

A photograph of the University of Central Punjab (UCP) building, a large red brick structure with a prominent clock tower. The building is surrounded by lush greenery, including several tall palm trees in the foreground. The sky is blue with scattered white clouds. In the top right corner, there is a red rectangular box containing the hashtag #SurbulandUCP. The bottom half of the image has a solid red background with white text.

#SurbulandUCP

THE JULY EDITION

A month filled with ideas, achievements,
and memories that define our campus
spirit.

This July, we connected, created, and grew
together at UCP.

MONTHLY CONNECT

July 2026

Highlights of the Month



Summer Internship 2026

University of Central Punjab's Summer Internship Program 2026 for O/A Level students, provided an opportunity to explore academic and professional fields through practical learning. The program brought together participants from different institutions to engage with faculty members and gain exposure to university life. The internship included workshops and hands-on learning in areas such as Cyber Security, Coding, Photography and RC Plane Technology, enabling participants to develop practical skills and explore future academic interests.





Summer Jam 2026

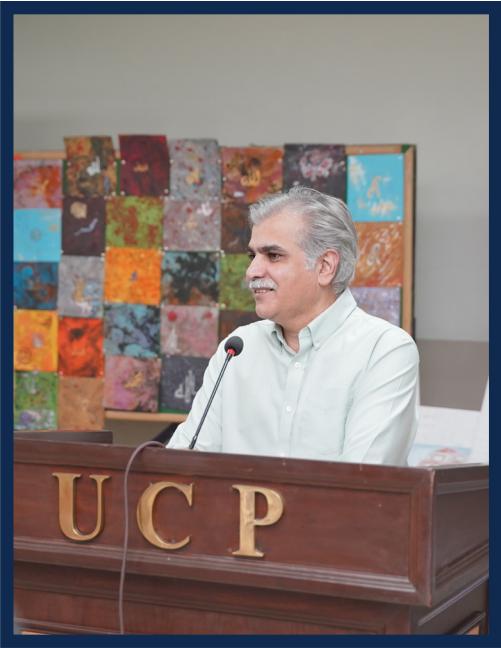
University of Central Punjab welcomed students from various institutes to Summer Jam 2026, a three-week program designed to promote learning and skill development. Participants took part in workshops on Artificial Intelligence, Robotics, RC Planes, Public Speaking, Photography, Event Management, and the Chinese Language Course, gaining practical exposure across different disciplines. The program provides opportunities for collaborative learning, hands-on experience, and professional development.

