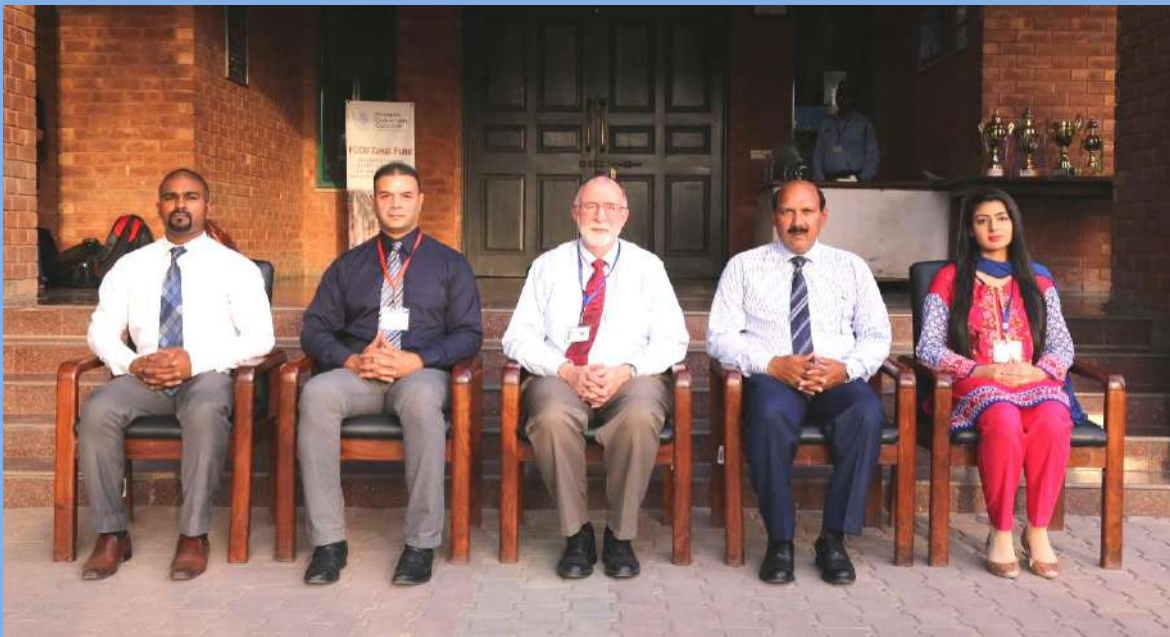


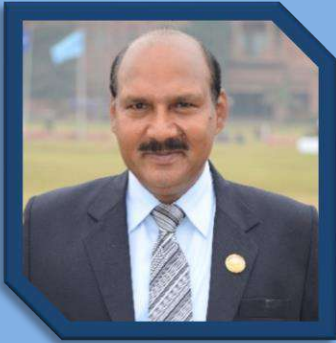


FORMAN CHRISTIAN COLLEGE (A CHARTERED UNIVERSITY)

(Department of Health & Physical Education and Sports)



SPORTS FOR ALL



Babar Kamil
Head of Department,
Health & Physical Education.
Ph.D. Scholar.



Shahzad Nazir
Associate Professor, HOD (Men Sports),
Health & Physical Education Department.



Ms. Hira Atta
Assistant Professor, HOD (Women Sports),
Health & Physical Education Department.



Shoaib Barkat
Sports Office Coordinator,
Health & Physical Education Department.

SPORTS COACHES



Ms. Syeda Minahil Mustafa
Swimming Coach / Life Guard (W)



Mr. Bashir Anjum
Athletics Coach



Mr. Ghafoor Sadiq
Basket Ball Coach



Mr. Abdul Ghaffar
Boxing Coach



Mr. Asim Maqsood
Cricket Coach



Mr. Muhammad Arif
Foot Ball Coach



Mr. Emmanuel Anwar
Lawn Tennis Coach



Mr. Adnan Mushtaq
Table Tennis Coach



Mr. Muhammad Babar
Rugby Coach



Mr. Muhammad Tariq
Volley Ball Coach

Physical education and Department of Sports provides opportunities for students to gain knowledge of physical fitness, healthy living practices, stress coping strategies, and necessary activities for better health and physical performance. Through physical education program, Students will develop capabilities of analyzing and applying their lives in health and physical education.

