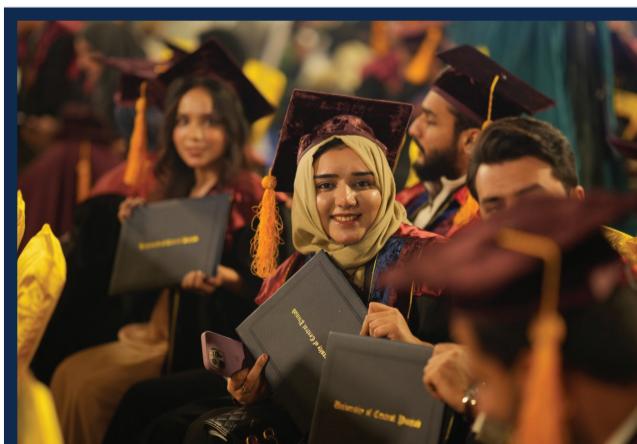




MONTHLY
CONNECT

JANUARY | 2026



Highlight of the Month



28th Convocation

University of Central Punjab organized its 28th Convocation on January 17–18, 2026, to confer degrees upon 2,109 graduates, including 22 doctorates, from the Class of 2025. A total of 253 position holders were recognized. Shahryar Rabbani from the Faculty of Law received the Roll of Honor for his learning accomplishments, while Naveera Babar from the Faculty of Media and Mass Communication was awarded the Certificate of Merit in recognition of her academic performance. Mian Amer Mahmood attended the event as Chief Guest.

28th convocation featured four sessions, each attended by notable guests who offered advice and guidance to the graduating class. Saleem Ghauri, Founder and CEO of NetSol Technologies, as Chief Guest in second session, accompanied by Farrukh Usman, CEO of Byonics Medical Devices. Anwar Kabir, CEO of Brand Spectrum, and Senior Advocate of the Supreme Court, Dr. Pervaiz Hassan, attended as Chief Guests in a separate session, while Muneeza Hashmi, Director General of International Relations at Hum TV, and Professor Emeritus Dr. Shahida Hasnain from the University of Punjab, also attended. Each session highlighted the achievements of the graduates and provided them with guidance for their future careers.

Faculties	No. of Graduates	Guest of Honor	Position Holders
Faculty of Humanities & Social Sciences, Faculty of Pharmaceutical Sciences, Faculty of Languages & Literature	573	Mian Amer Mahmood, Dr Muhammad Amjad Saqib	73
Faculty of Information Technology & Computer Science	578	Saleem Ghauri, Farrukh Usman	18
Faculty of Law, Faculty of Management Sciences	499	Anwar Kabir, Dr Pervaiz Hassan	46
Faculty of Science and Technology, Faculty of Media & Mass Communication	565	Muneeza Hashmi, Dr Shahida Hasnain	116



Highlight of the Month



UCP x Winter School 2025

UCP Winter School 2025 was a three-day event that promoted learning, creativity, and skill development among students from various institutes. It featured hands-on workshops and interactive sessions, including Graphic Design for Beginners, Web Design & Development Basics, Public Speaking Masterclass, Introduction to Cyber Security, Video Editing & Reel Making and a Chinese Language Course. Students gained practical knowledge, explored new perspectives, and enhanced their skills in a collaborative and dynamic environment.



Highlight of the Month



The Second Coming of Humanities: 2nd International Conference on Literature, Linguistics, and Language

Faculty of Languages and Literature organized its 2nd International Conference titled "The Second Coming of Humanities" on January 8 & 9, 2026. This two-day conference brought together national and international speakers to discuss the role of humanities in addressing contemporary social, political, technological, environmental and ethical issues. Dean, Faculty of Languages and Literature, Prof. Dr. Khalid Manzoor Butt welcomed the guests and participants in his welcome speech. Chairman PHEC, Dr. Iqrar Ahmed Khan, Dr. Navid Shahzad, Dr. Wasima Shehzad and other speakers' keynote addresses focused on literature, language and critical studies. The conference concluded with a closing session acknowledging participants and contributors' efforts.



Highlight of the Month



Marketing Gala 2026

Marketing Gala commenced with a ribbon-cutting ceremony led by Associate Dean Dr. Waseem Hassan, alongside organizers Ms. Izza Rehman and Ms. Asma Rafique, celebrating student entrepreneurship and innovation. Dr. Hassan visited 10 student-led business kiosks, including ChocoHub, Nutcracker, Modresi Bags & Accessories, Bite & Brew, Charmify, Lumar, Stardust Loop, Tripex.pk, Ramen Studio, and Mira, showcasing creative ventures in food, décor, accessories, and travel services. The gala also featured non-profit projects aligned with the Sustainable Development Goals (SDGs), developed under faculty mentorship and evaluated by Ms. Uzma Tahira, Ms. Faiza Khan, and Dr. Nida Zaheer, highlighting the institution's commitment to experiential learning and social responsibility.



Highlight of the Month



5th Food Innovation Competition 2026

Department of Food and Nutritional Sciences and the Food Junction Society at UCP, in collaboration with Cheezious, Papa Johns, Butt Sweets & Bakers, Filli Cafe, Nutrifactor, and UPM, organized the 5th Food Innovation Competition 2026 on 20th January. The event provided students with a platform to present food concepts and entrepreneurial ideas. Industry professionals evaluated the projects and shared feedback, supporting collaboration between academia and industry and encouraging innovation in the food sector.

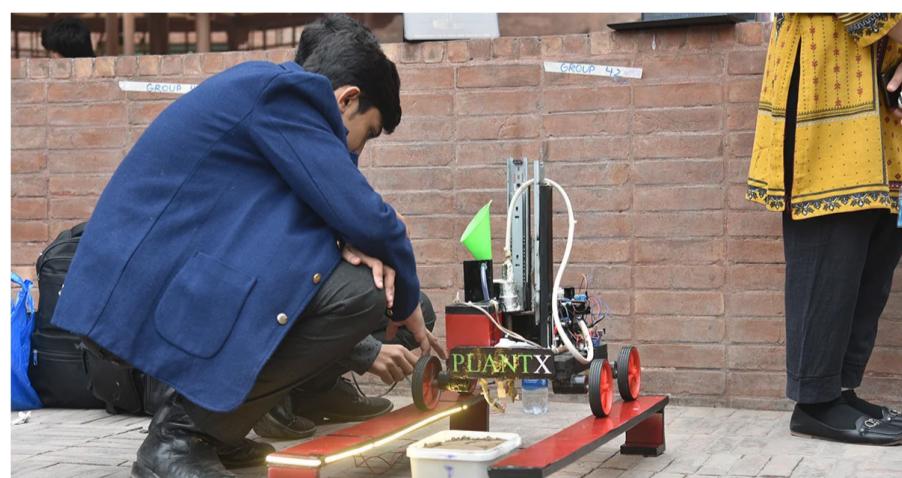


Highlight of the Month



Science and Engineering Fest 2026

University of Central Punjab hosted its Science and Engineering Fest 2026, a two-day event organized by the Faculty of Science & Technology and the Faculty of Engineering, featuring poster presentations, Brain Fest, and engaging mathematics and engineering competitions that provided students with a dynamic platform to showcase innovation and problem-solving skills. Mr. Azam Noon, Director ARVO, and Dr. Hammad Naveed, Pro-Rector UCP, attended as chief guests and presented shields to sponsors and prizes to the winners, appreciating the participants' dedication and the organizers' efforts. Dr. Hafiza Rizwana Kausar, Dean Faculty of Science & Technology, and Dr. Muhammad Rizwan Shad, Dean Faculty of Engineering, also commended the students, mentors, sponsors, and organizing committee for their excellent coordination.



Highlight of the Month



Alumni Reunion 2026

Alumni Relations Office hosted the Alumni Reunion 2026, which brought together alumni from various graduating batches for an evening of reconnection, discussion, and professional engagement. The event was attended by alumni and guests from different industries, providing a platform for interaction, knowledge sharing, and networking. The evening began with a Qawali performance by artists Zain Zohaib. Following the performance, attendees joined a dinner reception, where alumni reconnected in an informal setting. The event concluded with structured and informal networking sessions, which enabled dialogue, collaboration, and the strengthening of alumni ties. The Alumni Reunion 2026 reflected the Alumni Association's commitment to fostering relationships with its alumni community and promoting engagement beyond graduation.



