**FLASH Training 2025 - Active Learning Practices (ALP)**

**Teachers (Nur-Class-III) (09 - 11 Jul bv2025)**

| **Ser** | **Institution** | **Name of Faculty** | **D.O.I** | **Subj** | **GPA** | **Hostel Facility** | | **Remarks** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Yes** | **No** |
| **Karachi Zone** | | | | | | | | |
|  | FFS Kci-1 | 110470 Mrs Sana Raza | 14 Jan 19 | B.Sc (B.Ed, M.Ed) | 5.2 | Yes | - |  |
|  | FFS Kci-2 | 117746 Mrs Hijab Zahra | 01 Feb 25 | BS (Edn) | - | Yes | - |
|  | FFS Hyd | 115273 Mrs Shafaq Ahsan | 20 May 24 | IR | 5.8 | Yes | - |
|  | FFC TMK | 114931 Mrs Anam | 20 May 24 | BA | - | Yes | - |
|  | FFC Mpk | 116220 Miss Nimra Tariq | 27 Jan 25 | BSc | 5.2 | Yes | - |
|  | FFS KGM | 114837 Miss Saveera Mehmood | 20-05-24 | BSc | 5.5 | Yes | - |
|  | FFS Sanghar | 115169 Miss Rabia Mushtaque | 20 May 24 | MA (Urdu) | 5.20 | Yes | - |
|  | 117091 Miss Saba Faheem | 20 May 24 | BS (Bot & Zool) | 5.10 | Yes | - |
|  | FFS Larkana | 116174 Mr Jabbar Ali | 20 May 24 | BSc | - | Yes | - |
|  | FFS Badin | 115250 Miss Tayyaba | 20 May 24 | BSc | 5.62 | Yes | - |
|  | FFS Hub | 113573 Ms Ghanwa Bhutto | 20 May 24 | BS (Economics) | 4.15 | Yes | - |
|  | FFS Sukkur | 117396 Ms Zahra Batool | 03 Feb 25 | Bio (Chem) | - | Yes | - |
| **Peshawar Zone** | | | | | | | | |
|  | FFC Attock | 112626 Ms Hajia Bibi | 3 Sep 2020 | MA (Edn) | - | Yes | - |  |
|  | FFC Basal | 110711 Mrs Iram Bibi | 17 Feb 2020 | Math/ Cptr | 3.72 | Yes | - |  |
|  | FFC Fateh Jang | 110688 Miss Ammara Khizar | 12 Jan 2023 | BA, Mon Dip | Eng = 5.97  Urdu = 6  Math = 6 | Yes | - |  |
|  | FFC Haripur | 116035 Zobia Zafar Hameed | 25 Apr 2024 | MSc Botany | - | Yes | - |  |
|  | FFC Lachi | 116862 Miss Ayesha Naz | 1 Apr 2024 | M.Phil (Zool( | 5.2 | Yes | - |  |
|  | FFC Nowshera | 111990 Mrs Wajiha Iftikhar | 5 Dec 2024 | MA Urdu | Urdu = 5.80  Isl = 5.9 | Yes | - |  |
|  | FFC Peshawar | 112178 Mrs Irum Ali | 30 Oct 2019 | M.Phil Bio Chem | 5 | No | No |  |
|  | FFC Pindi Gheb | 111569 Mrs Shazia Bibi | 9 May 2019 | MA Hist | 5.95 | Yes | - |  |
|  | FFS Bannu | 113716 Miss Saleha Saleem | 13 Jul 2022 | BS Bot | - | Yes | - |  |
|  | FFS Bhakkar | 116449 Mrs Samia Imdad | 11 Oct 2024 | MSc IT, B.Ed | 5.27 | Yes | - |  |
|  | FFS Chappra | 114677 Ms Zainab Bibi | 11 Jul 2022 | Math | - | No | No |  |
|  | FFS DI Khan | 115953 Miss Rabia Shoukat | 5 Dec 2024 | BS Eng | 4.67 | Yes | - |  |
|  | FFS Jand | 116229 Miss Sadia Aftab | 9 Dec 2024 | BS Chem | - | Yes | - |  |
|  | FFS Karak | 115990 Mr Kamran Ahmad | 19 Apr 2020 | MA PS | 5.45 | Yes | - |  |
|  | FFS Kohat | 117427 Mrs Madiha idress | 5 Dec 2024 | Islamiyat | 5.81 | Yes | - |  |
|  | FFS Mardan | 115094 Mrs Zainab Aziz | 15 Aug 2024 | MSc Bio | 5.85 | Yes | - |  |
|  | FFS Mianwali | 113586 Mrs Sania Zahra | 26 Jul 2021 | BS Evmt | 3.35 | No | No |  |
|  | FFS Swabi | 115054 Miss Roshna Khan | 4 Mar 2025 | MSc Botany | - | Yes | - |  |
|  | FFC Khaur | 112917 Ms Wajeeha Arooj | 12 Oct 2020 | Math & Cptr | 4.77 | Yes | - |  |
| **Lahore Zone** | | | | | | | | |
