



The University of Faisalabad

Snippet

BRIEF INSIDE

January 2024

ASIAN UNIVERSITY RANKINGS
RANKED AMONG UNIVERSITIES
TOP 10 IN PAKISTAN
131 IN SOUTH ASIA

IMPACT RANKINGS 2023
IN QUALITY EDUCATION
301-400 WORLDWIDE
TOP 5 IN PAKISTAN



TUF and Powiślański University, Poland Forge Comprehensive Inter-Institutional Agreement Under Erasmus+

In a landmark development, The University of Faisalabad and Powiślański University in Poland have strengthened their academic collaboration through an expansive Inter-Institutional Agreement under the prestigious Erasmus+ program. The agreement, signed by Dr Muhammad Hamza Amin, Vice Chairman Board of Governors, TUF, and Dr Katarzyna Strzala Osuch, Rector of Powiślański University, signifies a momentous leap beyond student exchange programs to include a pioneering faculty exchange initiative.

Commencing in October 2024, the collaboration started with a staff mobility program, focusing

primarily on the Nursing school. The agreement outlined the annual exchange of academic faculty and nursing students from The University of Faisalabad. This strategic collaboration aimed to synergize the strengths of both universities through a joint faculty development program. The focus was on fostering research collaboration, with an eye on potential presentations at the upcoming International Conference in Poland hosted by Powiślański University.

Both institutions committed to defining a mechanism for a joint faculty development program, emphasizing the key strengths of each university. Faculty

collaboration in research work and the alignment of research interests were highlighted, promising a rich academic exchange. The outcomes of this collaboration are expected to be presented at the upcoming International Conference in Poland at Powiślański University.

Furthermore, the agreement saw Powiślański University including TUF in the network of 20 European Universities for comprehensive coverage under the Erasmus+ program. To initiate this, a 5-day digital summer camp was conducted, involving five universities collaborating to offer training each day.

A significant stride in academic cooperation was the decision to exchange curricula for nursing and business degrees, setting the stage for a double-degree program. Under this arrangement, students will spend three years at their home university and one year at the partner university, fostering a diverse and enriching educational experience.

Additionally, the nursing schools of both institutions will collaborate to establish a consortium offering a two-year MS Nursing program, with students spending one year at each university. Importantly, this initiative stands apart from the Erasmus Plus program.

(Page # 2)

INSIDE THE ISSUE

Page 03 Turkish Consul General Mr Durmus Bastug Commends TUF



Alumni Meet – (Page # 9)

Page 04 International Conference on Advanced STEAM Education



Leprosy day – (Page # 11)

Page 08 TUF Signs MOU with COMSTECH



Glaucoma Awareness – (Page # 13)

Page 16 Our Research Odyssey



Sports Gala – (Page # 18)

From the Desk of Chairman BOG

Dear Readers,

I am delighted to extend a warm welcome to the latest edition of Snippet, the esteemed Newsletter of The University of Faisalabad.

It brings me great pride to witness the sustained growth and achievements of TUF. This magazine provides a valuable platform to showcase the commendable accomplishments and experiences of our esteemed students, dedicated faculty, and hardworking staff. I invite you to peruse the pages and gain insight into the ongoing success stories that reflect the excellence and commitment of our university community. In presenting this new magazine, we aim to offer a window into the diverse and dynamic TUF Community flourishing within our university. These pages unfold stories that illuminate the remarkable endeavors undertaken by our students, faculty, and staff. From pioneering research to innovative programs and initiatives, the impact of our community resonates not only within the confines of our campus but reverberates throughout the country. Through the lens of this magazine, we aspire to provide you with a glimpse into the myriad of exciting developments taking place at TUF, showcasing the collective brilliance and progress that defines our institution.

Muhammad Haider Amin
Chairman, Board of Governors



TUF Signs Agreement with Powiślański University, Poland



Dr Muhammad Hamza Amin, Vice Chairman BOG, TUF and
Dr Katarzyna Strzala Osuch, Rector, Powiślański University, Poland
Signing Inter Institutional Agreement Under Erasmus+

(From Page #1)

As a concluding note, University of Powiślański extended an invitation to TUF for capacity building. Powiślański University was also committed to providing doctoral staff in nursing to conduct online sessions and webinars, further reinforcing the collaborative spirit between these two esteemed institutions. Reflecting on the agreement, Dr Hamza Amin expressed, "This agreement is a great move for both institutions because it will formalize collaboration, facilitate communication, promote academic excellence, expand opportunities for students and faculty, strengthen institutional partnerships, enhance research and innovation, and address global challenges, particularly in the health sector."

Dr Katarzyna Strzala Osuch, Rector of Powiślański University, echoed these sentiments, stating, "The collaboration with The University of Faisalabad is a testament to our commitment to internationalization and academic excellence. We believe that this partnership will not only enrich the educational experience of our students but also contribute to the global knowledge exchange and the advancement of research in our respective fields." This groundbreaking agreement sets the stage for a new era of academic cooperation and innovation between two universities, solidifying their commitment to fostering a globalized and interconnected academic community.

NAEAC Team Visits TUF

On January 4, 2024, Accreditation Inspection Committee (AIC) of National Agriculture Education Accreditation Council (NAEAC) comprising of Prof Dr Fayyaz-ul-Hassan, Chairperson NAEAC; Dr Abdul Ghaffar, Secretary NAEAC as a convener; Mr Abdullah, Program Coordinator as a NAEAC Secretariat, and Prof Dr Mahr un Nisa, as a Program Evaluator conducted Pre-Accreditation/Zero visit of Department of Nutrition and Dietetics degree programs at TUF. During the meeting with Ms Zahida Maqbool, Registrar, Head and faculty members of department of Nutrition and Dietetics the team was briefed about the salient accomplishments of The University of Faisalabad. Then

a detailed resenatation of departmental accomplishments focussing all the sections as per itinerary specified by NAEAC was given by the Head of department. Committee members also visited departmental infrastructure

and affiliated Madina Teaching Hospital (MTH). Team members appreciated the documentation work, record, and maintenance, especially the curriculum files. AIC admired the MTH setup, library, laboratories,

infrastructure and academic facilities. They also appreciated the initiatives such as paid internships, faculty appraisal forms, students' course review submission twice a semester, and time-to-time faculty trainings.



NAEAC team during the meeting with Registrar and faculty members of TUF in the conference room



NAEAC members visiting Lab of Nutrition and Dietetics department



Interacting with undergraduate students in class room

Turkish Consul General Mr Durmus Bastug Commends TUF: Acknowledges Humanitarian Services and Academic Commitment

At The University of Faisalabad, we pride ourselves on fostering global connections and promoting a culture of collaboration that transcends borders. Our commitment to humanitarian causes and educational excellence is at the core of our mission. This ethos was recently reaffirmed during the visit of Turkish Consul General, Mr Durmus Bastug, on 23rd January.

The University of Faisalabad Alpha Team, played a pivotal role in providing aid to the earthquake-affected individuals in Turkiye last year. Mr Durmus Bastug, Consul General of Turkiye expressed his appreciation for the University's dedicated efforts.

During the University tour, Mr Durmus Bastug and Mr Nurettin Demir, Commercial Attaché engaged in discussions with the University's leadership, including Mr Muhammad Haider Amin, Chairman Board of Governors, Ms Zahida Maqbool Registrar, and also witnessed the institution's infrastructure and facilities.

Ms Zahida Maqbool presented a detailed overview of the services rendered by the University, showcasing various projects, including the University, University Medical and Dental College, Madina Teaching Hospital, and initiatives under auspices of Madina Foundation and also highlighted its academic achievements, global collaborations, and commitment to excellence.

In his address, Mr Durmus Bastug said; The fraternal relations between the people of Turkey and Pakistan go back centuries and are embedded in the common religious, cultural and spiritual heritage.

Mr Durmus praised exemplary services in the health and

education sectors rendered by the Madina Foundation. He commended the ALPHA TUF Team's dedication to assisting Turkish brethren affected by the earthquake. Emphasizing the importance of education for national development, Mr Bastug highlighted The University of Faisalabad's role in promoting education and women's empowerment.

H.E applauded the University's commitment to maintaining high educational standards and its global collaborations with renowned Turkish universities. Mr Bastug enlightened deep interest in fostering cooperation of leading Turkish universities with TUF to enhance relationships between the two Islamic countries.

The Turkish guests visited the Various departments of the

university, library and Islamic museum, and particularly showed keen interest in Islamic relics placed there.

Later, the Turkish delegation planted a sapling as a part of the University's Go Green Campaign, symbolizing the commitment to environmental sustainability which also symbolizes the growing bond between the

Turkish Consulate and the University of Faisalabad.

This collaborative effort between the University of Faisalabad and the Turkish Consulate signifies a stronger bond, reinforcing the shared commitment to humanitarian causes and educational excellence.

“

Alpha TUF Team, under the guidance of Mr Muhammad Haider Amin, Chairman BOG, provided commendable services to the earthquake-affected Turkish brothers last year. We are profoundly grateful for the extensive support from the entire University community.”

Mr Durmus Bastug
Turkish Consul General



TUF's Go Green Campaign; Mr Durmus Bastug Turkish Consul General and Mr Nurettin Demir, Commercial Attaché planting sapling in the University lawn



Mr Durmus Bastug and Mr Nurettin Demir with Mr Muhammad Haider Amin, Ms Zahida Maqbool and others

1st INTERNATIONAL CONFERENCE ON ADVANCED STEAM EDUCATION ICASE-2023 Challenges & Opportunities

The Universities of Faisalabad has always played a significant role in advancing science and technology in various ways. The University lays special emphasis on research and development, education and training, collaboration and partnerships, policy and advocacy, open access to knowledge and interdisciplinary research activities.

TUF organized the first two-day International Conference on Advanced STEAM (Science, Technology, Engineering, Arts and Mathematics) Education, ICASE-2023 on December 5-6, 2023.

More than 40 researchers and scholars provided insights into the latest trends, challenges, and opportunities in the fields of

Science, Technology, Engineering, Arts and Mathematics.

The conference brought together leading experts, researchers, educators, and professionals from around the globe to engage in constructive dialogue and exchange ideas on the challenges and opportunities in the field of Advanced STEAM Education. The event aimed to foster collaboration, innovation and knowledge-sharing to enhance the quality of STEAM education on an international scale.

