

2025 November



MONTHLY CONNECT

UCP Through
November's Lens

 www.ucp.edu.pk

Highlight of the Month

Iqbal Day

UCP Literary Society commemorated Youm-e-Iqbal, celebrating the legacy of Allama Muhammad Iqbal and his timeless message of dignity, selfhood, and purpose. The event featured insightful addresses by His Excellency, Consul General of Iran, Mr. Mehran Movahed Far, and Dr. Moeen Nizami, soulful Kalam-e-Iqbal performances by the Music Society, engaging student debates, and a ceremonial cake-cutting, creating a memorable and inspiring experience for all participants.





5th Entrepreneurship Educators Symposium 2025

Faculty of Management Sciences organized the 5th Entrepreneurship Educators Symposium 2025, focusing on the evolving landscape of entrepreneurship education in the digital era. The event featured insightful sessions, including Prof. Dr. Shahid Qureshi's talk on "The Amazing World of Entrepreneurs", an engaging Industry Hour with leading entrepreneurs, and an AI Workshop conducted by Mr. Kazim Ali. The symposium concluded with a thought-provoking panel discussion titled "From Classroom to Startups: Redefining Entrepreneurship Learning for a Digital Future." The event provided a platform for educators, industry experts, and students to exchange ideas, foster innovation, and reimagine entrepreneurship education for the modern world.





Workshops and Seminars

1st International Seminar on Advances in Biotechnology



1st International Seminar on Advances in Biotechnology
Department of Biotechnology’s 1st International Seminar on Advances in Biotechnology, centered on the theme “Wheat Biotechnology and Molecular Breeding” brought together national and international experts who shared valuable insights to inspire future scientific research.

HVACR Students Innovation Conference and Project Expo



Department of Mechanical Engineering, in collaboration with the Pakistan HVACR Society, hosted the HVACR Students Innovation Conference and Project Expo 2025. It brought together industry experts and academicians, including Mr. Farhan Zafar, Mr. Waqas Ahmed Farooqi, Dr. Haider Latif, Dr. Akhyar Farrukh, Dr. Ali Hussain Kazim, Dr. Muhammad Farhan, Dr. Muhammad Usman, Dr. Tipu Sultan, Dr. Adeel Ikram, Dr. Kamran Asim, and Syed Rehan Asharaf to evaluate innovative student projects.

The Secret Sauce



UCP Innovation & Entrepreneurship Club’s session featuring Saman Bashir, Advisor at Johnny & Jugnu explored the creative and strategic elements behind

Johnny & Jugnu’s marketing success, highlighting the importance of clear brand definition, consistent identity, emotional connection, and authentic storytelling. Saman Bashir also emphasized how every customer interaction contributes to the brand narrative and how strategic, sustainable growth outweighs rapid expansion.

Pakistan-Bangladesh Relation in Post-July 2024 Landscape



Voltaire Society’s session featured Dr. Mohammad Abul Kalam Azad on Pakistan–Bangladesh Relations in the Post-July 2024 Landscape. It offered a comprehensive analysis of the evolving dynamics between the two nations, highlighting opportunities for regional cooperation, peacebuilding, and mutual growth. Dr. Azad emphasized the importance of dialogue, cultural understanding, and sustainable diplomacy in strengthening South Asian ties.

Radiopharmaceuticals: A Symbolic Merge of Chemistry, Biology and Medicine



Department of Basic & Applied Chemistry’s International Seminar featured Dr. Waqas Rafique’s talk on the interdisciplinary applications of radiopharmaceuticals in diagnostics and therapeutics.

The Art of Storytelling



UCP Media Club’s first chapter of Crafting the Vision series featured Sumayya Batool. The session explored the transformative power of narratives in shaping emotions, visuals, and creativity.

Acting Workshop with Mehmood Akhtar



UCP Dramatic Society's acting workshop with Mehmood Akhtar offered students an enriching opportunity to learn the art of expression, dialogue delivery and stage presence from the renowned actor.

5th Two-Day Hands-on Training on Microbiological and Molecular Techniques



Department of Microbiology's workshop enhanced participants' practical understanding of microbial science and its applications in healthcare, food technology, environmental science, pharmaceuticals, bioenergy and biotechnology. Through guided laboratory sessions on aseptic techniques, cultivation and handling of microorganisms, microbiological assays, and molecular biology methods, participants gained valuable exposure to real-world laboratory practices.

Guest Talk for MBA Business Policy and Strategy Class



Faculty of Management Sciences' guest session featured Mian Faizan Mehmood, Group Head of Digital Initiatives, Treet Corporation. It offered insights into the strategic operations of leading ventures under the Treet umbrella, including Rancom, Daewoo Battery, Coca-Cola, Packages Mall, and LUMS. Mr. Faizan highlighted the distinct strategies adopted by these enterprises and emphasized the growing role of digitization in modern business.

From Waste to Worth: UCP's Whey2Value Project Drives Dairy Sustainability



Department of Food and Nutritional Sciences in collaboration with Fruit of Sustainability (SMC Pvt. Ltd.) and GAIN, conducted a Life Cycle Assessment and Cost-Benefit Analysis of whey water under the Whey2Value Project. The initiative focused on identifying sustainable uses of whey, a cheese-making byproduct, by transforming it into value-added products such as beverages and protein powders. Field data from leading dairy producers, including Gourmet Foods, Farmer's Cheese, Malmo Foods, and Cakes n Bakes, provided practical insights for the study.

Three-Week LabXpert Workshop Conclusion with Industry Visit to TTI Labs

Department of Basic and Applied Chemistry concluded its three-week LabXpert Workshop with an insightful industrial visit to TTI Labs. The workshop enhanced students' practical laboratory skills through hands-on sessions on advanced analytical and instrumental techniques, including HPLC, PCR, spectroscopy, chromatography, and viscometry. The concluding visit provided participants with real-world exposure to industrial-scale instrumentation and testing procedures, effectively bridging the gap between academic learning and professional laboratory practices.



Guest Speaker Session for the Ph.D. Business Administration Class

Department of Management and Entrepreneurship organized a guest speaker session for the Ph.D. Business Administration class, as part of the course Advanced Theories in Business & Management. Dr. Ghulam Ali Arain, Associate Professor, LUMS, delivered a thought-provoking presentation on Social Learning Theory, exploring contemporary theoretical frameworks and their practical implications in organizational behavior, leadership, and strategic management.



Production Planning and Control for Smart Devices: The Airlink Model

Faculty of Management Sciences in collaboration with the Supply Chain Club, hosted a guest speaker session on “Production Planning and Control for Smart Devices: The Airlink Model” Mr. Muhammad Ejaz Mansha, Head of Manufacturing, Airlink Communication Ltd., shared valuable industry insights, highlighting modern strategies in production and supply chain management.



Automation Workshop on n8n

ACM UCP Chapter, in collaboration with the Faculty of Information Technology & Computer Science, organized an Automation Workshop on n8n. Mr. Omer Toqeer from GlowingSoft guided students through practical no-code workflow building and automation techniques. Participants gained hands-on experience in streamlining and simplifying real-world tasks using n8n, enhancing their skills in modern automation tools.



