

Office of Student Experience, Pakistan &
Counselling Services and Wellness Office
The Aga Khan University

**JANUARY -
JUNE 2020**

STUDENT EXPERIENCE & WELLNESS NEWSLETTER



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THE AGA KHAN UNIVERSITY

INTRODUCTION

We'd like to welcome you to the very first newsletter of the Office of Student Experience.

May 1, 2020 heralded much change: the Office of the Dean of Students – ODOS – has been transformed into the Office of Student Experience, Pakistan. In the process, it has become a part of a newly established Student Affairs and Services Office working under the leadership of Dr Laila Akbarali, Interim Vice Provost.

The Student Experience office will continue with its original ethos, values, vision and mission, remaining committed to supporting and facilitating students to achieve their best.

Our goal? To provide a student-centered University experience that nurtures students' personal growth, professional acumen, well-being and commitment to serve global and local communities.



DR LAILA AKBARALI

INTERIM VICE PROVOST, STUDENT AFFAIRS AND SERVICES

“ The development of the Office of Student Affairs and Services begins a new chapter in how we support student affairs, student life and student experience.

Encompassing the Registrar’s Office, Hostels, Student Experience, Student Health and Student Counselling and Wellness, this office serves as a one-stop shop for student services and their overall health and well-being at the University.

It is certainly a significant step in our journey to become an institution that revolves around our students and strives to turn them into reflective professionals who can shape the world around them.”





SAAD ZUBAIR
INTERIM DIRECTOR,
STUDENT EXPERIENCE,
PAKISTAN

“As Interim Director, my team at the Office of Student Experience, Pakistan and I will continue to support students in their professional and personal development and carry on in the key areas of student leadership, advocacy and broad engagement. We aim to provide vision, leadership and strong strategic direction to enhance the overall quality of the university experience for students in Pakistan. For the rest of the AKU community, our Office will continue to work collaboratively on initiatives and programming to help our students emerge as innovative, compassionate and collaborative leaders in their field.”



DR HADIA PASHA
ASSOCIATE DIRECTOR,
COUNSELLING SERVICES
AND WELLNESS OFFICE

“I am very pleased to announce an expanded role for the Counselling Services and Wellness Office. We will promote a synergy of mental health with physical health and, with the incorporation of the mentorship programme, emphasise holistic wellbeing and care pathways.

Through a swift transition online, we continue to provide mental health support to our students during these difficult times. As always, we aim for a campus culture that is sensitised to psychosocial wellness that can help our students thrive and succeed.”

STUDENT COUNSELLING AND WELLNESS

Student Development and Counselling is now the Counselling Services and Wellness Office that integrates student health, student counselling and student mentoring to encompass a holistic biopsychosocial paradigm of wellness.

Sarah Ahmad has joined as the new student counsellor, and alongside Dr Hadia Pasha and Dr Sana Siddiqui, will support the mental health and wellness needs of students. And of course, the Student Health Team of Noorjhan Momin, Dr Samar Zaki, Dr Wahid Haroon, and Dr Aziz Jiwani are ever-present to help take care of students' physical health.





STUDENT SOCIETIES

Our student societies have been very active in ensuring that the AKU student body stays connected, motivated and grounded during the time of the lockdown. Student Experience has helped in funding, organising and facilitating a wide range of activities online ranging from mindfulness sessions and yoga, public speaking, drama performances, research activities, art therapy, e-gaming to writing and photography competitions.



Hopefully, the activities have catered to the needs and interests of our diverse student body!

OLYMPIAD

Since 2019, the AKU Sports Olympiad has been a flagship event. This year, the student-led and student-centered event took place in February 2020 and brought together over 1,000 participants from 28 institutions to compete in 11 sports.

The 8-day long event was fully funded and supported by Student Experience and organised in collaboration with the Sports and Rehabilitation Centre.



“ REIMAGINING OUR FUTURE” TALK SERIES

The stressful and uncertain circumstances brought on by COVID-19 led to a need to engage with innovators and thought leaders – to explore how to persevere in this challenging landscape. It led to the birth of the Reimagining our Future talk series. Since April 2020 distinguished speakers from a variety of sectors have shared valuable perspectives on the local and global future of work and society with the AKU community.

All talks are available on AKU's YouTube channel.



COMING UP!

The **Reimagining our Future** talk series has an exciting lineup of dynamic experts, motivational speakers and public figures presenting on a variety of topical issues.

Our **holistic wellness** online short modules will help with stress relief, self-regulation, physical wellness and mental health management.

Events by our student societies and groups hope to connect thousands of students across Pakistan.



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OUR TEAM

**The Office of Student Experience, Pakistan;
Counselling Services and Wellness Office;
and Student Health**

Dr Laila Akbarali, Saad Zubair, Amin Lakhani, Nadia Rehman, Dr Hadia Pasha, Dr Sana Siddiqui, Sarah Ahmad, Noorjhan Momin, Dr Aziz Jiwani, Dr Wahid Haroon, Dr Samar Zaki.

AKU

