



فناؤنڈیشن یونیورسٹی اسلام آباد

FOUNDATION UNIVERSITY ISLAMABAD

# Newsletter

SPRING 2021

جامعہ نام



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# STATUTORY BODIES' MEETINGS

## Board of Advanced Studies and Research (BASAR)

The 25<sup>th</sup> meeting of the Board of Advanced Studies and Research was held on August 27, 2020 under the chairmanship of Brig Dr Abdul Ghafoor (Retd), acting Rector, FUI. The Chairman asked for the observations on the contents of the proceedings of 24<sup>th</sup> BASAR. Since there were no observations, the proceedings of the 24<sup>th</sup> meeting were confirmed. Progress report of twelve PhD Scholars was also presented. The proposed recommendations of 24<sup>th</sup> BASAR were incorporated by the scholars and the same was presented before the Graduate Studies Committee (GSC) which was satisfied with their performance. After due deliberation, BASAR approved the recommendations of the GSC.

## Deans Committee Meeting (DCM)

The Deans Committee Meeting was held online on September 14, 2020 under the chairmanship of Maj Gen Changez Dil Khan HI (M) (Retd), Rector FUI. Controller of Examinations presented the revised remuneration of examinations related SOPs to the Deans Committee. The DCM deliberated at length and approved it with some amendments. The committee also agreed upon the need to change the University timings in accordance with the best practices adopted by top ranked HEIs. The Deans Committee also approved the establishment of Professional Development Centre (PDC) at FURC and Medical Entitlement Policy of FUI Employment-2020. The same will be presented in ECM and BOG for approval.

# ORIENTATIONS

## Foundation University Rawalpindi Campus

Orientation sessions for new students were held on September 14 and 30, 2020 at FURC. This year the orientation sessions were organized with strict adherence to COVID-19 SOPs. Heads of Departments of respective



programs welcomed the students to the FURC family and assured them that their teams would go all out to support their educational endeavours and help them realize their dreams. They emphasized that the students should follow the university guidelines and give their best. They shared with the audience that FUI has a zero-tolerance policy on smoking, substance abuse and harassment and urged the students to abide by the university rules in this regard. In his welcome address the Pro Rector/Director FURC, Brig Dr Abdul Ghafoor (Retd) welcomed the students embarking on the journey of learning and assured them that at FURC they will be provided with a conducive learning environment that will foster their talents and enhance their skills and knowledge. He also encouraged the students to seek guidance from HoDs, Deans, and Student Affairs Office to optimize their path through the degree.

## Foundation University Sialkot Campus

Foundation University Sialkot Campus organized a one-day orientation session for the new students of batch Fall 2020 on September 15, 2020. The orientation was designed with the purpose of equipping the students with the essential tools to start their academic journey at FUSC and the basic know-how of their academic life on and off the campus.



Director FUSC, Prof Dr Mahmood A. Bodla welcomed the students to the FUSC family and assured them that his team would do everything to support their studies. He emphasized that the students should follow the university guidelines and give their best. Later, the students were given a tour of the university facilities including the academic blocks, cafe, library, and different labs.

## Foundation University Institute of Rehabilitation Sciences

Welcome Ceremony of the Doctor of Physical Therapy Program (Fall-2020) was conducted on September 21, 2020 at FUIC Auditorium. The guest of honour at this event was Prof Dr Muhammad Naveed Babur, Principle Isra Institute of Rehabilitation Sciences, Islamabad. He was welcomed by Dean FUIRS, Prof Dr Furqan Ahmed Siddiqi, in his opening speech. This was followed by oath taking ceremony. Assistant Professor, Dr Aamer Naeem gave the new students the introduction of FUIRS campus and faculty in detail. Finally, the guest of honour was invited to the stage, where he appreciated the new students for choosing a sound profession and wished them a bright future.



# LINKAGES

## MOU with Universiti Teknologi PETRONAS, Malaysia

FUI signed an MoU with Universiti Teknologi PETRONAS (UTP), Malaysia on September 08, 2020 to enhance the



scientific, technical, and engineering competencies of students and faculty. The agreement aims at academic and research collaboration covering Faculty, Staff and Students Exchange as well as Joint Research and Academic Advocacy.

## MOU with Rawalpindi Golf Club Marquee

Department of Tourism and Hospitality signed an MOU with Rawalpindi Golf Club Marquee on November 10, 2020. The



purpose of this MOU is to fill the gap between industry-academia in the field of hospitality. The collaboration is meant to benefit initiatives, expertise, working procedures and to support and assist the students and practitioners associated with both organizations.

## MOU with Shifa College of Nursing

On November 24, 2020, FUCN signed an MOU with Shifa College of Nursing, a constituent college of Shifa Tameer-e-Millat University, Islamabad. Vice Principal FUCN, Maj Fouzia Jabeen (Retd), on behalf of Principal FUCN, and Dean Faculty of Nursing and Midwifery, Shifa College of Nursing, Dr Raisa Gul signed the MOU. The signed MOU will benefit the faculty, staff and students of both the colleges in academics and research endeavours.



# SEMINARS AND LECTURES

## Literacy Teaching and Learning in the COVID-19 Crisis and Beyond

The Department of English celebrated International Literacy Day 2020 by conducting a discussion session on this year's theme Literacy Teaching and Learning in the COVID-19 Crisis and Beyond on September 17, 2020. The session was inaugurated with the message of Audrey Azoulay Director-General, UNESCO. The session's keynote speaker was Prof Dr Raja Nasim Akhtar. A healthy discussion and exchange of ideas about teaching during and after COVID-19 crisis were brought forward by student and teacher panellists. Prof Dr Rubina Kamran and Dr Saadia Fatima shared their experience of online teaching and answered the questions of the students.



