

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

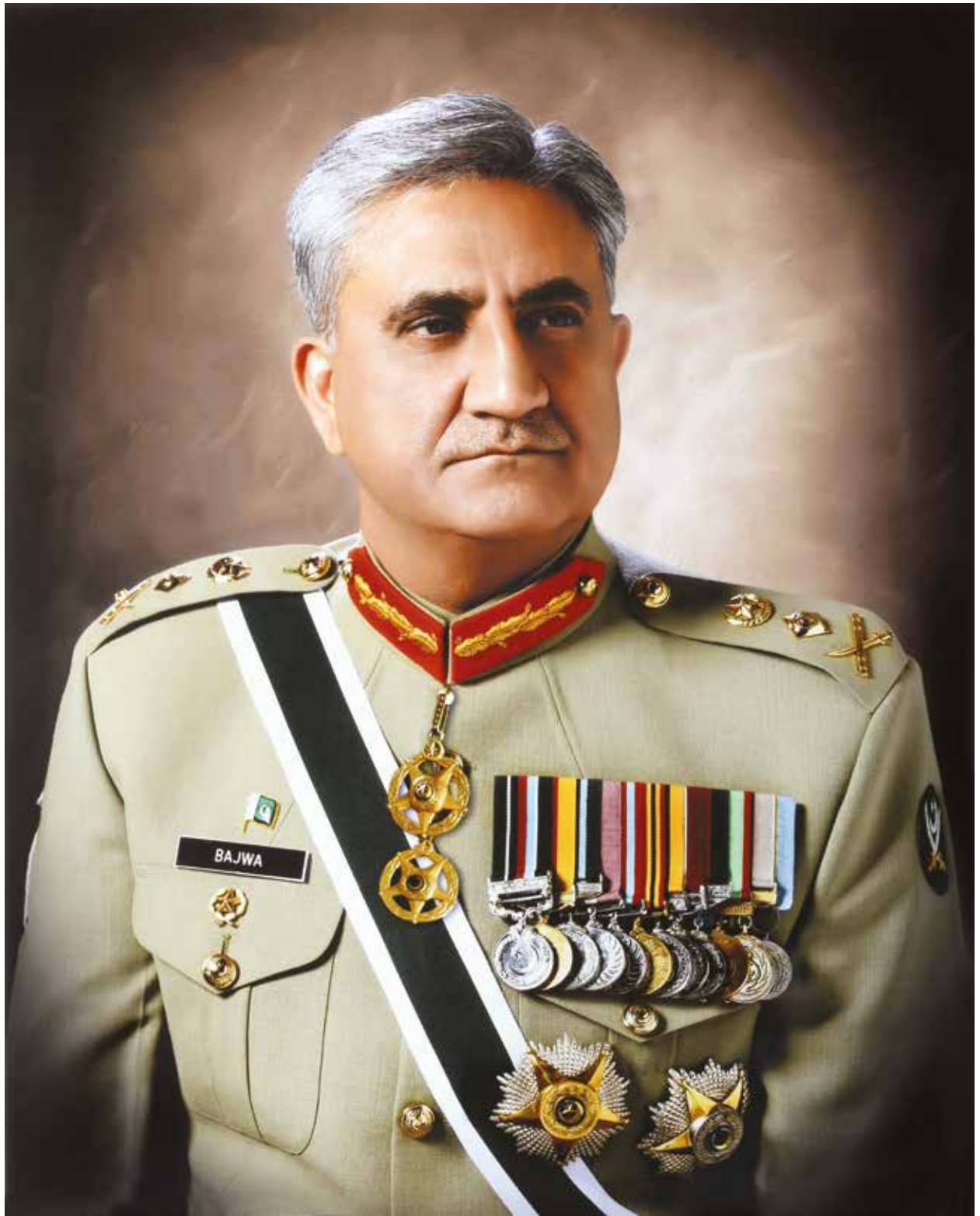
قُلْ هَلْ يَسْتَوِي الَّذِينَ يَعْلَمُونَ وَالَّذِينَ لَا يَعْلَمُونَ

Say, 'Can the Learned and Ignorant be equal?'

(Al-Quran 39:9)

## **HIMALIAN CODE OF CONDUCT**

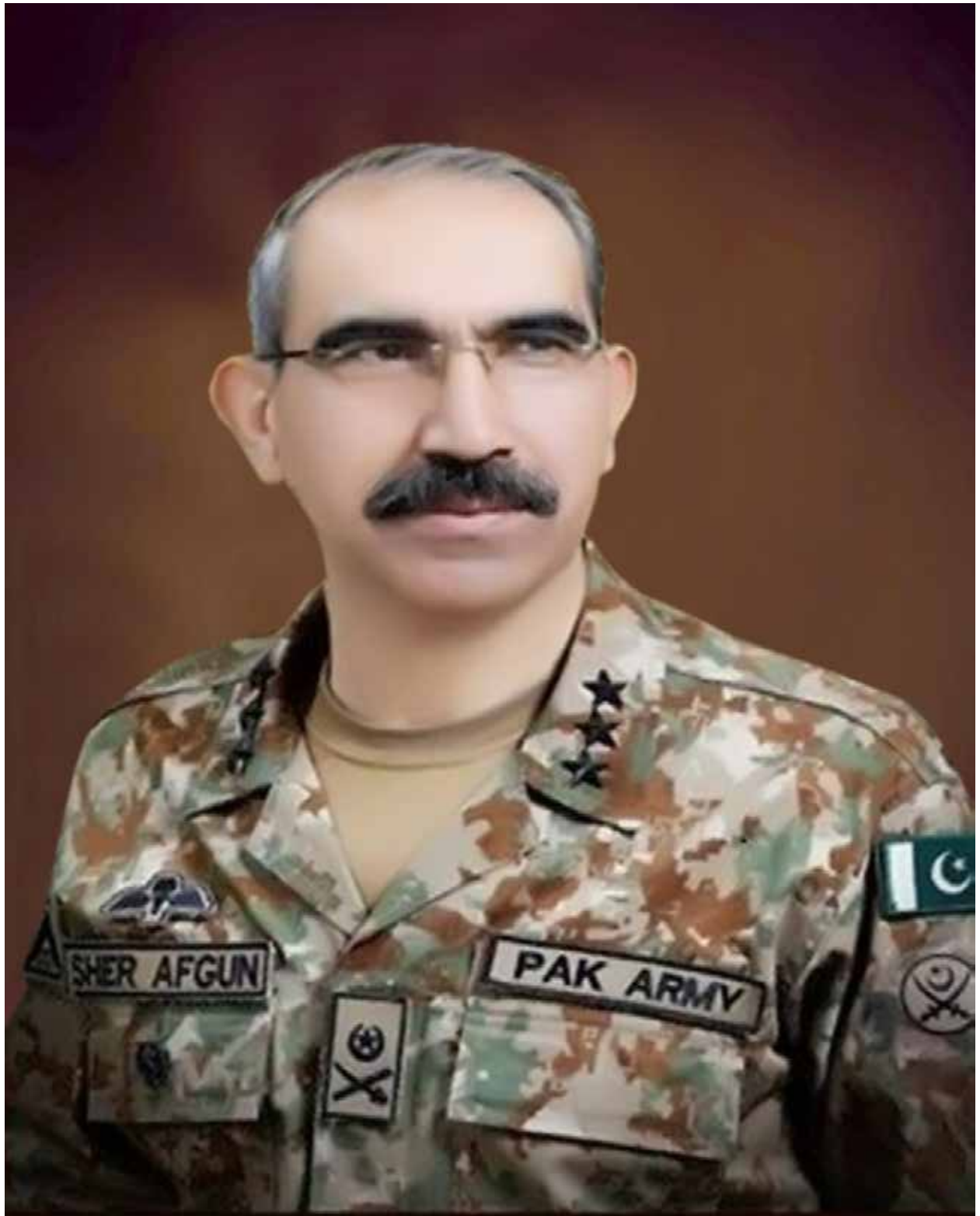
- I am a Himalian , I personify Character, Courage and Commitment
- I am honourable, hard work and integrity are my hallmarks
- I am truthful, I never cheat or lie through my words or actions
- I am respectful, I always respect my parents, teachers and elders
- I am compassionate, I always care for the young, weak and poor
- I am judicious, I am free from all kinds of prejudice and bias
- I am optimistic, I keep faith in God and look at the positive side
- I am proud, I uphold the name, honour and respect of my college.
- I am patriotic, I keep Pakistan above and beyond my person



**GENERAL QAMAR JAVED BAJWA, NI(M)**

THE CHIEF OF ARMY STAFF





**LIEUTENANT GENERAL SHER AFGUN, HI(M)**  
INSPECTOR GENERAL TRAINING & EVALUATION





**MAJOR GENERAL NAJEEB AHMAD**

DIRECTOR GENERAL HUMAN RESOURCE DEVELOPMENT







**BRIGADIER ARSHAD MAHMOOD**  
COMMANDANT MILITARY COLLEGE MURREE



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## COMMANDANT'S MESSAGE



Cradled in the lap of nature, the Cadets of Military College Murree are brimming with a zeal for life empowering themselves with skills, creativity and youthful exuberance. I am delighted to be associated with this issue of "The Himalian". It is a Magazine that has stood true to its name in all its dimensions and attributes, which like its title, truly reflects the heights of achievements and creativity of the tender minds.

I am very pleased to see that Military College Murree continues to grow from strength to strength with each passing day. It has added many feathers to its cap during the last year. I pray that Allah keeps showering His choicest blessings on the alumni of the College and on all their endeavours. With the blessings of the Almighty and dedication of the Faculty, the College has been able to steadily and successfully progress towards realization of its goal and vision. The year gone by has been a memorable year of achievements which saw new heights being scaled in both academics and extra/co-curricular activities. Our entries right from the junior most to the senior most performed exceptionally well in the 2018 Examinations. Their remarkable performance with excellent grades speaks volumes of the excellent quality of education being imparted by the College. If we keep working with the same commitment there is no reason to doubt that our perseverance would bear fruit. I believe that armed with commitment and devotion in the pursuit of knowledge, education and character building Military College Murree will continue to prosper and serve the country. I congratulate the entire team of editors and contributors for living up to the core values of the Magazine to make it a true mouthpiece of the creative minds and pious aspirations of the Himalians.

My best wishes to the Cadets especially the departing entry, all the parents and all those associated with this institution.

Brig  
Arshad Mahmood

# EDITORIAL BOARD WITH COMMANDANT



Sitting L-R: Maj Muhammad Irfan (Editor English), Col Shahid Bashir (DC&CI), Brig Arshad Mahmood (Comdt), Lt Col Atiq (Chief Editor),  
Maj Shahbaz Anjum (Editor Urdu)  
Standing L-R: Capt Muhammad Faizan, Maj Asad Amin, Cadet Muhammad Shehzad (Cadet Editor), Maj Habib Ur Rehman,  
Cadet Aaimal Khalil (Cadet Editor), Lec Syed Assad Ali



## EDITOR'S NOTE



The new issue of “The Himalian” is in your hands. It is an honour to be associated with the Editorial Board. Cadets were quite forthright and upbeat to send their articles for publication. Keeping in view the quality of the writings, it was not an easy task to sift, edit and select the contributions for final publication in the Magazine. One can well imagine the state of an Editorial Board which receives a large number of contributions but the paucity of space and the number of leaves demand selection of a few. Undoubtedly, the Editorial Board found itself standing at the precipice to select the best out of the best.

The facial expression of every young Cadet while handing over the contribution would betray his eagerness to ensure it being displayed on the pages of “The Himalian”. They would hardly feel comfortable with simple assurance of its inclusion in the final publication. The Editorial Board bows to them in gratitude for being so much responsive. “The Himalian” all at once picks up its spirit on becoming a chronicle of the College achievements. Besides meticulously recording the curricular, co-curricular and extra-curricular life of the College in written reports, a pictorial titled Photo Gallery has also been added to immortalize multifarious activities at the campus for the posterity.

We are thankful to Commandant whose personal interest made the timely publication of this issue possible. We also thank Deputy Commandant & Chief Instructor for his precious guidance on every step. In the end, due acknowledgement goes to all those associated with the process of writing, typing, selecting and printing of the Magazine.

Happy reading!

# FACULTY WITH COMMANDANT







# THE TEAM

## ADMINISTRATION

Commandant	Brig Arshad Mahmood
Deputy Commandant & Chief Instructor	Col Dr. Shahid Bashir
Group Head Science / Senior Instructor	Lt Col Muhammad Khalid, TI(M), AEC
AA&QMG	Lt Col Umer Hayat, NLI
Group Head Arts	Lt Col Javed Khan, AEC
GSO - I (Coord)	Maj Zillay Hussain, AEC
GSO - II (Training)	Maj Shamim Ahmad, AEC
Project Officer	Maj Ammar Zia, AEC
DAA&QMG	Maj Waqas Baig, AK
College Adjutant	Capt Anees Ahmed Shah, NLI
Medical Officer	Capt Uzair Hassan, AMC
GSO - III (Training)	Capt Shahzad Arif, AEC

## DEPARTMENTS

### ENGLISH

Lt Col Atiq Ullah Khan (HOD)  
Maj Muhammad Irfan  
Maj Asad Amin  
Lec Syed Assad Ali

### URDU

Maj Shahbaz Anjum (HOD)  
Maj Habib Ur Rehman  
Lec Sana Ullah Malik  
Lec Muhammad Waqas

### MATHEMATICS

Maj Saleem Javaid (HOD)  
Maj Muhammad Saeed  
Capt Shahzad Arif  
Lec Abdul Rasheed

### PHYSICS

Lt Col Muhammad Khalid  
Maj Farid Ul Haq (HOD)  
Capt Maqbool Hussain  
Lec Zain Akram

### CHEMISTRY

Maj Ammar Zia (HOD)  
Maj Muhammad Tauseef Shafqat  
Capt Muhammad Faizan  
Lec Waseem Shahzad

### COMPUTER SCIENCE

Capt Taooz Javed (HOD)  
Capt Waqas Sattar



## ISLAMIC STUDIES

Capt Hafza Khatoon

## PAKISTAN STUDIES

Maj Arshad Rehman

## BIOLOGY

Capt Babar Shahab

Lec Zeeshan Ali

## ARRIVALS

Brig Arshad Mahmood, Commandant  
Lt Col Atiq Ullah Khan, AEC  
Maj Shahbaz Anjum, AEC  
Maj Waqas Baig, NLI  
Capt Ammar Zia, AEC  
Capt Arshad Rehman, AEC  
Capt Muhammad Tauseef Shafqat, AEC  
Capt Anees Ahmed Shah, NLI  
Capt Hafsa Khatoon, AEC  
Capt Babar Shahab, AEC  
Capt Waqas Sattar, AEC  
Capt Muhammad Faizan, AEC

