* team later expressed appreciation for our excellent facilities as well as the quality of our students, one of whom was invited on the spot to join *Hum Dekengey* as an intern. Aired on December 5, a taped version of the program can be viewed here: <https://www.youtube.com/watch?v=F2WuDT5hvis>

Forman's Admissions Office organized a *Lunch and Learn* session on December 3 involving career advisors from Pakistan's leading schools offering A Level, High School and International Baccalaureate (IB) programs to their students. Many prominent educational institutions participated including Aitchison College, Beaconhouse, City Schools, LACAS, Roots, and others. Topics covered included financial aid, merit scholarships, work study programs and requirements for admission into Forman's Bachelor's program.







While in Scotland over the holidays, Registrar Dr. Nayer Fardows dropped by the Pakistan Consulate in Glasgow (Scotland), taking the opportunity to brief the Consul-General (CG) on recent developments at Forman; the CG in turn expressed appreciation for the work Forman is doing to promote higher education in Pakistan.



I appreciated the opportunity to appear on the *Tribune Podcast*, sponsored by *Express Tribune* and subsequently distributed widely via Facebook, YouTube and LinkedIn.



Also, as some readers may have seen, Forman was featured on Christmas Day on the popular television channel *Discover Pakistan*. In addition, a video on Forman produced by our Marketing and Communication Office was featured on several Christian media outlets at various points during December, positively reflecting the history and legacy of Forman.



As noted in previous *Rector's Updates*, I regularly participate in a monthly meeting involving Rectors and Vice Chancellors from Lahore-area universities. This month's meeting featured a visit to *Lahore by Night*, a wonderful portrayal of one of Lahore's most important historic sites that also features classical music and participants dressed in period dress to explain the 1,000 year old history of Lahore. Along with the fourteen Vice Chancellors and Rectors who participated, I unexpectedly met US Ambassador Donald Blome, accompanied by CG Kristin Hawkins, who was participating in *Lahore by Night* for the first time.

**SPORTS**

This was an active month for sports, despite a schedule filled with various holiday programs and other special events. In particular, I am delighted to provide a "shout out" to standout FCCU swimmer Eesha Umer Shafi who made an impressive mark at the Prime Minister's HEC Sports Olympiad Swimming Championship in Islamabad in late November. Eesha responded brilliantly, winning Gold Medals in the 50 meter backstroke, 50 meter freestyle and 100 meter freestyle while also earning a Silver Medal in the 100 meter backstroke.



Meanwhile, the Forman College basketball team placed third in the 2024-2025 Lahore Board Basketball Championship in early December. Two FC players -- Mashaal Hameed Khattak and Aden Nazeer -- were selected for the all-Lahore basketball team.





FC College scholar athletes also participated in the Lahore Board Sports Gala 2024 held on December 9-10 at Government College University in Lahore, placing third in volleyball, third in table tennis and fourth in squash.



Other sports events taking place during December included a well-attended *Kabbadi* match held on Forman's main ground on December 4 featuring Shafique Ahmed Chisti, captain of Pakistan's national *Kabbadi* team, as Guest of Honor; Khalid Bhatti who plays for Pakistan's national *Kabbadi* team (and is also a standout rugby player) attended as well.

The program included a match between Lahore Club and the Sharif *Kabbadi* Club, with the Sharif *Kabbadi* Club claiming victory by a score of 27 to 22. Azeem Jaaphi was recognized as "Best Stopper" while Hassan Ali received the "Best Raider" award. A traditional sport that is increasingly receiving international recognition, *Kabbadi* is primarily played in the rural areas of Pakistan and India as well as by members of the South Asian diaspora. The event was sponsored by Forman's Punjab Council and included a vibrant *dhol* performance, cultural songs and *bhangra* dance.





ALUMNI NEWS



Forman's Alumni Office showcased several Forman graduates as part of its *Shining Star* series. Recent speakers included Dr. Qazi Salman Ahmed, an expert in Optoelectronics who earned a PhD at the University of Southampton (UK) followed by 16 international publications, a Postdoctoral Fellowship at Southampton and a Research Scientist position at Fraunhofer UK's Applied Center for Applied Photonics.

In addition, retired Major General Obaid Bin Zakria, currently Chief Growth Officer at Khazana Enterprises and previously Vice Chancellor at several universities, shared his experience from an impressive career that included work related to defense, education, diplomacy and industrial innovation.



