



LIFE BULLETIN

A compendium of student life at Habib University



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MESSAGE FROM STUDENT LIFE

Shamez Mukhi, Director Student Life



My Dear Students,

I would like to begin by paying tribute to our dearest teacher, mentor and colleague, Professor Asif Aslam Farrukhi who passed away earlier this week. May his soul rest in eternal peace. He will be greatly missed at Habib University but also by many in the field of art, literature, education and health in Pakistan.

The newsletter theme this time is our student leaders - who represent our university's Student Government, Clubs & Societies, Sports Teams, Wellness Peers and various committees. They play a significant role in facilitating students' academic and co-curricular engagement, enrichment and excellence at the university. These platforms give our student-leaders the opportunities to work on policies, interact with external organizations and also lead major events. Their dedication, contributions and achievements make us - Habib University community - very proud.

On 18th July, the HU community will bid farewell to our trailblazers [class of 2020] in a virtual convocation. While we participate online, the ceremony and preceding events will be celebrated with great fervor and joy. The Office of Student Life along with HUSG and the Student-led Graduation Committee will be hosting a number of events including musical concert, faculty gratitude and Alvida-farewell.

During this uncertain period of pandemic, in case you feel overwhelmed and need support, please consult our wellness counselors who are providing online service every day. Apart from the various online sessions, we are introducing live discussion forum this month where you will be able to participate and also ask questions to wellness professionals. Please look after yourselves and your families - stay safe!

MOURNING A GREAT LOSS

Dr. Asif Aslam



Born on September 16, 1959, in Karachi in a literary family hailing from Farrukhabad, Asif A. Farrukhi was an outstanding authority on Urdu language and literature and spent all his life in the teaching profession and research.

After that he obtained a Masters degree in Public Health, with a focus on international health from Harvard University in 1988. He completed a short course on health economics and financing from the London School of Hygiene and Tropical Medicine in 2012 and served as senior instructor in Community Health Sciences at the Aga Khan University, Karachi. From 1994 to 2014, he served as the health and nutrition programme officer at the United Nations Children's Fund (UNICEF). He later joined Habib University, and taught various courses on Urdu Literature.

His collections of short stories include *Ism-e-Azam ki Talash*, *Mein Shaakh Se Kyun Toota*, *Aik Aadmi ki Kami*, *Shehr Beeti* and others. *Aalam Eejad* and *Nigah-e-Aaina Saaz* are compilations of his essays on literary criticism. His recent publications included a collection of new critical essays on Manto and *Look At The City From Here*, an anthology of writings about Karachi, published by Oxford University Press.

For his distinguished work, he was awarded the Prime Minister's Literary Award by the Pakistan Academy of Letters in 1997 and *Tamgha-i-Imtiaz* by the Government of Pakistan.

His sudden demise, is nothing but a shock to the entire community. May his soul rest in peace, and we all find strength to get through these difficult times.

His recent YouTube series may be viewed [here](#).

بچھڑا کچھ اس ادا سے کہ رُت ہی بدل گئی
اک شخص سارے شہر کو ویران کر گیا،



TAKING CARE OF

Health & Wellness

*"The cheerful mind perseveres,
and the strong mind hews its
way through a thousand
difficulties."* Swami Vivekananda

Managing Stress during COVID-19 Pandemic:

The outbreak of the coronavirus disease has been stressful for many people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. In the session, Mehwish talked about mental health in current situation, how to cope with psychological issues and tips to manage stress while being at home.

Pandemic Personal Growth:

Pandemic Personal Growth is a training aimed at students to give them tools to understand how to grow and develop skills in the face of difficulties. This interactive session was geared towards helping students solving their problems, by teaching them frameworks of goal setting, rewriting beliefs about their limitations, while also giving them an active roadmap where they can take ownership of their own learning.

