

Gold Medalists Appreciation Ceremony

With hardship and continuous effort comes fruitful results therefore, on November 4, OPA arranged a delightful ceremony for the appreciation of the Gold Medalists and High Achievers from the 19th Convocation, where Head of OPA Khalid Naqi acknowledged and cherished their countless efforts to attain success. With a cup of tea in hand, they all had insightful conversation about their future plans.



Blood Donation Camp

Blood donation is the greatest gift to mankind as a single drop of blood can save a precious life. The only source of blood for patients who need a transfusion is a generous blood donor. Blood cannot be made or manufactured outside the body. Therefore, in this regard UMT Muscular Rehabilitation Society and UMT Blood Donor Society a part of the Office of Participant Affairs (OPA) organized a blood donation camp in collaboration with Shaukat Khanum Memorial Cancer Hospital (SKMCH) on November 19, 2020. A large number of participants and the faculty donated blood. The main purpose of arranging the camp was to spread awareness regarding blood donation and educate people about it as it can lower the risk of cancer and hemochromatosis.

Spring Festival 2020



Life is all about spreading happiness and as human beings, social interaction with our fellow beings not only brings happiness but helps us grow and familiarize ourselves with cultures, inquire, think, play and work. On March 2-3, 2020 OPA organized the Mega Event of Spring Fest for the first time in UMT. In the chaotic and stressful planet we inhabit, happiness is

overshadowed by negativity and insecurity and so the need for something that could bring positivity has been felt time and again. Thus, this spring festival gave us the opportunity to forget all our worries and celebrate the positive side of life, even if it was for a few days. The event included: - **STAGE:** - A huge stage was arranged with a beautiful background for the mesmerizing performances, witnessed that evening. **FOOD STREET:** - Spring Festival without Food Street? Nah not possible! Therefore, we set up a food street in UMT Greens which happened to be the main attraction for everyone and where plenty of traditional, desi and continental food stalls were placed. **THEME SPRING DÉCOR:** - Everyone knows that spring brings colors and happiness all around. To depict the theme a beautiful decoration was arranged in the middle of UMT greens. The colorful umbrellas and hanging fairy lights expanded the glamour and indeed was a great attraction to visitors. **PERFORMANCES:** - Musical performances from singing to rapping deeply moved the audience. The dance performances promoted and essence of different cultures of Pakistan and the break dancing undoubtedly caught attention of the viewers. The special Sufi performance was indeed the most soothing amongst them all. **KIDS CORNER:** - A special area for the kids was arranged where different kinds of activities were held to keep the young minds energetic and entertained.



Savate Technical Seminar

OPA organized an International Savate Technical Seminar on Savate techniques (a form of Martial Arts) in collaboration of Pakistan Savate Federation, Sri Lanka Savate and International Savate Federation in January 2020. The Seminar was led by an international guest speaker, Sifu Prasad Wick Ramasinghe from Sri Lanka. He demonstrated the new Savate techniques live to give the attendees a better idea of what it is. A vote of thanks was given by Muhammad Abdullah, Manager Sports UMT. He also presented a souvenir to Sifu Prasad Wick at the end of the session.



The UMT Drama Club won the Best Technical Award and was also nominated for the Best Script Award in Theatro '20 organized by Forman Christian College (A Chartered University) for their play "Khabar". The play was directed by Ahmad Butt and written by Murtaza Abbas.

THEATRO 2020



LUMS Music Festival 2020

Mime Club ran its first Flash Mob Performance in UMT Greens. The purpose was to display the talent that will be bolstered in the club. Participants gathered and enjoyed the performance while they lasted. The audience gave an amazing response and boosted the spirits of the performers.

Flash Mob



Calligraphy Workshop

UMT Calligraphy Society conducted 2 days workshop where the objective was to make students learn how to use a brush to learn basic strokes, how to write lower- and upper-case alphabets and how to connect letters. Expert calligrapher Mr. Okasha Sahil was there to guide and describe different techniques.