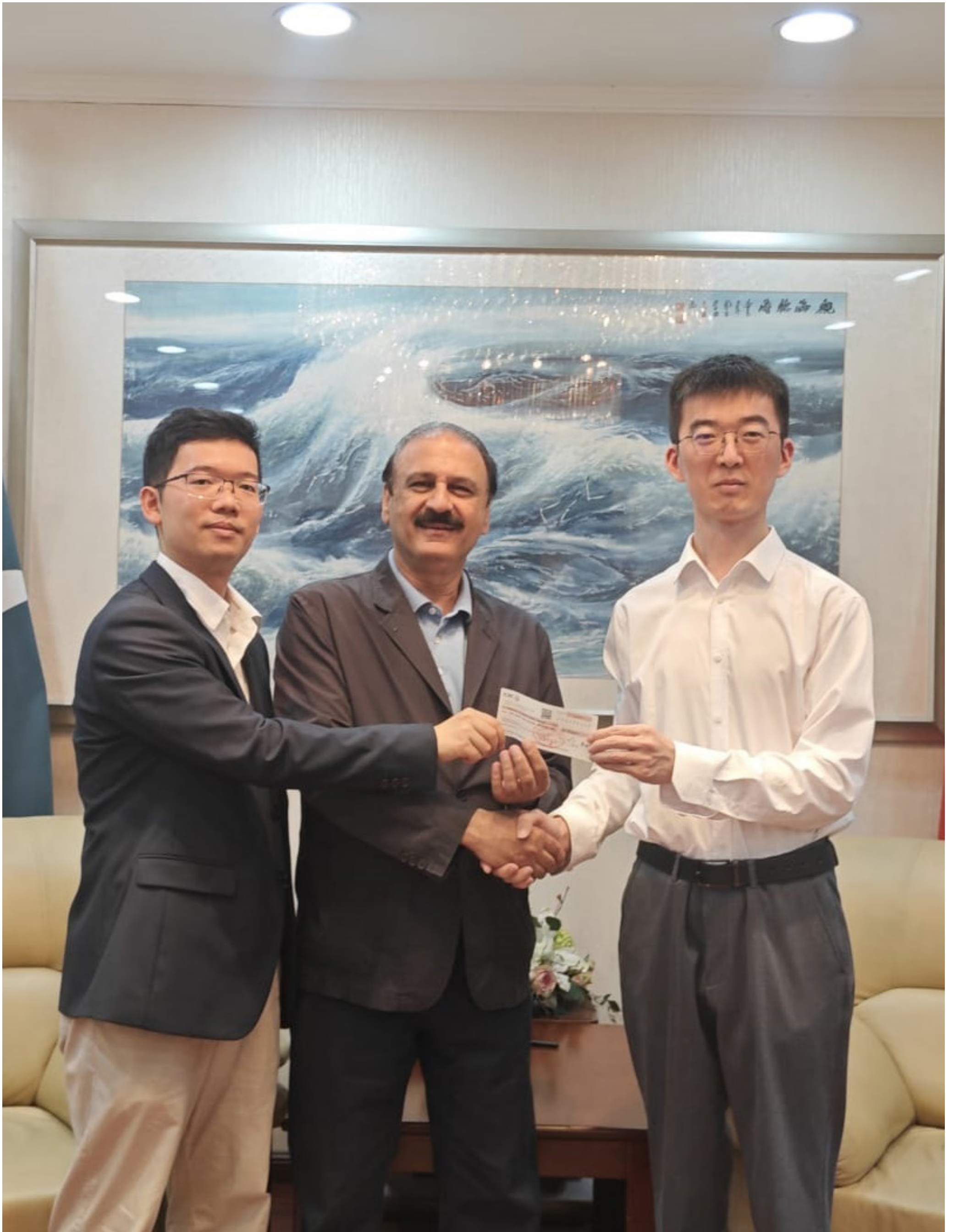




Art Jam 2026

Department of Student Affairs organized a three-day Art Jam 2026, under Ms. Syeda Iffat Gillani’s supervision. Participants explored Canvas Painting, Pottery Making, and Pottery Painting, transforming blank canvases and raw clay into remarkable works of art. Dr. Ajaz Anwar, a prominent artist, shared his artistic journey with the participants. Pro-Rector, Dr. Hammad Naveed and Provost, Muhammad Yaqoob distributed certificates to participants, the event marked the beginning of individual’s journey towards art, colors, and creativity.





Consul General of China Scholarship

Prof. Dr. Khalid Manzoor Butt, Dean, Faculty of Humanities & Social Sciences and Faculty of Languages & Literature, received a cheque worth PKR 1.5 million from Mr. Wang and Mr. Liao, Consulate General Office of the P.R. China in Lahore. The funds will be used to award scholarships to high-achieving and deserving students of the Faculty of Humanities & Social Sciences and the Faculty of Languages & Literature. This is the fourth consecutive year that the Consulate General has extended its support.

Workshops and Seminars

Next-Generation Teaching with Generative AI



Faculty of Engineering's faculty development workshop, "Next-Generation Teaching with Generative AI," brought together around 35 faculty members from various departments for hands-on training in integrating Generative AI into teaching practices. Conducted by Dr. Nabeel Khalid, Head of the Computer Engineering Program, the session covered AI-powered tools for developing lecture materials, lesson plans, quizzes, assessments, presentations, and other teaching resources, along with prompt engineering and the ethical use of AI in education. The workshop concluded with a certificate distribution ceremony, where Dr. Rizwan Shad, Dean, Faculty of Engineering, encouraged participants to adopt emerging AI technologies to enhance teaching and learning.

Smart Tax Planning and Income Tax Return Filing



Office of Research, Innovation and Commercialization's workshop on Smart Tax Planning and Filing Income Tax Return, led by Dr. Imran Shahzad, Head of the Accounting and Finance Department, delivered an overview on taxation, tax compliance, and filing of income tax returns through the FBR IRIS portal. Prof. Dr. Muhammad Akhyar Farrukh addressed the closing ceremony, highlighting the importance of financial literacy and tax compliance for professionals and entrepreneurs.

University Events

Prime Minister Youth Program (PMYP) Delegation's Visit



University of Central Punjab welcomed a delegation from the Prime Minister Youth Program (PMYP), led by Dr. Shahbaz Hussain Shamsi, DG PMYP and Chairman of TANG International Education Group. The delegation was received by Dr. Hammad Naveed, Pro-Rector, UCP, Dr. Rizwan Shad, Dean of the Faculty of Engineering, along with the Registrar and faculty members. During the visit, the delegation was introduced to UCP's academic and research ecosystem and toured the Chinese Language Centre, Faculty of Engineering laboratories, and the Space Research Centre, where they appreciated the quality of student projects and industry collaborations. Discussions focused on strengthening partnerships in joint degree programs, student and faculty exchange, youth empowerment, skills development, internships, training opportunities, and technology initiatives.

3-Day Python Language Bootcamp



Faculty of Engineering, in collaboration with the Pakistan Engineering Council (PEC), organized a 3-Day Python Language Bootcamp for Engineers. The training brought together engineers, students, faculty members, and industry professionals to develop practical programming skills for engineering applications. The sessions covered Python fundamentals, object-oriented programming, numerical computing with NumPy, data analysis using Pandas, data visualization with Matplotlib, file handling, and engineering problem-solving. Participants also completed hands-on exercises and case studies to apply Python in engineering and research.

PGC Post-ADP Counselling Visit



ADP final semester students visited University of Central Punjab for a career counselling session. During the visit, they had the opportunity to interact with faculty members, receive academic guidance, and explore their options for continuing their education at UCP.

Think2Code 2.0



IEEE Computer Society UCP concluded Think2Code 2.0, a five-week competitive programming bootcamp that engaged more than 220 students from leading institutions across Pakistan, including over 100 UCP students. The program culminated in CodeSprint, a speed programming competition that challenged participants to apply their coding and problem-solving skills in a competitive environment, fostering technical excellence, collaboration, and innovation among aspiring programmers.

PHEC Monitoring & Evaluation Visit



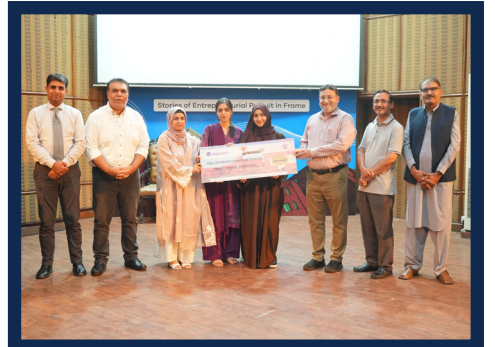
Department of Food and Nutritional Sciences hosted the Punjab Higher Education Commission Monitoring & Evaluation Team for the evaluation of its Food Technology and Human Nutrition & Dietetics programs. The visit included a review of academic programs, faculty, research, laboratories, infrastructure, industry linkages, and institutional records to assess compliance with provincial academic and quality standards.