Polio-Free Pakistan: Role of Youth in the Digital Age



Faculty of Media and Mass Communication, in collaboration with the Emergency Operations Centre (EOC), Punjab, organized an awareness seminar titled “Polio-Free Pakistan: Role of Youth in the Digital Age.” Dr. Fahad Anis welcomed the EOC delegation, including Ms. Uzma Kardar (CMFP) and Mr. Adeel Tasawar. The event highlighted the vital role of youth in public health awareness, featured a Volunteer Recognition Ceremony honoring students contributing to polio campaigns, and included a visit to UCPTV where a short talk show on polio awareness was recorded. The seminar concluded with the presentation of a UCP souvenir to Ms. Uzma Kardar.

AI in Biotechnology Exploring the Future of Research



Department of Biotechnology’s session on “Artificial Intelligence-Driven Smart Research for the Advancement of Biotechnology” led by Prof. Dr. Muhammad Naveed highlighted AI’s applications in gene editing, data analysis, and innovative research. The session concluded with an engaging discussion between students and faculty, fostering deeper understanding and exploration of AI-driven advancements in the field.

Teaching Assistant Training Session



Faculty of Information Technology & Computer Science conducted a Teaching Assistant (TA) Training Session to equip new TAs with essential skills and knowledge for their roles in FoIT and CS labs, focusing on TA responsibilities, professional conduct, and effective communication skills.

Fueling Retail Success: Insights from Retail Supply Chain Strategies of PSO



Faculty of Management Sciences in collaboration with the Supply Chain Club, organized a Guest Speaker Session on “Fueling Retail Success: Insights from Retail Supply Chain Strategies of PSO”. Mr. Ali Abbas, Regional Head Business Partner, Pakistan State Oil (PSO), shared practical insights into PSO’s supply chain strategies and operational excellence.

Nuclear and Radiation Safety in Pakistan



Department of Physics, in collaboration with SSI, organized an awareness seminar on “Nuclear and Radiation Safety in Pakistan.” Experts from the Pakistan Nuclear Regulatory Authority (PNRA) delivered an informative session, highlighting critical safety measures, best practices, and protocols, while addressing key concerns related to radiation exposure and its management in Pakistan.

Food Security and Growth Workshop



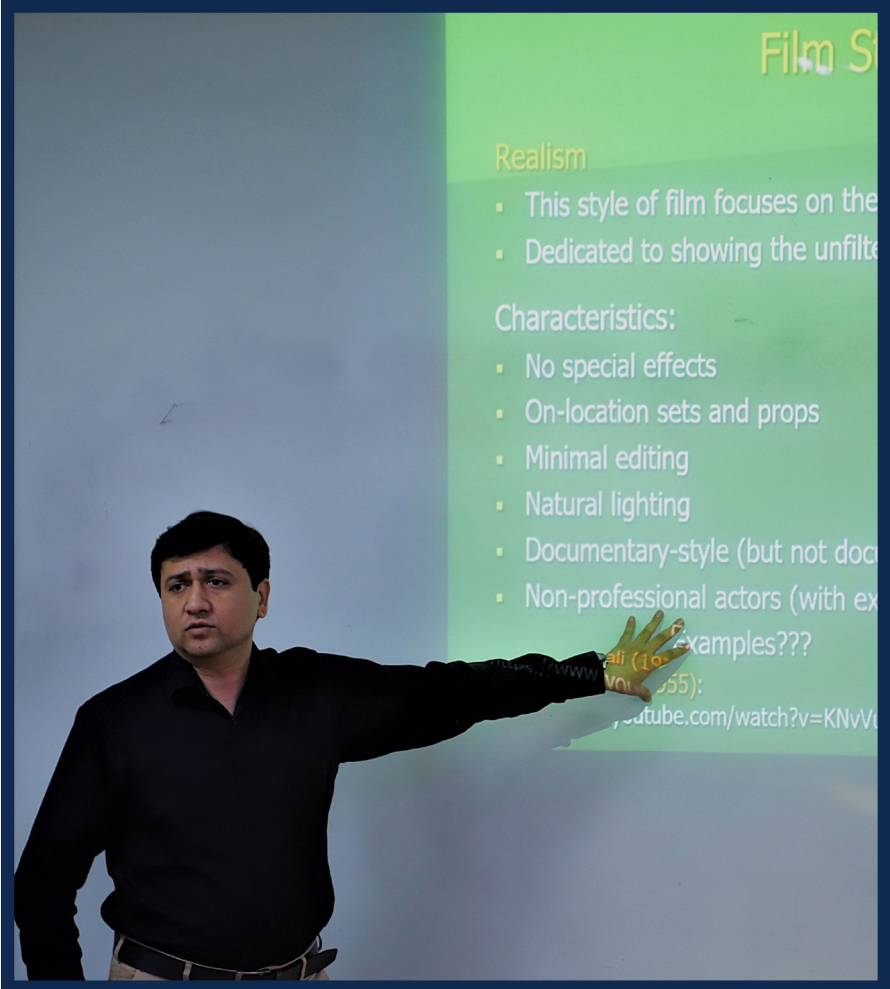
Department of Food and Nutritional Sciences in collaboration with IBTIDA UCP organized a workshop on Nutrition, Food Security and Growth for IBTIDA scholars. The session educated students on the importance of healthy eating, proper nutrition, and effective food utilization for optimal growth. It emphasized the vital role of food security and nutrition in supporting education, health, and overall well-being, equipping scholars with practical knowledge and actionable insights to make informed choices for a healthier future.

Career Excellence in Medical Laboratory Sciences



Department of Microbiology’s Career Excellence in Medical Laboratory Sciences for the MLT Fall 2025 batch featured an expert talk by Dr. Muhammad Sohail, Quality Manager, Chughtai Lab, Lahore. Students gained valuable insights into career pathways, industry expectations, quality standards and strategies for professional growth in the field of Medical Laboratory Sciences.

Prof. Dr. Fawad Baig’s Lecture on Film Movements and Styles



Prof. Dr. Fawad Baig’s lecture to MS (Film & Digital Media) and MPhil (Media & Communication) students, offered an in-depth exploration of the rich history and theory behind major global film movements. The session covered ground-breaking cinematic schools including German Expressionism, Italian Futurism, Soviet Montage, Italian Neorealism, and the French New Wave, providing students with critical insights into how these movements shaped visual storytelling, narrative style, and film aesthetics.

Awareness Session on Human Trafficking and Migrant Smuggling



Character Building Society in collaboration with the FIA Media Wing Lahore organized an awareness session on Human Trafficking and Migrant Smuggling. Speakers, Capt (R) Muhammad Ali Zia, Director FIA, Lahore, SSP Rana Masoom, Additional Director FIA and Bilal Tariq, Deputy Director FIA shared critical insights on combating human trafficking, protecting vulnerable communities, and promoting safe migration practices. The session educated students on the challenges of human exploitation, the harsh realities faced by migrants, and the collective responsibility to raise awareness and support preventive efforts.