Modern sports culture has re-oriented human relations in new dimensions and plays a big role in creating a healthy and positive competitive spirit among humans. In FC College sports has found a special place among students. The Rector and the Vice-Rector take special interest in sports. They want FC College grounds to remain alive with sports activities to develop positive trends among students. In the past as well as in present, sports have enjoyed top priority. In this regard, FCC Sports Department has created new sports events for FC College campus. Consistently enough, sports are being popularized among Students by providing them state-of-the-art facilities and equal opportunities.

ANNUAL SPORT NEWSLETTER 2018-19

Events of the Year

- 1) 132nd FCCU Sports Fest 2019**
- 2) 7th FCCU Faculty & Staff Badminton Championship 2018**
- 3) 7th Forman Basketball (W) Championship 2019**
- 4) Intramural Tournaments 2018-19**
- 5) LUMS Premiere League 2019**
- 6) Forman Olympiad 2018-19**
- 7) Forman Swimming (W) Gala 2019**
- 8) One day Workshop on Promoting Positive Parenting Through Sports and Physical Education**
- 9) Participation in HEC Inter-Varsity Championships 2018-19**
- 10) LUMS Nationals Games 2019**
- 11) Lahore Board Intercollegiate Championships 2018**
- 12) Punjab Olympics Games 2018-19**
- 13) LSE Sports Gala 2019**
- 14) HED Intervarsity Super League 2019**
- 15) Achievements**

132nd FCCU Sports Fest 2019

Forman Christian College (A Chartered University) held its 132nd Forman Sports Fest 2019 in its main ground, with enthusiastic participation by students.







Intermediate Vice Rector Prof. C.J. Dubash inaugurated the festival through opening declaration. This was followed up by Olympic oath-taking ceremony by Mr. Azher Iqbal on behalf of all the participating athletes. FCCU students Zafar Ullah and Shabnam Nawaz were declared the best athletes of the festival, while Shirazi Hall and Kennedy Hall won the Championship Trophy and March Past Trophy, respectively. Zafar Ullah made a new record of 10.81 seconds this year, breaking his own previous record of 10.87 seconds.



The championship reflected the improving athletics standards of FCCU. The Chief Guest, FCCU Rector Dr. James A Tebbe distributed prizes among the winners and promised his continued support for the promotion of sports and sporting events in the University. The Sports Fest concluded on Thursday, 14th March 2019.



12TH, 13TH & 14TH

MARCH 2019

RESULTS

Event Name	Position Holders		
	First	Second	Third
Hockey Ball Throw (Girls)	Rubab	Wajeeha	Emmna Pervaiz
2000 m Cycle Race (Girls)	Rubab Iqbal	Emmna Pervaiz	Fiza Pervaiz
Musical Chairs	Rishum	Naira Francis	Wajeeha
200 m (College Support Staff)	Yasir	Imran	Asif Nazir
100 m (College Administrative Staff)	Zohaib Asif	Gohar Ayub	Fahar Saeed
100 m Race (Faculty)	Dr. Farhat Ali	Dr. Bilal Sadiq	Dr. Suleman Anjum
50 m Staff Children	H Saim	Alisha	Zeenash
100 m Staff Children	Joshua	Simon	Jinnah Mahmood
4000 m Cycle Race	Azher Iqbal	Farrukh Shahzad	Syed Basit Agha
100 m Old Boys Handicap Race	Prof. Sufyan	Shahzad Chouhan	Adnan
100 m Sack Race	Nouman	Ashhan	M. Shoraz Aslam
25 m Slow Cycling	Farrukh Shahzad	Syed Saddiq	Ehtisham
100 m Wheelbarrow Race	Izzat / M. Rohail	Azhar / Jaansher	Bilal / Raees
Volleyball Mixed	Striker Team	G B Comrades	
100 m Three Legged Race	Raaees / Jaansher	Sheheryar / Zuhaib	Danish Ali / Izzat Khan
Arm Wrestling	Waleed	Danish Ali	
Pillow Fight	Jansher / Hamza Aziz	Shafi / M. Awais	Syed Siddique Ullah / M. Arif
100 m (Girls)	Rubab Iqbal	Shabnum Nawaz	Wajeeha
200 m (Girls)	Shabnum Nawaz	Rubab Iqbal	Wajeeha
400 m (Girls)	Shabnum	Rubab	Wajeeha
Long Jump (Girls)	Shabnum	Alina Rauf	Resham