Agile Methodologies for Software Development in FYP



Software Engineering Department's session on Agile Methodologies for Software Development in FYP led by Hassan Sartaj focused on fundamentals of Agile and Scrum, their application in Final Year Project Supervision and recommendations for enhancing project processes and documentation.

Faculty of Information Technology and Computer Science's FYP Open House Spring 2026 Closing Ceremony



Faculty of Information Technology and Computer Science hosted the closing ceremony for FYP Open House Spring 2026. Over 100 industry and academic leaders recognized the exceptional talent, hard work and technical brilliance. Top performing teams won cash prizes worth Rs. 150,000.

Top Positions (Outstanding Projects)

- 1st Place: University Admission Assistance and Management System (UAAMS)
- 2nd Place Protons Eduverse and Festalytics
- 3rd Place: SootheU: AI Emotion Regulation & Mental Health Assistance and Kaprakar: The Tailor in Your Pocket

Category Winners (Remarkable Projects)

- Mobile Application Development: StreetFresh: Smarter Way to Shop Local Commerce
- Artificial Intelligence: Smart Eye Testing and Wellness Guidance
- Web Application Development: JobJitsu: AI-Powered Smart Interview Coach
- Game Development: TACT-EVAC
- Hardware Development: Smart Baby Band: Cry & Sleeping Monitoring System

Department of Advanced Studies and Research

Rizwan Hafeez's Ph.D. Synopsis Open Defense



Directorate of Advanced Studies & Research conducted Rizwan Hafeez's Ph.D. Synopsis Open Defense. He defended his research proposal in Ph.D. Pharmacology under Prof. Dr. Mahtab Ahmad Khan's supervision. The defense featured a comprehensive and engaging question-and-answer session, reflecting the scholarly rigor, originality, and practical significance of the research topic.

Riaz Ullah’s Ph.D. Synopsis Open Defense



Directorate of Advanced Studies & Research conducted Riaz Ullah’s Ph.D. Synopsis Open Defense. He defended his research proposal in Ph.D. Linguistics under under Dr. Shafaat Yar Khan’s supervision. The defense featured a comprehensive and engaging question-and-answer session, reflecting the scholarly rigor, originality, and practical significance of the research topic.

Faiza Kiran’s Ph.D. Open Defense



Directorate of Advanced Studies & Research conducted Faiza Kiran’s Ph.D. Open Defense. She defended her doctoral dissertation in Clinical Psychology under Dr. Rabia Farooqi’s supervision. The defense committee comprised Dr. Faiza Ashraf (COMSATS, Lahore Campus) and Dr. Ayesha Majeed (GC University, Lahore) as External Examiners, while Dr. Alia Asmat served as the Internal Examiner. The defense featured a comprehensive and engaging question-and-answer session, reflecting the scholarly rigor, originality, and practical significance of the research.

Usman Ehsan’s Ph.D. Open Defense



Directorate of Advanced Studies & Research conducted Usman Ehsan’s Ph.D. Open Defense. He defended his doctoral dissertation in Business Administration under Dr. Muhammad Shehzad Hanif’s supervision. The defense committee comprised Dr. Muhammad Zafran (Beaconhouse National University) and Dr. Hina Jaffery (Green International University) as External Examiners, while Dr. Shahid Nadeem served as the Internal Examiner. The defense featured a comprehensive and engaging question-and-answer session, reflecting the scholarly rigor, originality, and practical significance of the research.

Amber Saleem’s Ph.D. Synopsis Open Defense



Directorate of Advanced Studies & Research conducted Amber Saleem’s Ph.D. Synopsis Open Defense. She defended her research proposal in Ph.D. Linguistics under Dr. Baber Sultan Ali Khan’s supervision. The defense featured a comprehensive and engaging question-and-answer session, reflecting the scholarly rigor, originality, and practical significance of the research topic.

Muhammad Zia Afzal’s Ph.D. Open Defense



Directorate of Advanced Studies & Research conducted the Ph.D. Open Defense of Mr. Muhammad Zia Afzal, who defended his Ph.D. dissertation in Mathematics under Dr. Shahid Saeed Siddiqi’s supervision. The defense committee comprised Dr. Khurram Shabbir (GC University, Lahore) and Dr. Kashif Rehan (University of Engineering and Technology) as External Examiners, with Dr. Zain ul Abadin serving as the Internal Examiner. The defense featured a comprehensive and engaging question-and-answer session, reflecting the scholarly rigor, originality, and practical significance of the research.

Areesha Batool’s Ph.D. Synopsis Open Defense



Directorate of Advanced Studies & Research conducted Areesha Batool’s Ph.D. Synopsis Open Defense. She defended her research proposal in Ph.D. Linguistics before the defense committee under Dr. Shafaat Yar Khan’s supervision. The defense featured a comprehensive and engaging question-and-answer session, reflecting the scholarly rigor, originality, and practical significance of the research topic.

Muhammad Asif Nadeem’s Ph.D. Synopsis Open Defense



Directorate of Advanced Studies & Research conducted Muhammad Asif Nadeem’s Ph.D. Synopsis Open Defense. He defended his research proposal in Ph.D. Linguistics under Dr. Shafaat Yar Khan’s supervision. The defense featured a comprehensive and engaging question-and-answer session, reflecting the scholarly rigor, originality, and practical significance of the research topic.

