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# ***FORMAN CHRISTIAN COLLEGE***

(A Chartered University)

**DEPARTMENT OF HEALTH & PHYSICAL EDUCATION**

## **ANNUAL SPORTS NEWS LETTER 2016-17**

Modern sports culture has reoriented human relations in new dimensions and plays a big role in creating a healthy and positive competitive spirit in us. Sports hold a special place and position among FCC community. The Rector and the Vice-Rector take special interest in sports. Their aim is to keep FCC grounds alive and throbbing with different sporting activities for both men and women. In the past as well as in the present, sports have enjoyed top priority. In this regard, FCC Sports Association has created new sports events for FC College campus. Consistently enough, efforts are made to popularize sports among males and females by providing them state-of-the-art facilities and equal opportunities.

In this regard, the services of sports instructors cannot be overlooked. The most important thing is their keen interest that they take in promoting sports spirit among FCC boys and girls. Their services have been made available from dawn to dusk. They however do their best to provide excellent coaching and training to sportspersons on the field that have given FCC students new incentives enabling them to explore themselves through games and sports activities. These sporting activities have inculcated a spirit of cooperation and sportsmanship among FCC students. No doubt, through the services provided by sports department, the students have developed among themselves team spirit and a deep familiarity with the value of individual participation availing themselves of timely opportunities.

Forman Christian College's Sports Department is well poised for preparing FCC students not only for domestic sports but national and international competitions also. The sports department believes that sports are for all where each and every student should get an opportunity to improve their physical and mental capabilities.

FCC has successfully concluded Faculty & Staff competitions that have added new dimensions to the sports program.

As compared to previous years, this year the performance of sports department has been excellent and was widely appreciated.

## **Events of the Year:**

1. **130th Annual Athletics Championship 2017**
2. **5<sup>th</sup> FCC Staff & Faculty Badminton Championships 2016-17**
3. **9<sup>th</sup> Dr. Charles W. Forman Inter-Varsity Football Championship 2017**
4. **6<sup>th</sup> FCC Inter-Varsity Basketball Championship 2016**
5. **Individual Tournaments 2016-17**
6. **Intramural Tournaments 2016-17**
7. **Lahore Board Intercollegiate Championships 2016-17**
8. **Participation of HEC Intervarsity Championships 2016-17**
9. **FCC Tri Series Basketball (W) Championship 2017**
10. **FCC Futsal Tri series championship 2017**
11. **FCC won TILS Cricket Festival 2017**
12. **7-a-side Football League 2016**
13. **Forman Super Sixes 2016**
14. **Sports Gala 2016**
15. **Forman Premiere League 2017**
16. **Forman Football League 2017**
17. **Participation in Other Events 2016-17**
18. **Islamabad United Meet & Greet Session**
19. **Mr. Aleem Dar Visit FC College**
20. **Chief Minister Inter-collegiate Cricket Championship 2017**
21. **Annual Group Photo with Best Performer teams**

# 1. 130th Annual Athletics Championship 2017

The Forman Christian College (A Chartered University) held its 130th Annual Athletics Championship 2017 from 15<sup>th</sup> to 16<sup>th</sup> February 2017. Dr. James A. Tabbe (Rector FCC) and Mr. Shafaat Ahmad Chaudhry, Former Director in the Chief Minister's Secretariat was the Chief Guest at the event. Special arrangements were made to make the tournament a success.

At the opening ceremony, our worthy Rector was the Chief Guest who declared the 130<sup>th</sup> Annual Athletics Championship open. Forman Christian College, Lahore successfully concluded its 130th Annual Athletics Championship in the afternoon of 16<sup>th</sup> February 2017.



The Important thing about this year's event is the record breaking performance of Mr. Zafar Ullah; who broke a 36 years old record in men's 100 meters event. The previous record of 11.00



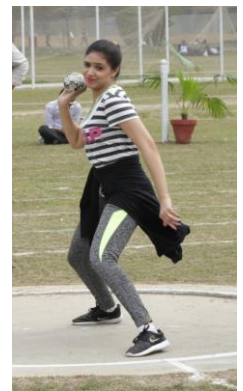
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The Championship reflected the improving Athletics standards of the College. The Chief Guest Mr. Shafaat Ahmad Chaudhry, Former Director in the Chief Minister's Secretariat distributed the prizes. He promised continued support to the College in the field of sports.

Mr. Zafar Ullah and Ms. Shabnam Nawaz were declared the best Athletes. Griswold Hall won the March Past Trophy and Shirazi Hall won Championship Trophy 2017.





Among the sports events held from time to time by FCC Sports Department, the Annual Athletics Championship as a mega event was tastefully organized. The event consisted of major



sports events that fascinate every participant, faculty member and staff. The pleasant February weather attracts everyone to the grounds. The major attractions are as under: Heats, Tug of War (Faculty), Javelin Throw, Cycle Race (Both Girls and Boys), Individual Race, and a lot many



others.