Shot Put (Girls)	Natasha	Resham	Anushae
Discus Throw (Girls)	Rubab	Shabnum	Natasha
4 x 100 m Relay (Grils)	Ayesha / Fatima / Rishum / Anoshe	Iqra / Nida / Muzeyyan / Fiza	Fatima / Shabnum / Mishal / Ayesha
4 x 100 m Relay (Mix)	Falcon	Wiking	Jansher
4 x 100 m Relay	Zafar / Naseeb / Rehaan / Bilal	Fasail / Arslan/ Hamza / Fasal	Murtaza / Mustafa / Awais / Mansoor
4 x 400 m Relay	Azher / Bilal / Shahzaib / Raees	Awais Ahmed / Jansher / Awais / Faisal	Ruhail / Abdullah / Izzat / Mustafa
100 m	Zafar Ullah Kakar	Mansoor Kakar	Naseeb Khan
200 m	Zafar Ullah Kakar	Azhar Iqbal	Dayaid Shah
400 m	Zafar Ullah Kakar	Azhar Iqbal	Haris Sandhu
800 m	Azhar Iqbal	Mustafa Khatak	Syed Sarfraz
1500 m	Azhar Iqbal	Zohaib Asif	Syed Sarfraz Ali
5000 m	Azhar Iqbal	Syed Sarfraz Ali	M. Saad Jadoon
High Jump	Zafar Khan	Bilal Niazi	Murtaza
Long Jump	Zafar Khan	Arslan Ali	Mansoor
Triple Jump	Zafar Khan Kakar	Haris	Mansoor Kakar
Pole Vault	Jaansher Khan		
Shot Put	Murtaza	Shahzaib Tariq	Bilawal
Discus Throw	Murtaza Yaqoob	Azhar Iqbal	Zafar Ullah Kakar
Hammer Throw	Zafar Ullah Kakar	Azhar Iqbal	Murtaza
Javelin Throw	Bilal Ashraf	Shahzaib Bin Tariq	Naseeb Ullah

Final Results:

- ❖ **Best Athlete** Zafar Ullah Kakar.
- ❖ **2nd Best Athletes** Azher Iqbal.
- ❖ **Best Athlete Female** Shabnam Nawaz.
- ❖ **2nd Best Athlete Female** Rubab Iqbal.
- ❖ **Championship Trophy** Shirazi Hall.

❖ March Past Trophy

Kennedy Hall.

7th FCCU Faculty & Staff Badminton Championship 2018

7th FCCU Faculty and Staff Badminton Championships organized by The Department of Health & Physical Education & Sports which concluded on 13th December 2018, Mr. Babar Kamil (HOD, Health & Physical Education Department), Mr. Shahzad Nazir (Head Athletics & Men Sports) and Ms. Hira Atta (Head of Athletics & Women Sports) distribute the prizes among the winner.





Mr. Rehan Pervaiz, Inventory Officer, won the Championship Trophy, Mr. Muqet Afzal, Senior Librarian stood Runner-up and Mr. Shahid Gill, IT Assistant, got 3rd Place in the Administrative Staff Badminton Championship. 23 Staff members participated in this Championship. The results of the staff badminton championship are as follows:

Matches	Played Between	Winner
1 st Semifinal	Mr. Shahid Gill Vs Mr. Muqet Afzal	Mr. Muqet Afzal
2 nd Semifinal	Mr. Rehan Pervaiz Vs Mr. Farrukh Shahzad	Mr. Rehan Pervaiz
3 rd Place	Mr. Shahid Gill Vs Mr. Farrukh Shahzad	Mr. Shahid Gill
Final Match	Mr. Rehan Pervaiz Vs Mr. Muqet Afzal	Mr. Rehan Pervaiz



Meanwhile, Mr. Bilal Ahmad, Lecturer, Mathematics Department won the Championship Trophy. Dr. Zia Ur Rehman, Assistant Professor School of Management, got Runner Trophy and Mr. Atif Nawaz Mughal, Assistant Professor School of Management, got 3rd Place in the Faculty Badminton Championship. 10 Faculty Members Participated in this Championship.



