



پوهنتون كاردان  
KARDAN UNIVERSITY

# INSPIRE

The Monthly Employee Newsletter

December 2020

## Employee of The Month

**Mujeeb Sharifi**

Graphic Designer

**Staff Birthdays**

**New Employees Introduction**

**Reflections**

# Birthday Wishes

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



Abdul Baqi Popal  
December 6, 2020



Saeed Gul  
December 6, 2020



Mohammad Asef Ghafoory  
December 9, 2020



Ahmad Saleem Abdullah  
December 10, 2020



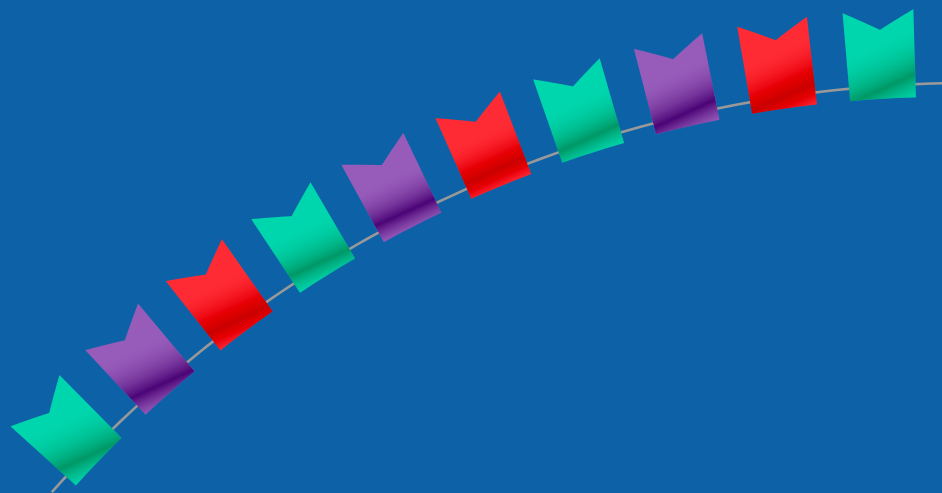
Ajmal Nabizada  
December 17, 2020



Mohammad Omar Kamal  
December 18, 2020



Jahanzeb Khan  
December 19, 2020





Rahmat Nabi Mutmain  
December 20, 2020



Zahid Jalay  
December 22, 2020



Shabir Ahmad Lal  
December 23, 2020



Naeem Khalid  
December 25, 2020



Fardin Hakimyar  
December 27, 2020



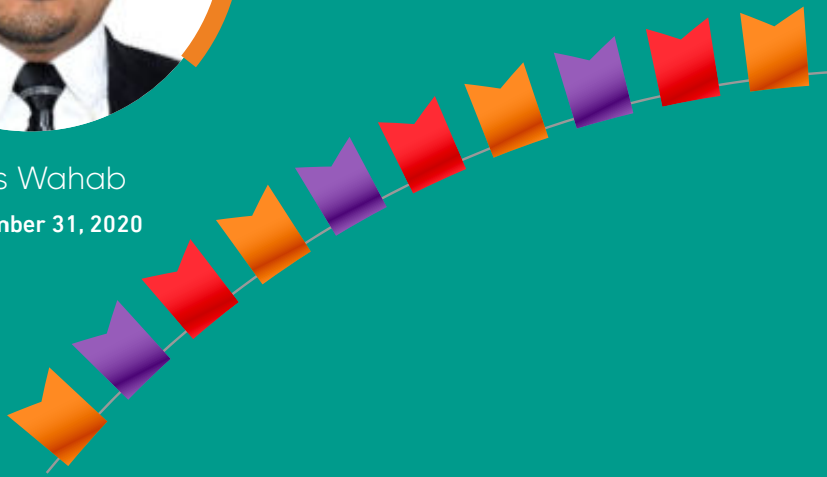
Hamdullah  
December 27, 2020



Marwa Asheeq  
December 31, 2020



Wais Wahab  
December 31, 2020



## Employee of the Month



**Mujeeb Sharifi**  
Graphic Designer

---

We are pleased to announce Mr. Mujeeb Sharifi as our Employee of the month for November 2020. Mr. Sharifi is an inspiring, committed, and dedicated employee of Kardan University.