More than 1500 attendees attended the mega event inaugurated by the chief guest, H.E. NGUYEN TIEN PHONG, Ambassador of Vietnam. In his augural address Mr Phong expressed his commitment to

“
There are vast opportunities for educational and economic collaboration between Pakistan and Vietnam, benefiting both countries’ development. My purpose in participating in this international conference is to promote educational ties between the two nations.”
H.E. NGUYEN TIEN PHONG
Ambassador of Vietnam.

enhancing educational and economic cooperation between Pakistan and Vietnam, citing historical similarities between the two developing nations. H.E appreciated the University management for achieving 34th place among university

rankings worldwide. To address the question of what we will do tomorrow to empower the economy of your country, H.E encouraged students to excel in Science and Technology as the future of Pakistan relies on young generation.



H.E. NGUYEN TIEN PHONG, Ambassador of Vietnam, Ms VLADIMIRA BRIESTENSKA, Founder NEEM - Pakistan, The Future Farm-UK and Mr Muhammad Haider Amin with other senior faculty members

Mr Muhammad Haider Amin, Chairman of the Board of Governors and Dr Syed Amer Gilani, Acting Rector TUF also graced the occasion with their presence.

Prof Dr Riffat Ali Muhammad, Dean Faculty of Arabic for Higher Studies, Al Azhar Asyut, Egypt, Dr Haroon Yousaf, Professor of Computer Engineering at

University of Engineering and Technology, Taxila, Prof Dr Riaz ul Haq Tariq, former Rector TUF, Prof Dr Asad Aslam Khan, WHO Coordinator, Dr Ashfaq Ahmad, Dean Faculty of Allied Health Sciences University of Lahore, Prof Dr Shahid Mahmood Baig (S.I), Chairman Pakistan Science Foundation and other international researchers from Malaysia, Egypt, England,

“
ICASE-2023 aimed to foster collaboration, innovation and knowledge-sharing to enhance the quality of STEAM education on an international scale.”
Mr Muhammad Haider Amin
chairman BOC



(R to L) Prof Dr Shahid Baig, Prof Dr Asad Aslam, Prof Dr Riffat Ali, Prof Dr Ashfaq Ahmad and Prof Dr Riaz ul Haq Tariq addressing the participants

“Participants of ICASE-2023 have the chance to network with peers, fostering connections that have the potential to lead to future collaborations, joint research projects and academic partnerships.”

Ms VLADIMIRA BRIESTENSKA
Founder NEEM



Australia, United Arab Emirates, China, United States, Germany and Saudi Arabia shared their views in the light of their research work. The experts highlighted the Importance of research in science and technology. They encouraged the young scholars to learn modern technology and excel in their respective fields.

Ms VLADIMIRA BRIESTENSKA Founder NEEM - Pakistan, The Future Farm-UK, Angel Investor-NUR also graced the event with her presence. She had an interactive session with Entrepreneurial Society of TUF. The session focused on innovation and startup culture. Students from the Entrepreneurial Society presented their innovative projects, showcasing their skills and creativity. Ms VLADIMIRA praised the creativity and research abilities of the TUF IANS. Active diverse participation had been seen at ICASE-2023 from a

multitude of departments within the University. This diversity of perspectives contributed to a rich and comprehensive exploration of challenges and opportunities in STEAM education.

Researchers presented their latest findings, addressing contemporary challenges in STEAM and proposing innovative solutions. The conference showcased the importance of staying at the forefront of research to address the evolving landscape of STEAM. In addition to TUF postgraduate students from various universities across Pakistan benefited from the international expertise shared during the conference.

The conference was successfully conducted to gain following key objectives:

- To facilitate the exchange of innovative ideas, research findings, and best practices related to Advanced STEAM

education among academics, researchers, practitioners from around the world.

- To identify and discuss the current challenges and barriers faced in the field of Advanced STEAM Education.
- To explore innovative approaches, emerging trends, and best practices in STEAM education.
- To explore emerging trends, technologies, and pedagogical approaches that can enhance the quality of STEAM education and provide new opportunities.
- To foster interdisciplinary collaboration and networking among educators, researchers and industry professionals to promote cross-fertilization of ideas and potential research collaborations.
- To highlight the importance of diversity and inclusion in STEAM Education.
- To display innovative educational technologies,

digital tools, and experiential learning approaches that can transform STEAM education.

ICASE-2023 is marked as one of the finest conferences and it leaves a lasting impact on students, as they gained a multifaceted understanding of their disciplines and envision promising career pathways in alignment with contemporary industry trends. The Office of International Linkages (OIL) extends its gratitude to all the honorable guests, participants, and sponsors who contributed to the success of the conference. The enthusiasm and commitment demonstrated during the event underscore The University of Faisalabad's dedication to advancing STEAM education globally.



Mr Muhammad Haider Amin presenting memento to H.E. NGUYEN TIEN PHONG, Ambassador of Vietnam.



Ms VLADIMIRA BRIESTENSKA evaluating the project of a student TUF studnets with Ms VLADIMIRA BRIESTENSKA and other guests



Prof Dr Aman Ullah Malik presenting souvenirs to guest speakers



H.E. NGUYEN TIEN PHONG, Mr Muhammad Haider Amin and Prof Dr Syed Amir Gilani with other participants of ICASE-2023

Pakistan Bar Council Delegation Visits

A delegation of senior members from Pakistan Bar Council visited Amin campus, TUF.

The delegation comprised of Mr Haroon Ur Rashid, Senior Advocate Supreme Court of Pakistan/Vice Chairman Pakistan Bar Council; Mr Tahir Nasrullah Warraich, Senior Advocate Supreme Court of Pakistan/Worthy Member Pakistan Bar Council; and Mr Gulzar Ahmad, Secretary Pakistan Bar Council.

The esteemed guests were welcomed by the worthy Patron in Chief, Mian Muhammad Hanif (SI), Registrar, Ms Zahida Maqbool, and Mr Sami Ur Rahman, Head department of Law. The delegation was briefed by Mr Sami about the developments in the Department of Law.

Mr Sami told that the department of Law at TUF was established in Fall-2021. It is now in the initial stage of becoming one of the

most prestigious institutions in the field of legal education in Pakistan. The teaching methodology is designed to enable our students to acquire professional skills and enhance their capacity of Legal Analysis, Legal Research and Writing, Legal Problem Solving, Client Services and Professional Responsibility. After the briefing, the delegation visited different parts of the department including

infrastructure, physical facilities, Law Moot Court, Law library, computer lab, classrooms, and had meeting with the Law faculty and appreciated the facilities being offered by the University to its students.

They also had an interactive session with LLB students of TUF. At the end of the visit, the Patron-in-chief presented souvenirs to the guests.



Members of Pakistan Bar Council during the meeting with Mian Muhammad Hanif (SI) Patron in Chief and senior faculty members of TUF



Members of Pakistan Bar Council In interactive session with students



During the visit of Law Moot Court



Patron in Chief and senior faculty members of TUF with distinguished guests from Pakistan Bar Council

TUF Signs MOU with COMSTECH

A memorandum of understanding (MoU) has been signed between The University of Faisalabad and the Organization of Islamic Cooperation's Standing Committee on Scientific and Technological Cooperation (COMSTECH). The signing ceremony took place at the Saleem Campus of the university and was attended by Professor Dr Muhammad Iqbal Choudhry, Coordinator General of COMSTECH, and Muhammad Haider Amin, Chairman of the Board of Governors of the University. The MoU, signed by Professor Dr Muhammad Iqbal Choudhry and Muhammad Haider Amin, aims to promote mutual cooperation between COMSTECH and The University of Faisalabad in various fields, particularly in research and development. The agreement envisions the facilitation of collaborative efforts through joint seminars, workshops, training programs, and cultural exchanges among faculty members and students.

Muhammad Murtaza Noor, Media Advisor for COMSTECH, and Ms Zahida Maqbool, Registrar of the University, along with other senior faculty members, were also present at the occasion. MoU signed between TUF and COMSTECH involves Universities of 57 Islamic countries members of OIC, focusing on joint efforts in sciences and technology. It emphasizes fostering collaboration in sciences and technology to advance mutual interests.

As per the agreement, The University of Faisalabad will offer special positions for students from Islamic countries, especially Palestine, in various fields. The signing ceremony included a special event at the university's Ali auditorium, where Dr Muhammad Iqbal addressed the students and faculty members, providing insights into the objectives and functioning of COMSTECH. During an interactive session with students in Ali auditorium Dr Muhammad Iqbal highlighted the significance of natural resources in Pakistan and encouraged the youth to utilize their education for the progress and prosperity of the country.

In his address, Mr Muhammad Haider Amin praised Dr Muhammad Iqbal Choudhry's contributions to the promotion of education and science. He expressed the commitment to fulfill the mission of fostering scientific and technological advancement in Islamic countries through collaboration with COMSTECH.

Dr Muhammad Iqbal Choudhry also visited various departments, laboratories, libraries, and Medina Teaching Hospital affiliated with the University during his visit. He commended the services of the Madina Foundation in the fields of education and health and considered them exemplary. He also planted a sapling in the University Lawn.

Overall, the signing of the MoU signifies a commitment to enhancing educational and research collaboration between

The University of Faisalabad and COMSTECH, contributing to the advancement of science and technology in Islamic countries.

“

Pakistani nation is very intelligence and hardworking, particularly our youth must work with sincerity for the future of the nation.”

Dr Muhammad Iqbal Choudhry
Coordinator General of COMSTECH

“

TUF is fully commitment to fulfill the mission of fostering scientific and technological advancement in Islamic countries through collaboration with COMSTECH.”

Mr Muhammad Haider Amin
chairman BOC



MOU signing ceremony between TUF and COMSTECH



Dr Muhammad Iqbal Coordinator General of COMSTECH and Mr Muhammad Haider Amin, Chairman BOC TUF addressing the students



Dr Muhammad Iqbal Presenting a bouquet to a patient in MTH



Offering prayer after planting a sapling in the University lawn

Alumni Meet '23

Creating a Tapestry of Triumphs

In a celebration that transcends time and echoes the vibrancy of academic heritage, The University of Faisalabad joyously hosted the much-anticipated Alumni Meet '23 on December 2, 2023. This event was not merely a reunion; it was an immersive experience, weaving together threads of shared triumphs, nostalgia, and progress.