For the competitions, the grounds were decorated with bunting and colorful flags. The Rector FCC opens these competitions which continue for two consecutive days.



The commentary booth keeps the spectators informed of the latest on the field. For two days the playgrounds remain busy and active with sports activities. Camera men and news collectors move here and there to capture the scenes and news items.





**Results of “130th Annual Athletics Championship 2017” are given as under:**

## **130<sup>th</sup> ANNUAL ATHLETICS CHAMPIONSHIP 2017**

### **Results**

15th & 16th February, 2017

<b>Event Name</b>	<b>Position Holders</b>		
	<b>First</b>	<b>Second</b>	<b>Third</b>
Hockey Ball Throw (Girls)	Nida	Suzanne	Rida
2000m Cycle Race (Girls)	Suzanne	Shabnam Nawaz	Alisha
Musical Chairs	Prof. Sana Akbar Bhatti	Ms. Sadaf Sadiq	Prof. Julia Austin
100m ( College Support Staff)	Qaiser	Riaz	Khalid
100m (College Adminstrative Staff)	Suleman Khairullah	Fayyaz Yousaf	Sulman Gill
100m Race (Faculty)	Prof. Kashif Sadiq	Prof. Bilal Ahmad	Prof. Ashiq John
50m Staff Children	Joseph	Alisha	Suzanne
100m Staff Children	Joshua	Hannan	Abdia
200m Prefect Race	Umair Nawaz	Faisal Hayat	Yahya Shamoon
4 x 100m Relay (Faculty Inter Dept)	Prof. Arif/ Prof. Shaukat/ Prof. Raheel/ Prof. Shaukat/ Prof. Umer (Physics)	Prof. Mohsin/ Prof. Bilal/ Prof. Iqbal/ Prof. Kashif (Maths)	Prof. Shahzad/ Prof. Johnson/ Prof. Anil/ Prof. Abida (Urdu)
4000m Cycle Race	M. Farooq	M. Younas	M. Ameen
100m Old Boys Handicap Race	Prof. M. Nawaz	Faisal Meer	Shahzad/ Bilal
100m Sack Race	Haris	Burhan	M. Younas
25 Slow Cycling	M. Younas	M. Ameen	M. Farooq
100m Wheelbarrow Race	Bilal & Haris	Sher Haider / Zakir	M. Younas/ M. Farooq

<b>100m Three Legged Race</b>	Mesan & Zakir	M. Farooq & M. Younas	Abubaker & Hamza
<b>Pillow Fight</b>	M. Awais & Zakir	M. Talha & Abubakar	Anas & Dawood
<b>100m (Girls)</b>	Shabnam Nawaz	Rida	Fizza
<b>200m (Girls)</b>	Shabnam Nawaz	Rida	Saheefa
<b>400m (Girls)</b>	Shabnam Nawaz	Nida	Saheefa
<b>Long Jump (Girls)</b>	Shabnam Nawaz	Saheefa	Nida
<b>Shot Put (Girls)</b>	Natasha	Hania	Perm Rose
<b>Discus Throw (Girls)</b>	Perm Rose	Mahnoor	Shabnam
<b>4 x 100m Relay (Grils)</b>	Shabnam / Hannia/ Suzanne/ Bashair	Saman / Nida / Rida/ Mahnoor	Saheefa/ Sanjeeta/ Naima/ Secrat
<b>4 x 100m Relay</b>	Haris/ Bilal/ Awais/ Moez	Hamza/ Humayun/ Rehan/ Faisal	Umair/ Jahangir/ Namal/ Ahid
<b>4 x 400m Relay</b>	Hamza/ Humayun/ Rehan/ Faisal	Azher/ Muneel/ Talal/ Talha	Adnan/ Zakir/ Sami/ Farrukh
<b>100m</b>	Zafar Ullah Khan	Umair Khan	Hamza Latif
<b>200m</b>	Zafar Ullah Khan	Umair Khan	Azher Iqbal
<b>400m</b>	Zafar Ullah Khan	Azher Iqbal	Hamza Latif
<b>800m</b>	Azher Iqbal	Zafar Ullah Khan	Ehtisham Francis
<b>1500m</b>	Azher Iqbal	Ehtisham Francis	Hamza Latif
<b>5000m</b>	Azher Iqbal	M. Fahim	Farrukh Shahzad
<b>High Jump</b>	Haris	Rehan Shaukat	Zafar Ullah Khan
<b>Long Jump</b>	Zafar Ullah Khan	Naqash Haider	Rehan Shaukat
<b>Triple Jump</b>	Zafar Ullah Khan	Azher Iqbal	Haris
<b>Shot Put</b>	M.Irshad	Ali Waqar	Wahid Khan
<b>Discus Throw</b>	M. Irshad	Wahid Khan	Bilal
<b>Hammer Throw</b>	Hytham Zahid	Zafar Ullah Khan	Adnan Shaukat
<b>Javelin Throw</b>	Abbas	Haris	Burhan

**Best Athlete** Zafar Ullah Khan  
**2<sup>nd</sup> Best Athlete** Azher Iqbal  
**Best Athlete Female** Shabnam Nawaz  
**2<sup>nd</sup> Best Athlete Female** Rida / Perm Rose  
**Championship Trophy** Shirazi Hall  
**March Past Trophy** Griswold Hall

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## 2. 5<sup>th</sup> FCC Staff & Faculty Badminton Championship 2016-17

5<sup>th</sup> FCC Faculty and Staff Badminton Championships were organized by the Sports Department which concluded on 25<sup>th</sup> November 2016. Rector FCC, Dr. James A. Tebbe was the chief guest and distributed the prizes among the winners.