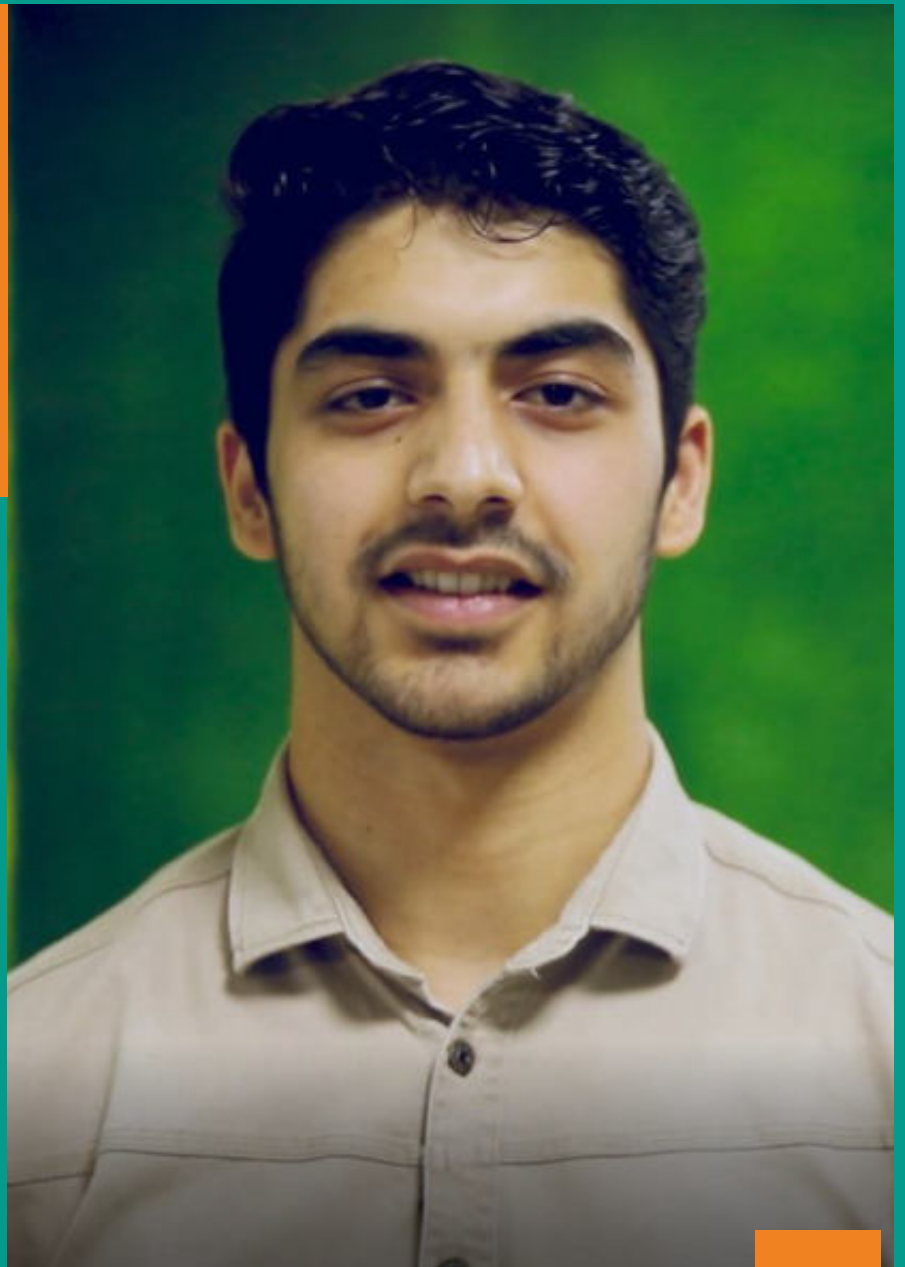
During November 2020, he contributed a lot in designing persuasive content, recording many videos, and designing important University publications such as National Conference's program book and INSPIRE magazine.

"Mujeeb is one of our diligent team members, who has contributed a lot in promoting university's brand, reflecting achievements and initiatives during November 2020 through designing high-quality content, and recording many promotional videos." Said Mohammad Omar Kamal, University Communications Manager.

We congratulate him on this achievement and wish him the best of luck in his future endeavors.

