



# 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.**



**Mr. Brian Furches**  
**Head Coach of Athletics**  
**Health & Physical Education Department.**



**Mr. Sharoon David**  
**Office Assistant,**  
**Health & Physical Education Department.**

# SPORTS COACHES



**Mr. Leaaq Naveed**

**Athletics Coach**



**Mr. Iraj Gill**

**Basketball Coach**



**Mr. Sunny Azam**

**Cricket Coach**



**Mr. Syed Arafat Ali**

**Football Coach**



**Mr. Muhammad Ahsan Umar**

**Volleyball Coach**

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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, FC College 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 2021-22***

## ***Events of the Year***

- 1. 134<sup>th</sup> FC College Annual Athletics 2021-22**
- 2. Intramural Championship 2021-2022**
- 3. 9<sup>th</sup> FC College Faculty & Staff Badminton Championship 2021**
- 4. Participation Intercollegiate Championship 2021-22**
- 5. Central Punjab Cricket Championship 2021-22**
- 6. 3-day Transformational Coaching Workshop Organized by Sports Department & GSP 2022**
- 7. Prize Distribution Ceremony 2021-22**

# 134<sup>th</sup> FC college Athletics championship 2021-2022

Forman Christian College (A Chartered University) held its 134<sup>th</sup> FC college Athletics Championship in its main ground, with participation by students 250 plus.

Event	Position		
	3 <sup>rd</sup>	2 <sup>nd</sup>	1 <sup>st</sup>
100m Race	Awais Maqbool	M. Ahmed	Aqa gul
200m Race	Aqa gull	Saghir Masih	Awais Maqbool
400m Race	Saghir Masih	M. Rasheed	Asad
800m Race	Alyan Shmoon	Saghir Masih	Asad Yousaf
1500m Race	Joel	Yashwa	Asad Yousaf
4*100m Relay	Rashid/Rayyan/ Ali Raza/ Ahmed	Asadyousaf / Muhammad abdulla /Azhar Mahmood/ Adan	Awais Maqbool/Sameer /Sohail ahmed/ Aqa gul
High Jump	Yashwa	Awais Maqbool	Ahmed Qureshi
Long Jump	Rayyan Ahmed	Adeel Akbar	Saghir Masih
Discuss Throw	Saghir Masih	Asad Yousaf	Sohail
Shot pot	Nahum Emmanuel	Joel Younas	Hasnain Akbar
Javelin Throw	Nahum Emmanuel	Joel Younas	Hasnain Akbar
Best Athletic:	Asad Yousaf		
Second Best Athletic	Saghir Masih		







## Intramural Championship 2021-2022

### Badminton (doubles):

**Date: 31<sup>st</sup> March to 1<sup>st</sup> April**

In this tournament 20 players participated, and the final match of badminton (doubles) was played on 1<sup>st</sup> April.

The results are below:

Roll#	Name	positions
26-01925/ 26-01917	Ali Raza / Syed Alle Ali	Runner's Up
27-05318/ 27-05447	Ahmer Ali / Bryan Yousaf	Winner



## Basketball:

**Date:** 31<sup>st</sup> March to 1<sup>st</sup> April

In Basketball tournament 5 teams (60 students) participated, and the final match was played between Medical Jr. and Velte Hall teams.

The result is below.

Roll#	Name	Positions
27-02202	Waseem Agha	RUNNER's UP
27-033105	Ali Khan Jan	RUNNER's UP
27-02104	Wahab	RUNNER's UP
27-03304	Abdul Rehman	RUNNER's UP
27-05101	Nasir Agha	RUNNER's UP
27-02301	Mujtaba Agha	RUNNER's UP
27-03203	Ali gul Hassan	RUNNER's UP
27-003304	Hammad Raza	RUNNER's UP
27-01309	Hilal	RUNNER's UP
27-01008	Hassan Wajdan	RUNNER's UP
27-01718	Jamshed Basharat	Winner
27-01717	Junaid Basharat	Winner
27-01114	Youhana Arif	Winner
27-001132	M. Sufyan	Winner
27-01649	Rehman Ullah	Winner
27-01638	Adan	Winner



## Table Tennis:

**Date:** 31<sup>st</sup> March to 1<sup>st</sup> April

In this tournament 8 Player participated, and the final match was played between below Player.