Mr. Rehan Pervaiz, Inventory Incharge, won the Championship Trophy, Mr. Stephen John, Office Manager, Admissions, stood Runner-Up and Mr. Samroon John William, Purchase Auditor, got 3<sup>rd</sup> Place in the Administrative Staff Badminton Championship, 20 Staff members participated in this Championship.



The results of the staff badminton championship are as follows:

Matches	Played Between	Winner
1 <sup>st</sup> Semifinal	Mr. Stephen John Vs Mr. Samroon John	Mr. Stephen John
2 <sup>nd</sup> Semifinal	Mr. Rehan Pervaiz Vs Mr. Raheel Shahzad	Mr. Rehan Pervaiz
3 <sup>rd</sup> Place	Mr. Samroon John Vs Mr. Raheel Shahzad	Mr. Samroon John
Final Match	Mr. Stephen John Vs Mr. Rehan Pervaiz	Mr. Rehan Pervaiz



Meanwhile, Mr. Umer Bhatti (Lecturer) Biological Science Department, won the Championship Trophy.

Mr. Aneel Samuel, Assistant Professor, Urdu Department, got the Runner-Up trophy and Bilal Ahmad, Lecturer, Mathematics Department, got 3<sup>rd</sup> Place in the FCC Faculty Badminton Championship, played on 25<sup>th</sup> November, 2016, six Faculty Members Participated in this Championship.



The results of the faculty badminton championship are as follows:

Matches	Played Between	Winner
1 <sup>st</sup> Semifinal	Prof. Raheel Shamir Vs Prof. Aneel Samuel	Prof. Aneel Samuel
2 <sup>nd</sup> Semifinal	Prof. Bilal Ahmad Vs Prof. Umar Bhatti	Prof. Umar Bhatti
3 <sup>rd</sup> Place	Prof. Raheel Shamir Vs Prof. Bilal Ahmad	Prof. Bilal Ahmad
Final Match	Prof. Aneel Samuel Vs Prof. Umer Bhatti	Prof. Umer Bhatti





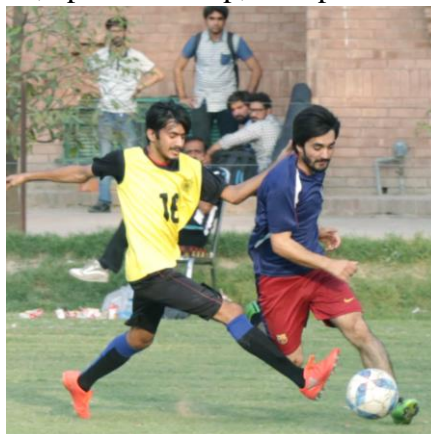
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### 3. 9<sup>th</sup> Dr. Charles W. Forman Inter-Varsity Football Championship 2017

Another important phase of the activities organized by FC College Sports Department was the two significant events namely, 9<sup>th</sup> Dr. Charles W. Forman Inter-Varsity Football Championship 2017. In this event, top Lahore university teams were invited. They presented eye catching performance to the audience who appreciated their skill and talents. Such competitions and Championships were a great feast for the sports lovers. FC College, as it organizes matches and tournaments frequently, its students show special interest in games. The throbbing playgrounds with sports activities have really played a big role in changing students' attitude towards life which is a healthy sign of change.



It is hoped that FC College Sports Department will keep students involved on the playgrounds so that new character of co-operation, sportsmanship, discipline and fraternity could be inculcated



in them. FC College Sports Department envisions to set up new trends in Sports in the years to come.

Championship played from 24<sup>th</sup> to 28<sup>th</sup> April 2017  
9 Universities participated in this championship.

The participating Universities are as follows:

1. GC University
2. COMSATS
3. FAST
4. LEADS
5. Minhaj University
6. Beacon house national University
7. King Edward Medical University
8. Forman Christian College Blue
9. Forman Christian College White

Forman Christian College Sports Department & Society successfully concluded its 9<sup>th</sup> Dr. Charles W. Forman Inter-Varsity Football Championship on 28<sup>th</sup> April, 2017. 3<sup>rd</sup> Place Match played between FCC Blue and GCU. GCU Won by 3-1 goals and got 3<sup>rd</sup> Place. The final Match played between FCC White and LEADS, **FCC White** won by 2-0 goals as a result of which **LEADS University** got 2<sup>nd</sup> Position. **Maj. Gen. (R) Dr. Noel I Khokhar (Executive Dean Schools of Social Sciences and Management)** was the Chief Guest and distributed prizes among the winners.

