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## Beyond the Classroom September - 2023 - Citius, Altius, Fortius - Communiter

Students Affairs and Services, Pakistan

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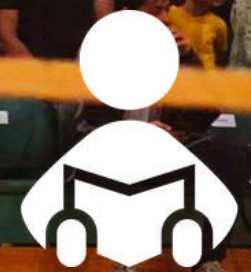
# CITIUS, ALTIUS, FORTIUS - COMMUNITER



SEPTEMBER 2023 VOLUME 06

**AKU**  
Student Affairs  
and Services  
Pakistan

**BEYOND THE CLASSROOM**



**SPOTLIGHT**  
**AKU SPORTS SOCIETY**



The AKU Sports Society hosted an exciting lineup of events this year that brought a lot of energy to the campus. They started the year with the Ramadan Cricket League, which brought cricket enthusiasts together for competitive matches under the lights. The AKU Futsal League from the Medical College showcased soccer skills and encouraged healthy competition. They also organized a basketball tournament between different batches at the Medical College. The highlight of the year was the Annual AKU Sports Olympiad from September 18th to 24th, which serves as the featured event of this volume.



**FEATURED STORY**

# AKU Sports Olympiad 2023

The 4th edition of the AKU Sports Olympiad 2023 was a prestigious sporting event that brought together 22 universities from Karachi and featured a total of 1,100 athletes competing across 10 different sports categories. This grand event showcased the talents and sportsmanship of university-level athletes from various institutions, fostering healthy competition and camaraderie. It provided a platform for these athletes to demonstrate their skills and passion for sports while representing their respective universities.

The event was a testament to the importance of sports in promoting teamwork and the spirit of competition among young individuals in the academic community. The Aga Khan University emerged as the champion of the Olympiad, followed closely by the Institute of Business Administration. The Sports Society aims to continue the legacy of this event and expand its reach and impact in the years to come





**FEATURED STORY**

# Olympiad Closing Ceremony

The AKU Sports Olympiad 2023 concluded with a festive closing ceremony at the Sports and Rehabilitation Centre (SRC), hosted by the Sports Society, Office of Student Experience - Pakistan (OSE-P), and the SRC Management. The prize distribution ceremony was presided over by Dr. Adil Haider, Dean of the Medical College, and Dr. Tazeen Saeed Ali, Interim Dean of the School of Nursing and Midwifery.

As the fourth edition of the AKU Sports Olympiad wrapped up, participants and attendees took a moment to reflect on the incredible talent and sportsmanship displayed throughout the Olympiad. It served as a testament to the dedication and passion of the participants, highlighting the significance of sportsmanship and camaraderie within the community.

We look forward to continuing our commitment to promoting student life on campus through sports and other endeavors in the future. A special thanks to everyone who made this Olympiad a success.





# Champions League

The Sports Champions League, an initiative of the AKU Sports Society in collaboration with OSE-P and SRC, was an incredible display of talent and sportsmanship. Over six sports were competed between 30 students from the Medical College.





# T-Half Sports Evening

The MBBS Class of 2025, in collaboration with OSE-P, organized a sports evening in commemoration of the traditional T-Half celebration. The featured a wide range of activities, allowing students to celebrate their iconic T-Half sporting events. This is the final part of their annual T-Half celebrations, which was preceded earlier with the Quad Opening, Beach Trip and Formal Dinner.



# OSE-P FAS Orientation

The Office of Student Experience - Pakistan (OSE-P) hosted a session at the FAS Orientation event, where they introduced students to their various initiatives and offered insights into student life on campus. During the session, FAS students received valuable information on critical topics such as the Student Code of Conduct, the structure of student societies, communication guidelines, and upcoming events.

In addition, the 13 student societies under OSE-P took center stage to extend a warm welcome to all students and provide detailed insights into their respective missions and activities. Each society set up a stall in the CIME courtyard, creating an opportunity for FAS students to engage with them personally during their lunch break. This engaging activity served as a fantastic platform for students to gain a deeper understanding of the vibrant student life that thrives on the AKU campus.

