

NEWSLETTER

EVENTS OCTOBER, 2024 FOR SNIPPET

TUF SIGNS MOU WITH PUNJAB FOOD AUTHORITY TO ADVANCE FOOD SECURITY INITIATIVES

In a significant move to strengthen food safety and security, TUF signed a Memorandum of Understanding (MoU) with the Punjab Food Authority (PFA). The ceremony was graced by the presence of the Director General, Punjab Food Authority, Mr Asim Javed, as the chief guest and Mr Muhammad Haider Amin, Chairman BOG. He was joined by Mr. Tariq Gill, Additional Director of Operations, PFA, Faisalabad, Mr Asif

Ali Dogar, Additional Director General Operations, and Dr. Qasim Raza, Deputy Director, of PFA Faisalabad, and Prof. Dr. Faqir Muhammad Anjum, Key dignitaries from TUF, included Mr. Muhammad Haider Amin, Chairman BOG; Mian Muhammad Rasheed, Member Madinah Foundation; Prof. Dr. Aman Ullah Malik, Pro Rector and Ms. Zahida Maqbool, Registrar, TUF.

food security and nutritional well-being. Mr. Asim emphasized promoting the idea of "Kitchen Gardening". He noted that under the supervision of Chief Minister Punjab, the PFA has taken strong initiatives in food inspection, resulting in marked improvements in the food sector. Labeling these insights as "food for thought," he shared concerning statistics, revealing that due to food safety gaps, 56% of women suffer from iron deficiency, 36%



During the seminar on " Food Security " Mr. Asim Javed delivered an insightful session on food sustainability emphasizing that food security is a pressing issue exacerbated by climate change and decreasing agricultural land. Under the theme "GROW MORE, REDUCE WASTAGE," he highlighted food safety as a core area for the Authority, underscoring its close connection with





from vitamin A deficiency, and 18% from vitamin D deficiency. He discussed the comprehensive services provided by the Punjab Food Authority to uphold safety standards. He inspired students to take proactive roles in promoting food safety awareness and practices, emphasizing the impact of educated youth on public health outcomes.



Mr. Haider Amin, Chairman BOG, expressed his congratulations to the TUF team for achieving this milestone of signing the MOU. He stimulated the students of the Department of Nutrition and Dietetics to promote the idea of "Kitchen Gardening" suggested by Mr Asim Javed.

He extended his appreciation to the PFA team for their commitment to excellence



Raza enriched the discussion with insights into pharmaceuticals and dermatology. Dr Faisal Usman from BZU presented antibiotic-loaded hydrogels for wound care, and Dr Amir Jalil introduced phosphatase-responsive nanocarriers for

targeted skin treatments. Dr Sadia Rafique from TUF discussed micellar solutions for natural extracts, and Prof Sajid Bashir covered pH-responsive natural hydrogels. Additionally, Prof Muhammad Ishfaq, Dean, Faculty of Management Studies,

provided insights through a distinguished talk on "Skinomics: Exploring the Dynamics of the Trillion-Dollar Skincare Industry". Just like the past three years, this year's conference on dermal sciences proved to be an excellent initiative,

SHEDS LIGHT ON THE THEME "SKIN CONNECTS", FOLLOWED BY A NOTABLE BOOK LAUNCH INTERNATIONAL HANDBOOK OF COLORISM



4TH INTERNATIONAL CONFERENCE ON DERMAL SCIENCES (ICDS 2024)



Emphasizing the commitment to advancing dermatological knowledge, the 4th International Conference on Dermal Sciences was convened under the esteemed leadership of Prof Dr Tanzeela Khalid, Dean of Clinical Trainings and Head of the Department of Dermal Sciences, on 29th and 30th October. This year, in line with the theme "Skin Connects" the conference convened esteemed National & International researchers to engage in discussions on critical issues in the field. During the inaugural session, Chief Guest Prof Dr Syed Asghar Naqi, Principal of Allama Iqbal Medical College, addressed the increasing issues related to skin color and colorism, he appreciated The University of Faisalabad for organizing the 4th ICDS and congratulated Dr Tanzeela and her team for their efforts. The session also

featured contributions from Professor, Department of English, GCUF, co-chaired by Dr Sabahat Parveen, Assistant Professor, Department of English, University of Education, Faisalabad, and Prof Dr Nailah Riaz, Head Department of English Language and Literature, TUF. Leading the way to explore skin through cultural and linguistic lenses, Dr Asma provided her valuable insights on "Thinking Skin Deep: Some Pedagogical Reflections". Ms Maliha Khalid, Content Writer, TUF, and a proud Alumnus of the Department of English, TUF, presented her research article on "Skin Color and Marriage Norms in Contemporary Pakistan: A Postcolonial Study of Beauty Standards" analyzing postcolonial beauty standards and cultural norms in Pakistani society. Ms Rimal Fatima engaged the audience with an analysis of colorism in

Shakespeare as a lens for trauma and racial identity. Other literary presentations by Ms Sehrish, Ms Mariya Iftikhar, and Ms Rukhsar Alam covered themes of colorism, racial trauma, and cultural representations of skin in works like We Were Liars, Uncle Tom's Cabin, and The Namesake. The concluding remarks for this session were given by Dr Sabahat and Dr Nailah Riaz.

