



پوهنتون کاردان
KARDAN UNIVERSITY

INSPIRE

The Monthly Employee Newsletter

March 2021

Employee of The Month

Mohammad Omar Kamal

University Communications Manager

Reflections

A Story: Colleagues and Best Friends

Youngest Colleagues at Kardan University

Birthday Wishes



Kardan University wishes a happy birthday to all of our employees who celebrate their birthdays in March.



Ihsanullah Ahmadyar

March 1



Mohammad Elyas Nasery

March 3



Abdul Khaliq Khan Shinwari

March 5



Kubra Ali

March 5



Faizan Ahmad

March 6



Mohammad Sediq Sadozai

March 11



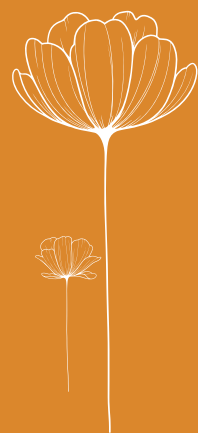
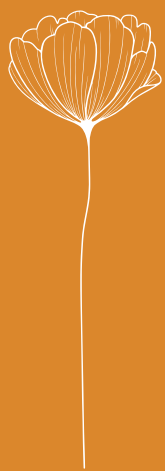
Mahdi Rezai

March 12



Ahmad Omer Zazay

March 15





Sayed Fahim Sadat

March 17



Zuhra Momand

March 21



Mohammad Fahim Farahmand

March 23



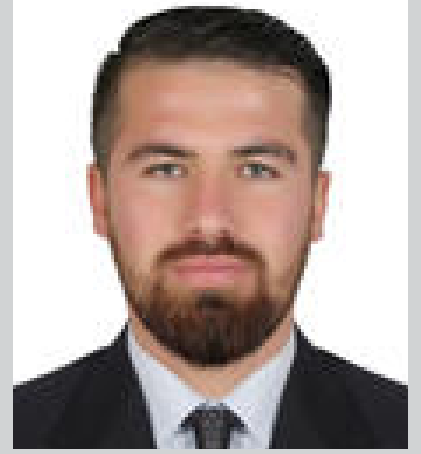
Riaz Ahmad Ziar

March 23



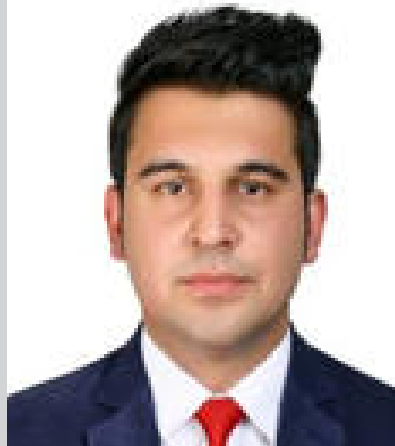
Rahmatullah Ibrahim

March 24



Faizullah Rajabi

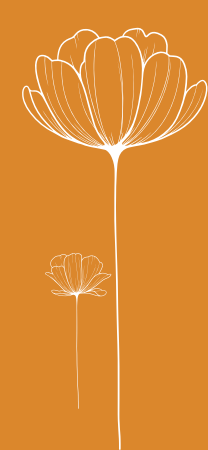
March 27



Noorullah Babakarkhail

March 28

*Wishing our staff and faculty all
the best on their birthdays!
Upwards & Onwards.*



Employee of the Month



Mohammad Omar Kamal

University Communications Manager

Inspiring
perseverance, professionalism, and
passion at Kardan University

We are pleased to introduce Mohammad Omar Kamal, University Communications Manager, as the Employee of the Month February 2021.

Mr. Kamal is being recognized for his tireless efforts, dedication, and professional management of the Office of University Communications, a strategic and fundamental pillar of Kardan University's drive towards excellence.

Since his rejoining Kardan University on October 10, 2020, he has developed and completed significant communications and public engagement initiatives, including the Spring 2021 Strategic Enrolment Campaign, promotion of academic programs, faculty, students, alumni, and development of high impact branding and marketing concepts. Mr. Kamal represents the best and brightest professionals serving our academic community.

