

PU



NEWS

JUNE 2020

NEWSLETTER OF UNIVERSITY OF THE PUNJAB, PAKISTAN (ESTD. SINCE 1882)

PU FIGHTS CORONAVIRUS

COVID-19

MANUFACTURES DIAGNOSTIC KITS, PROVIDES TELEMEDICINE,
PSYCHOLOGICAL COUNSELING FACILITIES AND MANY MORE



Governor inaugurates
telemedicine centre at PU

PAGE-02



Punjab CM, VC pray after sending
Corona relief trucks to cities

PAGE-09



PU VC inaugurates COVID-19
diagnostic lab

PAGE-04

Governor inaugurates telemedicine centre at PU

LAHORE: Punjab Governor Chaudhry Muhammad Sarwar has inaugurated telemedicine centre at Punjab University Teaching Hospital. PU Vice Chancellor Prof Niaz Ahmad, Punjab Corona Response Team Member and PU Telemedicine Centre Focal Person Dr Zeeshan Danish, Chief Medical Officer Dr Muhammad Akram, Dr Tahseen Zameer and other doctors were present on the occasion.

Talking to media, Governor Chaudhry Muhammad Sarwar lauded Punjab University's role in combating Corona virus and congratulated PU VC Prof Niaz Ahmad and his team. He said that telemedicine centres had received 10,000 calls so far and 1500 doctors had offered their services voluntarily. He said that there is one consultant on 10 doctors at telemedicine centres to guide people. He said that we don't want the persons suffering from cough, headache, temperature etc to visit hospitals so that if they were Corona positive, they might not infect others and if they were not corona positive, they could not get infected from others. He said that the step of opening telemedicine centres had been taken to control corona virus spread.

He said that people must not be panic but they must adopt precautionary measures and stay at home. He said that we must learn the lesson from China, Italy, UK and other countries as the Corona has devastated the countries



where people did not take it seriously. He said that people must act as responsible citizens of the country and this was the most important way to cope with Corona virus. He said that the government was worried for the doctors, nurses, paramedical staff, 1122 staff, journalists etc who were working close to the Corona patients. He said that we were making efforts to provide ration to daily wagers. Later, the governor was briefed about telemedicine centre at PU Health Centre.

Quran teaching with translation compulsory in Punjab universities

Making teaching of the Holy Quran with translation compulsory in all provincial universities, Punjab Governor Chaudhry Muhammad Sarwar has constituted a seven-member committee of vice-chancellors to submit its recommendations on how to make it part of the syllabus.

Addressing a press conference after a meeting with vice-chancellors at Governor's House, he said it will be compulsory for students to attend the Quran with translation lecture, adding that Quran is a complete code of life and its better understanding will help in winning favour of Allah Almighty and becoming good human beings.

Punjab Governor Chaudhry Sarwar said that all universities should make teaching of Quran with translation part of their syllabus, adding that it is responsibility of universities to disseminate the knowledge of Quran to the younger generation. He said the Quran with translation classes will be compulsory for students and the requisite amendment will be made to the constitution. The Punjab governor constituted a seven-member committee of the VCs which submitted first draft recommendations.

The Vice-Chancellors committee is headed by Punjab University VC Prof Niaz Ahmed while Prof Dr Masood Gondal of King Edward Medical University (KEMU), University of Education VC Prof Dr Talat Naseer Pasha, University of Health Sciences (UHS) VC Dr Javaid Akram, University of Engineering and Technology (UET) VC Prof Mansoor Sarwar, Government College University (GCU) Lahore VC Prof Dr Asghar Zaidi and Lahore College for Women University (LCWU) VC Dr Bushra Mirza are the members. ■

PU labs to serve nation at this critical time

"PU has the state of the art laboratories to serve the country and the nation at this critical time. At the moment, as many as 100 tests of corona virus suspects are being conducted per day for diagnosis and this capacity would be enhanced further. The researchers of CAMB and CEMB had made day and night efforts to set up this laboratory on emergency basis. The domestic COVID-19 diagnostic kit developed by Dr Muhammad Idrees is being utilized in the laboratory for testing the samples of suspected patients referred by Punjab government."

Separately, PU Vice Chancellor Prof. Dr. Niaz Ahmad while laying the foundation stone of the Institute of Energy and Environmental Engineering (IEEE) at New Campus, said: "PU would play its role in resolving issues being faced by Pakistan in the energy and environment sectors. He said it was a must for Pakistan to strengthen itself in the energy sector to make rapid progress in the world. He said there were a lot of business and job opportunities in



the environment and energy sectors in future. He said that PU would produce the best graduates to meet the requirement of human resource in both sectors." ■

Editor

Dr. Shabbir Sarwar

Associate Editor

Khuram Shahzad

News Editor

Muhsen Ali

Reporters

Muhammad Sharif
Misbah Akram

Photography

Sarfraz Ahmed
Sajid Baloch

Publisher

Department of Public Relations,
Quaid-i-Azam Campus,
University of the Punjab
Lahore

Design & Printing

Amjad Parvez



Director, Department of Press & Publications,
University of the Punjab, Lahore-Pakistan

Contact

Email: punews@pu.edu.pk

Follow us on:



Editorial Note

PU scientists, social scientists and students are fighting with Covid-19 utilizing their optimum potential be it locally manufactured diagnostic kits, establishment of testing labs, preparation of hand sanitizers and masks or provision of telemedicine and psychological counselling facilities to patients during the lockdown. Under the supervision of Chancellor Chaudhry Muhammad Sarwar and Vice Chancellor Dr. Niaz Ahmad Akhtar the university administration and the faculty responded to the multipronged challenges quickly. The scientists working at the Centre for Excellence in Molecular Biology (CEMB) and the Centre for Applied in Molecular Biology (CAMB) prepared Covid-19 diagnostic kits costing only Rs 800 per test as compared to the market price of up to Rs 8000. As many as 100 tests referred by the government are being conducted on a daily basis at the state of the art labs established by the university.

When there was a sudden shortage of hand sanitizers in the market, various departments of PU including Chemical Engineering, Pharmacy, CEES prepared hand sanitizers and wet tissue which were distributed free of cost besides providing to the various government departments. Experts at Psychology department provided counseling services to counter with the mental stress and depression during the lockdown while, PU Health Center and Pharmacy department faculty provided telemedicine services and besides medicine delivery at the doorsteps of more than 4000 patients.

PU was among a few universities which continued their online classes adopting the new technology quickly. On the special instruction of the vice chancellor various online competitions have been launched by Directorate of Student Affairs, College of Art and Design and other departments to engage students in positive activities while the Sports Department launched Fitness Contest to increase immunity among students. PU academic staff association organized first virtual conference on Covid-19 where experts from all academic disciplines suggested comprehensive solution to various problems during the lockdown.

PU students who belongs to all part of the country were engaged in awareness campaign "Stay Home, Stay Safe" while students of Institute of Communication Studies and other departments actively used PU Web TV, and social media pages for spreading awareness on Covid-19. Meanwhile, students and faculty of many departments notably the Department of Social Work distributed food packages among needy on and outside the campus. ■

PU VC INAUGURATES COVID-19 DIAGNOSTIC LAB

100 TESTS OF CORONA VIRUS SUSPECTS BEING CONDUCTED DAILY



PUNJAB University Vice Chancellor Prof Niaz Ahmad inaugurated a diagnostic laboratory to test samples of suspected patients of COVID-19 at Centre for Applied Molecular Biology (CAMB) here on Monday. Special Secretary Health Nadir Chatha, Pro Vice Chancellor Prof Dr Saleem Mazhar, Director Centre for Excellence in Molecular Biology Prof Dr Ahmad Ali, eminent virologist Dr Muhammad Idrees Khan, CAMB incharge Dr Aleena, COVID-19 diagnostic lab incharge Dr Nazim Hussain and other researchers were present on the occasion on March 30, 2020.

