



PAKISTAN CAA - CATI

PERIODICAL

CIVIL AVIATION TRAINING INSTITUTE HYDERABAD

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FROM THE EDITOR'S DESK

Dear readers

Welcome to the latest edition of our quarterly periodical for the Civil Aviation Training Institute (CATI), Hyderabad, Pakistan. We are delighted to bring you a wealth of valuable information in this issue, highlighting the significant developments and activities that have taken place at CATI during the first quarter of 2023.

One of the central themes of this edition revolves around the paramount importance of standardized training programs in shaping the future aviation professionals. We recognize that comprehensive and effective training is the foundation for every aviation expert, ensuring their readiness to overcome the challenges of their careers.



Collaboration and cooperation among various stakeholders in the aviation industry are also at the forefront of our attention. We believe that shared responsibilities between airlines, regulators, and training providers are pivotal in ensuring a safe, efficient, and sustainable aviation sector. In this issue, we shed light on initiatives promoting greater dialogue and cooperation, exploring the numerous benefits they bring. Our periodical also delves into the wisdom of aviation stalwarts through CATI's experience-sharing platform, unearthing the depths of aviation excellence. We proudly feature the dedication of lecture rooms in honor of esteemed former trainers, as well as CATI's efforts in cultivating fruit orchards – a symbol of growth and nurturing.

We hope you find this issue both informative and captivating. We eagerly await your valuable feedback and suggestions for future editions. Additionally, we invite you, our esteemed readers, to contribute to our periodical by submitting articles of up to 500 words, allowing us to showcase your insights and experiences.

Thank you for your continued support, and we look forward to embark on this journey of aviation knowledge and inspiration together.

With best wishes

Nawaz Ahmed Sipra

Chief Editor

Navigating the Skies

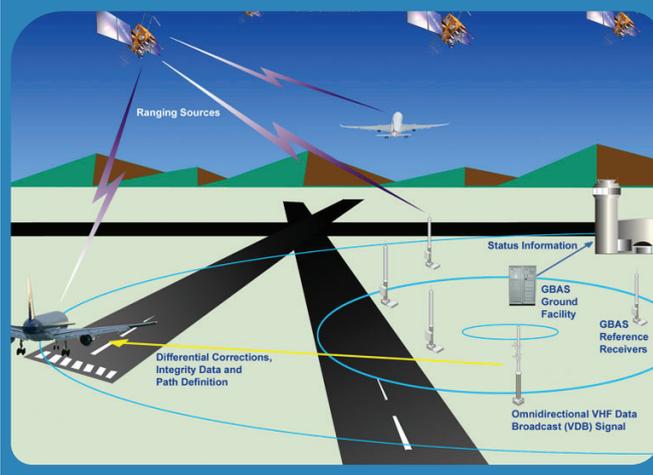
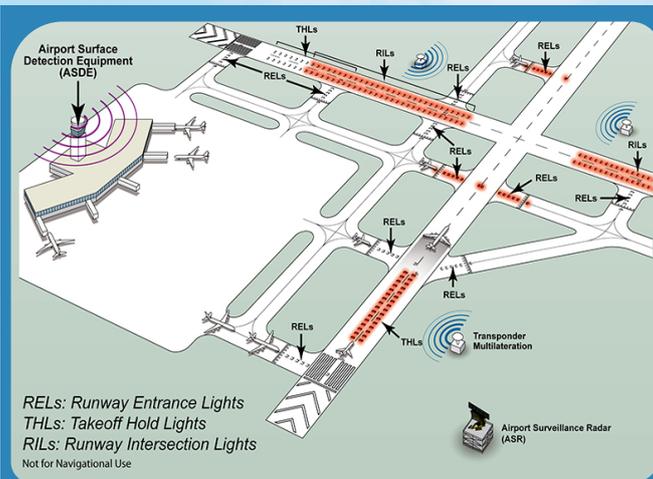
The Imperative of Professional Training and Emerging Trends in Aviation Education

In the ever-evolving world of aviation, the significance of professional training for future aviation professionals cannot be overstated. As the demand for skilled aviation professionals continues to rise, it becomes crucial to explore the latest training techniques and trends that equip individuals with the knowledge and expertise needed for success in diverse aviation fields. CATI, being a highly regarded and expert Civil Aviation Training Institute, plays a crucial role in shaping the industry by offering comprehensive training across a wide spectrum of aviation disciplines. CATI is dedicated to equip aspiring aviation professionals with the essential knowledge and skills required for ensuring the safe, efficient, and organized flow of aviation operations. CATI's comprehensive training facilities covers a diverse range of disciplines, including Air Traffic Services (ATS), Communication Operations, Aviation Safety, Aviation Security, Rescue and Fire Fighting, Airport/Aviation Management, Electronics Engineering, E & M Engineering, Civil Works and more.