University Events

FOST’s 2nd Research Proposal Competition 2025



University of Central Punjab concluded the 2nd Research Proposal Competition 2025, jointly organized by the Department of Basic & Applied Chemistry and ORIC. Expert evaluators, including Dr. Rahman Shah Zaib Saleem (LUMS), Dr. Abdul Sami (Eppendorf Middle East & Africa), and Dr. Farah Deebea (Women University Multan), assessed the proposals. Industry partners Mr. Ali Ziaa (NutriPro), Mr. Abdullah Qureshi (Common Swift Traders), and Ms. Zainab Qaisar (Verbunden) contributed through their support and presence.

Intra MUN 1st Edition

ICC-UCP organized the 1st Edition of Intra Model United Nations (MUN), a two-day event that brought together passionate delegates for insightful dialogue and meaningful debate. Featuring two dynamic committees, PNA and Crisis, the event offered students a platform to showcase diplomacy, leadership, and critical thinking while addressing pressing global and national issues. The Intra MUN provided an engaging learning experience, fostering confidence, collaboration, and intellectual growth among all participants.



The Dawah That Conquered Hearts



Islamic Guidance Club’s session featured Molana Imran Bashir highlighting how Prophet Muhammad (S.A.W.) invited people to the truth with patience, humility, and steadfast faith in Allah (SWT). Molana Imran Bashir emphasized practical lessons from the Seerah, inspiring attendees to incorporate these principles into their daily lives.

World Food Day 2025



Department of Food & Nutritional Sciences in collaboration with UNICEF & the Punjab Food Authority (PFA), celebrated World Food Day 2025 under the theme “Hand in Hand for Better Foods and a Better Future.” The event brought together government officials, policymakers, industry leaders, and academics to discuss food safety, nutrition, and regulatory innovation. Highlights included addresses by Prof. Dr. Kausar Abdullah Malik, DG PFA Mr. Muhammad Asim Javed, and Dr. Ijaz Ahmad (DG PCSIR), the launch of ELMS Food Safety Level 1 Training, a policy dialogue on academia–industry collaboration, a World Food Day Walk, a Nutrition Assessment Camp, and student exhibitions featuring posters and food models.

Fireside Chat

Fireside Chat with Pro-Rector, Dr. Hammad Naveed provided students with an engaging platform for open dialogue on enhancing student life and improving the quality of education. The session encouraged participants to share ideas, suggestions, and concerns, directly contributing to initiatives aimed at strengthening the overall university experience and shaping the future of UCP.



Aab-e-Hayat

Debating Society’s declamation session celebrated the art of public speaking in Urdu, English and Punjabi. It offered students a platform to showcase their eloquence, confidence and passion before an attentive audience. Guest speaker, Hamza Tarar provided valuable insights and constructive feedback, encouraging participants to refine their speech delivery and embrace the spirit of declamation.



The SaaS AI Web Revolution



Skill Hive Club hosted “The SaaS AI Web Revolution,” an engaging session exploring the transformative impact of AI on SaaS platforms and web development. Participants gained expert insights into emerging trends, hands-on experience with AI-powered web solutions, and practical understanding of how artificial intelligence is shaping the future of modern web technologies.

Awaami Bethak Session 3

International Crisis Chamber hosted Awaami Bethak Session 3, featuring Shehzad Ghias Shaikh for an engaging book talk on his debut work, “Pakistan Lost.” The session combined critical reflection, humor, and diverse perspectives, creating a dynamic platform where ideas met conversation and curiosity sparked meaningful dialogue.



Indus Valley Civilization

Mosaic Cultural & Heritage Society hosted a captivating session celebrating the timeless heritage of the Indus Valley Civilization. Eminent cultural voices Abid Rao and Mukhtar Bhutta shared insights into the civilization’s history, while Umair Ghani guided the audience on a mesmerizing visual journey through its artistic and cultural essence.



UCP x Pink Ribbon Pakistan Breast Cancer Screening for UCP Lady Guards

Department of Microbiology, Faculty of Science & Technology, organized a free breast cancer screening for 14 UCP lady guards, translating awareness into action following a prior seminar in collaboration with Pink Ribbon Pakistan. The initiative emphasized women’s health and preventive care within the university community.



The History of Light Verbs in Indo-Aryan

Faculty of Languages and Literature in collaboration with CLE, KICS, UET Lahore, and the University of Konstanz, Germany hosted a talk on “The History of Light Verbs in Indo-Aryan” by Prof. Dr. Miriam Butt. The session examined 4,000 years of V–V complex predicates, revisited grammaticalization theory, and offered fresh insights into Indo-Aryan language structures. It also fostered opportunities for international research collaborations, academic exchanges, and publications.



Department of Biotechnology’s Meet and Greet 2025

Department of Biotechnology’s Meet & Greet 2025, united students, faculty and researchers for an engaging session that fostered academic collaboration, encouraged innovative thinking, and explored future opportunities in the field of biotechnology.



The Cast Of Neelofar at UCP

University of Central Punjab hosted an exciting Meet & Greet session with the cast of the upcoming film Neelofar, featuring superstar duo Mahira Khan and Fawad Khan. Students engaged with the actors, gaining insights into the film, their creative journeys and the inspiration behind Neelofar. The visit energized the campus and provided students with a memorable opportunity to connect with Pakistan’s film industry up close.

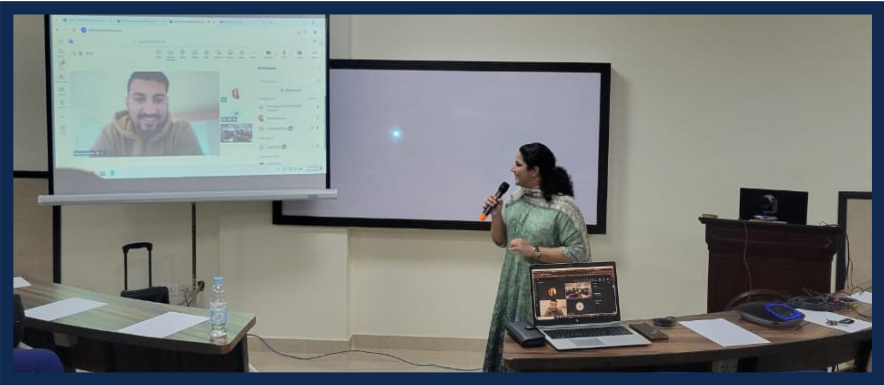


Awaami Bethak Session 4



International Crisis Chamber hosted Awaami Bethak Session 4, focusing on the “27th Amendment: What’s Changing in Pakistan?”. The session featured Advocates Ali Shawaiz Qizilbash and Ali Asghar Rizvi, who provided students with an in-depth discussion on constitutional developments, the judiciary, and the separation of powers. The event encouraged critical reflection, informed dialogue and active engagement on contemporary legal and political issues.

Department of Biotechnology’s Alumni Success Story Series



Department of Biotechnology hosted a session as part of the Alumni Success Story Series, featuring DAAD Scholar Hassan Mushtaq. Hassan shared his scholarship journey and offered practical guidance on securing international scholarships, building strong research profiles, and preparing compelling applications. The session brought together alumni, students and faculty, providing valuable insights, inspiration and motivation for pursuing global academic opportunities.

