



Student Affairs
and Services
Pakistan

BEYOND THE CLASSROOM

APRIL - MAY 2023
VOLUME 03

COLLABORATIONS



Student Elections

The Office of Student Experience - Pakistan conducted student elections for the positions of class representatives, student society members, and office bearers across the School of Nursing and Midwifery (SONAM), Medical College (MC), and Institute for Educational Development (IED). The elections provided a platform for students to actively participate in shaping their student lives and contribute to the betterment of the campus community.

The elections saw an enthusiastic turnout from students, showcasing their passion and commitment to making a difference. Candidates from various programs within SONAM, MC, and IED came forward to present their plans, ideas, and commitments for enhancing the student experience on campus.

The candidates engaged in spirited discussions, debates, and interactive sessions. The candidates' proposals covered a wide range of areas, including academic support, extracurricular activities, student welfare, and community engagement.

The newly elected class representatives, student society members, and office bearers will work closely with the student body, faculty, and administration to implement their proposed initiatives and effectively address their fellow students' needs and concerns.

The student was a remarkable showcase of student engagement, and all participants should be commended for their active involvement and dedication to improving student life on campus.



CSW Site Launch

We are pleased to announce the official launch of the Counselling Service and Wellness (CSW) site, a platform dedicated to supporting the AKU family in improving their mental and emotional well-being. We invite you to explore our website and discover its valuable resources and guidance.

Our counselling website aims to provide a safe and inclusive space for individuals to find information, seek guidance, and access professional counselling services.

Some key features of our new website include information and resources, online counselling services, Self-assessment tools, and a gallery of our workshops, mentor programs and events.

COUNSELLING SERVICES & WELLNESS

- About Us
- Mental Health Care
- Physical Health Services
- Resources**
- Mental Health Screening
- Personality Assessments
- Resources from the Counselling Office
- Mind-Body Connection
- Peer to Peer Resources
- Self Help Articles & Videos
- Crisis Support

Resources

Mental Health is the ability to enjoy and derive satisfaction from life while meeting the challenges that it presents. While periods of stress, anxiety and unhappiness are inevitable, knowing more about our emotions, behaviours and life situations can help identify when we need to make changes and when to reach out for help. These resources and assessment tools are not designed to diagnose or replace professional help, but can help identify areas of strength and challenge.



Mental Health Screening

Screening tools to help you check your mental state.

[Read More >](#)



Personality Assessments

Personality assessment tools help you to learn more about yourself.

[Read More >](#)



By the Counselling Office

Resources developed by the Counselling Services and Wellness team.

[Read More >](#)

Students Alumni Faculty Media Careers Libraries

THE AGA KHAN UNIVERSITY

ABOUT US ACADEMICS ADMISSIONS RESEARCH SUPPORT US

March 1983-2023 **40** AKU onwards [SEE OUR JOURNEY >](#)

Services Update

Not on campus? No worries! Counselling and psychiatry appointments can be conducted online as well.

[LEARN MORE >](#)



Counselling Services and Wellness **Student Health**



Hadia Pasha
Associate Director
hadia.pasha@aku.edu

Hadia is a clinical psychologist who holds a PhD in Clinical Psychology from the University of Karachi. She is a Gold Medallist for her Master in Clinical Psychology with more than twenty-five years of experience in mental health. She has pioneered programmes at AKU for the counselling and psychological wellness of students. Her tailored workshops and one-on-one counselling sessions are immensely popular among the students.

Hadia is the author of several articles and is invited regularly for sessions of counselling and psychology within and outside AKU. She has lectured at AKU's School of Nursing and Midwifery and the Arab Foundation College and has held consultant clinics at Liaquat National Hospital and the Aga Khan Welfare Board.

When she is not working, Hadia connects with nature and animals. She is enthusiastic about travelling and prefers areas with natural scenery. She enjoys brain teasers such as the crossword and wordle and playing indoor sports such as table tennis.

The Hostellites celebrated Chand Raat, one of the most exciting evenings celebrated in Pakistan, marking the end of the holy month of Ramadan and heralding the arrival of Eid Al Fitr.

Female Hostellites of The Aga Khan University celebrated Eid Festival on Friday, 21st April 2023, at SONAM Hostel. Staff and students were welcomed to enjoy the joyous occasion. The participants were entertained with Food Stalls, Mehndi arrangements, Music and Traditional performances by students.

Food stalls were the event's main highlights, as some were arranged by beneficiaries of the Aga Khan Social Welfare Board and Pakistan Girl Guide Association for fundraising objectives. The event aimed “to celebrate the happiness of Eid Al Fitr with unity and also help the community who are facing hardships.”

The overall activity was arranged through students by engaging them from the planning to the execution stage. They came up with the brightest ideas to make the event highly successful. The students from all campuses appreciated the arrangements and participated with complete joy and happiness.



