



UMT

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REFLECTIONS



**“If you are working on something that you really care about, you don’t have to be pushed. The vision pulls you.”
- Steve Jobs -**



Academic Excellence Award Presented to President UMT/ILM Trust

Association of Private Sector Universities of Pakistan (APSUP) presented Academic Excellence Award 2022 to President UMT/ILM Trust, Ibrahim Hasan Murad in recognition of his phenomenal commitment to academics. Academic Excellence Awards 2022 were conferred to acknowledge the true heroes of Pakistan on Independence Day.

Muhammad Baligh Ur Rehman, Governor of Punjab was invited as the honorable chief guest to appreciate the true stars of Pakistan who made their mark in Impact Ranking and

QS Ranking. Introducing President UMT, the presenter said that Ibrahim Murad is a dynamic leader focused on raising the stature of education and service in Pakistan.

He further said that Mr Murad is committed to the development of Pakistan's youth through research and academic excellence at UMT. He commended the employee-centric policies at UMT that made it receive the Workplace of the Year Award 2020.

UMT

Celebrates



Service, Scholarship and Leadership

The University of Management and Technology, Lahore on Thursday, June 16, 2022, marked the completion of 32 years of its enlightening journey with a grand celebration and cake-cutting ceremony held at the university.

The event was attended by the UMT President Ibrahim Hasan Murad, Director-General UMT Abid H K Shirwani, Rector UMT Dr Asif Raza, Chief Advisor to President on Research and Academic Excellence Dr Mujahid Kamran, Director Special Projects UMT Zahid Warriach along with Deans, Directors and Heads of University Management Offices.

Addressing the attendants, Ibrahim Hasan Murad said that 32 years ago Dr Hasan Sohaib Murad (Shaheed) embarked upon a journey of enlightenment.

The patriotism, faith and commitment of Dr Hasan gave birth to UMT, an institution of distinct character and a majestic symbol of excellence in higher education in Pakistan. He further highlighted that holistic education has distinguished UMT in the global ranking of

universities as it has stood true to its motto of transforming students into leaders.

DG UMT Abid H K Shirwani in relevance to this day said that UMT is a unique institute in the way that it inculcates a spirit of humanitarian service in its students besides providing them with educational and career direction. "For 32 years, this remarkable institution has successfully provided quality higher education to more than 27,000 alumni and the family continues to grow," he added.

Mr Shirwani thanked the alumni, educators, students, faculty and staff, for their hard work to make UMT a leader in education and innovation.

Rector UMT Dr Asif Raza, in his message regarding the celebration, congratulated the entire UMT Family for making the remarkable journey of 32 years possible, especially the faculty and staff who work with unmatched hard work, exceptional skills and endless passion.

He said that UMT would continue providing quality education to the nation's youth for several more decades and emerge as a key player at



22nd UMT CONVOCATION 2022

The University of Management and Technology (UMT) held its 22nd Convocation at the Expo Centre Lahore. A total of 1225 graduates were given degrees in various disciplines on this occasion. According to the details 691 Bachelors, 165 Masters, 341 MS/MPhil and 29 PhD degrees were conferred. Furthermore, 18 Patron Gold Medals, 17 Rector Silver Medals, 06 Rector Academic Excellence Award Gold Medals, 06 Certificates of Excellence, 06 Research Publication Awards for MS/MPhil students were also given away on the occasion.

Rector UMT Dr Asif Raza in his convocation address welcomed all the guests, students and attendees to the 22nd Convocation of UMT and thanked them for adding color and value to the event. He expressed his gratitude to Governor Punjab Muhammad Baligh-ur-Rehman for his presence and called it a source of joy and pride for the graduating students, their parents and the entire UMT Family. Dr Asif Raza congratulated all the graduating participants and wished them a successful and bright future.

Dr Asif Raza highlighted that UMT is a well-respected institution both within Pakistan and abroad, with over 900+ highly qualified full-time faculty members and over 270 PhD faculty members from prestigious universities around the world. He added that UMT ranks among the

top 500 Asian universities and this has been only possible because of our faculty, dedicated staff, conducive academic and research environment and hardworking students. In his concluding remarks, Dr Asif Raza advised the graduating participants to celebrate their success, strive for higher goals in life and gain respect on the basis of their integrity, professional knowledge, skills and performance.