OPA's Orientation



Transition from a daunting college life to a carefree and liberating university life can lead to stress and anxiety. UMT aspires to create a welcoming environment for its new intakes. In this respect, an orientation week was being celebrated at the Campus from October 12 onwards to introduce new participants to the university facilities, student life and academic policies and departments. The orientation aimed to equip participants with information pertaining to their academic courses and necessary resources so they can make appropriate academic plans for their first semester at the university. During the O'Week, different stalls were placed in UMT Greens to enroll new students to their favorite student clubs. Also, OPA will organize different fun-filled activities to entertain new intakes and introduce them to the diverse academic culture of UMT.

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Spoken English Interactive Workshop

UMT English Speaking Union organized an interactive workshop on spoken English where the main purpose was to help them get to know the language and eradicate stage fright. The workshop helped the participants learn the basics of English and also summarized the rules of parliamentary debates.

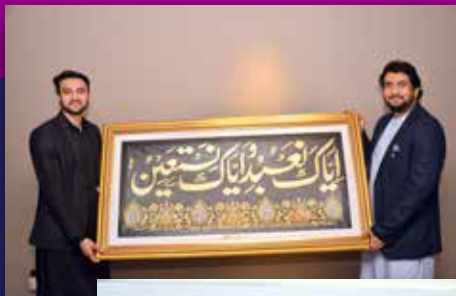
Theatre Workshop

Drama Club UMT held a Theatre Workshop on the 17th and 18th of November to enhance and learn skills as you go. Activities included were: - **ACTING** Exercises - **SESSIONS** with heads of Technical, Graphic Design, Script Writing, Make-up, Management, and Photography. - **A SESSION** with Drama Club 2020-21 President on Theatricals! - **A TALK** with Alumni and DCUMT legacy Muhammad Fahad Asad. Students left the platform with high Morales and a new drive to pursue their talents!



Movement to Promote Prophet (PBUH) as a Symbol of Blessings

OPA UMT with the collaboration of SHF and Youth Empowerment Society organized a session on the Movement to Promote (PBUH) as a symbol of blessings. Mr. Shahryar Khan Afridi Chairman of Kashmir Committee joined as chief guest and a keynote speaker of the session. Where he put the screws on implementing the teachings of PBUH in our lives, promote brotherhood and help the people in need



Ms. Kiran Khan - Olympic Swimmer

On the difficult times when the covid-19 has shut every activity UMT Sports Society brought a live session with the Olympic Swimmer Ms. Kiran Khan on 15th June. The purpose of the session was to discover different and new ways to stay active and play sports while staying inside. She enlightens on a fact that keep your mind, brain and body active by indulging yourselves in home sports and mind sports like bridge, chess and draughts

Interpersonal and Communication Skills Workshop

Interpersonal skills are the habits and the attitude which makes workers valuable employees and contributing members in their surroundings. Our Guest Speaker Javed Akhtar, a Cambridge certified Trainer, Former Head of Training and Development at GlaxoSmithKline and Project Head and Master Coach of Javed's Rising Stars, joined us for a live session to discuss this topic of great importance in the contemporary times.

Pakistan has the highest incidence of Breast Cancer in Asia. An estimate of 1 in 10 women develop Breast Cancer in their lifetime. It is very important to understand that early Breast Cancer usually does not cause symptoms and may not be felt on self-examination or even on an exam by a professional. In this regard, the University of Management and Technology arranged the following activities in the context of Pink Ribbon: • Webinar to highlight the critical areas for awareness purpose • E-Session to answer the queries • Information Desk to spread massive awareness • Notifying all the staff/participants via email • Distribution of flyers amongst the audience • Exhibit unity by wearing pink ribbons • Displaying posters throughout the university • Participants along with the faculty and staff, actively participated in this awareness session The campaign was organized by UMT Nutrient Club in collaboration with HEC and Pink Ribbon Pakistan at the University of Management and Technology Lahore on October 27, 2020. The specialist Dr. Muhammad Kamran, MBBS, FCPS, CMT (UHS), FACS (USA), General and Laparoscopic Surgeon from Jinnah Hospital was there to lead the e-Session about Pink Ribbon.