UPCOMING EVENTS:

Functional Fitness

5th June

Coping, Connecting and Caring during Covid Crisis

10th June

Sports Management in Current Situation

12th June

How to stay sane during uncertain times

15th June

Webinar: Personal Development

17th June

Mental Health Session with Rozina Karmaliani

24th June



STUDENT LEADERS IN

Government



Today, we realize the word 'leader' in a particular context of modern bureaucracy where one person is designated to lead others. I hate to break the news to you all that this happens to be a very modern understanding of the word. Our fundamental philosophy before contesting elections for HUSG was to build a team, which can work to empower each other and also ultimately break the hierarchical boundaries. We believe that our success as a team will have a long term impact on our community culture in a very positive way.

Our success should be evaluated on the following basis: Were we able to positively improve the general ethos of our community? By the end of this one-year term, we aim to get this office graduate to a level where we constructively contribute to the workings of our institution from both an administrative and student standpoint.

If there is anything we four can lead the community in is: cultivating a sense of empathy for each other. When you decide to employ empathy in your character then you should also look to invite: responsibility cumulated with well-grounded activism. On behalf of my team, I would once again assure you all that our office will continue to facilitate the community. Thank you!

Anzal Abbas, President HUSG



The idea of leadership, for me, has always transcended the mere notion of administration, authority, or power. Rather, it is a foundation that must be built upon trust, inspiration, compassion, and service. With the hope of seeking opportunities of growth for myself and this community, I have been fortunate enough to have taken part in different leadership ventures at Habib, which have now led me to this incredible platform: the Student Government.

Every journey we take adds great value to our life - lessons on empathy, patience, and generosity - but the one predominant feeling these experiences have left me with each time is an immense sense of gratitude. There is no better feeling than knowing one is part of a team and a community where every individual is using their platform to strive, serve and inspire - a community where all of us can be servant leaders and continue to help each other grow. In the words of MLK, "Life's most persistent and urgent question is, 'What are you doing for others?' "

Roha Ali, Vice President HUSG



I'm no stranger to teamwork but I think I'm starting to grasp the complexity of it ever since I became a part of the HUSG. We're coupled with people so many times in our lives: group projects give us regular existential crises, event management teams can be a go big or go home. Working with people is never an easy task and the longevity of the team entirely depends on the individuals involved. And yet I'm starting to think that the HUSG needs to be more of a unit than a team. The word team connotes the idea of people coming together to strive for a better tomorrow but being a unit is the need to gel into one, living, breathing entity. That's a tall order to place but, dare I say it, we might have accomplished it. Eliminating hierarchies had been our first point of work and I can't be happier at our success there. Leadership comes from within, from when the self feels empowered enough to extend a gentle helping hand and that kind of empowerment is learned from those around us. Our structure is a plateau and not a precarious staircase and if this is what our legacy ends up being then I am grateful for it.

Mashal Faraz, General Secretary HUSG



Tbh! I was afraid when I stepped into this area. HUSG was all over the place, it was a new structure, things had been done in a rush and many things were left unworked. We had to lay the new foundations and basically re-establish everything from scratch. The scope was limited and relationships with different stakeholders were either weak or nonexistent. While we were in the middle of initial planning our structure was hit by the century's biggest crisis - Corona Virus.

Now, when I see back, the performance of my team, I'm extremely happy, proud, and satisfied. The kind of responsibility and compassion my team showed was phenomenal, always on feet, being at their A-game every day amidst all the anxiety and stress.

Taking classes till evening, then doing long meetings till midnight, and then drafting policies. Responding to student concerns online in the shape of long posts and emails was part of our everyday schedule. I saw the passion of service, extreme selflessness, care for each other, and good professionalism in my team.

We got successful in establishing the level of trust and constantly engaging, good working relationship of HUSG with all relevant stakeholders. Our focal point was student affairs, their representation, betterment, and empowerment and I'm proud that we have been able to expand the horizons and have made this council, a proper institution.

