



پوهنتون کاردان  
KARDAN UNIVERSITY

# INSPIRE

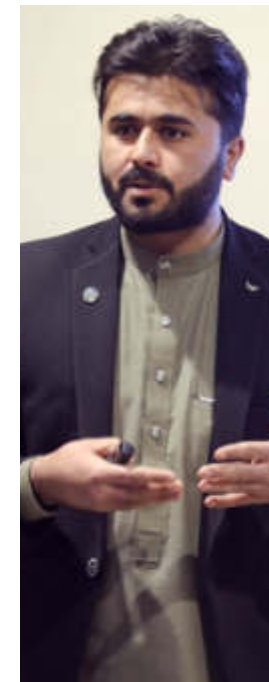
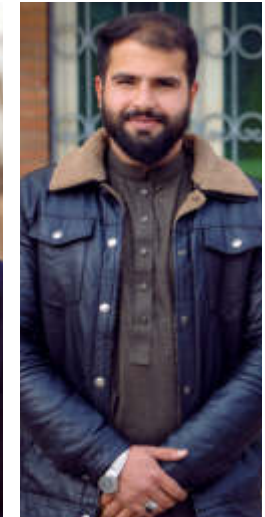
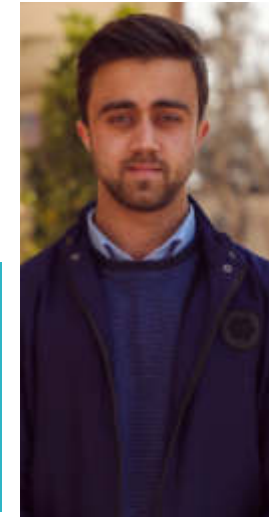
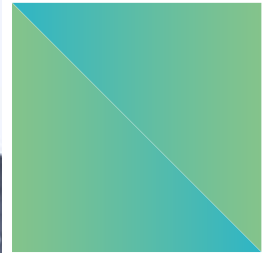
The Monthly Employee Newsletter

**AHMAD KHETAB MAQSUDI**  
**EMPLOYEE OF THE MONTH**

31st ISSUE    DECEMBER 2021

# CONTENTS

- 01 BIRTHDAY WISHES
- 02 EMPLOYEE OF THE MONTH
- 03 ACHIEVEMENTS
- 04 LUCKY DRAW WINNERS
- 05 NEW COLLEAGUES
- 06 PROMOTION
- 07 TRAINING AND DEVELOPMENT
- 08 INTRODUCTION SESSION ON LOCALIZED.WORLD PLATFORM
- 09 MEET THE TEAM





# Birthday Wishes



**Najeebullah Ahmadi**  
January 1, 2022



**Ihsan Ullah Ashrat**  
January 1, 2022



**M. Hassan Sarwari**  
January 1, 2022



**Jowhar Massoudie**  
January 1, 2022



**Sayed Najmuddin**  
January 1, 2022



**A. Shoaib Darwish**  
January 5, 2022



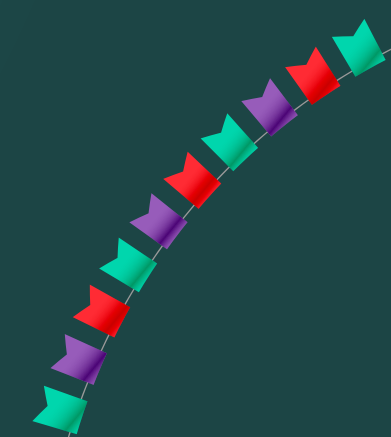
**M. Reza Darmani**  
January 5, 2022




**M. Anwar Asghari**  
January 5, 2022



**Shams Ul Hayat**  
January 6, 2022



Kardan University wishes the warmest happy birthdays to the dearest members of our team, celebrating their birthdays in January 2022.





**Mahbooba Niazi**  
January 6, 2022



**M. Sohail Noori**  
January 7, 2022



**Mirwais Poya**  
January 10, 2022



**Misbah Uddin Babakarkhail**  
January 14, 2022



**Fawad Asim**  
January 17, 2022



**Nesar Ahmad Noori**  
January 25, 2022



**Ahmad Haris**  
January 26, 2022



**Mirwais Nahzat**  
January 28, 2022



**Hamid Khan**  
January 29, 2022

# Employee of the Month

We are delighted to announce Kardan University's Verification Officer, Mr. Ahmad Khetab Maqsoudi, as Employee of the Month for December 2021. The 5-member Selection Committee selected him for the following reasons:

Mr. Khetab has been actively engaged in the Office of the Registrar for the past several years. He has contributed tremendously towards improving the quality of services offered by this office.

