

JULY TO
SEPTEMBER
2025

FIRST MOVES

VOLUME X5



BEYOND THE 
CLASSROOM



Student Affairs Newsletter

The start of the fall semester was full of energy and creativity across our campuses in Pakistan, Kenya, Uganda, and Tanzania. New students joined through orientations that introduced them to classrooms, resources, and the communities that will shape their learning. They explored the city on guided tours, built friendships through team-building, and began their academic journeys with curiosity and confidence.

Creativity and collaboration flourished with tote bag printing workshops, poetry evenings, music showcases, paintball challenges, and symposium sessions connecting students with faculty. Wellbeing remained central through suicide prevention initiatives, resilience workshops, and mentorship programmes that strengthened support across programs.

As we move forward, I am inspired by the intentionality and care students bring to every initiative. *I look forward to seeing how these first moves will shape a year of connection, learning, and growth across our campuses.*



Rachel Baldwin
Vice Provost, Students



INTRODUCTION TO VOLUME X5

Welcome to Volume X5 of the Beyond the Classroom Newsletter! This issue celebrates First Moves, a theme reflecting the energy, curiosity, and creativity that have marked the start of the year.

From city tours and orientation weeks to block printing, paintball, music showcases, and research symposia, students have made the most of every opportunity to explore, create, and connect. Athletic events, student-led workshops, and community initiatives show the campus buzzing with initiative and collaboration.

Volume X5 highlights how these first moves (big or small!) set the stage for a year of learning, growth, and meaningful experiences.



Undergraduate Orientation

The 2025 undergraduate cohort (MBChB and BScN-DE) met university leadership, explored an exhibition organized by AKUSA and Club Leaders. Students experienced academic buildings, student areas, and the Sports Centre through guided introductions and interactive sessions.

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Student Spot

Hosted by the Entrepreneurial Society, the monthly student spots brought together students in a marketplace atmosphere where participants showcased their products and ideas.



FAS Orientation

Days two and three of FAS Orientation, organized by the Student Experience team, brought the incoming class together for a dynamic introduction to campus life. For the first time ever, we hosted two fairs, one highlighting student clubs and societies and another showcasing student support departments. Orientation Leaders guided new students through interactive sessions and presentations, helping them navigate the campus, connect with services, and discover opportunities to engage and grow.



FAS Karachi City Tour

Orientation week of FAS batch of 2029 included a guided city tour introducing new students to Karachi's heritage, cultural centers, and coastal attractions.

Orientation for the Class of 2027

The campus welcomed the incoming Class of 2027 from the EN-RN, BScN, and BScM programmes with a week of introductions, tours, and community-building. New students explored key facilities, met their programme leads, and began settling into academic life with support designed to ease their transition and help them feel at home from day one at our new Nakawa Campus.



MBBS Year 5 Counselling Workshop

The Counselling and Wellness Office conducted a workshop for MBBS Year 5 students in Family Medicine. Dr. Hadia Pasha led sessions on communication and counselling skills, focusing on empathy, active listening, and emotional awareness to improve patient interactions.

Global Mobility Interns Resilience Session

AKU Global Mobility interns attended an online session with Dr. Hadia Pasha on building resilience. The session focused on managing stress, adapting to new environments, and maintaining emotional wellbeing.



Postgraduate Orientation Week

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Orientation Week welcomed postgraduate students in Education, Nursing, and Medical Education, and included sessions on ICT, library resources, and student support, concluding with a celebratory evening to mark the start of their academic journey.

Rowing Regatta

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The annual rowing competition welcomed teams from universities and schools across Karachi. AKU secured the overall trophy, and the event concluded with The Rowdown, a poolside concert featuring Abdul Hannan.



Independence Day Running Event

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Members of the Athletics and Sports Society participated in a public run organized by Sports in Pakistan, covering distances of 7km, 14km, and 21km.





Suicide Prevention Day

Counselling and Wellness, in collaboration with the Department of Psychiatry, the Office of Wellbeing, and AURORA Student Society, organized Suicide Prevention Day at AKU. Students and staff participated in activities such as ribbon distribution, an interactive feelings wall, and games like Scrabble and bowling pin challenges to raise awareness about mental health.

PK

PK

Falah Movie Night

The event brought together over 250 students from FSA, IED, MSCN, and BScN for an evening of entertainment and community engagement. The movie night successfully raised over PKR 70,000, with all proceeds directed toward patient welfare initiatives.



TZ

Residents' Team Building and Games Day

Residents participated in a Games Day sponsored by the AKU Student Experience Office. About 75% of the cohort joined in activities such as board games, card games, singing, and trivia, promoting teamwork and relaxation outside clinical routines.

Navigating literature

The Student Research Forum conducted a workshop designed to build essential research skills. Participants learned to evaluate credible sources, use databases such as PubMed, JSTOR, and Google Scholar, apply proper citation styles, and explore the use of AI tools for research support and literature gap identification.

PK





PK Squad Showdown

The AKU Explorers Club organized a paintball event at Strike Force Paintball Arena, where students competed in team based matches designed to encourage strategy, coordination, and teamwork.