Prof Dr. Niaz Ahmad said that: "PU has the state of the art laboratories to serve the country and the nation at this critical time." He said that at the moment, as many as 100 tests of corona virus suspects would be conducted per day for diagnosis and this capacity would be enhanced by the time. He said that the researchers of CAMB and CEMB had



"PU has the state of the art laboratories to serve the country and the nation at this critical time."

PROF DR. NIAZ AHMAD

"The total cost of per COVID-19 diagnostic test in PU is around Rs 800."

DR. IDREES KHAN

made day and night efforts to set up this laboratory on emergency basis. He said that the domestic COVID-19 diagnostic kit developed by Dr Muhammad Idrees would also be utilized in the laboratory for testing the samples of suspected patients that would be

referred by Punjab government.

Special Secretary Healthy Nadir Chatha assured to extend full support to Punjab University scientists for preparation of diagnostic kit and said that the government would provide any other necessary equipment to the laboratory to speed up the pace of

work. He thanked Punjab University administration and scientists on establishing diagnostic lab and said that PU had been of a big help to the government and the people in this crisis.

Dr Muhammad Idrees Khan said that the total cost of per COVID-19 diagnostic test would be around Rs 800. He said that we were about to receive raw material to be used for preparation of the kits and soon we would produce COVID-19 diagnostic kits on mass scale. COVID-19 Lab Incharge Dr Nazim Hussain said that we had the best laboratory and trained staff to test samples of suspected patients of COVID-19. He said that right now we would test samples on real time PCR and would soon shift to automation to enhance the capacity of conducting tests per day. ■

PU, UHS collaborate for psychological well-being of people

LAHORE: Punjab University and University of Health Sciences will collaborate for psychological well being of the people amid the outbreak of corona virus. In this regard, PU VC Prof Niaz Ahmad has contacted UHS VC Dr Javed Akram. PU institute of Applied Psychology's Director Dr Rafia Rafique and UHS's Dr Taimor Baig will launch collaborative efforts for research and psychological counseling of the people with the help of Corona Telemedicine Centre set up by Punjab Governor.

PU launches helpline, short video series for mental health

LAHORE: Punjab University Institute of Applied Psychology has launched a mental health helpline along with a short video message series for managing COVID-19 anxiety and advise people how to be happy and avoid mental stress. On the instructions of PU Vice Chancellor Prof Niaz Ahmad, experts of psychology are voluntarily providing 7 days a week online counseling services to the people under the supervision of IAP Director Dr Rafia Rafique. In a press statement, Dr Rafia Rafique said that psychologists were guiding people how they could cope with phobias, obsessions, panic, sad mood, stress, education concerns, marital and family issues arising due to lockdown, mental health issues of children and teenagers and sleep disturbance. She said that a video message series consisting of one minute duration had also been launched to guide people in a very short and simple way that how they could avoid COVID 19 stress and keep them happy. The video series can be watched on social media channels of Punjab University. For any mental health assistance, people can dial 0313-3535500, 0324-4275111, 0308-6254356 and 0337-6222646

PU announces graduation, masters' annual exam schedule

LAHORE: Punjab University administration has announced examination schedule of annual examinations of graduate and masters level degrees. The exams of B.A./B.Sc. Part-II will be held from July 22 while exams of M.A./M.Sc. Part-II & B.Com. Part-II will be held from September 07.

The spokesman clarified that for these Part II examinations, the students should prepare themselves for both traditional and MCQ based online examinations.

He said that the mode of Part II examinations shall be traditional, provided, the Covid-19 situation gets normal & allowed by the government. However, he said, in case the universities are not open even after July 15 and lockdown further extends, the mode of examinations will be online based on MCQs. The students not appearing in online examinations on

account of any reason shall have the option to appear in the traditional examinations, which shall be held after universities open as per the government policy and they shall also intimate to the university accordingly.

B.A./B.Sc./Associate Degree Science/Arts Part-I exams will commence from October 1 with traditional mode of examination while the exams of M.A./M.Sc. Part-I, B.Com. Part-I/Associate Degree Commerce Part-I will commence from November 2 with traditional examinations mode. However, he clarified, part 1 examinations would be held in traditional manner provided that the Covid-19 situation gets improved & allowed by the government. The spokesman said that candidates may visit PU's official website www.pu.edu.pk for detailed information. ■



PUNJAB UNIVERSITY TELEVISION

پڑھتے رہو بڑھتے رہو



DR. RAFIA RAFIQUE

Director, Institute of Applied Psychology, University of the Punjab

has initiated *1 Minute Video Series* to help people stay positive during lockdown.

SERIES IS AVAILABLE ON PUTV.Online



TIP #3
Coping Strategy for Pandemic: Tip 3: How to...



TIP #2
Overcome Fear of Missing Out: Tip 2: How to Stay...



TIP #1
Learn to Cope Depression in 1 Min: Tip 1: How to Stay...

Designed By: **Iqra Rafiq Ahmad**

INSTITUTE OF COMMUNICATION STUDIES

 **ICSPU.PAKISTAN**

PU ASA virtual conference on “Roadmap for Combating COVID-19”



“

People must not fear of Corona virus. PU playing its role in this critical time. Accurate information should be provided to the people.”

PROF. DR. SALEEM MAZHAR

SPEAKERS at the first virtual conference on Corona virus have called upon the government and other stakeholders to give hope to the people and should avoid spreading ‘mental pandemic’ while curbing Corona epidemic by creating fear among the masses because mental disease would be more dangerous than corona virus. They were addressing the first virtual conference on “Roadmap for Combating COVID-19” organized by Punjab University Academic Staff Association.

PU Pro-Vice Chancellor Prof Dr Saleem Mazhar, President Academic Staff Association Prof Dr Mumtaz Anwar Chaudhry, Secretary Javed Sami, Dean Faculty of Islamic Studies Prof Dr Hammad Lakhvi, Dean Faculty of Pharmacy Prof Dr Irfan Nadeem Bukhari, Dean Faculty of Economics and Management Sciences Prof Dr Khalid Mahmood, Dean Faculty of Commerce Prof Dr Mubbsher Munawar Khan, a good number of faculty members, scientists, professionals and researchers from life sciences, sciences, arts, social sciences, pharmacy, Islamic Studies and other faculties joined the virtual conference through Hangout from their homes.

Addressing the conference, Pro Vice Chancellor Prof Dr Saleem Mazhar said that people must not fear of Corona virus. However, he stressed, accurate information should be provided to the people so that they could save themselves and others. He said that people should also be guided how they could best use their time at home otherwise a healthy person became ill after staying at home for a

week. He said that universities must play their role in such crisis and PU was also contributing actively during this critical time.

Prof Dr Hammad Lakhvi said that the Muslims had a different worldview of dealing with such crisis. He said that as a Muslim we believe that death would come to us, whether we fell into any disease or not and there was an eternal life for which we should prepare ourselves. He said that there was no disease on earth which had no treatment but there was need to make efforts to find the cure for saving lives. “The world has witnessed epidemics and diseases far greater than COVID-19. Therefore, the Muslims must keep their trust in Allah and it is enough to remove any negativity in their minds,” he said.

Prof Dr Mumtaz Anwar proposed establishment of national task force incorporating experts from all the relevant fields so that a comprehensive strategy could be devised and implemented to combat COVID-19. He said that Corona Virus would damage our economy and for economic recovery, we should let down interest rate and facilitate businesses.

Institute of Social and Cultural Studies Director Prof Dr Rubina Zakar said that clear guidelines available for home and hospital care of Corona patients. She said that we should share these guidelines with the people for home treatment of patients because 70 percent cases of COVID-19 could be treated at home. However, she explained, the main thing was about isolation of patients which could be possible if



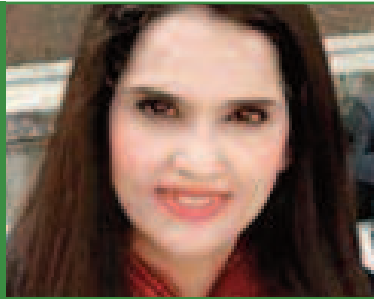
“



Govt should establish a national task force incorporating experts from all fields to devise a comprehensive strategy to combat COVID-19.”