**Winner:** FCC White

**Runner Up:** LEAD University

**3<sup>rd</sup> Place:** GC University



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#### 4. 6<sup>th</sup> Inter-Varsity Basketball Championship 2017

The championship was played from 25<sup>th</sup> to 28<sup>th</sup> April 2017.

Eight University Teams participated in this championship.

The participating Universities were:

1. GC University



2. COMSATS Institute of Information & Technology
3. Minhaj University
4. University of South Asia
5. King Edward Medical University
6. FAST
7. FCC Red
8. FCC Blue

Forman Christian College Sports Department & Society successfully concluded its 6<sup>th</sup> FCC Inter-Varsity Basketball Championship on 28<sup>th</sup> April 2017.

On 28<sup>th</sup> April, FCC Blue got 3<sup>rd</sup> Place. The final Match of the Championship was played between FCC Red and GCU, GCU won competition by 34-24 scores. As a result of which FCC Red got 2<sup>nd</sup> Position.



Maj. Gen. (R) Dr. Noel I. Khokhar (Executive Dean Schools of Social Sciences and Management) was the Chief Guest and distribute the prizes among the winners.



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## 5. Details of Individual Tournaments:

FCC Sports Dept. every year makes arrangements for individual tournaments. The significance of these tournaments is that they encourage both University and College students to join in competitions. Usually, the matches are held in February, March and April. So the players for each individual match get together to participate from the University and College side.

### 1. 5<sup>th</sup> Individual Badminton(W) Championship 2016-17

Was played from 10<sup>th</sup> to 11<sup>th</sup> November 2016  
concluded on 11<sup>th</sup> November, 2016 with Aghna Naveed as the Winner while Maliha Khan got the Runner-Up Trophy and Isbah Khalid got 3<sup>rd</sup> Place.



The Championship began on 10<sup>th</sup> November with 60 participants: The Chief Guest on the occasion was Dean of Natural Sciences who distributes the prizes among the winners.

**2. 5<sup>th</sup> Individual Table Tennis (W) Championship 2016-17**

Was played from 25<sup>th</sup> to 26<sup>th</sup> November 2016 concluded on 26<sup>th</sup> November, 2016 with Asma Tiwana as the Winner while Mahnoor got the Runner-Up Trophy and Saiha got 3<sup>rd</sup> Place.

The Championship began on 25<sup>th</sup> November with 16 participants: The Chief Guest on the occasion was MS. Ayesha Anwar, Guardian Hope Tower who distributes the prizes among the winners.

**3. 5<sup>th</sup> Individual Table Tennis Championship 2016-17**

Was Played on 1<sup>st</sup> & 2<sup>nd</sup> December 2016 Individual Table Tennis Championship 2016 concluded on 2<sup>nd</sup> December 2016 with Mr. Ahmad Mehboob as the winner while Mr. Shazer got Runner's Up Trophy and Mr. Talha Bin Tariq got 3<sup>rd</sup> Place.



The Championship began on 1<sup>st</sup> December with 32 participants: The Chief Guest on the occasion was Mr. Babar Kamil (Head of Health & Physical Education Department).



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**4. 6<sup>th</sup> Individual TENNIS Championship 2017**

Was Played from 6<sup>th</sup> to 24<sup>th</sup> March 2017 Individual Tennis Championship 2017 concluded on 24<sup>th</sup> March 2017 with Mr. Salman Ayyaz as the winner while Mr. Siraj Khan got Runner's Up Trophy and Mr. Wali Ahmad got 3<sup>rd</sup> Place. The Championship began on 6<sup>th</sup> March with 32 participants: The Chief Guest on the occasion was Prof. Muhammad Malik Nawaz (Chief Proctor University).



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## 6. Intramural Tournaments and FCC Students:

A frequent holding of Intramural Championships have no doubt revealed a new dimension of competitions to FCC students. The impact of these championships is that students find themselves motivated to participate in domestic sports which prepare them to compete at Inter-Collegiate and Inter-Varsity level. These championships have inculcated among students a greater and positive sense of competitions. As a result, they become better and effective citizens of the country. Especially, new sports courses and frequent competitions develop positive trends, which means competitions and sports stand for practical life. One of its impacts is that on account of sports, in the hostels, students live in more co-operative friendship and camaraderie. Another positive effect of competitive participation is that it helps students understand the value of human relationships in a global context. Therefore, the learning abilities get whetted and students begin to show better performance than before.