Aviation is a dynamic and complex field that demands expertise, precision, and a deep understanding of safety protocols and industry regulations. Specialized and tailored training serves as the foundation by empowering aviation professionals to navigate the skies with resolute confidence. Through participation in CATI's specialized training programs, individuals acquire comprehensive knowledge in their respective fields and develop critical skills that are essential for competent aviation professionals.

To remain at the forefront of aviation education, CATI consistently explores and implements the latest training techniques and trends. Acknowledging the revolutionary impact of technology and industry advancements, it recognizes the transformative effect on the training of aviation professionals. By harnessing state-of-the-art simulators, virtual reality applications, and interactive e-learning platforms, CATI maximizes the potential of cutting-edge tools to foster immersive and captivating training experiences. Integration of these advanced techniques into its programs ensures that trainees are well-prepared to tackle the challenges and complexities of the contemporary aviation landscape.

The aviation industry is highly competitive and demands graduates who are not only knowledgeable but also adaptable and industry-ready. CATI strives to bridge the gap between academia and industry requirements by working closely with aviation stakeholders. Through industry collaboration trainees are exposed to real-world scenarios, enabling them to apply their knowledge and skills in real time situations. By nurturing strong industry connections, CATI guarantees that its graduates possess an optimal combination of theoretical knowledge,



practical experience, and invaluable industry insights, allowing them to thrive in their respective aviation domains.

In any industry as dynamic as aviation, promoting continuous learning and professional development is imperative. The ever-evolving nature of aviation demands a steadfast commitment to lifelong learning, continuous growth and development. CATI remains steadfast in its dedication to foster a culture of continuous learning and professional development among its trainees and aviation professionals. CATI offers a diverse range of avenues, such as Refresher Courses, Continuing Professional Development Programs, Experience Sharing Platforms, post-training supports, workshops, and seminars. These opportunities ensure that individuals, including trainees and seasoned professionals, stay updated on the latest advancements, regulations, and best practices in their respective fields. By promoting a mindset of ongoing growth and development, CATI provides opportunities to aviation professionals to embrace themselves with new technologies, adapt to change, and contribute to the advancement of the aviation industry.

In a nutshell, professional training plays a vital role in preparing future aviation professionals for the challenges and opportunities that lie ahead. As a leading Civil Aviation Training Institute in Pakistan, CATI recognizes the importance of equipping individuals with the knowledge, skills, and industry insights necessary to thrive in the aviation sector. By embracing the latest training techniques, staying abreast of emerging trends, and fostering strong industry partnerships, CATI strives to produce competent and industry-ready professionals. Together, let us navigate the skies and shape the future of aviation through the power of professional training and education.



Uniting Wings

Nurturing Synergy and Collaboration in the Aviation Industry

The aviation industry has come a long way since its inception, with technological advancements and innovations paving the way for faster, safer, and more efficient travel. However, in a complex system like aviation, where multiple stakeholders are involved, collaboration and cooperation are crucial to ensure that the sector operates safely, efficiently, and sustainably.

Stakeholders in the aviation industry include Airlines, Airport Operator, Ground Handling Agencies (GHAs), Air Traffic Control, Regulatory Authorities, Manufacturers, Passengers and even airport fence-line communities. Each of these stakeholders has a unique role to play in ensuring that the aviation sector operates safely, efficiently, and sustainably. However, these roles are interconnected and interdependent, and any disruption in one area can have far-reaching consequences for the entire system.

Safety: is one of the most critical areas where collaboration and cooperation are essential. Safety is of paramount importance in the aviation industry, and every stakeholder has a responsibility to ensure that safety standards are upheld.

- Airlines, GHAs and Airport Operators must follow safety protocols and regulations, and Air Traffic Control must ensure that flights are guided safely and efficiently.
- Aircraft and equipment manufacturers must produce high-quality, reliable aircraft and equipment, while Regulatory Authorities must set and enforce safety standards and investigate accidents and incidents. It is essential for manufacturers to work closely with airlines and regulatory authorities to jointly develop and implement advanced safety technologies, including collision avoidance systems and automated flight control systems. This collaboration ensures the continuous improvement and enhancement of safety measures in the aviation industry.
- Likewise, Fence-line communities play a significant role in mitigating bird hazards at and around airports. Their cooperation and awareness are essential in maintaining a safe environment for airport operations. Through their awareness of the potential hazards posed by birds, implementation of effective waste management practices, and timely reporting of bird sightings, these communities may actively contribute to mitigating bird strikes and upholding the safety of both aircraft and passengers.

The synergy and harmonious coordination among main stakeholders are imperative for ensuring safe and efficient management of air traffic flow. Airlines, GHAs, and Airport Operators must operate in unified synchronization to ensure the regular maintenance and clearance of runways from any debris that could potentially jeopardize safety. Airlines and Airport Operators must work in coordination with Air Traffic Control to establish flight schedules that prioritize safety by minimizing the risk of collisions and other safety incidents. This coordination is crucial not only for ensuring safety but also for facilitating and expediting air traffic flow both in the air and on the ground.