Highlight of the Month



Karo Takhleeq Hackathon - Solving Real Campus Problems with Real Users

Karo Takhleeq was a two-day hackathon focused on solving real campus problems through collaboration and user-driven solutions. Powered by IEEE CS × IEC × Takhleeq, students worked with campus users to understand challenges, validate needs, and develop functional solutions for the University of Central Punjab. The event followed a four-phase framework including problem understanding, user validation, MVP development, and live demonstrations. Ten industry mentors guided teams through ideation, validation, and development, including Idrees J Butt, Misal Hasan, Muhammad Ali Iqbal, Manal Mahboob, Atta Ullah Khan, Muhammad Arsalan Asghar, Umair Aftab, and Hassan Alvi. The winning teams were Smart Course Registration, which automated semester registration; Digital Ammi, which connected hostel students with home-cooked meals; and Cloud to Print, which simplified the campus bookshop printing process. Karo Takhleeq Hackathon highlighted the importance of practical problem solving and provided students with hands-on experience in developing solutions that can be implemented on campus.



Highlight of the Month



Pakistan–Sri Lanka Faculty Exchange Program

Department of Biotechnology hosted Dr. Anuga Liyanage, a renowned environmental scientist from the University of Ruhuna, Sri Lanka, under the HEC-funded Pakistan–Sri Lanka Faculty Exchange Program. During her 15-day visit, conducted under the stewardship of Prof. Dr. Javed Iqbal, Dr. Liyanage actively engaged in a range of academic and research activities aimed at strengthening international collaboration, fostering knowledge exchange, and addressing pressing global environmental challenges.



Highlight of the Month



Aakhri Tehreer - Annual Play

UCP Dramatics Club presented "Aakhri Tehreer", the Annual Play 2026, offering a refined comic portrayal of the many shades of Saadat Hasan Manto. The performance captivated the audience as humor revealed deeper truths and laughter carried meaningful reflections on society, showcasing the talent and creativity of UCP's performing arts community.



Workshops and Seminars

You Didn't Fail – The System Did Reclaiming Life After MDCAT



Rotaract Club conducted the 2nd Peer Circle Session of its Peer Mentorship Program, "The Bridge," titled "You Didn't Fail – The System Did: Reclaiming Life After MDCAT." The session created a supportive and safe space for students to openly share their concerns and experiences, followed by an insightful address by Dr. Hammad, Pro-Rector, UCP, who encouraged participants to redefine success beyond entry test outcomes.

Ace the Interview: Secrets to Standing Out with Confidence



Department of FOMS hosted a session titled "Ace the Interview: Secrets to Standing Out with Confidence." The session was led by Dr. Afia Khalid, Head of Entrepreneurship at the Centre of Skill Development and Leadership (UOL), Academic Director of The Legacy Files Project, and Founder of Coach and Counsel Consultants. Shared expert insights on mastering interviews, confidently presenting personal strengths, handling challenging questions, and creating a lasting professional impression. The event equipped students with practical strategies to enhance communication and confidence, bridging classroom learning with real-world career skills. The department extends special thanks to HOD Dr. Irfan Siddique for his presence and support, and to Dean Dr. Muhammad Athar Siddique for his continued encouragement of such student-focused initiatives.

Decolonizing Entrepreneurship Research



Department of Management & Entrepreneurship organized a PhD seminar titled "Decolonizing Entrepreneurship Research" for doctoral scholars, led by the Head of Department, Dr Irfan Siddique. The session was delivered by Dr Muhammad Shehryar Shahid, Associate Professor of Entrepreneurship at LUMS, who shared critical perspectives on rethinking entrepreneurship research by moving beyond dominant Western frameworks and engaging more deeply with local and contextual realities.

International Symposium on Publishing and Research Resources



Faculty of Languages & Literature led by Dr. Muhammad Safdar, organized an International Symposium on Publishing and Research Resources. The event featured Dr. Abdel-Wahab Khalifa (Queen's University Belfast, UK) and Dr. Shahzeb Khan (University of the Punjab, Lahore), with Tahooor Ali moderating. Dr. Khalifa shared insights on identifying research gaps, developing strong research problems, accessing modern resources, navigating publication processes, and using AI and digital tools for innovative research, while Dr. Khan emphasized the importance of addressing contemporary postcolonial issues such as decolonization, environmental crises, elite corruption, and silenced voices.

Awaami Bethak Session 6th Edition



6th Edition of Awaami Bethak, hosted by the ICC-UCP, focused on the theme "The Privatization of PIA: Its Benefits and Drawbacks for the Government." The session was led by Dr. Arslan Tariq Rana, Head of the Economics Department, and moderated by Afifa Kamran Sheikh. Participants engaged in informed and meaningful discussions on the economic and governance implications of PIA's privatization, highlighting policy challenges, potential benefits, and concerns related to public interest. The session fostered critical dialogue and encouraged participants to examine privatization through a balanced and analytical lens.

Hands-on MERN Stack Development Session



Microsoft Learn Student Ambassadors (MLSA) UCP hosted a hands-on MERN Stack Development session, equipping students with practical experience in modern full-stack web development. Led by Mr. Awais Qamar, the session provided valuable industry insights and exposure to real-world development practices, empowering students with in-demand technical skills.

Soul Reset by Islamic Guidance Club



Islamic Guidance Club, organized Soul Reset featuring Mr. Hafiz Muhammad Saad Amir, CEO of Fellows of Heaven, a reflective and spiritually enriching session focused on the remembrance of Allah. The gathering offered meaningful guidance, inner healing, and renewed spiritual clarity, encouraging participants to reconnect with faith and purpose.

Hands-On Green Cosmetics Workshop



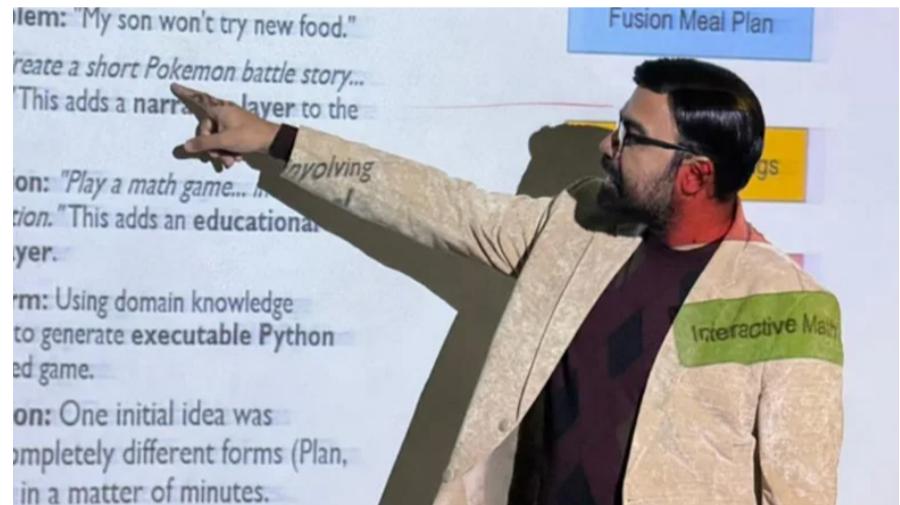
Environmental Protection Society organized a Hands-On Green Cosmetics Workshop in collaboration with BioVe Cosmetics (Pvt.) Ltd. The session, led by Ms. Koukab Imran and Dr. Muhammad Irfan Fareed, provided participants with exposure to green formulation science, focusing on the use of eco-friendly ingredients, formulation techniques, and cosmetic production processes. Through demonstrations and hands-on activities, students gained insights into industry practices, sourcing of raw materials, and the role of sustainability in cosmetic product development.