The following Faculty Members Participated in this Championship:

Sr. No.	Name	Designation	Department
1.	Dr. zia Ur Rehman	Asst. Prof.	Business
2.	Dr. Rana Sulman Anjum	Asst. Prof.	Biological Sc.
3.	Dr. Zubair Yousaf	Associate Prof.	Biological Sc.
4.	Dr. Syed Farhat Ali	Asst. Prof.	Biological Sc.
5.	Dr. Bilal Sadiq	Asst. Prof.	Biological Sc.
6.	Dr. Raja M. Ali Saleem	Asst. Prof.	Public Policy
7.	Mr. Bilal Ahmed	Lecturer	Mathematics
8.	Mr. Atif Nawaz Mughal	Asst. Prof.	Business
9.	Dr. Abdul Jalil	Asst. Prof.	Economics
10.	Dr. Atta Ur Rehman	Asst. Prof.	Pharmacology



Ms. Maida Ali, Lecturer Education Department won the Championship Trophy.



Dr. Asma Tahir, Assistant Professor, Statistics Department, got the Runner-Up trophy.

Dr. Sumaira Rashid got 3rd Place in the FCC Faculty (Female) Badminton Championship, 6 Female Faculty Members Participated in this Championship.



The following Faculty Members (Female) Participated in this Championship:

Sr. No.	Name	Designation	Department
1.	Ms. Maida Ali	Lecturer	Education
2.	Ms. Naira francis	Teacher	Light of Hope School
3.	Dr. Nosheen Sabahat	Asst. Prof.	Computer Sc.
4.	Dr. Asma Tahir	Associate Prof.	Statistics
5.	Dr. Faiza Rafique	Asst. Prof.	Mass Com.
6.	Dr. Sumaira Rashid	Asst. Prof.	Education

Ms. Zara Faqeeria, Financial Aid Executive, won the Championship Trophy.
Ms. Mehak Pervez, Financial Aid Executive got the Runner-Up trophy in the
FCCU Staff (Female) Badminton Championship.



7th Forman Basketball (W) Championship 2019



Forman Christian College (A Chartered University), Lahore, conducted its 7th Forman Basketball (W) Championship from 9th to 11th April 2019. The final match was played between FCCU and Punjab University, and was won by the latter by 39-26. FCCU secured the 2nd position while Sacred Heart School came 3rd in position. Dr. Gloria Caleb, Associate Vice Rector for Academic Affairs and Assistant Professor of Religious Studies, FCCU, was the Chief Guest at the final match and distributed prizes among the winners.



Intramural Tournaments 2018-19

Intramural Football Championship 2018-19 was held from 26th September to 10th October 2018. In this tournament twelve teams participated and the final match was played between Seniors and Juniors. Following are the results listed below:

- ❖ **Runner's Up:** Juniors.
- ❖ **Winner:** Seniors.

Prof. Babar Kamil (HOD, Health & Physical Education) distributed the prizes among the winner teams.



Intramural Cricket Championship 2018-19 was held from 10th October to 17th October 2018. In this tournament thirteen teams participated and the final match was played between Sophomore and 1st Year. Following are the results listed below:

- ❖ **Runner's Up:** 1st Year.
- ❖ **Winner:** Sophomore.



Prof. Muhammad Nawaz Malik (Chief Proctor University Side) was the Chief Guest at the final match and distributed the prizes among the winner teams.



Intramural Badminton Championship 2018-19

was held from 17th October to 20th October 2018. In this tournament twelve teams participated and the final match was played between Shah Jahan House and Shirazi Hall. Following are the results listed below:

- ❖ **Runner's Up:** Shah Jahan House.
- ❖ **Winner:** Shirazi Hall.

Prof. Muhammad Nawaz Malik (Chief Proctor University Side) was the Chief Guest at the final match and distributed the prizes among the winner teams.





Intramural Volley Ball Championship 2018-19 was held from 24th October to 26th October 2018. In this tournament thirteen teams participated and the final match was played between Sophomore and Shirazi Hall. Following are the results listed below:

- ❖ **Runner's Up:** Shirazi Hall.
- ❖ **Winner:** Sophomore.



Col.(R) Khaqan Mahmood Rana (Head of Security & Safety) was the Chief Guest at the final match and distributed the prizes among the winner teams.



Intramural Table Tennis Championship 2018-19 was held from 24th October to 26th October 2018. In this tournament eight teams participated and the final match was played between Velte Hall and 2nd Year. Following are the results listed below:

- ❖ **Runner's Up:** Velte Hall.
- ❖ **Winner:** 2nd Year.

Col.(R) Khaqan Mahmood Rana (Head of Security & Safety) was the Chief Guest at the final match and distributed the prizes among the winner teams.