## Tourism and Rural Development

On the occasion of World Tourism Day 2020, Department of Tourism and Hospitality invited Mr Muhammad Alam from Hazara University to deliver a lecture on Tourism and Rural Development on September 25, 2020. The purpose of the seminar was to create awareness on the importance of the tourism industry and specifically to highlight the potential of rural development through tourism. Mr Alam gave a comprehensive lecture on tourism and its contribution to economic growth. The session was attended by a large number of students and faculty members.



### Importance of Food Security in Scientific and Ethico-Religious Perspective

International Day of Awareness on Food Loss and Waste was observed at FUSC on September 29, 2020. A seminar was



organized to shed light on the importance of food security in both scientific and ethico-religious perspective. Dr Mahmood Ahmad Bodla, Director FUSC and Mr Muhammad Kashif, Lecturer, MS Department were the keynote speakers. The seminar was attended by staff, faculty members and students of FUSC.

### Kirdar Saazi Aur Iqbal

On October 08, 2020, Character Building Society FURC organized a seminar *کردار سازی اور اقبال* in Seminar Hall, FURC.



Professor Dr Muhammad Qamar Iqbal and Mr Khurram Elahi were invited as guest speakers. Both the speakers being devotees of Dr Allama Muhammad Iqbal and his literary work were incredibly equipped with the profound knowledge of Iqbaaliyat, Qura'an and general education. The honourable guest speakers delivered extremely enlightening and thought-provoking talks on the relevant topic.

### Discover Your Mind Power for Peak Performance

Foundation University Islamabad Business Incubation Center (FUBIC) and Foundation University Entrepreneurial Society (FUE) hosted Mr Mehtab Hameed. He addressed FUBIC startups and FURC students on the topic Discover



your Mind Power for Peak Performance on October 19, 2020. The participants learnt about different methods and techniques of critical thinking. They were given tips on emotional intelligence and how to control the mind and avoid negativity.

### Designing Research Questions and Developing Hypothesis

An interactive session on Designing Research Questions and Developing Hypothesis with MS Media Sciences (Research Track) students was conducted by the Dean Faculty of Social Sciences Prof Dr Fazal Rahim Khan on



October 21, 2020 at FURC. While addressing the students, Dr Fazal said hypothesis development and designing research questions are the key elements in writing a thesis that clarify the pathway of research. While mentioning the significance of the hypothesis he said that hypothesis is an idea that must be put to test and research questions should lead to testable predictions. This interactive session was followed by a question-answer session. This session was also attended by HoD Arts and Media Dr Muhammad Ashfaq and other faculty members of the department.

### Behaviour and Application of Ethical Decision Making Principles

On November 03, 2020, a seminar Behaviour and Application of Ethical Decision Making Principles was organized by Post RN BS Nursing semester IV students at FUCN. It was an important session as it aimed to prepare the students to fulfil their professional responsibilities in future. Col Dr Fazal Rahim (Retd) MSII Medical Admin was invited as the guest speaker. Nurses from FFH also attended the



seminar. Guest speaker appreciated the efforts of students and the importance of the role of nurses in ethical decision making.

### Trends and Issues within the Healthcare System

A seminar Trends and Issues within the Healthcare System was conducted by Post RN BS Nursing semester IV, Year II (Group II) on November 04, 2020. Col Dr Shahid Sharif (Retd)



graced the event as chief guest. Senior nurses from FFH also attended the seminar. The students highlighted the current trends and issues of the healthcare system. The participants showed keen interest and praised the students' work and knowledge.

**Pakistan Heritage (Buddhist and Hindu)**

Department of Tourism and Hospitality organized a seminar Pakistan Heritage (Buddhist and Hindu) in Seminar Hall at FURC on November 04, 2020. The main purpose of the seminar was to explore the diverse inventory of cultural



heritage sites of Pakistan. Pakistan is home to one of the oldest civilizations in the world and to help the students understand these heritage sites, the Department of Tourism and Hospitality invited Dr Muhammad Ilyas Bhatti-Professional archaeologist and Assistant Professor, Department of Anthropology, Quaid-e-Azam University Islamabad as a guest speaker. The honourable guest speaker presented his contextual investigation on six World Heritage sites of Pakistan and presented his documentary on Katas Raj Temple Chakwal District.

**Nursing Status and Image**

The students of Post RN BS Nursing organized a seminar Nursing Status and Image at FUIC auditorium on November 05, 2020. An eminent nurse leader Ms Asia Nazir from PIMS College of Nursing was invited as a guest speaker. Ms Asia served as a nursing adviser at Ministry of Health and is currently working with PNC as member academic committee. A large number of nurses from FFH attended the seminar.



# TRAININGS AND WORKSHOPS

**SOPs on Campus Reopening During COVID-19 Pandemic**

A three days training workshop on SOPs on Campus Reopening During Covid-19 Pandemic was organized by the Department of Community Medicine under the patronage of Brig Prof Naila Azam from September 07-09, 2020. A brief overview was given by Dr Raima Asif (focal



person) about symptoms of coronavirus and its preventive measures followed by a video presentation demonstrating the different transmission modes of coronavirus and preventive measures that can be adopted. Later detailed information was given on precautions that should be undertaken during the pandemic. A practical demonstra-

tion was given by Dr Farhan regarding hand washing technique. At the end of the workshop Brig Prof Naila Azam was invited to express her thoughts on the topic. She stressed that the protective measures should be reinforced when the campus reopens. To prevent the spread of Covid-19 we should know the facts and take appropriate precautions to protect ourselves and others.