Scholarship Awareness Session



An awareness session was conducted for the Freshman Batch admitted in Fall 2025, focusing on the key guidelines for maintaining academic grades and scholarships. The session aimed to familiarize students with academic expectations, policies, and best practices. Active participation and questions from students contributed to the session's success.

Effective Use of Generative AI with Dr. Nabeel Khalid



IEEE Student Branch organized a specialized technical workshop titled "Effective Use of Generative AI", aimed at providing participants with a practical and interactive learning experience in Artificial Intelligence tools. The session was conducted by Dr. Nabeel Khalid, Head of the Computer Engineering Program and Assistant Professor at the Faculty of Engineering (FOE), and organized under the leadership of Mr. Muhammad Mubeen Hassan, Vice President of the IEEE UCP Student Branch and Focal Person for the IEEE Lahore Section Young Professionals Program. The hands-on workshop enabled participants to actively engage with Large Language Models (LLMs) and prompt engineering using tools such as ChatGPT, with practical applications in academic research, coding assistance, and problem-solving. The event was attended by over fifty undergraduate students, faculty members, and IEEE professionals, and concluded with a formal closing ceremony attended by Dr. Rizwan Shad, Dean of the Faculty of Engineering, and Dr. Fesal Toosy, Head of Department, followed by a certificate distribution ceremony.

5G and 6G Communications



Department of Electrical Engineering, Faculty of Engineering organized an informative talk on 6G and

5G Communications, attended by 5th and 7th semester students of Electrical Engineering and Robotics. The session was delivered by Dr. Usman Hadi, Assistant Professor of Electronics and Communications Engineering at Ulster University, UK, who shared insights from his recent research on leveraging Artificial Intelligence to enhance 6G networks. Dr. Hadi also presented his recent project on drone technology and its application in search and rescue operations in the UK. The talk concluded with an invitation for final-year students to apply for fully funded PhD positions under his supervision in the UK, providing them with valuable opportunities for advanced research and international collaboration.

Real-World Management Challenges in Business: Lessons from Industry



Department of Faculty of Management Sciences hosted a guest speaker session titled "Real-World Management Challenges in Business: Lessons from Industry." The session was delivered by Mr. Sikandar Hayat, Manager at Cyber Advance Solutions, who shared practical insights into real-world business and management challenges, providing students with valuable guidance on navigating industry dynamics and applying management principles effectively.

International Session on Food Quality



Department of Food and Nutritional Sciences organized an international session titled "Understanding Quality Aspects in Food: Standards, Compliance and Evaluation". Mr. Shahid Hafeez Khan, Application and Technical Support Manager at Tate & Lyle, served as the guest speaker and shared valuable insights into food quality standards, regulatory compliance, and evaluation practices. The session was well attended by faculty members and students and offered meaningful exposure to industry-aligned quality management concepts, strengthening participants' understanding of modern food quality requirements.

Hands-On Perfume & Scent Making Workshop



Office of Research, Innovation & Commercialization organized a Hands-On Perfume & Scent Making Workshop. The workshop aimed to equip participants with practical skills in fragrance formulation along with essential knowledge of branding, marketing, and commercialization, and received enthusiastic participation from students, young researchers, and aspiring entrepreneurs. The training was conducted by Mr. Muhammad Irfan, CEO, IrfanScienceWala (Pvt.) Ltd.; Mr. Tauqeer Hussain, Head, Cosmetics Section, IrfanScienceWala (Pvt.) Ltd.; and Dr. Muhammad Riaz, Associate Professor, Faculty of Science & Technology.

Smog Pollution in Lahore: Causes, Consequences, and Control (From Sampling to Solutions)



Office of Research, Innovation and Commercialization in collaboration with the Faculty of Science and Technology organized a seminar titled "Smog Pollution in Lahore: Causes, Consequences, and Control (From Sampling to Solutions)". The session featured Dr. Haider A. Khwaja, Associate Professor at the Department of Environmental Health Sciences, University at Albany, USA, who shared expert insights on smog challenges, spanning scientific sampling to practical solutions, under the ongoing 2023 joint project between UCP and University at Albany, with Prof. Dr. Muhammad Akhyar Farrukh and Dr. Khwaja as principal investigators. The seminar was attended by the Pro-Rector, Dr. Hammad Naveed, Prof. Dr. Hafiza Rizwana Kausar, Prof. Dr. Muhammad Akhyar Farrukh, an EPA representative, HODs, faculty members, and students, and concluded with the distribution of closing remarks by Dr. Hammad Naveed.

The Business Balancing Act: Marketing, HR, and Financial Struggles of SMEs



Department of Management and Entrepreneurship hosted an insightful guest speaker session titled "The Business Balancing Act: Marketing, HR, and Financial Struggles of SMEs," featuring Mr. Hammad Noor, Chief Executive Officer of HAM Enterprise. Drawing from real-world SME experiences, the speaker shared practical

insights on balancing marketing strategies, human resource management, and financial constraints, making the session highly interactive and informative for students of SME Management. The session was organized by Ms. Nahan Iqbal and Ms. Shafaq Aftab, with special appreciation to Dr. Irfan Saddique, Head of Department, for his continued support in strengthening industry-academia collaboration and experiential learning at UCP.

Presenting to Impress: Essentials of Presentation Skills



Faculty of Languages and Literature held a workshop titled "Presenting to Impress: Essentials of Presentation Skills." The event was organized by Ms. Tayyaba Binte Mehmood, with Dr. Umer Azim, Assistant Professor at Government College Township, Lahore, as the guest speaker. The workshop focused on key techniques for delivering impactful presentations, highlighting effective communication strategies and presentation practices suited to the modern digital age.

From Development Life Cycle to Hosting: Mobile Apps and Career Opportunities



Faculty of Information Technology & Computer Science organized a seminar titled "From Development Life Cycle to Hosting: Mobile Apps and Career Opportunities". Mr. Muhammad Ammad, Principal Software Development Engineer (Mobile Applications Lead) at Contour Software Inc., delivered the session, sharing insights on the mobile app development life cycle, platform selection, industry practices, and emerging career opportunities.

University Events

Pashtun Day



Mosaic & Culture Heritage Society celebrated Pashtun Culture Day with great enthusiasm, highlighting the rich traditions and cultural diversity of Pakistan. The event brought together students and faculty to experience Pashtun heritage through vibrant traditional attire, soulful music, and expressive poetry. The celebration aimed to promote cultural awareness, inclusivity, and appreciation of regional identities.



Road Safety Awareness Seminar



Motorway Police organized a Road Safety Awareness Seminar at the University of Central Punjab. The event aimed to raise awareness about the importance of road safety and the role each individual plays in maintaining it.

Webverse Hackathon



Skill Hive Club in collaboration with MLSA and GDGoC UCP, hosted the Webverse Hackathon. The event offered a dynamic competitive coding environment, where participants demonstrated exceptional technical skills, problem-solving capabilities, and innovative thinking through the development of well-executed web-based solutions.

Strategic Partnership Session



University of Central Punjab hosted an energizing Strategic Partnership Session with 40 corporate partners representing diverse industries. The session featured interactive activities and provided participants with an exclusive overview of UCP's tailored training programs, educational opportunities, and partner benefits. The initiative aimed to foster meaningful engagement and strengthen long-term collaborations between the university and industry.

FOMS' Final Year Project Presentations



Faculty of Management Sciences organized the Final Year Project presentations for BBA students, showcasing a wide range of consultancy, research-based, and entrepreneurial projects. The event highlighted students' analytical skills, creativity, and industry-ready approach, with several projects offering practical solutions to real-world challenges and reflecting their ability to bridge academic learning with professional application.

