



FOUNDATION UNIVERSITY ISLAMABAD

Newsletter

Fall 2021



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STATUTORY BODIES' MEETINGS

Board of Governors Meeting (BOG)

The 30th Meeting of the Board of Governors (BOG) was held, via circulation, in September 2021 under the Chairmanship of Lt Gen Mian Muhammad Hilal Hussain, HI(M) (Retd) Chancellor FUI. The BOG endorsed the recommendations of the 31st meeting of the Executive Committee and approved the establishment of the Professional Development Center (PDC) and the revised organogram of the IT/MIS Department of the University.



Executive Committee Meeting (ECM)

The 32nd meeting of the Executive Committee (EC) was held on 24th November 2021 in the committee room of FUI. The President FUI, Mr Waqar Ahmed Malik, chaired the meeting. Maj Gen Nasir Dilawar Shah, HI(M) (Retd), Rector, FUI, Maj Gen Jawad Khaliq Ansari, HI(M) (Retd), Director FUI, and Brig Prof Dr Abdul Ghafoor (Retd), Pro-Rector / Director FURC were also present. The Chairman welcomed all the participants of the meeting and appreciated the FUI's initiatives, particularly the establishment of the state-of-the-art Allama Iqbal Learning Resource Center at FUI. Thereafter, the Registrar apprised the committee on the progress on the decisions of the 31st Executive Committee. The Committee, after due consideration, recommended the budget estimates for FY 2021-2022 along with the audit reports to the BOG for approval. The meeting ended with a vote of thanks to the Chair.

Deans Committee Meeting (DCM)

The 69th Deans Committee Meeting was held on 18th November 2021 in the committee room of Foundation University Islamabad. Maj Gen Jawad Khaliq Ansari, HI(M) (Retd), Acting Rector, FUI chaired the meeting. The Registrar apprised the committee on the progress of the previous DCM. After due deliberations, the committee approved the PhD fellowships for FURC students, establishment of Clinical & Biomedical Research Center (CBRC) at FUMC, the establishment of FUBIC Desk, SOPs for induction of PGTs in FUMC, FUCD&H, the shortlisting criteria for FUI Faculty, and stipend for the House Officers of FUMC/FUCD&H. The Deans Committee also approved proposed amendments in the SOP for House Job MBBS/BDS Students and the revised examination and admission regulations of MBBS/BDS in the light of PMC recommendations. The Committee also recommended the Policy for the students with disabilities to Executive Committee (EC) for formal approval.



LINKAGES



MoU with Dental College HITEC-IMS, Taxila

On September 2, 2021, Foundation University College of Dentistry & Hospital (FUCD&H) and Dental College HITEC-IMS, Taxila, signed an MoU to strengthen professional and academic links and opportunities.



MoU with Rawalpindi Institute of Cardiology

On October 21, 2021, FUI entered into an agreement with Rawalpindi Institute of Cardiology for Supervised Industrial Training (SIT) of the students of BSc Biomedical Engineering Technology.



MoU with Pakistan Institute of Living and Learning

On December 03, 2021, FUI and Pakistan Institute of Living and Learning signed an MoU to collaborate on research and academic endeavors to promote mental and physical healthcare for the benefit of the community.



MoU Renewed with Hasselt University, Belgium

On December 09, 2021, the existing MoU along with its addendums between FUI and Hasselt University, Belgium was extended for another three years.

TiE University Program

Foundation University Islamabad (FUI) in partnership with The Indus Entrepreneur (TiE) Islamabad chapter brings the TiE university program for the students of Foundation University Islamabad. TiE will enable campus ideas/ start-ups to transform into viable businesses. Students will also get exposure to world class mentors, coaching sessions, and the global startup ecosystem.



SEMINARS AND LECTURES

Challenges Related to COVID 19: A Gendered Perspective

Department of Psychology in collaboration with the Character Building Society organised a seminar *Challenges Related to COVID 19: A Gendered Perspective* on June 18, 2021. The guest speaker, Dr Humera Jami, a well-known and eminent psychologist and Assistant Professor at National Institute of Psychology, Quaid-e-Azam University, delivered an extremely insightful and enlightening talk.



Applications of AI

A Seminar titled *Applications of AI* was organized by the Department of Software Engineering, FURC on June 23, 2021. Dr Humayun Irshad, a Machine Learning and Computer Vision leader, specializing in deep learning & active learning, with domain expertise in medical imaging, autonomous cars, drones, and flying vehicles, was the resource person. Students of the 7th semester were the primary target audience and the objective was to provide them with the knowledge on how they could enhance their learning while using different sites like Coursera and Edx, and how they could make their designs more marketable.



International Symposium: Creating Hope Through Action

The Department of Psychology hosted an international symposium on suicide prevention in collaboration with the Pakistan Institute of Living and Learning (PILL) on September 10, 2021, where eminent speakers from around the globe participated. The symposium was chaired by Prof Dr Nusrat Husain, Director Global Health Research, University of Manchester, UK, and was moderated by Dr Nadia Shafique. Over one hundred online participants from across the country enthusiastically participated and a healthy discussion emerged to find out the risks along with the protective factors related to suicide.

Interactive Session with MyTM

On November 12, 2021, The CEO and COO of GITEX 2021 award winning startup, MyTM, in partnership with ORIC-FUI, delivered an interactive motivational session at FURC for the aspiring student-entrepreneurs and the faculty. Dr Zain Farooq, CEO of MyTM, walked the audience through the journey of 625+ times rejection and how they were able to succeed. The guest speaker assured the students and faculty of their support in their relevant projects in coming times. ORIC-FUI will enable the linkages between MyTM and the FUI faculty and students through working relationships.



Information Technology Orientation Seminar

To develop IT skills of students in different Industries, ORIC in partnership with NeXskill (OZI Group), an IT training company, brought together five renowned young CEOs to orientate the FUI students about their career progression. The Director Operations OZI Group, Mr Omar Khokhar; CEO ANZ Technologies, Mr Ahmed Manzoor; CEO Grape Games, Mr Hamza Malik; CEO Funtash Technologies, Mr Ahmed Aziz; and CEO Red CubeZ, Mr Salman Gillani shared their journeys during and after graduation and provided an overview of the skills employers require in the IT & ITES sector.