As the sun gracefully descended, alumni embarked on a journey through the familiar halls of the university on a captivating campus tour. Beyond a mere stroll down memory lane, this tour served as a testament to the institution's evolution, showcasing iconic landmarks and cutting-edge facilities that witness its relentless pursuit of excellence.

The grounds pulsed with the spirit of friendly competition during the sports carnival, cricket, dodgeball, badminton, tug of war, and floor ludo transcended traditional games, becoming a symphony of shared laughter and camaraderie. Alumni not only showcased their skills but also relived the spirit of healthy competition, forging connections that extended beyond the playing field.

As the sun set, the stage transformed into a cultural odyssey. Drama plays, musical performances, and a captivating mashup by Faizan Hashmi, Sanwal, and Usman saturated the air with excitement. Laughter resonated through a stand-up comedy act, promising an evening of unbridled joy and creating memories long after the event.

The night featured with dramatic portrayal of university reunions, capturing the essence of shared experiences, friendships, and transformations. Distinguished alumnus Maestro Ali Sher took center stage with a mesmerizing musical performance, infusing elegance into the festivities.

The grand final was a Qawwali, featuring the renowned Rizwan, Mouzam Ali Khan, and their team. Their soulful tunes created an atmosphere of spiritual bliss, connecting hearts in a celebration of shared heritage. Group photos captured timeless moments, creating memories that will be cherished for years to come.

To enhance this momentous celebration, The University of Faisalabad arranged shopping zones, food courts, and children's entertainment to form the



backdrop for this grand gathering. TUF extends gratitude to the esteemed alumni who participated in this extraordinary

celebration where the past converged with the present, creating a tapestry of shared triumphs. This Grand Alumni Meet '23

aimed to strengthen the sense of community among TUF graduates, offering a unique platform for enthusiastic members to interact, form lasting

bonds, and celebrate their Alma mater that has shaped their journeys.

Workshop “Financial Planning in Business”

A financial plan is an integral part of an overall business plan, ensuring financial objectives align with overall business goals. It typically contains a description of the business, financial statements, personnel plan, risk analysis and relevant key performance indicators (KPIs) and ratios. TUFANS unlocking

the secrets of business financial models during the TUF HULT Prize 3rd Training Session held at Amin campus on 24th January. They had the opportunity to attend the important training session where they obtained an understanding of what makes an effective business plan with an emphasis on the financial

projections section. Session was graced by the presence of Mr Mansoor Zafar, Director of Punjab Lyceum as chief guest, and Mr Raja Amjad Ali, GM Strategy and Finance at Masood Textile Mills Ltd as esteemed guest speaker. They provided valuable insights on how to write an effective

business plan and forecast financial projections. It was a transformative event where students delved into the latest industry methods for financial planning, ensuring a wealth of knowledge for all HULT participants.



Mr Mansoor Zafar, Director of Punjab Lyceum, Mr Raja Amjad Ali, GM Strategy and Finance at Masood Textile Mills Ltd and others sharing their experiences with students



Students are listening to business experts

TUFIANS Observe Anti-microbial Week to Raise Awareness

Departments of Biotechnology and Medical Lab sciences students organized an awareness session through their creative posters to mark Anti-microbial week. It aimed to raise awareness and understanding of antimicrobial resistance. It was organized under the superintendence of Ms Zunaira

Nazish and Dr Noreen Fatima. Through the posters it was explained how Microscopic creatures—including bacteria, fungi and viruses—can make you ill. But what you may not realize is that trillions of microbes are living in and on your body right now. Most don't harm you at all. In fact, they help you digest food,

protect against infection and even maintain your reproductive health. Antimicrobial resistance (AMR) occurs when bacteria, viruses, fungi and parasites change over time and no longer respond to medicines, making infections harder to treat and increasing the risk of disease spread, severe

illness and death. As a result of drug resistance, antibiotics and other antimicrobial medicines become ineffective and infections become increasingly difficult or impossible to treat. The creative efforts of students triumphantly demonstrated the importance of anti-microbial awareness.



World Leprosy Day: Beat Leprosy



Dr Chris Schmotzer, Focal Person on Leprosy in Pakistan for WHO sharing her views on Leprosy control

Leprosy is a neglected tropical disease (NTD) which still occurs in more than 120 countries, with more than 200 000 new cases reported every year. World Leprosy Day is observed every year on the last Sunday of January. The aim of observing the day is to create awareness against the stigma attached to the disease, by making the general community aware that it is a disease spread by a type of bacteria and it can be easily cured.

A seminar on World Leprosy Day was organized by department of Dermatology in collaboration with TUF Society for Skincare and Pakistan Association of Dermatology (PAD) on 27th January.

Renowned German Physician Dr Chris Schmotzer, focal person on Leprosy in Pakistan for WHO, Director of Rawalpindi Leprosy Hospital, graced the occasion as the chief guest and delivered an insightful and informative lecture. Dr Chris, emphasized the need for continued efforts in eliminating leprosy and urged the audience to dispel myths and misconceptions surrounding the disease.

"Leprosy patients often have to fight against the stigma, ostracism and shame of being affected by leprosy. This discrimination is evident in the implementation of disempowering approaches in all areas of their care, including health care by both States and private actors", Dr Chris added.

She also spoke about the advancements in leprosy treatment and the importance of providing support and care to those affected by the disease. A poster competition was also the part of the event, where students displayed their creative skills and knowledge about leprosy. The posters highlighted the causes, symptoms, treatment, and prevention of leprosy, to raise awareness about this neglected

disease.

Following the poster competition, a documentary competition was also held, where students presented short films on the topic. The documentaries effectively captured the social stigma associated with leprosy, the challenges faced by patients, and the importance of early detection and treatment. This was followed by a post seminar workshop in Madinah Teaching Hospital where Dr Chris had an interactive session with postgraduate students and engaged in hands on practice on leprosy patients. The event concluded with a pledge to work towards a world free of leprosy, and the participants expressed their commitment to spreading awareness and supporting those affected by the disease. The event was a significant step in raising awareness about this often overlooked disease, and it provided a platform for students to actively contribute to the cause.

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Thousands of people face leprosy-related discrimination and violence every year in total silence, including women, children and older persons. Persons affected by leprosy must have access to the highest attainable standard of support and care.”

Dr Chris Schmotzer

Focal person on Leprosy in Pakistan for WHO



A student in question answer session with Dr Chris Schmotzer



Winner of Poster competition receiving certificate from Dr Chris Schmotzer. Mr Nisar Ahmad, Additional Registrar and Prof Dr Tanzeela Khalid, HOD Dermatology also seen.

University Faculty/Staff Showcase Athletic Prowess in Sports Gala

The University of Faisalabad witnessed a spectacular display of sportsmanship and camaraderie as faculty and staff members came together for a two-day sports gala on January 17 and 18, 2024. The university grounds were transformed into a hub of athletic prowess, showcasing a variety of games and fostering a sense of unity among participants. The two-day extravaganza featured a diverse array of sports, including badminton, cricket, tug of war, floor ludo, table tennis and the ever-entertaining musical chairs. Faculty members enthusiastically participated, turning the event into a memorable celebration of athleticism and teamwork. It was a triumph of team spirit and healthy competition. Winners were awarded with medals at the closing ceremony.



INSPIRATIONAL SPORTS QUOTES

- 1. "The only one who can tell you 'you can't win' is you and you don't have to listen." Jessica Ennis-Hill
- 2. "One man practicing sportsmanship is far better than 50 preaching it." Knute Rockne
- 3. "The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit." Ken Doherty



Welcome

To our TUF Community

ASSOCIATE PROFESSOR

MR MUHAMMAD ALI

HEAD, DEPARTMENT OF LAW

LLM (International Islamic University)

"It means a lot to us that you decided to join our community. We are sure you will make great changes to the department of Law that will help it grow."



ROYAL COLLEGE OF PHYSICIANS AND SURGEONS OF GLASGOW



International Breast Cancer Symposium

Bridging the Gaps:

Integrated Team Approach in Breast Cancer Care



Chief Guest

Mr Mike McKirdy

President Royal College of Physicians & Surgeons of Glasgow

05

March 2024

Time: 10:00am - 02:00pm

Highlights

- Breast cancer management at multidisciplinary team level
- Bridging the gaps in patient care
- Panel discussion of field experts
- Interactive session with President Royal College Glasgow



Guest of Honor

Prof Dr Khalid Masood Gondal

President CPSP

VC Fatima Jinnah Medical University, Lahore



Prof Dr Abdul Majeed Chaudhry

Chairman Surgical Dept

Cancer Care Hospital & Dean Lahore Medical & Dental College



Prof Dr Saira Saleem

HOD Breast Surgery

MTH, Faisalabad

Regional Councilor Worldwide

Royal College Glasgow



Dr Babar Imran

Director PINUM

Cancer Hospital

Faisalabad



Dr Tahir Bashir

HOD Oncology

Faisalabad Medical University



bcsymposium@tuf.edu.pk



The University of Faisalabad

Focal Person:

Dr Usama Razaq

0322 6302289

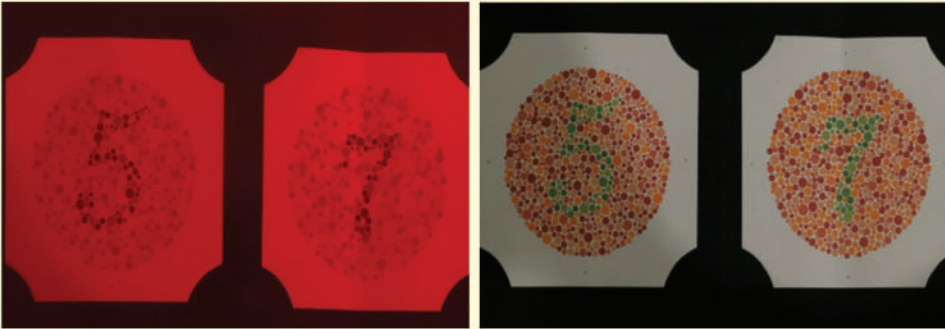
TUF Breaks New Ground: Pioneering Color Vision Intervention Unveiled Globally but First in Pakistan Through Clinical Trials

