

# HEARTS, MINDS, WELFARE, HOPE



Student Affairs  
and Services  
Pakistan

OCTOBER 2023 VOLUME 07

BEYOND THE CLASSROOM 



MUNIR LALANI



NOOR REHMAN



ROSHNI KUMARI



INNARA HABIB



KIRAN KABANI



VIJAY KUMAR



SAMROZE HASHMI



AREESHA JIWANI



IMAN SALIM



**SPOTLIGHT**

**Aurora**

The Aurora Student Society actively engaged in Mental Health Week, collaborating closely with the Counselling Services and Wellness (CSW) Office. Throughout the month, their efforts included hosting a Happiness Gala across both Karachi campuses, lending assistance to CSW's Suicide Prevention Day Activity, and culminating in the Mental Health Week Celebrations.

Recognizing their significant contributions, the society received a new logo from Student Affairs and Services. This emblem not only grants them a unique identity but also stands as a symbolic banner for their ongoing and future pursuits in advancing mental health awareness throughout their academic journey.



AIZA ABBAS  
HEAD - OUTREACH



MOMINA FAISAL  
CO-CONVENER - FALAH



MUHAMMAD BIN HAMMAD  
CONVENER - FALAH



SARA LADHANI  
HEAD - SONAM WING



ANEED KHUSHJAN  
HEAD - SONAM WING



MUZAMIL HUSSAIN  
TREASURER



NAMRAH AZIZ  
HEAD - BLOODLINE



EMAAN FARHAN  
HEAD - FINANCE



WERDAH VIQUAR  
HEAD - RECORDS



# SPOTLIGHT Falaha

Falaha organized several successful events, including a bake sale, blood camp, phlebotomy workshop, and a revived carnival at AKU Stadium Road. The bake sale raised funds for medications, while the blood camp collected an impressive 120 pints of blood in a single day. The phlebotomy workshop provided hands-on training to MBBS students.

The carnival, held on during the second week of October, was inclusive and garnered widespread attention on social media. It raised an impressive sum and bolstered connections and reputation. Additionally, a Qawali night in June raised significant funds for patient welfare, thanks to the support of attendees, volunteers, and dedicated teams.



**FEATURED STORY**

**WMHD 2023 | WALK-A-CAUSE**

The Counselling Service and Wellness Office (CSW) joined forces with the Aurora Student Society for the annual Mental Health Walk-a-Cause on campus, advocating for mental wellness under the theme "Mental Health is a Universal Right." The event garnered participation from university leaders, faculty, staff, and students, with a significant turnout of over 300 individuals.

University Leadership, including Dr. Adil Haider - Dean, Medical College; Dr. Tazeen Ali - Dean, SONAM; Dr. Fareed Panjwani - Dean, IED; Dr. Stephen Lyon - Dean, FAS; and Dr. Laila Akbarali - Interim Vice Provost, Student Affairs & Services and University Registrar, were also in attendance, emphasizing the importance of mental health. The occasion featured collaborative march from the Medical College to the University Centre Roundabout.





## FEATURED STORY

# WMHD 2023 | PANEL DISCUSSIONS

A panel discussion, jointly organized by CSW and Aurora, delved into the critical significance of mental health. The event featured all Deans from the four Entities in Karachi, alongside the Vice Provost of Student Affairs and Services, fostering a dialogue on this vital topic.

The CSW office initiated the event with a depression awareness video that incorporated testimonials from staff, faculty, students, and employees, prompting introspective reflection to promote emotional well-being. The event culminated with a ceremony honoring students who participated in the photography competition, with prizes presented by the Dr. Laila Akbarali. The celebration concluded on a positive note, with refreshments and music, fortifying community spirit and solidarity.



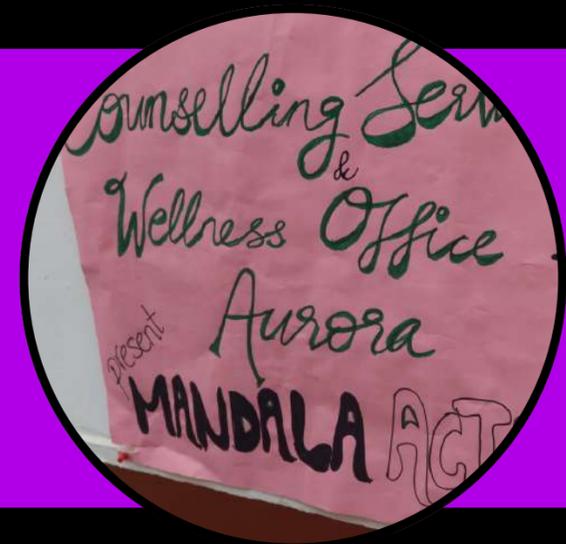


# FEATURED STORY

# WMHD 2023 | MANDALA ACTIVITY

CSW, in partnership with the Aurora, introduced a Mandala art activity stall at both the University Centre Courtyard and the Medical College Courtyard.

