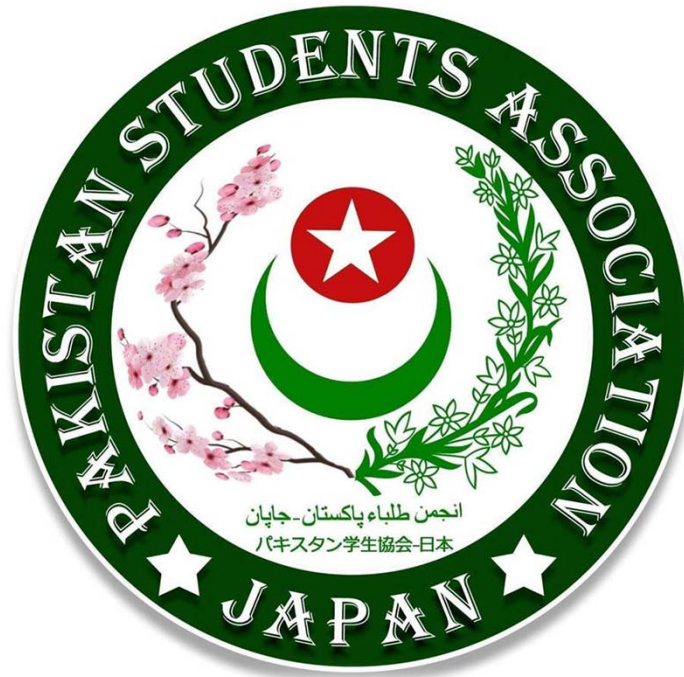


# Pakistan Student Association Japan (PSAJ)



# PAKISTAN STUDENT ASSOCIATION JAPAN, EST. 2002

Pakistan Student Association Japan was established in 2002 and since then it has been one of the most enterprising and dynamic student association in Japan.

The Association was established to bridge the connections between the students from different universities in Japan and try to propose a solution to their problems.

By spreading or promoting cultural awareness in the community, we strive for professional development working.

PSAJ is the voice of Pakistani students in Japan. We strive to help our students connect with each other, build lasting relationships, and most of all keep our cultural alive by educating the cultural background to the community around us and keeping it at heart in our core values.



# PAKISTAN STUDENT ASSOCIATION JAPAN

Purpose of PSAJ is to bring together all the Pakistani students regardless of race, religion, ethnicity and colour.

We aim not only to make friends but to bring about awareness of our beautiful country PAKISTAN and brilliant culture throughout the campus and its students through the experience and celebration of Pakistani cultural events.

We have Pakistani students enrolled all over Japan in different universities and research centres.

We also have regional chapters of our association i.e. PSAJ Tohoku Chapter, PSAJ Kansai Chapter etc.

**PAKISTAN STUDENTS ASSOCIATION OF JAPAN**  
RISTUMEIKAN UNIVERSITY NAGOYA UNIVERSITY  
UNIVERSITY OF ELECTROCOMMUNICATIONS  
GRIPS KANAZAWA UNIVERSITY RIKEN SOPHIA UNIVERSITY  
SHINSHU UNIVERSITY SOKENDAI UNIVERSITY OF TSUKUBA  
TITECH AIST YOKOHAMA NATIONAL UNIVERSITY  
TOHOKU UNIVERSITY KOBE UNIVERSITY  
KYOTO UNIVERSITY OSAKA UNIVERSITY KEIO UNIVERSITY  
UNIVERSITY OF TOKYO HOKKAIDO UNIVERSITY  
JUTENDO UNIVERSITY NARA INSTITUTE OF SCIENCE & TECHNOLOGY  
TOKYO UNIVERSITY OF AGRICULTURE AND TECHNOLOGY TOKAI UNIVERSITY  
WASEDA UNIVERSITY KEIO UNIVERSITY SAITAMA UNIVERSITY



# PSAJ Activities (2019-20)



Farewell of Graduating students  
( March, 2019)



Welcome of New students & cricket matches( May, 2019)



## PSAJ Activities (2019-20) Cont.



Pakistan-Japan Research Forum September, 2019

The aim of the first inauguration meeting was to launch the forum and to frame ideas on what can Japan and Pakistan do together to strengthen ties in the arena of research and academia.