Road Safety is Shared Responsibility of Community and State

On August 12, 2021, National Highways and Motorway Police (NHMP) organized a seminar at FUI on the topic, *Road Safety is a Shared Responsibility of Community and State*. Inspector General NHMP Dr Syed Kaleem Imam graced the event as Chief Guest and highlighted the importance of road safety in his address. He enlightened the audience on shared responsibility of the community and the state to ensure traffic safety on highways and motorways. Rector FUI, Maj Gen Nasir Dilawar Shah HI (M) (Retd), and Director FUI, Maj Gen Prof Dr Jawad Khaliq Ansari (HI) (M) (Retd) also attended the event.



TRAINING, WORKSHOPS AND CONFERENCES



ORIC Staff Training at NIC

To enhance the soft skills of ORIC staff members, a day long training session was arranged at National Incubation Center (NIC), Islamabad on September 27, 2021. Mr Ibraheem Ahmed, Manager HR & OD, a well known and experienced corporate trainer, and development expert of NIC, up-skilled the ORIC staff on work efficiency, professional ethics, time management, and teamwork.

Self Assessment Report Writing Workshop

Department of Quality Assurance (DQA) organized a one day training workshop *Self-Assesment Report (SAR) Writing* for program team members of different academic departments on September 29, 2021. Ms Fareena Iqbal, Ex-Director QEC, Pakistan Institute of Development Studies (PIDE) explained the concept of self-assessment, its importance in enhancing learning outcomes, and the development of the academic institutes in detail.



Manuscript Writing and Publishing in Impact Factor Journals

Dr Yasir Waheed, Associate Professor & I/C MDL at FUMC, conducted a workshop titled *Manuscript Writing and Publishing in Impact Factor Journals* at FUI on October 21, 2021. The event was attended by faculty members and PGTs of Foundation University Islamabad Campus and Fauji Foundation Hospital.

Oral Ulcers: A Diagnostic and Treatment Dilemma

Department of Oral Medicine from FUCD&H conducted a workshop, *ORAL Ulcers: A Diagnostic and Treatment Dilemma* on October 28, 2021, at FUCD. During the workshop, external and internal speakers delivered their clinical presentations about oral ulcers, along with their different and new treatment modalities. The participants were successful in achieving 04 CME hours..



How to Pitch Perfect

A training session *How to pitch perfect* was arranged by Foundation University Business Incubation Center (FUBIC) on 10th November 2021, for 5th Cohort incubates in FUBIC conference room.

1st International Dental Conference FUI, Navigating the Future of Dentistry

1st International Dental Conference FUI, *Navigating the Future of Dentistry* was organised by FUCD&H on November 13-14, 2021. The two days event included talks by renowned national and international speakers and a poster competition by BDS students. Director FUIC, Maj Gen Prof Dr Jawad Khaliq Ansari HI (M) (Retd) was the Chief Guest. Notable participants included the Principals of various dental colleges including AFID, Islamic International Dental College, Islamabad Medical & Dental College, Watim Dental College, and HITEC-IMS Dental College. The external judge for the poster competition was Prof Dr Shazia Nawabi from Rawal Institute of Health Sciences. Two workshops; *Role of Diagnostic Radiology in Oral & Maxillofacial Surgery* (Pre-conference) and *Fundamentals of Veneer Preparation* (Post-conference) were also conducted.



Policy Measures for Trading in PSX & Market Abuse

On November 21, 2021, a workshop titled *Policy Measures for Trading in PSX & Market Abuse* was organized under the supervision of Dr Muhammad Awais, Associate Professor of Economics & Finance. The guest speaker, Hafiz Wajid Wahidi informed the audience regarding different aspects of the issue. The interactive session witnessed active participation in the discussion about digital on boarding of investors. The regulatory framework for Pakistan Stock Exchange (PSX), central depository, and clearing house were also discussed in detail. After addressing the issue of market abuse, guest speaker highlighted the practical ways to deal with such abuses.

Research Synopsis Presentations, FUMC

In order to develop the research skills of medical students, FUMC organized a research activity under the guidance of Prof Brig (Retd) Dr Naila Azam, HOD Community Medicine Department. On November 26, 2021, one of the participating batches, presented their research synopsis under the mentorship of respective faculty members. The synopses were evaluated by the panel of respected senior faculty members. The students learned how to do literature review, phrase the objectives and plan methodology for their own projects.



Effective Research Proposal Writing

On November 30, 2021, ORIC invited Dr Syed Muhammad Junaid Zaidi, the Founder Rector COMSATS for a training session on the topic *Effective Proposal Writing towards Winning the Research Grant*. In a highly interactive and engaging session, Dr Zaidi shared tips for effective proposal writing and also explained the points to be avoided while writing a proposal to fund agencies.

Utilization of Anti-Plagiarism Software-Turnitin

The Department of Quality Assurance (DQA) organized an Informative and interactive workshop on Dec 01, 2021, on *Utilization of Anti-Plagiarism Software – Turnitin*. DQA invited Dr Khushbakht Hina Khan, Director QEC, National University of Modern Language (NUML) as a resource person to conduct the workshop for the faculty members of FUI. At the end of the workshop, Prof Brig (Retd) Dr Abdul Ghafoor, Pro-Rector / Director FURC, thanked the resource person for visiting FUI and conducting the informative sessions.



Kinesio-Taping: Basics and Common Applications

A one-day workshop on *Kinesio-Taping: Basics and Common Applications* was held on December 01, 2021, at FUIRS. The resource persons were two expert manual Physical Therapists, Dr Furqan Yaqoob (PT), HOD post-graduate program & Dr Muhammad Osama (PT), Assistant Professor at FUIRS. Dr Wardah Ajaz Qazi, HOD Undergraduate Program, was the focal person of the workshop. The first session was delivered by Dr Muhammad Osama, which provided the theoretical background with practical examples and literature review. The second session was hands-on training on the model by Dr Furqan Yaqoob. He demonstrated how to apply kinesio-tapes on different parts of the body according to pathological conditions.

2nd International Conference: Understanding Hidden Disabilities; Creating a Resilient and Inclusive World

The Department of Psychology celebrated the International day for persons with disabilities, on December 03, 2021, by hosting the 2nd International Conference titled *Understanding Hidden Disabilities: Creating a Resilient and Inclusive World*. A unique theme focusing on Neuro developmental disorders was adopted for the first time in Pakistan to increase awareness and foster a more inclusive society. The conference brought together about 300 participants including eminent speakers, scholars, parents, and students in person and online from Pakistan, the United Kingdom, and the United States. Towards the end, Rector FUI, Maj General Nasir Dilawar Shah HI (M) (Retd), patron in chief of the Conference presented the awards and shields to the participants and organizers.