Falah Blood Drive

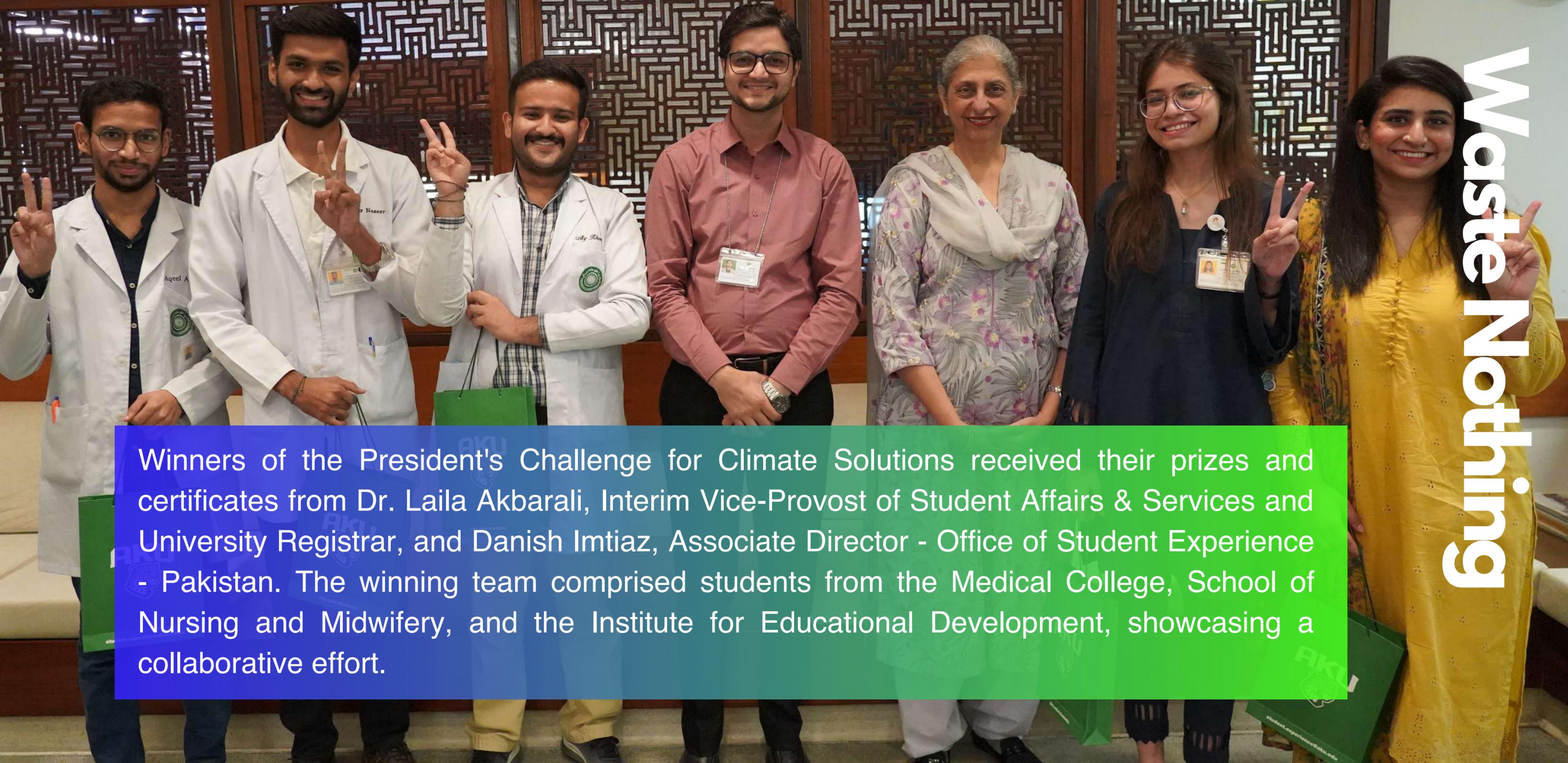
The Falah blood drive was conducted in collaboration with AKUH and the Office of Student Experience - Pakistan, garnering a tremendous response from the AKU community. Students and faculty members enthusiastically participated in the event, recognizing the significance of donating blood to save lives. The society's efforts in promoting the blood drive was highly commendable as they were successful in encouraging participation.



The blood drive adhered to the highest standards of safety and professionalism. With utmost care and expertise, experienced medical personnel supervised the entire process, from registration to collection. They implemented stringent screening measures to ensure the eligibility of donors and maintained a sterile environment to guarantee the safety of both donors and recipients.

Donors were presented with T-Shirts and other giveaways as a token of appreciation.