## DEPARTURES

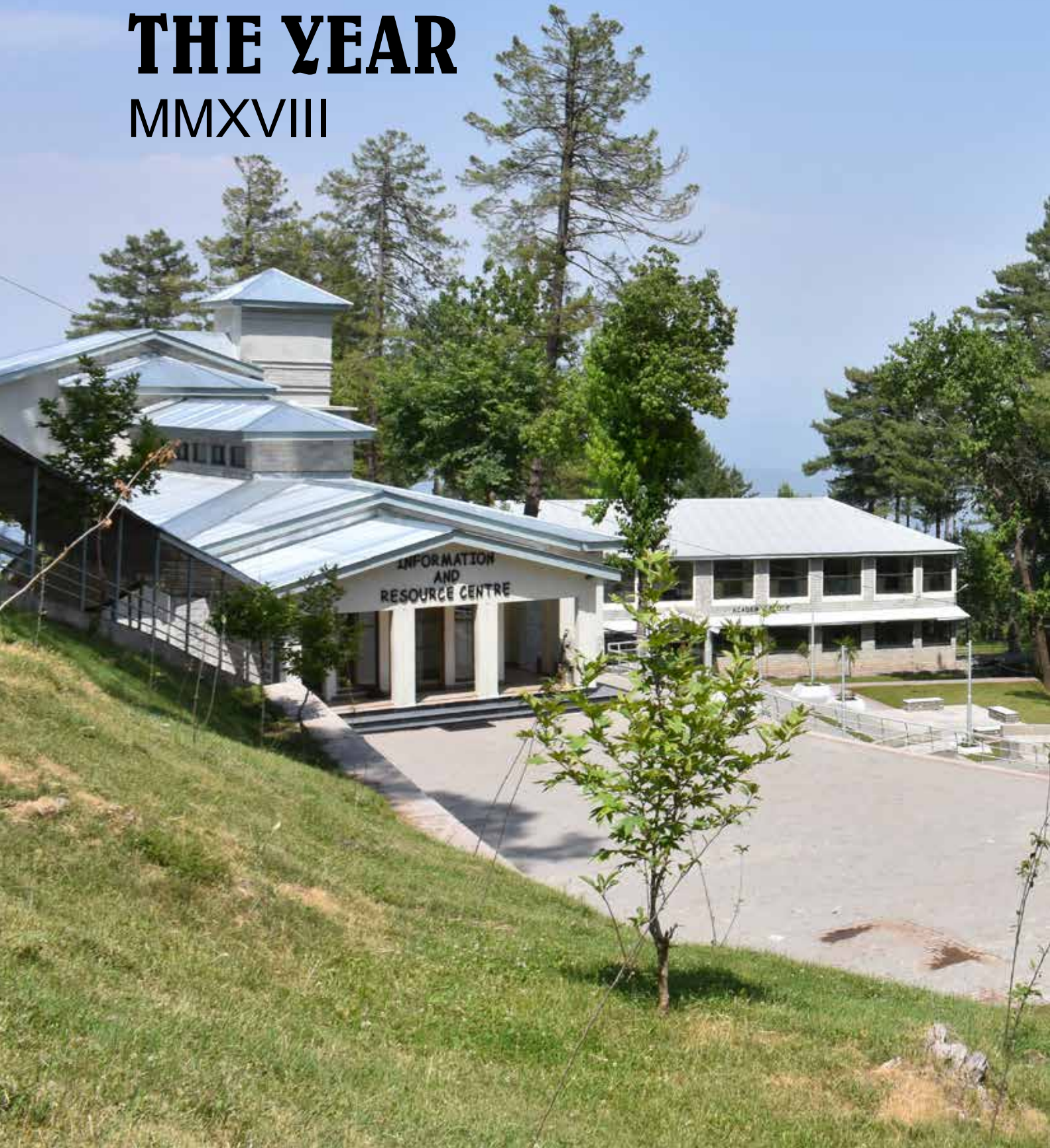
Maj Abdullah Al Hussain, AEC  
Maj Khalid Mahmood, AK  
Maj Qamar, AC  
Maj Muhammad Irfan, AEC  
Capt Numrah Arshad, AEC  
Capt Sufyan Maqbool, AEC  
Capt Mohsin Ali, AEC  
Capt Muhammad Irfan, AEC

## PROMOTIONS

We extend our felicitations to the following officers on their promotion to the present rank and wish them success in their future life:-

Maj Ehsan Ali, AEC left on promotion  
Capt Ali Hasan Awan, Arty (posted out on promotion)  
Capt Abdullah Channa, AEC (posted out on promotion)  
Capt Ammar Zia, AEC (promoted to the rank of Maj and retained at MCM)  
Capt Arshad Rehman, AEC (promoted to the rank of Maj and retained at MCM)  
Capt Muhammad Tauseef Shafqat, AEC (promoted to the rank of Maj and retained at MCM)  
Capt Asad Amin, AEC (promoted to the rank of Maj and retained at MCM)

# HIGHLIGHTS OF THE YEAR MMXVIII







## HIGHLIGHTS OF THE YEAR - MMXVIII

**A**n institution earns its name by virtue of its unparalleled achievements. Military College Murree, undoubtedly, is now ranked amongst the leading institutions on the basis of its performance in every field. May it be in shape of its alumni being in the professional life or of those young Himalians who have the honour of being educated presently. This struggle from being the better to the best goes unabated and will never be held back by those who owe a pledge to this institution. The marvels of our Cadets, however, never go unrecorded. Every year starts with ever new spirit and then that year goes down in history with adding something new to the glory of the College. When it comes to the academics every entry sets higher records for the upcoming ones to equal or surpass. Though quite a young amongst the contemporary institutions our Cadets have excelled in every arena from curricular and co-curricular to extra-curricular activities. Although naturally handicapped as far as sprawling playground are concerned due to terrain yet our sports teams have also not lagged behind to share successes with the rest through winning fixtures. Some salients of the year 2018 are as follows:

### CHANGE OF COMMAND

Brig Arshad Mahmood was appointed Commandant Military College Murree after the demise of the previous Commandant Brig Nusar Umar Hayat Laleyka. Brig Arshad Mahmood was commissioned in Azad Kashmir Regiment on 6 September 1990. Before assuming the command of MCM, he served as Commanding Officer 31 AK and then as Deputy Commandant HQ 323 Bde. He has also commanded HQ NG 10 Corps. He has an illustrious career and vast experience of both the Operational as well as Staff appointments.

Brig Arshad Mahmood thoroughly believes in hard work with utmost dedication towards service. Since day one of assuming the command he has put in untiring efforts to uplift the overall standard of College providing Cadets with best amenities and a wholesome environment for academics. The Commandant has introduced a competitive system of College appointments which has pushed the cadets to go an extra mile both in academics and extracurricular activities. He has taken keen interest in empowering the College appointments and developing a sense of responsibility among Cadets, in this regard he has established a Cadet Council that is supposed to deal with diverse issues.

As a fatherly figure to the institution the Commandant has displayed no hesitation in making the mess menu more wholesome and up to the nutritional requirements of the cadets. To his credit there is a long list of stepping stones which he has set since coming into command which also include the uplifting of overall infrastructure, new HM residences and laying down foundation of a new Cadet House.

### ACADEMIC ACHIEVEMENTS

MCM has been striving for achieving academic excellence since its inception. Education as a form of secondary socialization teaches students the basic norms and values of society and assists



in developing their individual identity. The inculcation of academic knowledge, skills, abilities and proficiencies among the individuals is enhanced through different interactive sessions and extra coaching classes. This year too the competent Faculty left no stone unturned in producing enviable results in current academic year both within the internal and Board exams which is a reflection of the highest standard of academic excellence at MCM. An overview of result in 2018 is given below.

The year in view will be marked since the College switched over its affiliation from Rawalpindi Board to Federal Education Board. Our students, however, did not remain behind in proving their mettle and maintained their tradition of producing outstanding academic achievements. Kudos to the Cadets who planned time for the studies and other activities:

- **Class IX** Annual Board result was 96.34 %. The bracket of A+ grade was filled by 70.7% cadets and A grade by 18.3%.
- **Class X** produced brilliant result in Board exams with a 100% passing rate. While 84 cadets remained successful in securing A+ grade out of a total strength of 86 cadets and the remaining 2 got A grade.
- **Class XI** Cadets produced remarkable result by securing 99% passing rate. 43 cadets secured A+ grade and 22 A grade. The prominent among them was Cadet Umair Rasheed who got 472 marks.
- **Class XII** came out with a striking result of 100% passing percentage. The brilliant 26.96% of the cadets got A+ grade and 42.69% cadets secured A grade. Cadet Naseer Ahmed bagged highest 1003 marks in the whole entry.

A brief summary of the results is as under:

Parameter	IX	X	XI	XII
Appeared	82	86	100	89
Passed	79	86	99	89
A + Grades	58	84	43	24
A Grades	15	02	22	38
Class Average	96.34	100	99	100

## INDIVIDUAL FRONT RUNNERS

**Ninth Class.** C/No 1167 Cadet Muhammad Shahid Dawood 509, C/No 1146 Cadet Usama Aslam 505, C/No 1094 Cadet Waseer Saif 500, C/No 1133 Cadet Haseeb Zulfiqar 486, C/No 1126 Cadet Muhammad Ahmed 493.

**Matric Class.** Cadet Shoaib Akmal stood first with 1070 marks, Cadet Faisal Sana and Cadet Awais Ahmed remained second and third with 1066 and 1064 marks respectively and Cadet M. Ali Nawaz came fourth with 1062 marks in the College.



**First Year Class.** Cadet Umair Rasheed stood first with 472 marks in Pre-medical Group followed by Cadet Ahmed Malik with 475 marks and Cadet Ch Nasir Ali came third with 455 marks in the same Pre-medical Group.

**Second Year.** Cadet Naseer Ahmed stood first by securing 91.18 % marks. Cadet Obaid Ata secured 2<sup>nd</sup> position with 90.73% marks.

## PMA SELECTION

Since its inception MCM has successfully been proving its worth as a feeder institution to Pakistan Military Academy. Our cadets have performed exceptionally well in both academics and ISSB. Keeping in view the recent emergence of MCM it has been up to the mission of Pakistan Army which is to prepare, groom and educate future leaders. This is reflected through the astounding selection ratio of Himalian in ISSB which can be compared with contemporary military colleges. Overall this year the PMA selection ratio has been around 50 % which is expected to grow as more and more cadets will avail their remaining chances. C/No 633 GC Muhammad Ali and C/No 761 GC Talha Younas are presently undergoing training at the RMA Sandhurst.



## INTER-HOUSE COMPETITIONS

Besides academics Military College Murree puts a lot of emphasis in the extra and co-curricular activities. The personality of a Cadet cannot be measured by applying the yardstick of his track record in the academics only. When it comes to his ability to keep himself composed and face the challenges with a smile on his face he is asked to participate in the Inter House sports events where he puts his stamina to last for the whole match, the ability to fight and the forbearance to accept failure in case the team loses any match. When it comes to the ability of facing the audience he is asked to participate in the Inter House Speech / Debate contests. In nutshell not a niche is left in the personality of the Cadet to be filled in. If a Cadet desires to display his ability to recite the Holy Quran and Naat, he is given chance to participate in the Inter House Qiraat and Naat Competition. Houses are prepared during Inter House Interior Economy Competition. Once they enter the arena their individuality merges into the affiliation with respective Houses. They understand their position will bring laurels for the House. Everyone from the Cadet to the House Officers are then keenly involved in preparing the Cadets for the extra or co-curricular events. The House which prepares its horses well in time for these events carries the day. This year proved to be the best for the Sher Khan House. Although the House positions in all domains are given in detail in the section 'The Generation of Firsts' yet a brief overview is as follows:

<b>Champion House</b>	:	<b>Sher Khan House</b>
<b>Academic Trophy</b>	:	<b>Aziz Bhatti House</b>
<b>Co-Curricular Trophy</b>	:	<b>Mehfooz House</b>
<b>Sports Trophy</b>	:	<b>Sher Khan House</b>
<b>Interior Economy Trophy</b>	:	<b>Sher Khan House</b>



## ELOQUENT ORATORS

Whenever our speakers got the chance to represent College outside during this year, they clinched some prize and made their presence felt. The College Debating Club is very thankful to Commandant who encourages sending cadets to the contemporary institutions for participation. Our orators have represented the College in many speech and debate contests held elsewhere. The highlights of the year were the All Pakistan Bilingual Declamation Contest held at Scouts Cadet College Batrasi where Cadet Abdul Moheed, XI for English and Cadet Arbab Jehangir, XII for Urdu represented the College. Cadet Abdul Moheed and Cadet Arbab secured second positions in their respective categories whereas MCM was declared overall winner. Cadet Shehzad Abdullah, XII for Urdu and Cadet Nauman Saleem, XII for English impressed the audience with their oratorical skills





in All Pakistan Declamation Contest held at Army Burn Hall College for Boys Abbottabad. Similarly Cadet Aaimal Khan, XII for English and Cadet Arbab Jehangir, XII for Urdu participated in 4th All Pakistan Akash Shaheed Bilingual Declamation Contest held at Abbottabad Public School. Cadet Arbab Jehangir, XII clinched 2nd position. Similarly our Cadets performed outstandingly in All Pakistan Bilingual Declamation Contest held at Kernal Sher Khan Cadet College Sawabi where Cadet Shehzad Abdullah, XII secured 1st position in Urdu. Our debaters cast a spell on the audience through their oratorical

## SPORTS FIXTURES

More than just with a bottom line of being the best it is the interaction and exchange of one's friendly gestures which matter in the life of an individual. The upshot is the confidence and candid relationship that is achieved in the end. How much the College has been mindful to nurture the sportsman and fighting spirit can be gauged by the fact that the College has never sit at ease by just arranging various sports competitions inside the College and amongst its Houses but also kept playing sports fixtures with the other reputed institutions. This year we played sports fixtures with APSACS Chinar and PAF College Lower Topa. To play fixture against PAF College Lower Topa, MCM hosted basketball and volleyball and they hosted football. Very interesting and thrilling matches were witnessed. MCM also hosted sports fixtures against APSACS Chinar for volleyball and basketball. All the matches were played in a very friendly atmosphere where if the hosts clapped for the home teams they would not forget to clap for the guests too whenever they made a move against our teams in the ground. The guest teams left the College with lasting memories of our hospitality and good conduct.

## TREE PLANTATION

In order to develop constructive role and concern for environmental issues in students of MCM the college actively participated in Tree Plantation on 14 August 2018 by planting more than a thousand saplings in the college vicinity. The students took keen interest in the campaign and throughout the season these saplings were planted all over the campus. With the help of forest department Murree and through own resources 5000 saplings were procured which included



Timber Trees, Deodar, Maple Trees, Fruit Trees and various Flowering plants. The initiative has brought awareness among the students regarding Global Warming and the utility of forests for making our planet Earth safe for generations to come.



## INVESTITURE CEREMONY

In order to nurture the requisite leadership attributes in the cadets and to encourage their hard work a system of awarding appointments is in vogue at MCM which is indeed a moment of pride for the Cadets. In this regard the 'Investiture Ceremony' was held at Kayani Auditorium where Cadets were decorated with epaulettes.





## COMMANDANT MCM PASSES AWAY

The MCM records with great sorrow the sad demise of Brig Nusar Umer Hayat Laleyka, the 5<sup>th</sup> Commandant of Military College Murree. He was born on 1<sup>st</sup> April 1970 at Baramusa, the lush green village of Mandi Bahauddin. He completed his early education from his native village and then joined Cadet College Hasan Abdal from 1984 to 1986. He had to his credit of joining PAF College Sargodha as an intermediate student from 1986 to 1988. He remained cadet at PMA from 1988 to 1990. After graduating from the Pakistan Military Academy. He received commission as 2<sup>nd</sup> Lieutenant in 1990. During more than 27 years of his military service, Brig Laleyka commanded various Air Defence Units as well as commanded Frontier Corps unit. He was appointed as Adjutant at Cadet College Razmak in 1997.



