



**Student Affairs
and Services
Pakistan**

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TIME-HONoured

**BEYOND THE
CLASSROOM**

The Office of Student Experience - Pakistan hosted a student leadership orientation to bring class representatives and student society leaders together to strengthen their roles within the AKU community. The event held informative sessions for new leaders and members, the announcement of new initiatives, and networking opportunities for attendees.

Updated rules and guidelines were introduced to ensure the effective functioning of student societies and class representatives, covering aspects such as event planning, financial management, and communications. Beyond informative sessions, the orientation provided a platform for student leaders to connect and collaborate.

The student leadership orientation exemplified the office's commitment to empowering student leaders. The Office of Student Experience takes a significant step toward building a vibrant and inclusive campus culture by introducing new initiatives, establishing guidelines, and fostering networking opportunities.



Hostel Mango Party



Hostelites came together to celebrate the annual "The Passion of Mango" party in the second week of June. This vibrant event, enjoyed by staff and students, immersed attendees in an atmosphere of music, fun, and an abundance of delicious mangoes.

"The Passion of Mango" party created a lively ambience, where the love for mangoes brought everyone closer. Amidst the cheerful atmosphere, attendees revelled in the aromatic fragrance, vibrant colours, and sweet taste of the ripe mangoes.

The event was arranged by Hostel Management and perfectly encapsulated the joy that mangoes bring. The event fostered a vibrant celebration among hostelites, creating lasting memories and continuing an annual tradition that is held in appreciation of this beloved fruit.

SRF - Introduction to Medical Research

The Student Research Forum (SRF) successfully conducted "An Introduction To Medical Research" - A captivating 2-series course during the third week of June 2023.

From "Scholar's Quest" to "Squires to Knights," SRF explored the fundamentals of medical research and its technical aspects. AKU alumni Dr. Humza Thobani and Dr. Maha Inam hosted the first session and shared their personal stories, and gave invaluable advice to the participants.

The second session was hosted by current SRF directors Omar Mahmud, Asad Fatimi, with guest speaker, Izza Tahir, who shed light on the importance of networking, skill-building, mentorship, and passion to the aspiring researchers



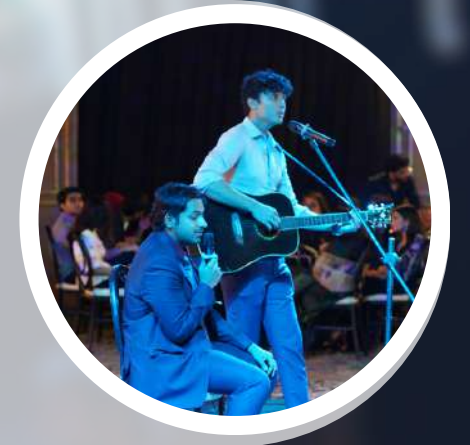
Quad Opening Ceremony

The Arts and Culture Committee, in collaboration with the Office of Student Experience - Pakistan, organized the Quad Opening Ceremony to commemorate the T 1/2, a significant milestone that celebrates the halfway point in their academic journey towards becoming healthcare professionals. The event was conducted at the Quad Center of the Medical College and was a festive event with dance performances from the MBBS Class of 2027

MBBS '27 Welcome Party

The MBBS Class of 2027 had its welcome party during the 2nd week of June. The welcome party is a long-standing AKU tradition for Medical College students in which the seniors host an event for their juniors. It is meant to foster a sense of community between the two batches. Due to the COVID-19 pandemic, the Welcome tradition was put on hold. It was restarted by the Arts and Culture Committee this year and was revived for the academic year 2023.

The night started with dances, musical performances, and more. The event concluded with a dance party inviting all attendees on stage. The event highlighted inter-batch unity and allowed students to revive a long-standing Welcome tradition



Spotlight

The Falah Student Society hosted an enchanting Qawali Night for all students at the Sports and Rehabilitation Center. The event showcased the melodies of Qawali, leaving attendees immersed in an evening of rich musical tradition.