Tehreem Mushtaq and Maryam Jabeen’s M.Phil Theses Defense



Faculty of Pharmaceutical Science’s M.Phil students Tehreem Mushtaq and Maryam Jabeen defended their theses under the supervision of Dr. Huma Hameed and co-supervision of Prof. Dr. Mahtab Ahmad Khan. Their defense featured a comprehensive and engaging question-and-answer session, reflecting the scholarly rigor, originality, and practical significance of the research topic.

Faculty Achievements
Prof. A.R. Shakoori Gold Medal 2026



We congratulate Professor Dr. Sumera Zaib, Department of Basic & Applied Chemistry, University of Central Punjab, on receiving the Prof. A.R. Shakoori Gold Medal 2026 from the Zoological Society of Pakistan. The award recognizes her academic and research contributions and will be presented at the 44th Pakistan Congress of Zoology, hosted by Hazara University, Mansehra. We congratulate Professor Dr. Sumera Zaib on this achievement and wish her continued success.

Prof. Dr. Muhammad Naveed’s Participation in the 2nd International Conference on Healthcare Challenges and Innovations



Prof. Dr. Muhammad Naveed delivered an invited talk on “Digital Health Meets Bioinformatics” at the 2nd International Conference on Healthcare Challenges and Innovation in the 21st Century (HCIC-2026), School of Pharmacy, University of Management and Technology. He highlighted the transformative role of digital health, bioinformatics, and artificial intelligence in advancing precision medicine, predictive analytics, and data-driven healthcare solutions, underscoring the growing importance of interdisciplinary technologies in addressing emerging healthcare challenges.

PEC Re-accreditation Visit for B.Sc. Civil Engineering



Faculty of Engineering hosted Re-accreditation Visit of B.Sc. Civil Engineering Program by Pakistan Engineering Council. Dean, Dr. Rizwan Shad presented a comprehensive overview of the Punjab Group’s hierarchy, infrastructure, and facilities. PEC team toured academic and laboratory facilities, assessed readiness of classrooms, laboratories, equipment, and allied infrastructure.

Neoprene Rubber Bearing Pads Testing for Packages Industries Pvt. Ltd



Civil Engineering Department, Faculty of Engineering, conducted testing of neoprene rubber bearing pads for Packages Industries Pvt. Ltd. The bearing pads, used in bridge supports and other infrastructure applications, were tested for compression loading, deformation, and sustained loading performance in accordance with the company’s testing requirements. Three samples, each measuring 300 mm × 300 mm × 50 mm, were tested, including two received from Packages Industries and one from Rainbow Ltd., Karachi. After completing the testing and analysis, the department prepared and shared the report with Packages Industries Pvt. Ltd.

Prof. Dr. Khalid Manzoor Butt's Meeting with Consul General of the People's Republic of China in Lahore



Prof. Dr. Khalid Manzoor Butt, Dean, Faculty of Humanities & Social Sciences and Faculty of Languages & Literature, met with His Excellency Mr. Sun Yan, Consul General of the People's Republic of China in Lahore. During the meeting, Dr. Butt presented the latest editions of the Journal of FOHSS and the Journal of FoLL. The meeting focused on matters of mutual interest and reaffirmed the importance of strengthening academic and cultural collaboration between Pakistan and China.

Prof. Dr. Muhammad Akhyar Farrukh's Keynote Address at GCU Lahore International Symposium



Prof. Dr. Muhammad Akhyar Farrukh, Head, Department of Basic and Applied Chemistry delivered a keynote lecture on "Nanodrug Delivery Systems for Enhanced Therapeutic Outcomes in Communicable and Non-Communicable Diseases" at the International Symposium on Emerging Challenges, Opportunities and Innovations in Biosciences, Department of Pharmaceutical Sciences, Government College University, Lahore. He highlighted the potential of nanodrug delivery systems to improve therapeutic outcomes through innovative nanotechnology-based solutions.

Student Achievements Mechanical Engineering Students' Participation in Indus Robotics and Automation System (RAS) Expo 2026



Mechanical Engineering students from the Human Centred Robotics Lab of the National Centre of Robotics and Automation (NCRA), Department of Mechanical Engineering, Faculty of Engineering, under Prof. Dr. Muhammad Kashif's supervision, showcased their flagship projects, including the Lower-Body Exoskeleton and the 3D Motion Capture System, to a diverse audience of academics, industry professionals, and visitors at the Indus Robotics and Automation Systems (RAS) Expo 2026, held at the Pakistan-China Friendship Centre. The Prime Minister of Pakistan, Muhammad Shehbaz Sharif, inaugurated the expo as chief guest alongside Field Marshal Asim Munir, Chief of Defence Forces, as guest of honor.

Chinese Government Scholarship



We congratulate Muhammad Zulqurnain for earning the Chinese Government Scholarship to pursue a Master's in Environmental Science & Engineering at Fudan University, China.

Qimam Fellowship 2026



Shafaq Zahra, a BS Biotechnology alumna from the Class of 2026, has been selected as a Qimam Fellow. She is among 40 candidates selected from 13,000 applicants this year. As a Qimam Fellow, she will participate in a 12-day fully funded leadership program in Karachi from August 12-23, 2026, where fellows will receive one-on-one mentorship from senior executives, participate in leadership development sessions, and visit the offices of leading national and international companies.

Industry Visits

Faculty of Science & Technology's Visit to Centre of Excellence in Molecular Biology, University of the Punjab



Faculty of Science & Technology visited the University of the Punjab's Centre of Excellence in Molecular Biology (CEMB) for a hands-on Real-Time PCR training session. They gained practical experience in molecular biology techniques, strengthening their laboratory skills and research capabilities.