Outcome Based Education (OBE)

A session regarding Outcome Based Education (OBE) was organised on December 14, 2021 at FURC by the Department of Software Engineering. This session was conducted by Dr Muhammad Shaheen, Dean of Faculty of Engineering and IT. To familiarize and train the faculty members regarding the OBE system, several sessions have been conducted and a few more are in the pipeline.

Hands On Training on Cupping Therapy

FUIRS organized a one-day workshop *Cupping Therapy and its Therapeutic Effects on Back Pain* on December 15, 2021, where Dr Nida Mushtaq Kiyani (PT), a certified Hijama Therapist, guided over 30 participants including students, faculty members, and health care professionals.



VISITS



Director ORIC, Health Services Academy (HSA) Visits FUI

ORIC FUI hosted the Director ORIC, Health Services Academy (HAS), Dr Mubashir Hanif on September 28, 2021 at the Islamabad Campus of Foundation University Islamabad (FUI). A joint research project in the field of public health was identified during the meeting with Principal Nursing Capt (Retd) Yasmeen Saggi which will be done in collaboration between both the institutions.

Agha Khan and DOW Medical College, Karachi

A team from FUI led by Rector, Maj Gen Nasir Dilawar Shah HI(M) (Retd) visited Agha Khan and DOW Medical College, Karachi to seek possible academic collaboration between the two institutions.



China Radio International Dosti FM 98

Students of Broadcast Journalism from the Department of Arts & Media visited China Radio International Dosti FM 98 Islamabad studios on December 16, 2021, under the supervision of Mr Tahir Abbas, Radio In-charge FUI. Students were briefed about commercial setup broadcast pattern, studios, newsroom & technical operations.



Community Health Visits, FUCN

During Fall 21, FUCN arranged several community visits for the students of BSN 1st year to get them to gain first-hand knowledge regarding health issues in the community. They visited Fauji Cereals Companies, Water Purification Plant I-8 Islamabad, and Basic Health Unit and shared their reflections with their respective course teachers.



NEWS AND EVENTS

FCPS/FRCPath Mock Examination Course, FUI

FCPS / FRCPath Mock Examination Course (Histopathology) was held at FUMC from June 15-16, 2021 as a part of CPD/CME activity in FUI. It was accredited for 18 contact hours by PMDC. The mock examination course was organized by Professor Brig Tariq Sarfraz, SI (M) (Retd), Consultant Histopathologist & Head of Pathology Department, FUMC. The course was attended by 40 participants, including 30 postgraduate trainees and 10 consultants. The mock examination course addressed all the contents of FCPS and FRCPath (Histopathology) examinations, including Histopathology, Cytopathology, long cases, frozen sections, and gross specimens.



Manager FUBIC at Pak Mission Society

Syed Taimoor Hassan, Manager Business Incubation Center (FUBIC), Islamabad was invited by Pak Mission Society as a jury member and subject expert in Pakistan's first Christian idea competition on June 16, 2021. He evaluated different business ideas and provided expert analysis.



FCPS II Mock Examination Course, FUIC

FCPS-II Mock Examination Course (Haematology) was held at FUMC on June 30, 2021, as part of CPD / CME activity in FUIC. It was accredited for 06 contact hours by PMC. The course was attended by a total number of 26 postgraduate residents from different cities of the country, including Rawalpindi, Islamabad, Lahore, Peshawar, Multan, and Jamshoro. Two guest speakers were also invited for the discussion of cases. The mock examination course addressed all the contents of FCPS (Haematology) examinations, including morphology of malignant and benign cases, dry parts of coagulation, transfusion medicine, bone marrow trephine biopsies, and hemoglobin studies. In the morning session of mock examination course, the participants were given 16 morphology cases to see, make their diagnoses, and write a report. Furthermore, 9 dry cases for interpretation and calculation were given.



Tree Plantation Drive, FURC

Foundation University Rawalpindi Campus organized a Tree Plantation Drive on July 15, 2021, at Ayub National Park Rawalpindi. The event was organized by Student Affairs Office and FURC Green Club. Pro Rector/Director, FURC, Deans, HoDs, Faculty, Management staff and students participated in the event and planted 300 fruit plants.



1st Corporate Sponsored Entrepreneurial Expo 2021

Department of Business Administration conducted the 1st Corporate Sponsored Entrepreneurial Expo 2021, on July 17, 2021, intending to provide graduate students industry exposure before stepping into the corporate world. The event was sponsored by Islamabad Tea and Caraway Pharmaceuticals. FYPs were evaluated by internal as well as external evaluators with backgrounds in FMCG, retail, marketing, entrepreneurship, and academics.



Delightful Istanbul Summer School

A group of FUI students from the Department of Business Administration participated in the Online Delightful Istanbul Summer School. The program was organized by Istanbul Aydin University (IAU), from August 1-14, 2021. FUI students namely, Ms Aleena Aamer, Ms Arooba Khalid, Ms Hamna Asif Ali, Ms Raazia Batool completed an online course and shared their experiences.



Program for Enhancement of Emergency Response-Hope Course

Program for Enhancement of Emergency Response (PEER) is a regional training program initiated in 1998 by the US Agency for International Development, Office of US Foreign Disaster Assistance (USAID/OFDA) to strengthen disaster response capacities in Asia. In this regard, USAID/PEER conducted an online HOPE course in August 2021 which was completed by four faculty members of the Department of Community Medicine, Dr Mehwish Riaz, Dr Fatima Ali Raza Mughal, Dr Mariam Razaq, and Dr Raima Asif.



4th Asia Oceanian Congress on Neuro Rehabilitation

Asia Oceanian Congress on Neuro Rehabilitation, held from 06-08 August 2021, was a multi-disciplinary virtual conference with the theme of Holistic Rehabilitation from Hospital to Home, for neurorehabilitation specialists, endorsed by the World Federation of Neurorehabilitation. This virtual conference was attended by more than 1200 participants with more than 200 keynotes by neurorehabilitation professionals from around the world. Prof Dr Furqan Ahmed Siddiqi Dean/Principal FUIRS had the honor of presenting keynote on "Immersive Virtual Reality for Memory Rehabilitation: Is it the way forward?" Dr Muhammad Ehab Azim Senior Lecturer FUIRS also presented a paper in the form of an e-poster presentation with the title *Kinect 360 Based Balance Training improves Postural Stability Kinematics among Elderly during COVID 19 Lockdown: A Case Series.*



FUBIC 5th Cohort Induction

Foundation University Business Incubation Center (FUBIC) organized its 5th Incubatee selection committee meeting for the induction of the 5th cohort. After intensive review and analysis of 53 business plans submitted by startups, 7 incubates were selected to be incubated at FUBIC for 12 months.