Pink Ribbon Campaign 2020



Kashmir Solidarity Walk

UMT pledged to play its role in conveying the message to the public at large that they stand in solidarity with Kashmir in this war against tyranny. Participants and staff members actively took part in the walk for Kashmir on Black Day at UMT. They raised slogans against the human rights violation in Kashmir, demanded their freedom and the enforcement of peace in the beautiful land once again. We hope and we pray our voices get through and once this is all over, we stand on the right side of history.

5th Generation Warfare

The UMT Marshalls conducted a webinar on the 5th Generation Warfare which is the topic of the hour. Commodore Dr. Sajid Mehmood (retd./Sitara e Imtiaz), Vice Chancellor Minhaj University, Lahore was invited to talk on this topic. He discussed that Pakistan first needs to define and understand the threat, then develop strategies and tactics for this threat, and finally, there must be trained personnel, state-of-the-art combat weapons and equipment suitable for the implementation of these strategies and tactics. It must never be forgotten that the only possible way to win wars in the future is by developing a common understanding between the civilians and the military from an individual level of state within a comprehensive approach

Photo Walk

A good photo walk is a brilliant way to learn about your camera in a peaceful and productive manner during spontaneous moments. So UMT Photography Club decided to try one out and explore the benefits. With the collaboration of NIKON and OPA the club held the photo walk at the most amazing place, KARTARPUR. The aim was to let participants challenge themselves and explore their creativity and inventiveness with their cameras. With great names in the field of photography, Agha Rizwan Ali, Zubair Qutub, Ali Awais and Muhammad Wasif, participants learned a lot in the respective area. They communicated directly with the experts and unleashed their talent. It is always better to learn in the field practically rather than classrooms as one may forget the words learned during lectures but never what is learned through experience and practice. The experts educated different techniques and ways of using cameras, and taught them how they can take pictures in specific perspectives like Contrasting Textures, Converging Lines, Patterns, Leading Lines, Out of Place Objects and Strong Colors. The best part was that Mobile Photographers were also on the forefront and they captured pictures beyond perfection. The most integral part of the entire Photo Walk was its theme " **امن ہماری پہچان** " because there is nothing more important than peace in the world we are living in today and the Photo Walk perfectly delivered the message.



Azadi Fest 2020



ALL PAKISTAN INTERVARSITY ONLINE COMPETITIONS

from all over Pakistan participated in the competitions of Declamation, Sketching, Singing, Calligraphy, Poetry and Photography portrayed the beautiful image of Pakistan. Winners received certificates and prize money while all participant was awarded a certificate of participation.

The purpose of of this festival was to show the positive side of Pakistan. When everyone was depressed due to the present conditions of the country, this event proved to be a source of encouragement for the people. The festival prompted the people to step forward and show the whole world that Pakistanis are a brave nation and will always standup no matter what the situation may be. Participants

Drug Prevention Awareness Session

UMT Social Welfare Society conducted an awareness session on the drugs prevention of drugs in collaboration with Anti-Narcotics Force Punjab and SDI. Abid H.K Shirwani, DG UMT, Sohail Ahmed, Ex Secretary Ministry of Narcotics and Major Ibrar (retd), Head OSSV welcomed the Force Commander ANF RD Punjab Brig. Muhammad Rashid Minhas. Brig. Muhammad Rashid Minhas had an interactive session on Drugs Awareness and the work done by ANF to eradicate this menace from our beloved motherland. Abid H.K Shirwani, DG UMT presented the welcome note. Sohail Ahmed shared his valuable experience of working with the Ministry of Narcotics. A question and answer session was also conducted to address the queries related to the efforts made by ANF for the eradication of drugs. UMT was declared the first drug and smoke free campus in South Asia, and since then numerous steps have been taken by its management to make the society drug free. Abid H.K Shirwani presented a souvenir to the Force Commander RD Punjab Brig. Muhammad Rashid Minhas along with Sohail Ahmed, Ex Secretary Ministry of Narcotics, Major Ibrar (retd), Head OSSV. Force Commander ANF RD Punjab Brig, Muhammad Rashid Minhas also met the Rector UMT Dr. Muhammad Aslam after the session.