Faculty Meetings

32nd Board of Advanced Studies & Research (BASR) Meeting



University of Central Punjab's 32nd Board of Advanced Studies & Research (BASR) Meeting chaired by Pro-Rector, Dr. Hammad Naveed was attended by external experts Dr. Muhammad Usman Ghani, UET and Dr. Asim Hameed Butt, Graduate College Township Lahore, along with members of the Board. The agenda included the approval of M.Phil. and Ph.D. degrees and the constitution of various defense committees.

FOLL Board of Faculty Meeting



Faculty of Languages and Literature's BoF meeting chaired by Dean, Prof. Dr. Khalid Manzoor Butt, brought together faculty members to discuss academic and administrative matters. The meeting focused on strengthening academic excellence, enhancing faculty collaboration, and addressed issues related to teaching, research, and student development. Discussions and collective planning reflected the faculty's shared commitment to advancing institutional goals and contributing to the continued growth and well-being.

FOST's Board of Faculty Meeting



Faculty of Science & Technology meeting chaired by Dean Dr. Rizwana Kausar, convened faculty members to deliberate on important academic and administrative matters. The meeting emphasized strengthening academic quality, fostering innovation in teaching and research, and addressing faculty-related priorities to support institutional progress. Through collaborative discussions and strategic planning, the faculty reaffirmed its commitment to promoting academic excellence and continued growth.

Learning Innovation Centre

Retired Faculty and Staff Farewell Ceremony



Learning Innovation Centre in collaboration with Human Resource Department hosted a Farewell Ceremony to honor the dedicated service and contributions of our retiring faculty and staff. The event featured a reflection session where retirees shared memories from their tenure followed by a presentation and tokens of appreciation by the University leadership. The ceremony concluded with a farewell address, a vote of thanks, and a luncheon, celebrating the retirees' lasting impact and legacy within the UCP community.

Interview Coaching, Resume Review, HR Recruitment Process & ATS Optimization



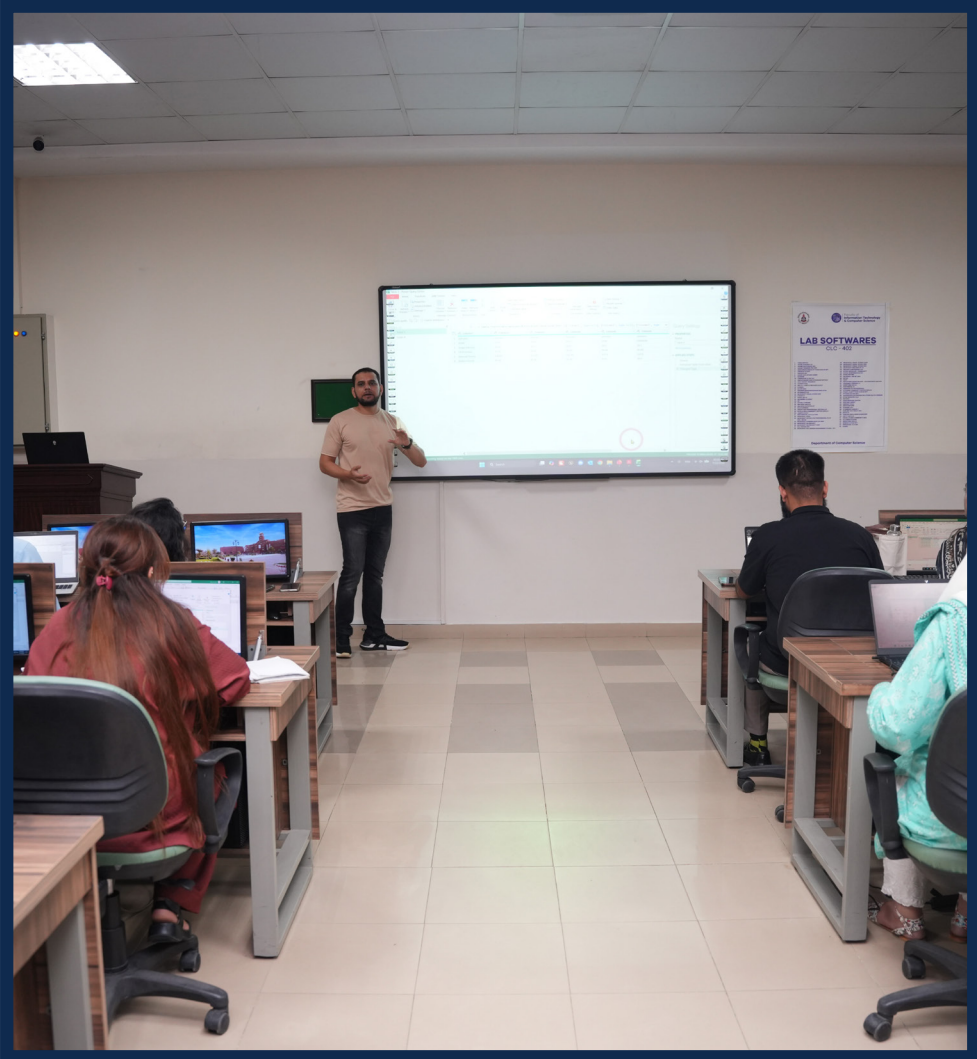
Learning Innovation Centre's training session on "Interview Coaching, Resume Review, HR Recruitment Process & ATS Optimization" led by Ms. Dur-e-Sameen Sarmad covered ATS-friendly resume writing, international CV standards, HR recruitment processes, AI tools for interview preparation and the STAR interview technique. Participants gained practical insights to strengthen their job application materials, improve interview performance, and enhance their career readiness for today's recruitment landscape.

