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LUMINESCENCE

AKU



Student Affairs
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Pakistan



FEATURED STORY



Tiny Strokes of Happiness – Aurora celebrate World Happiness Day with Brushes, Canvases and Paints

The Aurora Student Society celebrated World Happiness Day in the second week of March with a painting activity titled "Tiny Strokes of Happiness". The event brought together over 100 participants, including students, faculty, and staff. Students from the Medical College, School of Nursing and Midwifery, Institute for Educational Development, and Faculty of Arts and Sciences were all invited to express their creativity onto the canvas'.

"The purpose of this art activity was to illuminate the path to happiness through creativity," explained **Roshni Kumari, MBBS-2026, Convener of Aurora**. "As brushes danced across canvases, participants immersed themselves in the joy of expression, discovering the happiness that resides in each brush stroke. Through painting, connections were forged, unity was celebrated, and positivity radiated throughout the event."

Aurora and their "Tiny Strokes of Happiness" served as a reminder to their fellow students about the power of art to uplift spirits and promote Aurora's objectives of mental well-being and awareness.





Student Leaders welcome onboarding students at Unified and MBBS Orientations 2024

The Unified and MBBS Student Orientations 2024 welcomed over 500 students from various programmes across the Medical College, School of Nursing and Midwifery, and Institute for Educational Development. Organized by the Office of Student Experience – Pakistan (OSEP), the newest members of the AKU family were introduced to several departments where they shared important information regarding AKU's academic policies, guidelines, and support services.

Class Representatives, Office Bearers, and Student Leaders from the 13 student societies were invited by OSEP to present their society objectives and how they contribute to life on campus. As the session concluded, students were invited to the courtyard where several stalls were set up for students to explore each society. Each society brought their unique features to their stall, where they held interactive activities, distributed informational pamphlets, and answered queries from their fellow students. The session and activities showcased how students leaders and office bearers play a major role in enriching life on campus.





Icebreaking Activities – Student Societies hold Bonfire, Scavenger Hunt, and Sports Evening

Synergy, Falah, and the Sports Society, in collaboration with OSEP, orchestrated a series of engaging events to facilitate the onboarding process for new students on campus. Over the course of a three-day orientation program, these societies curated memorable experiences designed to familiarize newcomers with campus life. The agenda featured a sports evening, a scavenger hunt, and a bonfire.

During the scavenger hunt, facilitated by Synergy, newcomers were divided into color-coded groups to explore the campus while participating in interactive challenges. The sports evening took place at the football field of the Sports and Rehabilitation Centre (SRC), where students competed in sack races, three-legged races, and various other engaging games.

The highlight of the orientation was the bonfire, held as a late-night activity at the children's play area of the SRC. The evening commenced with the ceremonial lighting of the bonfire and featured cultural dances, sing-alongs, and an assortment of food and game stall





Mental Health Awareness Session for Parents during Orientation Week

During the MBBS Orientation in the third week of January, a session on “Understanding and Supporting Mental Health” was conducted by the Counselling Services and Wellness (CSW) Office for parents of the newly joining MBBS class of 2028. This session helped them understand the concept of mental health and how is it related to personal functioning, relationships, and happiness. Myths related to mental health and the role of parenting were clarified and the parents were given scientifically proven ways of promoting and protecting mental health of their children now entering adulthood and changing roles in life.

The session not only succeeded in inspiring reflection and active interaction from the parents, but also encouraged them to engage enthusiastically in an activity requiring them to focus on the character strengths of their children and sharing that moment with other parents and their children



- If you want to go fast, go alone; if you want to go far, go together
- A goal without a deadline and planning is just a dream



Leadership Journey Begins as Newly Elected Student Leaders Take Oath of Duty

During the third week of March, OSEP organized its annual oath-taking ceremony for newly elected student leaders and class representatives. The inauguration of student leaders included the dissemination of updated guidelines in the Standard Operating Procedures (SOPs). These guidelines outlined the roles and responsibilities of the representatives in assisting their fellow students in navigating campus life.

Preceding the oath-taking ceremony were the annual student elections, during which candidates engaged in extensive campaigning to garner support from their peers. Through these campaigns, candidates showcased their qualifications and aspirations to represent various aspects of student life, including sports, arts and culture, and class representation.

The ceremony itself served as a formal commitment by students to uphold their newly acquired responsibilities, as designated by OSEP. As they embarked on their journeys as leaders and representatives of the student body, participants pledged to fulfill their duties diligently.