Review of Department of Engineering Technology Programmes

On September 27-28, 2021, an accreditation expectation committee of the National Technology Council (NTC) conducted a two-day interim visit to the department of Engineering Technology, FURC for the review of BSc Bio - Medical Engineering Technology & BSc Information Engineering Technology degree programmes.



FUI Briefing to the President of Pakistan



President FUI, Mr Waqar Ahmed Malik along with Rector, Maj Gen Nasir Dilawar Shah HI (M) (Retd), and other University officials gave a briefing to the Honorable President of Pakistan Dr Arif Alvi on the performance of Foundation University Islamabad on October 1, 2021. During the meeting, the honourable President appreciated the impressive progress made by FUI over a short time. His Excellency expressed satisfaction on FUI's Vision to meet the future needs of the country through research, quality degree programmes, ORIC and zero tolerance on drug usage and harassment issues. He expressed keen interest in nursing programmes and considered these the need of the day and emphasized that the capacity of Nursing College must be increased to meet the

national and international requirements. He emphasized that FUI should focus on the hybrid education model to increase the highly educated and skilled human resource. The honourable President showed special interest in University-Industry Synergy, emphasizing the need to have workable and meaningful MOUs. He urged that the university must look for international research funding and should make special arrangements for persons with disabilities.

1st Steering Committee Meeting, ORIC FUI

To strengthen the Office of Research, Innovation & Commercialization (ORIC) by bringing in industry expertise, the first meeting of the ORIC-Steering Committee (SC) was held on October 05, 2021 at the FUI Secretariat. This committee is comprised of academicians, subject experts, and industry leaders. The initial milestone of ORIC-SC was to draw a robust 5-year strategic plan for research, innovation, and commercialization. The meeting was jointly chaired by Rector FUI, Maj Gen Nasir Dilawar Shah HI(M) (Retd) and DG Technology/ Advisor Benazir Income Support Program, Mr Meer Anwar. Industry leaders who were part of the committee included Pro-Vice- Chancellor (Academics) National University of Medical Sciences, Maj Gen Saleem Ahmed Khan HI(M) (Retd), Chairman Rastgar Engineering, Mr Imtiaz Rastgar, Director Policy, Research & Market Intelligence, Special Technology Zones Authority, Dr Mohammad Ali Mohammad, Partner AUC Law, Barrister Ahmed Uzair, CEO Alfoze Technologies, Mr Muazzam Arslan Bhatti, and program coordinator Health Services Academy Dr Shaheer Ellahi. In this first meeting, a detailed round of discussion took place to design the blueprint of ORIC's next 5-year plan.



Orientation Fall 2021, FURC

At the start of the new semester, FURC organizes orientation sessions for its new students. This year, separate orientation sessions for each faculty were organized with strict adherence to Covid-19 SOPs. The Pro-Rector FURC welcomed the students embarking on the journey of learning and assured them that at FURC they will be provided a conducive learning environment that will foster their talents and enhance their skills and knowledge.

Free Dental Camp, FUCD&H

FUCD&H organized a free dental check-up and awareness camp from October 11-13, 2021. This camp was supervised and conducted by expert panel of professionals from FUCD&H using fully equipped dental units. Oral health services offered during the camp included free dental check-ups, tooth extraction, scaling, fillings to treat cavities, etc at discounted rates. A large number of patients from the twin cities turned up for dental consultations and treatment.



Blood Donation Camp, FUIC

The blood donation society of FUMC / FUIC organized a blood donation camp, under the supervision of Dr Lubna Zafar, Prof of Pathology and President Blood Donation Society FUIC on October 20-21, 2021. Students of FUMC, FUCD&H, FUIRS, and FUCN actively participated in the blood donation drive. A total of 213 donations were collected, which were given to FFH blood bank and Pakistan Thalassemia Welfare Society Rawalpindi.

Breast Cancer Awareness Campaign

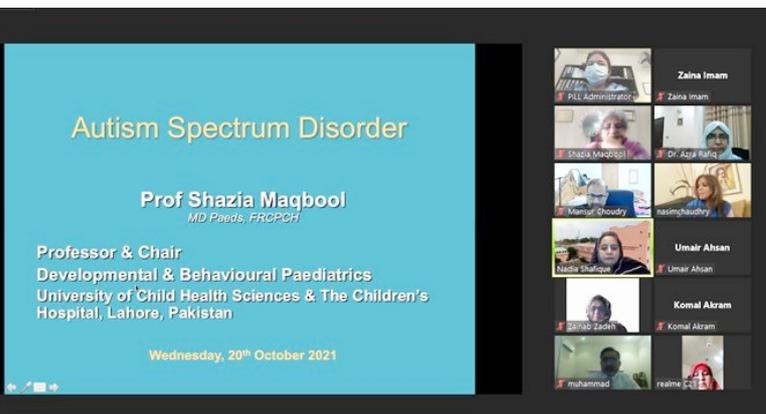
Every year more than forty thousand women in Pakistan die due to breast cancer. This year's FUI awareness drive had different activities from October 15 to November 01, 2021, organized by the Department of Community Medicine under the guidance of HOD Prof Dr Naila Azam. The main focus was to reach the maximum audience with the message *Breast Cancer! Early detection saves lives*. FUI Pink Ribbon Team held a number of activities on both campuses which included:

- 1.5 CME hours training workshop on Self Breast Examination
- Students' Awareness Sessions: conducted from 24th to 26th Oct 2021 on Breast Cancer early detection
- HEC & Pink Ribbon: 2.5 CCME hours Breast Cancer Youth Awareness Seminar, organized at FURC on 1st Nov 2021. Dr Saima Ehsan, Associate Professor Psychology Department FURC, graced the event as the chief guest.
- Collection of Rs 55000/- for the construction of Pink Ribbon Breast Cancer Hospital, Lahore, offering free of cost services to deserving patients.



Virtual Symposium on Autism

The Pakistan Institute of Living and Learning (PILL), in collaboration with the Department of Psychology, FURC hosted a Virtual Symposium on *Recognizing Autism: Roles and Responsibilities of General Health Practitioners* on October 20, 2021 as a part of the pre-conference events. Prof Dr Zainab Zadeh, Clinical Psychologist, Manchester Global Foundation, UK, Professional Scientist and Head Child and Adolescent Mental Health at Pakistan Institute of Living and Learning, presided over the discussion. Doctors, speech pathologists, occupational therapists, students, and FUI staff members were among the 44 people who attended the symposium.