**Unveiling the Trends in Women Health Physical Therapy**

A workshop Unveiling the Trends in Women Health Physical Therapy was organized for DPT students, house officers and other professionals on September 23, 2020 at FUIRS. The resource person was Dr Huma Riaz Assistant Prof and Head of Department, Riphah International University Islamabad. She is certified in women health physical therapy from UK.



The purpose of the workshop was to discuss the scope of women health physical therapy to understand and demonstrate application of EMG Biofeedback for Pelvic floor muscles Rehabilitation. In addition, necessary skills for the assessment of abdominal wall after pregnancy were taught in the practical interactive session.

### Calligraphy Workshop

A calligraphy workshop was arranged for the students of FURC under the supervision of Art and Design Club on October 15, 2020. Students interacted with calligraphy



artist Ashraf Heera. They learnt the traditional calligraphic techniques. HOD Arts and Media, and faculty members were also present on this occasion.

### Building Blocks of Statistical Analysis

The Department of Economics and Finance arranged a training session Building Blocks of Statistical Analysis on October 20, 2020. The event was organized to acknowledge the World Statistics Day which is celebrated every 4 years. Dr Qasim Ali Nisar, resource person of the event, briefed the faculty members and students about the importance of



learning statistics and provided training on some useful software. The event was an outstanding opportunity to popularize the use of statistics in everyday life and sensitize the audience as to how statistics helps in shaping and framing policies.

### Self Esteem Essentials

FURC Leaders' Society organized a workshop Self Esteem Essentials under the supervision of Dr Sadaf Ahsan on October 28, 2020, in the Video Conference Room, FURC. The speaker Ms Laebah Siddiqui, a licensed NLP practitioner from American Board of NLP and a certified life coach from Leaders' Academy gave the audience a self-exploratory experience, where the audience got the chance to analyse their self-worth through their scale and subjectivity. The workshop contained various practically engaging activities along with stories to help gain further in-depth insight on



self-esteem. Potential threats to self-esteem were identified along with steps required for building up self-esteem. The event concluded on a reminder that self worth comes from within. An interactive question-answer session with the audience was also held.

### Innovative Approach to Morphological and Consultative Hematology

A workshop Innovative Approach to Morphological and Consultative Hematology, was held at FUMC on November 05, 2020, as part of CME activity in FUI. It was accredited for 06 hrs by PMDC. This workshop was organized by Haematology faculty of Pathology Department of FUMC. A total of 21 Haematology residents from different institutes of Pakistan attended the workshop. The workshop was conducted in two parts. The first half comprised hands-on session on benign and malignant haematology along with hemoglobinopathies and quality assurance. An observed structured practical examination was arranged for the participants in the first session. It had microscopy, interpretations and troubleshooting. The second half was based on the discussion following updated international guidelines on Benign haematology by Dr Madeeha Rehan, malignant haematology by Dr Sehar Khaliq,



haemoglobinopathies by Dr Attika Khalid and quality assurance by Dr Nadia Arif. At the end of the session, a very informative and detailed discussion was carried out by Dr Lubna Zafar regarding tips for FCPS-II Exam preparation and basic mistakes with their rectification. At the end participants were entertained with lunch and feedback pro forma were distributed and collected.

### Usage of Personal Protective Equipment

A workshop Usage of Personal Protective Equipment was conducted by Post RN BS Nursing Group 5 on November 12,

2020. Senior Nurse Manager Kaniz Fatima from FFH was invited as guest speaker. Dr Saima Zafar from FUCD and nurses from FFH participated in the workshop. Due to COVID-19, activities of the workshop were restricted but even then all participants showed keen interest. Students demonstrated donning and doffing of Personal Protective



Equipment in precise and professional manner. Various teaching and learning methods and materials (pamphlets, cards, flip charts, demonstration and video) were used to facilitate the learning of participants.

**Lactation Management and Implementation for the Baby-Friendly Hospital Initiative**

The Ministry of National Health Services, Regulation and Coordination, in collaboration with the World Health Organization held a 03-day workshop Lactation Management and Implementation for the Baby Friendly Hospital Initiative at Fauji Foundation Hospital, Rawalpindi from November 26- 28, 2020. The facilitators included Dr Noreen Nishtar from WHO, Dr Khawaja Masood from the MoNHSRC, Dr Paras, Dr Sohail and Dr Samina Naeem. The workshop was presided over by Dr Baseer Achakzai,

Director Nutrition Program, MoNHSRC. Chief members, taken on board were Dr Naila Azam, HOD Community Medicine, Dr Munir Lodhi, HOD Paediatrics, Dr Azra Saeed, HOD Gynaecology and Obstetrics and Dr Noshaba, HOD Quality Assurance. Participants included faculty members as well as trainees of the aforementioned departments, along with members of the nursing staff. The chief members agreed upon the formation of an internal committee including senior members of the departments of Community Medicine, Gynaecology and Obstetrics and Paediatrics, in association with the hospital administration in order to ensure timely and effective implementation of the BFHI and subsequent accreditation by WHO.