The last and the concluding session in ICDS-24, was a focus on "Skin and Pharmaceuticals". Dr Nadeem Irfan Bukhari, Dean of Pharmaceutical Sciences at Qarshi University, led an engaging session on advancements in 3D printing for dermal formulations. Prof Nasir Abbas from Punjab University highlighted the cosmetic potential of electrospun nanofibers, while Prof Atif

PRE-CONFERENCE WORKSHOPS FOR ICDS-2024

ADVANCING KNOWLEDGE IN DERMAL AND HEALTHCARE SCIENCES

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core area for the Authority, underscoring its close connection with food security and nutritional well-being. Mr. Asim emphasized promoting the idea of "Kitchen Gardening". He noted that under the supervision of Chief Minister Punjab, the PFA has taken strong initiatives in food inspection, resulting in marked improvements in the food sector. Labeling these insights as "food for thought," he shared concerning statistics, revealing that due to food safety gaps, 56% of women suffer from iron deficiency, 36% from vitamin A deficiency, and 18% from vitamin D deficiency. He discussed the comprehensive services provided by the Punjab Food Authority to uphold safety standards. He inspired students to take proactive roles in promoting food safety awareness and practices, emphasizing the impact of educated youth on public health outcomes.

Mr. Haider Amin, Chairman BOG, expressed his congratulations to the TUF team for achieving this milestone of signing the MOU. He stimulated the students of the Department of Nutrition and



with hands-on experience and insights into food quality assurance and regulatory practices. The MoU also aligns with the Sustainable Development Goals, particularly focusing on health and responsible consumption.

Mr. Asim praised the university's students and Nutrition Department, commenting on their impressive work and projects. He also commended the food stalls set up by the department and expressed his intention to invite these talented students to participate in PFA's food exhibitions, offering them valuable opportunities. To commemorate the occasion, Mr Asim Javed planted a sapling on the university premises as part of TUF's Go Green drive, reinforcing their commitment to sustainable practices.

Dietetics to promote the idea of "Kitchen Gardening" suggested by Mr Asim Javed.

He extended his appreciation to the PFA team for their commitment to excellence and presented a shield of honor to Mr Asim Javed as a token of gratitude.

Dr. Amna Javed and Dr Sadia Hassan from Department of Nutrition & Dietetics, TUF also addressed the seminar.

The MoU was formally signed by Mr. Haider Amin and Mr. Asim Javed, symbolizing the shared vision of both institutions. This partnership will foster joint initiatives in food safety awareness, student training, and collaborative research, equipping students



TEDXTUF EVENT HELD TO FOCUS ON DIGITAL TRANSFORMATION AND ENTREPRENEURIAL GROWTH

The highly anticipated TEDxTUF event was successfully conducted through the collective efforts of the entrepreneurship society at TUF. Ms Zahida Maqbool, Registrar, TUF, in her welcome note, emphasized the importance of intellectual discourse in shaping future leaders for the development of creativity, critical thinking, and progressive thought.

Among the distinguished speakers, Mr

Fahad Malik, a Digital Media Specialist and recipient of the prestigious Tamgha-e-Imtiaz, captivated the audience with insights on the rapid rise of artificial intelligence (AI) and algorithms. His talk, titled "Beyond Algorithms: Reclaiming Humanity in the Digital Age," delved into the urgent conversation around the balance between technology and humanity. He explored the impact of digital tools on human interaction and

offered guidance on how individuals can reclaim the human essence in a tech-driven world.

Another highlight of the event was a session led by Mr Saad Sehgal, founder of Sehgal Motors.pk. Under the theme "Grow Your Business 10X", Mr. Sehgal shared his entrepreneurial journey and detailed how leveraging digital platforms can revolutionize industries. His

expertise in transforming the automotive accessories sector in Pakistan has earned him recognition as a top entrepreneur in the nation.

Ms Beenish Aruj, Deputy Commissioner of Inland Revenue (FBR), discussed "Why Do We Procrastinate and How Can We Get Rid of It?", offering strategies to



overcome procrastination through self-discipline and time management. Ms Beenish emphasized the importance of self-discipline and time management, giving the audience actionable steps to boost productivity and break free from

the habit of delaying important tasks.

Mr Adeel Hashmi, Actor, Trainer, Coach, and Director, delivered an inspiring talk on "How Words Can Change Our Lives". With a compelling narrative, Mr Hashmi illustrated how words hold the power to shape perspectives, influence decisions, and inspire change. He highlighted how carefully chosen words can positively impact relationships, work environments, and personal development, leaving the audience reflecting on the significance of mindful communication.

Women's empowerment in the legal profession was another crucial topic to be discussed at TEDxTUF. Ms Nyla Raja, a prominent lawyer and fashion influencer, shed light on the evolving role of women in the legal sector. Her talk, "Role of Women in the Legal World," addressed the challenges and triumphs women face in law, highlighting their significant contributions to justice and equality.

Mr Ozair Khan, a digital content creator, presented "Don't Follow Your Passion," urging the audience to explore diverse opportunities and prioritize practicality



over a singular passion, offering a fresh take on career choices.

Prof Dr Amanullah Malik, Pro-Rector TUF, and Ms Zahida Maqbool, Registrar, TUF, expressed gratitude and presented the souvenirs to the speakers and acknowledged the efforts of the organizers in making the TEDxTUF event a success.

TEESSIDE UNIVERSITY, UK, DELEGATION VISITED TUF TO DISCUSS COLLABORATIVE INITIATIVES IN TRANSNATIONAL EDUCATION AND FACULTY EXCHANGE PROGRAMS

A delegation from Teesside University, UK represented by Mr Syed Abidi, Regional Director MENA, and Mr Zaeem Masood, Regional Manager, visited TUF.