Efficiency: is another area where collaboration and cooperation between stakeholders are crucial. The aviation industry is a highly complex and interconnected system, and any disruption can have a significant impact on efficiency. For example, delays caused by weather or equipment malfunctions can have a domino effect on the entire system, causing delays and cancellations that affect passengers, airlines, and airports. Regulatory authorities must work with airlines and Airport Operators to develop and implement policies and regulations that promote efficiency, such as streamlining security procedures and reducing congestion at airports.



Sustainability: is a domain where collaboration and cooperation between stakeholders are increasingly important. The aviation industry is one of the fastest-growing sectors globally, with an expected doubling doubling the volume of air travel viz-a-viz corresponding developments in aviation infrastructure by 2030. However, aviation is also one of the most polluting sectors, with greenhouse gas emissions that contribute to climate degradation. To ensure that the aviation industry operates sustainably, stakeholders must work together to reduce emissions and promote sustainability initiatives, like:

- Airlines, Airport Operators, and Manufacturers must work together to reduce emissions by investing in new technologies, such as electric or hybrid planes, and using sustainable aviation fuels.
- Regulatory authorities must work with Airlines and Airport Operators to develop and implement policies that promote sustainability, such as carbon pricing and emissions trading schemes.
- To some extent, passengers can also play a role in promoting sustainability by choosing to fly with airlines that prioritize environment friendly policies and offsetting their carbon emissions.

In the vast and interconnected world of aviation, collaboration and cooperation are the cornerstones of success. As a Civil Aviation Training Institute, we recognize the pivotal role we play in fostering a spirit of unity and coordination among stakeholders. Through our comprehensive training programs, we empower future aviation professionals to navigate the complexities of collaboration, understanding that the strength of the industry lies in the collective efforts of all involved. Together, we can soar to new heights, ensuring safety, efficiency, and sustainability in the ever-evolving aviation landscape.



Exploring the Depths of Aviation Excellence: Insights from CATI's Experience Sharing Platform



Amidst an atmosphere buzzing with expectation and excitement, the Civil Aviation Training Institute (CATI) sets the stage for a momentous 6th session under Experience Sharing Platform (ESP). The session witnessed a remarkable gathering of aviation enthusiasts, trainees, instructors, and officers representing HQCAA and various airports. With immense pride and enthusiasm, the Director CATI, Mr. Sumair Saeed, opened the highly anticipated event, extending a warm and heartfelt welcome to the distinguished keynote speakers and the enthusiastic audience. In his opening address, he expressed his deep appreciation, stating, "As Director CATI, I have the honor of extending a warm welcome to our esteemed guests who have graced this momentous occasion. It is with great pleasure that we welcome Air Vice Marshal (R) Arshad Rashid Sethi as our honoured Chief

Chief Guest Air Vice Marshal (R) Arshad Rashid Sethi delivered an inspiring speech during the Experience Sharing Session at CATI, which can be divided into three segments. In the **first segment**, he shared his early age experiences and his fervor to join Pakistan Air Force as a fighter pilot. Despite initial resistance from his family as they want him to become an engineer, he remained focused and committed to his goal, eventually achieving his dream by getting commission in the PAF as GDP. From this experience, he advised the audience to maintain clarity of mind, show unwavering commitment, and pursue their big life goals with a focused approach.

During instant experience sharing platform, Mr. M. Akhtar Zaidi engaged the audience by emphasizing the importance of recognizing individual strengths for a successful career. Through various examples of national heroes who excelled in their respective fields due to their specific talents, he highlighted the verse from Allama Iqbal's poetry, "kasb e kamal kun keh aziz e jahan shavi" کسب کمال کن کہ عزیز جہان شوی (pursue excellence in your profession to become dear to the world) as a criterion for measuring success.

Discussing the fundamental requirements for a prosperous career, Mr. Zaidi underscored the significance of continuous efforts towards skill development and capacity building. Diligence and perseverance in the pursuit of knowledge were identified as key factors determining the duration of an individual's professional journey.



However, the most intriguing and vital aspect of his speech focused on communication skills, working relationships, and response time as management tools. Mr. Zaidi provided detailed

explanations on how to leverage the advantages of these tools. He emphasized that officers should realize their role extends beyond mere work, and their induction into the organization is primarily for managing the system.

Effective system management begins with excellent communication skills, encompassing both active listening and effective speaking. Working relationships act as the circuit for communication, and the more efficient this circuit is, the more effective the communication will be. Describing the importance of working relationships, he advised audience to foster an environment where system entities function like a family, demonstrating appreciation, affection, and respect. Addressing personal and professional issues enhances the sense of belonging, ultimately bringing out the best in individuals. He concluded that optimum system efficiency can only be achieved through harmonious working relationships.

The experience-sharing speech concluded with the advice that despite possessing all the prerequisites for a successful journey, true success is not guaranteed without efficient human impulse and decision-making instinct. Late reactions to the demands of occasions may diminish complete success and lead to partial success or even failure. One must be in the right place at the right time. In continuation, he added that, fortune, too, favors those who are in the right place at the right time. Participants were encouraged to improve and manage their response time, enabling them to navigate smoothly towards a successful career.