Milad Un Nabbi Celebration, FUIC

A ceremony was conducted on Seerat-un-Nabi (PBUH) at FUIC on October 21, 2021. The purpose of the event was to highlight the importance of Seerat-un-Nabi (PBUH) and its influence on our daily life. Over 250 students participated in the event. It started with a lecture by Prof Tafseer Abbas on Seerat-Un-Nabi (PBUH) followed by a walk during which the students were holding banners and posters depicting the importance of the teaching of Prophet Hazrat Muhammad (PBUH).



Milad Un Nabbi Celebration, FURC

A Mehfil e Milad was organized by FURC Music Society and the Office of Student Affairs on November 05, 2021, to celebrate the birth of the Holy Prophet Muhammad (PBUH). The program started with the recitation from the Holy Quran followed by Naats. All the participants displayed their fervent attachment to and sincere reverence for Hazrat Muhammad (PBUH).



Rector's Interaction with Student Council FUIC

On November 09, 2021, Rector FUI, Maj Gen Nasir Dilawar Shah HI (M) (Retd) interacted with the student's council FUIC at the FUI Secretariat. Registrar FUI and Deputy Registrar Medical were also present on the occasion. Rector FUI welcomed the members of the student council and said that healthcare education is the most diverse kind of education which requires great commitment and dedication and that he is proud of the students for choosing this noble profession. During the meeting, the students raised various issues which were addressed accordingly and were noted for remedial measures.



Iqbal Day, FUIC

In the memory of the great poet and philosopher, Allama Muhammad Iqbal, on November 09, 2021, FUIC celebrated Iqbal Day with great enthusiasm. Director FUIC, Maj Gen Jawad Khaliq Ansari HI(M) (Retd) graced the occasion as the chief guest. The event started with the recitation of verses from the Holy Quran, followed by English and Urdu debates by the students of FUMC, FUCD&H, and FUIRS. The event also included Bait-Bazi where students of FUIRS took lead by securing first position overall. The students enthusiastically sang the poems of Iqbal written for youth.

Manager FUBIC as Trainer at BICON

Mr Syed Taimoor Hassan, Manager Foundation University Business Incubation Center was invited as a resource person / trainer at Business Incubation Center of NUML (BICON) to deliver a training session on *Customer Discovery* to BICON's incubatees, NUML faculty and students on Wednesday, November 10, 2021.



Rector's Interaction with Faculty FUIC

Rector FUI, Maj Gen Nasir Dilawar Shah HI (M) (Retd) interacted with the faculty of Foundation University Islamabad Campus on the 10th and 11th of November 2021. During the session, the Rector emphasized that education is a sacred task and it is the moral as well as a religious duty of the faculty to carry out this responsibility with honesty, commitment, and dedication. He also highlighted the FUI vision and policies and asked the faculty to be well versed with these. FUIC faculty members raised various issues which were addressed accordingly and were noted for remedial measures.

Annual Day FUIC

Foundation University Islamabad Campus Annual Day 2021 was organized on November 12, 2021, at FUIC auditorium. Honourable Rector FUI, Maj Gen Nasir Dilawar Shah, HI (M) (Retd) was the chief guest of the ceremony. Director FUIC, Maj Gen Prof Dr Jawad Khaliq Ansari (HI) (M) (Retd), Dean FUCD, faculty, distinguished guests, parents/guardians, and the award-winning students attended the function. Sixty eight students of MBBS and twenty one students of BDS were awarded gold & silver medals, and merit & distinction certificates. This was followed by a speech by the Rector in which he appreciated the students for their performance and congratulated them and their parents on this achievement. He acknowledged the role of faculty in students' success and emphasized the need for continued hard work and motivation as the key to professional success.



Inauguration of Allama Iqbal Learning and Resource Center, FUIC

On November 24, 2021 MD FF/ President FUI, Mr Waqar Ahmed Malik inaugurated the Allama Iqbal Learning Resource Center at the Central Library of Foundation University Islamabad Campus (FUIC). Rector FUI, Maj Gen Nasir Dilawar Shah HI (M) (Retd) and Maj Gen Prof Dr Jawad Khaliq Ansari HI (M) (Retd) Director FUIC were also present on the occasion along with other university officials. The President interacted with the faculty, students and staff. Director FUIC briefed the President, followed by a formal visit of the library. It is a state-of-the-art Learning Resource Center built to cater for the students of all the four institutes of FUIC i.e. FUMC, FUCD, FUIRS and FUCN. The Learning Resource Center can accommodate 1300 students at a time with a total area of 7800 sqft which meets the criteria set by Pakistan Medical Commission. Currently the library has 74 computers, 12727 books, 5000 E-books, 400 CD's, 22 international journals, 25 national journals and 10 other magazines and newspapers. FUI Learning Resource Center has access to HEC Digital Library, hence, FUI students can benefit from additional 50000 international journals and 142000 E-books through HEC Digital Library. President FUI appreciated the efforts made for the up gradation of the Library.



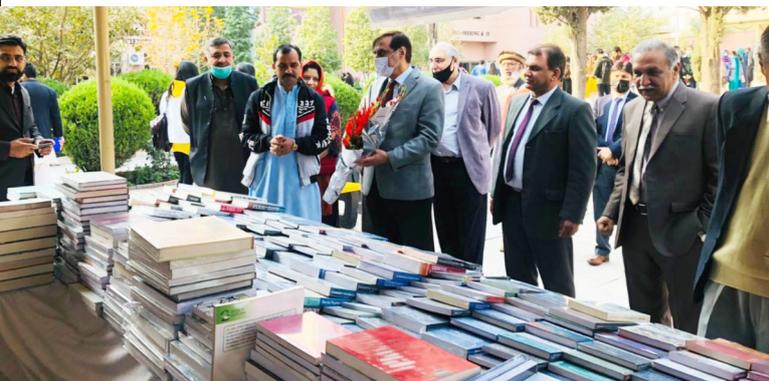
Merit Scholarship Distribution Ceremony Fall 2020, FURC



Merit Scholarship Distribution Ceremony Fall-2020 was held at FURC Seminar Hall from 24-26 November 2021. The ceremony aimed to recognize, appreciate and encourage the outstanding students. Rector FUI, Maj Gen Nasir Dilawar Shah HI (M) (Retd) distributed the scholarship cheques amongst the first position holders on 26 November 2021, whereas Deans of the faculties had distributed the cheques amongst the second, third, and fourth position holders on 24 and 25 November. Rector congratulated the students who achieved the first position in their respective semesters and admired their competence, perseverance, and hard work. He urged them to be relentless in their pursuit of excellence. The Rector also felicitated parents of the position holders on the enviable achievements of their wards.