Flowers and Film: From Japan with Love



Faculty of Languages and Literature hosted "Flowers and Film: From Japan with Love" in collaboration with the Pakistan-Japan Cultural Association and the Embassy of Japan, celebrating cultural exchange and Pakistan-Japan friendship. The event featured Ms. Ura

Mamiko (Deputy Head, Public Affairs, Embassy of Japan), Dr. Ghazala Irfan (President, Pakistan-Japan Cultural Association), and Ms. Shaista Khawar (Ikebana Expert), and was organized by Ms. Sarosh Latif. It commenced with a welcome address by Prof. Dr. Khalid Manzoor Butt, and remarks by Ms. Mamiko, highlighting the importance of academic and cultural collaboration. Key highlights included Ikebana demonstrations by Ms. Khawar, a screening of the Japanese film *Samurai Ninja*, and the presentation of souvenirs along with Haiku Hues, edited by Ms. Latif, underscoring the spirit of friendship between Pakistan and Japan.

Faculty of Science & Technology's 3rd Gala Night



Department of Food and Nutritional Sciences successfully hosted its 3rd Gala Night at Indigo Heights on January 15, 2026. The event featured live qawali performances and a delightful hi-tea, providing a memorable evening for students, faculty, and guests. The celebration highlighted the department's creativity, collaboration, and the vibrant sense of community that defines its spirit.

From Vision to Execution: Real-World Leadership and Business Decision-Making



Faculty of Management Sciences hosted a guest speaker session titled "From Vision to Execution: Real-World Leadership and Business Decision-Making." The session was delivered by Mr. Rizwan Naqvi, CEO of Solutions Wave, who shared practical insights drawn from over 26 years of experience in the technology industry, with a focus on leadership, execution, and strategic business decision-making. The session was well attended by students and faculty members and provided valuable exposure to real-world industry perspectives.

From Frontend to AI: How Real Software Is Built in the Industry



Microsoft Learn Student Ambassadors organized a session titled "From Frontend to AI: How Real Software Is Built in the Industry," led by Arhum Naveed. The session focused on bridging the gap between academic learning and industry practices by highlighting the complete software development lifecycle, from frontend development to the integration of artificial intelligence. Participants gained insights into modern development tools, industry workflows, and real-world project implementation.

Quaid-e-Azam Day Declamation



Debating Society organized a Declamation Competition to commemorate Quaid-e-Azam Day. Powerful speeches in Urdu, English and Punjabi reflected Quaid-e-Azam's vision, leadership and unwavering principles.

Breaking into Big Tech: AI Skills and Interview Strategies



Skill Hive Club, in collaboration with Devsinc, organized an informative session titled "Breaking into Big Tech: AI Skills and Interview Strategies." The session offered valuable insights into in-demand AI skills, current industry hiring expectations, and effective interview strategies, helping

students better understand career pathways in leading technology firms. Participants engaged in discussions focused on skill development, practical preparation, and navigating the competitive tech job market.

Waris Shah Di Heer



Literary Society organized a session on "Waris Shah Di Heer" with Zohaib Alam, bringing students and faculty together to discuss the work. The session examined Heer as a reflection of love, society, and Punjabi identity, and highlighted Waris Shah's contribution to Punjabi literature. It also emphasized the importance of preserving literary heritage and engaging with classical texts.

Department of Microbiology's 10th Anniversary & Annual Dinner



Department of Microbiology organized its annual dinner for students of Bachelor of Science in Medical Laboratory Technology (BS MLT), Bachelor of Science in Microbiology, and Doctor of Physical Therapy (DPT). The event also marked the celebration of the department's 10th anniversary, bringing together faculty and students to reflect on academic growth, shared achievements, and a decade of progress in teaching and research.

Mental Health & Academic Pressure in Islam



Islamic Guidance Club organized a session on "Mental Health and Academic Pressure in Islam," focusing on the balance between faith, well-being, and studies. Abdul Waris Gill addressed students, highlighting the importance of strengthening their relationship with Allah, taking care of mental and physical health, and managing academic responsibilities within their capacity without being influenced by societal expectations.

Department of Psychology's Project Display



Department of Psychology organized a Class Project Display for the subject Cross-Cultural Psychology, presented by students of the previous semester under the supervision of course instructor Ms. Zasheer Aman. The display offered an insightful exploration of human behavior across different cultures. Through role plays, documentaries, short films, and magazines, students highlighted the influence of psychology on culture and explored its multiple dimensions, making the academic showcase both engaging and informative.

Faculty of Language & Literature's Research Project



Faculty of Languages and Literature showcased student research projects in Eco-linguistics and Blue Humanities, reflecting a strong commitment to interdisciplinary and environmentally engaged scholarship. The presentations highlighted students' critical engagement with language, ecology, and environmental discourse through innovative academic inquiry.

Class of 2026



Class of 2026 completed a remarkable journey, marked by learning, laughter, late-night study sessions, and friendships that shaped their experience. From the excitement of their first day on campus to achieving academic and co-curricular milestones, this cohort evolved together, demonstrated resilience, and left a lasting mark on the university community.

Faculty of Language & Literature's Final Project



Students of Literary Theory & Practice and Research Methods, under the mentorship of Dr. M. Aslam and Ms. Sarosh Latif, presented their final projects. The Faculty extends its gratitude to the Dean, Prof. Dr. Khalid Manzoor Butt; HOD, Dr. Tahir Saleem; Director ELC, Dr. Habib Qazi; Dr. Baber Sultan A. Khan, and faculty members for their continued support and encouragement. Sincere appreciation is also extended to the esteemed evaluators, Dr. Fehmida Sultana and Dr. Shafat Yar Khan, for their valuable feedback and thoughtful engagement.

Pet's Carnival



Paws & Claws Society organized a Pet's Carnival, a vibrant and engaging event aimed at promoting animal care, companionship, and responsible pet ownership. The carnival brought together pet lovers for a day filled with meaningful interactions, fun activities, and a shared appreciation for our furry companions.



FOMS Students' Term Project Evaluation



Faculty of Management Sciences prioritizes practical learning through Term Projects, inviting external evaluators from academia and industry to provide students with expert feedback and guidance. During the last week of Fall 2025, students showcased their innovative ideas to distinguished professionals, including Dr. Muhammad Waqas (CEO, PFTP), Mr. Abid Saeed (CEO, EvolvX), Dr. Muhammad Sajid (HoD, Bahria University), Mr. Ubaidul Hayee (Adam's Milk Products), Dr. Nauman Zaheer (HoD, Rashid Lateef Khan University), Dr. Kashif Mahmood (Riphah University), Dr. Khansa Masood (UMT), and Dr. Sarfraz Zaman (University of Lahore), motivating them to transform their projects into future commercial realities.

12th Final Year Project (FYP) Display and Poster Competition 2026



Department of Biotechnology, Faculty of Science and Technology conducted the Final Year Project Display for BS Biotechnology students, showcasing innovative and application-oriented research. The event was graced by Dr. Anuga Liyanage, a renowned environmental scientist from the University of Ruhuna, Sri Lanka, whose expert evaluation and insights enriched the judging process. The displayed projects demonstrated strong scientific rigor, industrial relevance, and notable entrepreneurial potential. The event concluded with a closing ceremony that celebrated student achievements and reaffirmed the department's commitment to academic excellence and research-driven learning.

International Talk on Climate-Resilient Farming Systems



Department of Biotechnology, Faculty of Science and Technology hosted an international talk titled "Climate-Resilient Farming Systems for South Asia." The session was delivered by Dr. Anuga Liyanage, a renowned environmental scientist from the University of Ruhuna, Sri Lanka, who highlighted innovative and sustainable scientific approaches to strengthening agricultural resilience in the face of climate change. The talk fostered academic exchange, offered global perspectives on regional challenges, and promoted international collaboration, with active and engaged participation from faculty members and students.

Next-Gen Exporters Webinar



ACM UCP Chapter organized Next-Gen Exporters I From Classroom to Global Market, an on-campus session focused on international trade and global B2B e-commerce. The session was led by Shahzad Siddique, CEO of Web Excels Global and Channel Partner of Alibaba.com, who shared practical insights into digital exports and global market operations. Through expert guidance and live demonstrations, students gained understanding of export processes and B2B e-commerce. The initiative reflects ACM UCP's commitment to industry-driven learning and entrepreneurial development.