Intramural Basket Ball Championship 2018-19 was held from 21st March to 22nd March 2019. In this tournament eight teams participated and the final match was played between Velte Hall and 2nd Year. Following are the results listed below:

- ❖ **Runner's Up:** Velte Hall.
- ❖ **Winner:** 2nd Year.

Col.(R) Khaqan Mahmood (Head of Security & Safety) was the Chief Guest at the final match and distributed the prizes among the winner teams.



Intramural Basket Ball and Table Tennis (W) Championship 2018-19

Sports department and society conducted Intramural Basketball and Table Tennis championship (W) 2019. Ms. Ayesha Anwar, Guardian Hope Tower & Assistant Professor of Economics was the Chief Guest and distributed the prizes among winners.





Results of the championship are listed below:

❖ **Basketball Championship (W)**

- FCCU Blue (1st Position)
- FCCU White (2nd Position)
- FCCU Hope (3rd Position)

❖ **Table Tennis Championship (W)**

- Eliza Khan (1st position)
- Aiza Zaidi (2nd Position)
- Ayesha (3rd Position)



LUMS Premiere League 2019

FCCU cricket team won LUMS Premiere League 2019. The tournament, which was played from 28th March to 1st April 2019. FCCU team defeated LUMS in the semi-final match. FCCU Won the final match against University of Management Technology.



Shan Khan was declared the Player of the Tournament.

Forman Olympiad 2018-19

Played from 26th to 30th November 2018

Cricket Final Match Played between GCU vs FCCU Won by FCCU

Final Match Played between BNU vs FCC Won by FCC

Intermediate Team got Runner Up trophy

Tennis: FCCU Got 3rd Position.

Table Tennis FCCU got 2nd Position in College Side Team.

Former Captain of the National team and the Chief Selector of Pakistan Cricket Team Mr. Inzamam Ul Haq was the chief guest and distribute the prizes among the winners.





Forman Swimming (W) Gala 2018

1st Forman Swimming (W) Gala was successfully conducted on 12th October 2018. In this championship 35 top swimmers in total participated from different universities. FCCU Swimmer **Syeda Muzeyyan Mustafa** was declared best swimmer of the championship by scoring highest number of medals.



One Day Training Workshop on Promoting Positive Parenting through Sports and Physical Education

Health and Physical Education Department of Forman Christian College, A Chartered University, organized a one day workshop on “Promoting Positive Parenting through Sports and Physical Education”. The workshop was well received by students and teachers alike which was reflected in large gatherings at various sessions.



Prof. Fahad Aftab from English in his welcome address highlighted the need of such trainings for teachers, coaches and students too. Soon after the welcome address, Dr Jamshaid Ahmed, HOD of Sports Sciences, University of Lahore, discussed various aspects of Promoting Positive Parenting through Sports & Physical Education and its inevitability in the present era. His dramatic style of involving students was lauded much by all who attended the session.

A health break of fifteen minutes allowed participants and presenters to interact over a cup of tea. The lunch cum prayer break session lasted for 90 minutes,

Attendees gave the good feedback.







Participation in HEC Inter-Varsity Championships 2018-19

FC College participated in HEC (Higher Education Commission) Inter-Varsity Championships. These competitions focused Athletics, Basketball, Cricket, Football, Volleyball, Tennis, Table Tennis and swimming. In this championship women were given an opportunity to participate. FC College teams competed in these championships.

In 2018-19, FC College participated in HEC InterVarsity Championships: Intersarsity Athletics, Badminton, Basketball, Cricket, Football, Table Tennis, Tennis, Swimming and Swimming (W) Championships.

Outstanding performances in HEC 2018-19

❖ **FCCU got 2nd position in HEC's All Pakistan Intersarsity Taekwondo (W) Championship 2019**

FCCU's Student **Abeer Asif** won Silver medal at Higher Education Commission HEC's All Pakistan Intersarsity Taekwondo Women's Championship



2019. She secured this position in the **62 kg** category. We congratulate and appreciate **Abeer Asif** on her tremendous victory and bringing FCCU to the forefront in women's sports.



❖ FCCU got 2nd position in HEC's All Pakistan Intersvarsity Swimming (W) Competition 2019

FCCU took 2nd position in HEC's All Pakistan Intersvarsity Swimming (W) competition 2019.

Syeda Muzeyyan Mustafa, got highest points among All Pakistan Intersvarsity Swimmers. This is a noteworthy achievement. We congratulate and appreciate her efforts for bringing FCCU to the forefront in women's sports.