Globally embraced yet previously unexplored in Pakistan, a groundbreaking intervention for color vision impairment has made its debut under the supervision of Mam Maryam Jabbar (Research Associate, Optometry Department). Executed by final-year optometry students—Amna Aslam, Maryam Faryad, Marriam Amjad, Ayesha Mehboob, and Naveera Zahid—at The University of Faisalabad, this trial signifies a historic leap forward in tackling congenital red-green color vision deficiencies. The intervention involves the use of X-Chrome Contact Lenses, which are red lenses designed with a spatial frequency akin to the X-chromosome. The groundbreaking study reveals that X-Chrome Contact Lenses exhibit a substantial positive

impact on enhancing color vision, allowing individuals with color deficiencies to discriminate between various shades effectively. Surprisingly, the intervention does not affect visual acuity, maintaining clarity despite the improvements in color perception. However, the study notes a reduction in both contrast sensitivity and stereopsis, shedding light on the intricacies of the intervention's effects. The X-Chrome Contact Lens presenting a novel solution for individuals with congenital color vision deficiencies. The study recommends the use of X-Chrome Contact Lenses for those with red-green color vision deficiencies, suggesting that this modality may offer the most comprehensive improvement in

color perception. Furthermore, it highlights the practical applications, specifically noting improvements for individuals in certain professions such as graphics, textile and fine arts. Eye care practitioners are encouraged to advise their patients with red-green color vision deficiencies to

consider incorporating X-Chrome lenses. This groundbreaking intervention has the potential to significantly enhance the quality of life for individuals with color vision impairments and open new possibilities in various professional domains.



Captured by Maryam Faryad: A vivid representation of the Ishihara plate, a diagnostic tool for color vision deficiency in Picture A, while Picture B offers a unique perspective through X-Chrome Contact Lens

Exploring the World of Healing at Shifa International Hospital

In an effort to enhance their understanding of real-world healthcare practices, students from the department of Anesthesia, TUF embarked on a valuable learning experience with a visit to Shifa International

Hospital. The excursion provided an opportunity for students to observe healthcare professionals in action, interact with patients, and gain insights into various aspects of clinical care. Accompanied by faculty

members, the group of enthusiastic students toured different departments within the hospital, including emergency services, intensive care units, surgical suites, and outpatient clinics. Throughout the visit,

they engaged in discussions with nurses, physicians, and other healthcare practitioners, learning about the challenges, innovations, and protocols involved in delivering patient care.



TUFIANS Raise Glaucoma Awareness in Community



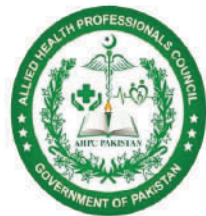
January is Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease. Glaucoma is an eye disease characterized by high intraocular pressure (IOP) which lead to damage of the optic nerve. Glaucoma is a leading cause of vision loss and blindness in Pakistan. But half of people with glaucoma don't know they have it. Glaucoma has no early symptoms. The only way to check for it is to get a comprehensive dilated eye exam. There is no cure for glaucoma, but starting treatment as early as possible can help stop vision loss. Recognizing the importance of early detection and education in combating Glaucoma disease, young TUFIANS embarked on an awareness campaign aimed at informing and empowering residents of local community.

Optometry students of 5th semester in Amin campus prepared awareness posters/

flyers and distributed among the common people in different areas of the city.



Achievements



Congratulations

to all TUF Community
We are now Registered/Recognized by

Allied Health Professionals Council (AHPC)

for our all Allied Health Sciences programs



#DiscoverTUF

YOU MADE US
PROUD CHAMP!



MUHAMMAD
TALAL RANA

AT ALL PAKISTAN HEC
INTERVARSITY BOXING CHAMPIONSHIP, 2024
BENAZIR BHUTTO UNIVERSITY, KARACHI.

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Congratulations

To our brilliant students on securing 3rd position in
"3rd International Invitational Contest on the Internet of Things
Technology (IOT), 2023 China-ASEAN Education Cooperation Week"



Syed Ibad Ahmad Zaidi
BSCS-FA20-039

SHAH ZAIB NAWAZ
BSCS-FA20-027

The competition witnessed participation
from over 25 institutions worldwide

Madinah Teaching Hospital

Quick Facts - January 2024

18319

OPD (Out Door Patients)

665

Surgeries

1163

Dialysis

4858

Blood Bank

1107

Patients Admitted

69

CT Scan

34

MRI

27

Cornea Transplant

16

Fluoroscopy

38

Doppler USC

58

Echo Cardio

5

Mammography

Department of Civil Engineering Secured PEC Funding for “Final Year Design Project”

Our Department of Civil Engineering has secured financial assistance of one hundred thousand rupees for final-year students through The PEC “Final Year Design Project” Program. TUF team secured funding for

a ground breaking Final Year Design Project, unveiled at the Launching Ceremony organized by Pakistan Engineering Council (PEC) 2023-24. It is a final year project of Civil Engineering Students titled “Development of

Lightweight permeable concrete Paver”. In this project, we aim to create lightweight permeable concrete pavers utilizing waste materials. These pavers will facilitate water penetration into the ground, thereby mitigating

flashflooding during the monsoon season. Engr Muhammad Ali, Lecturer, Civil Engineering and talented students received prestigious award from Engineer Muhammad Najeeb Haroon, Chairman PEC.



Engr Muhammad Ali, Lecturer, Civil Engineering receiving financing award from Engineer Muhammad Najeeb Haroon, Chairman PEC



Color & Light Installation by Students of Interior Design

Students of BS Interior Design at TUF Saleem campus under a creative pursuit rendered a color & light interactive installation, exploring color mixing & variant color scheme.

Using and controlling light can change the perception of a place; users perceive and feel the space differently depending on factors such as the color variations, and combinations. used in this temporary installation, light merged the boundary between tangible and intangible, transforming the elements of the project and creating new shapes and patterns on the floor.



Transformative Wall Art Mural Project - Fostering Creativity, Upliftment & Team Effort

The students of Department of Design & Interiors recently spearheaded a wall mural project, transforming a once mundane ramp at Amin Campus into a vibrant and informative space.

This initiative, undertaken by the students provided an invaluable opportunity for student to apply their creative skills in a real-world context. The mural seamlessly blends aesthetic

with information, creating a visually appealing canvas that serves as an engaging platform to communicate, interact and hangout.

The careful curation of vibrant


colours, motivational quotes & appealing graphics contributes to a positive atmosphere on campus fostering a sense of pride & belonging within the university community.



OUR RESEARCH ODYSSEY

From Conception to Contribution

Theoretical investigation of Arrhenius activation energy on radiative magneto-hydrodynamic nanofluid flow with heat and mass transfer over a porous cylinder


 Aaqib Majeed
Department of Mathematics

 Waves in Random and Complex Media

In this paper, a mathematical model is developed to investigate the influence of activation energy on MHD nanofluid flow and heat transfer toward a porous cylinder. Flow is incompressible and Newtonian. The fundament of momentum, energy, and mass conservation is transformed into highly non-linear ordinary differential equations (ODEs) by applying the similarity approach. The resulting system ODEs are then solved numerically by applying a boundary value problem solver (bvp4c) with the aid of MATLAB. The impact of different convergence control parameters like curvature parameter (M), Schmidt number (Sc), porosity parameter (k1), magnetic parameter (A), local temperature buoyancy parameter (p), concentration buoyancy parameter (q), Brownian motion

parameter (Nb), thermophoresis parameter (Nt), ratio rate parameter, slip parameter (B1), the mixed convection parameter, temperature difference parameter (F), fitted rate constant (e), activation energy parameter (E), heat source/sink parameter (S), radiation parameter (R), thermal conductivity (K), Prandtl number (Pr) on velocity temperature and concentration profiles are elaborated through graphically. The current findings indicate that temperature decreases, but velocity increases when the mixed convection parameter is increased. The concentration profiles reduce when both the Schmidt number and exponent increase. The values of skin friction Nusselt number and Sherwood number are demonstrated in tabular form.

Effect of electrostatic force and thermal radiation of viscoelastic nanofluid flow with motile microorganisms surrounded by PST and PHF: Bacillus anthracis in biological applications


 Aaqib Majeed
Department of Mathematics

 Case Studies in Thermal Engineering

Current studies have a significant application in various fields; motile microorganisms, such as bacteria, can be used for targeted drug delivery. This is because they can be engineered to carry drugs to specific locations in the body. For example, bacteria can be modified to express genes that code for targeting ligands, which are molecules that bind to specific receptors on cells. This could help to prevent the bacteria from multiplying and causing disease. The main aim of the current work is to perform the numerical analysis of three-dimensional radiative, steady viscoelastic nanofluids flow towards an exponentially stretchable porous surface. The impact of nth-order chemical reaction and motile microbes are also disclosed looking at how multiple slips affect the Buongiorno model for magnetohydrodynamic viscoelastic nanofluids with radiation across a permeable stretched sheet. The appropriate suitable are used to transform nonlinear partial differential equations into ordinary

differential equations. The numerical solution of the resulting system of equations is handled numerically by employing the bvp4c algorithm built-in MATLAB Software which comes of three-stage Lobatto IIIa formula. Dimensionless values such as temperature, concentration, velocity, and the non-Newtonian nano-fluid density profile are explored, as are non-dimensional numbers such as the local Nusselt, local friction coefficient, Sherwood, and motile microbe. Present results signifies enhancement in the temperature profiles as well as the thickness of the thermal boundary layer by increasing Brownian motion and thermophoresis parameters, whereas decrement is noted against the viscoelastic parameter. As the value of the magnetic parameter ranges 0.2 the relative increment noted in skin friction coefficient is about 1.9 %, while decrement is found in curves of velocity field. Our findings are compared with the data available in the literature and found to be in good consensus.

Natural Gas based on combined Fuzzy TOPSIS Technique and Entropy


 Aliya Fahmi
Department of Mathematics

 Heliyon

In the present study we have presented the notion of FUZZY BAYESIAN DECISION TECHNIQUE and combined the idea of the Fuzzy TOPSIS technique and entropy. We define the new ideas of fuzzy TOPSIS technique and entropy. So, we introduce the TOPSIS method and entropy, and the weights of the DMs are used. We proposed an MCDM technique based on TOPSIS and entropy. We focus on parameter different solutions of Fuzzy TOPSIS Positive ideal and

Negative ideal solutions efficient decision making. Also, we provide a numerical example to elucidate the proposed technique stage by stage. Lastly, we compare the explanations of the current problem with the many existing MCGDM approaches to deliver the skills and rationality of the offered technique. We also provide a sensitivity study by shifting the entropy to establish the weights of the criteria underneath the dominant entropy measure meaning.