PROF. DR. MUMTAZ ANWAR

“



70 percent cases of COVID-19 could be treated at home with the help of standard guidelines.”

PROF. DR. RUBINA ZAKAR

“



The world has witnessed pandemic and diseases far greater than COVID-19. Therefore, the Muslims must keep their trust in Allah and it is enough to remove any negativity from minds.”

PROF. DR. HAMMAD LAKHVI

people have proper knowledge. She urged the government to develop evidence based policy for corona virus prevention and control.

Institute of Applied Psychology Director Dr Rafia Rafique said that the government must focus on mental health of the people while dealing with corona virus otherwise mental disease would become more dangerous than COVID-19. She said more than 99 percent population of the country was not the victim of corona virus and therefore there was need to create the ray of hope among the people. Dr Saima Siddique from Department of Geography suggested the government to map the areas of Pakistan as per the intensity of the patients on the basis of available data so that people could adopt preventive measures accordingly. Prof Dr Nadeem Bukhari was also of the view that fear must not be created among the people. He pointed out that the personnel at pickets all over the country should have proper training to check people so that they could also avoid COVID-19.

Prof Dr Mubbsher Munawar Khan said that there should be objective reporting of the COVID-19 phenomena. He said that the increasing value of dollar was also not good news for Pakistan. He said that industries, factories, medium and small businesses were closed at the moment and right now we should develop during and Post-COVID-19 economic policy. He said that the government should come out of documented and non-documented

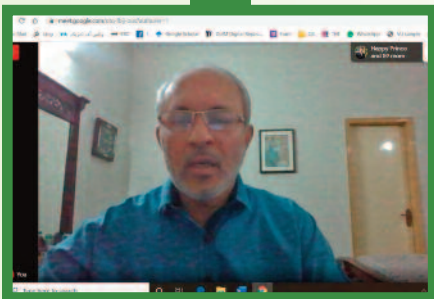
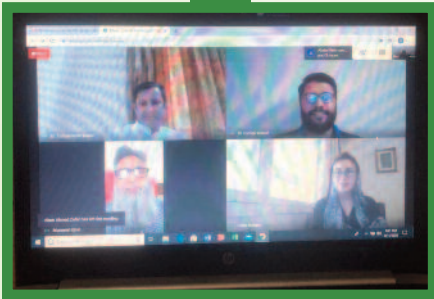
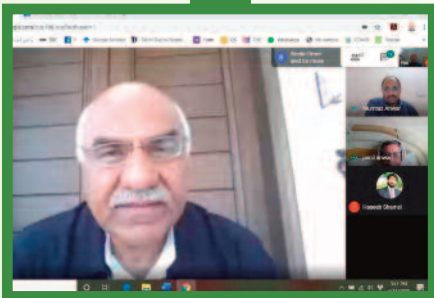
phenomena and facilitate businesses.

College of Statistical and Actuarial Sciences Principal Dr Sohail Chand said that according to data pattern of COVID-19 in Pakistan, by the blessings of Allah, COVID-19 was not spreading at the pace that it should have spread otherwise. He said that people must be informed about such positive things. Dr Azhar Ali said that the government must create awareness among people regarding usage of healthy diet to increase immunity among people and such messages should be part of the awareness campaign. He said that people should use milk, eggs, fruit, dry fruits etc daily to enhance immunity.

Assistant Professor Shahzeb Khan said that social media was full of fake news which should be eliminated immediately. He said that it was a responsibility of people not to share fake news and verify the facts first. He said that scientists should also openly discuss the aspect of bio-terrorism out of COVID-19 like epidemics. He said that lock down was not an appropriate strategy for Pakistan to combat COVID-19. Prof Dr Khalid Mahmood said that wrong information had taken the toll of lives of hundreds of COVID-19 patients. Therefore, he said, we must share only authentic information regarding the disease. Dr Majid Ali also stressed the need to find business opportunities in the crisis. ■

PUASA to help people not compromising self-respect

Speakers for avoiding mental health issues out of Corona pandemic



LAHORE: Punjab University Academic Staff Association has announced to establish fund to give interest free loans (Qarz e hasna) to those families who do not compromise over their self respect and are not spreading their hands for help in the lockdown due to corona virus. This was announced in a virtual conference organized by Punjab University Academic Staff Association on social role of universities in the prevailing situation here on Saturday. Chairman Akhuwat Foundation Dr Amjad Saqib was the chief guest on the occasion. PU Dean Faculty of Economics and Management Sciences Prof Dr Khalid Mahmood,

PUASA President Prof Dr Mumtaz Anwar Chaudhry, Secretary Javed Sami, heads of various departments and teachers from all faculties participated in the virtual conference. Prof Dr Mumtaz Anwar Chaudhry said that the teachers have agreed to give qarz e hasna to those white color people who find spreading hands before anyone against their respect and they were in a very large number in our society. He said that we must prefer helping those first who were in our surroundings. He said that universities should play their role as their role was very much important in this crisis because this crisis was creating multiple problems and we should work as team to solve those problems.

Dr Amjad Saqib said that there were three million families who belonged to lower middle class and needed cash flow for their expenditures of daily life. He said that along with Ehsas program, many such families could be given interest free loans who did not find it appropriate to take financial assistance

due to their self respect. He said that such crises brought some opportunities as well and such crises could help establish a great society and prepare a great nation.

Prof Dr Khalid Mahmood said that this time of test was basically the test of every person and they should play their positive role to bring the world out of this crisis. Institute of Social and Cultural Studies Director Prof Dr Rubina Zakar said that the government should provide access to the data of corona patients to cope with corona virus on all fronts keeping in view all aspects. She said that the comprehensive database of corona virus patients would help develop policies and strategies to implement those policies for preventing spread of COVID-19.

Department of Philosophy Incharge Shahid Gul said that there were a large number of people who were doing two jobs to earn their livings and those people were in sever crisis and most of them prefer starving instead of asking someone for bread. Institute of Agricultural Sciences Director Prof Dr Saleem Haider said that Pakistan was 90 percent self sufficient in food and people should not be panic in this regard and should not store food items at large scale. Department of Social Work Chairperson Dr Mahnaz Hasan said that professional beggars were a big hurdle in provision of financial and any other assistance to the really deserving people. Dr Bushra Khan from Department of Zoology advised the people to keep themselves away from their pets as well as corona virus had also affected various animals in zoo of western countries. ■

PU develops anti-virus disposable wipes against Covid-19

Wet tissues can be used on cell, purse, key, pen etc: PU VC

LAHORE: Punjab University's chemical engineers have developed anti-bacterial disposable wipes and sanitizers as per WHO guidelines which would help protect people from Corona virus. In this regard, PU Vice Chancellor Prof Niaz Ahmad addressed a press briefing along with Department of Polymer Engineering and Technology's associate professors Dr Bilal Haider, Dr Atif Islam, Assistant Professor Dr Areeba Farooq, student volunteers including Hamza Javed, Musa Raza, Rahat Rashid, Hafiz Abdullah, Muhammad Asad and Musa Raza at Institute of Chemical Engineering and Technology.