"He's a dedicated and hardworking individual who is very cooperative and supportive towards the rest of the staff at the Registrar's Office. Being a punctual and dynamic member of my team, Mr. Khetab is capable of handling more responsibilities than he is expected to", said the University Registrar, Mr. Samandar Bawar.

Every semester, he manages all the terminal examination and paper checking arrangements, which sometimes requires him to work till late hours. Mr. Ahmad Khetab has always gone the extra mile and proven a great asset for Kardan University.



**Ahmad Khetab Maqsoudi**

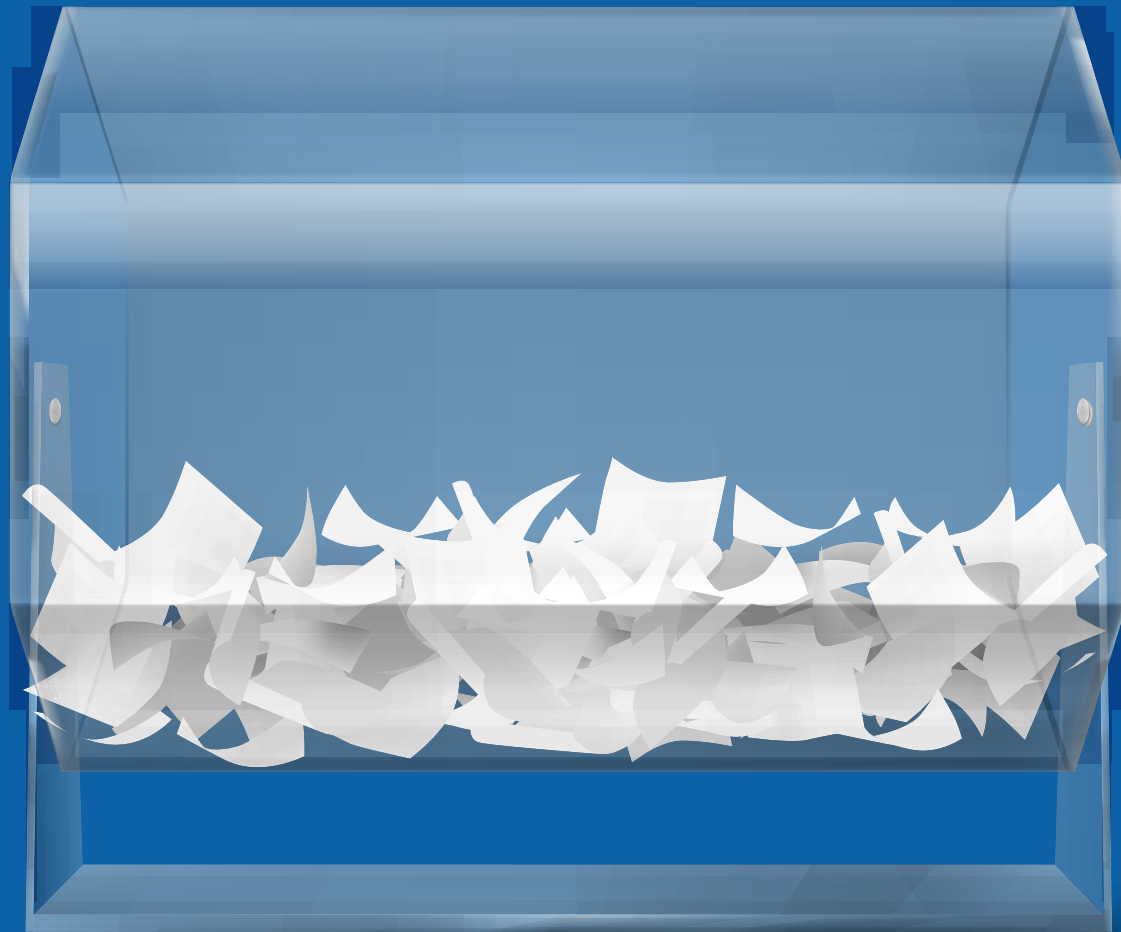
Verification Officer

# لاس ته راوړنې

کاردان پوهنتون وياړي، چې د دې پوهنتون رييس ډاکتر احمد خالد حاتم د افغانستان کرکټ بورډ د غړي په توگه وټاکل شو. کاردان پوهنتون د کرکټ بورډ علمي همکار دی او تل يې د نصاب بهر فعاليتونو او د سپورټ اړوندو بنسټونو له لارې د سپورټ ملاتړ کړی دی. مور پر دې باور لرو، چې سپورټ په هېواد کې د تلپاتې سولې په ټينگښت او ملي يووالي کې مهم رول لوبولای شي