Centralized healthcare database for ensuring better healthcare: Are we lagging behind?


 Saba Tariq
Department of Pharmacology


 Pakistan Journal of Medical Sciences

Database is an organized set of large information gathered and stored electronically to be retrieved whenever required. The systematically stored information can be accessed, analyzed, updated or moved to other databases as per the requirement. A centralized healthcare database (CHD) is a memory house of health data from a wider

population, where information such as health records, financial data, billing and claims information and inventory use is not only stored systematically but can also be retrieved, analyzed, and integrated. The data can be assessed by the health care providers, researchers, policy makers, institutions and by the patients themselves.

Investigation of Chemical Composition and Therapeutic Potential of Caesalpinia Crista Powder in Diabetic Male Patients

 Anum Nazir, Nizwa Itrat
Department of Nutrition and Dietetics

 Journal of Population Therapeutics & Clinical Pharmacology

Around 60% of the world's population uses traditional medicines derived from medicinal plants. Diabetes is a metabolic disorder that manifests as either a lack of insulin production by pancreatic beta cells or a failure of the body to properly use the insulin that is generated. Fever nut is an herb that has been used in herbal treatments for many years to manage a range of diseases due to its antioxidants, phytochemical, saponin, and polyphenol content. The present study was carried out to investigate the chemical composition and therapeutic potential of Caesalpinia crista

powder in diabetic male patients. Physicochemical screening, including proximate profile, minerals, and antioxidant potential, was also investigated for this purpose. The percentages of fat, protein, and fibre in fever nut (Caesalpinia Crista) were found to be 29.3%, 9.5%, and 3.6%, respectively. The DPPH and FRAP levels were found to be 102.31±2.06 and 56.34±1.27, respectively. Furthermore, the anti-diabetic effects of fever nut powder were evaluated on human male subject. Male Diabetic Patients were divided into three equal groups based on inclusion

and exclusion criteria. One group was considered control group G0 given no treatment and the other two groups were considered as treatment groups G1 and G2 received 500mg/day and 1000mg /day capsules of Caesalpinia crista powder orally every day for the duration of 2 months. After each week, both treatment groups G1 and G2 had minute significant reductions in fasting blood glucose levels and random blood glucose levels. After two months, the overall decline in the G1 group was from 196.50±10.32 to 195.01±9.05 in fasting blood glucose levels and from 197.989±24 to 197.031±5.21

in random glucose levels. At the end of the study, the fasting blood glucose level in G2 was reduced from 194.11±10.67 to 192.01±8.03, and the random blood glucose level was reduced from 219.96±11.01 to 218.01±15.02. HbA1C levels reduced considerably in treatment groups G1 and G2, with values lowering from 9.57±1.95 to 9.51±0.4 in G1 and from 10.85±1.95 to 9.85±1.70 in G2. According to the findings of this study, Caesalpinia crista has a significant amount of antioxidants and polyphenols both of which have therapeutic potential and can be used to treat and control diabetes mellitus.

Women’s Empowerment in Pakistan: A Factual Overview

Empowering Women in Pakistan: Unveiling Progress and Contributions

In the multifaceted landscape of Pakistan, the empowerment of women stands as a dynamic narrative that intertwines challenges with commendable progress.

As we delve into the latest available data, this blog unfolds a factual overview of the current

state of women in Pakistan, emphasizing the ongoing efforts to provide equitable quality education and lifelong learning opportunities.

Beyond this, we explore the diverse initiatives employed by Pakistan to support its women.



Current Status of Women in Pakistan

Educational Attainment

According to recent reports, the literacy rate among women in Pakistan has shown improvement, reaching approximately 49.6%. Despite advancements, challenges such as gender disparity in educational access persist, particularly in rural areas.

Workforce Participation

Women's participation in the workforce stands at around 24.5%, reflecting a gradual increase over the years. The gender pay gap remains a concern, with women earning, on average, 34% less than their male counterparts.



Equitable Quality Education

Government Initiatives

Pakistan has implemented policies to promote girls' education, such as the Benazir Income Support Program, providing financial support

to families for sending their daughters to school. The National Education Policy emphasizes gender equality in educational institutions.

Challenges & Opportunities

While progress has been made, cultural and socio-economic factors still pose challenges to girls' education, necessitating ongoing efforts for inclusivity.

Organizations and NGOs play a crucial role in creating awareness and providing scholarships to bridge educational gaps.



Lifelong Learning Opportunities for Women

Skill Development Programs

Vocational and skill development programs are being introduced to equip women with practical skills, enhancing their employability. These programs cater to diverse fields, ranging from technology to traditional crafts.

Online Learning Platforms

The rise of online education platforms has facilitated lifelong learning opportunities for women, enabling them to access courses and training programs from the comfort of their homes.



How Pakistan Supports Women Today

Legal Reforms

Recent legal reforms in Pakistan, such as the Protection against Harassment of Women at the Workplace Act, aim to create a safer environment for women

in professional settings. The Criminal Law Amendment Act addresses issues like honor killings and acid attacks.

Women’s Empowerment Centers

Dedicated centers across the country provide resources and support for women, including legal assistance, counseling, and skill-building workshops.



Sports Gala 2024: Let's Play as One



Ms Silwat Saeed, Commissioner Faisalabad lighting sports Torch to inaugurate Sports Gala 2024

In a spectacular display of unity, athleticism, and cultural celebration, The University of Faisalabad kicked off its highly anticipated Sports Gala 2024 with a dazzling opening ceremony at both Saleem and Amin Campuses. The campus grounds transformed into a vibrant arena as students, faculty, and esteemed guests gathered to inaugurate the sports festival. Ms Silwat Saeed, Commissioner Faisalabad Division, graced the grand opening as the chief guest, setting the tone for an event filled with exceptional

performances and thrilling competitions. In her inspiring address, Ms Silwat highlighted the pivotal role of sports in fostering camaraderie, discipline, and personal growth. She took an oath to all participants, emphasizing the values of fair play and discipline in the games. The Sports Gala, 2024 started with a vibrant parade, featuring teams from various departments proudly displaying their banners and team colors. The ceremony showcased many activities, including the march past,

torch relay, Karate, gymnastics, aerobic performances, tug of war, races, kabaddi, and cultural displays. Day 1: Departments such as Physiotherapy, Optometry, Business School, Pharmacy, Dermal Sciences, English, Computer Sciences, Engineering, Law, Psychology, Medical Lab Science, Nutrition and Dietetics, and Islamiat demonstrated their sportsmanship and brilliance. Day 2: Football, Badminton, and Cricket matches showcased

pulse-pounding performances, symbolizing The University of Faisalabad's sports journey as a symbol of unparalleled power and precision. Day 3: The sports arena transformed into a battleground of skills and passion, with jaw-dropping moves in basketball courts, intense table tennis action, and the digital arena featuring Tekken E-Sports on both campuses. Day 4 marked the grand final at Iqbal Stadium, graced by distinguished guests including



TUF teams proudly portray their flags and banners



“

It’s heartening to witness the enthusiasm and dedication displayed by the students at The University of Faisalabad Sports Gala 2024. Sports have a unique ability to bring people together, transcending boundaries and fostering a sense of unity. I believe these experiences will not only shape their athletic prowess but also contribute to their holistic development as individuals.”

Ms Silwat Saeed
Commissioner of Faisalabad Division



WINNERS

Amin Campus	Saleem Campus
◆ 1 st Department of Computer Sciences	◆ Department of Rehabilitation Sciences
◆ 2 nd National Business School	◆ 2 nd Department of Pharmacy



“

TUF Sports Gala has been a testament to the talent and spirit of our students. It's not just about winning; it's about the journey, the lessons learned, and the friendships formed. I congratulate all participants for their hard work and dedication. This event has not only showcased their athletic prowess but also their commitment to teamwork, discipline, and fair play.”

Mian Kashif Ashfaq
CEO, ChenOne



Mian Kashif Ashfaq, CEO Chenone as Chief guest, Ms Zahida Maqbool, Registrar, Muhammad Afzal, Executive Director Academics and Institutional Performance, GIU, and Dr Aman Ullah, Director Oric, along with enthusiastic students. The event was a celebration of sportsmanship and achievement, culminating in the distribution of shields,

trophies, and certificates to the winners. Notable triumphs included the English Department's victory in Tug of War, Medical Lab Sciences excelling in the 100-meter race, and the Department of Management Studies securing the 200-meter race. The Department of Pharmacy emerged victorious in the Cricket match, while

the Department of Computer Science dominated in Badminton and Table Tennis. At Amin Campus, the Department of Computer Sciences clinched the 1st position in the overall match series, with the National Business School securing the 2nd runner-up position. Meanwhile, at the Saleem Campus, Department of

Rehabilitation Sciences claimed the 1st position and Department of Pharmacy secured the 2nd position. The closing ceremony was a spectacular showcase of determination, teamwork, passion, the roar of victory, and the echoes of triumph, encapsulating the spirit of The University of Faisalabad's Sports Gala 2024.