|  | FFC Khushab | 113034 Maryam Zara | 15-10-2020 | Physics | - | Yes |  |  |
|  | FFC Bwp | 115047 Mehwish Noreen | 05 Auh 2023 | Pak St | 5.8 | Yes |  |  |
|  | FFC Multan | 113242 Shamsa Kanwal | 07 Aug 2023 | BA (Arts) | 5.97 | Yes |  |  |
|  | FFS Bwn | 115567 Fatima Noor | 07 Aug 2023 | Chem | 5.35 | Yes |  |  |
|  | FFS Chishtian | 105980 Noreen Fatima | 18 Aug 23 | MA Arabic | 5.5 | Yes |  |  |
|  | FFS Chechawatni | 115893 Farah Shan | 08 Aug 23 | BSc (Bio) | 5.0 | Yes |  |  |
|  | FFS D.Bonga | Miss Amber Aftab | 22 Jan 19 | MA Isl | 5.18 | Yes |  |  |
|  | FFS Hasilpu | Miss Humaira Asghar | 07 Aug 23 | M.Sc Bot | 5.8 | Yes |  |  |
|  | FFS HND | 110478 Rafia Aqsa | 22 Jan 19 | Chemistry | 4.7 | Yes |  |  |
|  | FFS Jhang | 112499 Noreen Fatima | 07 Aug 23 | MA Urdu | 4.69 | Yes |  |  |
|  | FFS Khanewal | 117289 Javeria Hussain | 05 Aug 24 | Chemistry | 5.56 | Yes |  |  |
|  | FFS Layyeh | 116050 Rimsha Malik | 16 Aug 23 | Maths | 5.8 | Yes |  |  |
|  | FFS Okara | Miss Sidra | 01 Nov 23 | MSc Phy | 5.6 | Yes |  |  |
|  | FFS Renakhurd | Miss Maryam Akram | 01 Nov 23 | MSc Stat | 5.62 | Yes |  |  |
|  | FFS Sahiwal | 113129 Rashida Hameed | 07 Aug 23 | MA Urdu | 5.8 | Yes |  |  |
|  | FFS Vehari | 116010 Rida Fatima | 27 Jan 24 | English | 5.34 | Yes |  |  |
|  | FFS T. Tek S | 109827 Iram Shazadi | 16 Oct 17 | MSc Maths | 4.9 | Yes |  |  |
|  | FFS Bhalwal | 112513 Ms Mehr Un Nisa | 01 Nov 2023 | MA Islamyiat | 5.2 | Yes |  |  |
|  | FFS Sheikhupura | 13056 Mrs Iram Shehzadi | 16 Oct 2020 | MA Edn | 5.04 | Yes |  |  |
|  | FFS Faisalabad | 114306 Mrs Maida Naz | 01 Nov 2023 | BS Chemistry | Average | Yes |  |  |
|  | FFS Sidh | 117974 Shamim Akhtar | 24 Apr 25 | MS Islamyiat | - | Yes |  |  |
|  | FFS Gwa | 116278 Azka Tehreem | 05 Aug 2024 | BS Botonoy | Ave | Yes |  |  |
|  | FFC Lahore | Mrs Afsheen Zahra | 05 May 2021 | BS Maths | 5.59 | No | No |  |
|  | FFC Sangla Hill | Ms Esha Asrar | 1-11-2023 | M. Phil (Chem) | 5.40 | Yes |  |  |
|  | FFS Shakargarh | Mrs Qandeel Fatima | 25.11.2023 | Math | 5.7 | No | No |  |
|  | FFS Gujrat | 114529 Ms Tasmia Sadia | 01 Nov 23 | MA Eng | 5.34 | Yes |  |  |
|  | FFC Naushera (Soon) | 112466 Ms Shanza Anam | 1-2-22 | M.Sc (Math) | 4.3 | Yes |  |  |
|  | FFS P. D. Khan | 117393 Rabia Manzoor | 16 Aug 24 | MA (Edn)  Diploma in Montessori | 5.81  Urdu | Yes |  |  |
|  | FFS Pasrur | Ms Neha Azeem | 25 Nov 2023 | Maths | 5.7 | Yes |  |  |
|  | FFS Barki | Mrs Kahkashan | 2 Feb 22 | BS Bio | 5 | No | No |  |
|  | FFS M.B. Dn | Muhammad Iqbal, BS (Botany), MA Edn | 15-Oct-20 | Math | 5.61 | Yes |  |  |
|  | FFS Sialkot | Miss Asma Sabir | 01-2-22 | Chem | 5.35 | Yes |  |  |
|  | FFC Jauharabad | 113267 Miss Adlah Rasool | 01-2-22 | Cptr | 5.86 | Yes |  |  |
|  | FFS Sargodha | 117288 Miss Ambreen Imtiaz | 05-8-2024 | Eng | 5.02 | Yes |  |  |
|  | FFS Kasur | Miss Sibgha Saleem | 22-4-24 | BS Eng | 3.51 | Yes |  |  |
|  | FFC D. Jalap | Miss Gul Shafa Shehzadi | 01-11-2023 | Eng, Maths, GK | Average | Yes |  |  |
|  | FFS Chiniot | Miss Sitara Shamim | 28 Sep 2006 | SST | 5.35 | Yes |  |  |
| **Rawalpindi Zone** | | |  |  |  |  |  |  |