We wish him all the very best as he strives together with his team to create an impact in the lives of Afghanistan's young generation.

New Employee Introduction

We are pleased to introduce and welcome Mr. Imran Aminyar and Mr. Muahammad Zakria Sahibzada as cashiers at Kardan University. They have joined our inspiring team on February 18, 2021.



Mr. Imran Aminyar

i.aminyar@kardan.edu.af

Education:

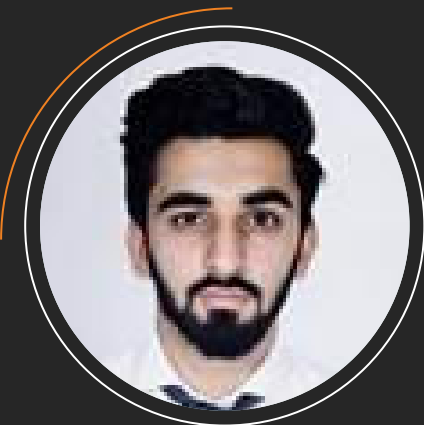
- BBA, Rana University
- DEL, Azerakhsh English and Computer Center

Experience:

- Finance Officer, Exchanger Zone Company



"It's two weeks now that I am working with Kardan University, and I can say that the experience till now is impressive."



Mr. Muahammad Zakria Sahibzada

z.sahibzada@kardan.edu.af

Education:

- BCS Graduate, Kardan University
- DEL, Bo Ali Seena English Language Center

Experience:

- Over five years of experience in finance, banking, marketing, and administrative in Azizi Bank, Zoot Zoot Application Platform, and Afghan Evaluation Society



"First of all, I would like to thank the whole Kardan family for giving me such a warm welcome on joining Kardan University."



Employee's New Baby Born



Sana Mutahire

Daughter of Kubra Ali Web Developer

Lucky Draw Winners

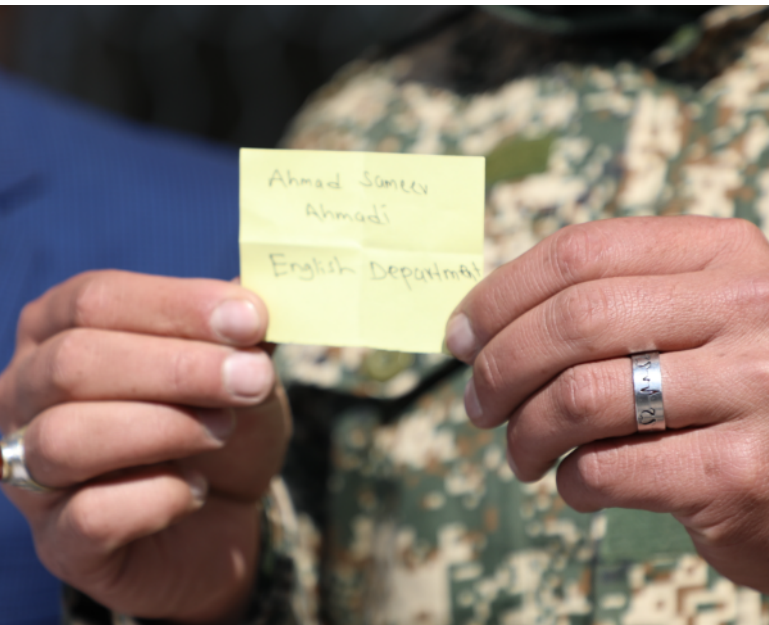


Ahmad Sameer Ahmadi
Yar Mohammad
Shabeer Ahmad Lal

Winning Prize

- Free Bowling Session with a Colleague
- Refreshment up to AFN 2500





Then and Now: A Decade Change and Progress in Employees

An organization must retain top talent – especially in the younger workforce. Kardan University, through the Human Resources Department, strived and provided reasonable benefits packages to retain top talents.