OSE-P remains committed to fostering a supportive and inclusive environment for all students, and they look forward to seeing the new FAS students actively participate in the diverse array of opportunities they provide.







## CSW FAS Orientation

A dynamic and engaging FAS Orientation was conducted by the Counseling Services and Wellness Office (CSW). In their session, they introduced the team behind CSW, showcased a wide range of services, and explained their processes to both new faculty and students. In the second half, they delved into mental health, offering evidence-based techniques to help students navigate the challenges of university life and combat stress effectively. Their highly interactive, activity-based approach resonated well with both students and faculty, as CSW helped with equipping everyone for a successful journey ahead.



# Hostel Welcomes FAS Students

The FAS Class of 2027 arrived at the on-campus Hostel with their families during the second week of September. The hostel management and Senior Hostel Buddies from the SONAM program warmly welcomed them, ensuring a smooth settlement into Off-Campus Accommodations.

A Hostel Orientation emphasized essential skills and guidelines while providing an opportunity for new students to bond through ice-breaking activities. Laughter and cultural melodies filled the air, creating a lively atmosphere. A University tour enriched their orientation experience. The event featured music and cultural dancing, further enhancing the atmosphere of camaraderie.



# FAS Launch Musical Performance

The AKU Music Society and OSE-P collaborated closely to present an engaging musical performance at the FAS launch ceremony. The event was attended by AKU leadership, underscoring the significance of the performance within the AKU community. Additionally, the live streaming of the performance across all AKU campuses amplified the reach and impact of the musical showcase, fostering a sense of inclusivity and shared enjoyment among students and faculty across various locations.



# FAS Sports Evening & Bonfire

Falah SONAM, the Sports Society and OSE-P organized a thrilling sports evening and a heartwarming bonfire night filled with music, laughter, and engaging conversations beneath the starry sky, fostering lasting friendships. This event was a part of the orientation program arranged by the OSE-P, offering students the opportunity to explore AKU's diverse array of student societies and clubs.





# Movie Night

Falah, in collaboration with OSE-P, hosted a movie night that marked a memorable start to the new semester. This event, held under the open skies, featured a variety of refreshments, provided a wonderful opportunity for socializing, and included a classic movie screening.

The event successfully raised over PKR 50,000, all of which will be dedicated to Falah's cause of patient welfare. Falah extends their sincere gratitude to the attendees whose generous contributions made this accomplishment possible. Their support has significantly advanced their mission and vision. Dr. Tazeen Saeed Ali, interim Dean of the School of Nursing and Midwifery, made a special appearance to showcase her support and recognition for Falah team and its mission.





# Back to School Energizer

The Synergy Society, in collaboration with OSE-P, organized a unique Back-to-Campus Energizer event in the first week of September.

The event encompassed zumba, music, dancing, and various engaging activities, effectively reinvigorating the students as they embarked on another semester of their academic journey.





# Gaming Tournament

An initiative made in collaboration with OSE-P, the Synergy Student Society's Gaming Tournament featured a fantastic blend of gaming challenges, including Call of Duty, FIFA, Tekken, Ludo, and Scrabble. Gamers from diverse backgrounds joined forces to showcase their skills in these games. The event provided a platform for players to test their abilities, strategize their moves, and enjoy friendly competition. Synergy's Gaming Tournament was a testament to the power of unity, bringing gamers together for a memorable gaming experience.



# Art Workshop

Synergy, in collaboration with OSE-P, organized an Art Workshop in the third week of September. The evening provided an excellent opportunity for students to relieve their stress and paint their canvases with colours of their wildest imaginations and creativities.

More than 45 students from the Medical College, School of Nursing, Institute for Educational Development and Faculty of Arts and Sciences attended the workshop.