Discussions centered on exploring groundbreaking collaborations, including Transnational Education (TNE) programs, Student and faculty exchange initiatives, Joint degree programs. Prof Dr Aman Ullah Malik, Pro-Rector, TUF, alongside key academic leaders including Prof Dr Majid Hussain, Dean, Faculty of Information Technology, Ms Afsheen, Head, Department of Design and Interior, Dr Amna Javaid, Manager International Linkages, Mr Muhammad Hanan Iftikhar, Head, International Programs, Ms Zamah Bukhari, Program Coordinator, International Programs, and faculty from International Programs participated in discussions. This potential partnership aims to foster academic excellence, cultural exchange, and innovative learning opportunities for students and faculty alike.





2ND INTERNATIONAL SYMPOSIUM ON WORLD FOOD DAY 2024

HIGHLIGHTED FOOD INSECURITY AND SUSTAINABLE PRACTICES

In Food Exhibition students displayed innovative products covering four categories:

- Eggceptional Innovations - The Future of Egg Inspired Products
- Nutraceutical Nest - A Gateway to Wellness Wonders
- Food Bank Basket
- Commercialized Product Revolutions

Department of Nutrition & Dietetics organized 2nd International Symposium on World Food Day 2024, focusing on the theme “Right to Food for a Better Life and a Better Future” brought together international and national experts to discuss sustainable food practices and address global food insecurity.

Renowned International speakers such as Prof Charles Oluwaseun Adetunji, Director of Research and Innovation at Edo State University, Nigeria, Dr Daniel Kyalo Willy, Senior Policy Manager for Agribusiness and Commercialization in Nigeria, addressed the participants via video link. National Speakers included Dr Abdul Momin Rizwan Ahmad, Assistant Professor, Human Nutrition & Dietetics, NUMS, Rawalpindi, Dr Qasim Raza, Deputy Director (Operations) Punjab Food Authority, Faisalabad, Dr Muhammad Kamran, Associate Professor, Department of Nutrition and Dietetics, GCUF, and Dr Huma Umbreen, Asst Professor, Department of Nutritional Sciences, GCUF, contributed their expertise during the sessions. shared their insights on ensuring access to balanced nutrition and tackling global challenges like food waste. In collaboration with the Punjab Food Authority (PFA), the event featured an awareness dialogue on “Challenges and Way Forward for a Better Future”, Mr Qaiser Javed, Additional Director Operations, Faisalabad (Punjab Food Authority), shared his fruitful insights.

In addition to the discussions, students of the university organized a food exhibition, showcasing food stalls that highlighted the preparation of balanced meals and the professional use of natural food ingredients in supplements. The experts and attendees appreciated the innovative ideas and practical applications demonstrated by the students.

Prominent national experts in nutrition also attended the symposium, discussing key issues such as ensuring access to balanced and nutritious food for all members of society, making food systems more sustainable, and addressing global challenges in the food sector. The symposium also explored strategies to prevent food waste and enhance food security.

The symposium saw the active participation of faculty members and a large number of students from the university, making it a highly impactful and informative event.



HEART, MIND, AND SOUL

MAKING INFORMED CHOICES IN PERSONAL AND PROFESSIONAL LIFE

The Student Counseling Committee of University Medical and Dental College successfully organized a thought-provoking counseling session titled “Heart, Mind, and Soul: Making Informed Choices in Personal and Professional Life” on Tuesday, October 1, 2024. The event was attended by final year, 4th year, and 3rd year MBBS students, as well as house officers from Madinah Teaching Hospital (MTH).

The session was graced by the presence of the esteemed Chief Guest, Prof Dr Zill E Huma, Vice Chancellor of Government College Women University Faisalabad, whose insights added immense value to the discussions. Ms Zahida Maqbool, Registrar, TUF, also graced the occasion. The event began with a welcome address by Principal Prof Dr Akram Malik, who introduced the session with a thoughtful exploration of the challenges medical professionals face when balancing personal and professional choices.

The panelists—Prof Dr Tanzeela Khalid, Prof Dr Aisha Sajid, Vice Principal Prof Dr Shirza Nadeem, Associate Prof Dr Sumera Riaz, and Assistant Prof Dr Nabeela Faisal—offered valuable perspectives on questions anonymously submitted by the students. The session addressed pivotal concerns such as the optimal timing for marriage for medical graduates, prioritizing between postgraduate studies and personal life, and the considerations surrounding choosing a partner within or outside the medical profession.

Assistant Prof Dr Nabeela Faisal provided a profound reflection on the Islamic teachings related to marriage, emphasizing its importance in both personal and professional spheres. The panelists engaged the students with comprehensive and meaningful answers, fostering a deep and open dialogue on these sensitive topics.

The session concluded with an inspiring address by Prof Dr Zill E Huma, who reminded the audience that a woman must uphold her dignity and honor in both personal and professional decisions. Ms Zahida Maqbool, along with Prof Dr Akram Malik and Prof Dr Shirza Nadeem, presented a shield of honor to the Chief Guest in recognition of her invaluable contribution to the session.

This counseling session proved to be a successful and enlightening experience for the students and medical graduates, providing them with much-needed guidance on navigating crucial life decisions.





Seminar
Overview

criminal
justice
in pakistan

SEMINAR “AN OVERVIEW OF CRIMINAL JUSTICE SYSTEM IN PAKISTAN”

TUF hosted an insightful seminar titled “An Overview of the Criminal Justice System in Pakistan,” organized by the Department of Law and Mooting Society on October 14, 2024. The event featured a distinguished guest speaker, SSP Jails, Mr Sajid Baig, who delivered an intellectually stimulating lecture on the intricacies of Pakistan’s criminal justice system. His detailed

discussion provided a comprehensive understanding of the processes, challenges, and reforms within the system, leaving the audience enriched with knowledge and perspective.