Intramural Sports competitions, which consist of six resident students teams one from each hostel (Ewing Hall, Griswold Hall, Kennedy Hall, Newton Hall, Velte Hall and West Hall) and Seven of the non-resident students one from each class 1<sup>st</sup> year (Babar House), 2<sup>nd</sup> year (Humayun House), Freshman (Akbar House), Sophomore (Jehangir House), Junior (Shahjehan House), Senior (Aurangzeb House) and post Graduate (Mughal House).

### ➤ Details of Intramural Tournaments 2016-17

#### 1. FOOTBALL

Played from 29<sup>th</sup> September to 7<sup>th</sup> October 2016.

Twelve teams participated in this tournament.

The final match was played between Akbar House and Shahjehan House

- \* Runner's Up: Akbar House
- \* Winner: Shahjehan House









Dr. Sufian Aslam (Dean of Sciences FCC) was the Chief Guest at the final match and distributed the prizes among the winner teams.

2. **BADMINTON**  
 Played from 17<sup>th</sup> to 20<sup>th</sup> October 2016  
 Twelve teams participated in this tournament.  
 The final match was played between Shahjahan House and Shirazi Hall  
 \* Runner's Up: Humayun House  
 \* Winner: Shirazi Hall





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

3. **TABLE TENNIS**

Played from 18<sup>th</sup> to 20<sup>th</sup> October 2016

Twelve teams participated in this tournament.

The final match was played between Aurangzeb House and Akbar House

- \* Runner's Up: Aurangzeb House
- \* Winner: Akbar House

Dr. Monas Shahzad, Guardian Ewing Hall FCC was the Chief Guest at the final match and distributed the prizes among the winner teams.





4. **CRICKET**

Played from 17<sup>th</sup> October to 1<sup>st</sup> November 2016

All Thirteen teams participated in this tournament.

The final match was played between Babar House and Akbar House

\* Runner's Up: Babar House

\* Winner: Akbar House

Mr. Kashif Sharoon (Head of Student Activities FCC) was the Chief Guest at the final match and distributed the prizes among the winner teams.



5. **BASKETBALL**

Played from 8<sup>th</sup> to 10<sup>th</sup> February 2017

Ten teams participated in this tournament.

The final match was played between Akbar House and Aurangzeb House

- \* Runner's Up: Akbar House
- \* Winner: Aurangzeb House



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



6. **Volleyball**

Played from 1<sup>st</sup> to 2<sup>nd</sup> March 2017

Six teams participated in this tournament.

The final match was played between Jahangir House and Shirazi Hall

\* Runner's Up: Shirazi Hall

\* Winner: Jahangir House

Prof. Shahzad Nazir (Asst. Professor, Advisor Sports Society) was the Chief Guest at the final match and distributed the prizes among the winner teams.



7. **BASKETBALL (W)**

Played from 9<sup>th</sup> to 13<sup>th</sup> March 2017

Four teams participated in this tournament.

The final match was played between FCC Blue and FCC Red

\* Runner's Up: FCC Red

\* Winner: FCC Blue

Ms. Amber Mall (Head of Admissions) was the Chief Guest at the final match and distributed the prizes among the winner teams.

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## **7. Participation in Lahore Board Inter-Collegiate Championships 2016-17**

The Lahore Board Inter-Collegiate Championships 2016-17 provided an opportunity to teams and sports lovers to compete and enjoy different sports activities. Colleges in the jurisdiction of Lahore Board participate in these competitions.

In 2016-17, FC College participated in the following sports in Lahore Board Inter-Collegiate Championships: Inter-Collegiate Badminton, Basketball, Football, Handball, Swimming, Table Tennis, Tennis and Volleyball Championships. These competitions gave FC College players a chance to excel. They won most of the championships and earned a good name for their institution.

### **1. Swimming Championship 2016-17**

Played on 27<sup>th</sup> September, 2016.

Forman Christian College Swimming Team got overall 3rd Position in Lahore Board Inter-Collegiate Swimming Championship 2016-17 held at University of Central Punjab, Johar Town on September 27, 2016.



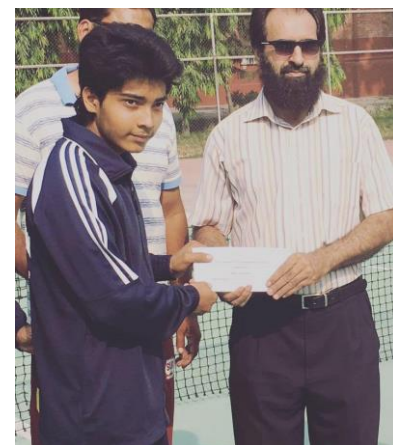
### **2. Tennis Championship 2016-17**

Played on 26<sup>th</sup> to 27<sup>th</sup> October, 2016

Forman Christian College (A Chartered University) won Silver Medal in Lahore board Inter-Collegiate Tennis Championship 2016-17.

In semi final, FCC Defeated Defence Degree Collge and in the final, FCC looses the match

against Government College University (GCU) and got 2nd Position.