# AKU Debating Championship

After a twelve-year hiatus, the Public Speaking Forum proudly hosted 52 teams for Karachi's premier British Parliamentary Debating tournament, the AKU Debating Championship. In collaboration with OSE-P, this meticulously organized four-day event featured over 100 seasoned debaters, including Airas Rao from the MBBS Class of 2026, who earned a spot among the top 20 speakers.

The grand finale showcased teams from Habib University, Karachi Grammar School, and Aga Khan University, represented by Hashim Salar and Airas Rao. Karachi Grammar School emerged victorious in a thrilling final round, securing the AKUDC 2023 trophy. Dr. Stephen Lyon, Dean - Faculty of Arts and Sciences, was the Guest of Honour on the final day, presiding over the culminating debate and the prize distribution ceremony, elevating the event's significance.





# Happiness Gala at IED

The Happiness Gala, a collaborative endeavor involving IED, the Aurora student society, and CSW proved to be an evening characterized by a profound sense of joy and positive ambiance. Attendees were treated to a diverse assortment of refreshments, engaging activities, and an entertaining photo booth that effortlessly captured moments of laughter and camaraderie.

One of the evening's notable highlights was the establishment of a Self-Affirmation Wall, encouraging participants to share uplifting messages and affirmations. This interactive initiative provided a platform for individuals to articulate their inner positivity and nurture a sense of community connection.





# Suicide Prevention Day

In a compassionate effort to promote suicide prevention and mental wellness, CSW, in collaboration with the Aurora, organized an impactful event to raise awareness for suicide prevention. Staff and students of AKU came together to create a series of powerful videos, each delivering a heartfelt message of hope and support to those facing despair. These videos served as a reminder that no one is truly alone, and help is always available for those in need.

The event also featured the distribution of motivational stickers in vibrant shades of yellow, symbolizing positivity, hope, and optimism. These stickers became tokens, reminding everyone that there is light at the end of the tunnel and that reaching out to someone in crisis can make a significant difference. By promoting the color yellow, the event aimed to raise awareness about suicide prevention and the importance of fostering a community that is open, caring, and ready to support one another through life's challenges.





# Scientific Blog Writing Session

SRF-SONAM Journal Club, in collaboration with OSE-P, hosted a collaborative event during the second week of September, featuring Mehtab Lalwani as the keynote speaker and Rabab Vadivala as a student presenter. This interactive session attracted 90 participants. Ms. Lalwani discussed blog writing, its distinctions from research papers, and offered insights on blog components and publication. She also shared information about journals that publish blogs for free. Rabab Vadivala shared her blogging experiences and highlighted the importance of dedication. Ms. Lalwani addressed participant queries enthusiastically, making it an impressive and informative event.





# Two-Part Case Chronicles

SRF successfully completed a two-part session titled "Case Chronicles: Crafting Case Reports in Real Time," which took place in the third week of August. This informative two-part course was done in collaboration with OSE-P, and helped provide participants with an in-depth exploration of the principles and technical nuances of case report writing. Dr. Sara Iqbal, an instructor of Cardiothoracic Surgery at the Aga Khan University Hospital, led the first session. Her expertise offered participants a comprehensive introduction to the foundational aspects of crafting a case report. The second session was conducted by Dr. Asad Saulat Fatimi, the current SRF Workshops and Skills Development director. This session provided a hands-on experience in case report writing, meticulously explaining each component line by line. Participants had a valuable opportunity to refine their writing skills and gain practical insights.



# Three-Session Workshop

SRF, in collaboration with OSE-P, completed a 3-session workshop series during the first week of September, titled "Systematic Reviews and Meta Analysis: An SRF Masterclass". The session was conducted by five experienced student researchers from the MBBS Class of 2025

The workshop gave over 80 individuals from the MBBS and BScN programmes the opportunity to learn and hone valuable meta-analysis skills. Participants left with a better understanding of key aspects such as topic conception, screening and extraction, bias assessment and the conceptual foundation and interpretation of data analysis techniques that comprise a meta-analysis project.





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