PK

Trivia Night

Organized by the Publication and Literary Society, students took part in a Jeopardy-style quiz featuring pop culture questions in a fun, competitive setting.



Self-Care Day Session

Allied Health professionals joined a workshop on mental health awareness led by Dr. Hadia Pasha. The session focused on practical ways to maintain personal wellbeing while managing professional responsibilities.

PK

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Glam Night

Synergy organized an evening of ramp walks, music, and fashion, providing students with a platform to showcase creativity and talent across programs.



Movie Evening

Master of Education students attended a movie evening, highlighting Teacher Sergio's learner-centered approach. The screening prompted reflections and inspired students to pursue innovative and empathetic teaching practices.

TZ



Welcoming the 2025 Cohort

The 2025 MBChB and BScN-DE cohort were welcomed and checked into their hostels as part of the onboarding process. Each student received AKU-branded merchandise, a T-shirt and tote bag, to congratulate them on joining the university. The onboarding exercise involved collaboration with the Registrar's Office, Finance, ICT, Entities, and Occupational Health.

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Logo Unveiling

The AKU-IED Activity Club held a formal logo unveiling ceremony to mark its official launch. The event brought together students, faculty, and staff to celebrate the club's formation and its vision of enhancing student life, collaboration, and co-curricular engagement at IED.

PK



Benchmarking Visit from SMU Leadership

Mr. Tulani Nkuntse, Dean of Students at Sefako Makgatho Health Sciences University, South Africa, joined our Student Experience team for a benchmarking visit on Student Affairs and Internationalisation. The day included discussions on programs, student engagement, and development initiatives, alongside an overview of campus facilities.

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Kenya Cardiac Cup

In celebration of World Heart Day, the AKU Stingers represented the university in the Kenya Cardiac Cup Football Tournament, an inter-institutional event.

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Bloodline Bootcamp

An introductory session was conducted on Falah Bloodline's mission, highlighting the importance of blood donation and awareness.

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Inaugural Direct BScN Orientation

The cohort began their journey with an orientation focused on grounding them in campus life and academic expectations. Students connected with faculty, toured key learning spaces, and learned about the resources available to support them.

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Postgraduate Orientation

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An interactive orientation session welcomed new postgraduate students from the APN, APM, BScN, MASC, MADJ, and EMLI programmes. The included guided tours of academic and student spaces, as well as the Sports Centre.



FAS Interbatch Volleyball Tournament

Friendly matches between FAS batches were organized by Sports Society which promoted teamwork, sportsmanship, and campus community.

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Research Café

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The Activity club IED provided students with a platform to discuss research challenges and exchange ideas in an open forum at IED, fostering peer support and collaboration.





Inaugural Direct BScN Orientation

The inaugural Direct Entry BScN cohort began their journey at AKU with an orientation focused on grounding them in campus life and academic expectations. Students connected with faculty, toured key learning spaces, and learned about the resources available to support them as they begin this new chapter.

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Pen and Pulse

A new event by publication and literary society celebrated writing and creativity for students interested in poetry, prose, and the literary arts. Participants shared their original work, while others attended to show support and appreciation.

PK



Research Symposium

In the session students were introduced to the goals and participation process for the upcoming event by the student research forum



Suicide Prevention and Awareness

Students at our Nakawa campus engaged in open conversations, exploring themes of vulnerability, support, and early recognition of triggers. They contributed messages of hope and reflection, creating a compassionate space for awareness and understanding.

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Aanchal ECD Podcast Episode

Dr. Hadia Pasha featured on the Aanchal Early Childhood Development Podcast discussing early years mental health. The session offered guidance for parents, caregivers, and educators on nurturing emotional wellbeing and recognizing early signs affecting child development.

Unity Ride

A cycling fest brought together undergraduate students and guest riders for a 15 km cycling route from Seaview Road to Do Darya, promoting fitness and campus engagement.

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Shuhuda Running Event

AKU Athletics Club joined a 5km city run by Born2Run Pakistan promoting health, endurance, and community engagement.

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Tote-ally Blocked!

A hands-on workshop by the Arts and Recreational Club and Aurora Society introduced students to block printing and tote bag painting.

Research Symposium 2.0

The Student Research Forum hosted a multi-day symposium featuring workshops, mentorship sessions with faculty, and student presentations. Twenty-eight SONAM students participated.

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Saaz o Awaz

A musical showcase featuring vocal, instrumental, and collaborative performances was organized by Music Society. The event included a mix of Eastern and Western music, from classical pieces to modern acoustic covers.

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Pre-University Programme Workshop

Students participated in a workshop on goal setting, stress management, and self-discovery. Interactive activities helped students explore personal growth and prepare for the transition to university life.

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Personal Development Workshops

A series of well-being sessions was conducted for PGME and BScN students on topics including time management, stress handling, resilience, burnout prevention, and healthy mindset development. These sessions promoted balance, self-awareness, and emotional wellbeing.

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Life on Campus