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## **8. Participation in HEC Inter-Varsity Championships 2016-17**

FC College participated in HEC Inter-Varsity Championships. These competitions focused Athletics, Athletics (W), Basketball, Basketball (W), Cricket, Football, Football (W), Volleyball, Squash (W) and swimming. In this championship women were given an opportunity to participate. FC College teams competed in this Championship.

In 2016-17, FC College participated in the following HEC Intersvarsity Championships: Intersvarsity Athletics, Badminton, Basketball, Cricket, Football, Table Tennis, Tennis, Swimming and Swimming (W) Championships.

### 3. **HEC All Pakistan Intersvarsity Swimming (W) Championship 2016-17**

was held from 16<sup>th</sup> to 19<sup>th</sup> May 2017

First time In the History of FCC, The Girls Swimming Team got Runner's up Trophy in "All Pakistan Intersvarsity Swimming (W) championship 2016-17" organized by HEC and held at University of Karachi. Syeda Muzayyan Mustafa was declared the best Swimmer of the Tournament and selected in HEC Team.



## 9. **FCC Tri Series Basketball (W) Championship 2017**

Forman Christian College (A Chartered University) successfully concluded its FCC Tri Series Basketball (W) Championship 2017. FCC University Girls Basketball Team Won the Championship by 4-0, at FC College Courts on April 26, 2017.

Following matches were played:

- 1) FCC VS Government College Baghbanpura  
Won by FC
- 2) Government College Baghbanpura VS FAST  
Won by Government College Baghbanpura
- 3) FCC VS FAST  
Won by FC

## 10. **FCC Futsal Tri series championship 2017**

Forman Christian College (A Chartered University) University Girls Futsal Team Won the Futsal Tri series championship 2017 at FC College Ground on April 26, 2017.

Following matches were played:

1) FCC VS LUMS

Won by LUMS

2) FCC VS UOL

Won by FCC

3) UOL VS LUMS

Won by UOL

## **11. FCC won TILS Cricket Festival 2017**

Forman Christian College (A Chartered University) University Cricket Team Won the Cricket Championship in TILS Sports Festival 2017 on March 3, 2017.

The Matches details are as follows:

Matches	Participants	Winner
21-2-2017	Forman Christian College Vs UCL	FCC won by 57 Runs
22-2-2017	Forman Christian College Vs TILS university	FCC won by 137runs
3-3-2017 Final Match	Forman Christian College Vs NCCA	FCC won by 150 Runs

Some of our players got Individual Prizes, which included:

**Best Batsman:** Amjad Khan      **Scored: 138**

**Best Bowler:** Shan Khan      **Wickets: 12**

Special Credit goes to Mr. Asim Maqsood (Cricket Coach) and Mr. Shan Khan (Captain of University team) who performed very well.

## **12. FCC 7-a-side Football League 2016**

held on 18<sup>th</sup> October to 9<sup>th</sup> November 2016

Twenty-four teams participated in 7 a side football championship that took place in the hockey ground. semifinals were played between Los Blancos and Minions and the second match was played between Quetta warriors and Suicide squad. The final took place between Suicide squad and Minions and Minions won under the captaincy of Fahad Amjad Ali.

**RESULTS:**

Third place: Quetta warriors

Runner up: Suicide Squad

Winner: Minions





Best goalkeeper: Abdul Rehman Gilani  
Top scorer: Dawar Mehfooz (14 goals)  
Player of tournament: Hassan Goraya (10 goals, 10 assists)  
Chief guests and presenters: Proctor Nawaz and Sir Shahzad Nazir

### **13. Forman Super Sixes 2016:**

14 teams participated in this tournament. This was knockout based tournament and the final was held between Marlbro's and John Players. John Players won the tournament by 20 runs.

Player of the tournament: Muneel Dar  
Best Batsmen: Abdur Rehman  
**Best Bowler:** Shiekh Abdullah



### **14. FCC Sports Gala 2016**

Was held from 14<sup>th</sup> to 21<sup>st</sup> November 2016

The games included were as follows:

Football, Cricket, Basketball, Table tennis, Lawn tennis, Rugby, Volleyball

The teams which participated in the respective games are as follows:

**Football (Male):**

FCC-A, FCC-B, LUMS, LSE, FAST, BNU, COMSATS, UMT

**Football (Female):**

FCC, LSE, LUMS, NCA

**Cricket (Male):**

FCC-A, FCC-B, USA, LSE, LUMS, BNU, FAST

**Rugby (Male):**

FCC, UMT, LUMS

**Table Tennis (Male):**

LSE, FCC, FAST, BNU

**Table Tennis (Female):**

LSE

**Lawn Tennis (Female):**

LUMS, FCC

**Lawn Tennis (Male):**

GC, FC, LUMS

**Basketball (Female):**

LSE, LUMS, FCC

**Basketball (Male):**

COMSATS, GC, FCC, FAST, LUMS, LSE

**Volleyball:**

FCC, UMT, LSE, LUMS, COMSATS, UCL

**Final results:**

**Football** final was played between **FCC and LUMS**.



The winner of the football team, both male and female, was **LUMS**.