Unyielding in his commitment to safety, he took resolute measures, halting the operations of airlines that flouted established safety procedures. In his address, he hailed the exceptional role played by Air Traffic Controllers, recounting a remarkable anecdote of high acclaim from a distinguished Royal Air Force pilot, extolling the unparalleled proficiency and competence of Air Traffic Controllers of Pakistan. He applauded Pakistan's Air Traffic Controllers, recognizing them as highly skilled and dedicated professionals who deliver air traffic control services that are on par with international standards and best practices. Furthermore, the Chief Guest emphasized the paramount significance of safety and its pervasive application in the aviation industry. He stressed the imperative need to uphold and prioritize safety as a fundamental pillar, guiding all aspects of aviation operations. This resolute commitment to safety ensures the well-being of passengers, fosters a culture of trust and confidence, and safeguards the reputation and integrity of the aviation industry as a whole.

As he addressed the audience, he specifically highlighted the paramount importance of high-quality training, a value deeply embedded within his own personal beliefs. Reflecting on his visit to CATI during his early days in the Pakistan Air Force (PAF), he fondly recalled being captivated by the Institute's remarkable infrastructure and top-notch training facilities. With sincere appreciation, he acknowledged the diligent efforts undertaken by the present CATI management to elevate the standard of training and enhance the institute's overall infrastructure. Notably, he lauded the commendable training programs tailored for Air Traffic Controllers under prestigious Approved Training Organization (ATO) as well as the comprehensive range of training programs encompassing diverse aviation disciplines offered by CATI.

He further emphasized the need to adopt discipline as a national culture rather than a casual attitude. Air Vice Marshal Arshad Rashid Sethi's speech had a profound impact on the audience, motivating them to pursue excellence, prioritize safety, and uphold discipline in their individual roles within the organization and in personal lives.

Mr. Asghar Fahim Khattak, former Director of CAA commenced his speech by commending CATI's Experience Sharing Platform (ESP) for providing valuable opportunities to young individuals to learn from the wisdom of their senior counterparts. Upon joining CAA, he embarked on his career at the AC & C project, which aimed to modernize navigational equipment and bring it in line with international standards. Mr. Khattak proceeded to share his noteworthy experiences during his involvement with the AC & C project.

Afterward, he was assigned to the IIAP Project, where he discovered that the land acquired for the project 18 years ago was still occupied by local villagers, with ten intact villages situated within the CAA acquired land. Recognizing the delicate political situation in the constituency, he realized that a conventional approach to land acquisition would face tremendous challenges. Understanding the significance of cultural respect and adaptability when operating in a particular area and engaging with the local community, Mr. Khattak emphasized the importance of comprehending and honoring the region's traditions and customs. Failure to do so would result in obstacles and being perceived as an outsider. By adhering to this principle, the CAA successfully took possession of the land within a remarkable span of six months.



In his address, Mr. Khattak also shared valuable advice with the audience. He stressed the significance of cultural sensitivity and adaptation when working in different regions, emphasizing the need to understand and respect local traditions and customs. He highlighted the importance of effective communication and building strong relationships with local communities to achieve successful outcomes. Additionally, he emphasized the value of perseverance and patience in overcoming challenges and achieving organizational objectives. By incorporating these insights into their professional endeavors, the audience was encouraged to navigate complex situations with respect, cultural awareness, and resilience.

Drawing on his extensive experience in service, Mr. Khattak conveyed his unwavering faith in a culture that values meritocracy, a principle that guided him throughout his career. He underscored the significance of self-confidence, continuous skill enhancement, and staying abreast of the latest developments, urging individuals to embrace relevant training opportunities without hesitation. Mr. Khattak emphasized that while making a wrong decision may not be ideal, the absence of a decision can be highly detrimental. He expressed heartfelt appreciation to CATI for extending the invitation to share his experiences with young officers, offering them invaluable guidance as they embark on their future endeavors.



In the final moments of the session, it was Mr. Afsar Malik, the Former Additional Director (Air Transport & Economic Regulations) and Member of CAA's Think Tank, who stepped forward to express his deep appreciation and share his reflections on this truly remarkable gathering. With genuine admiration, he praised the management of CATI for organizing an extraordinary event that had left a long lasting impact on the audience. Mr. Malik eloquently highlighted the session's captivating and motivating nature,



underscoring the invaluable insights and inspiration it had bestowed upon all those in attendance. In a heartfelt gesture, he extended his profound gratitude to the CATI management, recognizing their relentless efforts in curating such a meaningful and enlightening experience for everyone present. His words echoed the sentiments of the entire audience, reinforcing the profound impact of this session and leaving a lasting impression that would continue to resonate long after the event's conclusion.