Mr Ahmad Omer Murad, Chairman UMT/ILM Trust congratulated the graduates for achieving this great milestone and making their parents and teachers proud. He said that he is pleased that UMT is functioning on the vision of Dr Hasan Sohaib Murad (Shaheed). At UMT every effort is being made to transform our students into well-rounded individuals and prepare them to effectively face the challenges of life, he added.

Ahmad Omer Murad expressed that UMT pays special attention to the grooming and character building of students through a wide variety of co-curricular activities. He also instructed the students to follow simple values of human integrity, create an impact in the world and achieve real success by not following the imprints of others.

Governor Punjab Muhammad Baligh ur Rehman congratulated the graduating students, their parents and the faculty on the arduous accomplishment. He guided the students to

be thankful and respectful to their parents who invested their time, money and effort and also their teachers who have extended their full support to them in their achievements. Governor expressed that it is an immense pleasure for me to join the 22nd convocation of UMT and congratulated the whole management team of UMT for the successful organization of the ceremony.

Mr Baligh ur Rehman was delighted to share that UMT is growing with the passage of time in a meaningful and productive way. He said that he hopes that UMT makes a prominent name globally through its research and quality education. In his concluding remarks, Mr Baligh ur Rehman appreciated the efforts of UMT towards educating the youth and advised the participants to learn good moral values and build their character in the best possible way.



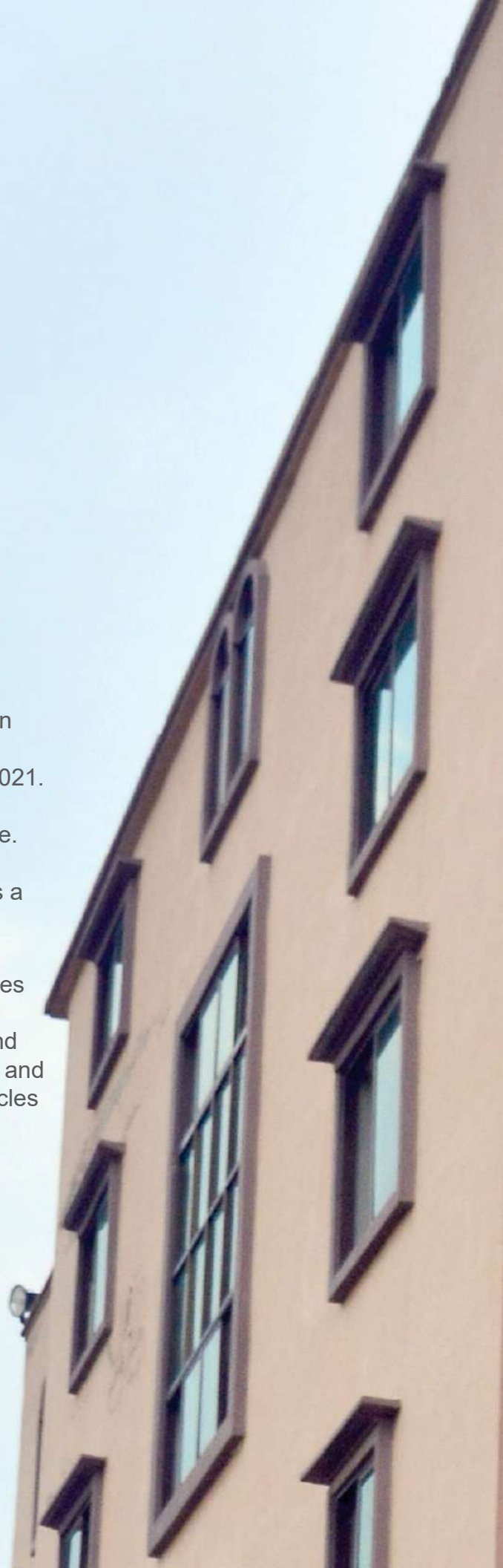
UMT

Ranks 5th

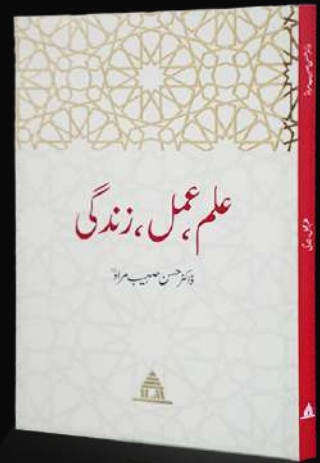
in Pakistan for Scientific Research Output

University of Management and Technology (UMT) has been ranked number 5 in Pakistan for scientific research output by Nature Index for the period of December 2020 to November 2021. Three articles from UMT have been published in two leading journals i.e. European Physical Journal C and Nature Medicine. On this achievement, President UMT Ibrahim Hasan Murad expressed that being one of the leaders in science research is a great accomplishment for us, he added.