He also remained as Commandant Dir Scouts at FC KPK in 2013. During his last leg of service, he had the honour of serving as the commandant of Military College Murree in 2017. He possessed a great sense of commitment, interminable energy for consistent hard work and above all an amenable demeanor which he maintained during intense working hours of his service at various command and staff posts.

He will stay in our hearts forever. He will be remembered for his devotion to duty, honesty of purpose and unique professional commitment throughout his career. Brig Nusar Umar Hayat Laleyka passed away on 14 September 2018, at the age of 48 years during a heart surgical operation at CMH Rawalpindi.

He left a wife, two sons and a sweet young daughter. May Allah bless the departed soul a high abode in heaven and grant his family and friends the fortitude to bear the irreparable loss. Amen!



## EX-HIMALIAN CAPT SAMI UL HAQ DEPARTS FOR HEAVENLY ABODE

College No 393 Capt Sami Ul Haq was born on 16th September 1994 in Multan, the city of saints and joined MCM in June 2010. He performed extremely well in both the academics and co-curricular activities during his stay at MCM. His MCM record speaks of his untiring efforts as he remained among top 20 cadets throughout. He was considered as a dignified, well-behaved and well-groomed cadet. He possessed enthusiastic and amicable nature. He remained calm and composed and unruffled in face of difficulties. He joined 130<sup>th</sup> PMA Long Course. He was suffering from liver cancer. May he rest in eternal peace of heavens. Ameen!



## CADET MANAN BIN NAEEM DEPARTS FOREVER FROM US

C/No 1035 Cadet Manan Bin Naeem opened his eyes on 1st Oct 2001 in Multan. He joined MCM on 21 May 2015 with passionate desire to serve the nation by joining Pak Army. He belonged to Military background as his father has been serving as Hav Clerk in Pakistan Army. During his stay at the college, he displayed commendable potential in academics by securing good grades in SSC Board exams. In addition to this, he proved his mettle in sports as well. Throughout his stay at the college, he remained composed and focused towards his future goal, obviously that was to join Pak Army. May his soul rest in peace!



## SANITARY WORKER PERVAIZ AKHTAR DEPARTS FOREVER

Number 331936 Pervaiz Akhtar passed away on 7 Feb 2018 at 0124 hrs in MH Rawalpindi due to HCV disease. He kept on battling with the disease for a month but couldn't survive. He left this world in peace after taking his last breath in Rawalpindi. He joined College of Army Education on September 1991 and continued his services as a sanitary worker on the establishment of MCM. As a head sanitary worker, he remained punctual and sincere to the task assigned to him. He was widely called as "Chacha Pervaj". He hailed from district Kotli, AJK. May the Almighty bless him with the highest rank in Jannah.





**SHIFTING PARADIGMS**  
TRAINING AND INFRASTRUCTURE





## REVISION OF CADET LEADERSHIP

Being an Alamgirian Commandant Brigadier Arshad Mahmood decided to introduce a proper tier of College and House Appointments that help, support and assist one another and the administration. One of the best tested and tried techniques is to assign various responsibilities to the Cadets. The Cadets are not only made responsible but also answerable to the authorities. There used to be appointment system at MCM, however, those lacked a proper streamlining in the system. This system will also help groom and train the Cadets of MCM more befittingly. It has been decided to select these appointments on the basis of different achievements in the academics and co/extra-curricular arenas. It was also decided that these appointments would be selected by holding a conference of the HMs and Commandant followed by interview of the proposed cadets for appointments. Now the appointments of the College are divided into appointments at the College level and appointments at the House level. The College appointments are College Prefect (CP), President literary society (PLS), Secretary Literary Society (SLS) and College Sports Secretary (CSS). As for as the House Appointments are concerned those are named as House Prefect (HP), Assistant House Prefect (AHP), Social Secretary (SS), Mess Secretary (MS) and House Sports Secretary (HSS).

### COLLEGE APPOINTMENTS

**College Prefect  
(CP)**



**President  
Literary Society  
(PLS)**



**Secretary  
Literary Society  
(SLC)**



**College Sports Secretary  
(CSS)**





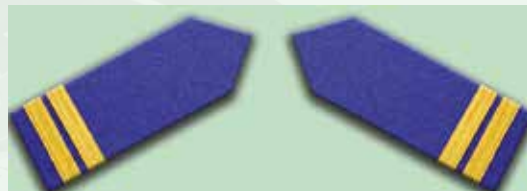
House Prefect  
(HP)



Assistant  
House Prefect  
(AHP)



House  
Social Secretary  
(HSS)



Mess Secretary  
(MS)



House  
Sports Secretary  
(HSS)



## HOUSE APPOINTMENTS

### INTRODUCTION OF MESS CULTURE

Mannerism and etiquettes are the reflections of an institution. The students of every institution are recognized on the basis of these characteristics. Military culture also encourages a proper system of etiquettes to be followed on and off duties. The credit goes to Commandant Brig Arshad Mahmood who personally looked into it that the Himalians improve their eating habits, manners and etiquettes. For this purpose the Officers were tasked to devise methods as to how inculcate these manners in the Cadets. Special charts regarding manners in the mess were displayed in the mess lobbies. MCM is a feeder institution to PMA and these aspects can not be ignored.

It was in this backdrop that the moment Brig Arshad Mahmood took over the command of the MCM, he directed to groom the Himalians in these matters as well. Proper SOP was devised in writing and displayed at every Mess in the College. The Officers paid individual attention to the Cadets in order to develop his social and mess manners. The faculty has taken it upon itself to ensure that absolute discipline is maintained when the Cadets are inside the Mess. Now it is





a general practice that the duty Officers are present in the Cadet Messes to ensure that Cadets religiously follow the Mess etiquettes. There is no doubt that these eating manners and mess etiquettes will mark the Himalians out amongst their contemporary institutions.

## COLLEGE MONUMENT

When Commandant Brig Arshad Mahmood took over the command of MCM, he had a strong desire to let the College attain its own identity. Every institution has a central and focal point where all the alumni gather to pay their homage to their Alma Mater. MCM had yet to establish that focal point which was provided by the arrival of the new Commandant to the College. MCM has made a place for itself amongst the contemporary institutions on the basis of performance of its cadets in every field. How come an academic institution of this caliber could not represent itself through a monument which would reflect its achievements in every area. It was this desire which became a compelling reason behind designing of a college monument. The College monument has been designed after a lot of creative efforts and placed in the court yard before the Academic Block which represents befittingly the past, the present and the future of the College.



## DEVISING COLLEGE MOTTO

Cambridge Dictionary defines a college motto as “a short sentence or phrase that expresses a belief or purpose”. It reveals a lot about the ethos and culture of that institution. It is also a crucial part of how an institution appears to outsiders and is a big source of inspiration for the students. It also encourages association amongst the students and with the institution. A unifying motto gives students, teachers and alumni of the same institution something that binds them together. These mottos have the power to capture the attention of the aspirant candidates.

There was also a deeper realization about the selection of a college motto at MCM which will tie the Cadets of this institution into a single knot. It was understood that in an ever-changing life landscape, it is important to keep tradition alive, but it is also important to know that a motto needs a new lease of life. These were the factors which attracted the attention of the College authorities and the College motto was selected after a long deliberation and discussion. Now **CHARACTER, COURAGE AND COMMITMENT** will adorn every nook and corner of the College. This will become the hallmark of the Himalians.



## COLLEGE EMBLEM

The importance of an emblem is that it gives your institution an identity, makes your institution stand out and provides it a future binding force. It is the building block of all the activities that an institution undertakes visually. It must be kept in mind that it does not sell it, rather directly identifies. It is the positive first impression that an institution has on the people. Once it becomes part of the tradition and history, it gives ubiquity to the experience of being alumni of a particular institution, it is a great power unraveled, it is a deep memory unlocked and it is an experience, a feeling and an association. College emblems have a strong symbolic association. The new emblem of MCM has been designed by taking all these aspects into consideration. This emblem signifies the role of education which it plays in the life of our Cadets. It is the power of knowledge that will make the Himalians stand out amongst the alumni of the contemporary academic institutions. MCM emblem displays that the actual strength of our Cadets is inherent in possession of character, courage and commitment.

## NEW COLLEGE FLAG WITH COLLEGE EMBLEM/MOTTO

Every institution has its own culture and history that leaves an indelible mark on its alumni. It is natural for them to be proud of that history and their connection to it. There are plenty of times when it is appropriate to show that pride to the world. Many old veterans choose to wear their Alma Mater's colours on special events or wear some shirt embroidered with the mascot. This flag is always a unifying symbol which has deeper association with the purpose and aim of the institution.

MCM is basically a feeder institution to Pakistan Military Academy and as such there was a dire need to devise a flag which could reflect association with Pakistan Army. The Himalians are always geared up to join Pakistan Army. It was this desire which inspired linking up college flag with Pak Army. Consequently the colour of the college flag which used to be "Red" has been changed to "Green" which is the official colour of Pakistan Army.



## INTRODUCTION OF HOUSE MOTTOS, INSIGNIA

There used to be five Houses in the College. One more House has been added for the Junior Cadets of Class 8<sup>th</sup> which has been named after Captain Sarwar Shaheed, NH. The House system provides a vehicle and a focus for the Himalians. It inculcates in them an additional sense of belonging within the larger population of the College. It also gives them opportunities to promote their leadership skills and find or become mentors for others. The co/extracurricular activities are thus participated by the Cadets on the basis of their House affiliations which produces in them team spirit and positive sense of competition. Cadets and Officers belong to one of six Houses.



Commandant took keen interest that the House mottoes, insignia and colour were selected, redeveloped and displayed. A lot of creative effort went behind suggesting these. These will now represent the Houses and their affiliated Cadets.

## FORMATION OF CADET COUNCIL

An organization always works effectively if every element is interlinked. MCM Commandant Brig Arshad Mahmood devised a method of getting feedback from every body through formation of Cadet Council. Cadet Council at MCM will provide a platform for encouraging/promoting leadership qualities in the Cadets. It will be organized and conducted by Cadets and supervised by adults. The Council will guide the formation, review and improvement of the existing system through a collaborative effort. An effective Cadet Council will be comprehensive in scope, proactive in design and developmental in nature to improve the system. It will reflect an all





encompassing approach for improvement of the training regime. The aim of forming Cadet Council is to facilitate Cadets' personality development by incorporating their feedback in the decision making process. The first meeting of Cadet Council was held on 1 April 2019. The cadets enthusiastically participated in the meeting and gave their input about various aspects of the College matters along with their suggestions and recommendations. It was heartening to see that the Cadets hotly contested for their points and displayed highest sense of confidence while vociferously conveying their recommendations and observations. It looks like the vision behind establishing Cadet Council will go a long way in improving coordination and understanding amongst the administration, the Faculty and the Cadets.

## INFRASTRUCTURAL DEVELOPMENTS

MCM is not the name of an institution only rather it reverberates with complete life. Every member works on the campus contributes positively towards the overall vision of this institution. Commandant is also cognizant of this fact. It was this recognition that Commandant directed for the renovation and construction of many facilities.

- Retaining wall near Football Ground
- Replacement of ceiling, internal / external electric wiring and DC work of barrack-36
- DC works (17 x Cadet's Buildings)
- College Main Gate
- Construction of NCE Quarters
- Construction of House Masters' Accommodation
- Purchase of new crockery for Cadet Messes
- Renovation/Upgradation a College Library
- Improvement in classrooms
- Upgradation/Renovatiion of College Cafeteria
- Eight NCE Quarters
- Three House Master accommodation
- Officers Tea Bar in the Academic Block





## ADDITION OF NEW JUNIOR HOUSE

A more positive sense of competition among the cadets can be inculcated if there is enough number of Houses. Previously there used to be only one House for the junior most entry which would accommodate 90 Cadets simultaneously. It was felt when the Cadets had to be pitched against one another to compete in different contests, these used to lack that peculiar spirit, enthusiasm and zest of participation which are hallmark of the Himalians.

In addition to all these factors it was also an administrative problem to cater for the requirements of the 90 cadets by a limited number of staff and available space. Sometimes it was also felt that the grooming of the cadets may also face compromise. Keeping this in view



Commandant decided to establish a new House for the junior most entry which will have a specific number of cadets within a separate accommodation administered by separate House Master and House officers. This would certainly develop a sense of competition between the cadets when they represent their own Houses in Inter House Competition.

This will also facilitate training and grooming of the Cadets in each House because House Masters and House Officers will be able to give better individual attention to the Cadets. Since every House in MCM has been named after a war hero therefore this new House has also been named after the hero of 1948 Indo-Pak war Captain Raja Muhammad Sarwar Shaheed, NH.

## RENOVATION OF KAYANI AUDITORIUM

Commandant Brig Arshad Mahmood took personal interest in the renovation and up-gradation of Kayani Auditorium. Keeping in view the aim and vision of MCM, he wrote personal DOs to Regimental Centre Commandants and Formations to contribute respective shields to the College for displaying in the Auditorium. They were also quite forthcoming. Now the Auditorium has become a place worth sitting for the guests and the Cadets. All the Inter House co-curricular activities are held in the Kayani Auditorium. This auditorium has become synonymous with the activities like drama, debates and declamation. Now the Auditorium is fully equipped with the sound system and the heating system. The cozy atmosphere of the Kayani Auditorium makes it a place worth sitting and enjoying the competitions here. It has become the focal point of co and extra-curricular activities.



## SOCIAL NIGHTS/DINNER NIGHTS

Social nights used to be observed in the past, however, those were not regular part of the routine. When Brig Arshad Mahmood took over the command of the College, he issued special directions that social nights must be regularly observed with as much participation by the Cadets as possible. In order to let the Cadets interact frankly with the House Officers and develop their social skills Commandant has directed to frequently hold social nights and dinner nights. Social nights are held each Friday on House level. Dinner nights have also become a regular feature of the College life. These activities will certainly improve the confidence of the Cadets.