## PSAJ Activities (2019-20) Cont.



Farewell of Graduating students in Sendai under the banner of PSAJ-Tohoku Chapter (August, 2019)

## PSAJ Activities (2019-20) Cont.



Welcome of New students in Sendai under  
the banner of PSAJ-Tohoku Chapter  
(October, 2019)



## PSAJ Activities (2019-20) Cont.



Welcome party of New students in Tokyo  
for Kanto region (November, 2019)



## PSAJ Activities (2019-20) Cont.



PSAJ Central Cabinet & PSAJ-Kansai Chapter meetup (December, 2019)



Farewell party in Osaka for graduating students of Kanto region under the banner of PSAJ-Kansai Chapter (October 2020)



New year party in Osaka for Kanto region under the banner of PSAJ-Kansai Chapter (January, 2020)

## PSAJ Activities (2019-20) Cont.



New year get together in  
Tokyo January, 2020



# PUBLICATION OF PSAJ Newsletter (July, 2019)



PROVIDING ALL POSSIBLE OPPORTUNITIES TO INCREASE INTERACTION AMONG PAKISTANI AND OTHER STUDENTS IN JAPAN

## Newsletter

*To dream that good technology will one day be transferred to our society and our people, is a good dream. To make it real, we have to lay the seeds of possibility now and prepare future community to take action to make it possible.*

### Newly Elected Cabinet of PSAJ

**Dr Ishtiaq Ahmad**  
President

Ph.D. Scholar, Graduate School of Medicine,  
Juntendo University, Tokyo

**Mustajab Ali**  
Vice President

Ph.D. Scholar, University of Tokyo

**Faizan Arshad**  
General Secretary

Master's Scholar, Yokohama National University

**Sana Ullah**

Information Secretary

PhD Scholar, Nanofusion Technology Research  
Group, Division of Smart Materials, Shinshu  
University, Nagano

**Sadaf Taimur**

Finance Secretary

Master's Scholar, University of Tokyo

**Hannan Ahmed**

Coordination Secretary

Master's Scholar, Tohoku University.

✉ [japan.psa@gmail.com](mailto:japan.psa@gmail.com)



### Culture Shock and Japanese Essential living Manner and Etiquettes in Japan

*"When in Rome, do as the Romans do", similarly, "when in Japan do as Japanese do". do you believe in this saying? will you apply it to your life? is it right? Shall we blend in society?*

#### What is culture shock?

So-called "culture shock" is typically described in a series of stages. How long each of these may last (or even cycle) depends on the individual.

#### Stage 1: The Honeymoon Phase

As it applies to relationships, too, the honeymoon phase is a period in which you can't get enough of your new environment. You notice differences in the culture around you largely as positives—everything is new and thrilling! During this period, you are looking at Japan very much like a tourist or other short-term visitor would.

#### Stage 2: Culture Shock

This phase is also variously referred to as the "frustration" or "negotiation" stage, and typically begins after a person has spent a while in a foreign country. The happy glow of the honeymoon phase has begun to wear off, and your surroundings no longer look so foreign. Since you've started to get used to things around you, the food, people, and culture that were so exciting before don't thrill you anymore.

Instead, the differences you notice become more negative. During this stage, you may feel confused and frustrated, and feel compelled to criticize your host culture, and suggest the "right way" of doing things (i.e. how you did things back in your home country). You may feel frustrated at your ability to communicate. Some people may feel down, or homesick during this period. And that's ok! This is an adjustment stage that most people go through. Try not to let the frustrations consume you and seek support from friends. Keep an open mind!!