Fun Fair, FUIC

A funfair was arranged at FUIC on November 27, 2021, where a number of stalls were auctioned among the students of the four institutes of FUIC i.e. FUMC, FUCD, FUIRS, and FUCN. The students organized their stalls with food items, different games, and entertainment activities. The food court drew large crowds but the most interesting part of the funfair was the amusement stalls. The bonfire was another striking event where students sat around the fire in groups while singing and dancing to their favourite tunes.



Book Fair, FURC

Book Fair Fall 2021 was arranged at FURC on November 29-30, 2021. Renowned booksellers of Rawalpindi/Islamabad participated with the latest books on different subjects. Brig Prof Dr Abdul Ghafoor (Retd), Pro- Rector/Director FURC inaugurated the event as chief guest. The bookstalls were visited by Deans, HoDs, faculty members and students.

Certificate Distribution Ceremony ACMEd-21



The certificate distribution ceremony of Advance Level Certificate Medical Education ACMEd-21 (Batch 4) was conducted on November 29, 2021 at FUIC. Rector FUI, Maj Gen Nasir Dilawar Shah, HI (M) (Retd) was the guest of honour. The program director, Brig Irfan Shukr SI(M) (Retd) welcomed the guests and the participants of ACMEd-21 and presented the report. A total of 50 students completed the course, among which 26 were internal faculty members and 24 were external members from various institutes of the twin cities. The position holders were awarded appreciation certificates. It was followed by anecdote sharing by students of ACMEd-21 and DME. Rector FUI gave the closing remarks and appreciated the efforts of the Department of Medical Education and congratulated the ACMEd-21 students.



Cultural Health Festival, FUCN

A one-day cultural health festival was celebrated at FUCN on November 30, 2021. The theme of the festival was the importance of cultural taboos related to health practices which serve as barriers in providing quality care to the family in particular and the community at large. All students of FUCN participated with full zeal and zest and showed various cultures of Pakistan identifying several myths associated with health practices in each of them. Rector FUI, Maj Gen Nasir Dilawar Shah HI (M) (Retd) along with Maj Gen Prof Dr Jawad Khaliq Ansari HI (M) (Retd), Director FUIC, and senior faculty members of FUIC visited the festival and appreciated the efforts of the students. He announced an award of Rs. 10,000 for each cultural stall as a token of appreciation.

FUCD&H Participation in Dosti FM 98 Live Program

Dr Ayesha Maqsood, Professor Oral Maxillofacial Surgery, FUCD&H was invited to a live program hosted by Ahad Ahmed on Dosti FM 98. Dr Ayesha spoke about different departments and services provided at FUCD&H. She also mentioned the free dental camp held at FUCD&H from 11-13 October as a part of CSR activity. Dr Ayesha was accompanied by Mr Tahir Abbas, Radio Head FUI FM 101.8



FUI Participation in GUESSS Survey



Global University Entrepreneurial Spirit Students' Survey

The GUESS (Global University Entrepreneurial Spirit Students' Survey) report 2021 has been published by GUESS global. With the participation of 58 countries, and a total of 266,943 responses, the 9th edition of GUESS has become more international. The main purpose of the study is to assess the entrepreneurial intentions, attitudes, and activities of students in participating countries. From Pakistan, 896 students across 18 different public and private sector universities participated in the survey including Foundation University Islamabad (FUI). FUI is mentioned in the report as participating university from Pakistan. The Full report can be accessed at <https://www.guesssurvey.org/>

Kamyab Jawan Sports Gala



FUI teams participated in the opening ceremony of Kamyab Jawan Sports Gala jointly organized by HEC and Pakistan Sports Board (PSB) from 6-9 December 2021 at Sports Complex, Islamabad. The event was inaugurated by the Prime Minister of Pakistan on 6th December 2021. FUI teams participated in seven games including, athletics, football, squash, boxing, tennis, handball, and volleyball. FUI Teams participated in the opening ceremony and March-in of Kamyab Jawan Sports Gala 6-9 December 2021. The students by participating in the games not only availed the opportunity to display their talents at the national level but also represented the FUI in a befitting and orderly manner. FUI Female Volley Ball Team played a match against the University of Sawabi. Students also participated in boxing, javelin throw, 100m, 200m, long jump, discus throw, high jump, 110m Hurdle, 4x400m relay, and 4x100m relay race competitions.

Community Outreach Program and Dental Camp, FUCD&H

A community outreach program and the dental camp were planned by FUCD&H under the Department of Community and Preventive Dentistry on Saturday, December 11, 2021, at SOS Children's Village, Rawalpindi. A team of 15 house surgeons, three demonstrators, and two dental staff assistants under the supervision of Asst Prof Dr Batool Zahra, Department of Periodontology, and Asst Prof Dr Sanaa Masood Aslam, Department of Community and Preventive Dentistry rendered oral health care services. The camp also included an Oral Health talk to a total of 120 children and staff members of SOS Children's Village.



Farewell to Maj Gen Jawad Khaiq Ansari HI(M) (Retd), Director FUIC

A ceremony was organised at FUMC on December 15, 2021 to bid farewell to Director FUIC, Maj Gen Jawad Khaiq Ansari HI(M) (Retd). In his speech Rector FUI, Maj Gen Nasir Dilawar Shah HI(M) (Retd) applauded his three years of service and achievements at FUIC and wished him the best for his future endeavors. The Rector further noted that his dedication, accomplishments, and personal integrity will be remembered forever.



Finding Innovative and Creative Solutions for Society (FICS)

ORIC, FUI has joined hands with Corporate Advisory Council (CAC), NUST to promote social entrepreneurship among the students of FUI through a competition called *Finding Innovative and Creative Solutions for Society (FICS)*. NUST has pooled up FUI as a partner University to allow its students to compete. FICS is a competition to promote Social Entrepreneurship and creation of products and services by the students to benefit communities and society.