**Cricket** final was played between **FCC vs UMT**.

FCC won the final and secured the first position in Cricket.



**Basketball (male)** was played between **FCC and FAST** and **female** match was played between **FCC and LUMS**.

**FCC managed to secure the first position in Basketball in both male and female**



events.

**Table Tennis** final was played between **FCC and LUMS** and female final was between **LSE vs LSE**.

**LSE** won both male and female Table Tennis finals.

**Lawn Tennis** male was played between **FCC vs LSE** and female was between **FCC vs FCC**.

The first position in Lawn Tennis was bagged by **FCC, both male and female**.

**Rugby** final was played between **FCC vs UMT**.

Rugby final was also won by **FCC**.



**Volleyball** final was played between **UCL and LUMS**.

Volleyball final was won by **UCL**.

## **15. Forman Premiere League 2017**

Was held from 6<sup>th</sup> to 31<sup>st</sup> March 2017.

**16 teams participated in this event which are as under:**

The MOB Squad, FCC Knight Riders, YukDum, Legionaries, LBA, Warriors Cricket Team, Forman Fighters, Griswold Hall XI, Maazi, Marl'bro's, Vikings, Forman Knights, John Players, Khumarian, Nine 11 and The Master Batters

The format of the event was knockout.

Final Result:

The final match of FPL was played between Marl'bro's and Vikings.

Marl'bro's won Forman Premiere League 2017 and became champions for the second time.

Awards:

The Chief Guest of the event was Prof. Muhammad Nawaz (Chief Proctor University) who distributed the following awards.

- Best Bowler: Khurram Watto
- Best Batsman: Shan Khan
- Player of the Tournament: Muqarrab Watto
- Runners Up: Vikings
- Winners: Marl'bros



## **16. Forman Football League 2017:**

Ten teams participated in this tournament. It was held on 4<sup>th</sup> of May to 17<sup>th</sup> of May. Two groups were made consisting of 5 teams each and two teams from each group qualified for the semifinals. Minions defeated XI Fathers in the final of the tournament on penalties. The Chief Guest of the event was Prof. Muhammad Nawaz (**Chief Proctor**) who distributed the following awards.

**Player of the tournament:** Bilal Ashraf

**Best Defender of the tournament:** Abeer Bhindari

**Best Goalkeeper of the tournament:** Abdur Rehman Gilani

**Top Scorer of the tournament:** Shafi Nasar

## **17. Participation in Other Events in 2016-17**

### **Leads Football Championship 2016-17**

Held from 1<sup>st</sup> to 3<sup>rd</sup> December 2016

1<sup>st</sup> Match played between FCCU and LSE  
won by FCCU by 3-0 goals.

2<sup>nd</sup> Match played between FCCU and FAST  
Won by FCCU by 2-0 goals.

1<sup>st</sup> Semi Final match played between FCCU and Leads  
FCCU lost by 1-0

### **FAST Sports Challenge' 17**

Held from 17<sup>th</sup> to 19<sup>th</sup> March 2017

1<sup>st</sup> Match played between FCCU and FAST (Islamabad)  
won by FCCU by 2-1 goals.

2<sup>nd</sup> Match played between FCCU and Lahore Football Club  
Won by FCCU by 2-0 goals.

1<sup>st</sup> Semi Final match played between FCCU and FAST (Lahore)  
FCCU lost by 4-3 goals. (Match decided on penalty kick)

### **BNU Football Rumble 2017**

held from 29<sup>th</sup> March to 3<sup>rd</sup> April 2017

1<sup>st</sup> Match played between FCCU and Pak Institute University  
won by FCCU by 4-2 goals.

2<sup>nd</sup> Match played between FCCU and UMT  
Won by FCCU by 1-0 goals.

1<sup>st</sup> Semi Final match played between FCCU and COMSATS  
FCCU lost by 4-3 goals. (Match decided on penalty kick)

### **Lahore Football League 2017**

held from 8<sup>th</sup> April 2017

1<sup>st</sup> Match played between FCCU and GCU  
FCCU Lose by 2-0 goals.

### **LLC Sports Fest 2017 (Table Tennis)**

held from 10<sup>th</sup> to 12<sup>th</sup> February 2017

FCC participated in LLC Sports Fest Table Tennis Tournament 2017

### **7<sup>th</sup> Inter-Collegiate Punjab Olympic Games 2016-17 (Volleyball)**

held from 2<sup>nd</sup> to 4<sup>th</sup> November 2016

1<sup>st</sup> Match played between FCCU and Government Gulberg College  
won by FCCU by 2-0 Sets.

2<sup>nd</sup> Match played between FCCU and Ikhwan Science College  
Won by FCCU by 2-0 Sets.

Semi Final match played between FCCU and Punjab College  
Won by FCCU by 2-0 Sets.