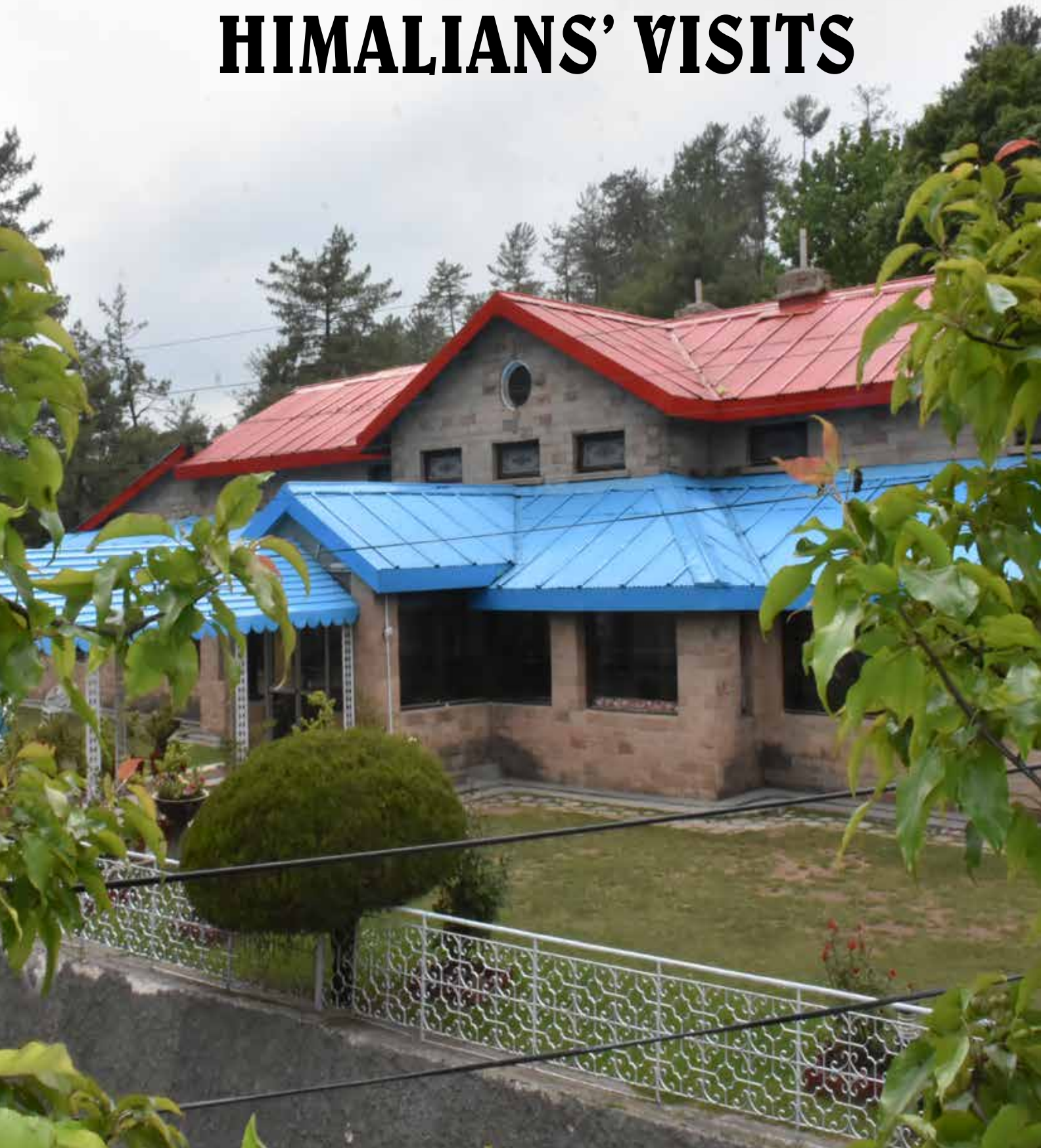
## RENOVATION OF OFFICERS MESS

Officers Mess MCM has become a place worth sitting and visiting. It was desire of Commandant Brig Arshad Mahmood that keeping in view the hectic routine of the College Officers must have a place where they should feel relaxed and comfortable. He tasked the Administrative Branch of the College to put up a plan for the renovation of the Officers Mess, however, nothing could have materialized without the personal interest and input of the Commandant. Now every nook and corner of the Mess arouses the aesthetic sense of the visitors. Its ante room can be compared to any five-star place.





# **COLLEGE GUESTS & HIMALIANS' VISITS**







## COLLEGE GUESTS

### IGT&E

College was honoured when Lt Gen Sher Afgan, HI(M) visited MCM on 21 December 2018. After attending graduation ceremony at ASL Kuldana, he paid an informal visit to MCM. The Commandant briefed the General Officer about the latest progress on different ongoing projects. After that, the Commandant had a brief meeting with the college faculty in which the matters of professional training were discussed while Deputy Commandant & Chief Instructor briefed about the academic performance of the cadets and the quality of education being imparted.

The worthy guest left the college while expressing satisfaction over the current status of development works in progress, training facilities and standard of professional grooming being provided at MCM.



### DG HRD

Maj Gen Najeeb Ahmad, Director General HRD, reached MCM for a visit on 22 Nov 2018. The visiting General was received by Brig Arshad Mahmood, the Commandant MCM, in his office and discussed the matters of professional importance. The Commandant presented souvenirs to the General Officer. The meeting was followed by a detailed briefing at Commandants' Conference Room where the visiting General had a comprehensive discussion with senior Faculty members regarding TO&E. The Commandant briefed the General Officer about the latest progress on different ongoing development projects at the College. After briefing, the General Officer had a quick tour of the Academic Block, Main Library including Science Labs. The concerned officers were also present on each location for on-site briefings. The worthy guest left the college with a sense of satisfaction and trust over the professional competence of the Faculty and capabilities of the Administration.



## NEPALESE DELEGATION

Nepalese Military delegation visited MCM on 8 November 2018. The visiting contingent comprised 15 cadets including lady cadets and staff officers. It was headed by Col Bijay Thapa. The delegation was received at the Officers Mess. The guests had dinner in the Officers Mess which was attended by Commandant Brig Arshad Mahmood along with Deputy Commandant and Chief Instructor Col Shahid Bashir and House Masters. The Commandant exchanged souvenirs with the visiting officers. The head of delegation had an informal meeting with the Commandant. The meeting was followed by a group photo of delegation with Commandant and senior faculty of the College. The members of delegation stayed overnight. They appreciated the level of hospitality being extended to the delegation and praised the standards of training and team of officers working on grooming of young cadets.



## OFFICERS ADVANCE COURSE

A delegation of Army Education Officers which comprised Student Officers who were undergoing Officers Advance Course and their Directing Staff visited College on 23



November 2018. It was headed by Commandant Garrison HRDC Rawalpindi Col Manzoor Abbasi. They stayed at the College till evening. During their stay they were informally briefed about training aspects of MCM. They had lunch with Deputy Commandant and Chief Instructor Col Shahid Bashir in the Officers Mess.



## SRI LANKAN DELEGATION

A delegation of 16 cadets, three Officers and two children, headed by Maj Gen Mervyn Suneth Perera Director National Cadet Corps Sri Lanka, visited MCM on 9 April 2019. The delegation reached MCM at 1230 hours. After light refreshment at the Officers Mess, the delegation moved for a visit of the College campus. They showed keen interest in the training system and facilities available at the College and appeared impressed. Following sites were visited:-

- Information and Resource Centre (Lib)
- Science Labs
- Cadet Messes
- Cadet Houses (Hostels)

After a round of the College, the delegation moved to the Officers Mess and took quiet lunch. Thereafter, they were taken to see different sites in Murree. In the evening the delegation was invited to a dinner hosted by the Commandant, Faculty and Cadets of MCM at the newly renovated / refurbished Officers Mess.

During his welcome note, Commandant thanked the guests for their visit and appreciated mutual cooperation and youth exchange programme. He opined that the visit will prove fruitful in learning from each other's experience in the education. During his address, the head of the delegation, Maj Gen Mervyn Suneth Perera appreciated the Government of Pakistan, Pak Army and DG HRD for providing the opportunity of



visit. He expressed his heartfelt sentiments about assistance to Sri Lanka by Pakistan Army in all sectors especially suppressing the menace of terrorism in Sri Lanka. He also thanked Commandant MCM for warm welcome and hospitality. At the end of dinner, Commandant MCM gave away souvenirs to each member of the delegation. DG NCC Sri Lanka also presented a shield to Commandant MCM. Undoubtedly it was a positive and fruitful interaction between the Cadets of the two countries.

The visitors left the College for PMA on 10 April 2019 at 0904 hours after consuming breakfast at the Officers Mess.



## HIMALIANS' VISITS

### VISIT NEPAL

A 16 member contingent comprising 12 students and four officers along with DG HRD Maj Gen Najeeb Ahmad visited Nepal from 23 February 2019 to 8 March 2019 to participate in NCC youth exchange programme Nepal. MCM represented by Maj Habib ur Rehman along with six cadets, College Prefect Hamza Nazir, Umair Rasheed House Prefect Sher Khan House, Haseeb Ahmed Khan, Assistant House Prefect Lalak House, Faisal Sana Assistant House Prefect Tufail House, Shoaib Akmal Assistant House Prefect Tufail House and Wassem Abbas from Sher Khan house in the contingent. Before the visit the Cadets had initial briefing at MCM where they also had a tea break with the Commandant MCM. The visit was part of annual orientation visit of cadets of various SAARC countries which aims at strengthening bilateral relations between the youth of the region, thus giving them an opportunity to share and understand each others' experiences. Cadets from Bangladesh, Bhutan, India, the Maldives, Singapore and Sri Lanka also visited. This was indeed a rewarding experience for our cadets to get exposed to international environment which will certainly help them broaden their horizon. The cadets had interaction with Honourable President, Prime Minister, COAS and DG NCC Nepal during their stay. The places which cadets visited during their stay in Nepal





included Army Head Quarters Kathmandu, Kathmandu city, Kurintar, Nawalparasi and Lumbini. The Pakistani team presented cultural show and country presentation which was highly appreciated by all dignitaries. The team returned to Pakistan with fond memories and enriched experience of an international participation.

## EDUCATIONAL TRIP-XII CLASS

A contingent of 90 Cadets alongwith three Officers visited MCS, AM College and EME College on 5 April 2019. The Cadets left for Rawalpindi early in the morning. On their arrival to Rawalpindi they were received by the Officers from the respective institutions. The Cadets took keen interest in the briefings about those institutions.



The Cadets were also given guided tours to the class rooms, lecture halls, training facilities, laboratories and libraries. Overall the trip had a boosting effect on the Himalians and proved to be a great source of learning for them.

## EIGHTH CLASS TRIPS

MCM considers it very important to provide a wholesome education to Cadets in every sphere of life. The Cadets of class 8<sup>th</sup> are given exposure to the life from the very beginning. In this connection trips to different cities and places are very significant where





they go accompanied by the House Masters and respective class instructors. Cadets of Class VIII were taken on a hiking trip on 7 October 2018. The hiking trip was led by Deputy Commandant and Chief Instructor Col Shahid Bashir who was accompanied by Maj Saleem and Capt Taooz. The trip touched the Kashmir Point via 2800 Metre long track starting from Jhikka Gali.

Class VIII left for a trip to Islamabad on 13 December 2018. The Cadets visited different sites like the Convention Centre, Pakistan Museum of Natural History, Faisal Mosque and Lok Virsa. Overall the cadets enjoyed a lot.

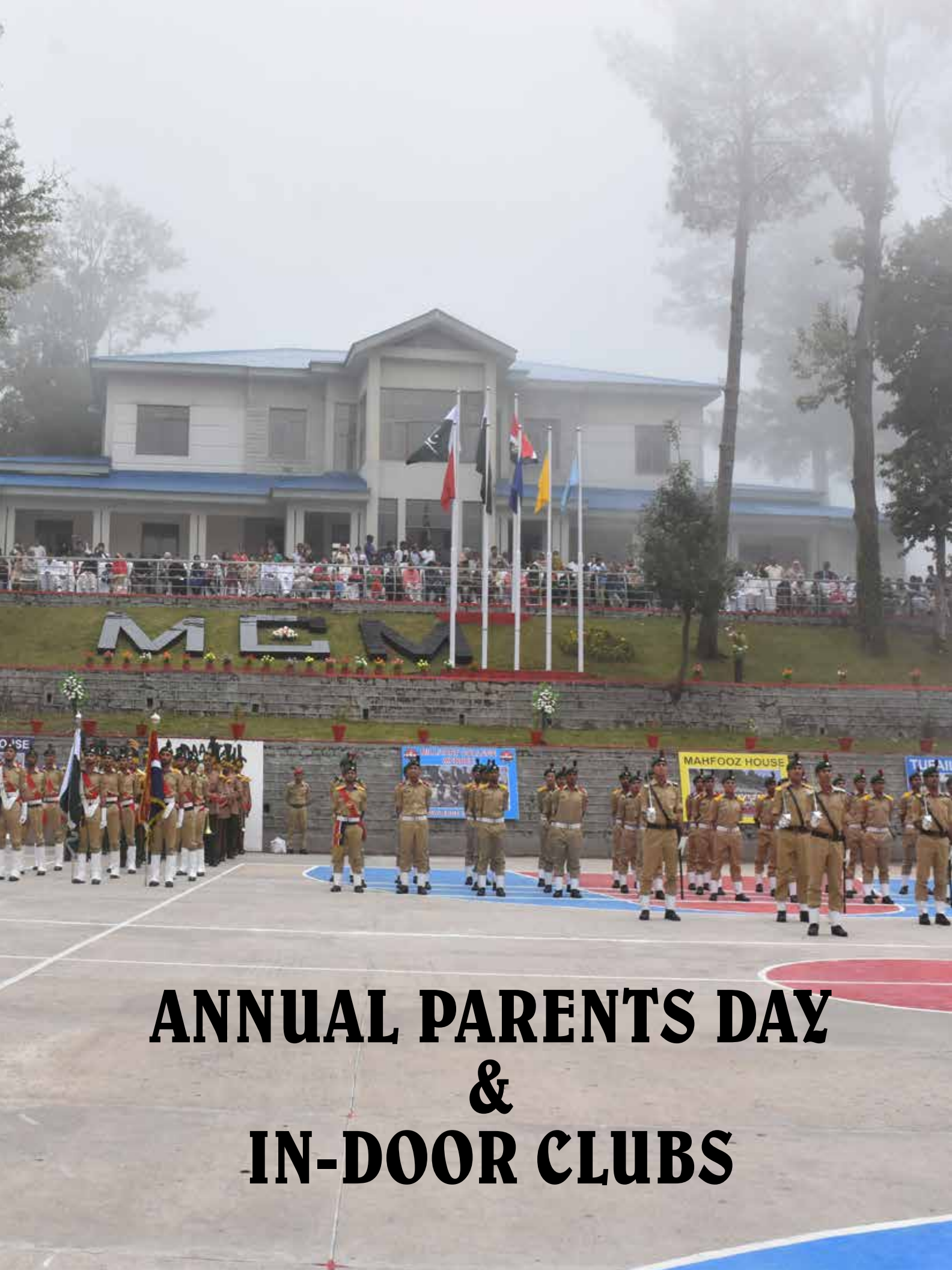




## EIGHTH CLASS TRIP TO PMA AND HARNOI

A trip was planned on 11 April 2019 to visit PMA Kakul Abbotabad on eve of Commandant's parade and the Harnoi Nullah. Since MCM is a feeder institution, so the aim of the trip was to motivate the cadets regarding induction in Pak Army. Previously 30 vacancies were usually given to MCM which were insufficient. Commandant MCM, Brig Arshad Mahmood took the initiative and after correspondence with Commandant PMA increased the vacancies from 30 to 100 in order to benefit the whole entry.