# Lucky Draw

## Winners



### Winning Prize

Refreshment and Free Bowling Session with a Colleague At Strikers Bowling Alley



**Ramazan**  
Support Staff  
Parwan Du Campus



**Suliman**  
Support Staff  
Taimani Campus





# New Colleagues



**Mr. Emal Khan Hekmaty**  
**University Communication Manager**

[e.hekmaty@kardan.edu.af](mailto:e.hekmaty@kardan.edu.af)



Mr. Emal Hekmaty re-joined Kardan University as University Communications Manager. He holds a Master's in Business Administration (MBA) from SZABIST University Islamabad, Pakistan. He brings over 14 years of professional experience working with leading national and international organizations – including his previous stint at Kardan University as Writing Center & Communication Manager (2015 – 2020). As the University Communications Manager, Mr. Hekmaty will be responsible for planning, developing, and implementing the University's communication strategies, content development, branding, external relations, creative production, and social media engagement.



## Ms. Layla Tabasom Wahedi

Junior web developer

[l.tabasom@kardan.edu.af](mailto:l.tabasom@kardan.edu.af)

Ms. Layla Tabasom Wahedi joined Kardan University as a Junior web developer in the Department of MIS. Ms. Wahedi is pursuing her Bachelor's in Computer Science at Kardan University. We wish her the best of luck in her new job at Kardan University.

# Promotion

We are pleased to announce the promotion of Mr. Mohibullah Shaghasy as the Human Resources Officer.

Mr. Shaghasy joined Kardan University three years ago, he has served as Moot Court Facilitator with Kardan University.

He is graduated from the Faculty of Law. He has obtained several certificates and appreciation letters.

We Sure he will continue to deliver outstanding results towards inspiring academic and professional excellence and wish him the best of luck in his new job at the University.



# Training and Development

The Human Resources Department organized a training program on Stress Management facilitated by Mr. Ahmad Nabi Nayel (Assistant Professor – MBA) on Sunday, December 19.

The training was designed to enlighten employees regarding the power of positive thoughts in dealing with stress and anger, reducing personal stress, improving decision-making, and increasing productivity.





# Introduction Session

## on Localized.world Platform

The Human Resources Department organized an introductory session on the [localized.world](#) platform on December 12. This session was designed to introduce this platform to the Academic Administrators of Departments.

[Localized.world](#) is a global platform that provides mentorship and career coaching to students and graduates.



**Localized**







# Reflection



ممکن است شما مسوول به زمین خوردن خود نباشید، اما مسوول از جا بلند شدن خود شما هستید. بزرگ‌ترین ضعف ما در تسلیم شدن نهفته است؛ همیشه مطمئن‌ترین راه برای موفقیت، تلاش دوباره خواهد بود. این موفقیت در جامعه و محیط اکادمیک میسر است، زیرا حضور در جامعه و محیط اکادمیک به جای خانه ماندن و انزوا طلبی 80 درصد موفقیت را در پی دارد. ما در پوهنتون کاردان، در پی موفقیت نسل حال و آینده کشور استم و همواره برای آینده بهتر بیشتر از پیش تلاش می‌کنیم.