ادرک اور شہد سے کھانسی کا قدرتی علاج

مصنفین: بشریٰ عمر حیات، اقصیٰ خان (طالبات ایم فل ڈائٹیٹکس اینڈ نیوٹریشنل سائنسز)
زیر نگرانی: ڈاکٹر شانزا مختار، ہیڈ ڈیپارٹمنٹ آف نیوٹریشن اینڈ ڈائٹیٹکس

تعارف:

شہد اور ادرک کا استعمال زمانہ قدیم سے قدرتی علاج کے طور پر کیا جاتا ہے اور ان کی طبی افادیت کو ہر دور میں تسلیم کیا جاتا رہا ہے۔ یہ دونوں چیزیں نہ صرف آپ کے منہ کے ذائقہ میں کو بہتر کرتی ہیں بلکہ کھانسی کو دور کرنے، نظام تنفس کو بہتر بنانے اور آپ کو صحت مند رکھنے کیلئے ایک موثر اور ایک طاقتور دوائی کا کام بھی کرتے ہیں۔ آئیے شہد اور ادرک کے پیچھے پرانی حکمت اور ان کے ملاپ سے پیدا ہونے والے طبی فوائد کے بارے میں آپ کو مزید آگاہی دیں۔

گولڈن اکسیر: شہد

جسے اکثر مالخ سونا بھی کہا جاتا ہے، اپنی طبی افادیت و کی خصوصیات کی وجہ سے صدیوں سے جانا جاتا رہا ہے۔ اس کی قدرتی مٹھاس اینٹی بیکٹیریل ہے اور سوزش کم کرنے کیلئے نہایت موثر ہے۔ شہد کی یہ خصوصیات گلے کی سوزش اور کھانسی کو کم کے لیے ایک بہترین علاج کا کام کرتی ہیں۔

مزید برآں، شہد کی چھپاتی ساخت گلے کی جلن کے لیے ایک حفاظتی تہہ بھی بناتی ہے، جس سے راحت ملتی ہے اور شفا پانی کے عمل میں بھی مدد ملتی ہے۔ مزید برآں شہد کو جسم کے جلے ہوئے حصوں اور زخموں پر مرہم کے طور پر بھی استعمال کیا جاتا ہے۔

ادرک:

ادرک، اپنے گرم مزاج اور مصالطہ دار ذائقے کے ساتھ ساتھ جسم میں درد کو کم کر کے سوزش کو روکنے والی

خصوصیات کے لیے مشہور ہے۔ ادرک بلغم کو ختم کرنے اور اسے گلے سے خارج کرنے میں مدد کرتا ہے یہ قدرتی Decongestant کے طور پر کام کرتا ہے ناک اور سانس کی بندش دور کرتا ہے۔ اس کی گرم تاثیر گلے کی تکلیف کو کم کرتی اور سکون فراہم کرتی ہے، جو اسے کھانسی کے کسی بھی قسم کے قدرتی علاج میں ایک بہترین اضافے کا سبب بناتی ہے۔ اس کے علاوہ ادرک کا استعمال پیٹ کے اچھارے، متلی اور قبض کی شکایات کو دور کرتا ہے۔ جس کے بڑھتے ہوئے وزن کو کم کرنے، اور جسم میں کولیسٹرول اور انسولین لیول کو توازن میں رکھنے میں بھی ادرک کا استعمال نہایت مفید ہے۔

شہد و ادرک کا مجموعہ:

شہد اور ادرک کو ملانے سے ایک طاقتور دوائی ہے جو نہ صرف کھانسی کی علامات کو دور کرتی ہے بلکہ مدافعتی نظام کو بھی مدد فراہم کرتی ہے۔ شہد کی اینٹی بیکٹیریل خصوصیات ادرک کے سوزش اور Decongestant اثرات ایک ساتھ مل نہایت موثر طور پر جو سانس اور گلے کے لیے قدرتی علاج فراہم کرتی ہیں۔

نسخہ:

اجزاء کی مقدار

پانی	125 ملی لیٹر
چینی	250 گرام
لیموں	15 گرام
لونگ	3-4 لونگ
ادرک پاؤڈر	5 گرام

شہد 15 گرام
پودینہ 4-5 پتے
دار چینی پاؤڈر 5 گرام

نسخے کی تیاری:

شہد اور ادرک کو نرم کرنے کے لیے تمام اجزاء کو ایک کڑاہی میں رکھ کر ہلکی آنچ پر 100 سے 150 ڈگری سینٹی گریڈ کے درمیان پکائیں، اور 15 سے 20 منٹ تک مسلسل ہلاتے رہیں۔ میسریل تیار ہونے کے بعد، اسے کینڈی کے سانچوں میں ڈال دیں اور کمرے کے درجہ حرارت پر ٹھنڈا اور سخت ہونے دیں۔ سانچوں کو چکنے سے روکنے کے لیے، میسریل کو ٹھنڈا ہونے کے بعد ان پر چینی پاؤڈر چھڑکا دیں۔

شہد و ادرک سے تیار کینڈی کی تاثیر:

اس کو موجودہ تحقیق نے ثابت کیا کہ شہد اور ادرک کے ساتھ مل کر بننے والی کینڈی کا مقصد کھانسی کی علامات اور شدت کو کم کرنا، گلے کو ٹھنڈک اور سکون بخش اثر فراہم کرنا ہے۔ شہد اور ادرک اہم قدرتی اجزاء ہیں جو گلے کی سوزش کو دور میں فائدہ مند و موثر ہیں۔ اثر فراہم کرنے میں مددگار ہیں۔ ان میں اینٹی آکسیڈینٹ ہوتے ہیں۔ شہد اور ادرک وٹامنز اور معدنیات جیسے آئرن، کیلشیم، میگنیز، وٹامن K، وٹامن B-3، وٹامن B-6 اور بیٹا کیروٹین کے بہترین ذرائع ہیں۔ شہد اور ادرک میں کیلوریز کم ہوتی ہیں۔

نتیجہ: آئندہ خدا خواستہ اگر آپ کھانسی میں مبتلا ہوں

تو اس کے علاج کیلئے کھانسی کے شربت کے بجائے شہد ادرک کے استعمال اور قدرتی متبادل پر ضرور غور کریں۔ اپنی کھانسی کو کم کرنے اور اپنے نظام تنفس کو بہتر بنانے کے لیے ان روزمرہ کی باورچی خانے میں استعمال کی جانے والی قدرتی اشیاء کا استعمال کریں۔ دونوں قدرتی نعمتیں آپ کی کھانسی کو دور کرنے اور آپ کی سانس کی تکلیف کو کم کرنے کے لیے مددگار ثابت ہو سکتی ہیں۔ ان قدرتی اجزاء کے درست استعمال کے نتیجے میں ایک ایسی کینڈی بنتی ہے جو نہ صرف ذائقہ دیتی ہے بلکہ کھانسی اور گلے کی جلن کے لیے قدرتی علاج کے طور پر بھی کام کرتی ہے۔ کھانسی کے علاج کیلئے بچے کڑوی دوائیوں کی بجائے ایسی کینڈی شوق سے کھائیں گے۔



مدینہ ٹیچنگ ہسپتال



مدینہ ٹیچنگ ہسپتال کے بریسٹ سرجیکل یونٹ میں بریسٹ کینسر اور چھاتی کے جملہ امراض کے جدید ترین اور بین الاقوامی معیار کے مطابق علاج کی سہولیات دستیاب ہیں۔

بریسٹ سرجیکل یونٹ

زیر نگرانی

پروفیسر ڈاکٹر سائرہ سلیم

MBBS, FCPS, MRCS (UK), FRCS (UK)

آئیکو پلاسٹک بریسٹ سرجری ٹرینڈ (یو کے) پروفیسر آف سرجری اینڈ ہیڈ بریسٹ سرجری یونٹ

خواتین مدینہ ٹیچنگ ہسپتال کے بریسٹ کلینک میں باقاعدہ چیک اپ کروا سکتی ہیں۔

OPD Days منگل، جمعرات، ہفتہ

اوقات صبح 8 تا دوپہر 2 بجے

مقام اوپی ڈی روم نمبر 11

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کمر درد کی وجہ اور اس کا سد باب

ڈاکٹر حرا غوث، فزیوتھراپسٹ، دی یونیورسٹی آف فیصل آباد

ہم نے اکثر دیکھا ہے سکول ٹیچر ہو، آفس ورکر ہو، مینکریا ٹیکنالوجی سے جڑا ہوا کوئی بھی کام کرنے والا ہو جس میں آپ کو زیادہ نہیں تو صرف تین گھنٹے اگر مستقل بیٹھنا پڑ جائے تو کمر درد کی شکایت ہو جاتی ہے۔ یہ بیمار لوگوں کا مسئلہ نہیں ہے۔ یہ ان تمام لوگوں کا مسئلہ ہے جو بالکل تندرست ہیں اچھا کھاتے پیتے ہیں۔ ورزش کرتے ہیں پھر بھی کمر درد ان کی جان نہیں چھوڑتی۔ کسی بھی مسئلہ کو ختم کرنے کے لیے سب سے ضروری اس کی بنیادی وجہ کا پتا لگانا ہوتا ہے۔

آپ کو root cause یعنی بنیادی وجہ معلوم نہیں تو آپ محض دوائیوں سے مسئلہ ختم نہیں کر سکتے۔ اب سوال یہ پیدا ہوتا ہے کہ ہم تندرست بھی ہیں خیال بھی رکھتے ہیں پھر بھی ایک گھنٹہ کسی لیپ ٹاپ یا کمپیوٹر کے سامنے کرنے سے کمر درد کیوں شروع ہو جاتا ہے؟ اور یہی کمر درد وقت کے ساتھ ساتھ بیماری بن جاتی ہے۔ ہم شروع میں کسی بھی مسئلے کو سنجیدہ نہیں لیتے۔ جب وہ ہمارے ہاتھ سے نکل جائے پھر ڈھیروں پیسے وقت اور انرجی اس بیماری پر لگا دیتے ہیں۔ اور ایک وقت میں ایسے ناامید ہو جاتے ہیں کہ شاید اب اس کا علاج ممکن نہیں رہا۔

کمر درد کی سب سے بڑی وجہ ہماری بیٹھنے والی کرسیاں اور میز ہیں۔ ٹیک کے بغیر، کسی سپورٹ کے بغیر گھٹنے یا دو گھٹنے کمر جھکا کر بیٹھ رہنا کمر درد کی وجہ بنتا ہے۔ ہاتھوں کو لٹکائے رکھنا۔ بغیر سپورٹ کے اٹھائے رکھنا بازو میں درد کی وجہ بنتا ہے۔ اسی طرح ہماری گردن میں درد کی وجہ بھی ہماری کرسیاں بنتی ہیں۔ کرنا کیا ہے۔ آپ نے وہ کرسی استعمال کرنی ہے جس کے ساتھ آپ کی کمر سپورٹ



حضرت ابو بکر صدیق رضی اللہ تعالیٰ عنہ کی حیات مبارکہ اسوہ رسول ﷺ کی مکمل پیروی کا درس دیتی ہے