Following are the results listed below:

<b>Roll #</b>	<b>Name</b>	<b>Positions</b>
<b>27-01140</b>	<b>Abdullah Amir</b>	<b>Runner's up</b>
<b>27-01939</b>	<b>Daniyal Nasir</b>	<b>Runner's up</b>
<b>26-002132</b>	<b>Fakhir</b>	<b>Winner</b>



## Tennis:

**Date:** 31<sup>st</sup> March to 1<sup>st</sup> April

In this tournament 8 Player participated, and the final match was played between following Players and result are following:

<b>Roll #</b>	<b>Name</b>	<b>Positions</b>
<b>27-01142</b>	<b>Yahya Ahsan</b>	<b>Runner's Up</b>
<b>27-01104</b>	<b>M. Afnan</b>	<b>Winner</b>

## **Tennis Doubles:**

**Date:** 31<sup>st</sup> March to 1<sup>st</sup> April

In this tournament 4 teams participated, and the final match of tennis was played between below Players team.

Following are the results listed below:

<b>Roll #</b>	<b>Name</b>	<b>Positions</b>
<b>27-01142</b>	<b>Yahya Ahsan / Khayan</b>	<b>Runner's Up</b>
<b>27-01620/ 27-03619</b>	<b>Syed farhad Nadir / Mustafa</b>	<b>Winner</b>

## Volleyball

**Date:** 31<sup>st</sup> March to 1<sup>st</sup> April

In this Volleyball tournament 6 teams participated, and the final match was played between Newton Hall and Velte hall.

Following are the results listed below:

<b>Roll #</b>	<b>Name</b>	<b>Positions</b>
27-05127	Nasir Khan	Runner's Up
27-02104	Abdul Wahab	Runner's Up
27-01310	Mushahid Ali	Runner's Up
27-01235	Zia-Ullah	Runner's Up
27-05102	Mir A. Rehman	Runner's Up
27-03224	M. Faizan Karim	Runner's Up
27-06220	M. Tanees Sajid	Runner's Up
27-03233	Omer Ali	Runner's Up
26-01718	M. Ammar	Winner
26-01717	Haider Cheema	Winner
26-01745	Haris Javed	Winner
26-02239	Raja Suleman	Winner
26-01707	Abdullah Rana	Winner
26-01903	Sumair	Winner
26-05440	Humayon Wattoo	Winner



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## 9th FCCU Faculty & Staff Badminton Championship 2021



9<sup>th</sup> FC College Faculty and Staff Badminton Championships organized by The Department of Health & Physical Education & Sports which concluded on 30<sup>th</sup> November 2021, Mr. Babar Kamil (HOD, Health & Physical Education Department), Mr. Shahzad Nazir (Head Athletics & Men Sports) Dr. Ivan Suneel Samuel declare the championship Open and encourage the participants. The Badminton Championship concluded on 2nd December 2021, Dr. Jonathan Addleton (The Rector FCCU) distributed the prizes among the winners and promise to continue the support of college sports.







Mr. Shahar Yar, College Academic Office Associate, won the Championship Trophy, Mr. Shahid Gill IT Assistant, stood Runner-up and Mr. Moqueet Afzal, Senior Librarian got 3<sup>rd</sup> Place in the Administrative Staff Badminton Championship. 25 Staff members were participated in this Championship.





**The results of the staff badminton championship are as follows:**

Mr. Shahar Yar, College Academic Office Associate, won the Championship Trophy, Mr. Shahid Gill IT Assistant, stood Runner-up and Mr. Moqueet Afzal, Senior Librarian got 3rd. Place in the Administrative Staff Badminton Championship. 25 Staff members were participated in this Championship.