Addressing the press briefing, Prof Niaz Ahmad said that he had instructed PU's chemical engineers to serve Pakistani nation at this critical time and develop anti-bacterial sanitizers against corona virus. He said that people were ignoring so many things which could be a source of spread of corona virus like mobile phone, purse, key, pen, door handles, stair handles, ATMs, public washrooms etc and we decided to develop anti-bacterial disposable wipes to be used on such things against Corona virus as per WHO standards. He said that we were also worried about TV cameramen who were visiting hospitals and other places for coverage of Corona related issues and this disposable wipe can also be carefully used on camera, hand mic and other equipment. He said that all the citizens of Pakistan must act wisely and behave like a responsible citizen to avoid spread of corona virus. He said that Punjab University was playing its role to cope with this challenge



and in this regard, PU scientists, faculty members, researchers, professionals and volunteer students were making all possible efforts. He said that PU had established diagnostic centres, developed diagnostic kits, antibacterial sanitizers, telemedicine centre and launched awareness campaign and would serve the community by playing its national role. Briefing the media about anti-bacterial disposable wipe and sanitizer, Dr Bilal, Dr Atif and Dr Areeba explained that WHO recommended ingredients including ethylalcohol, hydrogen peroxide, glycerin, neem extract, aloe vera extract and fragrance have been used in the sanitizer. They said that the standard agar well method was used against E. Coli (MDR) and E. Coli (NMDR). They said that the material was used by applying hands to check its behavior and was found soft on skin and not irritating. They said that this sanitizer would help protect people from corona virus by applying on various surfaces. They appealed to the government to provide basic material so that they could produce disposable wipes and sanitizers at mass level. ■

Online kitchen gardening lecture for people at home

LAHORE: Punjab University Institute of Agricultural Sciences (IAGS) has organized an online kitchen gardening training program in order to promote healthy activities for the people at home in the prevailing situation. In this regard, IAGS Director Prof Dr Saleem Haider, faculty members including Moazam Anis, Dr Mubeen Sarwar, Dr Shafiq and M Phil scholar Mr Arsalan gave hands on training for growing organic food at home to a large number of participants who were connected through social networking software.

On this occasion, PU Vice Chancellor Prof Niaz Ahmad said that it was necessary to engage people at home during lockdown in positive activities so that they could keep themselves mentally and physically healthy. He said that kitchen gardening was a good hobby as well as a good source of obtaining vegetables which were free of chemicals and other pollutants. He said that organic vegetables strengthened and enhanced the immune system in our body which was also necessary to fight corona virus. He said that kitchen gardening could provide a business opportunity to many people at small scale.

Prof Dr Saleem Haider said that people could grow summer vegetables with very low cost and limited resources at home and it was the right time. He said that people could grow summer vegetables at the balcony, rooftop, lawn, courtyard etc where sunlight was available. He said that



IAGS Director Prof Dr Saleem Haider giving lecture on Kitchen Gardening.

due to lack of awareness, people did not focus on kitchen gardening however in the prevailing situation, it was one of the best activities to utilize time at home and get benefit from nature.

Dr Mubeen Sarwar, Dr Shafiq, Moazam Anees and Arsalan trained the people how to grow bottle gourd, bitter gourd, sponge gourd, okra, tomato, green chili, sweet pepper, mint, tinda gourd, cucumber and brinjal at home. They also guided the people how to get and make necessary items. The recorded programs of kitchen gardening training sessions would be available on PU's official social media channels from Saturday so that people could take advantage of it anytime, anywhere. ■

PU organises competitions to engage students in creativity during lockdown

PU ANNOUNCES NATIONAL ONLINE ART FESTIVAL

On the directions of Punjab University Vice Chancellor Prof Niaz Ahmad, PU College of Art and Design has announced National Online Art Fiesta in which all Pakistanis can participate. According to PU CAD Principal Prof Dr Shahida Manzoor, Prof Dr Amjad Pervez and other organizers, the competitions have been organized to engage people in positive and healthy activities at home due to lockdown. In a press statement, they said that the competitions include poster design, photography, painting, drawing, calligraphy, video film and creative writing. They said that there were also two age-wise categories for Pakistanis i.e. less than 15 years and above 15 year to participate in all competitions. They said that the prize money for winners was Rs 50 thousand, Rs 25 thousand and Rs 15 thousand for first, second and third positions respectively. They said that besides the top three winners, Rs 5000 consolation prize would also be awarded to selected artwork of the artists in order to encourage them.

The last date to submit entries in each category is May 30. The PU spokesman said that on the instructions of PU VC Prof Niaz Ahmad, various departments of Punjab University have launched online competitions and other activities to take care of mental and physical health of the people in the prevailing situation. He said that in order to polish creative skills of the Pakistanis, PUCAD was also launching free online courses to begin from the next month. He said that people could contact official social media channels of Punjab University for further details and to participate in the competitions. ■



2020 COLLEGE OF ART & DESIGN UNIVERSITY OF THE PUNJAB Online National Art Fiesta

There are seven categories for this Online Art & Design competition:

- 1- Poster Design
- 2- Photography
- 3- Painting
- 4- Drawing
- 5- Calligraphy
- 6- Video films
- 7- Creative Writing

The participants may select any of the following topics for the competition:

- 1- Quarantine Dreams
- 2- Dreams
- 3- From Home with Love
- 4- Life in Quarantine

Last date of submission 30th May

Instructions

Age categories: Under 15 Above 15

- Ideas should be original
- No copy work or plagiarised work will be accepted.
- Video duration should be of 1 - 3 mins
- Any medium may be used for painting and drawings categories
- Posters could be a illustration based too and animated posters are allowed too
- The University of the Punjab will have possession of the Final Prize Winning Art Work.
- Cash Prize will be given to the Prize winner after the physical submission of the Art Work.

Prizes for each category

- First prize: 50 thousand
- Second prize: 25 thousand
- Third prize: 15 thousand

For Creative Writing

- First prize 15 thousand - Second prize 10 thousand - Third prize 05 thousand

Consolation Prize for each category

- 05 thousands each for all the participants

Free Online 10 Days Workshops from 10th May to 20th May

For all age groups conducted by our talented, young artists and faculty

- 1- Drawing (Paint, Pencil, Pen and Chalk)
- 2- Painting (Watercolor)
- 3- Clay modelling
- 4- Arts & Crafts (Recycled clay modelling, Origami)

All participants will be awarded with a certificate after completing the workshop

For Queries & Submissions:

- Poster Design**
Prof. Anjum Pervez / Humaira Usman
Mamoonah Rahn
pu.artdesign@pu.edu.pk
- Calligraphy**
Arif Khan / Dr. Asma Malik
Anila Ghulam Hussain
pu.artcalligraphy@pu.edu.pk
- Photography**
Prof. Anjum Pervez / Tazeer Chishti
Anwar Raza
pu.artphotography@pu.edu.pk
- Painting**
Dr. Naeela Aslam / Mughes Raza
Tasaddiq Amin / Habibullah
pu.artpainting@pu.edu.pk
- Drawing**
Dr. Asma Malik / Ali Aslam / Aftab Ameer
pu.artdrawing@pu.edu.pk
- Video Films**
Prof. Dr. Ahmed Bilal / Farzood Raza
Tazeer Chishti
pu.artvideo@pu.edu.pk
- Creative Writing**
Sadia Fawcett / Naeela Raza / Nadeem Akram
pu.artcreativewriting@pu.edu.pk
- Online Workshops**
Prof. Dr. Sumaira Javed / Prof. Dr. Samina Nazam / Amina Cheema / / Shoaib Mahmood
pu.artworkshops@pu.edu.pk

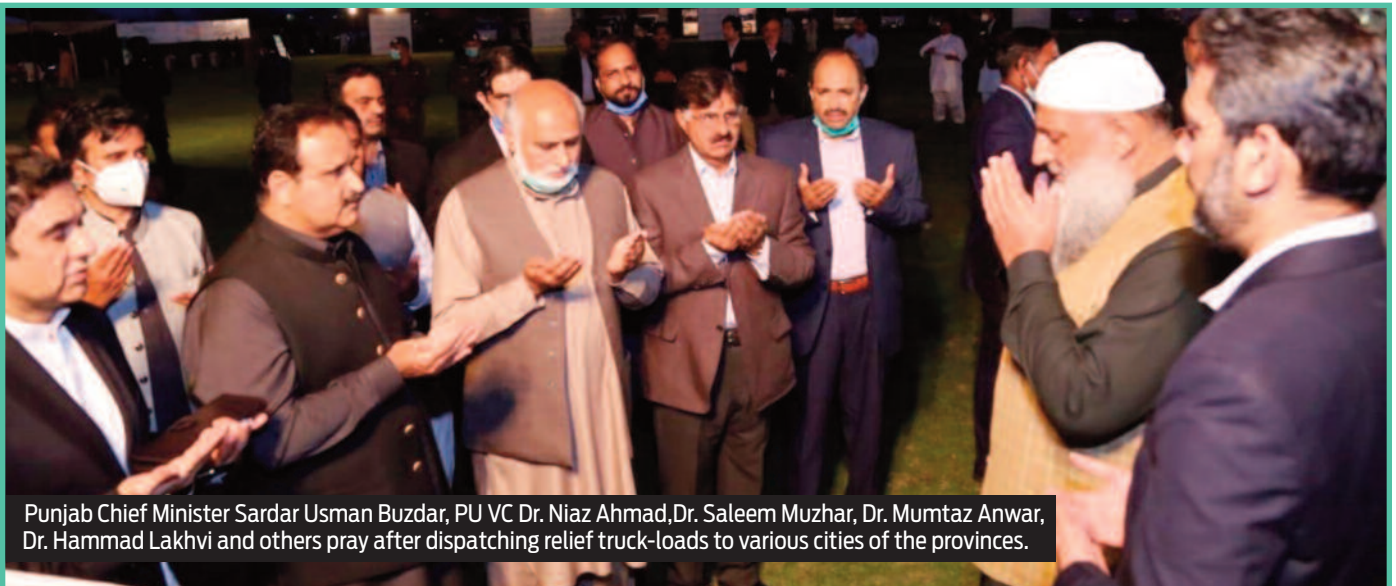
Organized by Principal, Prof. Dr. Shahida Manzoor & Faculty, College of Art & Design, University of the Punjab