Anchoring Arena



Media Club organized Anchoring Arena, an anchoring competition where confidence met craft and voices commanded the spotlight. Judged by esteemed media professionals Mr. Ajmal Jami and Mr. Ali Aneeq Syeed, the event brought together talented participants who demonstrated exceptional stage presence, compelling communication skills, and impactful delivery. Anchoring Arena served as a vibrant platform for aspiring anchors to showcase their potential and celebrate the art of effective presentation.

Department of Advanced Studies and Research

Hafiz Saadat Ali's PhD Open Defense



Directorate of Advanced Studies & Research organized the PhD Open Defense of Mr. Hafiz Saadat Ali, who successfully defended his dissertation titled: 'Self-censorship by Pakistani YouTube Journalists: A Mixed Method Study' supervised by Dr. Noor Hayat. Dr. Jawed Aslam from UMT and Dr. Syed Saqib from FCCU joined as externals while Dr. Atif Ashraf, served as Internal Examiner. The defense featured an engaging Q&A session, reflecting the depth and relevance of the candidate's research.

Muhammad Amjad's PhD Synopsis Open Defense



Directorate of Advanced Studies & Research organized the Synopsis Defense of Mr. Muhammad Amjad, PhD scholar in Chemistry. During the session, Mr. Muhammad Amjad presented his research proposal before the defense committee, demonstrating clarity, depth, and strong command over her selected topic. The defense concluded with a Q&A segment, where committee members engaged the scholar in constructive discussion on the scope and direction of her study.

Faryal Amjad's PhD Synopsis Open Defense



Directorate of Advanced Studies & Research organized the PhD Synopsis Open Defense of Ms. Faryal Amjad, a PhD scholar in Biotechnology, conducted under the supervision of Prof. Dr. Muhammad Naveed. The scholar effectively presented and defended her research proposal before the designated defense committee. The session was attended by faculty members and fellow PhD scholars, and concluded with an engaging question-and-answer discussion, highlighting the relevance, scope, and scholarly depth of the proposed research.

Maida Salah ud Din's PhD Synopsis Open Defense



Directorate of Advanced Studies & Research organized the PhD Synopsis Open Defense of Ms. Maida Salah ud Din, a PhD Scholar in Biotechnology, under the supervision of Prof. Dr. Muhammad Naveed. The scholar effectively presented and defended her research proposal before the defense committee. The open defense was attended by faculty members and fellow PhD scholars, and concluded with an engaging question-and-answer session, highlighting the significance, depth, and scholarly contribution of the proposed research.

Seema Mazhar's PhD Synopsis Open Defense



Directorate of Advanced Studies & Research organized the PhD Synopsis Open Defense of Ms. Seema Mazhar, a PhD scholar in Mathematics, under the supervision of Dr. Zain ul Abadin. Ms. Mazhar presented and defended her research proposal before the defense committee. The open defense, attended by faculty members and fellow PhD scholars, concluded with an engaging Q&A session, highlighting the significance and depth of her research work.

Final Year Project Poster Display



Department of Basic & Applied Chemistry successfully organized the Final Year Project Poster Display, showcasing undergraduate research aligned with the United Nations' Sustainable Development Goals (SDGs) and focused on real-world scientific challenges. The projects addressed key areas such as sustainable healthcare formulations, green and advanced materials, climate-focused algal studies, water purification technologies, indoor air quality solutions, and innovative environmental coatings, and were evaluated by industry professionals from Herbions Naturals along with Head of Department Prof. Dr. Muhammad Akhyar Farrukh, reinforcing academia-industry collaboration and the department's commitment to applied, sustainability-driven research.

Muhammad Qasim's PhD Synopsis Open Defense



Directorate of Advanced Studies & Research organized the PhD Synopsis Open Defense of Mr. Muhammad Qasim, a PhD Scholar from Computer Science under the supervision of Dr. Muhammad Adnan Aziz. The scholar has successfully defended her research proposal before the defense committee. The open defense was attended by faculty members and fellow PhD scholars. The defense concluded with an engaging Q&A session, reflecting the significance and depth of the scholar's research topic.

Shakira Nazeer's PhD Open Defense



Directorate of Advanced Studies & Research organized the PhD Open Defense of Ms. Shakira Nazeer, who defended her dissertation titled "Boon or Bane? Navigating the Facilitating and Constraining Roles of AI on Employees' Innovative Work Behavior in Pakistan", under the supervision of Dr. Aqeel Ahmad. Dr. Ashfaq Ahmad from Hailey College and Dr. Shahab Alam from Minhaj University

served as External Examiners, while Dr. Ramsha Naeem served as the Internal Examiner. The defense included an engaging question-and-answer session, highlighting the depth and relevance of the research. The Directorate extends heartfelt congratulations to the candidate on this academic milestone and wishes her continued success in her scholarly and professional endeavors.

Faculty Achievements

Training Session on Social Entrepreneurship at (BNU)



Dr. Irfan Sabir, Professor of Innovation & Marketing, led a dynamic training session on Social Entrepreneurship at Beaconhouse National University. The session focused on fostering creativity, innovation, and problem-solving skills to help youth develop a strong social entrepreneurial mindset and drive positive impact in their communities.

Prof. Dr. Muhammad Naveed's Participation in HEC's National Curriculum Review Committee (NCRC) meeting on Bioinformatics



University of Central Punjab acknowledges the participation of Prof. Dr. Muhammad Naveed in the National Curriculum Review Committee (NCRC) meeting on Bioinformatics at the Higher Education Commission (HEC). During the meeting, Prof. Dr. Naveed provided expert technical input to help revise and standardize the national Bioinformatics curriculum, aligning it with emerging technologies, contemporary research trends, and industry requirements, thereby contributing significantly to the advancement of higher education in the field.

Student Achievements

UCP Student Secured first place at the Soft Tech Gaming Championship



Ibrahim Zafar secured first place at the Soft Tech Gaming Championship by winning the Tekken 8 competition held at the University of South Asia. His performance highlighted his exceptional gaming skills and competitive spirit, earning him top honors in the tournament.

Career Services Office CSO x Winter School 2026



Career Services Office, in collaboration with the Faculty of Management Sciences, organized Winter School 2026, featuring three days of learning and engagement. Day 1 included a Digital Marketing session focused on modern tools and industry trends, followed by a session by the International Office highlighting global academic

opportunities and exchange programs. Day 2 comprised sessions on Business Analytics, providing practical insights into data-driven decision-making, along with an AI and Excel session emphasizing productivity, data management, analysis, and visualization. Day 3 concluded with interactive entrepreneurship sessions offering hands-on business insights, followed by a closing ceremony with certificate distribution and an energetic visit to the Sports Arena.

CSO x Herbiotics On-Campus Recruitment Drive



Career Services Office hosted an on-campus recruitment drive in collaboration with Herbiotics, offering students from the Faculty of Pharmaceutical Sciences (FOPS) and the Faculty of Science & Technology (FOST) the opportunity to interview for Pharmacist and Nutritionist positions.

CSO X Stack 360 On-Campus Recruitment Drive



Career Services Office in collaboration with Stack 360, organized an On-Campus Recruitment Drive for recent graduates and final-year students of the Faculty of Information & Technology. The event offered students direct interaction with industry recruiters, real-time interview experience, and valuable insights into current hiring trends, effectively bridging the gap between academia and industry.

CSO x FMMC - Mock Interviews



Career Services Office organized a Mock Interviews activity for students of the Faculty of Media & Mass Communication to prepare them for real-world hiring processes. Mr. Qaiser Rasheed Butt, Senior Producer at Express News, joined the session as an industry expert and conducted mock interviews, offering practical evaluation and constructive feedback. He guided students on improving interview skills, enhancing confidence, and making a strong, lasting impression on potential employers, making the session highly beneficial and career-focused.

CSO x Department of Basic & Applied Chemistry



Career Services Office in collaboration with the Department of Basic & Applied Chemistry, organized Mock Interviews for final-year students to enhance professional readiness and interview skills. The initiative provided students with hands-on exposure to industry-relevant interview scenarios, enabling them to build confidence, refine communication skills, and better prepare for future career opportunities.