How to be a Winner?

The UMT Muscular Rehabilitation Society conducted a session with Abdullah Sameen, a 15-year old young motivational speaker on June 4. He has achieved a lot at such a young age. He is a little scholar and the youngest corporate trainer. Covid-19 affected our will to dream, to work and to hope for success. Abdullah shared his struggles and restored our faith in the fact that this tough time shall pass too and we will be able to dream again for a better future.

Free Medical Camp

The most sacred of duties- to serve humanity is something we must all strive to do so we can be worthy of being called humans. These efforts don't have to be earth-shattering, they just have to be according to our capability. UMT Women and Children Health Society by Office of Participant Affairs (OPA) proudly held on to this life's wisdom and tried their best to give access to UMT Family to medical consultants of their choice or according to their health problem. Healthcare is one of the most sacred fields & we tried to support students and faculty of UMT by giving free and easy access to it. By estimates, over 500 people inclusive of students and faculty members availed themselves of the opportunity offered to them. The team worked hard and dealt with the workload with extreme dignity and grace. As a bonus, blood screenings tests, Vitamins supplementation, BMI checking, Body Fat Analyzing and Blood pressure tests were done complimentary.



English Speaking Course

English Speaking Union aims at enhancing confidence and communication of students. It also gives networking and learning (CSS and international tests) opportunities to its members with assistance to eliminate all kinds of fears and lack of confidence and enhance their speaking skills along with improving grammar, pronunciation and so much more.

Sketching Workshop

UMT Fine Arts Club organized a one-day Sketching Workshop where the expert sketch artist Mr. Muhammad Mohsin apprise students on the basics of sketching. students learned many techniques on how to render, shade, hatch and scribble while sketching. On spot tasks helped members to practice and learn about the errors they made from the expert

FREE 2 Day Online Designing Course

ESU is arranged a FREE 2 DAY DESIGNING COURSE on ppt designing. The course included two interactive workshops conducted by Mr. Shahzeb Iftikhar (Regional Head AIESEC Lahore and a renowned Professional Designer). Course covered ALL the valuable hacks and tricks that are needed to ace business and academic presentations

More Achievements



UMT Volleyball Team secured 3rd position out of 57 participating Universities of Punjab in USL organized by HED and won Cash Prize of Rs. 75000/-



UMT Hockey Team showed brilliant performance and won the match against UET Lahore by 8-0 in USL.



First Savate Technical Seminar held at UMT where Trainers from Sri Lanka addressed and shared their experiences with International Students.



UMT Badminton and Table Tennis Teams participated in UOL National Sports Fest where UMT won Best Delegation Trophy and won 6 medals.



UMT Wushu Girls Team participated in Quaid-E-Azam Wushu Championship Nankana, Punjab and won the Championship trophy with six Gold medals and two Silver medals.



Emerald Melissa Anthony of UMT LITERARY SOCIETY secured positions in different competitions this quarantine.



UMT made it to the Guinness World Record in an online rap battle challenge. Moaz Khalid and Taimoor Ali from UMT made it in Top 5 amongst 26 countries.



Kaynat Raees from UMT participated in Deputy Commissioner Lahore Games, she was a part of TEAM ORANGE LAHORE and secured 2nd position with silver medal and price of PKR 20,000/-



UMT Debating Club won TEAM TROPHY in SMDC National E-Declamation Contest 2020 and grabbed Positions in Urdu and English Category.