PU ANNOUNCES POETRY, ESSAY WRITING COMPETITIONS

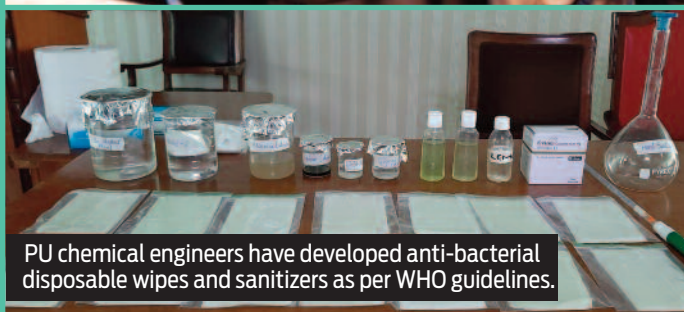
On the directions of Punjab University Vice Chancellor Prof Niaz Ahmad, PU Directorate of Students Affairs have announced All Pakistan Online Poetry and Essay Competitions in which all Pakistanis can participate. In a press statement, the PU spokesman said that to engage people in positive activities at home due to lockdown, various departments of Punjab University have launched online competitions and free courses in order to provide a platform for mental well-being and good physical health of the people. In this regard, PU Directorate of Students Affairs, besides country-wide Qiraat and Naat competitions, has announced poetry and essay writing competitions as well. He said that there were two age-wise categories of the participants i.e. less than 25 years and above 25 years. He said that cash prizes of Rs 15,000, Rs 10,000 and Rs 5,000 would be awarded to the winners of the competitions. He said that the candidates should contact social media channels of Punjab University to take part and get details of topics of poetry and essay competitions.

PU ANNOUNCES ALL PAKISTAN ONLINE QIRAT, NAAT COMPETITIONS

Punjab University has announced All Pakistan Online Qirat and Naat Competitions. On the directions of PU Vice Chancellor Prof Niaz Ahmad, heads of various departments are launching online competitions of co-curricular and sports activities and offering free online courses in order to provide a platform to all Pakistanis to engage themselves in positive activities at home under prevailing situation. PU Student Affairs Director Prof Dr Muhammad Shafiq has issued online schedule for participation in the competitions. There are three age-wise categories for participants i.e. 8 to 15, 16 to 30 and above 30 years. The first prize will be Rs 30 thousand, second prize would be Rs 20 thousand and third prize will be Rs 15 thousand. The participants from all over Pakistan can register themselves on a link available on Punjab University's official website i.e. www.pu.edu.pk till May 1, 2020. ■



Punjab Chief Minister Sardar Usman Buzdar, PU VC Dr. Niaz Ahmad, Dr. Saleem Muzhar, Dr. Mumtaz Anwar, Dr. Hammad Lakhvi and others pray after dispatching relief truck-loads to various cities of the provinces.



PU chemical engineers have developed anti-bacterial disposable wipes and sanitizers as per WHO guidelines.



PU College of Pharmacy hands over the sanitizers prepared according to DRAP specifications to VC.



Vice Chancellor chairs a meeting of scientists regarding COVID 19 Diagnostics Lab at CEMB.



PU VC distributes sanitizers prepared by College for Earth and Environmental Sciences (CEES).



OUR MENTAL HEALTH SERVICES COVER

- > Managing COVID-19 Anxiety (Phobias, Obsessions and Panic).
- > Sad Mood.
- > Stress Management.
- > Anger Management.
- > Educational concerns.
- > Marital and Family issues arising due to lockdown.
- > Mental Health Issues of children/teenagers.
- > Sleep Disturbances.
- > Special Services: Advise on healthy life style and management of COVID-19.

A VOLUNTEER SERVICE BY



Institute of Applied Psychology
University of the Punjab
New Campus
Lahore

Contact US
0313-3535500
0324-4275111
0308-6254356
0337-6222646

COVID-19 MENTAL HEALTH HELP LINE



Recover & Grow

COVID-19: PU feeds birds due to shortage of food sources

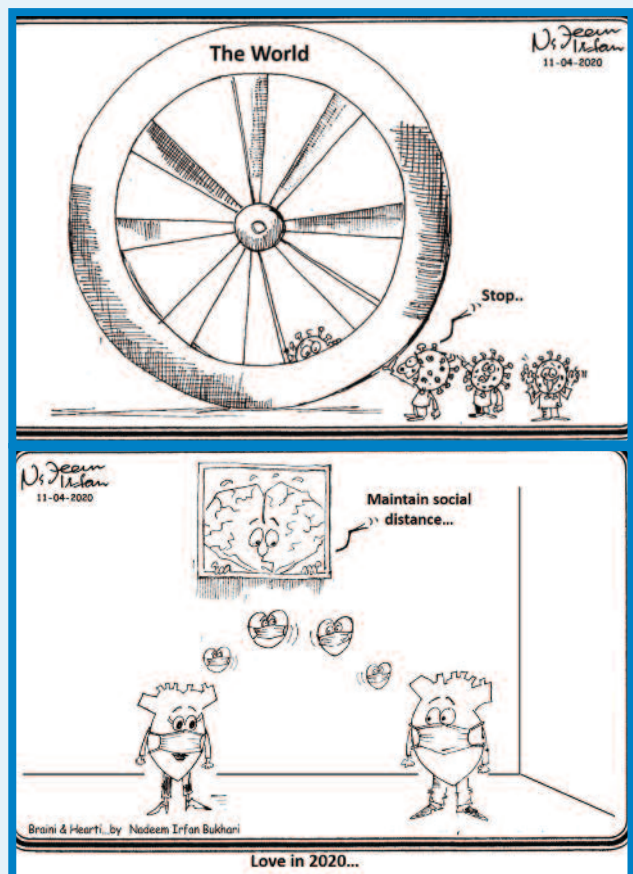
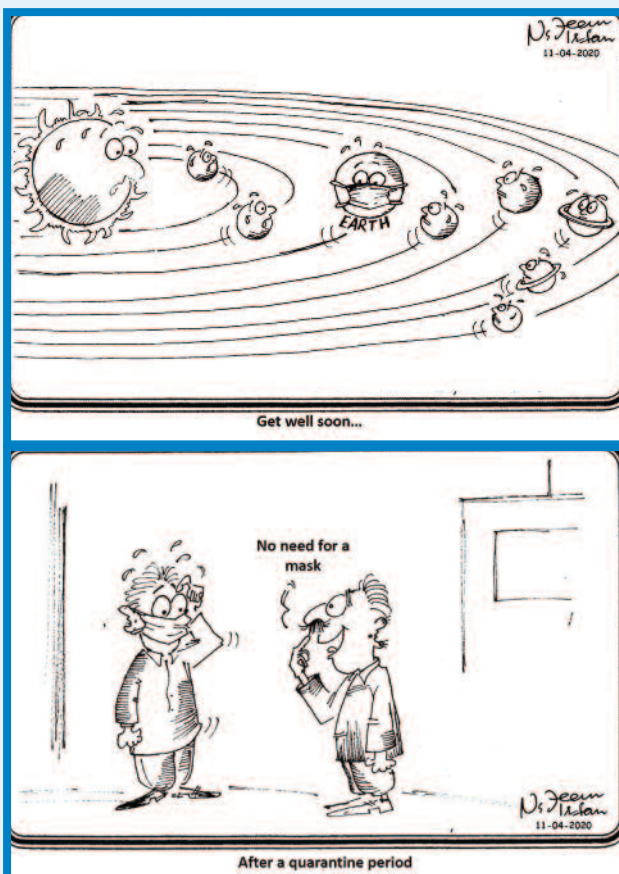