Similarly, Mustafa Shah who earned a Bachelor's in Journalism from Forman, talked about an impressive career that involved several major media outlets including *Hum TV*, *ARY*, *Kohenoor News*, and *NEO News Digital*. He also founded the digital Brand Image agency. As our Alumni Affairs Office commented, "*We are proud to see our alumni leading with impact and inspiring future generations*".

I appreciated an e-mail from Sadoon Farrukh, a Forman graduate with a Bachelor's in physics, who commented that "*My time at FCCU wasn't just about learning equations or performing experiments--it was about shaping a perspective, embracing diversity, and finding my purpose.*" As he notes, "*The liberal arts education at FCCU opened doors I didn't know existed. It wasn't just Physics I studied; I explored social sciences, literature and philosophy*". Mentioning teachers such as Dr. Sadia Zaheer, Dr. Sufian Aslam and Waqas Halim, he added that their support "*went beyond academics,*" noting that they "*nurtured a space for freedom and uniqueness*".



Having obtained his Bachelor's at Forman, Sadoon pursued an MPhil in Applied Physics at Government College University, also in Lahore; he is now studying for a PhD in Plasma Physics and Thin Films at the University of West Bohemia and has already presented his work on three continents including at Fraunhofer Frankfurt and the University of Texas in Arlington. As he notes, "*Every step of this journey has been shaped by the foundation FCCU provided. The friends I made, the values I learned, and the perspectives I gained continue to inspire me every day*".



Meanwhile, Dr. Ivan Suneel, Vice Rector (College) and chair of Forman's Psychology Department, passed on excerpts from an especially gratifying e-mail written by recent graduate Minahil Razzaq expressing *"gratitude to the professors who have left an impact on me during this journey"*. Minahil describes the Biopsychology Class that Dr. Suneel taught in Spring 2024 as both *"challenging"* and *"incredibly interesting"*.

As Minahil recalls, *"I still have written the advice you would offer us during lectures . . . on Thursday 22nd February 2024, I wrote on the corner of the page 'none of you is made to hide,' words you had told us. Those words resonated deeply with me, and I will take them wherever I go . . . your advice and your pushing us to think outside the box and challenge ourselves has helped me gain more confidence . . . due to your advice, I have been trying to become the person who no longer feels the need to hide"*.

Another heartening alumni report comes from Abdul Ahad who shared that he had graduated from FCCU in 2019 at the age twenty with double majors in Psychology and Political Science; he also served as President of Forman's Political Science Society (2018-2019) and Assistant Director of the Armacost Psychological Society (2017-2018).

Having obtained his Baccalaureate degree from Forman, he went on to earn his MPhil in Political Science at Forman, MSc in Applied Psychology at Virtual University, MA in International Relations at the University of Sargodha, and LLB from the University of London. In the end his perseverance and further academic study paid off and he is now a Psychologist in the Punjab Special Education Department, ranking fourth across Punjab in the final selection



Finally, I very much appreciated hearing from Wajid Ali Azad, born and raised in the remote Charote Valley in Nagar (Baltistan) and now studying at the International University of Japan under a prestigious Asian Development Bank scholarship. As he reports, *"It has been a story of struggle, hard work and perseverance -- an experience that proves no dream is too big if you are determined to make it happen."*; and, as he also adds, *"Treat everyone with respect and always strive to help those around you. Good things come to those who genuinely care for others"*.





CHRISTMAS EVENTS

One major highlight of a crowded Christmas season was the *Third Annual Christmas Gala*, held on December 6 and featuring 38 students from the Forman College Choir under the direction of Miss Joy performing fourteen carols in multiple languages (including English, Urdu, Punjabi, Dutch, Spanish, Korean and Latin), all based on the theme *Light of the World*. Once again a well decorated Sinclair Hall was fully packed and included a number of high profile guests from Lahore area schools, colleges, convents and churches; several Forman board members attended along with the head of Public Affairs from the US Consulate.



Another highlight was the *Christmas Celebration* arranged by Forman's Advancement and Alumni Office on December 12 in the Jim Tebbe Campus Center, bringing together alumni, faculty, staff, and special guests to celebrate the season. Bob Wetmore provided a thoughtful reflection on Advent while Bishop Irfan Jamil served as Chief Guest. Carols, a Christmas Quiz, and remarks by Chief Marketing and Outreach Officer Ms. Badia Raza helped round out a wonderful evening.