Stepping into Clinical Excellence



Department of Microbiology hosted the DPT Orientation & Welcome Tea 2025, warmly welcoming the new DPT pioneers under the theme “Stepping into Clinical Excellence.” The session introduced students to the department’s vision, academic roadmap, and the supportive environment they will experience throughout their clinical training. Prof. Dr. Hafiza Rizwana Kausar, Dean FOST, and Dr. Aatif Amin, HOD Microbiology, delivered inspiring messages emphasizing dedication, compassion, and professionalism as core values for future healthcare practitioners.

Suno Kahani



Dramatic Club presented Suno Kahani, offering an evening rich in emotion, creativity and compelling storytelling. UDC’s talented performers engaged the audience with powerful monologues, showcasing raw expression and thoughtful narratives. The event also featured an acting workshop by theatre actor Syed Zeeshan Haider, who provided practical performance techniques and conducted interactive activities to help participants enhance their acting skills.

Digital Empowerment & Entrepreneurship Program



Faculty of Languages and Literature organized a Digital Empowerment and Entrepreneurship Program in collaboration with CIRCLE Women Association. Lead Trainer Ms. Ayesha equipped students with practical skills in digital entrepreneurship, business development, and employability. Participants explored CIRCLE’s core initiatives, including enterprise support, job-hunting assistance, and free training opportunities in digital marketing, social media, and confidence building. The event also initiated discussions for a potential MoU to establish long-term collaboration and further support women’s professional growth.

Stories That Matter



NISA celebrated Women Entrepreneur Day by hosting the inaugural edition of its “Stories That Matter” series, showcasing the creativity, leadership, and resilience of women entrepreneurs. The event featured a dynamic art exhibition, a short film screening, captivating performances, and soulful musical pieces, highlighting the inspiring journeys and untold stories of women in business.

Department of Advanced Studies and Research

Mahnoor Ali’ PhD Open Defense



Directorate of Advanced Studies & Research organized the PhD Open Defense of Ms. Mahnoor Ali, who defended her dissertation titled “Efficacy of Lacticaseibacillus rhamnosus Probiotic Strain to Treat Chromate-Induced Dermatitis.” External examiners were Prof. Dr. Abdur Rehman (PU) and Prof. Dr. Muhammad Nawaz (UVAS), alongside internal examiner Prof. Dr. Muhammad Naveed.

Shama Akhter’s PhD Open Defense



Directorate of Advanced Studies & Research organized the PhD Open Defense of Ms. Shama Akhter, who defended her dissertation titled “Investigating the Nexus of Green Innovation Capabilities and Organizational Performance: The Influential Role of Green Leadership and Culture” supervised by Dr. Muhammad Shehzad Hanif. External examiners were Dr. Zeeshan (PU) and Dr. Farman (UET) with Dr. Jawad Abbas serving as the internal examiner.

PhD Clinical Psychology Synopsis Defense Sessions



Directorate of Advanced Studies & Research organized Synopsis Defense Sessions for PhD Clinical Psychology scholars. Four researchers presented and defended their proposals before the defense committee, followed by engaging Q&A discussions that allowed members to explore key dimensions of each study.

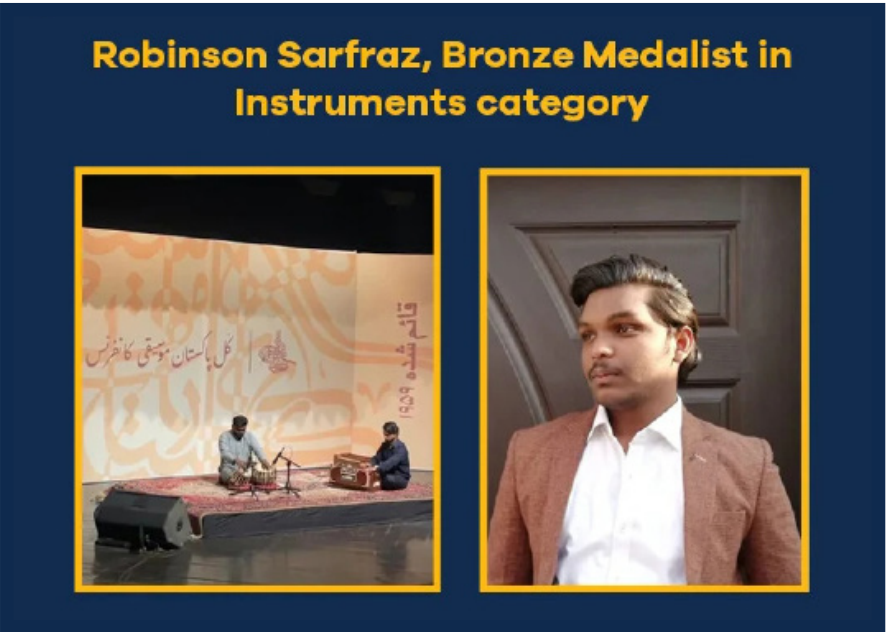
Zeeshan Ashraf’s PhD Synopsis Open Defense



Directorate of Advanced Studies & Research conducted the PhD Synopsis Open Defense of Mr. Zeeshan Ashraf, a PhD Mathematics scholar under the guidance of Prof. Dr. H. Rizwana Kausar. Mr. Ashraf presented his research proposal before the defense committee and successfully defended it, showcasing the depth, rigor, and significance of his study.

Students Achievements

UCP Student Secured Top Spot at Robinson Sarfaraz All Pakistan Bilingual UCP Students Secured Runners-up Spot at House of Diplomacy 2025, University of Lahore



Wajahat Majeed Mughal and Fizza secured the Runner-Up position at “House of Diplomacy 2025”, organized by the Society of International Affairs at the University of Lahore. The event brought together participants from multiple universities to engage in high-level discussions and simulations of international diplomacy, providing a platform to showcase their skills in negotiation, strategy, and global affairs.

Business Entrepreneurship Club’s Participation in Kinnaird Business Fest 2.0



Business Entrepreneurship Club secured 1st position in Business Idea Competition with their innovative concept of biodegradable bottles and food containers at Kinnaird Business Fest 2.0.

UCP Literary Society shines at All-Pakistan Literary Competition



UCP Literary Society made a proud mark at the All-Pakistan Literary Competition (پاکستان کاظمی), securing six top positions across Urdu and English categories. Tehzeen Ali won 1st place in Nasri Nazm and 2nd in Nazm, Saad Sabri earned 2nd in Urdu Mazah, Rabia Asad secured 2nd in Maktoob Nigari, Bilal achieved 2nd in English Essay, and Abdullah Safdar attained 2nd in English Letter.

All Pakistan Music Conference Prize Distribution Ceremony



All Pakistan Music Conference Prize Distribution Ceremony 2025 honored the outstanding achievements of UCP students who secured top positions in the competition. The event celebrated the talent, dedication, and passion of the students representing UCP and underscored the university’s commitment to nurturing artistic expression.

ACM UCP Chapter won Speed Programming Competition at Riphah University



ACM UCP Chapter secured 1st place in the Speed Programming Competition at the Riphah Computing Challenge Cup 2025, surpassing participants from over 30 universities across Pakistan, including leading institutions like FAST. Our students Sajjad Saleem and Muhammad Jawad ur Rehman showcased their skill, dedication, and teamwork, bringing pride and recognition to the Faculty of Information Technology & Computer Science and UCP.