Every year, Nature Index ranks the top institutions and countries by the number of scientific articles and papers published in leading journals. The Nature Index provides absolute count and fractional share counts of article publication at the institutional and national levels. The Index tracks contributions to research articles published in 82 high-quality natural-science journals.



Mega Book Reveal Ceremony of **Ilm Amal Zindagi**



A mega book reveal ceremony was organized to launch “**Ilm, Amal, Zindagi**”, a book by **Dr Hasan Sohaib Murad (Shaheed)**. President UMT Ibrahim Hasan Murad, Dr Naushaba Hasan Murad, Director TKS/ILM Trust Ms Mariam Murad, Rector UMT Dr Asif Raza, vice-chancellors from Lahore-based universities, literary figures, businessmen, entrepreneurs, philanthropists, media persons, Deans and Directors, UMT faculty and staff attended the event.

Dr Naushaba Hasan Murad greeted all the attendees and thanked them for their valuable time. She presented a few points from the book to let the audience know what is being told in it. She said that the aim of launching this book to the public is because it was Dr Hasan’s goal to flourish the people. She also explained that we can see the personality of Dr Hasan immersed in every chapter of the book. She said that she feels lucky she was accompanied by him in her life.

Dr Amjad Saqib, Founder Akhuwat Foundation, in his address said that taking the name of Dr Hasan is a great honor for me. He shared that Dr Hasan has left behind a legacy that will always keep him alive in the hearts and minds of people. His traits included good character and good communication and the list is never-ending. Dr Hasan saw a dream of an era that inculcates leadership, technology, management, and governance and Pakistan will become a flourished country one day. He concluded his speech by saying that if you want to change the world or society the first step is changing yourself.

Ameer ul Aziz, a friend of Dr Hasan Murad, expressed that “**Ilm, Amal, Zindagi**” is a collection of all the aspects of the life of a person. This book has words that change your life, refine your character and persuade you to do good deeds.

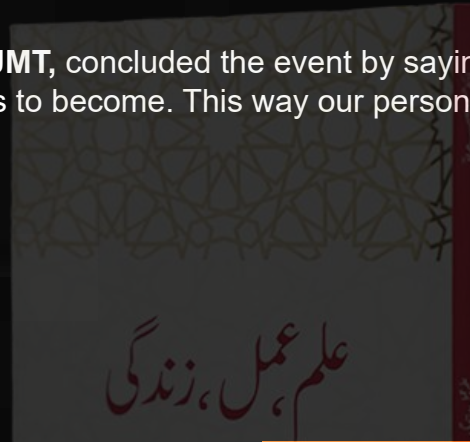
Salman Ghani stated that every life is a journey that ends on death. Dr Hasan Sohaib Murad is the name of thought and leadership. In his book, almost 15 to 20 topics are on leadership. He exclaimed that we are fallen into a leadership crisis because we differ in our words and actions. This book is actually addressed to the youth and gives a solution to all the present-day challenges. He said that it’s not a book but a message to leave a successful life.

Sohail Warraich in his speech said that when I entered the hall, I got flashbacks of my time here when I met Khurram Murad, and the scenes of how a small institution called ILM transformed into UMT in such a short time period. He highlighted that people like Hasan Sohaib Murad are very few and we are lucky that he has left behind Ibrahim Murad, Mariam Murad and Dr Naushaba Hasan Murad, who are just as visionary and dynamic as he was.

Mujeeb ur Rehman Shami expressed that Dr Hasan’s name lives in our hearts. He advised making

the book a part of the university curriculum and said that this book can help develop visionary learners. Amjad Islam Amjad said that he met a lot of people in life and has known Hasan Murad since he was a student and never saw his face without a smile. He concluded his talk with a heart-touching poem.