محفل کا اختتام درود و سلام اور فلسطین کے شہداء کیلئے دعائے مغفرت کے ساتھ ہوا۔

بربریت کی بھرپور مذمت کرتے ہوئے حکومت پاکستان پر زور دیا کہ مظلوم فلسطینیوں پر اسرائیل کے اس ظلم و جبر کو روکنے کیلئے عالمی برادری، اقوام متحدہ اور بالخصوص اسلامی ممالک کی تنظیم کے ذریعے اپنا کردار ادا کرے



مس صفیہ جعفر طالبات سے خطاب کر رہی ہیں۔

اعزاز حاصل کیا۔ آپ کی شان صحابیت اور تقویٰ کا ذکر اللہ تعالیٰ نے قرآن پاک میں متعدد مقامات پر بیان فرمایا ہے۔ نبی پاک ﷺ کے حکم پر آپ نے حضرت بلال رضی اللہ تعالیٰ عنہ کو امیہ بن خلف سے آزاد کروایا۔ آپ انتہائی شریف النفس، ایماندار اور نیک سیرت تھے۔ آپ کی حیات مبارکہ ہمیں اسوہ رسول ﷺ کی مکمل پیروی کا درس دیتی ہے۔ اپنے عہد خلافت میں آپ نے بہت سے فتنوں اور نبوت کے جھوٹے دعوے داروں کا خاتمہ کیا۔ حضرت ابو بکر صدیق رضی اللہ تعالیٰ عنہ کا ارشاد ہے: جس نے اپنے جسمانی اعضاء کو نفسانی خواہشات سے خوش کیا اس نے اپنے دل میں ندامتوں کا درخت لگایا۔ لوگوں سے تکلیف کو دور کر کے خود تکلیف اٹھالینا حقیقی سخاوت ہے۔

اس موقع پر شرکائے محفل نے مظلوم فلسطینی مسلمانوں پر جاری اسرائیلی سفاک افواج کی جارحیت اور ظلم و

یاد غار و یاد مزار مصطفیٰ ﷺ، خلیفہ اول سیدنا ابو بکر صدیق رضی اللہ تعالیٰ عنہ کے یوم وصال کے حوالے سے یونیورسٹی کے سلیم کیمپس میں شعبہ عربی و علوم اسلامیہ کے زیر اہتمام خصوصی سیمینار کا انعقاد کیا گیا۔ طالبات نے تلاوت قرآن پاک، ہدیہ نعت اور منقبت پیش کیں۔

شعبہ اسلامیات کی لیکچرار مس صفیہ جعفر نے حضرت سیدنا ابو بکر صدیق رضی اللہ تعالیٰ عنہ کی سیرت مبارکہ اور آپ کی تعلیمات کے موضوع پر خصوصی خطاب کیا۔ سیمینار میں طالبات و فیکلٹی ممبران کی بڑی تعداد نے شرکت کی۔

مس صفیہ نے اپنے خطاب میں کہا کہ سیدنا ابو بکر صدیق رضی اللہ تعالیٰ عنہ نے مردوں میں سب سے پہلے اسلام قبول کیا۔ سیدنا ابو بکر نے نبی پاک ﷺ کی معراج کی سب سے پہلے تصدیق کی اور صدیق کا لقب پانے کا

یونیورسٹی کی ری ہیبیلیٹیشن سوسائٹی کے ممبران نے سیشل بچوں کے چہروں پر خوشیاں بکھیر دیں



یونیورسٹی کی ری ہیبیلیٹیشن سوسائٹی کے ممبران سیشل چلڈرن کو تحائف پیش کر رہے ہیں

دی یونیورسٹی آف فیصل آباد میں اعلیٰ پیشہ ورانہ تعلیم کے ساتھ ساتھ آؤٹ ریچ پروگرامز اور Civic Engagements کی طرف خصوصی توجہ دی جاتی ہے تاکہ سٹوڈنٹس کی جامع طور پر کردار سازی ممکن ہو سکے۔ یونیورسٹی کی ری ہیبیلیٹیشن سوسائٹی کے ممبران نے سیشل چلڈرن کے رفائی ادارے تعلیم اللسان کا دورہ کیا۔ یہاں انہوں نے ان بچوں کی تعلیم و تربیت کے طریقہ کار سے آگاہی حاصل کی۔ سوسائٹی کے ممبران نے بچوں کے ساتھ مختلف گیمز اور تفریحی سرگرمیوں میں حصہ لیا جس سے بچے خوب لطف اندوز ہوئے۔ سوسائٹی ممبران نے بچوں کو کھانے پینے کی مختلف اشیاء اور تحائف پیش کئے جنہیں وصول کر کے ان بچوں کے چہروں پر جو مسکراہٹ بکھری وہ قابل دید تھی۔

مدینہ ٹیچنگ ہسپتال میں کامیاب آپریشن کے بعد جھنگ کی عائشہ محمد آصف بن گئی

مدینہ ٹیچنگ ہسپتال کے ماہر ڈاکٹرز جنس تبدیلی کے اب تک 7 کامیاب آپریشن کر چکے ہیں



پروفیسر ڈاکٹر خالد محمود چوہدری، پروفیسر ڈاکٹر زاہد ناگرہ اور انکی ٹیم محمد آصف اور اس کے والدین کے ہمراہ

جھنگ کے رہائشی محمد دلیر اور اس کے خاندان کی خوشیاں اس وقت دوبالا ہو گئیں جب ان کی 7 سالہ بیٹی عائشہ مدینہ ٹیچنگ ہسپتال میں کامیاب آپریشن کے بعد بیٹا بن گئی۔

ہسپتال کے سینئر سرجن پروفیسر ڈاکٹر خالد محمود چوہدری نے بتایا کہ مریضہ کو بورالوجی ڈیپارٹمنٹ میں داخل کیا گیا تھا اس میں جنس تبدیلی کے آثار نمودار ہوئے۔ یہ جینیاتی طور پر male تھا یہاں ان کی زیر نگرانی ماہر ڈاکٹرز کی ٹیم نے اسکی کامیاب سرجری کی۔ جس کے نتیجے میں یہ لڑکا بن گیا۔ محمد آصف کی والدہ جو خوشی سے نہال تھیں اس نے بتایا کہ ہماری عائشہ تین بھائیوں کی اکلوتی بہن تھی۔ اب اللہ نے آصف کی شکل میں ہمیں ایک اور بیٹا عطا کیا۔ محمد دلیر نے کہا کہ وہ مزبور آدمی ہے اس قسم کے آپریشن کے خراجات برداشت نہیں کر سکتا تھا۔ مدینہ ٹیچنگ ہسپتال میں ان کے بچے کا کامیاب آپریشن بالکل مفت کیا گیا ہے۔ اس کیلئے وہ ہسپتال کی انتظامیہ کا بھرپور شکور ہے۔

سیمینار، یوم ولادت حضرت علی کرم اللہ وجہہ



اسلامی سکالر ڈاکٹر سمیرا نقوی طالبات کو حضرت علی کرم اللہ وجہہ کی سیرت و تعلیمات کے بارے میں آگاہی دے رہی ہیں

دی یونیورسٹی آف فیصل آباد کا ہمیشہ یہ خاصہ رہا ہے کہ یہاں طلبہ و طالبات کی اعلیٰ پیشہ ورانہ تعلیم و تربیت کے ساتھ انکی اخلاقی و روحانی تربیت و کردار سازی پر خصوصی توجہ دی جاتی ہے۔ اس ضمن میں یہاں اسلامی سیمینارز و تقریبات، صحابہ کرام و بزرگان دین کے ایام کو خصوصی اہتمام کے ساتھ منایا جاتا ہے تاکہ طلبہ و طالبات کو اسلامی و دینی تعلیمات سے صحیح معنوں میں روشناس کر وایا جاسکے۔

اس ضمن میں یونیورسٹی کے سلیم کیمپس میں شعبہ عربی و علوم اسلامیہ کے زیر اہتمام یوم ولادت حضرت علی کرم اللہ وجہہ کے موضوع پر خصوصی سیمینار کا انعقاد کیا گیا۔ معروف نعت خواں مس عائشہ بتول اور طالبات نے تلاوت قرآن پاک، ہدیہ نعت اور مناقب اہل بیت پیش کیں۔ سیمینار کی مہمان مقرر معروف اسلامی سکالر ڈاکٹر سمیرا نقوی نے خلیفہ چہارم حضرت علی کرم اللہ وجہہ کی

پاک ﷺ پر ایمان لائے۔ آپ وہ ہستی ہیں جو جو تمام اوصاف حمیدہ و کمالات جلیلہ کے مالک ہیں۔ آپ کے بارے میں نبی پاک ﷺ نے فرمایا تھا جس کا میں مولا ہوں اس کا علی مولا ہے۔ آپ کا دور خلافت اسلامی تاریخ کا ذریعہ دور ہے۔ ڈاکٹر سمیرا نے کہا کہ یونیورسٹی آف فیصل آباد کی انتظامیہ صحابہ کرام و بزرگان دین کی تعلیمات سے متعلق پروگرامز کے باقاعدہ انعقاد کی بدولت نوجوانوں میں جس طرح آگاہی پیدا کر کے ان کی کردار سازی کر رہی ہے وہ لائق تحسین ہے۔ سیمینار کا اختتام درود و سلام اور خصوصی دعا کیساتھ ہوا۔

تعلیمات کے حوالے سے خصوصی خطاب کیا۔ انہوں نے کہا کہ حضرت علی کی ولادت باسعادت خانہ کعبہ میں ہوئی اسی مناسبت سے آپ کو مولود کعبہ بھی کہا جاتا ہے۔ آپ نبی پاک ﷺ کے چچا زاد بھائی اور قریشی ہاشمی ہیں۔ آپ کی تربیت نبی پاک ﷺ نے خود فرمائی۔ آپ ﷺ فرماتے تھے کہ میں علم کا شہر ہوں اور علی اس کا دروازہ ہیں۔

تمام صحابہ کرام میں جو مقام و مرتبہ حضرت علی کرم اللہ وجہہ کو حاصل ہے وہ کسی اور کو حاصل نہیں۔ آپ کی شجاعت اور بہادری بے مثال تھی۔ آپ وہ ہستی ہیں جو بچپن میں سب سے پہلے نبی