● ● ●  
**احمد سالم عبدالله**

استاد پوهنځی حقوق

# MEET THE TEAM

**1** What is your country of birth?

**MI:** Afghanistan

**2** How would you describe Kardan in one word?

**MI:** Outstanding

**3** Tell us how you first got involved with Kardan University?

**MI:** It was October 2017 ,7, when I joined Kardan University communication office

**4** Describe yourself in 3 words?

**MI:** Effective Communicator, Honest, Loyal

**5** What has surprised you most about working with Kardan University?

**MI:** Inspired and professional Environment

**6** Name a movie you read that positively shaped your life.

**MI:** The Internship 2013

**7** Best gift you have ever received?

**MI:** Advice from my father

**8** If you could switch jobs with someone, who would it be?

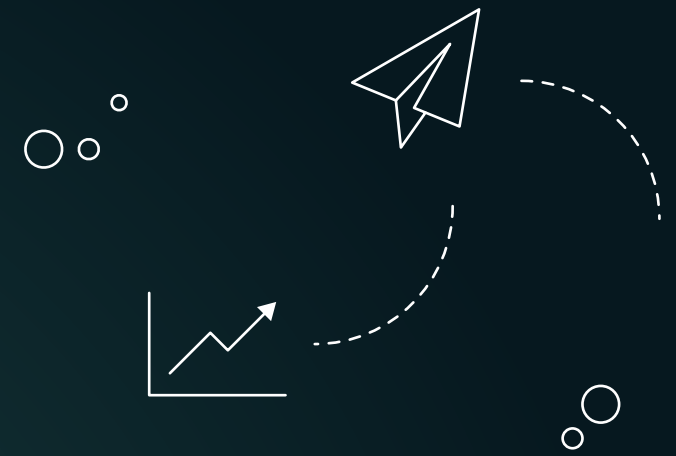
**MI:** I will never switch my job with anyone; I love my job and career.

**9** What is the first thing you notice about someone in the first meeting?

**MI:** Behavior, Communication and Respect



**Mohammad  
Mansour Ibrahimy**  
Graphic Designer



**10** If you could change one thing about Kardan University, what would it be?

**MI: Salary Scale**

**11** What is one food you wouldn't want to give up?

**MI: Macaroni**

**12** What challenges you?

**MI: Last-minute working**

**13** What do you consider to be your greatest strength?

**MI: Accuracy**

**14** What's the most recent app you've downloaded but are yet to use?

**MI: Netflix**

**15** Given a chance, who would you like to be for a day?

**MI: Founder of a Branding Agency**



# سپاسگزاری



ما از تیم اداری پوهنتون کاردان برای پاک کاری تمام بخش‌ها شعبه تایم‌نی سپاس‌گزاری می‌کنیم. تعهد آنها برای ارائه بهترین امکانات به کارمندان و محصلان قابل قدر است. برای کارمندان کار کردن در محیط کاری پاک و منظم امر ضروری است تا باشد که بهترین خدمات تحصیلی برای محصلان ارائه کنند و در عین حال محصلان ما بتوانند در محیط پاک و مسلکی به فراگیری تحصیلات شان بپردازند.



# Reading Time

Once, a philosophy professor stood up before his class with a large empty glass jar. He filled the jar to the top with large stones and asked his students if the jar was full.

His students all agreed the jar was full. He then added small pebbles to the jar and gave the jar a bit of a shake so the pebbles could disperse themselves among the larger stones. Then he asked again, "Is the jar full now?" The students agreed that the jar was full.

The professor then poured sand into the jar to fill up all the remaining space. The students then agreed again that the jar was full.



## **The Metaphor:**

In this story, the jar represents your life, and the stones, pebbles, and sand are the things that fill up your life. The stones represent the most important projects and things you have, such as spending time with your family and maintaining proper health. This means that if the pebbles and the sand were lost, the jar would still be full, and your life would still have meaning.

The pebbles represent the things in your life that matter, but you could live without them. The pebbles are certain things that give your life meaning (such as your job, house, hobbies, and friendships), but they are not critical for you to have a meaningful life. These things often come and go and are not permanent or essential to your overall well-being. Finally, the sand represents the remaining filler things in your life and material possessions. This could be small things such as watching television, browsing through your favorite social media site, or running errands. These things don't mean much to your life as a whole and are likely only done to waste time or get small tasks accomplished.

## **The Moral:**

The metaphor here is that you will not have room for rocks or pebbles if you start with putting sand into the jar. This holds true with the things you let into your life. If you spend all of your time on small and insignificant things, you will run out of room for the important stuff.

To have a more effective and efficient life, pay attention to the "rocks" because they are critical to your long-term well-being.

# د چای څښلو حیرانوونکې گټې

## ژباړه او راتولونه: محمد آغا ابراهیم خیل

دا ښکاره خبره ده چې د چای څښل گټور دي. چای د دودیزو درملو یوه لازمي برخه ده او په ډېری آسیایي هېوادونو کې د درملو په توګه کارول کېږي. چینایان او جاپانیان له پېړیو راهیسې چای د خپلې روغتیا د ساتلو لپاره مصرفوي. حتی په لویدیځ کې چای د زکام، رېزش، سرخوړی، تې او داسې نورو موسمي ناروغيو د درملنې لپاره استفاده کېږي. که په ساده ژبه ووايو، د چای څښل د ستړیا له منځه وړلو کې رغنده رول لوبوي، او د ډول ډول ناروغيو د مخنیوي لامل هم کېږي.