<b>Matches</b>	<b>Played Between</b>	<b>Winner</b>
1 <sup>st</sup> Semifinal	Mr. Shahid Gill Vs Mr. Moqueet Afzal	Mr. Shahid Gill
2 <sup>nd</sup> Semifinal	Mr. Shahar Yar Vs Mr. Farrukh Shahzad	Mr. Shahar Yar
3 <sup>rd</sup> Place	Mr. Moqueet Afzaal Vs Mr. Farrukh Shahzad	Mr. Moqueet Afzaal
Final Match	Mr. Shahar Yar Vs Mr. Shahid Gill	Mr. Shahar Yar

**The results of the staff badminton Doubles championship are as follows:**

Mr. Shahar Yar, College Academic Office Associate, and Mr. Rehan Sohail, College Information Officer won the Doubles Championship Trophy, Mr. Azher Iqbal, Fixed Asset Executive and Mr. Asher Anwar, Senior Purchase Executive stood Runner-up and Mr. Shahid Gill IT Assistant and Mr. Rehan Pervaiz Senior Inventory Officer got 3rd. Place in the Administrative Staff Badminton Doubles Championship. 8 Teams were participated in this Championship.

<b>Matches</b>	<b>Played Between</b>	<b>Winner</b>
1 <sup>st</sup> Semifinal	Mr. Sohail Anwar/ Mr. Nouman Anwar Vs Mr. Azher Iqbal / Mr. Asher Anwar	Mr. Azher Iqbal / Mr. Asher Anwar
2 <sup>nd</sup> Semifinal	Mr. Rehan Pervaiz/ Mr. Shahid Gill Vs Mr. Rehan Sohail/Mr. Shahar Yar	Mr. Rehan Sohail/Mr. Shahar Yar
3 <sup>rd</sup> Place	Mr. Rehan Pervaiz/ Mr. Shahid Gill Vs Mr. Sohail Anwar/ Mr. Nouman Anwar	Mr. Rehan Pervaiz/ Mr. Shahid Gill
Final Match	Mr. Azher Iqbal / Mr. Asher Anwar Vs Mr. Rehan Sohail/Mr. Shahar Yar	Mr. Rehan Sohail/Mr. Shahar Yar



**T Meanwhile, Mr. Bilal Ahmed, Assistant Professor, Mathematics Department won the**

Championship Trophy. Mr. Muhammad Umar Bhatti, Assistant Professor, Biological Department, got Runner Trophy and Mr. Rizwan Dawood, Lecturer, History & Pak. Studies, got 3rd. Place in the College Faculty Badminton Championship. 9<sup>th</sup> Faculty Members Participated in this Championship. He results of the faculty badminton championship are as follows:

Matches	Played Between	Winner
1 <sup>st</sup> Semifinal	Mr. M.Umar Bhatti Vs Mr. Arif Allah Rakha	Mr. M. Umar Bhatti
2 <sup>nd</sup> Semifinal	Mr. Bilal Ahmed Vs Rizwan Dawood	Mr. Bilal Ahmed
3 <sup>rd</sup> Place	Mr. Arif Allah Rakha Vs Mr. Rizwan Dawood	Mr. Rizwan Dawood
Final Match	Mr. M. Umar Bhatti Vs Mr. Bilal Ahmed	Mr. Bilal Ahmed



Ms. Sonia Faqeer, Student Dealing Executive Accounts won the Championship Trophy. Ms. Syeda Minahil Mustafa, Swimming Coach got the Runner-Up trophy and Ms. Farwa Naz, Executive Accounts got 3<sup>rd</sup> Place in the FCC Staff (W) Badminton Championship. 7 female staff Members Participated in this Championship.