Final Match played between FCCU and Concordia College  
FCCU lost by 2-1 Sets and got 2<sup>nd</sup> Position.

### **University of Lahore Sports Fest 2017 (Girls Futsal)**

held from 29<sup>th</sup> April 2017

FCCU Girls Futsal Team got 3<sup>rd</sup> Place in University of Lahore Sports Fest 2017

### **UOL Tournament:**

FCC Girls Football team participated in UOL Sports Fest '17 held on 29<sup>th</sup> April. They got 3<sup>rd</sup> position.

### **LUMS Tournament:**

FCC Girls Football team participated in LUMS Sports Gala held on 7<sup>th</sup> and 8<sup>th</sup> October 2016. They got knocked out in the semifinals.

### **FAST Tournament:**

FCC Male Football team participated in FAST tournament held in April '17. They got out in the semifinals of the tournament.

### **GIKI Tournament:**

Both male and female football teams took part in FUTSAL tournament in GIKI sports gala held on 2<sup>nd</sup> to 4<sup>th</sup> December 2016. Boys' football team got knocked out in the quarter finals of the tournament and girls' football team won the tournament.

## **18. Islamabad United Meet & Greet Session:**

Islamabad United team members and management, including captain Misbah Ul Haq and Dean Jones and managers Rehan Ul Haq and Hassan Cheema came to FCCU for their trophy tour.

## **Team Islamabad United visits FC College**

**N**  
**FARID KHAN**  
**LAHORE**

Islamabad United team members and management, including captain Misbah-ul-Haq, coach Dean Jones and managers Rehan Ul Haq and Hassan Cheema, have taken to FC College in their PSL trophy tour event organised by Forman Sports and Music Societies.

The team was welcomed by chief proctor Nawaz Malik and presidents Noldhaiz Joseph and Abuzar Hassan. The event started off with a documentary which was played in the wake of Islamabad United's win in the PSL. The crowd erupted as soon as Misbah and Dean Jones entered the hall.

Misbah lauded the efforts of the entire squad which was the key in his team's success. "We were down and out at one stage of the competition. We needed five wins in a row at one stage to win the event. We did not lose hope and continued our struggle which paid off in the end and we emerged as victorious."

Misbah explained the difficulties he had to face while he was doing his MBA. "I used to play matches all the day and then take evening MBA classes. It was not easy for me as I used to take very little sleep in the night, when there were



Team Islamabad United and FC college officials pose for a photo.

exams. My mother always motivated me to do well and I am thankful to her and to my wife for all their support."

Misbah thanked his team members, saying without them, the Test team success would not have been possible. He confirmed the franchise would love to sign AB de Villiers. "For the upcoming draft, I won't mind signing AB de Villiers. I utterly trust my team management to pick the best available players."

Dean Jones shared some light moments with the crowd, took part in the pushups

challenge and even went on to take a dig at Lahore Qalandars. "I am loving the crowd over here, but if anyone here is a Lahore Qalandars' supporter, the exit door is that way (laughs)."

Dean Jones also lauded Misbah's captaincy during the PSL and raised eyebrows on him not being part of Pakistan's T20I team. "Misbah is right up there with the best players I have coached. He is a fantastic T20 player and it is very surprising for me that he is not part of the national T20I team anymore."



## 19. Mr. Aleem Dar Visit FC College

International Empire and Pride of Pakistan, Mr. Aleem Sarwar Dar Visited the FC College and shared his expertise with our University Cricket Team. All team members were excited to see him.







## 20. Chief Minister Inter-collegiate Cricket Championship 2017

Held From 26<sup>th</sup> April to 4<sup>th</sup> May 2017 at the ground of Race Course, Lahore

1<sup>st</sup> Match Played between FCC Vs Gulberg College  
FCC Set a target of 240 runs. Won by FCC by 90 runs.

FCC Team reached in semi-finals which played against Unique College  
FCC set a target of 218 runs. Won by FCC by 133 Runs.



Final Match Played between FCC and Government Science College  
FCC set a Target of 126 runs. FCC Loose by 4 Wickets in which result, FCC got Runner Up trophy.

## 21. Annual Group Photo with Best Performer teams

FCC Sports Department held the annual group photo for 2016-17 with FCC Rector Dr. James A. Tebbe and Students who had performed outstandingly in different sporting competitions.

After Group photo, Dinner was served which was sponsored by **Chaudhary Mehmood Nasir, CEO**, Mehmood and Borthers Cafeteria. The Rector, Dr. James A. Tebbe appreciated the students, specially



our Girls Swimming Team who got Runner's Up Trophy in All Pakistan Inter-varsity Swimming (W) Championship 2016-17 and distributed the shields for their outstanding performance.

**University Girls Swimming team receiving souvenir from the Rector, Dr. James A. Tebbe.**



**University Basketball Team:**



**University Girls Basketball Team:**



**University Cricket Team:**



**University Football Team:**



**University Rugby Team:**



**University Girls Swimming team:**