The session promised a captivating journey through the rich experiences and insights shared by three former senior CAA officers, creating a unique opportunity for attendees to broaden their horizons and gain valuable perspectives.



Mr. Istifa Khan, a veteran mentor, devoted an admirable period of service to CATI, encompassing three tenures during the period from 1985 to 2007. Throughout his initial tenure from 1985 to 1988, he served as an honoured ATS Instructor, actively involved in the development and revision of courses for Air Traffic Controllers and ATC Assistants. Additionally, he made notable contributions to the formulation of practical exercises and played a significant role in the inauguration of CATI in 1985. Collaborating closely with the Director of CATI, ICAO consultant, and coordinator, he played a pivotal role in securing CATI's esteemed

International/Regional status.

During his second tenure from 2000 to 2003, he assumed the esteemed position of Chief of Aviation Management & Rescue Fire Fighting School. In this capacity, he also demonstrated exemplary management skills by efficiently overseeing various extracurricular activities, including the successful organization of the international Seminar on Bird Hazard in Aviation in 2003.

In his final tenure from 2004 to 2007, Mr. Istifa Khan served as the Chief of Air Traffic Services and Communication Operations School, in addition to holding the position of Director of the Institute. His unwavering dedication and exceptional track record were further evident during his tenure at HQ CAA, where he served as Corporate Manager and other managerial positions, contributing significantly to the development of policies for safe and efficient ATC operations in Pakistan. It is worth noting that his previous experience as an active Air Traffic Controller, further bolsters his expertise.

With utmost commitment and an outstanding professional history of 35 years, Mr. Istifa Khan concluded his service at CATI in September 2007 upon retirement. The dedication of a Lecture Room in his distinguished honor stands as a testament to his remarkable contributions and serves as an inspiration for the generations to come in aviation field.

Honoring Dedications: CATI Recognizes the Contributions of Former Aviation Trainers



A Lecture Room at CATI has been named in honor of Mr. Muhammad Farooq Rashid, Senior Additional Director (Rescue & Fire Fighting Services), in recognition of his exceptional services. He began his journey with CAA in 1987 as a Fire Engineer and dedicated 35 years of spotless service. Throughout his career, he held various positions including Crash Fire and Rescue Officer (CFRO), Deputy APM, and Airport Manager at different airports. During his tenure at CATI, Mr. Farooq served for numerous years as a Senior Instructor, Chief of Aviation Management & RFF School, and ultimately as Director of CATI. As Chief of Aviation Management & RFF School, he demonstrated an unparalleled level of quality work, leaving a lasting impact on CATI. Notable accomplishments under his leadership include the establishment of the Mockup Aircraft, Model Room, and Conference Room, which are evidences to his sincere and continuous efforts. Additionally, he played a vital role in curriculum

development of various courses, particularly in the areas of Aviation Management and Aerodrome Operations.

Mr. Muhammad Farooq Rashid's tireless efforts for CATI speak volumes about his character as an efficient, organized, and results-oriented individual. His dedicated services and significant contributions have left an indelible mark on the Institute's growth and development. The naming of a Lecture Room in his honor is a fitting tribute to his exemplary career.



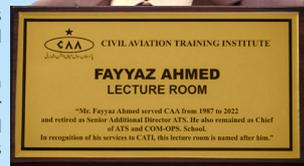
During his remarkable eleven-year tenure at CATI, Mr. M. Akhtar Zaidi has displayed unwavering dedication to the institute's growth and advancement in various capacities. His roles have encompassed ATS Instructor, Hostel & Mess Incharge, Training Support Officer (TSO), Deputy Chief of ATS School, Chief of ATS School, Chief of APM & RFF School, General Manager Academics, and Director CATI. Notably, his contributions have been instrumental in establishing CATI as a renowned aviation training institute, exemplified by the prestigious TRAINAIR Plus status that he played a vital role in acquiring. Through the development of the comprehensive CATI Manual and the revitalization of the CATI TRAINAIR Unit, Mr. Zaidi has made a significant impact on the institute's success. Furthermore, Mr. Zaidi has actively participated in curriculum review and development, with a specific focus on the Flight Navigation subject. His endeavors have ensured that CATI's educational programs remain relevant, up-to-date, and highly effective. Additionally, he established the Instructor Resource Room at ATS School, serving as a valuable hub for instructors to access the latest aviation knowledge and industry practices. With a wealth of experience as both an active air traffic controller and Airport Manager, his expertise resonated with an additional layer of profound insight, delving into the intricate dynamics that unfold within the skies. His versatile and manifest expertise served as an invaluable asset during his tenure at HQ CAA, where he assumed the role of Senior Director (Air Traffic Services). Through his unwavering dedication, he played a pivotal role in advancing policies that safeguarded the safety and efficiency of air traffic control operations across the vast expanse of Pakistan. Throughout his tenure, Mr. Zaidi's dynamic and devoted approach has propelled CATI forward, achieving numerous milestones and accomplishments. These achievements culminated in the prestigious acquisition of the TRAINAIR Plus status, a hallmark accomplishment for any world-class aviation training institute. As a tribute to his exceptional services, a Lecture Room at CATI has been named in honor of Mr. Akhter Zaidi.