THE Punjab University administration has installed food pots at various points on campus to feed birds as the birds' sources of food had reduced considerably due to lockdown and complete shutdown of the university. According to PU spokesman, the teachers, employees and students of Punjab University used to feed birds themselves. He said that food leftovers at more than 80 canteens of the university were also major source of food for birds and after closure of these canteens, the birds were facing acute shortage of food for themselves and their children.

PU Vice Chancellor Prof Niaz Ahmad took notice of the matter and instructed the administration to take care of campus birds and food be provided to them. He said that it was one of the basic responsibilities of all human beings to take care of birds and animals around them. He said that COVID-19 was not only affecting human



beings but birds, animals and other species had also been badly affected in their own way. He said that strong relationship existed between humans and birds and at this time of test, mankind must strengthen this relationship and let the history write that both the species celebrated this relationship at this critical crisis in remarkable way. On the instructions of the vice chancellor, PU administration has put food pots at various places of the campus and the water will be changed daily to avoid spread of dengue as well. ■



PU to establish BSL 3 lab to do research on COVID 19

PUNJAB University will establish Bio Safety Level 3 (BSL 3) laboratory to do research on various aspects of COVID 19 and an advertisement has been published inviting bids in this regard. In a press statement, PU Vice Chancellor Prof Niaz Ahmad said that the laboratory would be set up at Centre for Applied Molecular Biology on war footings. He said that PU administration would provide the most advanced and state-of-the-art technical equipment to the scientists to work on COVID 19. He said that the latest safety gadgets and related material would be provided to researchers and lab staff in order to provide them a safe environment. He said that PU scientists would do research on various elements of COVID 19 including its control, prevention and treatment. He said that BSL 3 was applicable

to clinical, diagnostic, teaching, research or production facilities, where work would be performed with agents that might cause serious or potentially lethal disease through inhalation, to the personnel, and may contaminate the environment.

CAMB Incharge Dr Aleena Sumrin said that the BSL 3 at CAMB/PU would not only provide the laboratory personnel the specific training in handling pathogenic and potentially lethal agents specifically COVID 19 and like agents, under supervision of scientists competent in handling infectious agents and associated procedures but state of the art facility to work on their treatment and prevention. She said that all the work will be performed in bio-contaminated environment using appropriate engineering controls. ■

Online judicial system a must to provide justice: speakers



LAHORE: Speakers at a virtual conference have stressed the need to utilize information technology for introducing an online judicial system in order to provide justice to the people under the prevailing circumstances. They were addressing a virtual conference jointly organized by Punjab University and Institute for Legal Research and Advocacy (ILRA) here at New Campus. Senior Vice President Supreme Court Bar Association Chaudhry Ghulam Murtaza advocate, Punjab Judicial Academy Trainer and veteran lawyer Zafar Iqbal Kalanauri, PU Law College's Prof Dr Amanullah Malik, ILRA Chairman Syed Shahbaz Bukhari advocate and a large number of lawyers and people from various walks of life participated in the conference.

Addressing the conference, Chaudhry Ghulam Murtaza advocate said that e-filing of court cases and presenting arguments through a video link was possible and such practice also existed in Supreme Court in some selected cases. He said that however, under the prevailing situation of lockdown, this system should be implemented in all courts as 'justice delayed was justice denied'. He said that an online judicial system could be introduced and implemented by taking all stake-holders into confidence.

Mr Zafar Iqbal Kalanauri advocate said that people were facing problems of very serious nature in court cases due to lockdown. He said that the real problem was that we had all the resources to resolve such problems with the help of technology but we were not getting a benefit of information technology. He said that through minor amendments in rules, the online judicial system could be introduced and implemented and it was the call of the time. He said that an online judicial system would also be environment friendly and a minimum quantity of paper would be used. Prof Dr Amanullah Malik said that the judicial system could not be brought to a halt due to its specific nature. He said that there was a need to introduce reforms to cope with the current challenges. ILRA Chairman Syed Shahbaz Bukhari said that the resources to make the judicial system online were available and there was a need to take appropriate measures in this regard. He said that ILRA would provide free training to judicial officers, lawyers and other related staff for introducing an online judicial system. He said that an online judicial system would also help reduce financial problems being faced by the lawyers and their para-legal staff. ■

PU VC lays foundation stone of Institute of Energy and Environmental Engineering

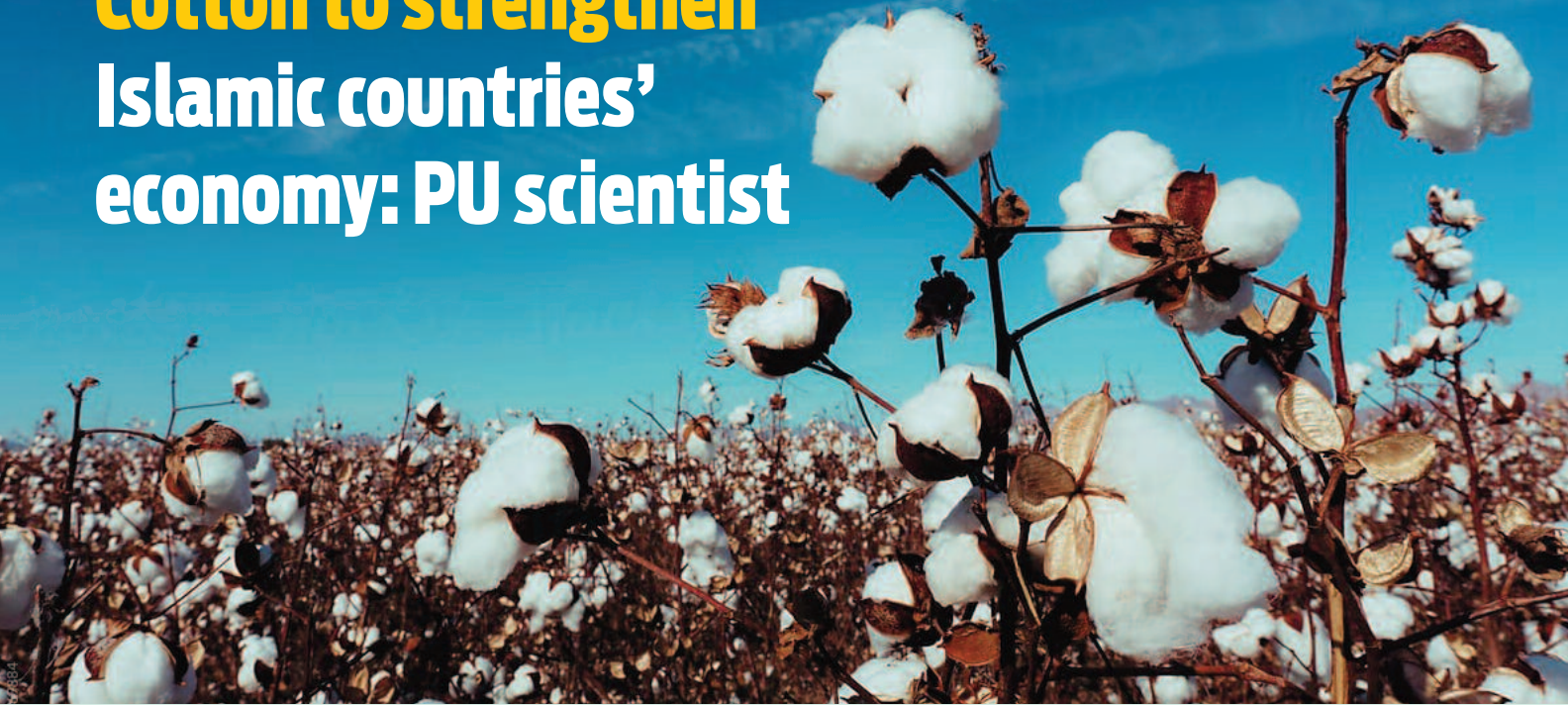


LAHORE: Punjab University Vice Chancellor Prof. Niaz Ahmad has laid the foundation stone of Institute of Energy and Environmental Engineering at New Campus. Pro Vice Chancellor Prof Dr Saleem Mazhar, IEEE Director Prof Dr Mahmood Saleem, Chief Engineer Faiz ul Hasan Sipra and others were present on the occasion.