Ahmad Omer Murad, Chairman UMT, concluded the event by saying that our goal should be to become what Allah (SWT) wants us to become. This way our personality becomes a magnetic one that attracts people and positivity



UMT Faculty Sweeps Funding for 4 More Research Projects from HEC-NRPU

The Office of Research Innovation and Commercialization (ORIC) at the University of Management and Technology (UMT) is proud of the extraordinary achievement of our faculty. They have won funding for four more research projects from the National Research Program for Universities (NRPU) by the Higher Education Commission of Pakistan.

The credit for this outstanding success goes to the honored faculty members of the **School of Food and Agricultural Sciences (SFAS)**, Department of Mathematics and Department of Chemistry of the **School of Science (SSC)** and **School of Systems and Technology (SST)**, Sialkot Campus.

The details of the NRPU project winners are:

| | |
|--|---|
| 1 Dr Naveen Kosar won PKR 3,207,350 | 2 Dr Rubab Manzoor won PKR 208,1500 |
| 3 Dr Hafiz Ubaid Ur Rahman and Dr Nauman Khalid won PKR 6,819,500 | 4 Dr Muhammad Wasim won PKR 5,652,250 |

The ORIC team will facilitate these projects until their completion. As always, ORIC remains committed to its endeavors to support the faculty in conducting applied research at UMT. This achievement will also encourage other UMT faculty members to apply for research grants with the same zeal.

UMT Outreach Program



UMT is committed to exploring ways to attract prospective students from a wider range of backgrounds, schools and geographical areas. Developing strategic partnerships, networks and collaborations is key to this. The Outreach Program of UMT is one of the key initiatives that spread awareness about UMT, its

programs, available facilities, admissions and any other important information which can support students in their pursuit of higher education. UMT Outreach Program is a perfect platform for sharing what makes UMT special. It is intended to target, identify and engage a wide range of stakeholders, including potential students,

Mission

The aim of the Outreach Program is to engage and attract prospective quality students from all over Pakistan, including underprivileged areas of the country to transform their passion into a professional opportunity. The program is intended to engage and provide awareness to HSSC Part-II and A-level potential students



Outreach Activities in May

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into a professional opportunity. The program is intended to engage and provide awareness to HSSC Part-II and A-level potential students

OIA Outreach Team

Muhammad Zeeshan Saeed

Assistant Manager, Admissions

Nouman Zafar

Officer Admissions

Zunair Hiader Pasha

Assistant Manager, Admissions

Danish Jabbar

Officer Admissions





Hasan Sohaib Murad National Debates Open 2022 held at UMT

UMT Debating Club under the umbrella of the Office of Participant Affairs (OPA) had the honor of organizing their very first on-campus debating tournament named Hasan Sohaib Murad National Debates Open '22, a successful journey that will continue in the future as well.

The tournament included Urdu and English British Parliamentary debates along with a declamation contest that encompassed Urdu, English and Punjabi categories (humorous and serious). More than 200 participants from over 50 institutes participated and made the competition a grand occasion.

The Best English Parliamentary Speaker Award was given to Taseer Ejaz. In Urdu category, the winner was GCU, the runner-up team was KEMU,

and the Best Urdu Parliamentary Speaker was Talha Semaab. The best speakers for the English category were Maryam Zaheer (University of Karachi), Sheheryar (GCU) and Shafaq Gulzar (University of Lahore). The team trophy for the declamation category went to GCU Lahore and the runner-up trophy went to GCU Faisalabad.

The event was graced by the presence of Mr Salik Jalal, DIG Punjab accompanied by Professor Dr Rana Ejaz from PU, Lieutenant General (Rtd) Javaid Hassan (Chief Advisor to President UMT) and Dr Asif Raza, Vice Air Marshall (Rtd), Rector UMT. The event was a huge success mainly because of the enthusiasm shown by the participants.

UMT Joins Hands with Government for Flood Relief Efforts



Pakistan has been hit by devastating floods that have affected close to 33 million people so far, destroyed over 400,000 houses and killed at least 1,000 people, including 200+ children. With thousands of livestock lost and over 200,000 people displaced, the government has declared a national emergency to provide food, shelter, clean drinking water, medicine and proper clothing to the affected population.