Kardan University warmly thanks Mr. Mohammad Bilal Sharifi and Mr. Mohammad Sharif for their commitment to the University.



Then



Now

Mr. Mohammad Bilal Sharifi has worked in different positions since 2008, such as Cashier, Inflow Officer, HR Officer, Finance Officer. He is currently working as a Finance Manager at Kardan University.



Then



Now

Mr. Mohammad Sharif has worked in different positions at Kardan University since 2007, such as Support Staff, Admin Assistant, and Admin Officer. Currently, he is working as an Inventory Officer.

Thank You Note



I would like to thank my colleagues at the Enrollment Office for their hard work and dedication. The Enrollment Team is hardworking and acts as the University Ambassadors and promotes Kardan University's image to the public.

During Spring 2021, the Enrollment Team facilitated the Enrollment process for around 750 new English language programs applicants and provided registration for 700 applicants of the English Proficiency Program.

They are currently registering Kardan University's graduate and undergraduate programs' applicants.

I am delighted to appreciate the Enrollment Team for their enthusiasm and commitment and wish them the best of luck in their future endeavors.

Mohammad Mustafa Ayube
Strategic Enrollment Manager

Kardan University Conducts the Stress and Anger Management Training for Its Employees



Ms. Sajida Muhammad Tayyeb delivered training on February 8, 2021, regarding "Stress and Anger Management" for Kardan University's employees at the Taimani campus. The University's HR Department facilitated the training.

Reflections

An Interview with Kardan University's English Language Programs Coordinator



1

Could you please tell us about your education?

I have studied school in Pakistan and graduated from Peshawar Model School in 2006. After graduating from school, I joined Muslim Education Complex College and studied FEC Pre Medical there for two years and completed it in 2008. Then I returned to Afghanistan, pursued agriculture at Kabul University. Now, I want to pursue a master's degree in English language.

2

How long have you been working at Kardan University?

I have been working at Kardan University for approximately six years. I joined Kardan University in 2015 as an EFL Instructor. In 2018, I was promoted as an English Language Programs Coordinator, and I am currently working in this position.

3

Why did you choose to teach?

Because I was interested in teaching since I was in school, I feel that I have good skills in teaching. Besides, I was always being supported and encouraged by my father to start teaching.

4

What is your exciting memory at Kardan University?

Once, I was teaching in class #601. Every time I taught that class, I was starting coughing, although I was ok in other classes. Therefore, I asked the students about the reason behind my coughing in this class. One of the students stood up and said the reason is me. I like you so much; therefore, I keep seeing and focusing on you, and you are starting coughing.

5

Could you please tell us about your achievements?

I was always the topper of my class at school and the University. I have achieved many appreciation letters and awards from the college and the University. Besides, I have attained the Best Teacher Award from the English Department of Kardan University.

6

Could you please tell us about your private life?

I live with my father and mother. I have six sisters and two brothers. It has been ten years that I am married, and now I have a two years old daughter.

7

Tell us one sentence about Kardan University.

Kardan is a place where we can always progress.



Waqas Khan

Assistant Professor, MBA

"I have been working with Kardan University since 2015, and it has always been a fascinating place for me because of the continuous management support, conducive and flexible working hours, cooperative and talented colleagues, and the desired learning environment.

Teaching is my passion, and it is a constant source of learning for me. I must credit Kardan University to give me a platform to learn and apply contemporary knowledge of my expertise. Students at Kardan are a great source of inspiration for me.

They always bring in new information, new perspectives, and unique points of view. The top management has always believed in me and provided me with countless growth opportunities. My colleagues at my department are supportive and helped me learn effective teaching and research skills.

When I look back at all these six years at Kardan University, I feel accomplished and motivated because I have experienced professional growth at this University. As a proud KARDANIAN, I am blessed working at the No. 1 University of Afghanistan."