**VISITS**

**Maj Gen Saeed Ahmad Nagra HI (M), DG W&R, GHQ**

Maj Gen Saeed Ahmad Nagra HI (M), DG W & R, GHQ along with Brig Asad Raza, Dir-II W & R, GHQ visited FUI on September 22, 2020. They were received by Registrar FUI, Prof Dr Amir Gulzar along with other FUI officials. The Rector



FUI, Maj Gen Changez Dil Khan HI (M) (Retd) briefed the guests about the historical background, functioning, progress and financial health of the University. The honourable guest appreciated the progressive steps being taken by the University to provide quality education. Rector FUI presented the University plaque to the distinguished guests followed by a visit to FUCD & H.

**CIS Technology Park**

Maj Gen Changez Dil Khan, HI (M) (Retd), Rector FUI along with Dr S.M. Junaid Zaidi, HI, SI, Executive Director COMSATS visited CIS Technology Park on September 28, 2020. They



took interest in CIS Tele-health Centre and Data Centre services. FUI and CIS look forward to collaboration on new sustainable projects.

**Kinnaird College for Women University**

Inter University collaboration broadens the scope of academic and research activities. Considering its importance, Dr Ghazala Yaqoob, Director ORIC and Ms Saba Taj Anwar, Manager University Industry Linkages -Kinnaird College for Women University, Lahore visited ORIC FUI on



November 05, 2020. The purpose of the visit was to discuss the best practices adopted, human resource required, and strategic plans of ORIC for expansion and also to establish collaboration with FUI. The meeting was followed by a visit to FUBIC to observe the operations of the incubated companies.

**FUI Team’s Visit to Xylexa Inc**

Manager UIL along with four faculty members from the Department of Software Engineering visited Xylexa Inc on November 20, 2020. This collaborative visit was hosted by the Co-Founder/CEO Mr Shahrukh Babar at Xylexa's head office located in the National Science and Technology Park, NUST H-12. During this visit, the CEO of Xylexa gave a presentation to the FUI Team followed by discussion on different aspects. Xylexa, Inc. is developing a computer-aided diagnostics (CADx) platform using Artificial Intelligence and image processing approach to assist caregivers with automated, accurate, timely, and cost-effective medical image diagnosis. This AI based data analytics offers advanced diagnostics as the decision support system for radiologists and second opinion for patients across the globe.



**Principal Isra Institute of Rehabilitation Sciences**

Prof Dr Naveed Babur, Principal Isra Institute of Rehabilitation Sciences, Isra University Islamabad visited Neurological Rehabilitation Lab and Multidisciplinary Lab of FUIRS on December 01, 2020. A detail briefing regarding ongoing projects related to Clinical Gait Analysis, Balance rehabilitation, Anti Gravity Treadmill System and training was given by PhD scholars at FUIRS.



# NEWS AND EVENTS

**World Physical Therapy Day, FUIRS**

World Physical Therapy Day was celebrated at FUIRS on September 08, 2020 under the supervision of Prof Dr Furqan Ahmed Siddiqi. This year the theme was Rehabilitation following COVID-19. The day marks the unity and solidarity of the global physiotherapy community. It is an opportunity to recognise the work that physiotherapists do for their



patients and community. Using World PT Day as a focus, World Physiotherapy aims to support member organizations in their efforts to promote the profession and advance their expertise. World Confederation of Physical Therapy (WCPT) appreciated this effort of FUIRS to manage COVID-19 fatigue due to ongoing pandemic at its official platform.

**NIH COVID Testing**

On September 28, 2020 a team of medical staff from NIH visited FURCto conduct random COVID test. Approximately 250 people including students, faculty and staff were tested. This was a random spot test to ensure that campus is a COVID free zone.



**World Teacher’s Day celebrations at FUSC**

On October 05, 2020, Event Management Society of FUSC organized World Teachers’ Day. This day is celebrated internationally to highlight the importance of the noble profession of teaching and the role teachers play in building and enlightening the society. Students from the departments of Management Sciences and Computer Science participated in the event.





**Mental Health Day, FURC**

FURC celebrated Mental Health Day on October 9, 2020. Two guest speakers were invited for the event. Dr Rubina Hanif, a brilliant researcher and academician from National Institute of Psychology and Prof Dr Mowadat Hussain Rana, SI(M) a renowned psychiatrist and professor. The main event opened with the recitation of Holy Quran, followed by a video titled Coronavirus – Dealing with Anxiety and Mental Health During a Pandemic. The guest speaker, Dr Rubina Hanif delivered an address detailing the challenges posed by the Covid-19 pandemic and concrete steps that can be



taken to counter them. The students performed a self-written skit titled Corona: “The New Normal”, which highlighted the difficulties several families had to deal with during the lockdown. It was followed by an interactive session, Where to Now? conducted by a student. The guest speaker Dr Mowadat Rana gave an address on the theme Let’s Invest #MoveForMentalHealth. Dean of Social Sciences, Dr Fazal Rahim Khan presented shields to the guests.

**FUBIC 3<sup>rd</sup> Cohort**

FUBIC opened applications for its 3<sup>rd</sup> Cohort for faculty, students, alumni and community on October 09, 2020. After



intensive reviews and analysis of each business plan submitted to FUBIC, 4 projects were selected i.e. “Marketing Alpha”, “MSCTech Tourism”, “Info Works” and “Markhor”.