# New Employee Introduction

**"Mr. Mohammad Kazim Daqiqi joined Kardan University as a Social Media Intern. Mr. Daqiqi is currently pursuing his bachelor's degree in Computer Science at Kardan University.**



**Mr. Mohammad Kazim Daqiqi**  
Social Media Intern

Previously, he has worked as a Program Assistant at Aryan Best Choice Company from October 2018 to March 2020. In addition, he has worked as a Sells Marketing Assistant with Fly Text LTD and as an English Instructor with Thunder Institute. His reporting line is University Communications Manager of Kardan University. He can be reached via **[m.kazim@kardan.edu.af](mailto:m.kazim@kardan.edu.af)**.

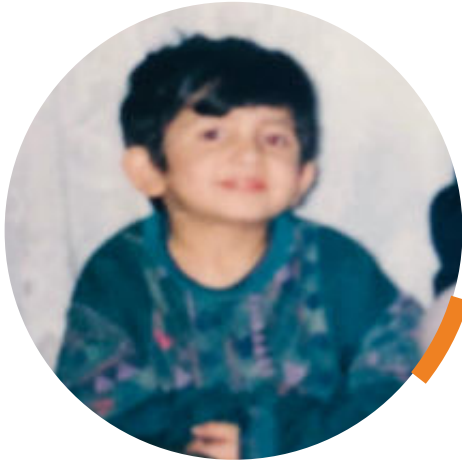
Welcome to Kardan team!



 Photos by: **Mohammad Mansour Ibrahim**



# Employees Childhood Photos



Mohammad Omar Kamal  
**University Communications Manager**



Mohammad Mansour Ibrahim  
**Graphic Designer**



Mohibullah Shaghasi  
**Moot Court Facilitation Officer**



Suliman Mohammadi  
**Program Officer, BSc. Economics**



Hamid Khan  
**Enrollment Officer**



Zuhra Momand  
**Content Strategist**

# Lucky Draw Winners



**Amina Issa**  
Verification Manager



**Meena Rahmani**  
VC Academics



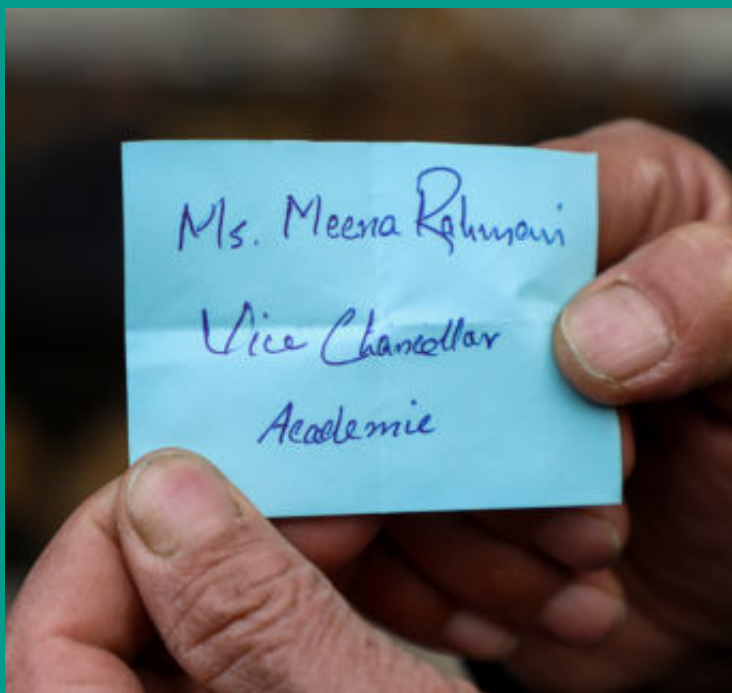
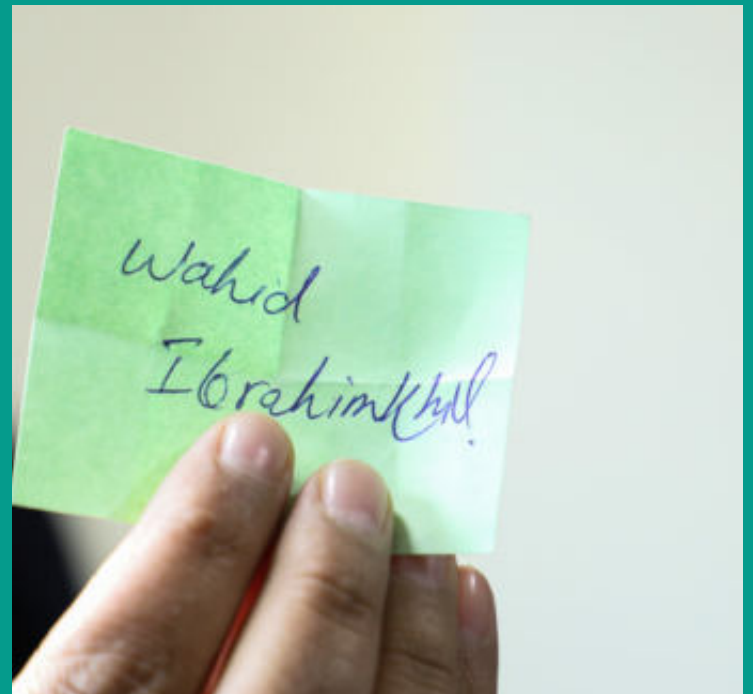
**Wahidullah Ibrahimkhail**  
Cashier