FUI Internal Funding Program

To strengthen the research culture at FUI, ORIC regularly provides faculty members the funds under *FUI Internal Funding program* for their research pursuits. During the year 2020-21, FUI provided internal funding of over Rs 8.8 million to 26 research projects. Out of these, the funding for 13 projects was won by FUIC, 12 projects by FURC, and 01 project by FUSC faculty members. These projects relate to a wide range of areas, including App Development, CPEC, Hepatitis B, Renewable Technology, Ecological Awareness, Water Conversion, Dengue Awareness, Behavioral Economics, Orthodontics and Rehabilitation, Sciences.



11th Annual Public Health Conference

Dr Shumaila Humayun, Assistant Professor at the Community Medicine Department, gave a poster presentation titled assessment of knowledge, attitude and practices regarding antibiotic resistance among non-medical University students in Rawalpindi, at the 11th Annual Public Health Conference held on September 23, 2021 at the Health Services Academy Islamabad. Professor and HOD Dr Naila Azam, Associate Professor Dr Tahira Amjad, and FCPS Residents Dr Fatima Ali Raza Mughal and Dr Mariam Razzaq also attended the conference.

FUI ACHIEVEMENTS



On June 16, 2021, College of Physicians and Surgeons Pakistan (CPSP) inspected FUCD&H for recognition as a postgraduate institute for FCPS training. FUCD&H has achieved another milestone of accreditation of two more clinical disciplines of dentistry for fellowship training (FCPS) i.e. Prosthodontics and Operative dentistry from the CPSP.



FUBIC in collaboration with Innovators Garage organized *Startup World Cup 2021 – regionals round* at the FURC on July 28, 2021. 8 selected startups from the region participated in the competition and pitched their business ideas. Digital Sight, a startup incubated at FUBIC, secured the 1st position.

4th year MBBS students of FUMC won the Twin Cities Undergraduate Research Gala 2021. The event was hosted by Riphah International Medical College on September 02, 2021. Six projects of FUMC students, prepared under the guidance of faculty of community medicine viz Dr Raima Asif and Dr Mehwish Riaz were accepted for the activity.



Among 10 verbal presentations, Muhammad Awais from FUMC got the second position with a cash prize of Rs 5000. Among a total of 45 poster presentations, Muhammad Junaid, Hafiz Talha Nawaz, and Sani Yasnain secured a cash reward of Rs 3000. These young researchers were offered collaboration and funds to expand their research project from the research division of Riphah University.



Dr Hira Ayaz, Assistant Professor Department of Physiology, FUMC won the Best Paper Presenter Award in the 17th Biennial International Conference of the Pakistan Physiology Society held on 26-27 November at Isra University, Islamabad.

Dr Shagufta Akhtar, Director ORIC FUI published a book *Educational Psychology*, authored jointly with Lt Col Dr Manzoor H Arif (Retd). This book is a result of a decade-long continuous hard work and brings together the cutting-edge psychological aspects of education.



Dr Yasir Waheed, Associate Professor, Foundation University Islamabad Campus has been named among the top 2% Scientists of the World in both career-long and single-year impact categories for the second consecutive year. Dr Waheed is a highly productive researcher with a citations score of more than 21000. He has expertise in infectious diseases, molecular biology, and disease burden estimation.



Foundation University Journal of Engineering & Applied Sciences (FUJEAS) has been recognized by HEC in "Y" category. This is a remarkable achievement that indicates the university's continued commitment to achieving excellence in research.



Areesha Khattak student of BSMC Arts and Media department has been selected for the Global Undergraduate Exchange Program in Pakistan sponsored by United States Educational Foundation in Pakistan. The Global UGRAD-Pakistan program offers cultural/academic exchange through a non-degree program for a semester at a university in the U.S.

Mr Tafseer Abbas, Lecturer Department of Medical Education, FUMC published a book titled

دُنیا طِب و صحت پر نبی کریم کے احسانات

The book includes a research oriented work on the medical civilization and promotion of health and medicine awareness in the Prophet's era. Mr Tafseer has authored 8 books on different aspects of the life of the Holy Prophet.



GLOBAL OBSERVANCES

World Breastfeeding Week

The Department of Community Medicine FUMC celebrated the Week by airing a special transmission on FUI Web TV, hosted by lecturer Dr Raima Asif with Professor of community medicine, Dr Nosheen Zaidi as guest speaker. They held a detailed discussion in light of this year's theme: *Protect Breastfeeding: A Shared Responsibility*.



Global Hand washing Day

On October 15th, a session on Global Handwashing day was conducted by Dr Fatima Ali Raza Mughal, lecturer and FCPS II Resident from community medicine department on FUI Radio FM 101.8. She highlighted the importance of good hand hygiene in the prevention of potentially life-threatening illnesses. In the light of this year's theme, *Our Future is at Hand – Let's Move Forward Together*, she also briefed about critical handwashing times and explained the correct way to wash hands.



World Physical Therapy Day

World Physical Therapy Day was celebrated at FUIRS on September 08, 2021. This year the theme was *Long COVID and Rehabilitation*. Public awareness campaign was carried out by displaying standees showing the role of physiotherapy in COVID-19 within the premises of FUI and FFH.



World Polio Day

World Polio Day was celebrated on October 24 with this year's theme *A Win Against Polio is a Win for Global Health*. In this regard, Dr Raima Asif, Lecturer from Community Medicine Department, conducted a session on this disabling and life-threatening disease. She talked about symptomatology and prevention through vaccination, with special relevance to Pakistan.



World Contraception Day

On World Contraception Day a special program was aired on FUI TV, hosted by Dr Fatima Ali Raza Mughal with the guest speaker Dr Mariam Razzaq. Dr Mariam informed the public about this important aspect of health in the context of this year's theme *Contraception: it's Your Life, It's Your Responsibility*. In addition, a number of faculty members also attended a seminar held by the Gynae/Obs Deptt of Fauji Foundation Hospital on September 26, 2021.



World Mental Health Day

To celebrate World Mental Health day, Department of Psychology organized a free counselling camp for FURC students on October 22, 2021. Prof Dr Iffat Rohail from the department, along with 11 MS clinical Psychology students provided psychological assessment and counselling services to the students.