Crises indeed test the leadership and the kind of leadership my team showed, it inspires me to work more every day. Shukar Alhamdullilah :)

Safi Haider, Treasurer HUSG



STUDENT LEADERS IN

Wellness



The most important skill I have gained through my experience as a wellness peer, specifically this year, is adaptability. We had big plans this year, but the challenge we faced was even bigger. As a result, our plans had to change, but our focus remained the same: Mental Health. I believe now, more than ever, is a time when it should be our topmost priority. As much as adapting to this challenging situation can be benefiting, it is not easy. It has made me realize that acceptance is pivotal; the more I accept the realities around me, the more it helps me in overcoming my anxiety caused by them. Even though my role as a wellness peer has trained me to be a listener, but I would urge you all to talk. It is imperative to acknowledge your feelings, accept them and adapt to them in the manner fittest to you.

Isbah Nizar, Wellness Peer



Being a wellness peer has taught me how to walk a mile in someone else's shoes, and that alone is a priceless experience. This role is not about being in the spotlight, it's a lot of messy backstage work to make sure everything goes as smoothly as possible.

Alina Nagi, Wellness Peer



Being a wellness peer has taught me so much, it has helped me grow, it has helped me understand society as a whole and has even brought me closer to my friends. It has made me more considerate of others and has brought in me a positive change that I shall keep with me for the rest of my life.

Ali M. Shujjat, Wellness Peer

I've grown to realise that you cannot fight other people's battle for them or always be able to give them solutions to their problems. If you're there 'only' listening to them, remember that you're helping!

Abdul Wasay Usmani, Wellness Peer



STUDENT LEADERS IN

Sports



Leading the football team and generally playing a part in keeping alive sports at Habib has been a heuristic experience, and the most important thing for me to internalize in competitive sport has been the fact that you should never get comfortable with where you are at any instance, improvement will always be around the corner and it is essential to strive for it at all times because to do things you've never done before, you have to do things you've never done before.

Naufil Zahid, Football Captain

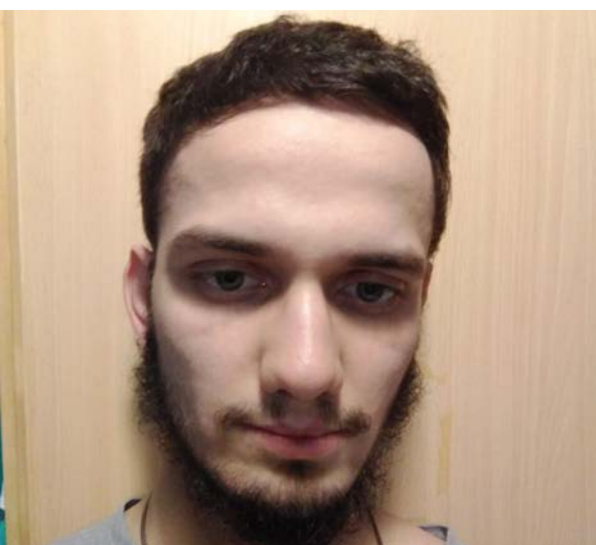


My overall experience since day 1 here playing table tennis has been amazing. Through HU intra and inter tournaments my confidence was boosted and got a chance to play with national players.

M. Diyyan Khokhar, Table Tennis Captain

It's an honor to captain Habib's Volleyball team. We have a young team with exciting talents who've performed rather well in different sporting events. Being a captain and a senior, it is my job to create an atmosphere where every player is respected, where we all buck up each other and play as a team. In my time as captain I've shared my experience and what I've learned from my seniors so that one day when someone replaces me they'll have some idea of what it means and what it takes to captain a side.

Zeehan Karim, Volleyball Captain



My experience in Tennis at Habib has always taught me to improve and enjoy the sport as much as I possibly can. It has encouraged me to be patient and more encouraging towards my team mates.