# **ANNUAL PARENTS DAY & IN-DOOR CLUBS**





## ANNUAL PARENTS DAY

The annual Parents Day of the College carries special significance in the calendar year. Preparations start getting afoot a month prior to the actual date when it would be held. Responsibilities are dished out to every member of the Faculty and the Cadets. The campus wears a completely unique shape. Nobody can be seen sitting idle or without any task. This is how life in Military College Murree goes on. The Commandant himself oversees many projects, monitors the progress of preparations and if required issues instructions to guide the officers. The Administration wing of the College starts decorating and renovating the College on war footing. Within a short time of one month the College is ready to receive its guests.



This year Military College Murree held its Annual Parents' Day on 14 July 2018. Director General Human Resource Development Major General Zafar Ul Haq was the Chief Guest. The parents and the other guests had gathered in the pindal. The function started when smartly turned out cadets presenting the General Salute to the Chief Guest. This was followed by an immaculately synchronised March Past by the cadets of Military College Murree.





The General took the salute and witnessed sprightly PT and Gymnastics shows. The cadets also exhibited their Judo and Karate skills. The highlight of the function was a spectacular display of equestrian skills by the cadets which included show-jumping and cavalcade. Commandant Military College Murree presented the Annual College Report, giving a synopsis of curricular, co-curricular and extra-curricular activities at the College (The full transcript of the Commandant's annual report is given in the Urdu section).



At the end of the ceremony the Chief Guest presented awards to cadets with outstanding performance in various fields during the last year. The Chief Guest addressed the parents, Faculty and the Cadets and appreciated the outstanding performance of the College in curricular and co-curricular fields (The full transcript of the Chief Guest speech is given in the Urdu section). He also visited the Clubs Exhibition and generously commended the untiring efforts of the Commandant and Faculty.

The proud parents of the Cadets were so happy to see their children performing outstandingly in different events of the Parents Day. Their faces were beaming with comfort, relief and happiness that their wards were in the best caring hands whose efforts were geared towards the mission and vision of this institution which is called Military College Murree.





## COMPUTER CLUB

<i>Officer-in-Charge</i>	:	<i>Capt Taooz Javed</i>
<i>President</i>	:	<i>Cadet Ali Hashmi</i>
<i>Vice President</i>	:	<i>Cadet Jamshed Anjum</i>

This year Computer Club worked extremely well. The aim was to develop projects as per the daily needs of the College. The members of the club are full of talent and creativity when it comes to devising new projects. The main focus was to put the real life into the complex programme of computer. These projects were appreciated by everyone.



## PHYSICS CLUB

<i>Officer-in-Charge</i>	:	<i>Maj Farid Ul Haque</i>
<i>President</i>	:	<i>Cadet Rafy Amin</i>
<i>Vice President</i>	:	<i>Cadet Muhammad Karrar Shahzad</i>

The Physics Club provides an opportunity to the cadets to acquaint themselves with the innovative technology and development of miraculous projects of Physics. The educative importance and value of the club is manifold as it highlights the practicability and universality of principles and laws of Physics to the member cadets.





## CHEMISTRY CLUB

<i>Officer-in-Charge</i>	:	<i>Captain Ammar Zia</i>
<i>President</i>	:	<i>Cadet Muhammad Faizan</i>
<i>Vice President</i>	:	<i>Cadet Usman Aslam</i>

MCM Chemistry Club is one of the major clubs at the College. It vehemently continues its traditions of creating awareness about chemistry, inquisitiveness and the scientific thinking in the cadets. It is due to the fact that theoretical learning of chemistry subjects demands practical application of the gained knowledge.



## FINE ARTS CLUB

<i>Officer-in-Charge</i>	:	<i>Major Muhammad Irfan</i>
<i>President</i>	:	<i>Cadet Hassan Iftikhar</i>
<i>Vice President</i>	:	<i>Cadet Umair Rasheed</i>

Our Cadets are also skilled at using brush on the canvas. The Fine Arts club is a forum which provides the cadets with an opportunity to put colours into various shapes. The club takes many times cadets on its role who are completely novice to the art of painting and turns them into amateur artists.







## PHOTOGRAPHY CLUB

<i>Officer-in-Charge</i>	:	<i>Captain Taooz Javed</i>
<i>President</i>	:	<i>Cadet Taha Arshad</i>
<i>Vice President</i>	:	<i>Cadet Usama Rabbani</i>

The club gift a number of photo albums to the distinguished guests who visit the College. The club has also been entrusted with the responsibility of designing the annual calendar which it undertakes proudly and always comes up with the best calendar every year with the best possible snaps.



## BIOLOGY CLUB

<i>Officer-in-Charge</i>	:	<i>Captain Babar Shahab</i>
<i>President</i>	:	<i>Cadet Haseeb Daniyal</i>
<i>Vice President</i>	:	<i>Cadet Muhammad Asif</i>

The members of this club participated in the club activities whole heartedly and worked with full zeal and zest to present a magnificent display on annual Parents Day. The creative milieu of this club spread across a variety of projects. On the Annual Day the Chief Guest appreciated the club for the highest display of skills.





## GYMNASTIC CLUB

<i>Officer-in-Charge</i>	:	<i>Captain Taooz Javed</i>
<i>President</i>	:	<i>Cadet Taha Arshad</i>
<i>Vice President</i>	:	<i>Cadet Usama Rabbani</i>

Balance, strength, agility, flexibility, endurance and control are hallmarks of gymnastic club. The gymnastic club plays a vital role in offering an opportunity to cadets to keep themselves physically fit. The members of the club displayed their skills which were no less than those of a professional gymnast.



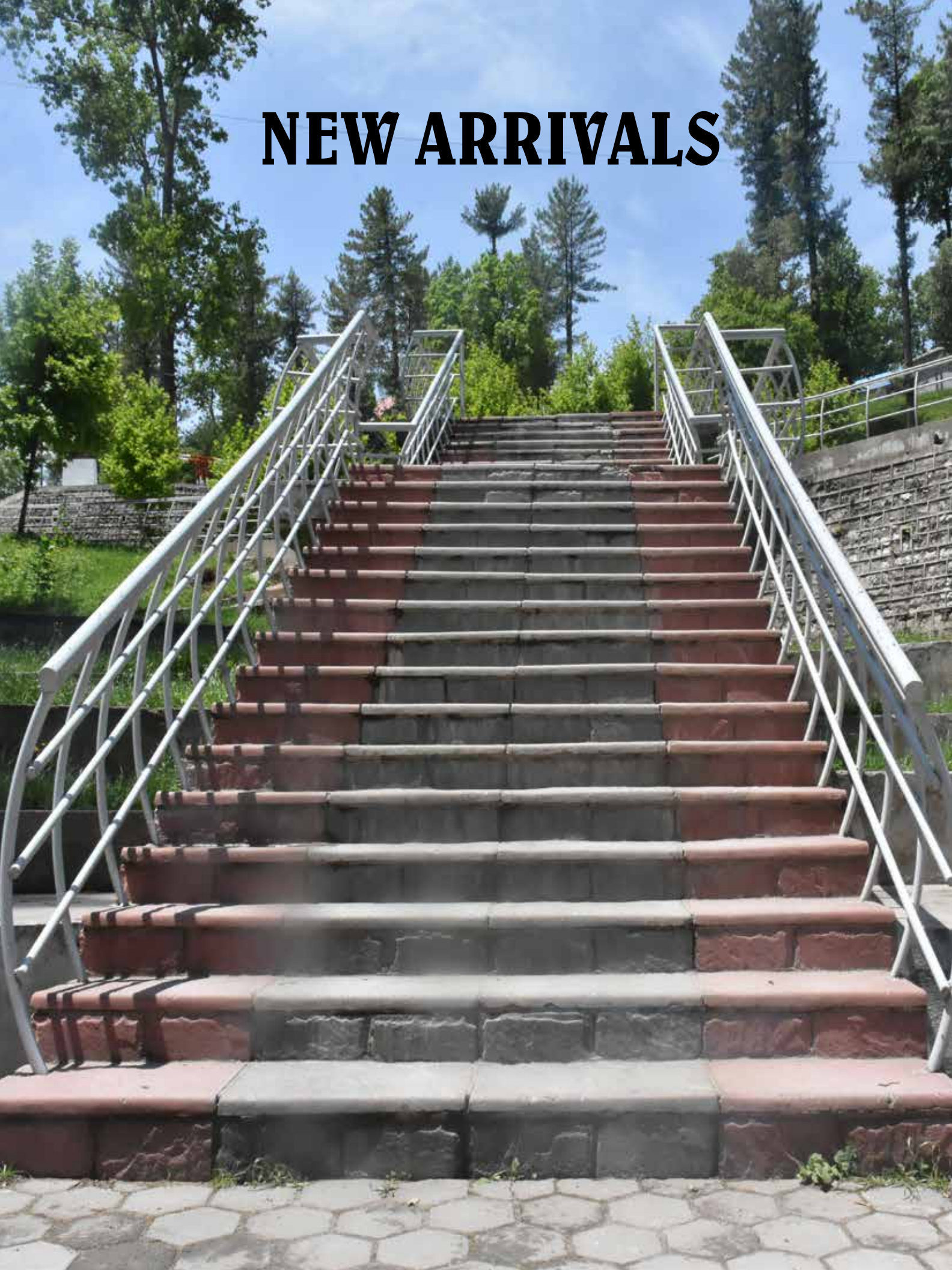
## KARATE CLUB

<i>Officer-in-Charge</i>	:	<i>Captain Shahzad Arif</i>
<i>President</i>	:	<i>Cadet Shehwar Bhatti</i>
<i>Vice President</i>	:	<i>Cadet Ibtesam Cheema</i>

Self defence without any weapon using the skills of punching, kicking, knee strikes and elbow strikes are the distinguished characteristics of karate club. The college karate club is a very active club that helps students acquire unarmed combat skills. The club members displayed exceptional agility with swift moves on the annual parents' day.



# **NEW ARRIVALS**







## NEW ARRIVALS

### ARRIVAL EIGHTH CLASS

**M**ilitary College Murree is entrusted with the mission of educating and grooming the cadets for induction into Pakistan Army. New Entry of the Military College Murree joined the College in class VIII on 25 April 2019. They were received with open arms by the Commandant, Deputy Commandant, Faculty and the Cadets. Parents started arriving at the College early morning to leave their wards. They were received at the reception after necessary documentation. They were then escorted to the respective Houses where House Masters received and welcomed them and assigned them dormitories/cupboards. Parents were also given guided tours to the training facilities at the College. Later on Brig Arshad Mehmood, Commandant Military College Murree in Kayani Auditorium. Commandant welcomed and congratulated the newly selected Cadets to be part of this prestigious institution of the Pakistan. After Commandant's address, the Cadets had a group photo with the Commandant. Keeping up the traditions of hospitality, a sumptuous lunch had been arranged for the guests in A and C Messes. The parents left the College with sense of satisfaction and relief that they were leaving their children in the safe hands.





## ARRIVAL LATERAL ENTRY (FIRST YEAR)

Commandant MCM Brig Arshad Mahmood is especially very forthcoming in extending the scope and breadth of MCM. It was on his special initiative that the vacancies for lateral entries were increased upto accommodating 50 extra Cadets. It would have been for the first time in the history of MCM to take such a large number in first year class.

Military College was established in September 2008. All the spheres of education and training aim at personality grooming of the cadets that include character building, cognitive development, communication skills, gaining confidence and shaping life through unending academic, co-curricular and sports activities. Lateral entry of Class XI was received on 30 April 2019. Students and parents started arriving early in the morning and they were taken to the respective Houses. In his welcome address Commandant congratulated the Cadets for their selection to MCM.

On this occasion Commandant also reminded the newly selected Cadets that they were now part and parcel of the brotherhood called the Himalians. Commandant also assured the parents that their sons were in the safe hands and the College would leave no stone unturned to win laurels for their parents and the nation. The parents left the College after consuming the lunch hosted by the College.





**BEST PERFORMANCES  
OF THE YEAR &  
COLLEGE TEAMS**







# BEST PERFORMANCES OF THE YEAR

## BEST PERFORMANCES OF THE YEAR 2018

COAS Medal for the Best Cadet	Cadet Anwar Ghulam
IGT & E Gold Medal	Cadet Usman Shahid
Commandant Gold Medal	Cadet Ibtisam Cheema
Medallion of Excellence	Cadet Hasnat Akhtar
Best House Master	Maj Abdullah Al Hussain

### Prize Winners of Year 2018

#### The Co-Curricular Arena

## INTER HOUSE QIRAAT AND NAAT COMPETITION - 2018

### Individual Positions

#### Qiraat Contest

1 <sup>st</sup>	C/No 1091	Cadet Aftab Zaib	XII	Mehfooz House
2 <sup>nd</sup>	C/No 994	Cadet Abdul Rahman	XII	Sher Khan House

#### Naat Contest

1 <sup>st</sup>	C/No 829	Cadet Ehtisham Ali	XII	Lalak House
2 <sup>nd</sup>	C/No 974	Cadet Umair Rasheed	XII	Sher Khan House

#### House Positions Qiraat & Naat Contest

1 <sup>st</sup>		Sher Khan House
1 <sup>st</sup>		Mehfooz House
3 <sup>rd</sup>		Lalak House

## INTER HOUSE ENGLISH DECLAMATION CONTEST – 2018

### Individual Positions

1 <sup>st</sup>	C/No 890	Cadet Aimal Khan	XII	Sher Khan House
2 <sup>nd</sup>	C/No 1005	Cadet Awais Feroz	XI	Mehfooz House
3 <sup>rd</sup>	C/No 950	Cadet Nouman Saleem	XII	Aziz Bhatti House

### House Positions

1 <sup>st</sup>		Sher Khan House
2 <sup>nd</sup>		Mahfooz House
3 <sup>rd</sup>		Aziz Bhatti House



## INTER HOUSE ENGLISH DEBATE CONTEST – 2018

### Individual Positions

1 <sup>st</sup>	C/No 1098	Cadet Jawad Ijaz	XII	Aziz Bhatti House
2 <sup>nd</sup>	C/No 911	Cadet Naqash Mazhar	XII	Mehfooz House
3 <sup>rd</sup>	C/No 898	Cadet Irfan Ali	X	Mehfooz House

### House Positions

1 <sup>st</sup>	Mehfooz House
2 <sup>nd</sup>	Sher Khan House
3 <sup>rd</sup>	Aziz Bhatti House

## INTER HOUSE URDU DECLAMATION CONTEST – 2018

### Individual Positions

1 <sup>st</sup>	C/No 974	Cadet Umair Rasheed	XII	Sher Khan House
2 <sup>nd</sup>	C/No 951	Cadet Shahzad Abdullah	XII	Mehfooz House
3 <sup>rd</sup>	C/No 925	Cadet Tabassum Abbas	XII	Aziz Bhatti House

### House Positions

1 <sup>st</sup>	Mehfooz House
2 <sup>nd</sup>	Sher Khan House
3 <sup>rd</sup>	Aziz Bhatti House

## INTER HOUSE URDU DEBATE CONTEST – 2018

### Individual Positions

1 <sup>st</sup>	C/No 1063	Cadet Mubashir Mukhtar	XI	Aziz Bhatti House
2 <sup>nd</sup>	C/No 946	Cadet Arbab Jehangir	XI	Mahfooz House
3 <sup>rd</sup>	C/No 953	Cadet Muhammad Haseeb	XI	Aziz Bhatti House

### House Positions

1 <sup>st</sup>	Mehfooz House
2 <sup>nd</sup>	Lalak House
3 <sup>rd</sup>	Aziz Bhatti House