World Diabetes Day

Each year world diabetes day is celebrated on November 14. This year, Dr Fatima Ali Raza Mughal, and Dr Shaista Zulfiqar from the Department of Community Medicine conducted an awareness session on FUI Radio channel FM 101.8. Dr Fatima spoke at length about the risk factors, symptomatology and prevention of diabetes mellitus. In context of this year's theme *Access to Diabetes Care - If Not Now, When?*



World Aids Day

Each Year World AIDS day is commemorated on December 01. This year, a talk was organized by the faculty of Community Medicine Department. Dr Shumaila Humayun hosted the talk with Dr Sumaira Masood as guest speaker. In relation with this year's theme, *Equitable Access, Everyone's Voice*, she highlighted the role of the government in improving access to the services and removing the stigma attached to patients suffering from AIDS.



International Volunteer Day

On December 02, 2021, International Volunteer Day for Social and Economic Development was celebrated at FURC. Miss Fizzah Najm Lecturer, FURC shared the importance and relevance of the day. Students also participated in the discussion on how they can play a role in promoting volunteering activities for the promotion of social and economic development in Pakistan.

International Day of Persons with Disabilities

FUIRS celebrated the International Day of Persons with Disabilities by organizing an event on December 07, 2021, Director FUIIC / Principal FUMC, Maj Gen Prof Jawad Khaliq Ansari, HI (M) (Retd) was the guest of honor at this occasion. The program started with the recitation from the Holy Quran, followed by the national anthem and welcome address by Principal/ Dean FUIRS, Prof Dr Furqan Ahmed Siddiqi. The event was attended by around 250 guests, including Principals, HODs, faculty and administrative officials from FUIIC & FFH, as well as students of FUIRS and FUCN. The event included students' performances including dramas, songs, presentation, and documentary highlighting the lives and struggles of PWDs, the role of caregivers and the societal inclusion and accessibility status in Pakistan.



ALUMNI SUCCESS STORIES



Mirza Mohammed Waqar Baig, a graduate of the first batch of Doctor of Physical Therapy from FUIRS, has acquired health care practitioner council - HCPC (UK) license to practice in

England as a Physical Therapist, as well as Dubai Health Authority - DHA (UAE) license to practice in Dubai as a PT. Currently, he is working as a sports physical therapist with the Team Abu Dhabi cricket team.



Faiza Inam did post-graduation in the field of Psychology in 2010. She founded STICILD which is a unique institution in twin cities providing different therapeutic services to children with autism and learning issues. This institute conducts workshops and training for different university students and mothers. Her brainchild has not only contributed towards the restoration of young lives but also generated careers for fresh graduates.



Saleh Usman won 2nd prize at DICE Innovation Competition for FURC at National Level in 2015 by presenting Voice/Brain controlled wheelchair, his final year project. Working on some innovative ideas, he developed Smart Home System which took 2nd Prize at WSIS Word Summit Geneva Switzerland which led him to set up his own company *Out of Box Developers*, which is directly working with International IT and big data companies while generating employability for fresh graduates.

WELCOMES

Foundation University Islamabad Secretariat

- Syed Hammad Raza Jafri, GM Finance FUI - Aug 2021

Foundation University Islamabad Campus

- Dr Rameesha Kamran, Demonstrator Anatomy FUMC - Aug 2021
- Dr Numrah Shakeel Malik, Demonstrator Community Dentistry FUCD&H - Aug 2021
- Dr Fatima Memoon, Demonstrator Oral Biology FUCD&H - Aug 2021
- Dr Sumaira Masood, Assistant Professor Community Medicine FUMC - Aug 2021
- Dr Ammara Abid, Demonstrator Physiology FUMC - Aug 2021
- Dr Rehana Ramzan, Demonstrator Pathology FUMC - Aug 2021
- Dr Nimra Ijaz, Demonstrator Pharmacology FUMC - Aug 2021
- Dr Fatima Zaheer, Demonstrator Physiology FUCD&H - Aug 2021
- Dr Ayesha Azam, Demonstrator BDS Dental Material FUCD&H - Aug 2021
- Dr Ayesha Afzal, Demonstrator Anatomy FUMC - Sep 2021
- Brig Dr Tehmina Munir (Retd), Professor Microbiology, Pathology FUMC - Sep 2021
- Dr Maria Asharaf, Senior Registrar Gynae/Obs FUMC - Sep 2021
- Dr Bushra Rehman, Demonstrator Biochemistry FUMC - Sep 2021
- Dr Esha Yousaf, Demonstrator Pharmacology FUCD&H - Sep 2021
- Dr Huma Ahmad Khan, Senior Registrar Surgery FUMC - Sep 2021
- Dr Madiha Ahmed, Senior Registrar Gynae/Obs FUMC - Sep 2021
- Col Prof Dr Muhammad Wasim Ibrahim (Retd), Principal/Dean FUCD&H - Sep 2021
- Dr Nawal Azhar, Demonstrator Anatomy FUMC - Sep 2021

- Dr Humaira Kashif, Demonstrator Biochemistry FUMC - Sep 2021
- Dr Aqdas Qayyum, Demonstrator Pharmacology FUMC - Sep 2021
- Dr Rabeea Lesar, Senior Registrar Psychiatry FUMC - Sep 2021
- Dr Sadaf Raffi, Senior Registrar Oral Medicine FUCD&H - Sep 2021
- Dr Rida Fatima, Demonstrator Anatomy FUCD&H - Sep 2021
- Dr Ammar Abdullah Malik, Senior Lecturer Oral Biology FUCD&H - Oct 2021
- Dr Abeera Khan, Demonstrator Pharmacology FUCD&H - Oct 2021
- Maj Gen Imran Fazal (Retd), Director FUIIC, Principal/Dean FUMC - Dec 2021

GOODBYES

Foundation University Islamabad Campus

- Dr Maryam Khalid, Demonstrator Anatomy FUMC - Jul 2021
- Dr Aneela Azim, Demonstrator Physiology FUMC - Oct 2021
- Brig Dr Muhammad Shahid Aziz (Retd), Associate Professor Medicine FUMC - Nov 2021
- Dr Mashaal Sabqat, Senior Lecturer Medical Education FUMC - Sep 2021
- Dr Nooshen Mustafa, Demonstrator Anatomy FUCD&H - Aug 2021
- Dr Farah Farhan, Assistant Professor Oral Pathology FUCD&H - Sep 2021
- Dr Amna Arshad, Demonstrator Pharmacology FUCD&H - Sep 2021
- Lt Col Dr Mumtaz Ahmed Khan (Retd), Professor of Pathology FUMC - Dec 2021

Foundation University Rawalpindi Campus

- Dr Waleed Shehzad, Assistant Professor English - Aug 2021
- Dr Ghulam Safdar, Assistant Professor Arts & Media FURC - Aug 2021

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