#### Stage 3: Adjustment

There is light at the end of the tunnel! After several months, you start to know what to expect in your new host culture. Things may not feel shiny-new, but you understand your surroundings a bit better, so differences don't come as a shock or aggravation. During this stage, you'll begin to figure out how to navigate in Japanese culture. You will begin to notice positives in the cultural norms around you.

You're here, you're in Japan! Everything is new and exciting. When you go abroad, but you may realize after a while that you've brought along a guest you didn't really invite...

#### THE CULTURE SHOCK

#### Stage 4: Adaptation/Assimilation

During the final phase of culture shock, which may come in months or years, a person will feel comfortable and familiar with their host culture. This doesn't mean complete cultural understanding or conversion, but that you are able to navigate your environment with ease, and participate fully in your host culture. Some even add an additional two stages, in which a person may start with the elation of the honeymoon phase, enter a period of frustration and annoyance, and then adjust, but superficially. After this "surface adjustment," these periods are then followed by assimilation and adaptation.

Many also experience what's known as "reverse culture shock" when they go back to their home countries. Ahsan Sohail - Ph.D Scholar, Keio University.



**GOLDEN WEEK:**  
Cricket Match & Get-together



PSAJ Cricket Match and Get-together was organized at Saitama University on May 04, 2019.

- 3 teams were formed
1. Saitama University
  2. Shinshu University + PSAJ
  3. Pakistan Embassy in Japan
- Winner: Saitama University



### FM Qureshi Visited Japan

Foreign Minister Shah Mahmood Qureshi visited Japan for two days starting April 22, 2019. The visit intended to reinvigorate bilateral ties between the friendly countries. It provided an opportunity to both sides to discuss prospects of cooperation in all the areas of mutual benefit, including political, economic, education and training of Pakistani workers under the Memorandum of Cooperation on Technical Intern Training Programme, as well as issues of regional and global importance.

# PUBLICATION OF PSAJ Newsletter (October, 2019)



## N Pakistan Students Association Japan NEWSLETTER October 2019

### IN THIS ISSUE

- ▶ Pak-Japan Research and Strategic Forum Inauguration
- ▶ Farewell of graduating students autumn session, 2019

### Agenda of the forum

- Promotion of Bi-Lateral Research Collaboration
- Exchanging Ideas and Discussing Common Issues
- Bringing research in to action for a better future
- Sharing current researches happening in Pakistan



PSA-J Cabinet (Left to Right)

Faizan Arshad (General Secretary), Mustajab Ali (VP), Dr Ishtiaq Ahmad (President), Dr Majid Wadood (Patron), Usman Abid Khan (Information Secretary)

### Pak-Japan Research Forum Inauguration

The Pak-Japan Research Forum was proposed and organized by the PSAJ Cabinet 2019-20 at the Embassy of the Islamic Republic of Pakistan. The aim of the first inauguration meeting was to launch the forum and to frame ideas on what can Japan and Pakistan do together to strengthen ties in the arena of research and academia.

Pak-Japan Research Forum was organized by Pakistan Student Association of Japan (PSAJ) in collaboration with the Embassy of Islamic Republic of Pakistan. A farewell lunch was also arranged in honor of the graduating Pakistani students and the students currently enrolled in different universities across Japan. Around fifty students along with distinct Japanese professors graced the occasion. Presentations were given by the distinguished speakers on wide range of subjects including their impression of Japan.



H.E. Ambassador of Pakistan Mr. Imtiaz Ahmad giving the opening remarks



One of the respected Japanese professors sharing his ideas in the PJRF

The Ambassador in his keynote address congratulated the graduating students and urged them to make use of the skill set acquired in Japan for the betterment of both the countries.

He also took the opportunity to highlight illegal Indian actions in the IOK and the plight of Kashmiri Muslims. The Ambassador further stressed that Japan offers world class education facilities and encouraged Pakistani students to avail them to the fullest. The event concluded with a lunch for the participants.



Group photo of the students with H.E. Ambassador of Pakistan Mr. Imtiaz Ahmad