The seminar was further honored by the presence of Prof Dr Aman Ullah Malik, Pro Rector and Prof Same Ur Rehman, Dean who graced the occasion with their

insightful comments and support for academic endeavors aimed at enhancing students’ understanding of law and justice.

The event proved to be a significant contribution to the academic environment at TUF, equipping students and attendees with a deeper comprehension of the legal framework that governs criminal justice in Pakistan.

INTERNATIONAL WEBINAR ON CAREER ALTERNATIVES FOR DOCTORS AND PHARMACISTS

FEATURING EXPERT INSIGHTS FROM DR AMAN H. BHATTI

An exclusive career counselling international webinar was arranged in TUF by Prof Dr Saba Tariq, Dean, Faculty of Pharmaceutical Sciences, in collaboration with Prof Dr Tanzeela Khaid, Dean, Clinical Trainings , Career Counselling Committee of UMDC and Dr Sadia Rafique, Head, Department of Pharmacy on 24th October 2024. The theme was, “Beyond the scrubs & Scripts: career alternatives for doctors and pharmacists.”

The webinar was carried out by the honourable resource person Dr Aman H. Bhatti, based in New Jersey, USA. Dr Aman H. Bhatti counselled the medical & Pharm-D students for their future endeavours and alternative career opportunities. In the end, a question answer session was carried out where Dr. Aman H. Bhatti answered all the student queries. Prof Dr Saba Tariq concluded the seminar with a vote of thanks.



EQUIPPING TOMORROW’S LEADERS PLACEMENT BUREAU’S CAREER GUIDANCE SESSION

On October 25, 2024, the Placement Bureau organized an engaging session for final-year students, introducing them to the Placement Bureau’s vital role in connecting students with career pathways, internships, and recruitment opportunities. The session highlighted resources for developing essential skills in entrepreneurship and professional networking.

Attendees received an in-depth look at the Placement Bureau’s mission, values, and the extensive support services available to help them successfully transition from academia to professional life. This initiative empowered final-year students to make well-informed career choices, equipped with tools and guidance for navigating their futures.





DEPARTMENT OF PSYCHOLOGY CELEBRATES WORLD MENTAL HEALTH DAY WITH ENGAGING WORKSHOP AND STUDENT PRESENTATIONS

The Department of Psychology at TUF successfully organized a workshop on World Mental Health Day on 10th October 2024. The event brought together talented speakers from various platforms showcasing their skills and expertise in promoting mental health awareness. The workshop was expertly conducted by Clinical Psychologists Ms Sonia Latif and Ms Amna Alvi, who shared their valuable insights and knowledge on mental health issues. The engaging sessions covered a range of topics, including stress management, anxiety, and depression, and provided a platform for students to ask questions and seek guidance.

The highlight of the event was the projects presented by the students of 2nd, 3rd, and 5th semesters, who showcased their creativity and dedication to mental health awareness. These projects included innovative activities such as mindfulness exercises, stress-relief techniques, mental health quizzes, and depression tests which were both informative and engaging. The students' enthusiasm and hard work were evident in their projects, which added a unique and interactive element to the workshop. The event was concluded with a productive Q&A session, where students had the opportunity to clarify their concepts and seek advice from the speakers. The workshop was a resounding success, and the Department of Psychology is already looking forward to organizing more such events in the future.



NATIONAL BUSINESS SCHOOL WORKSHOP EMPOWERED PARTICIPANTS WITH STRATEGIES FOR LAUNCHING SUSTAINABLE BUSINESSES LED BY EXPERT FRITZ BOHMLER

National Business School organized a workshop titled "How to Start a Sustainable Business, led by esteemed guest trainer, Mr Fritz Bohmler from Germany. Participants gained valuable insights into building eco-friendly businesses that are both profitable and sustainable for the future!"



TUF INTRODUCES 100% SCHOLARSHIPS THROUGH CHIEF MINISTER'S HONHAAR SCHOLARSHIP PROGRAMME

Announced its participation in the Chief Minister's Honhaar Undergraduate Scholarship Program, offering 100% scholarships to eligible undergraduate students. This initiative aimed at supporting talented students from Punjab by providing them with the opportunity to pursue a quality education without financial barriers. Academic excellence was important requirement, with all the students having 70% or above marks in their intermediate exams. This was a golden opportunity for aspiring students to secure a top-notch education at one of Pakistan's leading universities, setting the foundation for a bright and successful future.



CELEBRATIONS OF 22ND FOUNDATION DAY

A MILESTONE OF ACADEMIC EXCELLENCE AND CONTRIBUTIONS TO HIGHER EDUCATION



TUF proudly celebrated its 22nd Foundation Day on October 2, 2023, commemorating over two decades of academic excellence and impactful contributions to higher education in Pakistan. The event was marked by a festive ceremony, featuring prominent university leaders, including Ms Zahida Maqbool, Registrar; Prof Dr Tahira Iqbal, Dean of the Faculty of Medicine and Allied Health Sciences; and Prof Dr Tanzeela Khalid, Dean of Clinical Training. Heads of various departments and faculty members also joined the celebrations.

Ms Zahida Maqbool lauded TUF's unwavering commitment to delivering high-quality, professional education. She emphasized the institution's pivotal role in shaping the future of Pakistan's youth through transformative learning experiences.

The deans and department heads echoed their sentiments, congratulating the university management on achieving this significant milestone. They highlighted the exceptional achievements of TUF graduates, who continue to contribute meaningfully across various fields, both nationally and globally.