University of Central Punjab’s Participation in Print Pak Exhibition 2025



University of Central Punjab showcased its innovations and creative projects at Print Pak Exhibition 2025 in Lahore. Featured highlights included Mechanical Engineering’s CNC Engraving and CO2 Electrolyzer, Food & Nutritional Sciences’ COFIC-UCP products, and Media Studies’ initiatives such as OSAI and ARTFUL DUO.

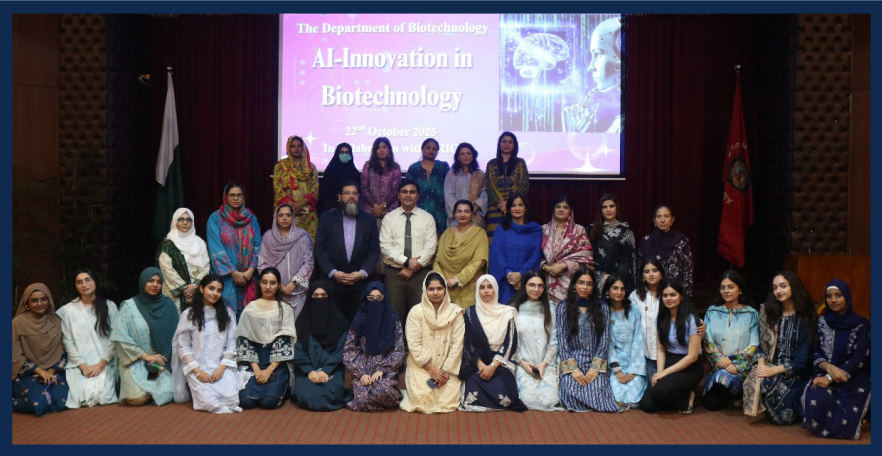
Faculty Achievements

FOST's Representation at Pakistan Dairy Association's World Food Day Seminar



Prof. Dr. Hafiza Rizwana Kausar, Dean, Faculty of Science and Technology, and Dr. Kanza Aziz Awan, Head Department of Food and Nutritional Sciences, represented University of Central Punjab at the World Food Day Seminar themed “Hand in Hand: Safe Food for a Better Future” organized by the Pakistan Dairy Association (PDA) at Faletti’s Hotel.

Prof. Dr. Muhammad Naveed’s Guest Talk at Kinnaird College University, Lahore



Prof. Dr. Muhammad Naveed delivered an invited talk at Kinnaird College University, Lahore, during a seminar titled “Artificial Intelligence in Biotechnology: Transforming the Future of Life Sciences.” In his insightful session, he highlighted the expanding role of AI in genomics, drug discovery, precision medicine, and computational biology, emphasizing its transformative impact on the future of life sciences.

Prof. Dr. Muhammad Akhyar Farrukh’s Keynote Speech on AI-Driven Nanotechnology at Quaid-i-Azam University

Prof. Dr. Muhammad Akhyar Farrukh's Keynote Speech on AI-Driven Nanotechnology at Quaid-i-Azam University

Prof. Dr. Muhammad Akhyar Farrukh delivered a guest lecture at Quaid-e-Azam University's “CHEM TALK: Monthly Event Series.” titled “AI-Powered Spectroscopic Techniques for Characterization and Applications of Nanocomposites.” Prof. Dr. Farrukh highlighted how artificial intelligence is transforming spectroscopic analysis, enhancing precision and efficiency, and driving innovation in nanotechnology research.

PSF approved Prof. Dr. Muhammad Akhyar Farrukh’s Nano-Clay Project



Prof. Dr. Muhammad Akhyar Farrukh has received Pakistan Science Foundation (PSF) approval for his pioneering project, “Commercial Manufacturing of Liquid Nano-Clay for Arid Land’s Irrigation and Water-Conserving Capacity.” The initiative focuses on developing commercial-scale liquid nano-clay technology to enhance soil moisture retention and irrigation efficiency in arid regions, providing a sustainable and innovative solution to Pakistan’s pressing water scarcity challenges.

Practical Accounting Certificate (PAC)



Department of Accounting & Finance has launched the Practical Accounting Certificate (PAC), a skill-based training program led by Dr. Imran Shahzad designed to equip students with hands-on expertise for professional accounting roles. The initiative focuses on enhancing practical knowledge and preparing participants for industry-ready competencies in accounting and finance.

Career Services Office

CSO x FOHSS Orientation



Career Services Office’s orientation session for first-semester students Faculty of Humanities & Social Sciences students led by Iqra Aslam introduced students to the vital role of CSO in guiding their four-year journey at UCP, emphasizing career exploration, professional skill development and future readiness.

CSO x Faculty of Languages and Literature Orientation



Nayab Mehfooz conducted an interactive orientation session for 1st-semester Faculty of Languages and Literature’s students. The session provided an overview of CSO’s career facilitation services, development initiatives and personalized guidance for students. A key feature of the session was a psychometric-based personality test, helping students identify their strengths, understand their skill sets, and explore suitable career pathways.

CSO x FOMS Mock Interviews



Career Services Office in collaboration with the Faculty of Management Studies, organized mock interviews for 6th-semester Accounting and Finance students, providing practical exposure to real-world recruitment processes. The sessions were conducted by industry professionals Mr. Nadeem Jaffery, Ms. Yusra Kamran, and Mr. Zafar Hayat, who offered valuable feedback and guidance to help students enhance their interview skills, build professional confidence, and strengthen career readiness.

LinkedIn Optimization Workshop for Faculty of Media & Mass Communication’s 5th Semester Students



Career Services Office conducted an insightful LinkedIn Optimization Workshop for 5th-semester students of the Faculty of Media & Mass Communication. The session offered practical guidance on creating impactful LinkedIn profiles, covering key aspects such as effective headlines, professional summaries, and showcasing relevant skills.

Faculty of Law x Career Services Office 2-Day Hands-on Training on Law Office Research



Career Services Office in collaboration with Faculty of Law organized a 2-Day Hands-on Training on Law Office Research by Mr. Shakoh Zulqurnain, Partner at Summit Legal. The training offered participants practical exercises and real-world scenarios to develop essential legal research skills.

FMMC x CSO Resume Writing Workshop



Career Services Office organized a Resume Writing Workshop for 4th-semester students of the Faculty of Media and Mass Communication. The session emphasized the importance of a well-structured and professional resume in shaping career opportunities. Students were guided through key principles of effective resume writing, including content organization, formatting, and role-specific customization. The workshop offered practical, step-by-step support, along with templates to help participants identify and correct common mistakes.

Seminar on Higher Education and Scholarship Opportunities



Career Services Office organized an informative seminar on Higher Education and Scholarship Opportunities for FST students. Mr. Hafiz Mansoor Ul Hassan shared expert guidance on international scholarships, global study pathways and effective application strategies. His insights helped students gain clarity on planning their higher education goals with confidence.

CSO x System Heuristics Recruitment Drive



Career Services Office organized an On-Campus Recruitment Drive with System Heuristics for Faculty of Information & Technology's students. It provided final-year students and graduates with opportunities to explore careers in Backend Development, Frontend Development, and Odoo Development, while engaging directly with industry professionals.