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CATI is delighted to announce the dedication of 4 lecture rooms at the Civil Aviation Training Institute, Hyderabad, in the honor of our 4 esteemed former instructors. These rooms represent our deepest appreciation on or their invaluable contributions and the lasting impact they have had on our education. Their remarkable commitment has left an enduring impression on our institute, shaping its legacy for generations to come.

In recognition of Mr. Fayyaz Ahmed's outstanding contributions, CATI has named a Lecture Room after him, honoring his remarkable service. His dedication and commitment spanned across two significant tenures at CATI. During his initial tenure from 1987 to 1994, he served as an ATS Instructor, remained involved in developing new courses and revision old courses of various disciplines of school. In his second tenure from 2020 to 2022, he held the esteemed position of Chief of Air Traffic Services and Communication Operations School. His exceptional management skills were evident as he efficiently oversaw various curricular and extracurricular activities, including the organization of sports events. Under his leadership, the school thrived and achieved new heights.

Mr. Fayyaz's extensive experience as an active Air Traffic Controller, and at other managerial positions further showcased his expertise and dedication. During his tenure at HQ CAA as Additional Director Search and Rescue (SAR), he played a crucial role in establishing SAR setups across Pakistan. His contributions to developing relevant policies and procedures for emergency response were invaluable. With an illustrious career spanning nearly 35 years, Mr. Fayyaz Ahmed retired from CATI in February 2022.



CATI

CATI's Vision 2030: Nurturing the Environment and Health with Homegrown Fruits

Civil Aviation Training Institute (CATI) is renowned for its commitment to excellence in aviation training. As part of its forward-thinking vision for 2030, CATI is not only dedicated to imparting training in various aviation functions but also prioritizes environmental sustainability. A notable initiative undertaken by CATI in collaboration with Sindh Forestry Department is the optimal utilization of unused land by transforming it into fruit orchards. In July 2022, the Sindh Forestry Department took its initial stride by planting 4,500 saplings/trees of diverse species, including different types of fruit and other environmentally beneficial trees. Since then, a number of these saplings have matured into young trees. These orchards boast an assortment of delicious and nutritious fruits, including Falsa, Jamun, Papaya, Pomegranate, Mulberry (Shehtoot), and several others. This thoughtful endeavor not only has enhanced the ecological landscape but will also bring forth a range of benefits for the trainees and employees of CATI.

Health and Other benefits of Homegrown Fruit Orchards:

- **Falsa:** Falsa is a small, tangy fruit rich in antioxidants and vitamin C. It aids digestion, boosts immunity, and promotes healthy skin. Its refreshing taste makes it a perfect treat during hot summer days.
- **Jamun:** Jamun, also known as black plum, is packed with essential nutrients like iron, potassium, and vitamin C. It helps regulate blood sugar levels, improves digestion, and supports healthy skin and hair. The tangy and sweet flavor of Jamun makes it a favorite among fruit enthusiasts.
- **Papaya:** Papaya is a tropical fruit known for its vibrant orange flesh and sweet taste. It is an excellent source of vitamins A, C, and E, and contains digestive enzymes that aid in proper digestion. Papaya also promotes skin health, boosts immunity, and supports eye health.
- **Pomegranate:** Pomegranate is known for its vibrant red arils and juicy, refreshing taste. It is a rich source of antioxidants and polyphenols, which help protect against cell damage and promote heart health. Pomegranate also supports digestion, boosts immunity, and contributes to overall well-being.

- **Mulberry:** These small, sweet berries are packed with vitamins, minerals, and antioxidants that contribute to overall well-being. Mulberries are an excellent source of vitamin C, which supports immune function and collagen production for healthy skin.

- **Easy Accessibility:** With these fruit orchards on CATI's premises, trainees and employees have easy access to fresh, organic produce. They can enjoy the bounty of nature, plucking ripe fruits straight from the trees, and relish their flavorsome goodness.

- **Enhanced Well-being:** Regular consumption of these homegrown fruits contributes to the overall well-being of CATI's trainees and employees. The intake of fresh, naturally grown produce positively impacts their physical health, mental alertness, and productivity.