## Winning Prize

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





## Information Sessions for the Enrollment Officers

The University Strategic Enrollment Management Office conducted information sessions for the Enrollment Officers.

The Academic Administrators delivered these sessions to convey the updated information, and approaches on how to communicate their respective programs to the future students.

As part of our Strategic Enrollment plan, we will organize such sessions at the beginning of each semester, to make sure that the enrollment team has full information and updates about the University's academic programs.

The Strategic Enrollment Management Office recognizes its obligation and is committed to provide updated information about the University's academic programs and professional guidance to the future students throughout the enrollment period.

Such informative sessions will be organized for the enrollment team at the beginning of each semester.



## Vitamin C Rich Foods and Their Proven Benefits



Vitamin C, also known as 'Ascorbic Acid' is a water-soluble vitamin and a highly powerful antioxidant. It protects one's body from free radicals which play an important role in the aging process. It helps strengthen the blood vessels and muscles.

Substantial amounts of Vitamin C can be obtained from certain fruits and vegetables. Citrus fruits such as oranges, strawberries, gooseberries, and grapes and leafy vegetables like cabbage, cauliflowers, etc. are great sources of this vitamin. Potatoes, red peppers, parsley, and Brussel sprouts contain considerable amounts of it as well. However, do make sure to cook food briefly at low temperatures to preserve the vitamin in your food.

## Vitamin C Rich Foods

We take a look at a few foods rich in Vitamin C. Well known as a potent antioxidant along with containing nutrients to enhance skin, immune system, bone, and collagen tissue health. This vitamin is abundantly found in the mentioned food items.

Currently, the recommended daily intake of Vitamin C is 90 mg for adults, and since humans can't naturally produce this vitamin, we should readily try to fulfill this requirement.



### Kiwi

One kiwi contains 71 mg of the Vitamin C. By consuming kiwi, one can improve immunity, reduce oxidative stress and lower cholesterol levels. It also increases blood cell activity by 20%, can decrease blood platelet stickiness by 18% and triglycerides by 15%. A combination of these factors prevent stroke and reduce the risk of blood clots.

## Oranges

Oranges are an excellent fruit that offer considerable amounts of Vitamin C. A medium-sized orange contains 70 mg of Vitamin C. In fact, citrus fruits can help one meet the vitamin requirement easily.



## Lemons

The easiest and most affordable source of this vitamin is lemon. Including one whole lemon in your diet fulfills 92% of one's daily Vitamin-C requirement. From adding a little lemon in your salad to having a glass of lemonade, there are several ways to include lemons in your daily diet.



## Papayas

Papaya is good for digestion and contains anti-inflammatory properties as well. It accounts for 97% of one's daily Vitamin C need. Therefore, eating papaya can aid memory, it is especially useful for patients suffering from mild levels of Alzheimer's disease.



# Achievements



## **Mr. Mohammad Asef Ghafoory**

Lecturer, Journalism and Mass Communication

We are pleased to announce that Mr. Mohammad Asef Ghafoory delivered a speech on the Webinar about the "Peace & Reconciliation Process in Afghanistan."