Responding to the urgent need for aid and assistance in wake of devastating floods that have wreaked havoc across the country, and the government's appeal to citizens to help their affected brethren, the University of Management and Technology Lahore has set up an emergency

relief fund that will help mobilize aid efforts. Initiated by UMT President Ibrahim Hasan Murad, the varsity has set up a help desk that will assist students, faculty and staff in directing donations towards flood relief efforts across the country. UMT has also joined hands with the Al-Khidmat Foundation, which is at the forefront of rescue and flood relief operations across the country.

Students, staff and faculty can deposit their donations at the dedicated help desk and the amount will then be utilized to provide food, clothing, shelter and other needed amenities to the flood-affected people in various parts of the country.



Alternatively, those wishing to make a donation can deposit the amount online in the following bank account:

Bank Name: Habib Bank Limited
Account Title: University of Management and Technology
Branch: Fortress Stadium Lahore, Pakistan
Branch code: 1025
Account Number: 10257900316703
IBAN NO: PK46 HABB 0010257900316703



First Book Launch Event by **Alkitaab**

Reading Club



On June 13, 2020, Alkitaab Reading Club held its first book launch on Kashaf Alvi's debut "The Language of Paradise". Kashaf Alvi stood out as an excellent example for those who aim to make their mark in the world despite their apparent biological deficiencies.

Alvi is gifted as well as witty - in fact - one of the finest authors that the deaf-mute community has produced. He is also an activist, who with his remarkable contribution to the special community, has played an unprecedented role in making Pakistan a better place for emerging talent.

The book majorly aims to teach people how to

interact with the deaf community. Alvi not only sheds light on different stigmas and stereotypes regarding deaf people but also talks about their strengths and incredible skills to deal with various nuances of their immediate environment. The book is a complete package of inspiration for those who may, at some point in their lives, stop believing in themselves.

Experts, scholars, faculty members and differently-abled persons were part of the session including, **Prof Dr Abdul Hameed, Dr Affaf Manzoor, Mr Yousaf Saleem and Mr Talha Khurshid.**

Dr Nadia Anwar, Acting Dean, Institute of Liberal Arts, stressed the need to consider these children a part of the normal community. Dr Anwar added that it is always in our hands to embrace different abilities as unique abilities which provide strength to do something wonderful as Alvi did. Prof Dr Abdul Hameed, a pioneer in the field of Special Education in Pakistan, not only appreciated the efforts of Alvi but also added his experiences about inclusivity in education. Dr Affaf Manzoor, whose core areas of interest include, rehabilitation, education, and upskilling of persons with disabilities, talked about Alvi's exceptional skills which "immensely impressed [her] to write at a such young age with his unapologetically realistic writing packed with emotions and passion". She also stressed the role of parents and teachers in shaping the future and personality of their children.

Mr Yousaf Saleem, who became the first Pakistani blind judge in 2018 and a living example of resilience and bravery, shared his own journey replete with hurdles but he overcame them through his focused vision, unshaken will, and determination. Mr Talha Khurshed who is a Lahore-based psychotherapist also talked about the world where people with different abilities prove themselves through their psychological strength

and willpower.

Alvi's father highlighted the efforts he made while raising his son and the difficulties he encountered such as the lack of educational institutions for children with disabilities. He also revealed that Kashaf has been awarded the Presidential Award and he is also nominated for the Diana Award.

Lastly, **Kashaf Alvi** with his interpreter spirited the stage and talked about his journey. He gave credit to his father for always showing undaunted support. Alvi's speech was followed by a question-answer session where the audience zealously participated and showed their love for Alvi's book and his resilience.

The event was concluded by team Alkitaab where Ms Mah-e-Nao and Ms Amna Mehmood talked about the power of language and gave the audience a peek into Alvi's book. Ms Mah-e-Nao also dedicated a piece of poetry to Kashaf. The entire interaction was interpreted in sign language which was the most unique part of the event.

Alkitaab Reading Club aims to celebrate and acknowledge the efforts and talent of every individual without any discrimination as our main goal is to de-hierarchize the system.



School of Commerce and Accountancy Events

Business Fest 2022

Business Fest displayed a bunch of powerful ideas from some of the sharpest minds in SCA Talent Hunt. An interactive event enlightened the students on how to do business more responsibly and with positive energy and motivation. It was a festival driven by creativity with extraordinary business ideas which students were eager to promote in their life.



Global Cultural Day

This event included multicultural models highlighting the norms, values, traditions, and languages across the globe. Moreover, it displayed the workplace diversity in which cross-cultural communities learn and share their professional experiences.