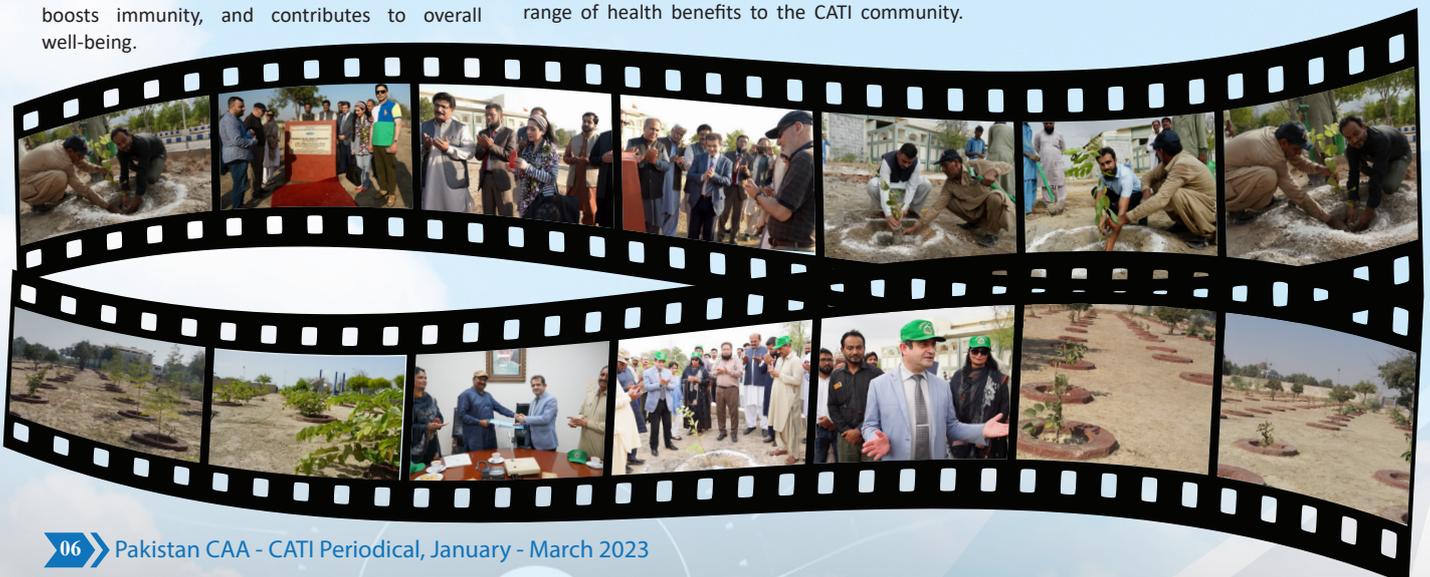
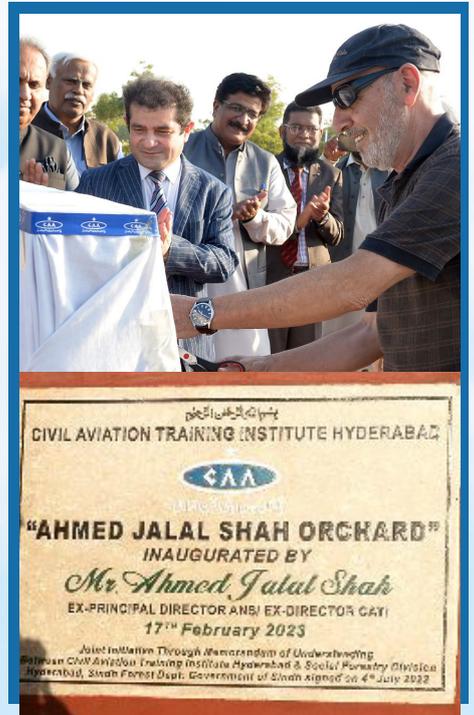
- **Environmental Sustainability:** By utilizing unused land for fruit orchards, CATI demonstrates its commitment to environmental stewardship. These orchards contribute to improved air quality, provide habitats for wildlife, and enhance the ecological balance within the institute's surroundings.

Hence, although Moringa does not fit into the conventional classification of a singular fruit or vegetable, its essence encompasses a multitude of edible components that harbor a plethora of health advantages. These encompass a wide array of benefits, including anti-inflammatory properties, immune system support, digestive health promotion, enhancement of skin and hair vitality, and numerous other wellness attributes.

In conclusion, CATI's steadfast commitment to excellence in aviation training is matched by its dedication to environmental sustainability and the well-being of its trainees and employees. The establishment of fruit orchards in collaboration with the Sindh Forestry Department is a testament to CATI's forward-thinking vision and responsible land utilization. These orchards, flourishing with a variety of delicious and nutritious fruits, not only enhance the ecological landscape but also offer a range of health benefits to the CATI community.

With easy accessibility to fresh, organic produce, trainees and employees can enjoy the flavorsome goodness straight from the trees, promoting enhanced well-being and productivity. CATI's endeavors exemplify the harmonious integration of training excellence, environmental consciousness, and a thriving community, setting a commendable example for institutions to follow. By embracing sustainability and nurturing the connection with nature, CATI paves the way for a brighter and more holistic future.

As a tribute to the remarkable services provided by Mr. Ahmed Jalal Shah, the former Principal Director of Air Navigation Services (ANS) and Director of CATI, one of the fruit orchards has been named after him. This gesture acknowledges his valuable contributions to CAA Pakistan and CATI and honoring his dedicated service.