REGISTRAR, TUF CONVENED STRATEGIC MEETING WITH STUDENT SOCIETIES TO ENHANCE SDG DRIVEN INITIATIVES

A meeting was convened by Ms Zahida Maqbool, Registrar, with the members of TUF Center of Collective Activities, student society presidents, and vice presidents, on 9 October. A key focus was placed on making university life more productive, innovative, and impactful. The registrar emphasized the importance of aligning student activities with the Sustainable Development Goals (SDGs), encouraging a holistic approach to learning, leadership, and community service. This collaboration aims to inspire students to initiate projects and activities that contribute to the university's overall impact, both locally and globally.

Let's come together to shape a productive, forward-thinking university culture that embraces the values of sustainability, innovation, and social responsibility.



PLACEMENT BUREAU COLLABORATES WITH HEADS OF THE DEPARTMENTS TO PLAN FUTURE EMPLOYABILITY INITIATIVES

The Placement Bureau held a strategic meeting with Heads of Departments to plan future initiatives aimed at boosting student employability and industry ties. Key discussions focused on enhancing industry partnerships, organizing targeted recruitment drives, and preparing students through workshops and training programs. Department heads, joined by final-year class representatives, shared insights to ensure departmental career development efforts were aligned with the Placement Bureau's objectives.



TUF HOSTED SEMINAR

ON SOCIAL MEDIA ETHICS AND ETHICAL JOURNALISM, FEATURING INSIGHTS FROM PRESS CLUB PRESIDENT

Seminar on “Social Media Ethics and Ethical Journalism” was organized by the Department of Mass Communication, esteemed guest speaker Mr Abdul Rehman Gujjar, President of the Press Club Faisalabad and representative from City 41 Network, shared invaluable insights that sparked engaging discussions among both students and faculty.

The faculty of Mass Communication warmly welcomed the guests, creating an open platform for in-depth conversations.

The seminar encouraged participants to critically reflect on the profound impact of social media on journalism and society, driving thoughtful discussions on the ethical challenges in today’s digital world.

The event concluded with the presentation of shields to the honored guests by the Coordinator and faculty members, marking an interactive and intellectually stimulating session.

DEPARTMENT OF REHABILITATION SCIENCES CONDUCTED SUCCESSFUL HANDS-ON WORKSHOP ON KINESIO TAPING TECHNIQUES

The Department of Rehabilitation Sciences, in collaboration with the TUF Rehabilitation Society, hosted a Hands-on Workshop titled “Unlocking the Synergistic Effects of Kinesio Taping in Physical Therapy” on October 25, 2024.

Participants engaged in a hands-on session, where they practiced different taping methods under Dr Dustgir’s expert guidance. This interactive approach allowed attendees to refine their skills and gain confidence in applying these techniques in clinical settings. Overall, the workshop was a tremendous success, fostering professional growth and collaboration within the physical therapy community.



ORIC CONDUCTED SUCCESSFUL TRAINING ON OUTCOMES-BASED EDUCATION IMPLEMENTATION AND EVALUATION

ORIC successfully hosted a training session on “OBE Implementation & Evaluation,” led by Engr Prof Dr Allah Bakhsh, on October 24, 2024. The session delved into the critical aspects of Outcomes-Based Education (OBE),

covering implementation, curriculum design, and assessment strategies. Attendees gained valuable insights into how OBE ensures that graduates meet market demands by focusing on essential knowledge, skills, and professional competencies.



BREAST CANCER AWARENESS SEMINAR LAUNCH OF MADINAH BREAST CANCER SOCIETY, UMDC



The Department of Community Medicine at University Medical and Dental College (UMDC) organized a Breast Cancer Awareness poster and painting competition on Tuesday, October 8th, 2024. Prof Dr Akram Malik, Principal, UMDC, and Prof Dr Shirza Nadeem, Vice Principal, UMDC graced the occasion, appreciating the students’ efforts and commending their valuable contributions to this vital cause. The remarkable creativity and talent displayed by the students made the judging process a challenging task for the esteemed panel, which included Dr Fouzia Jaan, Dr Amber Salman, and Dr Sana Akram. The event witnessed enthusiastic participation from MBBS students, focusing on the central theme of early detection through self-breast examination. The competition aimed to raise awareness among future healthcare professionals about the significance of early diagnosis in breast cancer prevention. This event not only showcased the artistic abilities of the participants but also reinforced the importance of health awareness initiatives within the medical community.





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PRIORITIZING HEALTH AND WOMEN EMPOWERMENT TUF'S BREAST CANCER AWARENESS SEMINAR SPARKED VITAL CONVERSATIONS

The TUF Women Empowerment Society organized a Breast Cancer Awareness Seminar on October 25, 2024, emphasizing the importance of early detection and awareness in combating breast cancer. The guest speaker, Dr Nabila Kauser, MBBS, FCPS - Surgery, who is the Registrar at the Breast Surgery Department of Madina Teaching Hospital

Faisalabad, shared valuable insights into preventive measures and advancements in breast cancer treatment. Dr Shaista Shafique, Head of the Biotechnology Department, served as the Chief Guest. The event aimed to educate and inspire women to prioritize their health and well-being.



Department of International Programs hosted a special event "Pink Treats Sale" to raise awareness for breast cancer, with aim to spread hope and support for fighters and survivors. With food stalls, giveaways, and an awareness booth, every element contributed to charity and made a meaningful impact.



SCHOOL OF NURSING ORGANIZED SEMINAR ON INFECTION PREVENTION AND CONTROL, HIGHLIGHTING BEST PRACTICES FOR PATIENT SAFETY

The School of Nursing organized a seminar on Infection Prevention and Control. The session provided valuable insights into best practices and strategies for reducing infections in healthcare settings, emphasizing the critical role that nursing professionals play in maintaining patient safety. Guest Speaker Mr Tariq Saleem, a seasoned expert with over 45 years of experience in laboratory management and quality assurance. As the Lab Manager and Quality Manager at Madinah Teaching Hospital, Mr Saleem brought a wealth of knowledge in infection prevention and control, essential for maintaining safety and quality in healthcare environments.