Muzeyyan Performances are as follows:

Events	Event and Positions			
	FreeStyle	Backstroke	Butterfly	Breast Stroke
50m	Bronze	Silver	Silver	Bronze

100m	Silver	Silver	Silver	Silver
200m	Gold	Gold	Gold	Silver
400m	Gold	-	-	-
800m	Gold	-	-	-
200m Individual Medley	Gold	-	-	-
400m Individual Medley	Gold	-	-	-

LUMS NATIONALS (W)' 19

FCCU participated in LUMS Nationals from 26th April to 28th April 2019. The Basketball match was played between FCCU and KC, FCCU won the match and got second position by defeating KC.



❖ Friendly Basketball Match (W)

Friendly Basketball Match FCC Women Basketball team played a friendly match with LSE. The purpose of this match is to build confidence and revise the temperature among female students in non competitive environment.

Lahore Board Tournaments 2018-19

- **Athletics:**

One of our Student named “Abdul Muqet Alam” Roll Number 24-03420, got Bronze Medal in High Jump.

- **Table Tennis:**

FCCU wins Bronze medal in Lahore Board Inter-Collegiate Table Tennis Championship 2018-19.

- **Volleyball:**

FCCU wins Bronze medal in Lahore Board Inter-Collegiate Volleyball Championship 2018-19.

The matches detail are as follows:

Matches	Participants	Winner
1st Match	FCCU vs Govt College, Daska	FCCU won by 2-0 Sets
2nd Match	FCCU vs Govt. Shalimar College	FCCU Won by 2-0
Semi Final	Forman Christian College vs Superior College, Lahore	FCCU Lost by 0-2
Third Place	FCCU vs Govt. College, Shah Kot	FCCU Won by 2-1

FC College also participated in Badminton, Basketball, Football, Handball, Tennis, Swimming.

Punjab Olympics Games 2018-19

3rd to 7th April 2019

- **Athletics:**

One of our Student named “Abdul Muqet Alam” Roll Number 24-03420, got Silver Medal in High Jump.

- **Table Tennis:**

FCCU wins Silver medal in Table Tennis Championship 2018-19.

- **Volleyball:**

FCCU wins Bronze medal in Volleyball Championship 2018-19.

- **Tennis:**

FCCU wins Silver medal in Tennis Championship 2018-19

FC College also participated in Badminton, Boxing, Football.

LSE Sports Gala 2019

FCCU Cricket team won the LSE Sports Gala. The final match was played between FCCU and Lahore Leads University.

- LLU scored 112 all out in 17 overs.
- FCCU scored 113 runs in 14 overs.
- FCCU won against LLU by 6 wickets.



FCCU Team performance was as follow:

- Mr. Yeltmaz Bukhari was declared as Player of the Tournament with 170 runs and 6 Wickets.
- Mr. Khurram Shahzad was declared as Bowler of the Tournament with 7 Wickets.
- Mr. Ahmed Hassan Butt was declared as Best Wicket keeper of the Tournament with 8 Catches.

HED Intervarsity Super League 2019

Forman Christian College (A Chartered University) Cricket Team participated in HED Intervarsity Cricket Super League 2019 which is held from 23rd March to 15th April 2019.

Details of FCCU Matches are as Follow:

Matches	Participants	Winner
1st Match	FCCU vs GCU	FCCU won by 6 Wickets
2nd - - -	FCCU vs University of Lahore	FCCU Won by 34 Runs
3rd Match	FCCU vs Beaconhouse National University	FCCU won by 4 Wickets
4th Match	FCCU vs LSE	FCCU Won by 24 Runs
5th Match	FCCU vs LUMS	FCCU Won by 54 Runs





ACHIEVEMENTS



Mr. Babar Kamil (H.O.D., Health & Physical Education) presented Paper Presentation “National Conference on Emerging Trends in Sports Science & Physical Education” in University of Lahore.

Mr. Shahzad Nazir (HOD, Athletics & Sports) promoted as an Associate Professor and receiving promotion letter from rector.



Ms. Hira Atta participated and presented a Paper Presentation in “2018 KNSU International Conference & Asia-Pacific Conference on Coaching Science” held in Seoul, Republic of Korea.



She also participated and presented a Paper Presentation in “9th Kuala Lumpur International Communication, Education, Language & Social Science Conference” in Malaysia.