## INTERIOR ECONOMY TROPHY – 2018

### House Positions

1 <sup>st</sup>	Sher Khan House
2 <sup>nd</sup>	Lalak House
3 <sup>rd</sup>	Aziz Bhatti House



### SPORTS TROPHY

1 <sup>st</sup>	Sher Khan House
2 <sup>nd</sup>	Lalak House
3 <sup>rd</sup>	Mehfooz House

### CO-CURRICULAR TROPHY

1 <sup>st</sup>	Mehfooz House
2 <sup>nd</sup>	Sher Khan House
3 <sup>rd</sup>	Lalak House

### ACADEMIC TROPHY

1 <sup>st</sup>	Aziz Bhatti House
2 <sup>nd</sup>	Sher Khan House
3 <sup>rd</sup>	Lalak House

## THE EXTRA CURRICULAR DOMAIN

### INTER HOUSE BADMINTON COMPETITION – 2018

#### House Positions

1 <sup>st</sup>	Sher Khan House
2 <sup>nd</sup>	Lalak House
3 <sup>rd</sup>	Mehfooz House

**Best Player:** Badminton Cadet Ali Hashmi      XII      Mehfooz House

### INTER HOUSE VOLLEYBALL COMPETITION – 2018

#### House Positions

1 <sup>st</sup>	Sher Khan House
2 <sup>nd</sup>	Mehfooz House
3 <sup>rd</sup>	Lalak House

**Best Player:** Volleyball Cadet Osama Ali      XII      Sher Khan House

### INTER HOUSE TABLE TENNIS COMPETITION – 2018

#### House Positions

1 <sup>st</sup>	Aziz Bhatti House
2 <sup>nd</sup>	Sher Khan House
3 <sup>rd</sup>	Lalak House

**Best Player:** Table Tennis Cadet Taimoorn Asif      XI      Aziz Bhatti House



## INTER HOUSE LAWN TENNIS COMPETITION – 2018

### House Positions

1st	Aziz Bhatti House
2nd	Lalak House
3rd	Sher Khan House
<b>Best Player:</b> Lawn Tennis Cadet Haseeb Ullah XII	Sher Khan House

## INTER HOUSE CROSS COUNTRY – 2018

### 2nd Year

#### Top Ten

C/No 947	Cadet Hamza Zahoor	Lalak House
C/No 953	Cadet Haseeb Ali	Lalak House
C/No 955	Cadet Afaq Marwat	Mehfooz House
C/No 962	Cadet Munir Hussain	Mehfooz House
C/No 940	Cadet Saif UR Rehman	Aziz Bhatti House
C/No 891	Cadet Hamza Nazir	Lalak House
C/No 894	Cadet Ibtisam Cheema	Sher Khan House
C/No 1666	Cadet Hannan Butt	Aziz Bhatti House
C/No 932	Cadet Nasir Ali	Lalak House
C/No 1409	Cadet Atta-ur-Rehman	Lalak House

### House Positions

1st	Lalak House
2nd	Sher Khan House
3rd	Mehfooz House

## INTER HOUSE CROSS COUNTRY – 2018

### 1st Year

#### Top Ten

C/No 1031	Cadet Ahtesham Saeed	Lalak House
C/No 1011	Cadet Saqib Sohail	Sher Khan House
C/No 1050	Cadet Muhammad Talha	Aziz Bhatti House
C/No 1005	Cadet Awais Feroze	Mehfooz House
C/No 1009	Cadet Rifaqat Naseem	Lalak House
C/No 1014	Cadet Jamshaid Ahmed	Sher Khan House
C/No 1060	Cadet Luqman Khan	Mehfooz House
C/No 1052	Cadet M. Muzzamil	Lalak House
C/No 1056	Cadet Wasim Bangash	Sher Khan House
C/No 1059	Cadet Noor	Mehfooz House



**House Positions**

1st	Aziz Bhatti House
2nd	Lalak House
3rd	Sher Khan House

**INTER HOUSE CROSS COUNTRY – 2018**

**Matric**

**Top Ten**

C/No 1135	Cadet Murad Ahmed	Lalak House
C/No 1095	Cadet Talha Bin Munawir	Sher Khan House
C/No 1133	Cadet Haseeb Zulfiqar	Sher Khan House
C/No 1148	Cadet Abdur Rehman Akmal	Sher Khan House
C/No 1130	Cadet Hamza Jarral	Aziz Bhatti House
C/No 1139	Cadet Hamza Shoukat	Lalak House
C/No 1131	Cadet Altaf Basit	Sher Khan House
C/No 1128	Cadet Salman Zulfiqar	Lalak House
C/No 1171	Cadet Ali Raza Malik	Lalak House
C/No 1154	Cadet Mubashir Ahmad	Mehfooz House

**House Positions**

1st	Lalak House
2nd	Sher Khan House
3rd	Aziz Bhatti House

**OVERALL POSITION INTER HOUSE CROSS COUNTRY-2018**

1st	Lalak House
2nd	Sher Khan House
3rd	Aziz Bhatti House

**INTER HOUSE FOOTBALL TOURNAMENT-2018**

1st	Mehfooz House
2nd	Lalak House
3rd	Aziz Bhatti House
<b>Best Player:</b> Cadet Aimal Khan	XII Sher Khan House

**INTER HOUSE BASKETBALL TOURNAMENT-2018**

1st	Mehfooz House
2nd	Sher Khan House
3rd	Lalak House
<b>Best Player:</b> Cadet Waseem Ahmed	XII Mehfooz House



## INTER HOUSE PET CHAMPIONSHIP – 2018

### Second Year

1 <sup>st</sup> Position	C/No 932 Cadet Haseeb Ali	Lalak House
2 <sup>nd</sup> Position	C/No 940 Cadet Saif-ur-Rehman	Aziz Bhatti House
3 <sup>rd</sup> Position	C/No 962 Cadet Munir Hussain	Mehfooz House

### First Year

1 <sup>st</sup> Position	C/No 1031 Cadet Ahtesham Saeed	Lalak House
2 <sup>nd</sup> Position	C/No 1011 Cadet Saqib Sohail	Sher Khan House
3 <sup>rd</sup> Position	C/No 1056 Cadet Wasim Bangash	Sher Khan House

### Matric

1 <sup>st</sup> Position	C/No 1135 Cadet Murad Ahmed	Lalak House
2 <sup>nd</sup> Position	C/No 1137 Cadet Sahal Bin Amin	Sher Khan House
3 <sup>rd</sup> Position	C/No 1139 Cadet Hamza Shoukat	Lalak House





## COLLEGE COLOURS



## COLLEGE BASKETBALL TEAM





## COLLEGE FOOTBALL TEAM



## COLLEGE VOLLEYBALL TEAM







# SOARING HIMALIANS







## SOARING HIMALIANS



**Cadet Anwar Ghulam**  
COAS Medal for Overall  
Best Cadet



**Cadet Usman Shahid**  
IGT&E Gold Medal  
1<sup>st</sup> Position in HSSC - 2017



**Cadet Ibtisam Cheema**  
Commandant Gold Medal  
1<sup>st</sup> Position in SSC-2017



**Cadet Shoaib Akmal**  
Commandant Gold Medal  
1<sup>st</sup> Position in SSC-2018



**Cadet**  
**Hasnat Akhtar**  
Medallion of Excellence



# SOARING HIMALIANS - 2018

## ACADEMICS

### Top Ten Positions – HSSC (Part-II)



1003  
Cadet Naseer Ahmed



998  
Cadet Obaid Ata



998  
Cadet Muhammad Afaq



990  
Cadet Faisal Farooq



990  
Cadet Abid Haris



977  
Cadet Muhammad Hasnat



976  
Cadet Abu Huraira



940  
Cadet Haseeb



937  
Cadet Muhammad Hassan



932  
Cadet Muhammad Bilal

### Top Ten Positions – HSSC (Part-I)



472  
Cadet Umair Rasheed



475  
Cadet Ahmed Malik



455  
Cadet Chaudhri Nasir



453  
Cadet Muneeb Ur Rehman



456  
Cadet Hamza Nazir



463  
Cadet Muhammad Umair



446  
Cadet Muhammad Asif



446  
Cadet Qaim Raza



446  
Cadet Waseem Ahmed



457  
Cadet Muhammad Rafe



### Top Ten Positions – SSC (Part-II)



1070  
Cadet Shoaib Akmal



1066  
Cadet Faisal Sana



1064  
Cadet Awais Ahmed



1062  
Cadet Muhammad Ali



1062  
Cadet Muhammad Ozaif



1061  
Cadet Sohaib Shahzad



1060  
Cadet Tamim Ahmed



1060  
Cadet Jamshaid Ahmed



1059  
Cadet Muhammad Subhan



1058  
Cadet Hasnat Amin

### Top Five Positions – SSC (Part-I)



509  
Cadet Muhammad Shahid



505  
Cadet Usman Aslam



500  
Cadet Waseer Saif



486  
Cadet Haseeb Zulfiqar



493  
Cadet Muhammed Ahmad



493  
Cadet Muhammad Ahmed



Top Five Positions – VIII Class



494  
Cadet Muhammad  
Zeeshan



502  
Cadet Danyal Rasool



499  
Cadet Muhammad  
Hussain



496  
Cadet Danyal Jeelani



496  
Cadet Muhammad  
Abdulla



492  
Cadet Ali Nadeem

*What you get by achieving your goals is not as important as what you become by achieving your goals.*

*– Henry David Thoreau*

*Potential is not an endpoint but a capacity to grow and learn.*

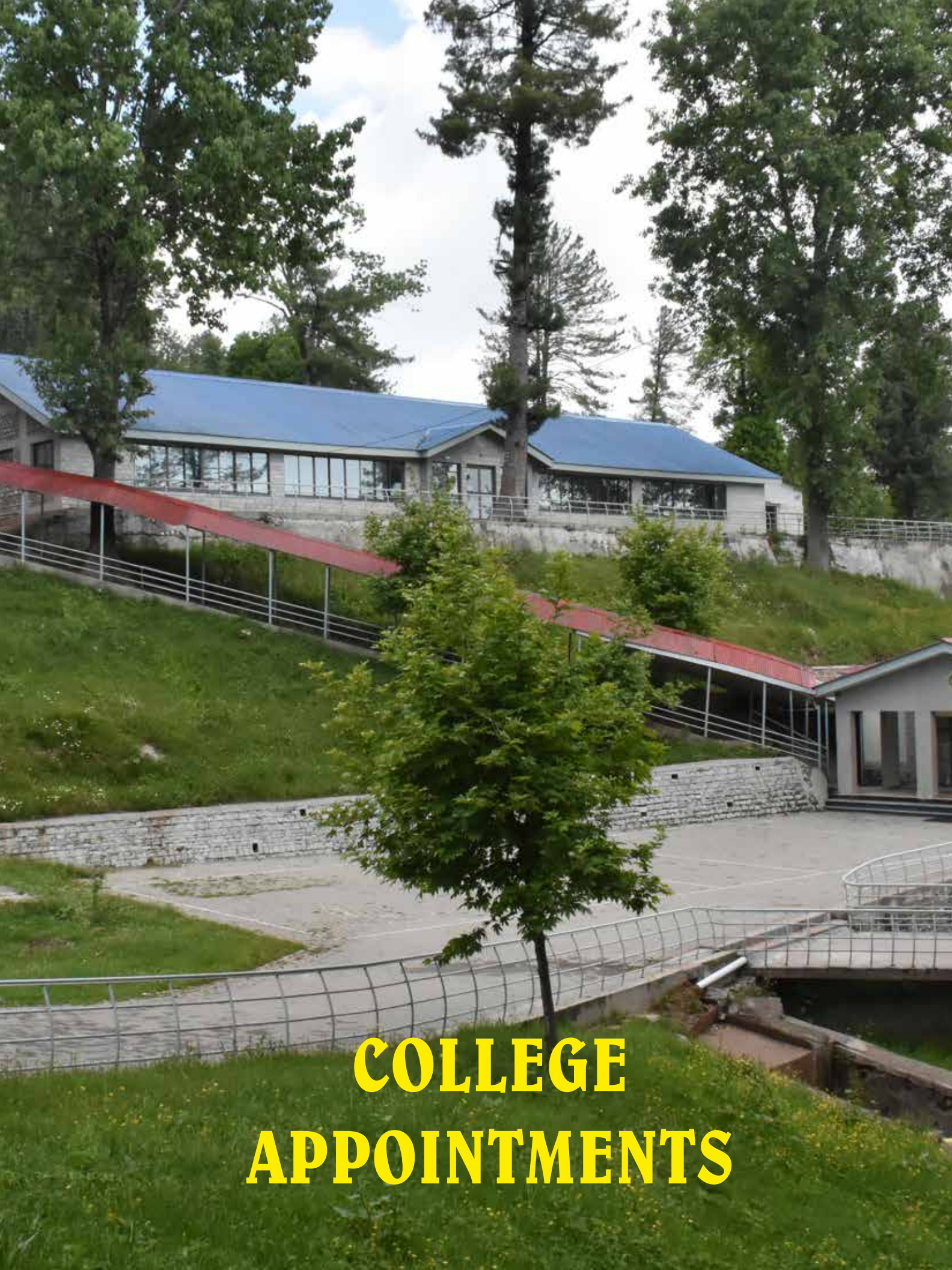
*– American Psychologist Eileen Kennedy Moore*

*Small daily improvements over time lead to stunning results.*

*– Robin Sharma, Writer*

*I have not failed. I've just found 10,000 ways that won't work.*

*– Thomas A. Edison*



# **COLLEGE APPOINTMENTS**

# COLLEGE APPOINTMENTS WITH COMMANDANT







# APPOINTMENTS

## College Appointments



College Prefect  
Cadet Hamza Nazir



President Literary Society  
Cadet Aimal Khan



Secretary Literary Society  
Cadet Muhammad Shehzad



College Sports Secretary  
Cadet Munir Bangash

## House Prefects



Cadet Abdul Hannan  
(ABH)



Cadet Umair Rasheed  
(SKH)



Cadet Ahmed Malik  
(TH)

## Assistant House Prefects



Cadet Saleh Mushtaq  
(ABH)



Cadet Faizan Yousaf  
(SKH)



Cadet Haseeb Niyazi  
(LH)



Cadet Hasnat  
(TH)



Cadet Awais  
Ahmed (TH)



### Mess Secretaries



Cadet Rafey Iftikhar  
(ABH)



Cadet Mudassar Shah  
(SKH)



Cadet Nasir Ali  
(LH)



Cadet Rafaqat  
(TH)

### Social Secretaries



Cadet Zeeshan Arshad  
(ABH)



Cadet Mohsin Bajwa  
(SKH)



Cadet Hamza Zahoor  
(LH)



Cadet Bilal Akbar  
(TH)

### Sports Secretaries



Cadet Saif Ur Rehman  
(ABH)



Cadet Haseeb  
(SKH)



Cadet Taimoor  
(LH)



Cadet Shoaib Akmal  
(TH)

*The price of greatness is responsibility.*

*— Winston Churchill*

*No one can make you feel inferior without your permission.*

*— Roosevelt*

# HOUSE REPORTS







# SHER KHAN HOUSE

(The Champions)

*DEATH BEFORE DISHONOUR*



<i>House Master</i>	:	<i>Major Muhammad Saeed</i>
<i>Assistant House Master</i>	:	<i>Major Ammar</i>
<i>House Officers</i>	:	<i>Major Arshad</i> <i>Lec Waqas</i>
<i>Adm JCO</i>	:	<i>Subedar Shahid</i>

Sher Khan House is named after the Kargil War hero Captain Kernal Sher Khan, NH. The House motto is "DEATH BEFORE DISHONOUR". The students of this House are true epitome of honour, integrity, self-discipline and courage. The cadets of Sher Khan House are also known as "Sher" of Military College Murree due to their ability to turn the table in different college competitions.