The Qawali Night, organized by the Falah Student Society of both the Medical College and School of Nursing and Midwifery, brought together students from various backgrounds to celebrate the rich heritage of Qawali music.

Following their excellent work in the Blood Drive, the Falah Student Society continued to work diligently and managed to curate a soulful evening filled with traditional music, culture, and philanthropy. All proceedings went towards patient welfare, a wing managed by Falah itself.





POST-TRAUMATIC STRESS DISORDER

Individual trauma begins from events, series of events, and situations that people perceive as hurtful or life-threatening in nature.

Traumatic life events can range from something as prevalent as a breakup or divorce to something as unexpected as an accident or a natural disaster.

Symptoms may include

- Nightmares or flashbacks.
- Avoiding situations or people that remind you of the traumatic event.
- Being highly alert and quick to startle.
- Restlessness, irritability, aggression, and/or apprehensions.
- Negative thoughts resulting in anger, guilt, shame, and/or sorrow.
- Adverse changes in your sleep and/or eating patterns.
- Losing interest in hobbies or social activities.

The CSW site provides online screening tools for students who wish to self-assess before consulting a mental health professional. If you are experiencing some of these symptoms or any other stress-related issues, please feel free to [avail these services](#).

Unhelpful Thoughts

- If it still triggers me, I must be doing something wrong
- Just because I had a breakup now, I will never find anyone
- Things will never get better
- Since I'm having nightmares, I must be going crazy
- If I keep having flashbacks, I will end up with a mental disorder
- What if it happens again?
- I should have stopped it
- Why ME?

Basic Self-Help Techniques

- **Practice self-care:** Eat a balanced diet, remain physically active and maintain sleep hygiene.
- **Get social support:** Talk to the people you trust.
- **Generate positive emotions:** Help others, do things you enjoy, play with a pet, pray, go outdoors & connect with nature.
- **Find purpose:** Keep in mind the bigger picture, focus on your strengths, make small achievable goals, and work on things that matter to you.
- **Practice positive thinking:** Bad experiences and feelings are never permanent. Don't wait for life to be perfect or fair.
- **Relax:** Practice deep breathing, listen to calming music, watch comedy programmes, and practice mindful meditation.

To learn more about these techniques, **check out the self-help resources section on the CSW site.**

This information does not substitute professional advice or treatment. If symptoms are intense or do not resolve within a month, please seek help from a mental health practitioner.

Counselling Services & Wellness Office

wellness.counsel@aku.edu
 aku.edu/students/wellness/Pages/home.aspx

The Counselling Services and Wellness (CSW) office developed a digital brochure to raise awareness and offer insights into its causes, symptoms, and available resources for support and healing. Its concise yet comprehensive content breaks down complex information into easily digestible sections, ensuring accessibility for all readers.

Readers will discover the crucial importance of recognizing the signs and symptoms of PTSD, allowing for early intervention and treatment. By empowering individuals with knowledge, CSW aims to foster empathy, reduce stigma, and encourage open conversations about mental health. By spreading awareness, understanding, and compassion, we can make a difference in the lives of those affected by PTSD.

To provide comprehensive guidance and support for both first-time applicants and returning students, the Office of Student Experience - Pakistan, in collaboration with members from the Patient Access / Call Center AKUH, conducted a work-study orientation. The event, led by Amin Lakhani, Manager - OSEP, aimed to familiarize students with the guidelines, rules, and regulations associated with the work-study program.

During the orientation, the team outlined essential information for students participating in the work-study program. They provided a detailed explanation of the guidelines, emphasizing the importance of adhering to the established rules and regulations. The orientation covered a range of topics, including work-study eligibility criteria, the application process, job placement procedures, and the responsibilities of participating students.



The Synergy Student Society organized a highly successful Chess Tournament, attracting over 40 enthusiastic participants. The tournament brought together chess enthusiasts from various disciplines, fostering a sense of healthy competition and camaraderie among the participants.

The tournament showcased talent and sportsmanship as participants engaged in competitive but friendly matches. The tournament was well-received and received high praise from the attendees and participants. This was another excellent initiative from the Synergy Society in organizing engaging events to promote a sense of community.

Chess Tournament



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