The project is being funded by the Higher Education Commission of Pakistan. Addressing the ceremony, Prof. Niaz Ahmad said that PU would play its role to resolve issues being faced by Pakistan in the energy and environment sectors. He said that it was a must for Pakistan to strengthen herself in the energy sector to make rapid progress in the world. He said that there were a lot of business and job opportunities in the environment and energy sectors in future. He said that PU would produce the best graduates to meet the requirement of human resource in both sectors. He lauded Chief Engineer Faiz ul Hasan Sipra for saving 24.1 million rupees in the construction of the building. Giving a detailed briefing, Mr Faiz ul Hasan Sipra said that the estimated cost of the building was Rs 280 million, which will be completed in 18 months. ■



Cotton to strengthen Islamic countries' economy: PU scientist



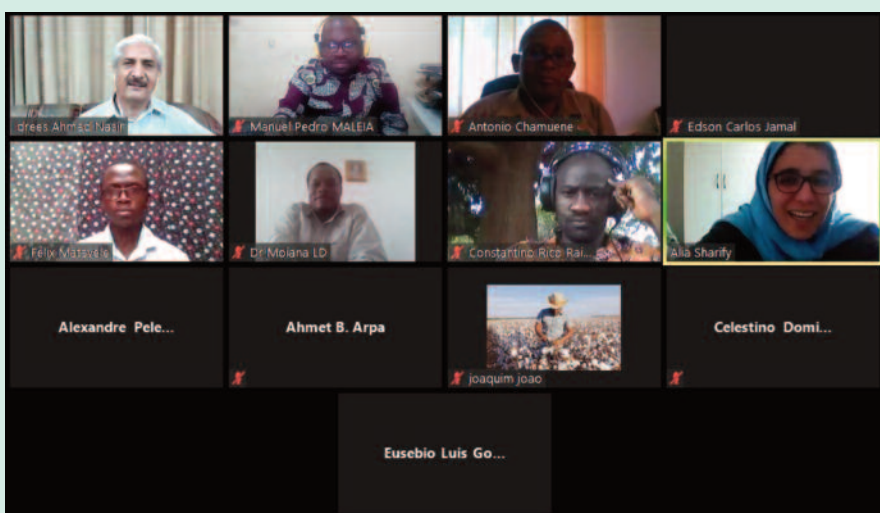
PUNJAB University Centre of Excellence in Molecular Biology's senior scientist Prof. Dr. Idrees Ahmad Nasir has said that new technology should be adopted to increase production of high quality cotton, which will play a very important role in strengthening the economy of member countries of Organization of Islamic Cooperation (OIC).

He was addressing an online five-day international workshop as trainer/resource person organized by Statistical, Economic and Social Research and Training Centre for Islamic Countries (SESRIC), a subsidiary organ of the OIC. The training course titled

"Application of Advanced Technology for the Enhancement of Cotton Productivity" has been organized within the framework of SESRIC's OIC Cotton Training Programme (OIC-CTP) for the benefit of the executives and experts from Mozambique Agricultural Research Institute (IIAM) and Cotton Research and Seed Multiplication Centre of Namialo (CIMSAN).

The course was based on synchronous learning and instruction approaches. SESRIC (OIC) Director General Mr. Nebil Dabur, IIAM Director Dr. Antonio Chamuene and a number of cotton experts participated in the workshop. Prof Dr Idrees

Ahmad Nasir gave detailed lectures on enhancement of production of high quality cotton and suggested various measures to cope with various diseases damaging cotton production. He also highlighted importance of cotton crop for uplifting rural economy of the OIC member states by adopting modern innovations in the field. SESRIC Director General Mr Dabur said that the course was aimed at providing insights into increasing cotton productivity, usage of advanced technologies on cotton and effects of biotic and A-biotic stresses on cotton crop. He said the training course was designed in line with the virtual training solutions undertaken by SESRIC with a view to better serve utilization of the Centre's training activities and its role as a knowledge exchange facilitator among the OIC member states. He said that the workshop has also provided participants with an opportunity to be better engaged and motivated during this time of global crisis due to COVID-19 pandemic. He appreciated the role of PU CEMB and efforts made by Dr. Idrees for his continuous efforts for the enhancement of cotton productivity in the OIC member countries through advanced trainings to cotton experts of the OIC member countries. ■



ANNUAL REPORT 2019

THE MOST PROGRESSIVE YEAR IN PU HISTORY

Punjab University witnessed 2019 as the most progressive year in its history with production of record 243 PhDs, improvement in varsity ranking, first position in natural sciences research in Pakistan, establishment of three new centers and much more. Policies of Vice Chancellor Prof Niaz Ahmad are based on merit, transparency, and good governance. These principles provided an enabling environment which fostered meaningful research and teamwork in university during 2019.

**1ST
POSITION**
IN NATURAL
SCIENCES
RESEARCH
IN PAKISTAN

39 TIME
IMPROVEMENT IN
QS RANKING

243 PHDS
PRODUCED FOR
THE FIRST TIME IN
PU HISTORY IN
ONE YEAR

Significant Rise in Global Ranking

IN QS World Universities Rankings, PU jumped up from 232nd to 193rd position, improving its rank 39 times from the previous year in Asian ranking of the universities. Also, Punjab University appeared in global rankings for the first time in the subjects of physics and astronomy including the areas of solid state physics, high energy physics; chemistry including biochemistry, physical/analytical/ organic/inorganic /applied chemistry; and agriculture & forestry. These departments were ranked within top 250 to 500 institutions of the world. While in Times Higher Education university ranking, Punjab University, for the first time, got third position in Pakistan besides getting its slot among top 800 to 1000 universities in the world.

In natural sciences, PU was ranked No. 1 in terms of research publications amongst all Pakistani universities by The Nature Publishing Group, a world-class publisher of high impact scientific and medical information in print and online founded in 1869. It is worth mentioning here that PU is a general category university but it has left many science universities behind in 2019 rankings. The overall research output of PU scientists in the subjects of Chemistry, Physical Sciences, Life Sciences and Earth and Environmental Sciences remained far higher than all other Pakistani science universities. ■



Appointments



DATA reveals that a total of 29 selection boards were held during the year with record appointments of 37 professors, 52 associate professors, 56 assistant professors and 33 lecturers. These appointments helped improve functioning of academic departments besides raising the level of satisfaction among teachers who were earnestly waiting for their promotions for many years. Non-teaching staff is an important arm of the university administration. In the wake of frequent demands from various administrative offices, a record number of 195 new staff was appointed besides giving due promotions to 193 other non-teaching staffers. After the lapse of decades, regular appointments were made on key posts of Registrar, Controller Examinations and Resident Officer 1. With this the practice of making temporary arrangements by giving additional charge to faculty members came to an end. The vice chancellor, implementing the vision of PU Chancellor Chaudhry Muhammad Sarwar, advertised these posts and made regular appointments on merit. It is pertinent to mention here that regular appointment of Resident Officer 1 was made for the first time in history. It also merits a mention here that the regular appointment of Pro-Vice Chancellor was made in 2019 after the lapse of almost 9 years. ■

New Centres

IN 2019, Punjab University established three new teaching, training and research centres with the aim to contribute towards socio-economic development of the country as per the vision of the VC. In this regard, PU VC Prof Niaz Ahmad chaired high level meetings to discuss the need to establish purposeful centres for development of country, economic growth and improvement in social sectors. Deans, heads of departments and professors participated in the meeting. The meetings approved establishment of Centre for Civility and Integrity Development (CCID) at the Department of Political Science; Centre for Social Development and Social Entrepreneurship (CSDSE) at the Department of Social Work; and Centre for Research on SDGs at the Institute of Social and Cultural Studies.