CSO x Techniqs On-Campus Recruitment Drive



Career Services Office in collaboration with Techniqs conducted an on-campus recruitment drive for students of the Faculty of Information & Technology, providing a valuable platform to interact with industry professionals, participate in technical assessments and interviews, and showcase their skills. The drive also offered career guidance and insights into industry expectations, helping students explore potential career pathways and gain practical exposure.

CSO x IKAN Engineering Services (Pvt.) Ltd. - Mock Interviews



Mock interview sessions were conducted for BS English Languages & Literature (6th Semester) students in collaboration with IKAN Engineering Services (Pvt.) Ltd. The sessions aimed to bridge the gap between academia and industry by providing students with real-world interview exposure. Industry professionals offered in-depth feedback on communication skills, confidence, CV presentation, and professional conduct, enabling students to identify areas of improvement and strengthen their preparation for future career endeavors.

CSO X FOIT Mock Interviews

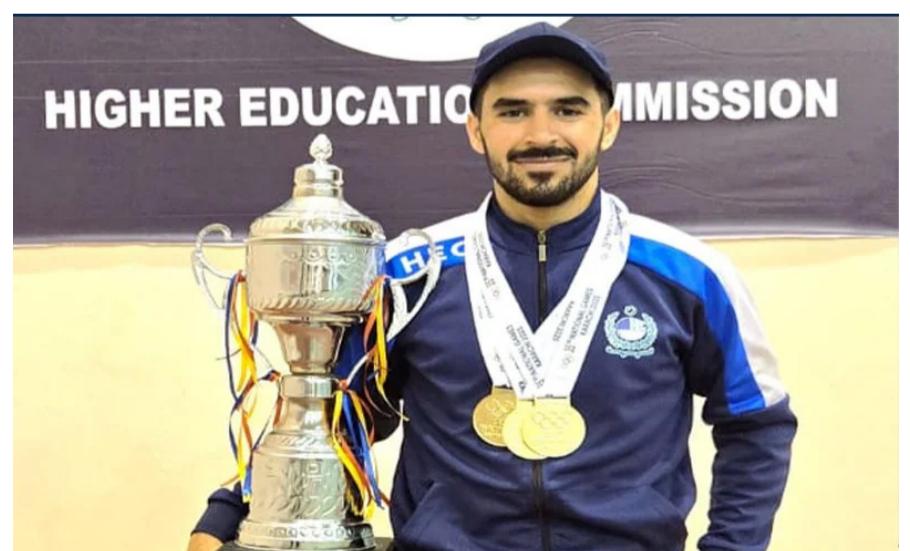


Career Services Office organized a series of mock interview sessions for 6th-semester FOIT students. These sessions provided students with practical exposure to real interview scenarios, enabling them to practice their skills, receive constructive feedback from industry professionals, and enhance their confidence in preparation for future career opportunities.



Sports Achievements

Abdul Musawir Won Three Gold Medals in Fencing at the 35th Edition of the National Games



Abdul Musawir achieved a record by winning three gold medals in fencing at the 35th Edition of the National Games. His outstanding performance not only showcased his skill and dedication but also brought pride to the University of Central Punjab.

Learning Innovation Centre

SPP Closing Meeting - Spring 2025



Learning Innovation Centre hosted the Closing Ceremony of the Student Pedagogy Partnership Spring 2025, marking the successful completion of the fourth SPP cohort. The cohort featured 11 impactful partnerships between students and faculty members. The event included partner reflections, presentations, and certificate distribution, celebrating a semester defined by collaboration, innovation, and mutual growth.

SPP Closing Meeting – Fall 2025



Learning Innovation Centre hosted the Closing Meeting of the Student Pedagogy Partnership Fall 2025 was held. The session featured presentations by all SPP Partners, highlighting their collaborative projects, key learning outcomes, and shared experiences gained throughout the program. The event concluded with the distribution of certificates by the Pro-Rector to all SPP Partners, in recognition of their dedication, active participation, and valuable contributions to the initiative.

Training Session on Presentation Making Skills



Learning Innovation Centre conducted a Training Session on Presentation Making Skills. The session focused on

designing clear, concise, and engaging presentations using PowerPoint, Canva, and AI tools. The session enabled participants to develop visually consistent, audience-focused slides through smart design principles and layouts, while also providing practical exposure to Canva and AI tools for structuring content, simplifying information, and enhancing overall presentation impact.

Office of Research Innovation and Commercialization

ORIC'S 23rd Steering Committee Meeting



Office of Research, Innovation & Commercialization held its 23rd Steering Committee Meeting. Chaired by Dr. Hammad Naveed, Pro-Rector, the meeting brought together university leadership, industry representatives, and ORIC officials to review ORIC's performance in line with the HEC ORIC Policy 2021. Prof. Dr. Muhammad Akhyar Farrukh, Director ORIC, presented a comprehensive overview of activities for November–December 2025, highlighting progress in research publications, UCP journals, national and international grants, intellectual property filings, commercialization, industry-academia collaboration, entrepreneurship initiatives, GenAI capacity-building, and international engagement. The committee appreciated ORIC's achievements, endorsed upcoming initiatives including the ORIC Annual Report 2025 and a Generative AI training program scheduled for January 2026, and offered strategic recommendations to further strengthen UCP's innovation ecosystem.

Interdisciplinary Research Group Meeting



UCP ORIC Interdisciplinary Research Group Meeting explored the future of intelligent vision-based robotics and sustainable technologies. Dr. Sadaf Zeeshan from the Faculty of Engineering presented a research project on intelligent vision-based robotic systems for efficient and sustainable harvesting, followed by an engaging discussion with faculty members and students. The

session concluded with closing remarks by Prof. Dr. Muhammad Akhyar Farrukh, Director ORIC, who highlighted the importance of interdisciplinary research and collaboration at UCP. The meeting provided valuable insights into potential avenues for future interdepartmental project collaborations.

German Importers Association Delegation Visit to UCP



Office of Research, Innovation and Commercialization hosted Dr. Michael Arretz, Managing Director of the German Importers Association, along with Mr. Sarim Mehmood, CEO of Fruit of Sustainability, for an interactive meeting with UCP Pro-Rector Dr. Hammad Naveed. The session focused on exploring collaboration opportunities, strengthening international market linkages, and enhancing UCP's engagement with global industry partners, particularly in the areas of sustainability, wastewater treatment, and export potential. Director ORIC, Prof. Dr. Muhammad Akhyar Farrukh, presented UCP's key innovation initiatives, including the wastewater treatment project, fly ash bricks, and industry-ready prototypes from the food, pharmaceutical, and engineering sectors, which were highly appreciated by Dr. Arretz, who expressed strong interest in their commercialization. The delegation also visited UCP's major research and innovation facilities, including the Wastewater Treatment Plant, Engineering Lab, COFIC, and Takhleeq, witnessing live demonstrations of ongoing projects and sustainable solutions, with the visit attended by the Dean FOST, Director Innovation, faculty members, and the ORIC team, reflecting UCP's commitment to impactful research and global partnerships.

International Office Initiatives

Briefing on International Degree Programs with Deans & Director



International Hub hosted a briefing session on International Degree Programs with UCP Deans and Directors. The session provided key insights on UCP x Leicester programs, highlighting their scope, objectives, and strategic role in enhancing global academic collaboration and engagement at UCP.



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MOUs

UCP x RAI Energy Solution Pvt. Ltd. (MoU)



University of Central Punjab has signed a Memorandum of Understanding (MoU) with RAI Energy Solution Pvt. Ltd. marking a significant step toward fostering industry-academia collaboration. The MoU aims to promote joint research initiatives, knowledge exchange, and practical learning opportunities in the field of energy and related technologies. The signing ceremony was attended by senior university officials and representatives from RAI Energy Solution Pvt. Ltd.