Achievements

Muhammad Haleem

We are pleased to announce that Mr. Muhammad Haleem, from the Department of Computer Science, published his paper in an IEEE Xplore titled "Modeling Dynamic Spatio-Temporal Correlations for Urban Traffic Flows Prediction." The article can be reached online at:

<https://ieeexplore.ieee.org/document/9345698?source=authoralert>



Himmatullah Massoudi

We are pleased to announce that Mr. Himmatullah Massoudi, Executive Assistant to Registrar, has participated in a conference on "Sustainable and Inclusive Internationalization" hosted by the York University from January 20-22, 2021. We congratulate him on his participation in this conference.



Faridullah Ahmadzai

We are pleased to announce that Mr. Faridullah Ahmadzai, Kardan University's Project Manager, has earned his Project Management Professional (PMP) certificate from the Project Management Institute.

We congratulate him on the completion of his certification and wish him further success!



Abdul Tawab Salehi

We are pleased to announce that Mr. Abdul Tawab Salehi, our English Language Instructor, has completed his pediatric specialization. We congratulate him, and we are sure this is the only first of many proud moments for him.



Mr. Abdul Wahid Mehran

We are pleased to announce that Mr. Abdul Wahid Mehran, from the Department of Journalism & Mass Communications, had a virtual presentation on 'Minorities(?) in Afghanistan: History, Media Reporting and Representation' in the Peace Journalism course, which was conducted by the Journalism and Media International Center (JMIC) at Oslo Metropolitan University (OsloMet), Norway.



A Story: Colleagues and Best Friends

The person with a real friend, with whom all the things can be shared, are the luckiest in the world.

Mohammad Omar Kamal and Mansour Ibrahim are an example of such friendships. They are currently colleagues at the Office of University Communications and helping the University increase its brand awareness and reflect its achievements.

"Mansour and I met for the first time at Jahan TV, where I worked as a presenter, and he was our motion graphic designer.

We established our friendship there and were cooperating with each other a lot. Then we both quit our jobs at Jahan TV, and only after two months we were able to work together again at Karwan University," said Omar. Mansour was very happy after finding that Omar has applied for a position at Karwan University, although he was not aware that Mansour is already working there.

"After quitting my job at Jahan TV, I started working with the Karwan University. One day, I saw that our Marketing Director, Mr. Shahnan is interviewing Omar for the Events and Social Media Manager position. I was more than happy and convinced him to join our team. He was accepted after the interview, and we were working together again in one place," said Mansour.



After six months, Omar decides to join Kardan University as a Communications Specialist and quit his job at Karwan University. He says, "It was not a difficult choice for me to join Kardan University, but since I could not work again with Mansour, it made me sad for some time. I told him that in the future, we might work together again."

Omar was very young when he joined Kardan University in July 2017. His work also inspired his teammates at the University's Advancement Team. When the University's Advancement Team was shifted from the Parwan-e-Du campus to the Taimani campus, the Office was officially named the Office of University Communications. "One of our colleagues left his job, and we announced a graphic designer position. I asked Mansour to apply for this position and ensured him that here at Kardan University, what matters is diligence and competency. He applied and was able to pass the interview successfully," said Omar.

Omar and Mansour became colleagues once again, but this time worked together for a longer period until 2019. In April 2019, Omar decided to quit his job at Kardan University and join a USAID-funded project at the EQUALITY for Peace and Democracy organization.

"When Omar informed me that he is leaving Kardan University, I was shocked and couldn't believe it. I told him to stay here as you have the potential to grow here more. He said, don't worry, I will gain more experience out of Kardan University and will return back one day. He was right; he left his job but joined our team again," said Mansour.

After working with the EPD and Youth Health and Development organizations, Omar rejoined Kardan University and became the University Communications Manager. He became directly Mansour's supervisor, and their contributions during the almost five months led to the advancement of communications at Kardan University. "I joined Kardan University again because of its professional environment and because I found the opportunity to work again with Nahzat SB, who is a true inspiration for us, and Mansour, who was and will be one of my best friends; ever."

Currently, Omar and Mansour are working in one team and are performing excellent tasks. They are also doing sports together, going to the swimming pools and having fun after official working hours. Let's not forget the Walter Winchell Famous quote: "A real friend is one who walks in when the rest of the world walks out."