Matches	Played Between	Winner
1 <sup>st</sup> Semifinal	Ms. Syeda Minahil Mustafa Vs Ms. Naira Francis	Ms. Syeda Minahil Mustafa
2 <sup>nd</sup> Semifinal	Ms. Farwa Naz Vs Ms. Sonia Faqeer	Ms. Sonia Faqeer
3 <sup>rd</sup> Place	Ms. Farwa Naz Vs Ms. Naira Francis	Ms. Farwa Naz
Final Match	Ms. Sonia Faqeer Vs Ms. Syeda Minahil Mustafa	Ms. Sonia Faqeer



## Volleyball Intercollegiate championship:

**Date:** 09-11-2021

**Venue:** GC University

**Team Official:** Laeeq Naveed

It is for your kind information that the Forman Christian College Volleyball team participated in the Lahore board inter-Collegiate Volleyball Championship 2021 at GC University on 9-11-2021. Ten different college teams took part in this championship.

FCC got 3<sup>rd</sup> Place and one of our players named **Humayun Shoaib** is selected for the Lahore board Volleyball Team, this team will participate in the All-Pakistan Inter-Board Championship.

We congratulate our College Volleyball team for this achievement.



# TENNIS Intercollegiate Championship:

**Date:** 03-12-2021

**Venue:** Gov. GCU Lahore.

**Team Official:** Mr. Amanvel Anwar

Forman Christian College played for 3rd position match against Superior College. We won that match and got **3rd** position in inter Collegiate Championship.

# Table Tennis Intercollegiate Tournaments 2022:

**Date:** 14-01-2022

**Venue:** GC University

**Team official:** Ahsan Umar

we participated in Inter Collegiate Table Tennis Championship we won 1<sup>st</sup> match against DHA College Then we qualify for the semifinal. We played semifinal against GCU and after the interesting competition match, we lose the semifinal against GCU.

Then we played the **3<sup>rd</sup>** position match against Superior College. We won the match and got **3<sup>rd</sup>** position in intercollegiate championship.





# Central Punjab College Cricket Championship 2022

## 1<sup>st</sup> Match

**Date:** 31-01-2022

**Venue:** Punjab University 3 New Campus, Lahore.

**Cricket Coach:** Mr. Sunny Azam

Forman Christian College Cricket team won the 1st match of HED Central Punjab Colleges Cricket League 2022 on 31st January 2022.

The Match was played between FCC vs Government Shalimar Graduate College, FCC Won by 10 Wickets, and awarded the Winning cash Prize of Rs. 5000/-

Our Cricket team did an outstanding performance. One of our players named Rai Muhammad Waseem Akram to declare Man of the Match and awarded with Rs. 2000/- Cash Prize.

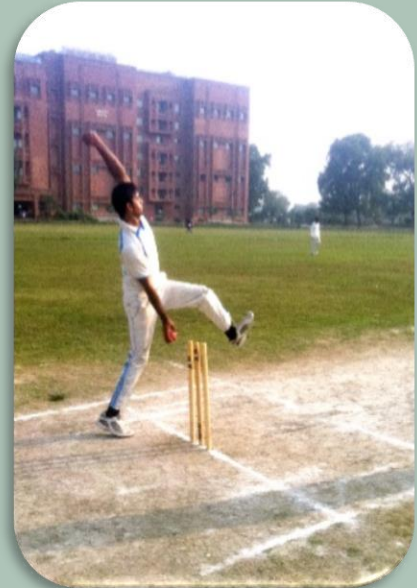
His performance is here below:

Over 7

Wickets 4

Runs 21

We appreciate him for his outstanding performance in the batch as well as the team.



## 2<sup>nd</sup> Match Report

**Date:** 02-02-2022

**Venue:** Punjab University 3 New Campus, Lahore.

**Cricket Coach:** Mr. Sunny Azam

Forman Christian College Cricket team won the 2<sup>nd</sup> match of HED Central Punjab Colleges Cricket League 2022 on 2<sup>nd</sup> February 2022.

The Match was played between FCC vs Government MAO College. MAO College Scored 146 Runs in 37 overs, FCC Won by 6 Wickets in 18 overs and awarded the Winning cash Prize of Rs. 5000/-

Our Cricket team did an outstanding performance. One of our players named Zalan Khan to declare Man of the Match and was awarded Rs. 2000/- Cash Prize.