The achievements of Sher Khan House include 1<sup>st</sup> position in Inter House English Declamation 2018 in which Cadet Aaimal Khan, XII proved his mettle along with Cadet Umair Rasheed, XII who secured 1<sup>st</sup> position in Inter House Urdu Declamation. Sher Khan House also lifted the trophy of Inter House Interior Economy Competition 2018 and maintained their reputation throughout the year due to which they were declared the Champion House of Military College Murree.



# AZIZ BHATTI HOUSE

*HONOUR FIRST*



<i>House Master</i>	:	<i>Major Shahbaz Anjum</i>
<i>Assistant House Master</i>	:	<i>Major Syed Muhammad Tauseef Shafqat</i>
<i>House Officers</i>	:	<i>Capt Waqas</i>
		<i>Lec Syed Assad Ali</i>
<i>Adm JCO</i>	:	<i>Subedar Javaid</i>

Aziz Bhatti house derives its name from the illustrious hero of 1965 war, Major Raja Aziz Bhatti, NH. The motto of the House is, "HONOUR FIRST" which serves as a beacon of light for the cadets of the House. ABH started off the session with an inherent promising flair and proved their mettle in Academic Performance Trophy for which the House secured 1<sup>st</sup> position. Their pursuit this time for winning had a streak of unremitting success which they wanted to advance with glory and panache, the house clinched first position both in Inter House English and Urdu debate contest. When cadet Jawad Ijaz, XII and Cadet Mubasher Mukhtar, XI secured first position in their respective categories. The house also feels proud of Cadet Shoaib Akmal, XI who displayed his expertise with ping pong by winning the inter house table tennis championship and promises to produce more and more like him in the future.



# MEHFOOZ HOUSE

*NEVER GIVE IN*



<i>House Master</i>	: <i>Major Farid Ul Haq</i>
<i>Assistant House Master</i>	: <i>Capt Maqbool Hussain</i>
<i>House Officers</i>	: <i>Lec Sana Ullah</i> <i>Lec Zain Akram</i>
<i>Adm JCO</i>	: <i>SM Arshad</i>

The House is named after another brave son of soil Lance Naik Muhammad Mehfooz, NH who embraced martyrdom in 1970 War. The motto of the house is, "NEVER GIVE IN". Its students strive hard to lead from the front in all academics, co-curricular and extra-curricular activities. The House won 'Qirat Contest 2018' in which Cadet Aftab Zaib got 1<sup>st</sup> position while 2<sup>nd</sup> position in 'Inter House English Declamation Contest 2018' in which Cadet Awais Feroz took 2<sup>nd</sup> position. In 'English Debate Contest 2018' Mehfooz House stood 1<sup>st</sup> while Cadet Naqash Mazhar, XII took 2<sup>nd</sup> position individually. Mehfooz House also got 1<sup>st</sup> position in both Inter House Urdu Declamation and Inter House Debate Contest where Cadet Shahzad Abdullah, XII and Cadet Arbab Jehangir got 2<sup>nd</sup> positions respectively. All the House Officers and Cadets are motivated to pick up the Champion's Trophy in the year 2019.



# LALAK HOUSE

*COURAGE IS ALL*



<i>House Master</i>	:	<i>Lt Col Atiq Ullah Khan</i>
<i>Assistant House Master</i>	:	<i>Capt Shahzad Arif</i>
<i>House Officers</i>	:	<i>Capt Asad Amin</i> <i>Lec Waseem Shehzad</i>
<i>Adm JCO</i>	:	<i>SM Zahir Khan</i>

The Cadets of this house pursue their aims keeping the motto of their House, "COURAGE IS ALL" in mind. They yearned to show some robust grit and merit coupled with fiery flare and flamboyance. The House lifted 'Inter House PET Championship' trophy while Cadet Ahtesham Saeed, XI and Cadet Murad Ahmed, X stood first individually. For the feats they have achieved they struggled hard and proved an indomitable adversary to most of their competitors. They set their dominance by team effort and some individual dexterity which proved quite helpful to them. The cadets of Lalak House have unwavering faith in their House officers who are no less than a beacon of light for their students. The House has won 1<sup>st</sup> position in Naat Contest in which Cadet Ehtisham Ali, XII stood first while 2<sup>nd</sup> position in Inter House Urdu Debate Contest, Interior House Economy and Inter House Lawn Tennis Competition 2018 as well.





# TUFAIL HOUSE

*I CAN, I WILL*



<i>House Master</i>	: <i>Major Saleem Javed</i>
<i>Assistant House Master</i>	: <i>Capt Hafza</i>
<i>House Officers</i>	: <i>Capt Taooz Javed</i> <i>Lec Abdur Rasheed</i>
<i>Adm JCO</i>	: <i>Subedar Khalid</i>

Tufail House is the only junior House named after Maj Muhammad Tufail, NH. It inculcates the spirit of "I CAN, I WILL". Being the only junior House till 2019, Tufail House served as leadership cradde of future leaders. Cadets of very young age are inducted in class 8<sup>th</sup> and a team of very competent officers look after and groom these cadets. Every house officer contributes towards the well being and overall personality uplift of young cadets. Different sports competitions were held among the same House to enhance sense of sportsmanship and competition. Basketball and football tournaments were held which were won by The Eagles while The Tigers were the runners up. The cadets of Tufail House are an embodiment of commitment, motivation and determination. The House does not have a comfortable time the next year but a tough competition the next year when it has another junior House to compete with.

# COLLEGE PT & DRILL STAFF WITH COMMANDANT



**BIG PAGE**





# NICKNAMES OUTGOING ENTRY

## AZIZ BHATTI HOUSE



**Abdullah Mukhtar**  
(Batter)



**Zeeshan**  
(Mama)



**Tabassum**  
(Madam)



**Uneeb**  
(Coaba)



**Shahzeb**  
(Chaand)



**Saif**  
(Sheefu)



**Arslan**  
(Danedar)



**Nouman**  
(Local)



**Mansoor**  
(Malangi)



**Ahmed Munir**  
(Majh)



**Ghulam Raza**  
Zleeping Zuit)



**Rafy**  
(Koko)



**Ramiz**  
(Kallu)



**Abdullah**  
(Peer)



**Ansaar**  
(Doremon)



**Abdul Hannan**  
Geeta)



**Abdullah Atif**  
(Chussarh)



**Bakhtyar**  
(Qari)



**Saleh**  
(Khichhi)



**Hassan**  
(Parri)



**Hannan Butt**  
(Thanu)



## MEHFOOZ HOUSE



Munir  
(Pattha)



Shehzad  
(Speaker)



Zeeshan  
(Aunti)



Taha  
(Haathi)



Naqash  
(Naruto)



Irfan  
(Cheesa)



Muneeb  
(Kannu)



Tayyab  
(Bakra)



Najeeb  
(Panda)



Umair  
(DVD)



Waseem  
(Bottle)



Uzair  
(Cadet)



Afaq  
(Chacha)



Ammar  
(Luci)



Ali Hashmi  
(Reema)



Qaim Raza  
(Charsi)



Dawood  
(Khusra)



Usama  
(HP)



Osama Rabbani  
(Nazim)



Asif  
(Kitabi Keerha)



Hamza  
(Malot)



Sibtain  
(Chorri)



Awais  
(Mayyi)



# SHER KHAN HOUSE



**Aimal Khalil  
(Pathhani)**



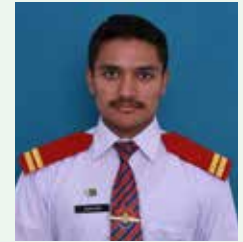
**Ibtisam Cheema  
(Khargosh)**



**Abdullah  
(Piyara)**



**Deedad  
(Buddy)**



**Mohsin  
(Dhol)**



**Shahzeb  
(Gracy)**



**Usama  
(Chori)**



**Hashim  
(GTA)**



**Afaq  
(Pathha)**



**Haseeb  
(Bhooka)**



**Ozair  
(Akku)**



**Faizan  
(Jin)**



**Shahzaib  
(Chhotu)**



**Faisal  
(Sexy)**



**Mudassir  
(Kapoor)**



**Mudassir Latif  
(Karak)**



**Ali Azfar  
(Murgh)**



**Umair Rasheed  
(Barra)**



**Umair Khalid  
(DVD)**



**Hanzala  
(TB)**



**Ishaq  
(Karak)**



## LALAK HOUSE



Hamza Nazir  
(Arooj)



Sohaib  
(Ikhatthar Bahattar)



Haseeb  
(Daddu)



Nasir  
(Habshi)



Taimoor  
(Chikna Della)



Hamza Zahoor  
(Charru)



Ali  
(Khushka)



Hassan  
(Chhola)



Ahmed  
(Yabla)



Murtaza  
(Dunba)



Ismail  
(Mulla)



Hamza  
(Lazy)



Taimoor Khan  
(Tharki)



Haseeb  
(Gopu)



Arbab  
(Ashiq)



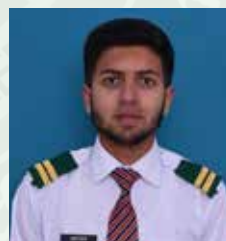
Mehtab  
(Patwari)



Usama  
(Khijju)



Hashaam  
(Chussarr)



Mateen  
(Shah)



Rafe  
(Adbi)



Ata ur Rehman  
(Urmarra)



# ARMY PUBLIC SCHOOL MCM







# ARMY PUBLIC SCHOOL MCM

Army Public School, MCM was established on 15 May 2001 on self help basis up to class VI. Initially the school was accommodated in two small blocks. In 2004, a new block comprising four rooms was constructed. In order to meet the increasing demand for quality education, it was upgraded to Middle school in 2016. In 2018, a new block of four classrooms was further added to accommodate the increasing strength of students. Now the school which began its journey from two small blocks, has grown to a huge complex with 15 fully equipped classrooms.



The school has touched new zeniths by providing quality education in an academic friendly environment to the wards of military personnel and local residents of Murree up to class 9<sup>th</sup>. This year Commandant MCM sanctioned the up-gradation of school up to class 10<sup>th</sup> and its subsequent affiliation with Federal Board. Now the school has started functioning up till SSC level.



The school's name has also been changed. Earlier, it was named as APS Upper Topa, Gharial Camp but now the school has been named as APS MCM as it is located within MCM campus and is being run by MCM for financial and training purposes.



A number of extra and co-curricular activities continue throughout the year as a part of cultural and social grooming of the students. Last year, a cultural show was performed by the students of APS at Kayani Auditorium.



The students were donned with various cultural dresses and representing Punjabi, Sindhi, Pashtun and Balochi cultures of Pakistan. They also performed short skits as well to exhibit their talent and acting skills.



The school also participated in Sarsabz-o-Shadab Pakistan Campaign launched by Pakistan Army. A group of students and teachers planted saplings near Gharial Camp and contributed in enriching the forest land of Pakistan with environment friendly plants.





# REFLECTIONS





# BRAIN DAMAGING HABITS

Major Asad Amin  
Department of English



The human brain is considered a very delicate part of a human being. The damage to the brain can lead to a number of health complications. World Health Organization (WHO) has recently released the Top 10 biggest Brain damaging habits according to their latest research findings.

## 1. Skipping Breakfast

Students as well as adults have a very bad habit of not taking breakfast in the morning. This leads to low blood sugar levels all day. It has been proven through research that the carbohydrates that a person eats in the morning are the real food of the brain. So by not eating breakfast, our brain gets an insufficient supply of nutrients and this becomes a cause of brain degeneration.

## 2. Sugar

Too much sugar in your blood will interrupt the efficient absorption of proteins and nutrients in our body. Sugar may also interfere in process of healing of tissue damage and brain development. Too much of sugary products in your diet is not good for the brain.

## 3. Smoking

Everyone is aware of the negative effects of smoking. Even second hand smokers suffer because of the cigarette smoke around them. Basically smoking damages cognitive abilities, memory, learning skills and thinking powers. It has also been proved to be a cause of diseases like alzheimer and dementia.

## 4. Over Eating

This causes the brain arteries to become hard so it enforces pressure over the arteries causing them to stiffen. This leads to a decrease of mental power or what we call spontaneous work of the brain. 5. Sleep Deprivation



Sleep allows our brain to rest. The habit of sleeping late at night or not sleeping at all accelerates the death of the brain cells.

## 6. Air Pollution

Because of air pollution, the supply of oxygen to the brain gets decreased and it also decreases the efficiency of the brain.

## 7. Head Covered While Asleep

If someone sleeps with his/her head covered with a pillow or something else, then it obviously does not allow the carbon dioxide to move away. The concentration of carbon dioxide hence increases and that of oxygen decreases. This is very harmful for the brain.

## 8. Working While Ill

Many people show much devotion to work. They ruin their health and end up being sick. More torturous, they work when they are sick and damage the effectiveness of the brain. Even if you're just studying when you're sick, your pressurizing your brain to work when it honestly can't function right.

## 9. Low Water Consumption

70% of our body is made up of water. So when we lower our intake of water, we basically compromise a crucial need of our brain. Water is linked to many functions and the brain readily needs it. So you need to increase the intake of water as soon as possible for proper body functioning.

## 10. Low Interaction

For many people it might be normal not to speak much. But then again there are those people who rarely ever talk. You must speak up so that your brain cells are exercised and you don't damage your brain cells by not using them at all in this aspect.

*Ultimately, man should not ask what the meaning of the life is, but rather must recognize that it is he who is asked. In a word, each man is questioned by life; and he can only answer to life by answering for his own life; to life he can only respond by being responsible.*

— Viktor Frankl





# OPTIMISM

C/No 1019  
 Cadet Inam Hunzai  
 XI



True optimism means not to lose hope, in face of adversity and keep on trying to bring about a positive change. In good times everyone is happy, cool and nice to others. A real character of a person comes out in times of trial and tribulation of life. An accident, diagnosis of disabling diseases, loss of loved one and becoming victim of all crimes have a traumatic effect on human beings. We feel like it is the end of world and nothing is left in life. Guilt, self-blame and helplessness prevail. How would a true optimist behave in such a situation? He or she will have believed and hoped that something can be done and start working towards bringing about a change.

To illustrate this point, there is a worth quoting story of Wilma Rudolph. She was born in a poor black family in 1940 in Clarksville. In her early years she suffered from one illness after another. Measles, mumps, scarlet fever, chicken pox and pneumonia. At the age of four her left leg was affected by Polio and the doctor said that she would never walk again without crutches. But she and her mother never gave up hope. Her mom found a sympathetic doctor in Nashville, who treated her for two years until Wilma was able to walk with a metal brace. Wilma kept on doing the exercises rigorously to be able to walk. At the age of 12 she began walking without brace and thus she decided to become an athlete. Her optimism not only enabled her to become an athlete but also won her a bronze medal at the Olympics games when she was just 16. Wilma became the first American woman in 1960 to win three gold medals in the Olympics. These achievements made her most celebrated female athlete of her time.