Building Effective Résumés and Cover Letters



Nayab Mehfooz conducted resume and cover letters building workshop for second year Faculty of Languages and Literature's students. The session provided students with practical strategies to craft impactful résumés and cover letters, addressing key components, common formatting mistakes, and tailoring applications for specific roles and industries. Through interactive discussions, real-time examples, personalized feedback, and a Q&A segment, participants gained valuable insights to enhance their professional readiness and make a strong impression on potential employers.

Communication Skills Workshop



Career Services Office organized a Communication Skills Workshop for 3rd-semester FMMC students, focusing on verbal and non-verbal communication, effective expression of ideas, and practical strategies to build confidence. The session provided students with essential tools to enhance their communication habits, fostering success in both academic and professional environments.

CSO and FOIT&CS x The Innovations On-Campus Recruitment Drive



Career Services Office in collaboration with the Faculty of Information & Technology, conducted an On-Campus Recruitment Drive with The Innovations. The initiative offered CS and SE students hands-on assessments, interviews, and insights into career opportunities within the gaming industry, providing practical exposure to real-world recruitment processes.

CSO x Suno News Recruitment Drive



Career Services Office in collaboration with the Faculty of Media and Mass Communication organized a Recruitment Drive with Suno News, offering opportunities for roles such as Digital Anchors, Researchers, Graphic Designers, and Content Creators. The Suno News digital media team conducted detailed interviews and screen tests, giving participants firsthand exposure to professional newsroom environments and digital media workflows. Nearly 25 students and alumni took part, gaining valuable insights into industry expectations and career pathways.

CSO x Saba Soft Game Recruitment Drive

Career Services Office in collaboration with the Faculty of Information & Technology, organized an on-campus recruitment drive with Saba Soft Games. The drive offered Computer Science and Software Engineering students the opportunity to demonstrate their skills through assessments and interviews, exploring promising career prospects in the gaming industry.



Sports Achievements

University of Central Punjab won All Pakistan Inter-University Taekwondo Men Championship 2025-26



University of Central Punjab secured 1st position in the All-Pakistan Inter-University Taekwondo Men Championship 2025-26, organized by FAST University, Islamabad, under the supervision of the Higher Education Commission (HEC). UCP athletes delivered an outstanding performance, securing 9 Gold, 4 Silver, and 1 Bronze medal, demonstrating exceptional skill, discipline, and teamwork.

University of Central Punjab won All-Pakistan Inter-University Athletics Championship 2025



University of Central Punjab secured first position at the All-Pakistan Inter-University Athletics Championship 2025 held at the University of Peshawar. UCP athletes showcased exceptional talent, determination, and teamwork, outperforming competitors from across the country.

University of Central Punjab emerged as Overall Champion at the All-Pakistan Inter-University Swimming Championship 2025-26 for 10th time

University of Central Punjab emerged as the Overall Champion at the All-Pakistan Inter-University Swimming Championship 2025-26, marking its 10th consecutive victory. UCP swimmers showcased exceptional skill, determination and teamwork, upholding the university’s long-standing legacy of excellence in sports.



University of Central Punjab Fencing Team won All-Pakistan Intersarsity Fencing Championship 2025-26



University of Central Punjab’s Fencing Team emerged victorious at the All-Pakistan Intersarsity Fencing Championship 2025-26.

University of Central Punjab has won All-Pakistan Intersarsity Judo Men Championship 2025-26



University of Central Punjab emerged victorious at the All-Pakistan Intersarsity Judo Men Championship 2025–26, organized by Sindh Agriculture University, Tandojam, Hyderabad.

University of Central Punjab won All-Pakistan Interuniversity Weightlifting Championship 2025



University of Central Punjab won All-Pakistan Inter-University Weightlifting Championship 2025 held at COMSATS Islamabad organized by Higher Education Commission (HEC). UCP athletes demonstrated exceptional strength and determination, setting four new HEC records and securing top positions across multiple categories.

University of Central Punjab won All-Pakistan Intervarsity Handball Men Championship 2025-26



University of Central Punjab won All-Pakistan Intervarsity Handball Men Championship 2025-26, held at Government College University Faisalabad.

University of Central Punjab won All Pakistan Intervarsity Women’s Karate Championship 2025–26



University of Central Punjab secured top spots at All-Pakistan Intervarsity Women’s Karate Championship 2025–26, held at UVAS Lahore organized by the University of Sargodha. UCP’s women athletes delivered stellar performances, with Summaya Rafaqat, Javeria Fatima, and Mahira each winning two gold medals, contributing to a total of six golds for the university and highlighting their skill, determination, and sportsmanship.

University of Central Punjab won Inter-University Wrestling and Karate Championships 2025-26



University of Central Punjab secured double triumph by winning both the Inter-University Wrestling Championship 2025–26 and the Inter-University Karate Championship 2025–26. These remarkable victories underscore the dedication, discipline, and athletic excellence of UCP’s sports teams and coaches.

Learning Innovation Centre Faculty Townhall

Learning Innovation Centre’s Faculty Townhall highlighted and discussed following key points:

- Mental Health and Well-Being
- Research Support for Faculty
- Workload and Teaching Conditions
- Training and Development Opportunities for Faculty



Winter Smog: Understanding the Science, Debunking the Myths, and Exploring the Solutions



Learning Innovation Center in collaboration with the Climate Change Research Council, organized Dr. Feesal Toosy’s talk on “Winter Smog: Understanding the Science, Debunking the Myths, and Exploring the Solutions.” The session explained that winter smog is not merely “smoke and fog” but a mixture of fine particles, ozone, and nitrogen dioxide from vehicular emissions and fuel combustion. He highlighted how temperature inversion traps pollutants near the ground, intensifying smog during winter. Dr. Toosy emphasized that while measures like smog towers and air purifiers provide temporary relief, effective solutions require real-time monitoring, data-driven mitigation strategies, emission reduction, promotion of clean energy, and public awareness to ensure a cleaner and healthier environment.



Office of Research, Innovation and Commercialization

Hands-On SPSS Workshop: Step-by-Step Data Analysis



Hafsa Ihsan’s workshop equipped participants with practical skills in data entry, coding, descriptive and inferential statistics, and result interpretation using SPSS. Engaging 35–40 participants from UCP and external institutions, the session featured interactive modules, real-time practice exercises, and expert guidance.

22nd Steering Committee Meeting



22nd Steering Committee Meeting brought together university leadership and industry partners to review key milestones in research, innovation, and commercialization. Prof. Dr. Muhammad Akhyar Farrukh, Director ORIC, presented the agenda highlighting the achievements in NRPU 2025 submissions, patents, faculty industry placements, and industry-academia collaborations. The committee also discussed preparations for the FAST-UCP Sustainability Awards 2025 and upcoming research initiatives, reaffirming UCP’s commitment to sustainability, applied research, and impactful innovation.

Faculty Industry Placement Program 2025 Post-Placement Presentations



Faculty members shared insights from their industry placements: Ms. Shafaq Aftab and Ms. Nahan Iqbal placed at TTI Laboratories proposed HR initiatives, including flexible work models and employee welfare programs; Dr. Shahid Nadeem placed at Indus Plus Textiles Ltd. presented recommendations on sustainability, renewable energy, and automation, Rabia Saleem and Dr. Ayesha Asif discussed their experiences at Masood Homoeopathic Pharmaceuticals, contributing to herbal authentication, microbial safety, production, quality control, and quality

assurance, while integrating GMP and GLP principles into their academic and research practices. Engr. Waqar Maqsood shared his experience at Vital Petroleum Ltd., working on petroleum site construction, retaining wall design, and industrial safety engineering. and Mr. Naveed Ahmad Khan placed at Together (Growing Good Causes) emphasized workplace ethics, communication, and integrating industry-aligned language skills into curricula.