Winners of the President's Challenge for Climate Solutions received their prizes and certificates from Dr. Laila Akbarali, Interim Vice-Provost of Student Affairs & Services and University Registrar, and Danish Imtiaz, Associate Director - Office of Student Experience - Pakistan. The winning team comprised students from the Medical College, School of Nursing and Midwifery, and the Institute for Educational Development, showcasing a collaborative effort.

Waste Nothing

The Counselling Service and Wellness Office (CSW) and Office of Student Experience - Pakistan (OSEP) are pleased to officially announce the release of their annual reports for the period of March 2022 to March 2023. These comprehensive reports document the departments' achievements, initiatives, and significant milestones accomplished throughout the academic year, serving as a testament to their unwavering dedication and commitment.

The annual reports outline the departments' initiatives, impactful programs, and outcomes achieved during the year. The OSEP and CSW offices are immensely proud to share these annual reports, as they embody our pursuit of excellence in student wellness and engagement. Both reports are available on the Student Life and CSW sites, respectively.



Counselling Services and Wellness Office Annual Report 2022-23

The Counselling Services and Wellness Office Annual Report 2022-23 covers the activities for the period March 2022 - March 2023. The report includes the Mental Health Support Services offered, Psychoeducational Sessions and Workshops conducted, and Wellness Programs/Events celebrated, among many others.

[Download the Report >](#)

ANNUAL REPORT
March 2022-23

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THE AGA KHAN UNIVERSITY

AKU
The Office of Student Experience - Pakistan
student.experience@aku.edu
aku.edu/students

The Student Research Forum organized an International Student Research Conference in 2023, providing a platform for students to showcase their research findings and attend important sessions led by AKU Leadership. The conference spanned over three days and featured a diverse range of activities and sessions designed to foster intellectual growth and collaboration.

The highlight of the conference was the presentation of eight oral presentations, where students had the opportunity to share their groundbreaking research with a global audience. These presentations covered a wide array of scientific disciplines and allowed for engaging discussions and feedback from both peers and senior faculty members.

In addition to the oral presentations, the conference included scientific programs and teaching sessions led by esteemed AKU leadership and faculty. These sessions provided valuable insights into various research methodologies, scientific advancements, and career development opportunities. The conference also incorporated panel discussions and hospitality sessions, which further facilitated networking and collaboration among the attendees.



SRF later organized a session titled "Innovative Minds: Spotlighting Trailblazing Research in Mental Health" with the aim of introducing nursing students to the latest innovations in mental health research and promoting critical thinking and reflection on the challenges and opportunities in providing quality mental health care.

The session featured a presentation by Mr. Umair Bachlani, who discussed his experiences from student life and ongoing mental health projects, emphasizing self-perception, self-care, and the need to create an inclusive and supportive environment for individuals struggling with mental health challenges. Mr. Bachlani's presentation also called for a compassionate approach towards mental health issues and breaking down stigmas surrounding it.

Rowing Club's Outdoor Rowing Programme

Introducing the AKU Rowing Club's Outdoor Rowing Programme, a thrilling new initiative brought to you by the OSEP. In an exciting collaboration, the first cohort of over 35 medical and nursing undergraduate students have embarked on a transformative journey combining physical fitness, teamwork, and the picturesque beauty of rowing.

The AKU Rowing Club have joined forces with the esteemed Karachi Boat Club to practice, where the waters provide the perfect backdrop for their training sessions.

This extraordinary programme enhances physical fitness and nurtures a sense of camaraderie and sportsmanship among participants. As future healthcare professionals, these students recognize the importance of teamwork and effective communication honed through the shared pursuit of rowing excellence.

Iftar Parties

The Arts and Culture Committee of the Medical College organized an Aftar party for students at the Medical College. This festive event provided an opportunity for students to come together, celebrate, and break their fast during the holy month of Ramadan. The party was filled with joy, laughter, and a sense of community as students shared a meal and enjoyed engaging in conversations. The event fostered a spirit of togetherness and highlighted the cultural diversity within the student body.

In another noteworthy collaboration, the Arts and Culture Committee joined the Synergy Student Society for an Aftar event for the School of Nursing and Midwifery students. This collaboration was successful in bringing together aspiring healthcare professionals of different societies to create a unique platform where they could explore the intersection of art and healthcare. The Aftar event is a testament to the inclusive and supportive environment fostered by these student societies. Through their collaborative efforts, they provided students with a memorable experience



Jeopardy!

The Synergy Society MBBS held a Jeopardy event in which 24 teams contested against each other one round after another. Students chose questions from topics such as Harry Potter, Marvel and Sports, among others. We appreciate all the teams that took part in the event to make it a success and extend the heartiest congratulations to the winners!



Student Affairs and Services - Pakistan

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