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نبی پاک ﷺ کے تبلیغ اسلام کے مشن کیلئے حضرت علی کرم اللہ وجہہ نے جو خدمات سرانجام دیں وہ بے مثال ہیں۔ آپ کی حیات مقدسہ کا ایک ایک لمحہ انسانیت کی بھلائی اور رہنمائی کیلئے افول خزانہ ہے۔ آپ کی تعلیمات بلاشبہ نہ صرف مسلم امہ بلکہ کیلئے تمام انسانیت کیلئے مشعل راہ ہیں۔ ضرورت اس امر کی ہے کہ ان تعلیمات پر صحیح معنوں میں عمل پیرا ہوا جائے۔

ڈاکٹر سمیرا نقوی
اسسٹنٹ پروفیسر



مس عائشہ بتول اور طالبات حضرت علی کرم اللہ وجہہ کی بارگاہ میں ہدیہ منقبت پیش کر رہی ہیں

ریسرچ سوسائٹی یونیورسٹی میں جدید ریسرچ کلچر کے فروغ میں مصروف عمل

سوسائٹی کے زیر اہتمام جدید ریسرچ کے موضوع پر پوسٹرز کی نمائش کا انعقاد کیا گیا

طالبات نے موضوع کے مطابق اپنے ریسرچ ورک کو پوسٹرز کے ذریعے نہایت خوبصورتی سے پیش کیا۔ جی سی یونیورسٹی فیصل آباد سے اسسٹنٹ پروفیسر ڈاکٹر سید کاظم شاہ کو بطور مہمان خصوصی مدعو کیا گیا تھا۔ انہوں نے طالبات کے بنائے ہوئے پوسٹرز کا معائنہ کیا اور ان کے ریسرچ ورک کو خوب سراہا۔ انہوں نے یونیورسٹی کی ریسرچ سوسائٹی کی کادشوں کی تعریف کی اور ریسرچ کے جدید رجحانات و طریقہ کار کے حوالے سے طالبات کو رہنمائی بھی فراہم کی۔ شعبہ انگلش کی ہیڈ ڈاکٹر نانکہ ریاض و دیگر فیکلٹی ممبران بھی طالبات کی حوصلہ افزائی کیلئے موجود تھیں۔

بہترین ریسرچ ورک اور اس کو موزوں انداز میں پیش کرنے پر 3 طالبات کو انعامی شیلڈز سے نوازا گیا۔

سوسائٹی کے زیر اہتمام انگلش لینگویج و لٹریچر کے حوالے سے ریسرچ کے موضوع پوسٹرز کی نمائش کا انعقاد کیا گیا

رکھتے ہوئے ریسرچ کلچر کو فروغ دینے کیلئے کوشاں رہتی ہے۔ یونیورسٹی کے شعبہ انگلش لینگویج اور ریسرچ

دی یونیورسٹی آف فیصل آباد ہمیشہ سے اپنے مشن کے عین مطابق طلبہ و طالبات میں جدید رجحانات کو مد نظر



طالبات عریج عابد، ردا سجاد اور ملائکہ ریسرچ پوسٹرز مقابلے میں نمایاں کارکردگی پر مہمان خصوصی سے شیلڈز وصول کر رہی ہیں

دی یونیورسٹی آف فیصل آباد کے امین کیمپس میں اجتماعی شادیوں کی تقریب



یونیورسٹی کے امین کیمپس میں اجتماعی شادیوں کی تقریب میں چیئرمین بورڈ آف گورنرز محمد حیدر امین نو بیابتا دلہاؤں سے ملاقات کر رہے ہیں۔



مدینہ فاؤنڈیشن کی جانب سے ہر ایک نویابتا جوڑے کو دیا گیا جہیز کا سامان

دلہن نکاح نامے پر دستخط کر رہی ہے

یونیورسٹی کے سیکورٹی سٹاف کیلئے ٹریننگ ورکشاپ کا انعقاد

جس سے یہاں کی سیکورٹی کو مزید بہتر بنانے میں مدد ملے گی۔ سٹاف ممبران نے اس تربیتی ورکشاپ کے انعقاد پر یونیورسٹی مینجمنٹ کا شکریہ ادا کیا۔

سٹاف کیلئے نہایت فائدہ مند و معاون قرار دیتے ہوئے کہا کہ اس سے یونیورسٹی اور ہسپتال کا سٹاف اپنے فرائض کو زیادہ مستعدی و مہارت سے سرانجام دے سکے گا

اور بد عنوانی کی حوصلہ شکنی اور سیکورٹی سے متعلق دیگر اہم امور پر عملی تربیت دی گئی۔ یونیورسٹی کی ڈپٹی ڈائریکٹر ایڈمنسٹریشن مس مشائم انور نے اس ٹریننگ ورکشاپ کو

دی یونیورسٹی آف فیصل آباد کیلئے اپنے سٹوڈنٹس، فیکلٹی و سٹاف کا تحفظ ہمیشہ اولین ترجیح رہی ہے۔ اس ضمن میں یونیورسٹی اور مدینہ ٹیچنگ ہسپتال کے سیکورٹی سٹاف کی ٹریننگ کیلئے خصوصی چار روزہ ورکشاپ کا انعقاد کیا گیا جس کیلئے فیصل آباد ایئر پورٹ سیکورٹی فورس کے افسران کی خدمات حاصل کی گئیں۔

مسٹر فیصل عباس، سب انسپٹر، مس عروہ خالد، سب انسپٹر اور مس صائمہ تنویر، اسسٹنٹ سب انسپٹر نے ورکشاپ میں سیکورٹی سٹاف کو ٹریننگ دی۔ ورکشاپ میں سٹاف کو شناخت، باڈی سرچ، بیگ سرچ، مین گیٹ سے داخلے پر شناختی و احتیاطی تدابیر، ممنوعہ اور غیر قانونی اشیاء کی شناخت اور انکی روک، وزیٹرز کے ساتھ خوش اخلاقی کا طرز عمل، فیس ریڈنگ، اپنے ڈیوٹی پر احساس ذمہ داری، آگ بجھانے کے آلات کا استعمال، رشوت





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قاری نیاز احمد نو بیابتا جوڑوں کیلئے دعا کر رہے ہیں جبکہ چیئرمین بورڈ آف گورنرز محمد حیدر امین، اور دیگر سینئر فیکلٹی ممبران بھی موجود ہیں۔

مدینہ فاؤنڈیشن کے زیر اہتمام 60 مستحق جوڑوں کی اجتماعی شادیوں کی تقریب

اس موقع پر رشتہ ازدواج میں منسلک ہوئے والے جوڑوں کے والدین کی خوشی دیدنی تھی اور وہ مدینہ فاؤنڈیشن اور یونیورسٹی انتظامیہ کے بے حد مشکور تھے

جوڑوں کی خوشحال ازدواجی زندگی کیلئے خصوصی دعا بھی کی۔ تقریب میں 1500 سے زائد مہمانوں کی پر تکلف کھانے سے تواضع کی گئی۔ (بقیہ صفحہ 2 پر)

“

مہنگائی اور بے روزگاری کے اس دور میں ایک بیٹی کی شادی غریب والدین پر ایک بڑا بوجھ ہے۔ الحمد للہ مدینہ فاؤنڈیشن کی بے لوث مدد کی بدولت وہ اس فرض سے سبکدوش ہوئے جس کیلئے وہ فاؤنڈیشن کی خیر و ترقی کیلئے دعا گو ہیں۔

نوبیابتا جوڑوں کے والدین کا اظہار خیال

سٹاف بھی شریک ہوئے۔ طلبہ و طالبات نے اجتماعی شادیوں کی اس اہم تقریب کے انتظامات میں بڑھ چڑھ کر حصہ لیا۔ طالبات نے تمام دلہنوں کا بناؤ سنگھار کیا انہیں مہندی، چوڑیاں، پھول و دیگر تحائف بھی پیش کر کے ان کیلئے نیک تمنائوں کا اظہار کیا۔ مدینہ فاؤنڈیشن کی جانب سے نوبیابتا جوڑوں کو جہیز کا سامان بھی دیا گیا جس میں ضروریات زندگی کی تمام اشیاء جن میں فرنیچر، برتن، سلائی مشین، برتن، بجلی کا سامان و دیگر اشیاء شامل تھیں۔ رشتہ ازدواج میں منسلک ہونے والے نوبیابتا جوڑوں کے والدین کی خوشی دیدنی تھی اور وہ مدینہ فاؤنڈیشن اور یونیورسٹی انتظامیہ کے بے حد مشکور تھے۔ قاری نیاز احمد و دیگر تمام حاضرین نے نوبیابتا

مدینہ فاؤنڈیشن ہمیشہ سے خدمت خلق اور رفاہی کاموں میں پیش پیش رہی ہے۔ فری سہلتہ کیمپس کے قیام اور ملک میں کہیں بھی کسی ناگہانی آفت، سیلاب، زلزلہ وغیرہ کی صورت حال میں متاثرین کی مدد کیلئے مدینہ فاؤنڈیشن کے زیر اہتمام دی یونیورسٹی آف فیصل آباد کے طلبہ و طالبات ہمیشہ حاضر رہتے ہیں۔

مدینہ فاؤنڈیشن نے اپنی روایات کو برقرار رکھتے ہوئے 60 مستحق جوڑوں کی اجتماعی شادی کی تقریب کا انعقاد کیا۔ تقریب کا انعقاد دی یونیورسٹی آف فیصل آباد کے امین کیمپس میں کیا گیا تھا۔ تقریب کے مہمان خصوصی چیئرمین بورڈ آف گورنرز محمد حیدر امین تھے۔ تقریب میں یونیورسٹی کے فیکلٹی ممبران و

اس شمارے میں مزید پڑھئیے



کمر درد کی وجوہات اور اس کا علاج
(صفحہ 5 پر)



جنگل کی عائشہ سرجری کے بعد محمد آصف بن گئی
(صفحہ 4 پر)



ری پیپی لیشن سوسائٹی کے ممبران نے پیش پچوں
کے چہروں پر خوشیاں بکھیر دیں (صفحہ 4 پر)



حضرت علی کرم اللہ وجہہ کی سیرت و کردار
(صفحہ 3 پر)

دی یونیورسٹی آف فیصل آباد

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دی یونیورسٹی آف فیصل آباد کے متعلق چند اہم معلومات

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