Mohammad Asef Ghafoory, Lecturer of Journalism and Mass Communication Department, had the honor to deliver a speech on the webinar about "Peace and Reconciliation Process in Afghanistan" with His Excellency Arief Ranchman, Ambassador of Indonesia to Afghanistan.

The webinar was organized by Office of International Relations of Universities International Semen Indonesia (UISI) in Indonesia. The webinar is opened by Vice Chancellor of UISI, Prof. Dr. Fahimah Martak, MSi. The audience of the webinar were lecturers and students from various universities in Indonesia and other countries.

Mohammad Asef Ghafoory, discussed the history of conflict and the progress of peace process in Afghanistan. Moreover, Mr. Ghafoory also shared the steps on how to achieve peace. His speech gave a great amount of information to the audience who wanted to know more about Afghanistan, and the current peace process.

# Training on Personalized Content for Communications Office

On Saturday, November 21, 2020 a training was held by Hafizullah Mohammadi, Creative Advisor of Kardan University, on Personalized Content to all the team members of Communications Office. The main purpose of this training was to enable communications team to know about Personalized Content and its importance in increasing public engagement. Communications Office team members learned about the following topics at the end of the training:



- Content Personalization;
- Personalized Communication;
- Benefits of Personalized Content;
- Types of Personalized Content;
- Impact of Digital Media on New Generation Education;
- Impact of Digital Media on Public Relations.

# Reflections



**Mohammad Sharif Sharif**  
Inventory Officer, Kardan University

I believe Kardan University is the perfect place for me. I enjoy my job, and I am thriving for growth and development here. I have always inspired my colleagues with the same notion, and insisted that self-learning is the new professionalism. I started my working journey at Kardan University in 2007, and had been working as an Administration Officer for more than 5 years. Afterwards, I started working as an Inventory Officer which continues till date.

Kardan University opened the doors of success and achievements for me. I worked on my personal and professional development. Kardan University paved the way for me to pursue my bachelor's degree in LLB and study English language program.

Thank you Kardan!



# Rokhan Ahmadzai Completes CompTIA + IT Training



**Mr. Rokhan Ahmadzai completed CompTIA + IT training on November 2020 and learned following topics .**

- The purposes and uses of ports and protocols;
- Devices, applications, protocols and services at their appropriate OSI layers;
- The concepts and characteristics of routing and switching;
- The network troubleshooting methodology;
- Cloud concepts and their purposes;
- The functions of network services;
- Determine the appropriate placement of networking devices on a network and install/configure them based on scenarios;
  
- The purposes and use cases for advanced networking devices;
- The purposes of virtualization and network storage technologies;
- The purposes of physical security devices; and
- Common mitigation techniques and their purposes.

# I Believe Campaign



**Mustafa Ayubi**

Strategic Enrollment Manager

I believe that education is the key to success in building a nation. We need to acquire as much education as possible to rebuild our country and become self-sufficient. As a member of the youth of this country, I believe that our generation has the most significant responsibility and the ability to directly contribute towards the development and reconstruction of our beautiful Afghanistan.



**Mohammad Amin Waizy**

Executive Assistant to COO

I believe learning a foreign language increases our intellectual capacity. Learning another language is fun because we not only start learning an additional language but also start understanding the culture associated with it. You can easily learn a language through downloading the Duolingo application gratis.



**Farkhunda Mehr**

Admission and Information Officer

I believe in fate and destiny. I believe that there is a power, call it Allah, that controls our destiny but humans are given a lot of freedom to shape the destiny through proper planning and implementation of those plans.