Objectives:

- Understand Infection Control Basic
- Identify Healthcare-Associated Infections (HAIs)
- Implement Effective Infection Control Measures
- Monitor and Assess Infection Control Practices
- Foster a Culture of Safety in Healthcare
- Explore Emerging Trends and Innovation

Target Audience was, Nursing students, Healthcare professionals and Clinical staff.



WORLD PHARMACISTS DAY HIGHLIGHTS PHARMACISTS' ROLE IN HEALTHCARE



World Pharmacists Day was organized by the Department of Pharmacy in collaboration with Drug Abuse Society and Tobacco Awareness Society TUF. Guest speaker Dr Anila Saeed, Deputy Drug Controller, Faisalabad, Institute of Cardiology, in her session, emphasized the significance of pharmacist professionals and engaged the students in a thought-provoking Q&A session. To express gratitude, university memento was also presented to Dr Anila Saeed by Dr Sadia Rafique, Head, Department of Pharmacy, and Dr Sana Shahzad, Coordinator. TUF Literary Society also showcased an inspiring documentary highlighting pharmacists' vital role in healthcare. The event reinforced the profession's impact on community well-being, aligning with Sustainable Development Goals (SDG) 3 (Good Health and Well-being) by raising awareness and encouraging responsible healthcare practices.



TEACHER'S DAY CELEBRATION

The University of Faisalabad vibrantly celebrated Teachers' Day, honoring the dedication and contributions of its esteemed faculty members. The celebrations brought together students, faculty, and administration to pay tribute to the educators who play a pivotal role in shaping the future.

The University of Faisalabad has always held its teachers in the highest esteem, recognizing them as the foundation of its academic excellence and the driving force behind its mission. With deep respect and admiration, the university continuously

honors the dedication, knowledge, and unwavering commitment of its educators, acknowledging that they are instrumental in shaping the minds and futures of countless students.

Highlights of the celebration included speeches by students, expressing gratitude for the teachers' commitment to excellence and their impact on student success and personal growth. Few students also shared heartfelt messages, recounting the positive influences teachers have had on their academic journeys and personal lives.



Empowering Lives Transforming Future



DEPARTMENT OF OPTOMETRY CELEBRATED WORLD SIGHT DAY

PROMOTING CHILDREN'S EYE HEALTH AND VISION EXCELLENCE

The Department of Optometry celebrated World Sight Day in alignment with the Global Lens of the International Agency for the Prevention of Blindness (IAPB)! This year's theme, "Children, Love Your Eyes," resonates deeply with our mission to promote vision excellence and ensure eye health for all. Dr Faisal Rashid, Senior Optometrist at Services

Hospital Lahore, shared his invaluable insights and expertise on preventive measures and effective treatment for eye care. The engaging interactive session was also a focus on children's eye health. This initiative supports the United Nations Sustainable Development Goals (SDGs), specifically; Good Health and Well-being (SDG 3) and Quality Education (SDG 4).



ANESTHESIA DEPARTMENT COMMEMORATES WORLD ANESTHESIA DAY WITH ENGAGING SESSIONS AND ALUMNI SUCCESS STORIES

On 16th October, the students of the Anesthesia department proudly commemorated World Anesthesia Day, highlighting the vital role anesthesiologists play in patient care and safety. The event featured poster presentation competition, informative sessions and success stories from alumni emphasizing advancements in anesthesia practices and the importance of this specialty in modern medicine.

Students, faculty, and anesthesiologists gathered to deepen their understanding of anesthesia, celebrate its contributions to surgical success, and promote awareness of safe anesthesia practices. Together, we honor the dedication of all anesthesiologists who work tirelessly to ensure patient comfort and safety during procedures.





WOMEN EMPOWERMENT SOCIETY CELEBRATED INTERNATIONAL DAY OF THE GIRL CHILD

REMEMBERING RESILIENCE AND STANDING IN SOLIDARITY TUF'S TRIBUTE TO KASHMIR ON BLACK DAY



International Day of the Girl Child was exclusively celebrated through the collaborative efforts of TUF Women Empowerment society. The event, graced by Chief Guest Ms Zahida Maqbool, Registrar, emphasized the significant role of women in society and highlighted their resilience, strength, and boundless potential. Ms Zahida shared her journey, inspiring students with insights on overcoming challenges and leading with confidence.



An interactive open mic session allowed participants to discuss their aspirations, followed by a unique reflective activity titled "Letters to My Younger Self." In this activity, students penned heartfelt messages of wisdom and encouragement to their younger selves, sparking a sense of self-reflection and empowerment.



The celebration was a powerful reminder for young women to break barriers, pursue their dreams with confidence, and embrace their potential fully. The Women Empowerment Society successfully maintained an inspiring environment, encouraging girls to rise, lead, and contribute to a brighter future.



On October 25, 2024, TUF Literary Society hosted a poignant event to mark Kashmir Black Day, an occasion dedicated to raising awareness of the longstanding struggles faced by the Kashmiri people. Esteemed speakers, including Mian Anwar ul Haq, President of the District Bar Association Faisalabad, and Farrukh Gulzar Awan, delivered powerful speeches underscoring the need for continued awareness, dialogue, and solidarity with the people of Kashmir. Their impactful messages paid tribute to the resilience of Kashmiris and highlighted the importance of standing against human rights violations.

on the fight for freedom. This film choice underscored the day's purpose, subtly reinforcing the ongoing challenges faced by those under occupation and serving as a reminder of the resilience, courage, and hope that fuel freedom movements.