LinkedIn Learning

Kardan University introduces LinkedIn Video Learning Programs on a wide range of topics covering academics and professional fields. Login today and take a course of your interest.



Develop Your
Professional
Skills Today

 e_learning.kardan@yahoo.com

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Behind the Scene

Established in July 2020, Sustainability Office is the first of its kind in Afghanistan, responsible for advancing the United Nations Sustainable Development Goals (SDGs) at Kardan University.

The Office makes university-wide sustainability integration plans, building partnerships for the SDGs, and coordinates SDGs programs and initiatives across the University.

In 2020, The Office consulted with more than 20 offices, including academics, research, students' engagement, and operation to integrate the SDGs at Kardan University and prepare the University to the Times Higher Education Impact Ranking 2021 (a prestigious global ranking that assesses universities against the SDGs). In collaboration with the Students Success Center, the Office established the SDGs Youth Ambassadors Club to plan and design activities to increase SDGs awareness inside and outside Kardan University.

As a result of the SDGs activities at Kardan University during the year 2020, the Department of Research and Development could prepare Kardan University's first SDGs Report 2019–2020.

If you want to know more about the Sustainability Engagement Office or have any questions, please contact Mohammad Shams Formuly, the Sustainability Engagement Coordinator, at s.formuly@kardan.edu.af.



Youngest Colleagues at Kardan University



Mohammad Kazim Daqiqi
Social Media Intern
19 Years Old



Muzhda Habib
Communications Officer
20 Years Old



Eqbal Nahzat
Alumni Relations Officer
23 Years Old



Mahbooba Niazi
Credential Officer
23 Years Old



Mohammad Khetab Maqsoodi
Verification Officer
23 Years Old



Mansour Ibrahim
Graphic Designer
23 Years Old

Employees Presence in Media Interviews



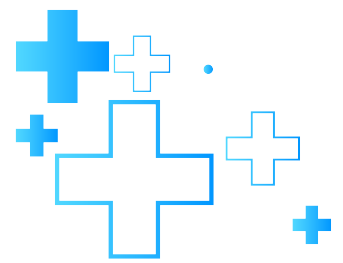
Employees Photos



Send your individual, group, or department photo to hr@kardan.edu.af and be featured in our next issue of INSPIRE. Visit our homepage www.kardan.edu.af/careers

For Your Consideration

Top 3 Health Disadvantages of Using Mobile Phones for long hours



1 Brain Cancer

Mobile phones emit radiofrequency energy, a form of non-ionizing electromagnetic radiation, which can be absorbed by tissues close to the phone. The amount of radiofrequency energy a mobile phone user is exposed to depends on many factors such as the technology of the phone, the distance between the phone and the User, the extent and type of mobile phone use, and the User's distance from cell phone towers. Scientists have reported adverse health effects of using mobile phones, including changes in brain activity, reaction times, and sleep patterns.

By now, it is well known that cell phones give off radiation. This radiation affects our brain cells directly, often mutating existing cells into cancerous cells, hence, causing brain cancer. Children have the potential to be at greater risk than adults for developing brain cancer from cell phones. Their nervous systems are still developing and therefore more vulnerable to factors that may cause cancer

2 Increases stress level

Cell phones cause stress in many ways and many forms. When one gets used to a cell phone, they also become slowly dependent on it. It becomes challenging, then, to be apart from it for any time. We start fidgeting and worrying when our cell phones start losing battery. Moreover, new research shows how people get anxious when they can't answer calls or reply to texts once they see their mobile phone's screen light up, even if they are in a meeting or a lecture.

3 Dedication to work

Whenever we sit down to work, the luring applications on our mobile phones like WhatsApp, Facebook, Instagram, etc., distract our minds. We think checking the applications won't take more than 10 minutes, whereas it takes away a lot of time. And this leaves you with less amount of time for your work. And the work which is not done with full attention and dedication never gives satisfactory and desired results. We would welcome your suggestions and feedback on our next issue. Please feel free to write to us.



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m.ayaz@kardan.edu.af and inspire others.

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