|  | FFS Mzd | Mrs Abida Reheem |  |  |  | Yes |  |  |
|  | FFC Westridge | Miss Sumiya Kalsoom |  |  |  | - | No |  |
|  | FFC Kahuta | Mrs Tayyaba Hanif |  |  |  | Yes |  |  |
|  | Harley Street | Ms Saba Imtiaz, |  |  |  | - | No |  |
|  | Adiala Rd | Ms. Bushra Furqan |  |  |  | - | No |  |
|  | Dina | Sonia Iftikhar |  |  |  | Yes | - |  |
|  | Dina | Saman Rauf |  |  |  | Yes | - |  |
|  | Kallar Syedan | Sadia Batool |  |  |  | - | No |  |
|  | Kallar Syedan | Saima Bibi |  |  |  | - | No |  |
|  | FFS Girls Wah | Ms Komal Ali, |  |  |  | Yes | - |  |
|  | FFS Girls Wah | Ms Mehreen Kousar |  |  |  | Yes | - |  |
|  | Chakwal 1 | Ms Maryum Hussain |  |  |  | Yes | - |  |
|  | Chakwal 1 | Ms Kiran Yasmeen |  |  |  | Yes | - |  |
|  | D.S.B | Mrs Madiha Akram |  |  |  | Yes | - |  |
|  | Wah Boys | Ms Sidra Tabassam |  |  |  | Yes | - |  |
|  | Sohawa | Ms Aleesha Faraz |  |  |  | Yes | - |  |
|  | Airport Area | Sidra Tahir |  |  |  | - | No |  |
|  | Peshawar Rd | Ms Sumaira Kanwal |  |  |  | - | No |  |
|  | FFC Morgah | Miss Tayyaba Hanif |  |  |  | - | No |  |
|  | FFC Morgah | Miss Shaista |  |  |  | - | No |  |
|  | Buchal Khurd | Mrs Zeenat Shahid |  |  |  | Yes | - |  |
|  | Daultala | Amen Sajjid |  |  |  | Yes | - |  |
|  | Gujar Khan 1 | Ms Syeda Fatima Abbas Kazmi |  |  |  | - | No |  |
|  | Chakwal 3 | Ms Iqra Afzal, Teacher |  |  |  | Yes | - |  |
|  | Arrar | Mrs Asma Yasmeen |  |  |  | Yes | - |  |
|  | Kallar Kahar | Mrs Hafsa Parveen |  |  |  | Yes | - |  |
|  | FFC Jhelum | Miss Maham Noor |  |  |  | Yes | - |  |
|  | New Lalazar | Ms Noureen Rehan |  |  |  | - | No |  |
|  | Bagh | Saima Kosar |  |  |  | Yes | - |  |
|  | Bagh | Ms Samina Kousar |  |  |  | Yes | - |  |
|  | Jhatla | Mrs Fara Hannan |  |  |  | Yes | - |  |
|  | Talagang 2 | Ms Asia Tabassum |  |  |  | Yes | - |  |
|  | FFS D. Ragan | Mrs Arifa Neelofar |  |  |  | Yes | - |  |
|  | Mir Pur | Ms Sana Majid |  |  |  | Yes | - |  |
|  | Gujar Khan 2 | Miss Aqsa Amjad |  |  |  | - | No |  |
|  | Sanghori | Ms Momina Mishal |  |  |  | - | No |  |
|  | Mang | Mrs Fatima Mansha |  |  |  | Yes | - |  |
|  | Pallandri | Ms Maria Khanum |  |  |  | Yes | - |  |
|  | Kotli | Ms Alisha Saeed Jarral |  |  |  | Yes | - |  |
|  | Jahang Bhatar | Ms Hajira Bibi |  |  |  | Yes | - |  |
|  | FFC C. S Shah | Shazia Parveen, |  |  |  | Yes | - |  |
|  | FFC Fatehpur | Mr Muhammad Usama Ijaz |  |  |  | Yes | - |  |
|  | Bhaun | Beenish Malik |  |  |  | Yes | - |  |
|  | Sehnsa | Ms Nelofar Shehzadi |  |  |  | Yes | - |  |
|  | FFS Chakwal-2 | Miss Rida Zahra | 10-3-21 | Physics | 5.50 | **Yes** | - | **18AZ39WT** |

**SUMMARY**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Ser** | **Zone** | **Total Participants** | **Participants** | | **Hostel** | | **Remarks** |
| **Male** | **Female** | **Yes** | **No** |
|  | Karachi Zone | 12 | 1 | 11 | 12 | - |  |
|  | Peshawar Zone | 19 | 1 | 18 | 16 | 03 |
|  | Lahore Zone | 37 | 1 | 36 | 34 | 03 |
|  | Rawalpindi Zone | 45 | 1 | 44 | 32 | 13 |
| **G.Total** | | **113** | **4** | **109** | **94** | **19** |