A Pathway to Health and Wellness: CATI's AstroTurf Jogging Track

Aligned with its steadfast dedication to the visionary goals of Vision 2030, the Civil Aviation Training Institute (CATI) is resolutely focused on producing aviation professionals and nurturing a culture of all-encompassing well-being. In pursuit of this objective, CATI has embarked on a remarkable endeavor, exemplified by the creation of a cutting-edge, oval-shaped AstroTurf jogging track stretching an impressive 500 meters. This track will provide a dedicated facility for CATI's trainees and employees to prioritize their physical fitness. This article highlights the significance of this endeavor, which not only promotes health and wellness but also aligns with CATI's primary purpose of nurturing and shaping aviation professionals.

CATI's forthcoming jogging track introduces a cutting-edge concept. This meticulously designed track boasts a synthetic grass-like surface known as AstroTurf, chosen for its durability and exceptional performance. The track's synthetic fibers are designed to mimic the feel of natural grass, providing a comfortable and responsive surface for running. With its cushioned texture and excellent traction, the AstroTurf jogging track offers a superior running experience, minimizing joint impact and maximizing comfort for all fitness enthusiasts. Additionally, AstroTurf is highly durable and can withstand heavy use. Its weather-resistant properties ensure that the track remains usable in various weather conditions, allowing joggers to maintain their fitness routines regardless of the season. With its advanced technology and innovative design, the AstroTurf jogging track at CATI represents a significant leap forward in providing an optimal running experience for all users.

The said track serves as more than just a facility for physical exercise, it acts as a catalyst for holistic

well-being. Regular jogging on this track can enhance cardiovascular fitness, improve endurance, stamina, agility, and mental focus while promoting overall health. As CATI focuses on developing aviation professionals, it recognizes the significance of maintaining physical fitness, as it contributes to mental acuity, stress reduction, and overall productivity. The track enables individuals to prioritize their well-being, equipping them to meet the challenges of their professional journey with confidence.

Beyond its health benefits, the AstroTurf jogging track adds a touch of beauty to CATI's premises. Its vibrant pink surface, perfectly maintained and marked, serves as a visual inspiration for all who walk through CATI's doors. The track's oval shape symbolizes unity, continuity, and progress which is an embodiment of CATI's dedication to fostering a close-knit aviation community that aspires to excel both on and off the track. The inviting ambience of the jogging track encourages health conscious people to engage in fitness activities, creating a positive ripple effect throughout the institute.

As the institute progresses towards Vision 2030, this facility serves as a testament to CATI's commitment to cultivating a holistic environment that nurtures the physical, mental, and professional well-being of its trainees and employees. With its numerous health benefits, aesthetic appeal, and intrinsic alignment with the institute's purpose, the AstroTurf jogging track symbolizes not only the synergy between fitness and aviation excellence but also in their pursuit of a well-rounded and fulfilling life. The track is expected to become operational within the next couple of months.



News and Snippets:

- **CATI Medical Center:** is currently undergoing a comprehensive renovation. Set to be completed in June 2023, this renovation project aims to revitalize the Medical Center and make it fully functional for our trainees and staff. Notably, the number of doctors has already been increased, and we anticipate the addition of more skilled medical professionals in the near future. This renovation will significantly enhance the healthcare facilities and services provided at CATI, ensuring the well-being of our community.

- **Hostel-1 of CATI,** exclusively designated for male staff trainees at CATI, is currently undergoing an extensive renovation process. This project aims to create a pleasant living environment for our trainees, featuring a total of 32 fully refurbished rooms. In addition to the rooms, the renovation efforts encompass the modernization of the kitchen, dining hall, and the open area within the hostel premises. Anticipated to be completed by July 2030, this renovation endeavor promises to provide trainees with a more comfortable, visually appealing and aesthetically designed residence.

- **CATI Resource Center:** CATI has recently established a Resource Centre comprising a Lecture Hall capable of accommodating up to 70 persons and a Conference Room with a capacity of 20 persons. This state-of-the-art facility is equipped with all the necessary facilities and is designed to cater to various needs. The Resource Centre, expected to be inaugurated in June 2023, offers numerous uses and benefits for the CATI.

- **Nurturing Young Talent:** On 23rd February 2023, a group of enthusiastic students accompanied by their teachers and mentors from Topian Trust Academic Campus Rashidabad (TST ACR) embarked on an educational study tour to CATI. This visit served as a valuable opportunity for the students to delve into the world of aviation and gain firsthand insights into the training and facilities offered by CATI. They had the privilege of exploring various departments, witnessing simulation exercises, and experiencing the cutting-edge training technologies employed at CATI. This interaction allowed the students to broaden their knowledge about the aviation industry and potential career opportunities available in the Aviation Sector.

• CATI's Curricular Activities During 1st Quarter 2023:

New Courses developed and approved by CATI Academic Council	09
Revision of existing courses and approved by CATI Academic Council	12
Courses conducted	24
Trainees Attended and Passed out	245

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