Additionally, the TUF Cultural Society facilitated a thought-provoking debate and screened a documentary on the Kashmir issue, encouraging open discussions and a deeper understanding of the cause. The TUF Musical Society contributed to the observance with a moving poetry performance dedicated to Kashmir, embodying the spirit of unity and resistance. Together, these events formed a powerful tribute to the courage and resilience intrinsic to freedom struggles, leaving a lasting impact on all attendees.

Resonating with the event's message, the TUF Dramatic Society organized a screening of the patriotic film Azaadi, which centers



U-VENTURE INITIATIVE EMPOWERING STUDENT ENTREPRENEUR S AT THE UNIVERSITY OF FAISALABAD



Entrepreneurship Society in collaboration with the Center for Creative Activities (CCA), at TUF organized interviews for U-venture, a project designed to empower student entrepreneurs by providing them with the opportunity to showcase and sell their products in a dedicated shop for one week within the university. The interviews were conducted on 8th and 9th of October, after an initial screening, shortlisted participants were interviewed by a distinguished panel of experts, including Ms Safa Iftikhar, Advisor

Entrepreneurship Society, Coordinator of Department of Management Sciences, Dr Nailah Riaz, Head of the Department of English, Dr Humeira Khalil, Coordinator Department of Islamic Studies, Ms Humaima Saeed, Head of the Department of Optometry. These panelists conducted in-depth interviews, thoroughly assessing each applicant's business ideas, prototypes, and entrepreneurial potential. Their evaluations focused on the innovation, feasibility, and marketability of the students' projects. The initiative attracted a large number of registrations from

students across various departments, highlighting the growing interest in entrepreneurial activities on campus.

Based on their assessments, the panelists finalized the list of students who would benefit from U-venture. The initiative is expected to foster a dynamic entrepreneurial culture within the university, encouraging students to transform their innovative ideas into successful business ventures.



PHARMACOGNOSY MODEL COMPETITION

The Department of Pharmacy successfully organized the Pharmacognosy Model Competition for 5th-semester students studying Pharmacognosy-IA (Basic). This event aimed to enhance students' understanding of plant-based pharmaceutical compounds used in pharmacotherapy, highlighting their potential benefits in modern medicine. Through this

competition, students showcased innovative models that illustrated various plant-derived compounds and their therapeutic applications. The event not only encouraged creativity but also emphasized the importance of natural resources in pharmaceutical development, fostering a deeper appreciation for pharmacognosy among future healthcare professionals.



FREE BMD CAMP BY THE DEPARTMENT OF REHABILITATION SCIENCES, PROVIDED ESSENTIAL BONE HEALTH SERVICES TO

OVER 300 INDIVIDUALS

- The Department of Rehabilitation Sciences hosted a FREE BMD Camp, benefiting over 300 individuals.
- FREE BMD scans provided crucial insights into bone health
- FREE Calcium Supplements helped empower stronger, healthier bones





NATIONAL QIRAAT AND NAAT COMPETITION

A CELEBRATION OF SPIRITUAL ARTISTRY AND TALENT

The Department of Arabic and Islamic Studies, in collaboration with CCA, organized a National Qiraat and Naat Competition on October 1, 2024. The event brought together talented participants from various universities, who showcased their exceptional skills in the recitation of Qiraat and Naat. The Qiraat competition was judged by Qaria Muneeba Awais and Ms Safia Jaffar, while Ms Ayesha Batool served as the judge for the Naat segment.

Qiraat Category:

- 1st Position: Tayyaba Batool (Government College Women University)
- 2nd Position: Laiba Mehmood (The University of Faisalabad)
- 3rd Position: Hafiza Tauz (Riphah International University)

Naat Category:

- 1st Position: Aqsa Zaheer (Government College University)
- 2nd Position: Saba Firdous (Government College Women University)
- 3rd Position: Zumira Shehzadi (The University of Faisalabad)

The judges offered constructive feedback to the participants, highlighting their strengths and suggesting areas for improvement. The event concluded with the recitation of Salam and a heartfelt dua, leaving the audience spiritually uplifted.



INTERNATIONAL QIRAAT VIRTUAL COMPETITION

Department of Islamic Studies and Islamic Philosophic Society are honored to organize the remarkable event "International Qiraat Virtual Competition". Qaris from around the globe, including India, Saudi Arabia, Indonesia, Egypt, and various regions of Pakistan participated. Esteemed personalities including Al Sheikh Al Qari Mustafa Ahmad Elgendi (Egypt) was Chief Judge. Al Sheikh Al Qari Hassan Raza (Egypt), and Dr Al Hafiz Al Qari Muhammad Asif Raza (Pakistan) graced as Judges. Qari Hassan Raza's melodious recitation of Holy Quraan captivated the audience, the event was further enriched by Al Qari Al Sheikh Mustafa, whose beautiful recitation touched the hearts of audience. Dr Muhammad Zaid Ahmad, Assistant Professor from King Saud University, Saudia, shared his insightful knowledge to the attendees. Mr Muhammad Shoaib, National University of Modern Languages, Multan got first position while Mr Khzaima Shakir, Government College University, Lahore stood second and Mr Sardar Inaam Ullah Khan, Minhaj University, Lahore remained third. Cash prizes were awarded to the position holders. The event concluded with a heartfelt distribution of souvenirs to our esteemed guests, celebrating the spirit of unity and excellence in Qiraat.