His performance is here below:

Runs 90 (Not out)

One of our players named Bilal Waseer also did an outstanding performance.

His performance is here below:

Over 7

Wickets 4

Runs 33

We also appreciate him for his outstanding performance.





## 3rd Match Report

**Date:** 07-02-2022

**Venue:** Forman Christian College, Lahore.

Forman Christian College Cricket team won the 3rd match in their pool of HED Central Punjab Colleges Cricket League 2022 on 7th February 2022 and qualified for the Semi-Finals.

FCC team remained unbeaten and got top position in their Pool.

The Match was played between FCC vs Concordia College, Concordia College scored 96 runs in 26 overs, FCC Won by 8 Wickets in 14 Overs, and was awarded the Winning cash Prize of Rs. 5000/-

Our Cricket team did an outstanding performance in their Pool.

One of our players named Bilal Waseer declared Man of the Match did an outstanding performance.

His performance is here below:

Over 7

Wickets 3

Runs 22

We appreciate the FCC team for this Achievement. We congratulate and good wishes for our Cricket team for the Semi-Finals.





## Semi-Final Match Report

**Date:** 10-02-2022

**Venue:** Forman Christian College, Lahore.

Forman Christian College Cricket team lost the **Semi-Final** match of HED Central Punjab Colleges Cricket League 2022 on 10th February 2022.

The match was played between FCC vs Punjab College, unfortunately, FCC lost the match by giving the tough time of the opposite team.

Overall, our team did an outstanding performance in this match.

Aman Ali butt Scored 62 and Syed Muneeb Faraz got 3 wickets in this match.

We appreciate all the team for their outstanding performance in the batch.

**Achievements:**

**Date: 14<sup>th</sup> Feb to 1<sup>st</sup> March:**

The following students are registered member college cricket team. They represent our college cricket team in central Punjab cricket league and select for Lahore board team. They represent Lahore board team in Pakistan board team Cricket Championship and got winner's trophy.

<b>Sr no</b>	<b>Name</b>
<b>1</b>	<b>Amaan ali Butt</b>
<b>2</b>	<b>Fakhir fayyaz</b>

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### 3-day Transformational coaching Workshop organized by sports department & GSP.

The FC College Sports Departments and GSP organized a 3 days' Coaching Transformational workshop. The purpose of the workshop to Educate the Coaches about Athletic Injuries, Preventions, and Rehabilitation



Chief guest was **Dr. Ivan Suneel Samuel** (Vice-Rector) distributed the Certificates to all participants. Present the souvenirs to the vice-Rector.





The guest Speakers were Dr. Kyle Schwindt, Dr. Nick Moore, and Mr. David DeLaughter.





## Prize distribution ceremony:

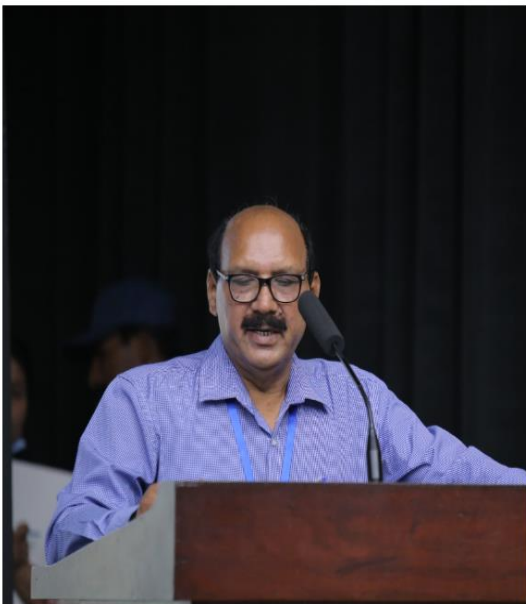
Prize distribution Ceremony was held on 12th April 2022. The event started with the recitation of the holy Bible and the holy Quran by College students. Ms. Maria Yousaf, from Computer Sciences hosted the event and announced the names of all the winners and runner's up.