UCP x PDH Pharmaceutical Pvt. Ltd. (MoU)



Faculty of Pharmaceutical Sciences has signed a Memorandum of Understanding (MoU) with PDH Pharma, marking a significant step toward strengthening

industry-academia collaboration. This partnership aims to promote knowledge exchange, practical training, and research initiatives, fostering innovation and preparing students for the evolving pharmaceutical sector.

UCP X Infinity Health Care (MoU)



Department of Microbiology, Faculty of Science & Technology has signed a Memorandum of Understanding (MoU) with Infinity Health Care Lahore to strengthen academia-industry linkages and enhance professional training opportunities for students. The collaboration will focus on student internships for MLT students, collaborative research initiatives, industrial visits, and joint seminars, workshops, conferences, and other academic activities. The MoU was signed in the presence of Dr. Hafiza Rizwana Kausar, Dean FOST; Dr. Aatif Amin, Head Department of Microbiology; Dr. Mohsin Gulzar Barq, Assistant Professor Microbiology & Faculty Industry Liaison Officer; and Ms. Iqra Jamil, Lecturer, representing UCP, along with Ms. Sidra Shehzad, Lab Manager, and Mr. Naveed Elahi Nasr, Business Development Director, representing Infinity Lab & Al Nasar Lab and Diagnostic Centre.

Industrial Visits

Educational Study Tour to Dr. Masood Homeopathic Pharmaceuticals (Pvt.) Ltd.



Students of BS Chemistry and M.Phil. Chemistry, accompanied by Dr. Muhammad Riaz, Associate Professor, and Dr. Sadia Zulfiqar, Assistant Professor from the Department of Basic and Applied Chemistry, organized an educational tour to Dr. Masood Homeopathic Pharmaceuticals (Pvt.) Ltd. The visit provided students with exposure to industrial practices, manufacturing processes, quality control procedures, and professional standards followed in the pharmaceutical sector.

Department of Basic & Applied Chemistry's Industry Visit to Marhaba Laboratories Pvt. Ltd.



Students from the Department of Basic & Applied Chemistry visited Marhaba Laboratories (Private) Limited as part of an academic industrial exposure activity aimed at bridging theoretical knowledge with practical application. The visit offered valuable insights into laboratory operations, quality control practices, and adherence to industrial standards, enhancing students' understanding of professional laboratory environments. The group was accompanied by Dr. Muhammad Riaz, Dr. Muhammad Afzal, and Dr. Sadia Zulfiqar.

Industrial Visit to AB Mauri Pakistan (Pvt) Limited



BS Biotechnology students visited AB Mauri Pakistan (Pvt.) Limited for an industrial tour that offered valuable exposure to industrial biotechnology and bioprocessing operations. The visit enabled students to connect theoretical concepts with real-world industrial practices, highlighting the importance of industry-academia collaboration in professional training.

Faculty of Information Technology & Computer Science Students Educational Visit to Systems Limited



Students of (FOIT&CS) visited one of Pakistan's leading IT companies, Systems Limited, accompanied by three faculty members. The visit provided an insightful and educational experience, with students interacting with

senior professionals who shared guidance on current job opportunities, industry expectations, and essential technical and professional skills. Such industry visits help students understand real-world practices, align their learning with professional demands, and bridge the gap between academia and industry, preparing them for successful future careers.

Department of Microbiology's Students Industrial Visit to Haleeb Foods



Department of Microbiology, Faculty of Science & Technology organized an industrial visit for BS Microbiology students to Haleeb Foods, Bhai Pheru. The visit offered students practical exposure to industrial microbiology operations, including quality control mechanisms, food safety standards, and large-scale production processes within the dairy and food industry. The session was coordinated by Dr. Mohsin Gulzar Barq, Assistant Professor and Faculty Industry Liaison Officer, along with Ms. Aimen Khan, Executive, Career Services Office, ensuring a structured, engaging, and insightful learning experience for the students.

UCP Business School's Visit to Maersk Warehouse



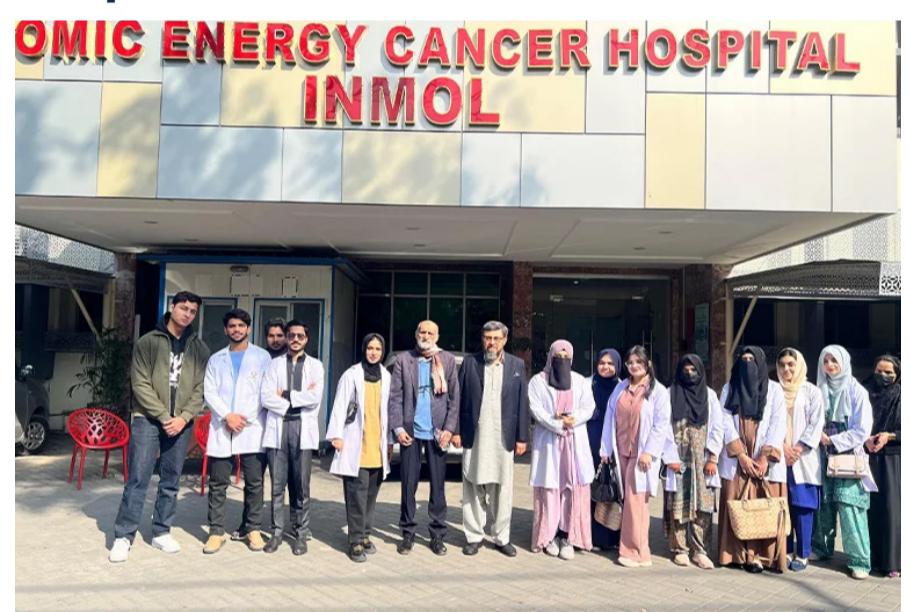
UCP Business School organized a visit to the Maersk Warehouse for students of the BBA (Hons) Warehouse Management class, providing hands on exposure to real world logistics and warehouse operations and enabling students to gain practical insights into contemporary supply chain and warehousing practices. The university extends its gratitude to the A.P. Moller Maersk team, particularly Site Manager Mr. Usman Rasheed, for sharing valuable professional insights, while the visit was arranged and coordinated by FILO FOMS Mustafa Hanan Mehboob.

Faculty of Languages & Literature's Educational Visit to Forum for Language Initiatives & the Gandhara Resource Center



The Faculty of Languages & Literature organized a three-day academic study tour to the Forum for Language Initiatives (FLI), Islamabad, and the Gandhara Resource Center, Taxila. The 22-student delegation, guided by Prof. Dr. Tahir Saleem and accompanied by faculty members Mr. Nohaiz Mehmood and Ms. Fatima Urooj, explored research on endangered languages, sociolinguistic data, Gandharan artifacts, and traditional arts. The tour provided practical exposure, professional opportunities, and avenues for research collaboration, enriching students' academic experience and fostering institutional partnerships.

Faculty of Science & Technology Students Industrial Visit to INMOL Hospital



Students of BS Medical Laboratory Technology (MLT) from the Department of Microbiology, FOST, UCP, Lahore conducted an industrial visit to INMOL Hospital, Lahore. The visit provided students with practical exposure to clinical laboratory workflows, allowing them to connect classroom learning with hospital diagnostics and professional practices. The tour was moderated by Mr. Tariq Bashir, whose guidance ensured an informative and well-organized learning experience for the students.



Faculty Meetings

UCP X Bank Al-Habib Meeting



University of Central Punjab hosted a senior management delegation from Bank Al-Habib, including Col. Zaka Ullah (Retail Head Office), Mr. Jibran Saeed (Zonal Head – LZ, DGM), and Mr. Haroon Javed (Area Manager Gulberg, SCM), for a constructive discussion on institutional engagement and potential collaboration. The meeting provided an opportunity to explore strategic partnerships, knowledge-sharing initiatives, and mutually beneficial programs aimed at strengthening ties between the university and the banking sector.

UCP x Allied Bank (Ltd.) Meeting



University of Central Punjab held a meeting with senior representatives from Allied Bank Limited, including Mr. Muhammad Kamran Zeb, Mr. Adil Maqsood, Ms. Marriam Javed, Mr. Abrar Saleem, Mr. Obaid ur Rehman, Mr. Tahir Sheikh, Mr. Muhammad Imran Lodhi, and Mr. Mohsin Mithani. The discussion focused on exploring avenues for institutional collaboration and enhancing engagement between UCP and ABL.