**Pink Ribbon Day FUIC**

Globally, World Health Organization has dedicated the month of October for Breast Cancer awareness. The subject programme has been launched as an awareness campaign in the educational institutes of Pakistan. An exclusive, on campus Pink Ribbon Day FUIC-2020 was organized on October 16, 2020 with COVID- 19 safety measures. Female faculty members, students and staff of FUI, FUMC, FUCD, FUIRS and FUCN attended the event. In the seminar held at FUIC Auditorium, the concept of “Well Woman Clinic” was introduced to the audience for screening of breast cancer by health professionals as a routine general examination. Participants showed keen interest especially in the information on breast self-examination and their queries were addressed. Talk on A Young Girl’s Perspective of Breast



Cancer gave an insight into the feelings of a young girl and what she encounters when she becomes a victim of this disease. Post event feedback by the participants was very encouraging as many started carrying out SBE influenced by the activities of the day. Moreover the message was communicated to their families and friends as well. The talk delivered by the breast cancer survivor was motivational. A total amount of Rs 35000/- was generated through donation books (Rs 20,000/-) and faculty and students donations (Rs 15,000/-). The amount was deposited in Pink Ribbon Campaign account.

**Pink Ribbon Day FUSC**

FUSC arranged a breast cancer awareness seminar on October 23, 2020 to highlight the issue. Female students of FUSC and FIT attended the webinar. Guest speaker, Dr Shama Munir Kayan, briefed the participants on the cause of



breast cancer, self-examination and precautionary measures. It was an informative session. The purpose of this webinar was to reach out to the audience at large, spread the word and sensitize them to rise up to the cause of defeating breast cancer and reducing the female mortality rate.

**Margalla Hills Trail- 5**

FURC Adventure Club organised one-day trip to Margalla Hills Trail-5 on October 17, 2020. Seventy four trackers including students, faculty members and administration staff participated and made it a successful and memorable event.



### National University of Computer and Emerging Sciences Free Counselling Camp

National University of Computer and Emerging Sciences (NUCES) organized a free counselling Camp for the students on October 21, 2020. NUCES requested Psychology Department of FURC to provide counselling services on



various social and emotional issues of students in this regard. Dr Iffat Rohail, Associate Professor, department of psychology along with 9 MS Clinical Psychology students (Amna Khan, Atteen Rohail, Ayesha Ijaz, Hina Iftikhar, Laiba Mansur, Nazish Shabbir, Rimsha Ateeq, Ruba Moazzam, Zohra Altaf) were to provide a full day psychological support to NUCES. The main tasks accomplished in the counselling camp were personality assessment and counselling sessions on emotional and social problems faced by the students of NUCES. The services provided were highly appreciated by the students and staff of NUCES.

### Doing Good, FURC

The FURC Environment Club conducted an activity Doing Good on October 23, 2020 to address the problem of plastic waste management. It was a social event for the students aimed at creating awareness to dispose of plastic bottles in a



proper way. The logo of the event Doing Good was printed on face masks. Brochures to spread awareness about the disposal of plastic bottles were printed and distributed with the face masks. Environmental society has placed four waste bins in various departments of the Campus. The people in the University were instructed to dispose of their plastic bottles in these bins. This little initiative for the separation of waste would be beneficial because the plastic waste will be subsequently treated in the right way.

### FUIC Annual Day

FUIC Annual Day was conducted on October 27, 2020 at FUIC auditorium. Maj Gen Jawad Khaliq Ansari HI (M) (Retd), Director FUIC was the chief guest. 43 students of MBBS and



25 students of BDS were awarded gold and silver medals and distinction and merit certificates. Parents of the award winners were also invited on the occasion. Later a group photo of the award winners with chief guest and HODs was also arranged to cherish the memory.

### Blood Donation Camp FUMC

The Blood Donation Society of FUMC organized a blood donation camp, under the supervision of Dr Lubna Zafar, Prof of Pathology and President Blood Donation Society, FUIC on October 27, 2020. Students of FUMC, FUIC, FUIRS,



and FUCN actively participated in the blood donation drive. A total of 113 donations were collected, which were given to FFH blood bank and Pakistan Thalassemia Welfare Society Rawalpindi. The donors and participants were awarded certificates to acknowledge their participation.

### Beware to be Aware, FURC

Beware to be Aware was organized on October 27, 2020 in the Basketball Court, FURC. It was a joint venture by BCA-6 and Music Society FURC. There were 3 activities conducted during this event by the management team of 30 students and faculty members. The first activity was Replace a Place. It was a social distancing activity in which the benefits of physical spacing were demonstrated. The second activity was Mask Task in which the proper way of wearing a mask was shown to the participants. The third activity was Wash a Virus in which proper way to wash the hands was shown. Towards the end, there was a performance by the singers and musicians of the Music Society, FURC.



**Uski Kahani**

On October 27-28, 2020, students of The FURC Drama Club performed a tragic story Uski Kahani depicting the struggle of a transgender having to deal with the thick and thin of life



and working to strive in society. Written by Saad Ahmed Razaq a student of BS Phychology, the play was originally performed at HITEC Olympiad'20 where it won 2 prestigious awards and after much wait (due to COVID-19) it was finally performed in house for the audience of FURC. The cast and crew for the play included, Saad Ahmed Razaq as Kamil, Safa



Murtaza as Nargis Begum, Sana Hameed as Chandini, Hamza Iqtidar as Zafar Khan, Minahil Kausar and Haniya as Fatima Zafar, Hamid Faraz as Writer, Faizan Gill as Director, Darda Hammad and Usama Sadaqat as Narrators. It was directed by Ms Sundus Durrani and the assistant directors were Sameen Sarfaraz and Maimoona Tahir. COVID SoPs were followed and the event was successfully wrapped up after 3 performances in 2 days. The play would also be available on FUITV soon.