Shabbir M. Yunus, Tennis Captain



As I look back at my 4 years at Habib, I recall a lot of good memories that have not only made my time at Habib better but have been so close to my heart. Indeed, being the captain of Habib's Throw ball team has surely been one of those. It's a privilege in itself to represent one's institute in front of any other leading institutions of the country, bearing the pressure of creating a mark and honoring what it stands for has undoubtedly been daunting yet fulfilling. I hope winning Habib's first trophy for Throw ball and leaving the spirits high, ignites throw ball at Habib. I just can't wait to see students after us keeping the bar high!

Momina Yasir, Throwball Captain



I have been playing basketball since 7 years now and I have played in a number of courts. Habib's court somehow holds a different place in my heart. The basketball girls team means a lot to me, and I would do anything in my power to ensure this team brings a lot of trophies home.

Sara Intikhab, Basketball Captain



"I have been playing basketball since the moment I arrived in Habib University, i.e. my first day in Splash program. I never had a coach for basketball before coming into HU and that affected my game in a way that I was not able to completely perform to my potential. However, after coming to HU and playing under the basketball coach 'Talha Amjad', I am very confident in saying that his instructions really affected my game and improved it. Having said that, with basketball (or with any other sport) it is imperative that whenever you go to play, you play at the highest level you can play at and never stop striving for greatness. As Coach Talha used to say, "Practice like you are playing a knockout match, and play matches like you are practicing".

M. Tahir, Basket Ball Captain



Being named as Habib University's cricket team captain in the Fall of 2019 was an honor for me. As the captain of the cricket team, I aspire to be an effective communicator, a good leader and an inspiring team member. Over the past year under the guidance of our coach, we have participated in regular practice sessions as well as in tournaments that has developed a healthy and positive team culture. I am eagerly looking forward to the resumption of our cricketing events once this pandemic is over.

Arsalan Ahmed, Cricket Captain



GOOD BYE THROUGH

Graduation Events

“Graduation isn’t the end of a tough journey. It is the beginning of a beautiful one.”

Dear Class of 2020,

Don't let this pandemic spoil your fun. Lets' make some memories in these last two months before you graduate.

Netflix Party

20 June 2020

Digital Scavenger Hunt

21 June 2020

Faculty Gratitude Day

13 July 2020

Self Portraits - Memoir Launch

14 July 2020

Bid Bye - A Virtual Concert

15 July 2020

Comedy Show

16 July 2020

Alvida - A Virtual Farewell

17 July 2020





REVISITING THE

Club Orientation

"A journey of a thousand miles begins with a single step."

Lao Tzu

On 30 May 2020, Office of Student Life organized the Club and Chapter Orientation Session for the newly elected Executive Leaders.

Mr. Shamez Mukhi conducted the session on HU Clubs Program 2020 which was followed by a session on Managing Community by Mr. Sohail Zindani from Learning Minds.

The one-hour long session was attended by 104 participants from all 28 clubs and chapters. The participants had to say this about the session:

"The orientation was insightful. A lot of good advice was shared with us which was useful and I think it made me less scared to be a president. I really enjoyed it."

Zarlasht Malik,
President Mouseequi Club

"It was well-done, the speaker choice was great and the advice was valuable. It was especially motivating for the fresh people in my executive as they really admired Mr. Sohail's experience and his way of delivering his opinions with the right amount of wit."

Amna Ashraf,
President Healthy Life Club

"In the times we are living in today, it is pertinent that one ponders upon how significant it is to embrace the changes occurring around them. And it is even more so important, especially when you are in a leadership position because you are to be the one who will set precedent. I think the whole transitioning online experience, as much daunting it is, has been a pretty learnful experience too. It has brought together the community stronger than ever. Listening to chapters and clubs execute marvelous activities in this time is a true reflection of how motivated our leaders are and this would not have been possible if it were not for the support of our government and student life."

Imaara Zulfiqar,
President YPDC Chapter