OPPO Leadership Visited University of Central Punjab



OPPO leadership visited the University of Central Punjab, with Mr. George, CEO of OPPO Pakistan, meeting the Provost, Mr. Muhammad Yaqoob. During the visit, Mr.

George interacted with students, fostering industry-academia collaboration and promoting meaningful dialogue on innovation, technology, and professional development. The session provided an opportunity for students to engage with industry leadership and gain insights into current trends in the technology sector.

Alumni Relations Office

UCP Alumni Association's General Body Meeting



Alumni Association held a General Body Meeting to plan and align key initiatives for the upcoming Alumni Reunion, focusing on enhancing alumni engagement, creating memorable experiences, and fostering meaningful reconnections among graduates. Members shared ideas to strengthen lifelong ties with the institution and ensure an inclusive, impactful reunion that celebrates shared journeys and future collaborations. Exciting plans are underway.

UCP Delegation Visit to Tariq Electric Pvt. Ltd



A high level UCP delegation led by Iftikhar Hussain, under Pro-Rector Dr. Hammad Naveed's leadership including Alumni Association Executive Council: VP Endowment Syed Aal e Haider, VP Engagement Usman Khan and VP Placement Mian Bazaf visited Tariq Electric Pvt Ltd where they were received by CEO Mr. Muhammad Haris, UCP Alumnus (Class of 2007).



Senior Alumni Meetup



UCP Alumni Association in collaboration with the UCP Alumni Relations Office, hosted senior alumni from the Class of 1995 on campus for a feedback session aimed at strengthening engagement between alumni experience and institutional progress. The meeting was chaired by the Pro-Rector, Director Student Affairs, and Deputy Manager Alumni Relations, and focused on gathering insights to support future academic and alumni initiatives.

Senior Alumni Meetup (Class of 1999 & 2000)



A meaningful exchange of ideas took place as the UCP Alumni Association, in collaboration with the UCP Alumni Relations Office, hosted senior alumni from the Class of 1999 and 2000 on campus for a feedback session, aimed at strengthening the bridge between experience and progress. Faculty expresses gratitude to the distinguished alumni for sharing their insights and contributing to the future of alumni engagement. The session was attended by the President of the UCP Alumni Association, reaffirming the university's commitment to alumni-led growth and institutional development.



Community Service

Quaid Day with IBTIDA Scholars



IBTIDA UCP commemorated Quaid Day with IBTIDA Scholars to honor the birth anniversary of Quaid-e-Azam Muhammad Ali Jinnah. The event included a cake-cutting ceremony and thoughtful reflections on Quaid-e-Azam's personality, vision, mission, and lifelong struggle for nation-building. The session also highlighted his unwavering commitment to education across all fields.

Blanket Distribution to IBTIDA Scholars



IBTIDA UCP, in collaboration with VIS UCP, distributed over 160 blankets at IBTIDA School and Baqiatullah Orphanage, providing warmth to children, orphans, and IBTIDA scholars. This initiative reflects the commitment of IBTIDA and UCP to social responsibility, aiming to support underserved communities by providing basic necessities and essential services. Through such efforts, the initiative contributes to the achievement of SDG goals, promotes equality, and supports the overall betterment of Pakistan.

IBTIDA Food Drive with Allah Waly Trust



IBTIDA's Friday Food Drive at IBTIDA School marked a significant step toward combating hunger and poverty, carried out in collaboration with Allah Waly Trust. The initiative highlighted IBTIDA's unwavering commitment to community welfare, with a strong focus on providing quality education and promoting skill development.

Opinion

We all love to scroll, don't we?

Every morning, afternoon, evening, and night, in bed, on the bus, in class, on rooftops, millions of us pick up our phones and begin the same loop. We scroll for distraction, for connection, for relief. We chase the next image, the next comment, the next rush of novelty that pulls our attention like a magnet. It feels effortless, natural, and necessary. There lies something deeper beneath the habit: the way we think, feel, and engage with the world around us. For many, scrolling fills the silent, heavy spaces inside. The real effect of this endless content is clear: we start to see experience as something shallow, meant to skip through fast, not to reflect on for long.

Gen Z and Millennials carry the weight of different histories. Millennials remember a time before screens dominated. Gen Z knows only feeds, timelines, and endless streams. We compare highlights of others' lives to our own, measuring success not by growth or resilience, but by quick metrics: views, likes, followers, snapshots of curated perfection. In this digital chase, shortcuts promise success without grind, happiness without struggle, identity without substance.

This feeding frenzy of distraction comes at a cost. Across Pakistan and beyond, conversations about depression, anxiety, panic attacks, feeling lost, and not knowing where to go are becoming more common. Over a hundred individuals ended their lives in Lahore in 2025, with cases continuing into early 2026. On social platforms, real voices from real young people talk openly about feeling numb, unmotivated, overwhelmed by pressure, yet unable to speak up at home, where mental health is still dismissed as dramaybazi or weakness.

Two suicide cases linked to the University of Lahore recently hit the news cycle, followed almost immediately by a stream of reels asking, "Should I jump to cancel final term exams?" What should have prompted collective reflection instead became shareable content, reduced to reaction, speculation, and clicks. Distress was treated as spectacle, and academic pressure as routine, revealing a wider social mindset that consumes pain quickly without sitting with its weight or responsibility.

This goes beyond ordinary exhaustion. It reflects a society with little support for emotional pain and little tolerance for failure. We scroll past mental health campaigns, justified by ideas of constant optimism and polished images. Behind every upbeat TikTok, there can be a story of overthinking, exhaustion, and unmet expectations. Screens help us escape, but not heal.

January 2026 has shown how disconnected and overwhelmed we can be. In Karachi, a major shopping mall fire cost eighty lives. The tragedy, caused by negligence, revealed failures in safety compliance that could have been prevented. In Khyber Pakhtunkhwa, a suicide bombing at a wedding in Dera Ismail Khan claimed dozens of innocent lives. And in Balochistan, coordinated attacks involving suicide vests and gunfire killed and injured tens of civilians and security personnel, shaking a region already burdened by long standing strife.

After nearly two decades of ban and billions spent on enforcement drives, the same pattern now reappears in the debate around Basant in Lahore. The festival carries memory, commerce, and excitement, but also a record of injuries and deaths from metal and chemical string, rooftop falls, and road accidents. Each time enforcement softens, the conversation splits between cultural rights and public safety. Online, the hype looks festive and humorous. Offline,

the aftermath, dangerous string, preventable injuries, and loss of life, lingers long after celebration fades.

This resembles the logic behind films like *The Purge*, where limits are treated as temporary obstacles rather than permanent safeguards. Thrill comes first; order is expected to catch up later. In that gap, harm multiplies. If we already struggle to take mental health, education, and civic responsibility seriously, what happens when risk itself becomes entertainment?

Our education systems face disruption as well. Schools across Punjab and Sindh closed this month due to weather and holidays, pushing students back into unstructured time and online spaces. More hours on screens, fewer anchors in routine, and a growing sense of being untethered from learning and purpose.

What does it mean for young Pakistanis to live in a world where external catastrophes and internal struggles collide, and where scrolling both numbs and distracts us from understanding ourselves? Endless scrolling interrupts our ability to reflect deeply at the very moment reflection is most needed.

We cannot look away and pretend change will happen on its own. We need honest conversations, educational spaces that foster self awareness and emotional literacy, and the courage to sit with discomfort rather than bypass it with another scroll. We need health systems that recognize mental strain as real and treat it as a priority. We need communities that look up from screens and truly see one another.

Scrolling can connect us, but it can also blur our capacity to care by trapping us in reaction without reflection. The choice is not between screens and no screens. It is whether we use technology to avoid engagement or as a tool for deeper connection and change. If endless scrolling replaces empathy and reflection, we risk becoming less invested in ourselves and those around us.



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