**Iqbal Day FURC**

Iqbal Day was celebrated on November 03, 2020 by third semester of BS English under the supervision of Mrs. Neelofer Ahmed Malik. Tribute was paid to the poet of the



East, Dr Allama Muhammad Iqbal through recitation of Kalam e Iqbal, speeches and tableaus, depicting vision of Iqbal for the nation especially the Muslim youth.

The event went smoothly and SOPs were followed in the true letter and spirit by the students and faculty.

**FUCD External Audit**

An external audit of FUCD was carried out on November 12, 2020 by a team of experts from AFID to improve patient care



and treatment. It speaks of FUCD's commitment to quality and excellence.

**Mental Health Conference 2020**

Dr Saima Ehsan from Psychology Department, FURC was invited as guest speaker and panelist at Mental Health Conference 2020 organized by Young Psychologist Association Pakistan. The Conference promoted mental health and positive behaviors. Dr Ehsan delivered a talk on Eradicating Stigma Attached to Mental Illness and Awareness of Mental Health and Positive Behaviours. The chief guest, Health Minister Punjab, Prof Dr Yasmin Rashid shared her experiences related to dealing with Dementia as a geriatric disorder.



# FUI ACHIEVEMENTS

- Dr Saima Ehsan, Assistant Professor, Department of Psychology, FURC received Pride of Nation Award as an IPA representative in Pakistan in acknowledgement and recognition of her services in promoting and training



people in IPA in Pakistani Academia. She was nominated as an IPA representative in Pakistan from the world renowned researcher, scholar and developer of IPA, Professor Jonathan Smith from the University of London (UK). She received this award from Vice Chancellor Quaid-e-Azam University Prof Dr Syed Muhammad Ali Shah in a ceremony held at The University of Punjab, Lahore.

- The journal of Faculty of Management Sciences titled Foundation University Journal of Business and Economics



(FUJBE) has been recognized by HEC as a Y category journal. This is a remarkable achievement of FMs In this journal, changing business and economic trends, which impact regional and global sectors, are discussed. FUJBE also focuses on conflict management strategies and organizational performance in the banking sector. Impact of digitalization on consumer buying behaviour, with respect to consumer demographic factors, are also discussed in the Journal of Faculty of Management Sciences. In FUJBE, the role of micro finance banks of Pakistan performance is also highlighted.

- Foundation University's Office of Research, Innovation and Commercialization (ORIC) has been ranked at 13th

position by HEC, out of the 69 ORICs established at different universities across Pakistan. Every year, through ORIC, HEC measures the performance of universities specifically in the field of research and innovation. This assessment is mainly based on the research activities carried out by the faculty members. We congratulate our faculty members and researchers for this remarkable achievement.

- It is a matter of great pleasure that three PhD Education scholars, Mr Moazzam Manawar Sheikh, Ms Kiran Joseph and Ms Aisha Bibi from Department of Psychology and



Education have recently defended their PhD research work successfully. Mr Moazzam and Ms Kiran completed their PhD dissertations under the supervision of Dr Shagufta Akhtar, Director ORIC, whereas, Dr Saeedul Hasan Chishti VC, University of Sialkot and Dr Manzoor H Arif, former visiting Professor FUI were their co-supervisors respectively. Ms Aisha Bibi completed her PhD dissertation under the supervision of Dr M. Maqsd Alam Bukhari, former Professor FUI. So far, 20 scholars have completed their PhD in Education from FUI.

- For Faculty of Management Sciences, FURC, 2020 has truly been a year of PhDs. Mr Kamran Mahmood on February 27, 2020, under supervision of Dr Qaiser Malik successfully defended his thesis on the topic of Impact of Corporate Governance and Corporate Social Responsibility on Firm's Performance: A Moderating role of Corporate Philanthropy. Academician Mr Muhammad Ali Raza, under



supervision of Dr Noor Hadi, worked on Impact of Organizational Justice on Instigated Workplace Incivility and Employee Turnover Intention with Moderating Role of Work Ethics and Trust on Leader. He was successful in defending his final PhD dissertation on August 31, 2020. Mr Abdul Waheed under supervision of Dr Qaiser Malik defended his thesis on September 29, 2020. He presented his work on the topic Institutional Ownership, Heterogeneity and Investment Horizon on Firm's Performance. On June 03, 2020, Ms Maria Taimoor Khan successfully defended her thesis under supervision of Dr Amir Gulzar. She worked on Service Sector of Pakistan to present an Integral Model of Psychological Entitlement and

its Behavioural Outcomes. On October 06, 2020, Mr Muhammad Khurram Shehzad Niazi under the supervision of Dr Qaiser Malik defended his work. He contributed in the area of Individual Investment Decisions with Moderating Role of Financial Literacy and Family Succession.

- Dr Yasir Waheed, Associate Professor, FUMC has been named among top 2% scientists globally in the subject-wise analysis conducted by a team of scientists at Stanford University USA which was led by Dr John PA Ioannidis. The analysis used citations data from Scopus. Dr Yasir Waheed is a highly productive Pakistani scientist with over 8,000 citations and cumulative Impact Factor of over 1600. Dr Yasir's expertise is in virology, molecular biology, clinical research, diagnostics, and disease burden estimation.