Mentor-Mentee Breakfast organized for First and Second Year MBBS Students

The Mentor-Mentee breakfast was hosted by the Counselling Services and Wellness Office in the first week of March, at the male hostel lawn. Attended by Dean and Associate Dean Medical College, Vice Provost Student Affairs and Services, MBBS first- and second-year chairs as well as more than 25 faculty mentors and 180 students, this event marked the beginning of the mentorship programme and promoted informal interaction between faculty and students outside academic settings. While having breakfast with the mentees, faculty mentors had open and warm conversations with their mentees fostering a sense of connection and belongingness at the beginning of their academic journey.

Following the breakfast, WhasApp groups were formed for each mentor to facilitate ease and continuity of interaction, and the first cycle of mentor-mentee one to one meetings was scheduled for Year One students between mid-March and mid-May, while Year Two mentees were encouraged to reach out to their mentors as per need.





SONAM's Class of 2023 bids farewell with week-long celebrations

The Arts and Culture Committee and Synergy Student Society collaborated together for a week of festivities to commemorate the graduation of the Class of 2023. Students from all programmes under the School of Nursing and Midwifery took part in a Costume party, a traditional Dholki ceremony as well as a batch dinner at Do Darya, Karachi.

Student Leaders and Office Bearers from both societies, as well as Class Representatives, took the lead in collaboration the Office of Student Experience – Pakistan

The Costume Party showcased a double feature of blockbuster classics as students played dress-up with a photoshoot. The Dholki ceremony is an annual event students participate in, where graduating students hold a mock dholki event to commemorate the year end. The week long festivities concluded with a batch dinner where students travelled to Do Darya for their final batch dinner as AKU students.





Student Athletes represent AKU at the 2024 Lahore University of Management Sciences Sports Festival

Student Athletes various programmes travelled to Lahore in the first week of 2024 to compete at the prestigious interuniversity Lahore University of Management Sciences (LUMS) Sports Festival. Competing in categories such as Futsal, Badminton, Table Tennis, and Tennis in the O-19 Category, they showcased their prowess and sportsmanship at a national level.

Throughout the festival, standout performances were observed across different sports disciplines. Notable achievements included triumphs in Table Tennis, displays of sportsmanship, and dominant performances in Badminton singles. Moreover, commendable efforts were made on the Tennis court, with significant accomplishments in both singles and doubles categories. AKU’s participation in the competition was a collaborative effort from OSEP and the Student Sports Society.





Rowing Club juggernauts into another successful victory at the 16th Annual Karachi Boat Club Regatta

The Rowing Club at AKU continue their winning ways as they powered through another consecutive victory. At the 16th Annual Karachi Boat Club (KBC) International Interschool Regatta 2023, the Rowing Club won in both indoor and outdoor events, winning 21 medals in nearly every race in a competition that showcased over 20 universities throughout Pakistan. They were given the distinction of achieving the highest medal count, a rare honor that reflects their unmatched skill and passion for the sport of rowing.

The Rowing Club, less than a year under official Student Society status awarded by OSEP, began the new year with another championship win as proud representatives of the Aga Khan University. The competition also marked the first appearances by the newest students from the FAS programme and MBBS Class of 2028, whose invaluable contributions helped lead the team to their multiple victories.

03
Bronze



10
Silver



08
Gold





Personal Development Sessions for Incoming Graduate Students

Interactive sessions on “Adjusting to University Life and Coping with Stress” were conducted by CSW at SONAM on January 30 for MScN students and at IED on February 12 for incoming MEd and MPhil students respectively. These sessions aimed to give them ideas and strategies to deal with academic challenges and managing work-life balance. Psychological factors pertaining to easy adjustment and stress were highlighted and various healthy coping strategies were shared for successfully handling the rigours of academic life. Students shared their fears and expectations and found ways to set realistic and achievable goals that they can strive for to achieve academic success along with fulfilling other life responsibilities.

At IED, this session was followed by mandala colouring activity conducted in collaboration with Aurora student society. This highly engaging activity attracted students, faculty and staff who found joy and relaxation through personal expression with the use of colours and symbols.





Falah's multi-event Fundraisers boosts Funds and increases Community Engagement

In early March, the Falah Bake Sale event raised over 26,000 PKR, drawing significant participation from students and faculty members. This fundraising initiative featured a variety of homemade treats and snacks brought by volunteers.

Following the bake sale, Falah organized a movie night later in the month. Attendees enjoyed a classic film alongside snacks from food stalls operated by student volunteers. The event raised over PKR 11,000 from food and ticket sales were all for patient welfare.

In addition to these efforts, Falah hosted a successful blood drive in late February at the University Center, collecting over 100 bags of blood. The high turnout was consisted of fellow students, faculty, and staff as members of the AKU family came out in support for Falah’s cause for patient welfare.



AKU



Student Affairs and Services – Pakistan

Student Services, University Centre, Ground Floor
Stadium Road, P.O. Box 3500, Karachi 74800, Pakistan