Optimism is not a state of mind, it is a behaviour and it can be learnt. But the question is how? The first step is to have a strong belief that circumstances can be changed for a better end. The second step is to analyze the situation because objective thinking will bring out conclusions. The third step is to make plan of action. It is very important to keep an optimistic attitude towards life because otherwise life would be too difficult to live. Keep your hopes and spirits high!



## EGO PROBLEM IN YOUTH

C/No 1209  
Cadet Saifullah Khan  
IX

Social life is a blessing. Man is social by nature but at the same time selfish by nature. Lust for wealth and reputation breeds many evils. People do whatever suits them. They don't bother social values and the emotions of other people.

Shakespeare said "what a piece of work man is, how noble in the reason, how expressive and admirable in action and like an angel". He thus beautifully represents the authority of man in eyes of other. When man entered a new age from the old one, he showed his bestiality in many walks of life. He is responsible for evils like ego which has been spread in every society. Youth has created serious problems of ego for itself. With passage of time ego has become horrible problem for all of the world.

Ego is the giant which has engulfed its jaws into the chest of our youth. At very outset, we mostly accept the evil of ego whole heartedly. The paradox of life is based upon truthfulness, honesty and ego. This evil not only demoralizes the society in the long run but also sets up the system of bankruptcy. When people remain under pressure of ego, their mindset can not control actions.

If we want to root out this problem, we must change political, social and individual system. Ego is a serious threat to upcoming and present youth. If we control our hands and tongue, we must exercise to control ourselves from being carried away by ego. We must control physical as well as mental impulses.

*Fear can keep a man out of danger but courage only can support him in it.*

*— Thomas Fuller*



# OUT OF THE ASHES WE WILL RISE AGAIN

C/No 1005  
Cadet Awais Feroze  
XI



Almost half a century ago, on the dawn of 6 August 1945, Hiroshima was waking up slowly to the beautiful morning, unaware of the horrors that lay ahead. At around 8:14 a.m. a single bomb dropped by a single plane changed the destinies of the thousands of people. Houses were reduced to rubble. Vehicles were blown away like flacks of cotton. Human flesh and bones were scattered like fireworks. The sky which was pleasant blue seconds before was now filled with a huge white mushroom cloud that enveloped the entire city.

It was believed that nothing would grow on the soil of Hiroshima for another 70 years. But...Hiroshima didn't die. Soon make-shift huts made of wood appeared in the charred of rubbles and black markets sprang up in front of train stations. This was the start of recovery. And now, Japan is the third largest economy in the world. Which proves that it rose out of the ashes of "Little Boy" and "Fat Man".

Have you ever seen a phoenix after it goes into ashes? The bright gold colours turn to coal black representing the end of a golden era? And you think, "Alas, the poor soul is finished". But just when you are about to turn your back on those ashes, you notice a change, a flicker of flame in those ashes, a sign of life and viola ashes turn to flames, flames to flickering wings and finally a whole new phoenix is born. That is exactly how Japan rose out of the ashes half a century ago.

*Only those who will risk going too far can possibly find out how far one can go.*

*– T.S. Eliot*



## DEATH

C/No 949

Cadet Muhammad Ali Hashmi

XII

What is death? It is but a natural phenomenon leading one to escape from the obstacles of life. Some religious men think it is a pathway to next life, where he would be asked for his former life. Some others depict it as a tragedy caused by sins, one commits. Anyway death in reality means a route to set free of life.

Death follows by horror, but one must not get scared of it. Doing so is quite a childish act. Death itself is that much horrible as it is made when followed by tears and groans. Black and white dresses and loss of fearfulness of one's relatives or friends. If the condition of grief of relatives and friends is dismissed, death is simply tragedy that can't even stop the life. Would that after the death one could have felt that he or she is dead they would have been proud of the tragedy. After one's death the departed is regarded as an angel even if his or her life was full of evil.

Moreover, the guardians of a dead person must not take the mishap of death as the quitting the world. One must give away their grief and feel proud. Some die gracing moustaches, some die having their widows, some die in a war and some die in the prison cell begging for their rights. In addition, death is as natural as birth. Then why the near and dear ones feel doomed after a death. One day the writer of this piece will also die and his death will be followed by the tears of his relatives along with the victory of his foes but he does not want this to happen.

*Expose yourself to your deepest fear; after that, fear has no power, and the fear of freedom shrinks and vanishes. You are free.*

*— Jim Morrison*



## AN UNFORGETTABLE DAY

C/No 895  
Cadet Muhammad Hassan Waheed  
XII



One particular day has left an indelible mark on my memory. I wish that had never come in my life. Since I am a witness to that day myself so I can narrate that much clearer than anyone else. I would love to share that experience with the readers. Although Pakistan has come a long way after that and many successes have been achieved after that like downing of two Indian aircraft by our Air Force. Being a witness to that day when the American helicopters landed in Abbottabad, there was a drastic need to have some success against those who violate our integrity like the Americans did in Abbottabad.

I don't know how I had been feeling a strange heaviness the whole day before that day. It was 1330hrs when I suddenly woke up at the loud bang outside my home. It felt like the rooftop would fall down. When we rushed outside, we saw heavy smoke rising from a building. People were standing nearby. We came to know in the morning that the American forces had attacked on a compound in Abbottabad where Osama lived along with his families. Honest I didn't feel good about that because it felt like someone had backstabbed us.

But then came the day when Pakistan replied tit-for-tat to the Indian intransigence by downing their two planes. This day has washed off all the remorse of that heaviest day. I am thankful to God because our Military forces made that possible. Strong and patriotic Military is certainly the life line behind survival of every nation.

*I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.*

— Nelson Mandela



## YAUM-I-SHUHADA

C/No 1200

Cadet Abdullah Javed

X

I thought and pondered, and then I realized that whatsoever, I can never pay back the persistent sacrifices they made for me rather for us and for the nation which, however, is fast becoming so insensitive towards their sacrifices. It's the coldness, the detachment of this nation towards the martyrs and Ghazis of this land that disturbs and make me scared because of all those who are poisoned and inclined just towards counting post-retirement benefits, plots and houses being given as compensation to the bereaved families. Do we think that the price of blood is only worth a plot or a piece of land.

We should not forget the sequel of sacrifices and heroism shown by our armed forces. To sit quiet and comfortable in the air-conditioned rooms is so easy that we begin to doubt, defame and insult the soldiers who walk into the battlefield, face the roaring gunfire, see their comrades breathe their last and may get hit by a bullet. How painful it is to receive a loved one in the white coffin draped in white and green flag only those can tell who really happened to have received. Watch the barren and the lost looks of a child who loses his or her father, or the empty smile of a lady who loses her life partner, or the wrinkled and downcast face of the old parents who receive the coffins of their sons, and you will find nobody equaling their courage and patience. But how embarrassed I feel when just a few cold words wash explain away all these sacrifices.

When the day that we pay tribute to the martyrs of our country, we can never feel the same like the families who have someone near and dear one lost in the battlefield. It may be easy for us to just lay down on our beds or play video games or roam around in the shopping malls but it is difficult to let our dear wear the khaki uniform, and send them to the war. Had it been in my power I would have celebrated the Yaum-i-Shuhada for the whole 365 days to keep reminding and rejuvenating our patriotism, spirit of sacrifice and worth of freedom.

# POETRY









## THE ONE

C/No:1150  
Cadet Muhammad Talha, X

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The one has just disappeared  
Disappeared from my sight  
The feeling and the frown  
Disappeared from my mind

But why her thoughts are still with me  
Skimming and indwelling in my soul  
Deserting my heart with all its might  
Burning my dusk and all the nights

Are you me or am I you?  
Don't know why I bother you?  
You for just like a weed  
Growing, growing and growing in me

Now it's the time let go of it  
My heart becomes so deficit  
Your love was such a malady  
Infested, sickened and finally I perish  
Yet no sign of thee, as you have gone  
away.



## ANOTHER CHANCE

C/No 2053  
Cadet Hamza Nazir, XII

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Give me some sunshine  
Give me some rays  
Give me another chance  
I want to grow up once again  
Give me some confidence  
Give me some hope  
Give me that previous task  
I want to do it once again  
Give me some reply  
Give me some condition  
Ask me that question  
I want to answer it once again  
Give me some trouble  
Give me some danger  
Give me some other obstacle  
I want to destroy it once again.



## MOTHER

C/No 1045  
Cadet Junaid Satti, XI

God ordered the angel  
To collect the coldness of new moon  
Tears of dews  
Song of nightingale  
Restlessness of the rose  
Fragrance of the flower  
Cry of the cuckoo  
Depth of sea  
Flower of the river  
Zeal of the feeling  
Bloom of galaxy'  
Glittering of the earth  
Splendor of morning  
Intense heat of sun  
Just  
To create the entity of mother  
When God completed creation of mother  
God said "I have gifted her with my  
treasure of love"



## HEART TO HEART

C/No 939  
Cadet Ozair Sajid, XII

What comes from heart  
Reaches the Heart  
What comes from the lips  
Reaches the ear!  
Let us follow humans  
Of the global fraternity  
Follow the heart's wisdom  
It intuitive, emotional intelligence  
To create conscientiously  
Peace bridges to the future  
Which are perpetually sustainable  
So that the present turned  
Future generations henceforth  
Flower and blossom perennially  
In the perfume of peace  
As eternal evergreens  
So as to banish all evil  
War and terrorism  
As peace in perpetuity  
When the soul sings symphonies  
To the creator  
For sustaining  
Pristine pure peace  
On earth, eternally!



## THE STRONGEST MAN

C/No 1280  
Cadet Abdul Hannan, XII

Once there lived a man  
Whose story I shall repeat  
Stronger than strongest of  
Men he'd never admit defeat  
He would keep on smiling  
Even his troubles kept on piling  
So many sorrows his heart had kept  
Yet not once had he ever wept  
Weakness he had never shown  
Not a hint of fear in his tone  
What he strived for he would do  
Giving up he never knew  
Failure to him another unknown thing  
For him always success God would bring.



## MOVE ON

C/No 902  
Cadet Zeeshan Arshad, XII

When the sun rises,  
It can't be the night.  
When the sun sets,  
It can't be bright.  
When it does rain,  
It gets dusky and dark.  
When a storm strikes,  
There is light spark.  
Everything is on its track.  
They persist to exist,  
They try and do.  
They achieve and lose again  
But they continue to do.  
They only speak two words, "Move on"  
After every night,  
Its bright again.  
After every rain,  
Comes the sun with rainbow again.  
And after every autumn,  
Comes the spring again!  
This is how the world moves  
And we have choice to weep or  
Smile again.



## THE STRONGEST MAN

C/No 907  
Cadet Ismail Fahad, XII

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Once there lived a man  
whose story I shall repeat  
stronger than strongest of  
men he'd never admit defeat  
He would keep on smiling  
Even his troubles kept on piling  
So many sorrows his heart had kept  
Yet not once had he ever wept  
Weakness he had never shown  
Not a hint of fear in his tone  
What he strived for he would do  
Giving up he never knew  
Failure to him another unknown thing  
For him always success God would bring.



## WORLD OF PLEASURES

C/No 900  
Cadet Muhammad Ahmed, XII

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The world of my pleasures,  
Lies for above in the skies,  
Where all is in my hands,  
Never approachable by any lies,  
Moon lightens the path of my home,  
And all around me happiness flies,  
Colours of rainbow embellish my ways,  
Endless charm sparkles in my eyes,  
Spring breaths with full spirits,  
And warmth of my passion never dies.



# PHOTO GALLERY





# ASSUMPTION OF NEW COMMAND



Commandant being received by Group Head Science in the Academic Block



Commandant sharing a light moment with Officers during the visit to Academic Block



Commandant visits the Academic Block



Commandant visits Cadets Mess



Visit to Classes



Visit to College Library



## HONOURABLE GUESTS



Receiving IGT&E Lt Gen Sher Afgan, HI(M) on his arrival



IGT&E Lt Gen Sher Afgan, HI(M) on an informal visit to MCM



DG HRD Maj Gen Najeeb Ahmad shaking hand with CP Hamza Nazir on his visit to MCM



Commandant presenting College shield to DG HRD



Mrs Gen Perera in a discussion with Commandant during Sri Lankan visit



Maj Gen Perera, DG NCC Sri Lanka, writes his impressions in the Visitors Book





## DEVELOPMENT WORK - GLIMPSES



Once upon a time the College Gate



The New College Gate



Selected site for the Sarwar House



A view of the newly raised Sarwar House



TV Room Officer Mess before



A view of the TV Room in Officers Mess now



## ANNUAL PARENTS DAY - 2018



Cadets gearing up in the assembly area for marching in the Podium



PT Display by Cadets of Class VIII



A beautiful view of back somersault



Brick breaking display by the Cadet



Chief Guest's loving pat to the award winner



Chief Guest being briefed by Cadet in the Physics Club



# COMPETITIONS



Best Performers of PET pose with Commandant for a photo



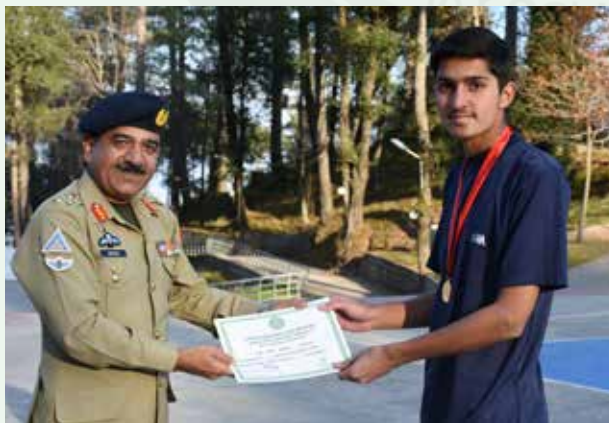
Cadets during mile test



Cadets vying for the ball during a basketball match



Heavings during PET



Commandant giving away prize to a Cadet after X Country



Contestants of Naat and Qiraat Competition with Commandant



## NEW ARRIVALS



Parents of new arrivals 8<sup>th</sup> class being received at the College Gate



Documentation of the new arrivals



Parents of new arrivals consuming lunch at MCM



Commandant warmly receiving a parent of the new arrival



Commandant shaking hand with the new Himalian



A fresh Himalian at his new home



# SNOWFALL AT MCM



Commandant meeting the Cadets after Winter break



Commandant taking a round of the campus after the snowfall



It snows only in Winter....



White white everywhere.....



Academic Block nearly submerged in snow



Machines at work to clear the snow



## DEPARTURES/PROMOTIONS



Commandant at Capt Numrah's tea out



Commandant presenting College Shield to Capt Abdullah Channa



Commandant presenting College shield to Capt Numrah



Commandant presenting College shield to Capt Sufiyan



Jolly good fellow with Capt Sufiyan by his colleagues



Selecting the choicest food on the promotion party