- Mr Numair Ahmed Sulehri, Assistant Professor, Management Sciences has successfully completed 47 online courses offered by Coursera during the pandemic period. The courses were from Rutgers Business School, New Jersey, University of Illinois, University of Michigan, McMaster University, Johan Hopkins University, University of Virginia, Peking University and Yonsei University Seoul.

- Foundation University Islamabad for the first time participated in QS World University Rankings - Asia Region and was successfully listed in QS Ranking 2021 Edition.



- Mr Tafseer Abbas, Lecturer DME at Foundation University Islamabad has been honoured with Presidential Award in National Seerat Conference 2020 for his book titled "Knowing Your Enemy in Light of Seerah". Previously he has won Presidential awards in 2015 and 2018. He is recipient of 4 Bait-ul-Hikmat Seerat Awards from 2016 to 2019. He has also won the Provincial awards from Ministry of Religious Affairs (Punjab) in 2018 and 2019. He has teaching



experience of 18 years and has authored 8 books on different aspects of the life of the Holy Prophet (SAWW). Titles include Prophetic Educational and Training System, Customs of Friendship, Labour Policy, Path of Dignity, Cultural Values, Health and Medicine.

- PUBLONS is the home of expert peer review, reviewer recognition, training, post-publication review and statistics. It is an honour for the Department of Psychology, Foundation University Islamabad that Dr Shahid Irfan has been awarded with Publons Academy Mentor Certificate for guiding his students to become certified peer reviewers through Publons Academy.



- Mohammad Khalid Bhatti, student of 4<sup>th</sup> Year MBBS at FUMC recently represented Pakistan at Asia Youth International Model United Nations. He was the only representative from Pakistan and had to compete with 15



delegates from India and 70 others from all over the world. The forum appreciated Pakistan's firm resolve as he countered attacks from all Indian delegates and highlighted the issue of Kashmir to an international audience, winning the Most Outstanding Delegate Award.

- A 10 million NRP project pitched by Dr Iffat Rohail, Associate Professor, Psychology Department, was awarded in September 2020. She proposed school-wide behaviour screening procedures, which can be incorporated as a part of a Multi-tiered System of Supports (MTSS), such as the three tiered Positive Behaviour Interventions and Supports (PBIS) framework or the Response to Intervention (RtI) framework. When employed, this universal screening procedure identifies the students at risk of, or suffering from, behavioural or academic issues. This permits implementation of additional tier-two or tier-three interventions for those students who require more intensive or individualized support. Dr Shahid Irfan, Assistant Professor, FURC will be Co PI and Dr Uzma Masroor Associate Professor, Air University will be the collaborator. The project completion time is 2 years. By implementing screening procedures, schools can prevent future behaviour problems from growing and becoming more complicated, as well as providing support for students experiencing difficulties.



● Foundation University Institute of Rehabilitation Sciences (FUIRS) believes in evidence based practice and promotes research activities among its faculty and students, and now for the first time in Foundation University Institute of Rehabilitation Sciences, undergraduate students of Doctor of Physical Therapy, namely Hira Imran, Mahnoor Waseem and Sadaf Fiaz published research papers with Dr Muhammad Osama, Lecturer, FUIRS, in impact factor research journals, which shows that FUIRS is indeed at the forefront of not only providing quality education but also in producing high quality rehabilitation research in Pakistan. The two research papers published by undergraduate students were as follows:

- Osama M, Waseem M, Imran H. Fall risk and balance outcomes in healthy young adults: A call for research. JPMA. The Journal of the Pakistan Medical Association. 2020 Apr;70(4):769.

- Osama M, Malik RJ, Fiaz S. Activation of the trunk muscles during Salat (Muslim Prayer). JPMA. The Journal of the Pakistan Medical Association. 2019 Dec;69(12):1929



# Sports

## Table Tennis Matches, FURC

In the prevailing COVID-19 situation an interesting tournament of table tennis was arranged by the Sports Society on 05 October, 2020 FURC in order to stimulate mental alertness, concentration and develop mental acuity



among the students. 20 students participated in the event, out of which 6 finalists were selected and further three matches were conducted by the Sports Society. The said matches were conducted by following strict SOP's received in connection with the COVID-19 environment. The play area was made crowd free to guard against the spread of COVID-19.

## Sports Week, FUIC

FUIC Sports Week 2020 was held at FUIC Campus / Ayub Park cricket stadium from November 06-08, 2020. The competition featured variety of sports activities including cricket, futsal, badminton, table tennis and basketball. These events were held among FUMC, FUCD and FUIRS students. All students actively participated in these events.



Event	Winner	Runner Up
Futsal	3 <sup>rd</sup> Year MBBS	4 <sup>th</sup> Year MBBS
Cricket Boys	FUIRS	Final Year MBBS
Basketball Boys	FUIRS	3 <sup>rd</sup> Year MBBS
Basketball Girls	FUMC	FUIRS
Badminton Boys	3 <sup>rd</sup> Year MBBS	4 <sup>th</sup> Year MBBS
Badminton Girls	4 <sup>th</sup> Year MBBS	FUIRS
Table tennis Boys	Final Year MBBS	3 <sup>rd</sup> Year MBBS
Table tennis Girls	4 <sup>th</sup> Year MBBS	FUIRS

- **Best Sports Person FUMC**  
Best sportsman: Uzair Niazi  
Best sportswoman: Shanza Saqib
- **Best Sports Persons FUIRS**  
Best sportsman: Bilal Ishaq  
Best sportswoman: Qurat ul Ain

# ALUMNI SUCCESS STORIES

- Mr Obaidullah Amin graduated from FMS FURC in 2018. After completing his degree with a distinction, Mr Amin got a scholarship at the University of Sheffield in 2018 and completed Masters with a top performer award. He is enrolled in PhD programme in Business and Management from the University of Bradford on vice-chancellor's partial scholarship for Pakistani students.