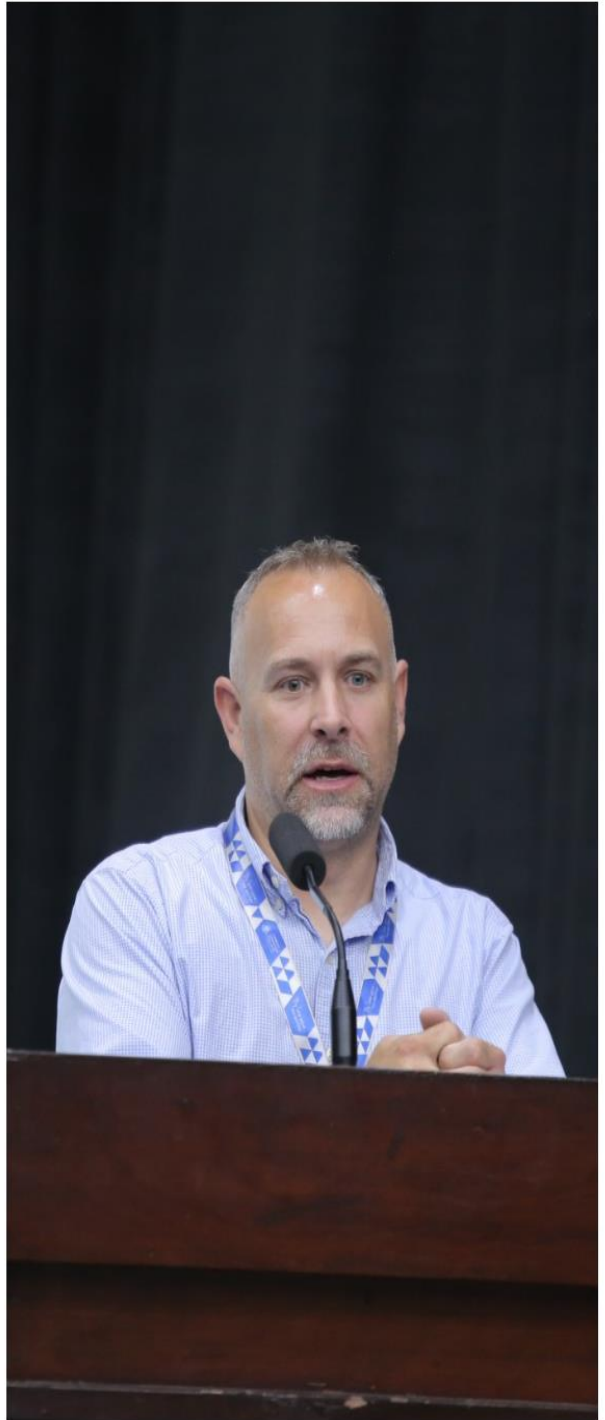
The worthy Vice Rector distributed medals and trophies. The Guest of Honors, Dr. Lubna Amir (Coordinator & HOD Chemistry Dep), Mr. Brain Furches (Senior Athletic Director), Mr. Arooj Justin (Chief proctor), Dr. Aneel Samuel (HOD Urdu), Mr. Shahzad Nazir (HOD Department of Health & Physical Education), Ms. Eram George (HOD English), Mr. Rehan Sohail, Mr. Saleem Masih (HOD History & PAK Study), Mr. Kamran James (HOD





Political science) Mr. Akram Noul (HOD Computer), Mr. Khurram Shahzad (HOD Commerce), Professor Tahir Masood (Urdu), Ms. Julia Austin (HOD Mathematics) also graced the occasion with their presence and distributed prizes along with the worthy Vice Rector.











The Chief Guest presented the trophies to the Best and 2nd best athletes. At the end Dr. Aneel Samuel and Mr. Babar Kamil presented a souvenir to the chief guest.