Interfaculty Student-Led Research & Innovation Proposal Presentations



Twelve interdisciplinary student teams presented their project ideas, objectives, methodology and expected outcomes. A panel including UCP leadership evaluated and commended the students’ creativity, analytical thinking, and innovative problem-solving approaches.

ORIC x ABGI–FOST Interdisciplinary Research Group Meeting



A strategic meeting with the Applied Biosciences & Green Innovation Interdisciplinary Research Group, Faculty of Science and Technology chaired by Pro-Rector, Dr. Hammad Naveed and Director ORIC, Prof. Dr. Akhyar Farrukh focused on enhancing collaborative research and exploring commercialization opportunities. Research teams, including those led by Prof. Dr. Muhammad Naveed & Dr. Khanza Aziz Awan, presented their ongoing projects, with active participation from Dr. Fawad Baig and other group members.

International Office Initiatives

UCP’s International Office Outreach Campaign at Beaconhouse Sports Fest



UCP International Office in collaboration with the Admissions Office led an outreach initiative during the Beaconhouse Sports Fest. The team engaged prospective students through informative activities, highlighting UCP's diverse academic programs and the newly launched 2+2 International Program in partnership with the University of Leicester.

Finnish Delegation’s Visit to UCP



Administration Department hosted a delegation from the Punjab Group, including officials from Step Schools and academic representatives from Finland. The delegation was warmly welcomed by the International Hub Office, which delivered an engaging presentation showcasing the university’s infrastructure, diverse academic programs, and international initiatives. The delegates expressed keen interest in UCP’s experiential learning facilities and higher education collaborations, signalling potential future partnerships. Following the meeting, the delegation enjoyed a guided campus tour, visiting stalls set up by students from the Department of Food Science and Technology, and engaged with students, appreciating their creativity, academic rigor and innovative approaches to learning.

USEFP Fulbright Scholarship Program Information Session



UCP International Hub Office in collaboration with EducationUSA, organized an informative awareness session on the Fulbright Scholarship Program for students and faculty. The session offered comprehensive guidance on eligibility, application components and strategies to prepare a competitive submission. Participants gained valuable insights into fully funded opportunities for higher education in the United States, equipping them with the knowledge and confidence to pursue advanced studies on a global platform.

International Students Day



International Hub celebrated International Students’ Day by bringing together students from countries including Saudi Arabia, Sri Lanka, Afghanistan, Somalia, Iran, South Korea, and Qatar. The event fostered cultural exchange, meaningful interactions, and heartfelt conversations, showcasing the unity and richness of UCP’s international community. Through sharing stories, traditions, and personal experiences, students strengthened cross-cultural understanding and celebrated the diversity that enriches campus life.

**Pro-Rector’s Office
Lahore Vice Chancellors’ Meet-up**



Pro-Rector Dr. Hammad Naveed attended Vice Chancellors’ Meet-Up, hosted by Rashid Latif Khan University. The gathering brought together Vice Chancellors, Pro Vice Chancellors, Rectors, and academic leaders from Lahore-based universities to discuss emerging educational reforms, collaborative initiatives, and inter-university engagements. The session included detailed planning and coordination with all participating institutions, ensuring a productive and well-organized forum aligned with the finalized agendas.



Pro-Rector Dr. Hammad Naveed's Meeting with Arfa Karim Group Leadership



Pro-Rector Dr. Hammad Naveed held a productive meeting with Ms. Samina Amjad, Managing Director, Arfa Karim Group and Ms. Tabinda, CEO, Arfa Karim Group. Discussions focused on potential collaborations, including the Digital Literacy Program, Arfa Karim Fellowship Program, promotion of incubators and IT training initiatives for students. Following the meeting, the delegation visited UCP facilities, underscoring a shared commitment to advancing technology-driven education and student development.

MOUs

UCP x PikesSoft MOU



Faculty of Information Technology & Computer Science signed a Memorandum of Understanding with PikesSoft, a leading software house, to enhance industry-academia collaboration. The partnership aims to provide students with internships, industrial training, and hands-on experience on real-world projects. During the signing ceremony, representatives from UCP and PikesSoft discussed future collaborations, including workshops, technical sessions, and joint research initiatives.



UCP x Signs International MoU



Faculty of Science & Technology signed a Memorandum of Understanding with Signs International to enhance collaboration in research, professional training, student development and initiatives addressing emerging needs in food, nutrition, and public health. The signing ceremony was attended by UCP representatives, including Dr. Hafiza Rizwana Kausar (Dean, FOST) and Dr. Kanza Aziz Awan (Head, DFNS), alongside Signs International's Dr. Atta Ur Rehman (Chairman) and Dr. Tauseef Iqbal (Lead Coordinator), who highlighted the significance of structured partnerships for practical learning and societal impact.

UCP x NGS Education MoU



Faculty of Languages and Literature in collaboration with the Career Services Office, has signed a Memorandum of Understanding with NGS Education to promote experiential learning and productive professional collaboration. The agreement was signed by Dr. Khalid Manzoor Butt on behalf of UCP and Mr. Muhammad Behram Shah representing NGS Education.

Industry Visits

FOMS' Industry Visit to Golden Pearl



UCP Business School, in collaboration with the Supply Chain Club, organized an industry visit to Golden Pearl Pvt. Ltd.'s manufacturing plant for students of supply chain and management courses. The visit offered students valuable practical exposure to real-world business operations, including production processes, warehousing systems, and quality control practices. They also observed industry standards in action within Golden Pearl's laboratories, bridging classroom learning with real-time operational workflows and strengthening their understanding of supply chain and production management.

Food Science Students' Industry Visit to Shaukat Khanum Hospital



Students from BF-7 and AF-7 batches of the Department of Food Science and Technology visited Shaukat Khanum Memorial Cancer Hospital and Research Centre to study its food service management system. The visit offered practical exposure to hygiene maintenance, nutrition standards, and food safety practices in a healthcare environment, bridging classroom learning with real-world applications.

Department of Basic and Applied Chemistry's Students' Educational visit to DG Cement Industry, Kalar Kahar



Department of Basic and Applied Chemistry organized an educational visit for BS Chemistry and BS Biochemistry students to DG Cement Industry, Kalar Kahar, offering hands-on exposure to cement manufacturing processes, including raw material processing, clinker formation, and final product grinding. Students also visited the Quality Control Laboratory, learning analytical techniques for material testing and quality assurance.

Media and Mass Communication Students' Industry Visit to Dunya News



Faculty of Media and Mass Communication organized an industrial visit to Dunya News for BS Media students. Students were warmly welcomed by Mr. Tasneem Arif, Mr. Asif Rafiq, and Mr. Junaid Khan, who briefed them on the channel's structure and daily operations. During the visit, students explored the main News Studio, Central Newsroom, Production Control Room, the set of the popular show "Mazaq Raat", and Dunya Podcast Studios, gaining hands-on insights into professional broadcasting.