This therapeutic initiative drew inspiration from the renowned Swiss psychiatrist Carl Jung's work. The activity garnered participation from over 100 individuals, providing them with the opportunity to craft their own mandalas using diverse art materials. The activity not only fostered creativity but also encouraged self-expression among the participants.





## FEATURED STORY

# FALAH CARNIVAL

Falah orchestrated a vibrant Carnival in partnership with Office of the Student Experience - Pakistan (OSE-P) at the Sports Centre on Friday, October 13th. The event attracted over 900 attendees, signifying the resounding support pouring in from our AKU family and their cherished friends. Their generous contributions formed the backbone of this event's remarkable success, furthering Falah's cause of improving patient welfare.

Participants of all ages actively engaged in a spectrum of activities, including face painting, lively games, thrilling rides, and an energetic sumo wrestling exhibition. The day's main attraction revolved around an enthralling magic show that captivated all present. In addition, numerous individuals selflessly donated blood as part of the Blood Drive, further solidifying the community's dedication to the cause.





## FEATURED STORY

# BAKESALE FUNDRAISER

Falah and OSE-P collaborated together to plan and execute a Bake Sale fundraiser, aiming to assist patients in accessing their necessary medication. The Bake Sale yielded a remarkable outcome, with students vending baked goods and gathering over PKR 50,000.

The raised funds were then allocated to supply essential resources and aid to those in need. This collaborative initiative underlines the compassion and unity within the AKU student community, as they strive to contribute meaningfully to the well-being of others.





During the first week of October, Synergy SONAM, in partnership with OSE-P, hosted an Antakshari Night, an unforgettable evening brimming with musical enchantment.

The event witnessed passionate performances and friendly rivalries, as voices animated beloved songs, creating an immersive musical experience. Students from BScN, Post RN BScN, and MScN programs were in attendance, contributing to the vibrant atmosphere of the night.

## ANTAKSHARI NIGHT





BScN Year Four Students have emerged victorious in Unilever's 2nd Life Challenge, an environmentally-focused initiative, specifically in the Research category, and they have been awarded a substantial prize of PKR 500,000 (Five Lacs). Additionally, the second SONAM team secured an impressive 3rd place.

We extend our heartfelt congratulations to our outstanding BScN students, who actively participated in and achieved victory in the 2nd Life Challenge — a collaborative effort for climate action between Unilever Pakistan and Seed Ventures.

## STUDENTS WIN UNILEVER CHALLENGE





The event was organised by Docs on Wheels in collaboration with the OSE-P, the Sports Society, and Cardiac Sciences Collaboration – a student interest group from the Medical College – to commemorate World Heart Day. Commencing in the early dawn at the Sports and Rehabilitation Center, the event drew a notable turnout of cycling groups, including 150 medical and nursing students. They embarked on a secure route from AKU to Boat Basin, traversing through Shahrah-e-Faisal and Mai Kolachi.

The atmosphere was enthusiastic, enhanced by the favourable early morning weather. Attired in red, participants symbolised their commitment to physical activity and embracing the early hours with vitality. The morning reflects the dedication to heart-healthy pursuits and fosters a positive outlook and contribution to overall well-being. The event concluded with a hearty breakfast for all participants at Boat Basin, courtesy of Doc on Wheels.

## WORLD HEART DAY BIKEATHON





SRF SONAM, in collaboration with OSE-P, completed an insightful "Manuscript Writing" session during the first week of October.

Dr. Sohail Lakhani, a research instructor at the Department of Community Health Sciences at AKU, Karachi, hosted the session. He discussed every component of the manuscript in detail. More than seventy students who gained an in-depth knowledge of manuscript writing through hands-on experience participated in this session.

## MANUSCRIPT WRITING SESSION





Student Affairs and Services - Pakistan

Student Services, University Centre, Ground Floor

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