AI for Career Services: Tools and Productivity



Learning Innovation Centre’s AI for Career Services: Tools and Productivity facilitated by Dr. Kamal Shahid, Assistant Professor, University of the Punjab covered how Applicant Tracking Systems (ATS) evaluate resumes, the use of generative AI to develop career documents, and the automation of routine tasks. The training also addressed the ethical use of AI, enabling CSO staff to support students in the recruitment process.

Training on Microsoft Excel, PowerPoint & Canva



Learning Innovation Centre’s hands-on training on Microsoft Excel, PowerPoint & Canva facilitated by Mr. Gulfam Ahmad helped participants gain practical skills in excel automation, data integration, advanced formatting, professional data visualization and AI-powered presentation design using Gamma. They learnt to automate workflows, analyze data more efficiently, and enhance productivity in their day-to-day professional tasks.

Funding Your Future: Study Abroad & Scholarship Opportunities



Learning Innovation Centre’s Funding Your Future: Study Abroad and Scholarship Opportunities led by Director International Office, Mr. Sikandar Sethi strengthened CSO staff’s capacity to guide students in identifying and applying for international scholarships and fellowship opportunities. Participants explored study abroad opportunities, admission processes, SOP writing & prestigious fully funded scholarships such as Fulbright, Chevening, Commonwealth, Erasmus Mundus, MEXT and CSC. The session also prepared CSO staff to pursue higher education for their professional and academic growth in the future.

International Office Initiatives
International Hub x University of Derby
Delegation Collaborative Meeting



UCP International Hub hosted a collaborative meeting with a delegation from University of Derby, United Kingdom to discuss opportunities for academic and institutional collaboration. The meeting focused on strengthening partnerships through student and faculty exchange, joint research initiatives and other areas of mutual interest to expand international engagement and promote global academic collaboration.

International Hub’s Initiative for National Scholarship Exam at Punjab College, Wazirabad



International Hub team conducted an outreach campaign in Wazirabad to promote the 2+2 International Degree Program. Held at Punjab College, Wazirabad, the session was open to students from across the city and provided valuable insights into the program’s academic structure, international transfer opportunities, and admission process.

International Hub’s Outreach Campaign in Gujrat, Sialkot, and Sargodha



International Hub team conducted an outreach campaign in Gujrat, Sialkot, and Sargodha to engage prospective students and provide information about UCP’s 2+2 International Degree Program. During the sessions, the team briefed students on the program structure, international study opportunities, admission process, and academic pathways, while addressing their queries about pursuing part of their degree at partner universities abroad.

University of Kent Delegation Visited UCP



As part of its internationalization efforts, UCP welcomed University of Kent’s delegation for an engaging and forward-looking discussion on academic and research collaboration. Dr. Rao Faizan Ali, ECR Lead, Department of Computing, and Ms. Ayesha Noor, Country Manager for Pakistan, represented University of Kent. UCP’s senior academic leadership including Pro-Rector Dr. Hammad Naveed, Dean of the Faculty of Management Sciences Dr. Muhammad Athar Siddiqui, Director ORIC and Research Prof. Dr. Muhammad Akhyar Farrukh, Head of the Computer Science Department, and Dr. Mohsin Ashraf were in attendance.

Office of Research, Innovation & Commercialization Initiatives

26th Steering Committee Meeting



Office of Research, Innovation & Commercialization’s 26th Steering Committee Meeting chaired by Pro-Rector, Dr. Hammad Naveed reviewed ORIC’s progress and initiatives for May–June 2026. The meeting was attended by representatives from SRC Pvt. Ltd., Europetroleum, Healthwire, ML Bench and Pure Logics. Discussions covered research activities, faculty and student capacity-building, commercialization, startup development, industry collaboration, policy implementation, research performance, ongoing projects, and ORIC’s priorities for the coming months.

ORIC’s Awareness Session on Research Ethics and Article Retraction



Office of Research, Innovation and Commercialization’s Awareness Session on Research Ethics and Article Retraction led by Director ORIC, Prof. Dr. Muhammad Akhyar Farrukh highlighted the causes and types of research article retractions while emphasizing the importance of research integrity, publication ethics, and responsible scholarly practices, as well as the value of pursuing impactful research through high-quality publications, commercialization and innovation.

Faculty Industry Placement Program (FIPP) 2026



As part of our flagship Student-Led Learning, Entrepreneurship, and Applied Problem-Solving Initiative (LEAP), 22 faculty members from various faculties have been selected to strengthen industry-academia linkages, enhance teaching and research through industry exposure, and create opportunities for long-term collaboration with industry partners this summer under the Faculty Industry Placement Program (FIPP). Office of Research, Innovation and Commercialization conducted an orientation session for selected faculty members, briefing participants on the program's objectives, expectations, guidelines, and expected outcomes.

Collab P's Delegation Visited UCP



Office of Research, Innovation & Commercialization hosted a delegation from Collab P to discuss opportunities for connecting UCP's research and innovation ecosystem with industry projects in the United States. The delegation included Mr. Farhan Essa Shah, CEO of Collab P, and Mr. Muhammad Abbas Syed, Program Director, who met with Dr. Hammad Naveed, Pro-Rector, UCP, Prof. Dr. Muhammad Akhyar Farrukh, Director, ORIC and Research, faculty members, and ORIC representatives. The meeting focused on strengthening academia-industry collaboration, advancing industry-driven research and commercialization, and exploring the potential of UCP's Final Year Projects. The delegation also visited UCP's engineering laboratories, innovation facilities, and startup projects to learn about the University's research and entrepreneurial ecosystem.