چای په نړۍ کې یو له هغه څښاک توکو څخه دی چې په مکرر ډول ډېر کارول کېږي. چای په دوه ډوله دی:

- رینستیني چای

- د بوټو چای

رینستیني چای: رینستیني چای د چای بوټي له پاڼو څخه جوړېږي. په دې چایو کې شین چای، سپین او تور چای شامل دي. د رنگ او خوند توپیر یې د تولید له پروسې څخه وروسته رامنځته کېږي.





د بوټو چای: د بوټو چای د مېوو، رېښو، بوټو، پانو او د مختلفو نباتاتو له ډډونو څخه جوړېږي. دا چای ډېرې روغتیايي گټې لري. چې له رېښتیني چای څخه توپیر لري، ځکه دوی مختلف مرکبات لري. ځینې تر ټولو مشهور د بوټو چای، د ادرك چای، د مرچ چای، او کیمومائل چای دي. د بوټو چای هیڅ کافین نلري.

د چای ځینې حیرانوونکې روغتیايي گټې:

- د مطالعې پرمهال ستاسو د فکر راټولولو لامل کېږي.

- د جلد د ښکلا او تازگی سبب کېږي.

- د وزن په کمښت کې هم د پام وړ گټور ثابتېږي.

- د خولې د بدبویۍ مخنیوی کوي.

- د خفگان او استرس په مخنیوي کې یې هم اغېز مثبت ثابت شوی.

- د زړه د سکتې او نورو ناروغيو په مخنیوي کې هم گټور دی.

- د وینې غوړ هم په مناسبه اندازه کموي.

- د ډوډۍ په هضمولو کې رغنده رول لوبوي.

- د پښو بدبویي له منځه وړي.

- د شونډو ټپونه له منځه وړي.

- حساسیت له منځه وړي.

- چای د غاښونو وریو څخه د وینې تلو مخنیوی کوي.

نوټ: د پورته مواردو د راټولولو او ژباړلو پرمهال ما په خپله درې گیلایسه چای څښلی!



# مصاحبه

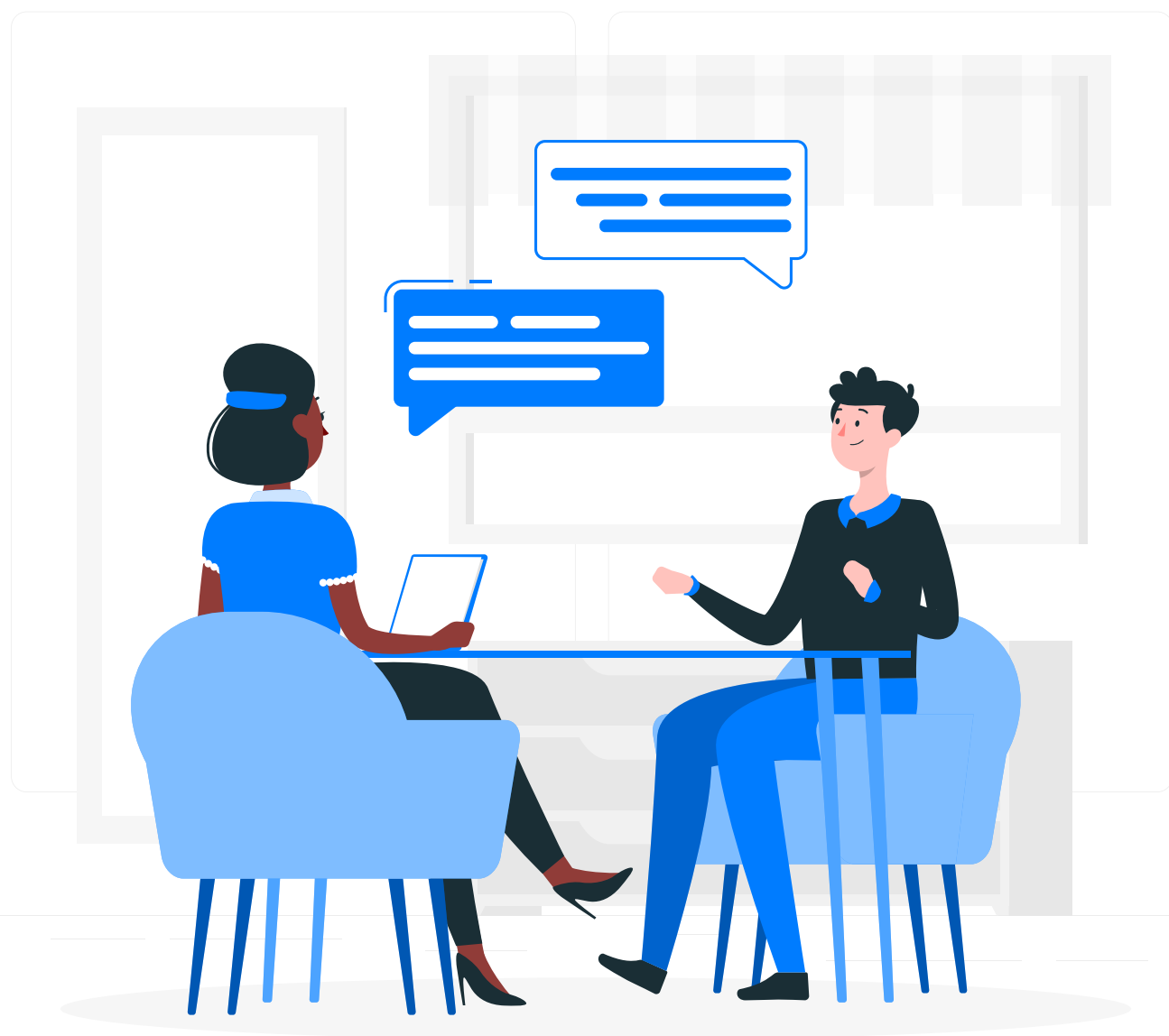
فواد جان به مصاحبه امروزی ما خوش آمدید. السلام علیکم ورحمت الله وبرکاته