SCA Sports Fiesta 2022

Sports Fiesta was organized to encourage students to participate in physical activities. Sports help in the growth of the mind and the body and it was the main reason to organize this event. Besides just being fun, sports can help students to perform better in studies, relax more and worry less, deal with setbacks, work better with others and increase their energy.





School of Law and Policy

Achievements

1st SLP International Moot Court Competition

On June 9 and 10, 2022, SLP successfully hosted the 1st SLP National Law Moot Court Competition in the institution's history. The competition attracted twenty-four students and eight teams from various institutions throughout Pakistan. Well-known and prominent experts from the Bar Association, academia and higher judiciary were invited to judge and assess the performance of the competitors during the competition.

The Judges for the final round were:

1. Justice (Rtd) Nasira Javed Iqbal
2. Justice (Rtd) Jamshaid Rehmat
3. Justice (Rtd) Hasnat Ahmad Khan

The worthy Rector Dr Asif Raz Sb and respected Chief Advisor on Research Dr Mujahid Kamran Sb graced the occasion in the final prize distribution.



Team SLP Won the 4th GIKI National Moot Court Competition in May 2022



The SLP team participated in the event with full vigor and enthusiasm and brought laurels to the department and UMT with their hard work.

It was a national event and teams from several universities all across Pakistan, participated in it.

Seminars and Webinars

An Enlightening Session with Senior Advocate Supreme Court and Revered Academic Mr Hamid Khan



Mr Hamid Khan graced SLP with his new book and provided an insight into the constitutional setup of Pakistani Courts and the judicial system in general. Participants learned a lot from their experience.

An Informative Session with President High Court Bar Association Mr Sardar Akbar Dogar



One of its kind events for the first time in SLP, where the President of the prestigious Bar addressed a large number of participants and encouraged them to study diligently and bring their enthusiasm to the field.

School of Governance and Society Events

Interactive CSS Seminar Series

A CSS information session in collaboration with the Lahore School of Competitive Studies (LSCS) was held at UMT. In this seminar, Mr Azhar Hussain (Former Secretary, Punjab), Ms Sara Leone (AC Bhera), Mr Imran Zahoor (PhD scholar) and Mr Anas Butt (PMS-2020 English Essay Topper) participated



Roundtable Discussion on Relationship between Bureaucracy and Politicians for Good Governance

The keynote speakers who participated in this academic engagement were: Prof Naveed Elahi (Moderator), Mr Ameer ul Azeem (Secretary General, Jamat-e-Islami), Syed Zaeem Qadri (Independent Political Candidate), Ms Faiza Ahmad Malik (Information Secretary, PPP), Dr Saeed Elahi (Former MPA and Chairman Pakistan Red Crescent), Mr Amjad Bhatti (Former Secretary Information), Prof Rahat-ul-Ain (Professor of Practice), Mr Sarmad Saeed (Former IG Police), Mr Javid Hussain (Former Ambassador) and Mr Shaukat Javed (Former IG Police).



Roundtable Discussion on Democratic Police: How to improve democratic credentials and image of police in Pakistan?

A roundtable discussion was held at the School of Governance and Society, University of Management and Technology. Prof Naveed Elahi moderated the discussion. The participants included Shaukat Javed, Former IG Police, Sarmad Saeed Khan, Former IG Police, Kamran Lashari, former Chief Secretary, Mohsin Goraya,

Senior Journalist and Columnist, Zafar Kalanuri, Senior Advocate Supreme Court, Professor Rahat ul Ain, Naeem Aslam, Former Dean National School of Public Policy, Dr Seemi Waheed and Shahid Rahim, Former Dean National School of Public Policy.



Training Program of Top-Level Officers of the (TEVTA) Technical and Vocational Training Authority

The School of Governance and Society in collaboration with the Hasan Murad School of Management designed and delivered a comprehensive training program for Grade 20 and 21 TEVTA Officers.



CSS Preparation Bootcamp

The School of Governance and Society in collaboration with the Hasan Murad School of Management designed and delivered a comprehensive training program for Grade 20 and 21 TEVTA Officers.