Pro-Rector's Office

Pro-Rector's Award 2025-26 for Top Performing Societies



Pro-Rector's Awards 2025-2026 recognized UCP's top performing student societies for their contributions and activities throughout the year. Islamic Guidance Club secured top spot winning PKR 25,000, IBTIDA Society secured second Spot winning PKR 20,000, International Crisis Chamber secured third spot winning PKR 15,000, Innovation & Entrepreneurship Club secured fourth spot winning PKR 10,000 and UCP Welfare Society secured fifth spot winning PKR 5,000. UCP Photography Club and Ushers Club received special cash prizes worth PKR 10,000 each in recognition of their performance.

MoUs

UCP x Haseen Habib Corporation Limited



University of Central Punjab signed a Memorandum of Understanding with Haseen Habib Corporation Limited to strengthen collaboration between academia and industry. It aims to create opportunities for internships, industry engagement, research partnerships, knowledge exchange, and talent development. During the signing ceremony, Mr. Aamir Ata Barry, Managing Director, Haseen Habib Corporation Limited, and Dr. Muhammad Athar Siddiqui, Dean, Faculty of Management Sciences, UCP, discussed areas of collaboration, including experiential learning, industry-focused research, student development, executive education, and professional training.

UCP x Nur Foundation, Fatima Memorial System



University of Central Punjab signed a Memorandum of Understanding with Nur Foundation, Fatima Memorial System, to strengthen academic and clinical collaboration. The partnership will provide BS Human Nutrition and Dietetics, BS Medical Laboratory Technology and Doctor of Physiotherapy students with opportunities for clinical training, research, and experiential learning.

Sports Achievements

UCP Wins All-Pakistan Inter-University Hockey Championship 2025–26



University of Central Punjab won All-Pakistan Inter-University Hockey Championship 2025–26 organized by the University of Engineering & Technology under Higher Education Commission's supervision with a 2–0 victory over University of the Punjab in final. The championship concluded with Olympian Shahbaz Senior and UMR Co-Founder Mr. Abid Sherwani presenting trophies and cash prizes to the winners.

UCP Secures Spot in 10th South Asian Cadet, Junior, Under-21 & Senior Karate Championship



University of Central Punjab students Muhammad Husnain Jamil and Hafiza Iqra Munawar won Bronze Medals while representing Pakistan at the 10th South Asian Cadet, Junior, Under-21 & Senior Karate Championship held in Dhaka, Bangladesh from July 15-19, 2026.

Community Service

Free Medical & Health Camp



Volunteers in Service Department, in collaboration with Transparent Hands, organized a Free Medical & Health Screening Camp for the University's security and support staff. Volunteers from the Faculty of Pharmaceutical Sciences (FOPS) assisted in organizing the camp. Around 300 staff members received free medical consultations and health screenings. The screenings identified cases of high cholesterol, elevated uric acid, hypertension, diabetes, and Hepatitis C, with affected individuals referred for further evaluation and treatment. Provost Muhammad Yaqoob visited the camp and appreciated the arrangements.

Seminar against Drug Abuse and Illicit Trafficking



Volunteers in Service Department (VIS) of University of Central Punjab (UCP), in collaboration with the YOCFAN, organized an awareness seminar to mark the International Day Against Drug Abuse and Illicit Trafficking. The event brought together students, faculty members, and community leaders to promote awareness about the harmful effects of drug abuse and the importance of collective action against narcotics. The seminar was honored by the presence of Commander ANF Punjab Brigadier Sikandar Hayat Chaudhry who attended as the Chief Guest. In his keynote address, he highlighted the growing challenges posed by drug abuse and illicit trafficking and stressed the need for preventive education, youth engagement, and community participation in combating this menace. He encouraged students to become advocates for a drug-free society and play a proactive role in raising awareness among their peers.

Alumni Relations Office Initiatives

Alumni Pickleball Tournament 2026



UCP Alumni Pickleball Tournament 2026 united alumni for an evening of competition and connection. Featuring men's doubles matches, the tournament provided participants with an opportunity to reconnect through sport while demonstrating teamwork and skill on the court. The event showed UCP's commitment to building lasting relationships among its alumni through meaningful engagement and shared experiences.

Opinion:

The Myth of Confidence

There is no point living an entire life without truly knowing yourself. To quieten your own voice before hearing it, to reshape your personality without recognizing it, and to be defined by external validation and calling it confidence. This has exactly been what this generation grew up on. We are taught to refine our image, not question it. To become more impressive, not more honest, even when that means leaving parts of ourselves behind. We learn how to appear confident before we ever learn what confidence actually is. We learn how to be liked, approved of, and socially acceptable. And because of that, many of us mistake 'performance' for confidence.

I used to think confidence meant being composed, polished, and prepared. During literary discussion sessions, in which I knew how to speak well and I phrased things in a way, that was received well by the audience. From the outside, and even to myself at times, that looked like confidence. But beneath it, there was constant calibration. An awareness of how I was being perceived. A subtle editing of what I would say, how I would say it, and when. It was not inauthentic in an obvious way. It was more refined than that. More socially acceptable.