A third highlight was the annual *Christmas Party and Annual Alumni Reunion* hosted by Forman's Center for Public Policy and Governance (CPPG) on December 17. Held at night under the stars at the CPPG Resource Center lawn, the evening included carols, nostalgic reflections, interesting conversations, Alumni awards and a Christmas cake cutting ceremony. In addition, we welcomed CG Kristin Hawkins from the US Consulate to this occasion.



Yet another highlight was the *Christmas Fest and Carol Singing* organized by the Student Affairs Office outside the Jim Tebbe Campus Center, providing for "an unforgettable day with excitement and entertainment" that also included an amazing sound and light show, described as a "first" for Forman. For my part, I have to acknowledge that the effect of the colors and the beams of light coming from the Campus Center were astonishing!

Thanks also to the Student Affairs Office for organizing Forman's Christmas Sports Fest 2024 on December 17, bringing together students, faculty and staff as well as their families for a variety of events including running races, tug of war and musical chairs.



Several local service organizations set up stalls on the Forman campus during the Christmas season, providing students, faculty and staff with opportunities to purchase a wide range of hand-made items, many related to the Christmas season. Examples include the Emmanuel Center; Help for the Helpless; and the women's stitchery initiative associated with the TSA/FCCU partnership.





Numerous offices and departments celebrated this year's festive season in a variety of ways, both large and small. I appreciated attending some but by no means all of them, experiencing something of the vibrancy of a month that witnessed a long list of wonderful events including the Christmas gathering organized by the Faculty of Computer Science and Mathematics; similar celebrations hosted by the Physics Department, English Department and Faculty of Education, the latter featuring a Kris Kindle celebration that included a Secret Santa gift exchange; and the Carol Service arranged by Forman's Christian Life program: ([https://youtu.be/\\_YNLKI\\_3rSM](https://youtu.be/_YNLKI_3rSM)).

It was also my privilege to witness the Light of Hope Secret Santa gift-giving program arranged by the Forman Rotaract Society following the advice of Chief Information Officer Anthony Richards, an active Rotarian who arranged additional assistance from his own Rotary Club. In addition, I was asked to distribute medals and certificates to several Light of Hope students who demonstrated excellence during a recent SMETA Visual Art Olympiad (SMETA is an acronym for Science, Maths, English, Technology and Art).



This year's SMETA Visual Art Olympiad encouraged participants to bring beloved classics of English literature to life through art, in turn becoming the catalyst for artistic contributions based on iconic works such as *Harry Potter*, *Alice in Wonderland* and *The Chronicles of Narnia*. Anaya Zaheer (Grade 10) won a Gold Medal for her outstanding artistic expression while Dua George (Grade 10) received a Bronze medal. Many other Light of Hope students of all ages also received Certificates of Merit and Appreciation for their work.



Let me end this Christmas reflection with an extract from a grateful note written by a student and sent to Phool Shehzad, head of our Financial Aid Office, expressing thanks for the "Christmas gift" that allowed the student in question to clear the outstanding balance on his account: *"I have been facing a very difficult time. Your timely support has brought immense relief to me and my family, enabling me to continue my education . . . FCCU's commitment to its students and its understanding of their struggles truly sets it apart".*

## FINAL COMMENTS

Looking ahead, please remember the annual Staff Club dinner scheduled for February 25 in Sinclair Hall. Staff Club members are requested to confirm their participation by January 31 by e-mail to [cassianrozario@fcccollege.edu.pk](mailto:cassianrozario@fcccollege.edu.pk); new staff and faculty can register themselves via an enquiry to the same e-mail address.

As this unusually long Rector's Update concludes, let me also give a final shout out to our Advancement Office including Ms. Jaweria Iqbal, Manager Corporate and Foundation Relations, who reminds me that the Advancement Office's official pages can be accessed through the following links:

LinkedIn: <https://www.linkedin.com/in/fccu-advancement-and-alumni-office-394230b7/>

Facebook: <https://www.facebook.com/FCCUAdvancement>

Instagram: <https://www.instagram.com/fccuadvancement/>

Feel free to share these links and these pages on your feeds, stories and within your own personal and professional networks, ensuring that Forman's internet presence has an even wider reach!



**DR. JONATHAN ADDLETON  
RECTOR**