DEPARTMENT OF ISLAMIC STUDIES
PRESENTED REVERENT TRIBUTE TO
**HAZRAT SHEIKH
ABDUL QADIR
JEELANI (R.A)**
CELEBRATING HIS SPIRITUAL LEGACY AND TEACHINGS

**INTERNATIONAL VIRTUAL NAAT COMPETITION
UNITED GLOBAL PARTICIPANTS IN A
SOULFUL CELEBRATION OF FAITH,
ORGANIZED BY TUF'S DEPARTMENT OF ISLAMIC STUDIES**

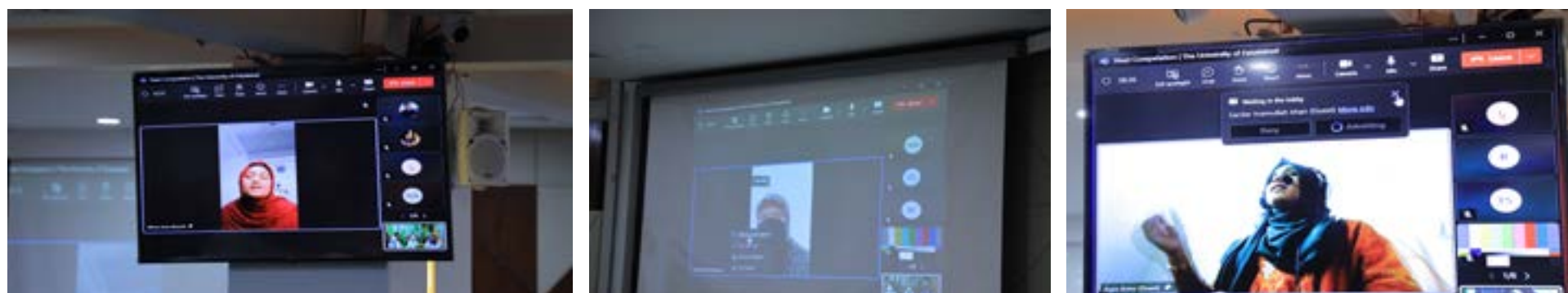
The Department of Islamic Studies and the Islamic Philosophic Society proudly organized a mesmerizing and soulful International Virtual Naat Competition, bringing together students from around the world. This highly anticipated event aimed to celebrate the beauty of Naat recitation and the deep connection it fosters among Muslims.

The competition was graced by distinguished guests, including Mr Zaid Malik, a professor from King Saud University in Saudi Arabia, and Professor Dr Amanullah Malik, Pro-Rector of The University of Faisalabad, who honoured the participants with their presence.

The esteemed judging panel featured renowned personalities, including Mr Riaz Majeed Qadri, the chief judge, Mr Sajid Ali Sajid, a gold medalist in the All Pakistan Naat Competition, and Ms Ayesha Batool. Ms Ayesha Batool captivated the audience with a soulful Arabic Naat, while Mr Sajid Ali Sajid moved the listeners with a heartfelt kalaam that touched the hearts of all present.

The competition witnessed impressive performances, and we are excited to announce the winners:

- First Position: Mr Wasif Ali from Government College University Lahore, was awarded a prize of 300 USD.
- Second Position: Mr Sohail Abbas from the University of Baltistan, Skardu, was awarded a prize of 250 USD.
- Third Position: Mr Riaz from Jamia Al-Azhar, Egypt, awarded a prize of 200 USD.



The Department of Islamic Studies organized a spiritually uplifting event in honor of the revered Ghos-e-Azam Hazrat Sheikh Abdul Qadir Jeelani (R.A). The program commenced with a soulful recitation of the Holy Quran, setting a serene tone for the proceedings. This was followed by a heartfelt Naat and Munaqibaat, extolling the virtues and profound influence of Hazrat Sheikh Abdul Qadir Jeelani (R.A) on the spiritual world. The venue, adorned by the TUF Religious Society, exuded an aura of reverence, with beautiful decorations enhancing the spiritual ambiance. Ms Safia Jafar, a respected scholar from the Department of Islamic Studies, TUF, delivered an insightful speech, delving into the life and teachings of Hazrat Ghos-e-Azam (R.A). She highlighted his immense contributions to Islamic thought, his spiritual guidance, and his intellectual legacy that continues to inspire generations. Ms Safia emphasized the importance of adopting his teachings in our daily lives, especially his focus on humility, compassion, and the pursuit of spiritual excellence.



A PROUD MOMENT FOR TUF, AS TASMIA MUNIR, A DEDICATED FIRST-SEMESTER BS SPORTS SCIENCE

Clinched the Gold Medal at the prestigious GIGA International Challenge Cup held in Islamabad from October 18th to 20th, 2024. Tasmia's relentless dedication and passion for karate truly shone through, showcasing her exceptional skills and determination on the mat. Her victory is not just a personal achievement but a proud moment for TUF.



Proudly Received **Izwa Tariq**
Bronze medal
All Pakistan InterVarsity HEC Taekwondo (women) Championship 2024

TUF CONGRATULATES IZWA TARIQ, A RISING STAR IN TAEKWONDO AND A FIRST-SEMESTER BS SPORTS SCIENCE

Student at TUF, for proudly securing the Bronze Medal at the All Pakistan IntersVarsity Taekwondo (Women) Championship, held at UVAS, Lahore from October 17th to 20th, 2024. This achievement marks the beginning of an inspiring journey in sports, showcasing TUF's dedication to excellence and women's empowerment.

Congratulations to our talented student Nimra Ali has made us proud by winning a Silver Medal at the National Inter Departmental Karate Championship, representing HEC!



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Saleem Campus (Only for Females)
University Town, Sargodha Road, Faisalabad.



Amin Campus (Co-Education)
Faisal Town, Canal Road, Faisalabad.



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