Then I started my internship. And suddenly, all the confidence I thought I had vanished away as if it had never been there in the first place. By sheer stroke of luck, I landed among people advanced in exposure and experience; brilliant in their expertise and certainly ahead of the tenderness of my age. The pressure was really pulverising in the beginning. I thought maybe I was not as capable as I had imagined. They knew too much, or I knew too little. Every conversation made me aware of my inexperience. I would ask questions constantly because there was so much I could not understand. And for the first time, I realised something uncomfortable, an acutely new realization that maybe what I had before was not confidence at all. Maybe it was 'familiarity'. Because confidence is not a trait. It is a nervous system response to familiarity. It is calm under pressure because pressure is no longer foreign. The public speaker who commands a room has probably stumbled through dozens of awkward presentations. The entrepreneur who speaks decisively has made decisions that cost money, sleep, and reputation. The athlete who moves with confidence has spent years showing up despite exhaustion, pressure, and self-doubt. In reality, what we often call "natural confidence" is usually practiced discomfort. But students rarely see the practices behind confidence. We only see the final result. Hence, we place people on pedestals, but perhaps those pedestals are built out of lazy interpretation. Psychologically, it becomes a process of rationalisation; that is transforming someone else into an exceptional figure so we do not have to confront our own fear of action. If they are simply "built different," then our comfort remains intact and our stagnation feels justified. But have we ever thought that labelling ourselves as inferior is nothing but a matter of being underexposed. Never incapable but undertrained. Never less intelligent but simply amateur. We are simply less practiced in that particular environment. Variation exists, of course. Some people are naturally more outspoken. Some tolerate pressure better in the beginning. Some learn quicker. But none of that replaces repetition. None of it eliminates the need for experience. And gaining experience is always an uncomfortable matter. There is always a moment before we do something slightly out of character. Before we speak more honestly. Before we allow our presence to just exist without adjusting it for external approval. In that moment, nothing feels natural. We feel terribly exposed. Uncertain. Even slightly embarrassed. And exactly in that moment from the crevices deep within illuminates dawns of first soft rays of confidence. However, it emerges from nothing but discomfort. It does not come from feigned flattery or toxic positivity. It does not come from endlessly repeating affirmations we do not believe. Confidence comes from faith. Faith in our potential. Faith in our growth. Faith in ourself. It comes from taking action and doing undoable, uncomfortable, uncertain things because we believe we deserve progress in the right direction. It comes from taking responsibility for making that progress happen.

This is exactly why self-love, internal validation, people pleasing, and confidence are all connected. A lot of people my age think they lack confidence when, in reality, they lack permission to be

themselves. They have spent years performing some idealised versions of themselves in order to be accepted. We have an authentic self, our genuine interests, a natural personality, our own preferences. But we also have an idealised self, the version of ourselves that we believe we need to become in order to fit in, to be accepted, or loved. And insecurity is often the gap between those two selves. So consequently we perform. Say the right things. Hide the parts of ourselves that feel too much or not enough compared to the standards we have internalised. But this performance is exhausting. Eventually, we no longer know whether our personality is authentic or edited for external validation. A lot of what we call being “private” or “low-key” in this generation is sometimes something deeper. Not everyone needs to become an extrovert or a content creator or someone constantly posting online. But sometimes, so-called facade of privacy is in reality a sort of defence mechanism. Because as much as we claim to want confidence, what we often really want is guaranteed approval from others. We want to be fully ourselves and still universally liked. To be honest without consequence. To be expressive without risk. Unfortunately, that is not how life works. Not everyone will like you. Some people will misunderstand you. Some people will not see your value clearly. But none of that defines your worth. Your worth is intrinsic. You are valuable because you exist, because you are conscious, because you are here. Paradoxically, both conformity and resistance are often attempts to be seen by others. And while being seen by others can feel comforting, seeing yourself clearly is ‘liberation’. The most profound validation is not social approval. It is the certainty that your existence matters, that you are part of the human story.

That shift in perspective utterly changed my understanding of confidence. I have come to realise that confidence is not loud. It is not performance. It is not perfection. It is not the absence of insecurity. Confidence is a pattern. It is built slowly through repeated experiences of discomfort. Through speaking when you would normally stay quiet. Through asking questions even when you fear sounding inexperienced. Through letting your words exist freely without editing the bits of your honest self. Through allowing yourself to be seen. At first, all of it feels awkward. We become hyperaware of our voice, our posture, and our timing when we utter something. All of this feels so foreign. But over time, familiarity begins replacing fear. The discomfort vaporizes. What once felt forced starts feeling real. And slowly, we realise that confidence is not something we wait for. It is something we practice. We practice it every time we show up for ourselves despite uncertainty, every time we choose honesty over approval, and every time we act before feeling fully ready.

Undertaking internship has been transformative for me in many ways. Primarily, it has taught me to learn, what to and how to. But more than that it has allowed me to learn how to unlearn. To unlearn the belief that confident people never feel intimidated. To unlearn the idea that discomfort means inadequacy. To unlearn the habit of constantly measuring myself against people who simply had more experience than I did. And in the process, I gained a different kind of confidence. A quieter kind. A ‘grounded’ one. One that is my own. Self-confidence.

Not confidence based on impression; it’s a fragile one. It depends on approval. Till the approval is there, it makes you feel elevated. However, as soon as it is withdrawn, it leaves you deflated. That is not confidence. In exact terms, it may more be pronounced as dependency than confidence.

Real confidence is much less dramatic than people think. It is simply the ability to trust yourself enough to continue moving forward, even while feeling uncertain. I think internships, universities, and environments filled with talented people intensify the constant need of comparing ourselves to others. We awfully feel behind and smaller. We feel like everyone else belongs more than we do. But something I eventually understood is that the mistakes we replay in our mind for days are usually forgotten by everyone else within minutes. How one view themselves eventually becomes the way they move through the world.

It took me 22 years to understand that. But maybe you need to hear it earlier. Because there is no point spending your entire life waiting until you feel fully prepared, ready to impress, or absolutely flawless before allowing yourself to exist honestly. Confidence is not becoming fearless. It is becoming familiar with fear and moving anyway.







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