Department of Electrical Engineering Achievements

- Marium Shakil, a final-year student of Electrical Engineering, was selected for participation in the Future of Women in Energy Scholars Program organized by Texas A&M University at Qatar (TAMUQ) and the US - Pakistan Women's Council. This was an all-expenses-paid program of 4 weeks held in June 2022, with 2 weeks in Qatar and 2 weeks in Lahore and Islamabad. All logistics were managed by the United States Department of Energy. Marium Shakil was one of only 17 undergraduate female students from universities all over Pakistan who were selected after a very competitive process.
- A paper written by Bilal Sher Khan Shirwani and Marriam Sikander (final year Electrical Engineering students) entitled 'Communication Based Sensing Technologies Integrated in Levels of Vehicular Autonomy' has been accepted for presentation and publication at the 9th IEEE International Conference on Wireless Networks and Mobile Communications (WINCOM'22) scheduled to be held at Rabat, Morocco in the last week of October. The conference is technically co-sponsored by the IEEE Communications System Society. This work was supervised by the Electrical Engineering faculty member Dr Faran Awais Butt.
- An Open House Exhibition of the Final Year Projects of the Department of Electrical Engineering was held on June 24, 2022. DG UMT Mr Abid Sherwani was the Chief Guest at the event. Prizes worth Rs 5000, 3000 and 2000 were distributed to student groups whose projects were judged first, second and third, respectively.

UMT Delegation Visits ISPR

A delegation of UMT's Department of Political Science and International Relations visited the Inter-Services Public Relations (ISPR) and held an interactive session with ISPR officials.

The UMT delegation consisted of both staff and students and was led by Department of Political Science Professor of Practice Lt Gen (R) Javed Hassan. Other members of the faculty included Dr Muhammad Shoaib Pervez, Dr Fatima Sajjad, Dr Arshad Ali, Saad Naseer Malik, Abdur Rehman Ajmal and Inamullah Marwat.

Besides the faculty, students of UMT's MS Security and Strategic Studies and MPhil International Relations programs were also part of the delegation.

The UMT delegation first visited the National Defense University (NDU), providing students the opportunity to engage with NDU staff and

learn about the various learning programs the institution is offering. Later, the UMT delegation paid a visit to ISPR, where they held an interactive session with ISPR DG Major General Babar Iftikhar.

The DG briefed the delegation about the various problems the military faced while communicating with the civil society and civilians, and highlighted the information gaps that existed within the communication paradigm. Major General Babar later led a Q&A session in which the UMT students and faculty took an active part.

The visit was part of out-of-class learning avenues provided by the Department of Political Science and International Relations in the curriculum of international relations and security and strategic studies degree programs.



School of Professional Psychology Activities



Mental Health Day

Students secured 1st position in 3D model presentations and 2nd position in Quiz Competition under Mental Health Day Activity 2022 held in COMSATS, LAHORE, and also won first prize in Inter-universities Poster and Performing Arts Competition in GCU, Lahore. We're proud of our talented students for attaining achievements in an organized and professional manner.



Faculty Secondment

Dr Ayesha Jabeen and Ms Beenish Mobeen represented SPP to develop linkages between academia and industry. Both worked with the head office of Right Schools and Colleges and Rainbow Obesity and Eating Disorder Center respectively to conduct workshops to spread awareness regarding mental health in schools and in the general population. Individual sessions, attending camp services and taking research initiatives were also part of their job.



A Seminar on “Anxiety: Managing the Panic Bubble”

The Clinical Counselling Center successfully organized a seminar on June 13, 2022 in which students, staff, and faculty members participated effectively. Both Resource Persons, Ms Ushna Farrukh and Ms Fatima Sana (Clinical Counselors, CC Center, DCP, SPP, UMT) theoretically discussed the biopsychosocial factors involved in causing the feelings of worry,

nervousness, or unease about something with an uncertain outcome and practically demonstrated about how to manage worries, concerns, and apprehensions in life through Mindfulness and Relaxation Activities. The participation was prompted and highly appreciated by resource persons, throughout the session.



Dr Sayyeda Taskeen Zahra Wins the Special Medal Award

It is a moment of immense pleasure and pride in the history of the School of Professional Psychology that Dr Sayyeda Taskeen Zahra won the Special Medal Award (UMT's highest merit award) in recognition of her academic excellence research work and publications. During her doctoral thesis, she has published 8 research articles in International and Local journals including W (gold) and X category Journals. She also holds the unique credit of completing her PhD in 3 years with HEC based scholarship.