- Muhammad Tayyab has done BBA Honors and MBA from FMS FURC. After completing his MBA in 2017 he joined his family business for a year and started his business venture by the name of Tayyab Mart Cash and Carry. Within two years he was able to achieve 500% growth with an annual turnover of Rs.200 million. He is looking forward to expanding his business and participate in the modernization of the retail business.



- Sheikh Hassan completed BBA and MBA from FMS FURC. After BBA, he worked in HR for two years. Before starting his own restaurant business and is currently investing in construction and real estate business. He is thankful to Foundation University and attributes his success to FURC.



- Sub Lieutenant Aan Kiyani (PN), a proud alumna of BS Psychology Foundation University is currently serving in Pakistan Navy as Psychologist. During her years at FURC, she conducted and organized 1<sup>st</sup> International Conference on Emerging Trends in Psychology-Preparing for 21<sup>st</sup> Century. Moreover, she has also been an active participant in extracurricular activities having in her credit Certificate of Championship in Table Tennis at Division level. She holds a Certificate of Diploma in Mental Health Law and Human Rights assisted by World Health Organization. Her conduct and outstanding performance has been appreciated by Pakistan Naval Academy, PNS Rahbar, Manora and she has been awarded with 'Overall Best in Assault Course' shield.



- Ms Tamkeen has been associated with FUI since 2013 when she enrolled for Masters degree. She went on to do

her MS here and takes great pride in having taught as a visiting faculty member. She believes it is the dynamic learning environment she has been provided at the Department of English that has equipped her well for her doctorate studies and a promising career in research and teaching.



- Mr Muhammad Ali Shehzad graduated from Foundation University Rawalpindi Campus in 2013 and started his career as a Software Engineer in the domain of media intelligence and analytics at multiple media outlets. In 2015 Ali moved to Elixir technologies and enrolled in the evening Masters program of NUST. Mr Ali worked for Elixir until 2017 after which he joined as Product Leader and Minority Partner in VisionX Technologies where he worked with fortune 500 and 1000 companies like Staples and Pitney Bowes. In 2019 Ali joined DFKI which is one of the largest Contract Research Institute in Artificial Intelligence. Ali is working in the area of Knowledge Management with Technology focus on Deep Learning and Computer Vision.



- Dr Maryam Naeem is a graduate of the first batch of Doctor of Physical Therapy (DPT) of Foundation University Institute of Rehabilitation Sciences, who also had the honor of serving as the first ever head girl of FUIRS. Currently, she is pursuing her Master's in Neuromuscular Physical Therapy from Riphah International University, and is working as a Neurological Physical Therapist at Ability Plus and Neurorehabilitation Center. Dr Maryam was honored by Telenor when she was made the CEO of Telenor for 1 day on 16<sup>th</sup> Nov, 2017. She has also served as an ambassador for Shaukat Khanum Memorial Hospital and Research Center from 2015 to 2019, and is also certified in inclusive training for children with special needs. The training was facilitated by UNESCO Chair in Inclusive Sport, Ireland in collaboration with Plan International Finland.



**WELCOMES** خوش آمدید**Foundation University Islamabad Secretariat**

Professor Dr Amir Gulzar - Registrar FUI - August 2020

**Foundation University Islamabad Campus**

Maj Asif Zia (Retd) - Assistant Manager Admin FUIRS - October 2020

Mr Tauqeer Ahmed - Lecturer FUCN - November 2020

Ms Madiha Mukhtar Senior - Lecturer FUCN - November 2020

**Foundation University Rawalpindi Campus**

Mr Ali Haider Salim Counsellor/Lecturer FURC-September 2020

**GOODBYES** الوداع**Foundation University Islamabad Campus**

Dr Khadija Azhar - Demonstrator Biochemistry FUIC - February 2019 to July 2020

Dr Amna Iqbal - Demonstrator Anatomy FUIC - April 2017 to September 2020

Dr Fatima Iqbal - Demonstrator Physiology FUMC - April 2017 to September 2020

Dr Maria Hassan Bint Khalid - Demonstrator Pharmacology FUIC - April 2017 to September 2020

Dr Eman Zafar - Registrar Oral Medicine FUCD&amp;H - December 2018 to September 2020

Dr Amber Rashid - Demonstrator (BDS) of Physiology FUCD&amp;H - July 2019 to September 2020

Ms Tabassum Nauman - Lecturer FUCN - October 2018 to October 2020

Dr Hamid Rashid Goreja - Assistant Professor Surgery FUMC - September 2019 to November 2020

Dr Ghulam Mustafa - Demonstrator Prosthodontics FUCD&amp;H - September 2017 to November 2020

Dr Meshal Naveed - Demonstrator Biochemistry FUMC - February 2019 to December 2020

Ms Amara Sundas-Senior Lecturer FUCN-June 2019 to December 2020

Ms Ruth Christina - Lecturer FUCN - October 2018 to December 2020

**Foundation University Rawalpindi Campus**

Ms Zahra Khan - Lecturer English FURC - January 2018 to August 2020

Ms Noor ul Ann - Lecturer Psychology FURC - September 2014 to September 2020

Mr Nasir Abbas - Lecturer Management Sciences FURC - September 2016 to October 2020

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