اگر چی شما را در پوهنتون کاردان همه می‌شناسند میشود بسیار کوتاه خود را به ما معرفی کنید

بسم الله الرحمن الرحيم. اسم من فواد ولد محمد طاهر است از ولایت پروان ولسوالی جبل السراج قریه نخ گلبهار

هستم. در فامیل سه برادر و شش خواهر هستیم. بیست سال می‌شود که عروسی کردیم و ثمره عروسی من

هفت اولاد است که دو پسر و پنج دختر هستند.



**فواد**  
کارمند امنیتی



چند سال می شود که در کاردان کار می کنید؟

س

از زمانیکه من حیث کارمند امنیتی در کاردان آمدم 16 سال می شود

ج

از کار کردن در پوهنتون کاردان در این مدت چقدر رضایت دارید؟

س

از کار کردن در پوهنتون کاردان کاملاً رضایت دارم. در این مدت خدمت من در پوهنتون کاردان نشان دهنده رضایت مه است

ج

از رویه کارمندان دیگر پوهنتون کاردان با شما چقدر رضایت دارید؟

س

از رویه کارمندان دیگر با خود بسیار خوش هستم به مثل یک برادر همراهم رویه می کنند

ج

یک خاطره جالب تان را از پوهنتون کاردان برای ما بگویید؟

س

خاطره جالب من این است که زمانیکه پسر من از مکتب فارغ شد علاقه داشتم که در پوهنتون کاردان درس بخواند. یک روز استاد رویین رحمانی مرا دید و برایم گفت که پسرت را بیار تا در پوهنتون کاردان به تحصیلات خود ادامه بدهد. برای پسر من 100% تخفیف داد. آن روز را اصلاً فراموشش کرده نمی توانم

ج

خواست شما از پوهنتون کاردان چی است؟

س

خواست من این است که کارمندانیکه توانایی مالی ندارند و نمی توانند اولاد های خود را در چنین پوهنتون نیک نام شامل نمایند پوهنتون کاردان با آنها کمک کند تا باشد اولاد هایشان در چنین یک نهاد معتبر تحصیلات عالی خود را ادامه دهند و مصدر خدمت به جامعه گردند

ج

پیام شما به دیگر کارمندان چی است؟

س

پوهنتون کاردان خانه مشترک همه ما است. باید مثل برادر با حوصله و بردباری کارهای خود را پیش ببریم تا باشد در دنیا و آخرت سربلند و موفق باشیم  
تشکر کاردان

ج

**Through**

Camera's Lens







REC

HD

4K

25FPS



99%



MENU ≡

00:00:20:05



پوهنتون کاردان  
KARDAN UNIVERSITY

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