We heartily congratulate Dr Taskeen, her Supervisor Dr Sadia Saleem and her family for the brilliant performance and hard work. We wish her the best of luck in her future endeavors. She has set an example for others to follow.



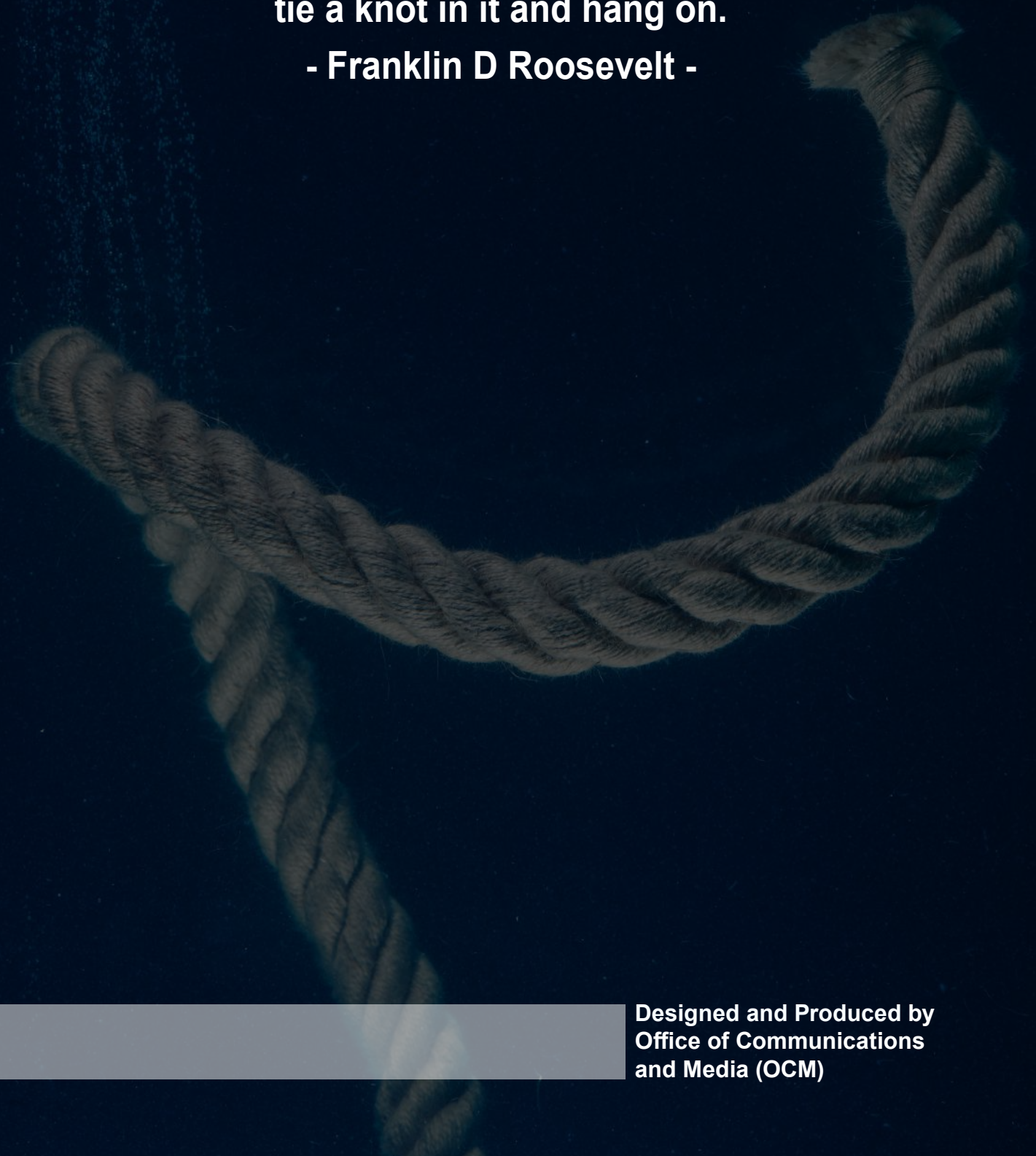
Highlights from Employee of the 2nd Quarter Ceremony



Annual Dinner 2022 of the Department of Islamic Thought and Civilization (ITC), SSSH



**When you reach the end of your rope,
tie a knot in it and hang on.
- Franklin D Roosevelt -**



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