**Mohammad Amin Hakimi**  
Career Services Manager

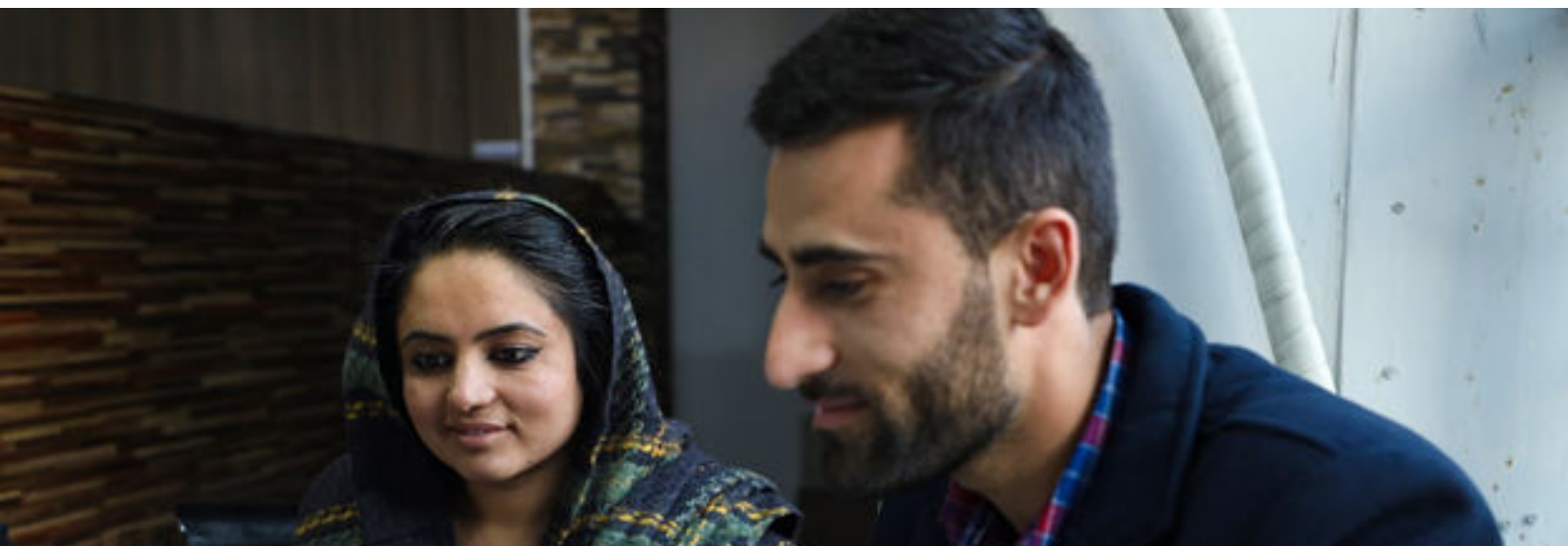
I believe there are tons of new opportunities to do greater than we are presently doing. We just need to see the things from a positive perspective and be optimistic. Our surrounding is full of great people and countless things to do.

## Online Education at Kardan University

Despite the challenging situation of quarantine and online education, professors from all academic programs at Kardan University are regularly coming to the university, discussing the best methods of online learning to be taught to students, checking students exam papers and etc.

All professors of Kardan University are trying their best to conduct the online classes in the best possible way, uploading the learning material and reference material before conducting the classes, taking quizzes and giving assignments with appropriate deadlines.

All in all, the professors of Kardan University from different faculties are punctual and responsible during online education for the sole purpose of delivering the lectures to the students in an understandable way.





## از محصلان پوهنتون کاردان بشنوید

”من مژده حبيب محصل سمستر پنجم  
رشته‌ی ژورناليزم و ارتباطات عامه  
پوهنتون کاردان هستم“

بهترین چیز در مورد پوهنتون کاردان چیست؟

پوهنتون کاردان سهولت‌ها و امکانات خیلی خوب برای محصلان رشته‌ی ژورنالیزم و ارتباطات عامه دارد؛ نظیر، استودیوهای مجهز رادیو، تلویزیون و عکاسی برای کارهای عملی، دسترسی به منابع متعدد و محیط مناسب اکادمیک.

آیا شما عضو کدام انجمن در پوهنتون کاردان هستید؟

بله، عضویت انجمن ژورنالیزم و ارتباطات عامه را دارم و می‌خواهم عضو انجمن تازه ایجاد شده‌ی عکاسی نیز شوم.

توصیه‌ی تان برای محصلان آینده پوهنتون کاردان چیست؟

اگر می‌خواهید تحصیلات عالی تان را به گونه‌ی معیاری و عملی فرا گرفته و در آینده فرصت‌های کاری مناسبی را دریابید، پوهنتون کاردان بهترین گزینه برای شماست.

چه چیزی باعث شد پوهنتون کاردان را انتخاب کنید؟

پوهنتون کاردان بهترین و معتبرترین پوهنتون افغانستان است و محیط مصئون و مناسب اکادمیک را برای بانوان ایجاد کرده است.



پوهنتون کاردان  
KARDAN UNIVERSITY

[kardan.edu.af](http://kardan.edu.af)