BS MLT Students' Industry Visit to Children Hospital



Department of Microbiology organized an educational visit for BS MLT students to the Pathology Department of Children's Hospital Lahore, providing valuable hands-on exposure to real clinical practices. They observed modern diagnostic procedures, advanced laboratory equipment, and real-time sample analysis. The visit served as an important bridge between theoretical learning and practical application, reinforcing the department's commitment to preparing competent and confident future laboratory professionals through continuous clinical exposure.

Faculty Meetings

HVACR Student Innovation Conference and Project Expo 2025 Technical Committee Meeting



University of Central Punjab in collaboration with the Pakistan HVACR Society held a technical committee meeting for HVACR Student Innovation Conference and Project Expo 2025. Dr. Muhammad Kashif, Head Mechanical Engineering Department and Dr. Gulraiz Ahmad presented submitted abstracts to committee members from UET, PTUT, Superior University, UMT and the PHVACR Lahore Chapter. The committee reviewed and shortlisted research projects and finalized key conference modalities for an impactful event that will highlight emerging talent and sustainable engineering solutions.

Alumni Relations Office

Endowment Fund Committee's Meeting



UCP Alumni Association's Endowment Fund Committee convened to review student support cases and approved the disbursement of financial aid to deserving students facing financial challenges.

UCP Alumni Association Meeting



UCP Alumni Association convened a strategic meeting to plan the next steps for alumni engagement, including the launch of the Mentor-Mentee Program & preparations for the Alumni Sports Gala 2025. Key discussions focused on strengthening alumni connections, increasing participation, & introducing innovative activities to make upcoming events more inclusive and memorable.

Community Service

IBTIDA Welcome Party



IBTIDA Scholars and Entrepreneurs were warmly welcomed at the Opening & Welcome Party organized by VIS at IBTIDA School. The event celebrated the talent, energy, and achievements of the scholars and entrepreneurs, featuring captivating performances, a prize and certificate distribution ceremony, and a vocational training stall showcasing their skills.



When November Isn't November-ing: A Reflection on Language, Learning, and a Nation in Motion

Scroll through Pakistani social media on any random day and you'll see a strange mix: a breaking news clip, a satire reel, a court update, a protest video, a meme, another meme, and somewhere in between, someone saying, "Yaar, this November isn't even novembering."

It's not support for one side or the other. It's not a political statement.

It's simply the country's online mood. The line may be casual, but it captures how Gen-Z try to put words to a pace of events that changes without pause. When the national conversation shifts every few hours, people look for short ways to express long thoughts. That is how language shifts: people create small phrases to explain large thoughts. A line that begins as humour becomes a way to describe a mood many share but cannot fully say.

This is where education matters. A university is not only a space for theory and exams; it is a place where new forms of speech start, spread, and shape how we read our surroundings. Students today aren't just watching the news. They are interpreting it, remixing it, and at times resisting it through humour. When the national conversation becomes loud, these small shifts in language act as a guide for how students make sense of uncertainty and how they build their own meaning.

In a similar way, Pakistan does not always move in clear steps. Events do not follow a straight line. Plans do not follow fixed rules. The country often feels as if it is between phases.

But this change in language shows something else: people are still thinking, reacting, and naming what they see. If a generation can play with words, it can rethink ideas. If it can build new ways to speak, it can build new ways to act. And if a meme can capture a month, reflection can still shape direction.

So if November wasn't novembering, maybe that's fine. A nation grows through the way its people speak, think, and make sense of their time. Maybe the lesson is that we are all learning how to name our reality as it unfolds, not with heavy terms, but with words that feel real. And this generation, with its shifts in language and humour, is shaping a way of understanding Pakistan.



Muhammad Talha
Communications Department

The Pursuit of a Good Life; Myth or Reality

For as long as time could be traced, mankind has often been intrigued by a question deeply profound in its nature, the one that transcends any culture, language, and civilisation: What does it mean to live a good life? The pursuit of this idea of a good life has been translated across epochs in ways known best to its people: for some it meant thriving well, for others it meant harmony and mindfulness, and for a few it meant to promote collective well-being.

In the current century, comparisons between happiness and broader ideas of well-being are suggestive of the fact that the pursuit of a good life continues to attract interest, particularly as a way to balance man's tendency to prioritize comfort, convenience, and leisure over deeper personal and communal fulfillment. However, it is imperative to ask: is the idea of a good life a tangible reality, or is it an elusive myth, shaped by ideals that are ultimately unattainable?

For Ralph Waldo Emerson, the American transcendentalist, a good life is inseparable from the cultivation of individual character and self-reliance. In his essay *Self-Reliance*, Emerson argues that true fulfillment does not come from imitating others or seeking external validation but from listening to one's inner voice and living authentically. For him, living a good life is less a matter of material acquisition and more a manifestation of moral and spiritual integrity.

Similarly, in words of Allama Muhammad Iqbal, the poet-philosopher of the East, a life worth living is the one synonymous with self-realization and spiritual awakening. In his seminal works, Iqbal has emphasized upon *Khudi*, or selfhood, arguing that human beings achieve their highest potential only when they engage in self-affirmation and purposeful action. For Iqbal, a good life is a dynamic process of growth and creative engagement with the world; blending individual aspiration with ethical responsibility. Furthermore, philosophers such as Aristotle, and the Stoics further elucidate the contours of a good life. In Aristotle's *Nicomachean Ethics*, it is framed as *eudaimonia*, attained through virtue, reason, & balanced action. Stoic thinkers, including Seneca and Epictetus, emphasize equanimity, self-discipline, & harmony with nature, suggesting that external circumstances cannot guarantee happiness, and that true fulfillment arises from cultivating the right inner attitudes. These ideas resonate with contemporary psychological research in positive psychology as well, which links well-being not to wealth or leisure but to purpose, social connection, and personal growth.

However, sad it is to note that in modern consumer societies, this pursuit of good life is often equated with a relentless chase for material wealth, status, or fleeting pleasures. In such scenarios, this idea of having a good life is then left with no choice but to become a myth: an aspirational ideal overshadowed by societal pressures, commercial culture, and ecological degradation.

Having said that, the question remains; could this idea still be realised in this rapid evolving world that is quick to reward conspicuous consumption and demands instant gratification?

While the answers may be brooded over from scriptures to literature, from manuscripts of humanities to those of social sciences, the pursuit of a good life, though seemingly real and aspirational, do challenge us to reflect on what truly matters. It seeks to ask us to act with purpose, and to live in accordance with both ethical and spiritual principles. In this light, the idea of a good life is less a fixed destination and more a dynamic journey; a journey that must continually be pursued with a contended spirit, an open heart and mindful purpose.



Omaila Lone

Lecturer, Department of English





Follow Us



Instagram
@ucpofficial



Facebook
@UCPofficial



Twitter
@ucpofficial



Youtube
@UCP



LinkedIn
@University Of
Central Punjab

UNIVERSITY OF CENTRAL PUNJAB

080-000-827 | UCP.EDU.PK

1-Khayaban-e-Jinnah Road, Johar Town, Lahore.