PU VC Prof Niaz Ahmad emphasised that the role of the universities is to create new knowledge and serve the country as well as society. He says that in the developed countries, universities have an important role in socio-economic development and Pakistan's universities should also contribute in this regard. CCID has been established to develop skills, strengthen the character of students and produce citizens having better civic responsibility as high moral values among students are necessary to build a great nation. CSDSE will make efforts to promote economic growth and higher quality of life in the country. The aim of Centre for Research on SDGs is to conduct further research on indicators of SDGs by adopting interdisciplinary, multidisciplinary and trans-disciplinary approaches. ■

PU ranked first in Natural Sciences Research!

The Nature Publishing Group, a world-class publisher of high impact scientific and medical information in print and online founded in 1869, has ranked **University of the Punjab number one in terms of research publications in the field of natural sciences** amongst all Pakistani universities.



Activation of Statutory Bodies



REGULAR meetings of all statutory bodies, various committees and forums are pivotal for smooth academic governance of a university. Prof Akhter's administration activated all relevant bodies and committees of the university for their optimum productivity. During 2019, two meetings of Senate, four meetings of Syndicate and 05 meetings of Academic Council were held for recommendations and approval of various academic and administrative matters. As many as 15 meetings of Advance Studies and Research Board were held which approved 461 PhD proposals while 85 Board of Studies meetings were also held to keep curriculum of academic programs up-to-date. ■

195 Non-Teaching Staff Appointed

193 Non-Teaching Staff Promoted

02 Senate Meetings

Conferences



PU organised around three dozen national and international conferences on various issues in order to provide PU researchers a platform to acquire latest knowledge in their relevant fields. These conferences helped university faculty and students to develop their networking with international and national researchers. At the end of these conferences, guidelines and recommendations were sent to the relevant ministries and policymakers for socio-economic development of the country. ■

Kashmir Cause



BEING the oldest and largest university of the country, Punjab University performed its national responsibility to highlight the issue of Article 370's revocation by India in sheer violation of the UN Resolutions. Following the directions of Prime Minister Imran Khan, PU organised series of protest demonstrations, seminars and conferences on Kashmir issue and highlighted Indian violation of international and bilateral agreements. Every Friday, all faculty members, employees and students under the leadership of Vice Chancellor took out Kashmir solidarity walk inside and outside the campus. In this regard, a mega event "PU National Conference on Kashmir Issue" was chaired by

Prime Minister Azad Jammu & Kashmir Raja Farooq Haider and was attended by leaders of all political parties, which gave the message of unity. This conference helped PU project the issue before international community as international media gave huge coverage to PU campaign for the rights of Kashmiris. The Vice Chancellor, for the first time in the history of any university in Pakistan, also established Human Rights Chair at the Institute of Communication Studies. ■

Initiation of Special Quota for Children of Martyrs

PAYING tribute to the martyrs who sacrificed their lives for safeguarding the country and the nation, Prof Niaz Ahmad announced special admission quota for the families of the martyrs. According to the initiative taken by the VC, free education, free hostel accommodation and Rs 5,000 scholarship will be provided to the children of martyrs of Pakistan Army and Police. The VC has announced that two seats have been allocated at each department and around 225 children of martyrs will be admitted every year on this special quota. ■



External Linkages



LINKAGE of PU with world's renowned institutions for knowledge sharing through research, faculty and students exchange is one of the important aspects of national and international collaboration. The university signed 16 important MoUs last year to enhance its external linkages.

According to an MoU, Punjab University-patented cotton transgenes will be used in 12 cotton-growing African countries including Sudan, Chad, Ethiopia, Nigeria, Burkina Faso, Mali, Benin, Mozambique, Tanzania, Uganda, Zimbabwe and Zambia. The varsity has signed an agreement with an African company for seed business and technical cooperation for using PU's Centre of Excellence in Molecular

Biology (CEMB)-patented transgenes for development, seed production and marketing of transgenic cotton hybrids/varieties.

Sudan's Aleenah Agricultural Services Ltd President Dr. Adil Ahmed Ali Ahmed Nuri said that PU technology would play an important role in the development of the cotton industry in African countries and 12 cotton-growing African countries were going to benefit from the technology developed by PU scientists. ■

461 Synopses Approved

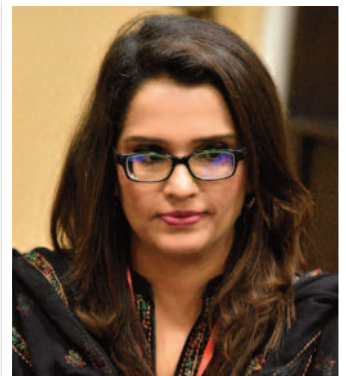
85 Board of Studies Meetings

16 MoUs signed

Spurring Women Empowerment

FOR the first time in the history of Punjab University, the administration

appointed female faculty members as heads of all the departments under the Faculty of Behavioral and Social Sciences on merit. As per the model of good governance implemented by PU Vice Chancellor, seniority and merit are being upheld in the appointments of heads of institutions. Due to this policy, in an apparently male-dominating academic institution, female professors are holding key positions in various departments/institutes/colleges of the university and especially in the Faculty of Behavioral and Social Sciences. Prof Dr Umbreen Javed is the Dean of the faculty while Prof Dr Noshina Saleem



has been appointed Director, Institute of Communication Studies, Prof Dr Iram Khalid has been appointed Chairperson, Department of Political Science, Dr Raana Malik has been appointed Chairperson, Department of Gender Studies, Dr Tahira Jabeen has been appointed Chairperson, Department of Social Work and Prof Dr Rubina Zakar has been appointed Director, Institute of Social and Cultural Studies. The university has also given many other important positions to female faculty members. Moreover, due to safe and good academic environment at PU, female students have outnumbered male students and now they are 51 percent of the student population on campus. ■

Online Admissions

THE university administration is using the latest technology to facilitate students and their parents during admission. A total of 176,862 online applications were processed for admission by the university's IT teams. Earlier, students had to face travel travails and various other inconveniences during admissions which led to wastage of their time and money, especially in case of those applicants who used to come from other cities, provinces and far-flung areas with their parents. PU has also improved its software to ensure quick access to international student applicants. ■

Co-curricular Activities

DURING 2019 PU students won a total 182 trophies and individual prizes in all Pakistan inter-university competitions including 21 team trophies, 91 first prizes, 48 second prizes, and 22 third prizes. PU students also won Rs 826,000 cash prizes in these competitions. ■



Sports Distinctions



IN HEC Inter-university Championship 2019, PU won 11 gold medals in hockey, volleyball, athletics, table tennis, badminton, skiing, judo, tennis, netball, squash and rifle-shooting. While in other competitions PU grabbed top positions in 29 games. ■



2019

THE MOST PROGRESSIVE YEAR IN PU HISTORY



Punjab University witnessed 2019 as the most progressive year in its history with production of record 243 PhDs, improvement in varsity ranking, first position in natural sciences research in Pakistan, establishment of three new centers and much more. Vice Chancellor Prof. Dr. Niaz Ahmad Akhtar's policies based on merit, discipline, transparency and good governance provided an enabling environment for promotion of research and teamwork culture in the university during 2019.

