



The Pioneers



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PU Alumni E-Magazine

Punjab University Alumni Office
Connecting Beyond Campus



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Celebrating Legacy of 144 years!

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MESSAGE FROM THE PATRON-IN-CHIEF

Dear Esteemed Alumni, Faculty, Staff and Students,

It gives me immense pleasure to extend my heartfelt congratulations on the second edition of the Punjab University Alumni E-Magazine. This marks a significant milestone in our journey of fostering a strong and vibrant connection between our university and its distinguished alumni worldwide.

Punjab University has a proud legacy of excellence, producing generations of leaders, scholars, and changemakers who have made remarkable contributions in various fields. This e-magazine serves as a platform to celebrate achievements, share inspiring stories, and strengthen the bond between our alumni and their alma mater. It reflects our commitment to engagement, collaboration, and lifelong learning.

I encourage all our alumni to actively participate, contribute, and reconnect through this initiative. Your success is our pride, and we look forward to featuring your experiences, insights, and accomplishments in the upcoming editions. I extend my sincere appreciation to the PU Alumni Office and editorial team for their dedication in making this initiative a reality. May this magazine serve as a beacon of inspiration, networking, and knowledge-sharing for our ever-growing alumni community.

Wishing you all the very best!

Prof. Dr. Muhammad Ali (S.I., T.I)

Vice Chancellor, University of the Punjab



MESSAGE FROM THE EDITOR

Dear Readers,

It is with great enthusiasm and pride that we welcome you to the second edition of the Punjab University Alumni E-Magazine! This e-magazine is more than just a publication—it is a symbol of the enduring bond between Punjab University and its alumni, a platform that brings together stories of inspiration, success, and connection from across the globe.

As one of the oldest and most prestigious institutions in the region, Punjab University has produced generations of leaders, innovators, and changemakers. Our alumni have made significant contributions in diverse fields, and this e-magazine aims to highlight their journeys, achievements, and memories. We endeavor to capture the vibrant spirit of the Punjab University alumni community and create a space where past meets present and ideas meet action.

In this second issue, you will find stories that reflect the impact of our alumni, updates on university projects, and features on initiatives undertaken by the Punjab University Alumni Office (PUAO). We have also included opportunities for you to reconnect, participate, and contribute to the continued growth and success of your alma mater.

The launch of this e-magazine is a new beginning—a step toward strengthening alumni relations and keeping the Punjab University legacy alive and thriving. We are grateful to the Alumni Office and all the contributors who have supported this initiative. Most importantly, we invite you, our cherished readers, to be an active part of this journey by sharing your feedback, ideas, and stories for future editions.

Let's celebrate the Punjab University spirit together. Here's to honoring our past, celebrating our present, and shaping a brighter future for generations to come!

*Happy reading!
Warm regards,*

Prof. Dr. Hamid Saeed
Director - Punjab University Alumni Office



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Vice Chancellor, University of the Punjab

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PU ALUMNI OFFICE ACTIVITIES AT A GLANCE

Updates

The Punjab University Alumni Office (PUAO), established in November 2023, has been actively fostering connections between the University of the Punjab and its alumni worldwide. Here's a brief overview of its key activities:

- **Alumni Chapters:** PUAO has established alumni groups internationally. We have launched *Europe Chapter*, *North America Chapter* and will be launching soon, *the Gulf Chapter* and *China Chapter*. These global chapters are lead by our esteemed alumni as Chapter Leads, residing in those regions who strive to connect alumni with each other in those regions for mutual benefits. For better connectivity, official WhatsApp Groups have been created. The links to join them can be found on our official social media pages and WhatsApp Channel.
- **Recognition & Honors:** The office identifies and honors distinguished alumni, showcasing their achievements to inspire current students and the broader community.
- **Events & Reunions:** PUAO conducts events like Alumni Talk Series, Scholarship Seminars and Alumni reunion events, providing an opportunity for alumni to give back and to connect students with alumni.



Mr. Usman Ahmad Bhatti, alumnus of School of Communication Studies, University of the Punjab, session 2004-2006 **Media Consultant for Overseas Pakistanis in the Federal Government**



Mr. Huzaifa Rehman, Special Assistant to the Prime Minister and Minister of State for the National Heritage and Culture Division, honored for his outstanding achievements as a distinguished alumnus of the School of Communication Studies, University of the Punjab.



A Memorandum of Understanding (MoU) between University of the Punjab, Pakistan Society for Training & Development (PSTD) and Promoting Employment by Strengthening the Role of Women Project of German Development Cooperation, Pakistan was made on 19th June, 2025.

- **Scholarships & Fundraising:** The Alumni Scholarship Endowment Fund, launched in August 2024, supports deserving students on merit, reflecting alumni commitment to giving back. Under this initiative, alumni of PU College of Pharmacy and of the Institute of Administrative Sciences provided financial aid for deserving students on merit.
- **Career Development & Mentorship:** PUAO supports career development opportunities and encourages alumni to mentor current students, bridging the gap between academia and industry. In June 2025, PUAO signed an MoU with Pakistan Society for Training & Development (PSTD), under which a training was conducted by Giz (German development Cooperation) for promoting women employment in textile industry. The training was conducted with textile design students at PU College of Art & Design.
- **Alumni Privilege Card:** PUAO is seeking corporate partnerships with various organizations in the sectors like pharmacy, food chains, healthcare, telecom and others to get discounts for its registered alumni. This project is in pipeline and will be launched in the first quarter of 2026.



A group photo with Textile design students as trainees of PSTD & Giz training



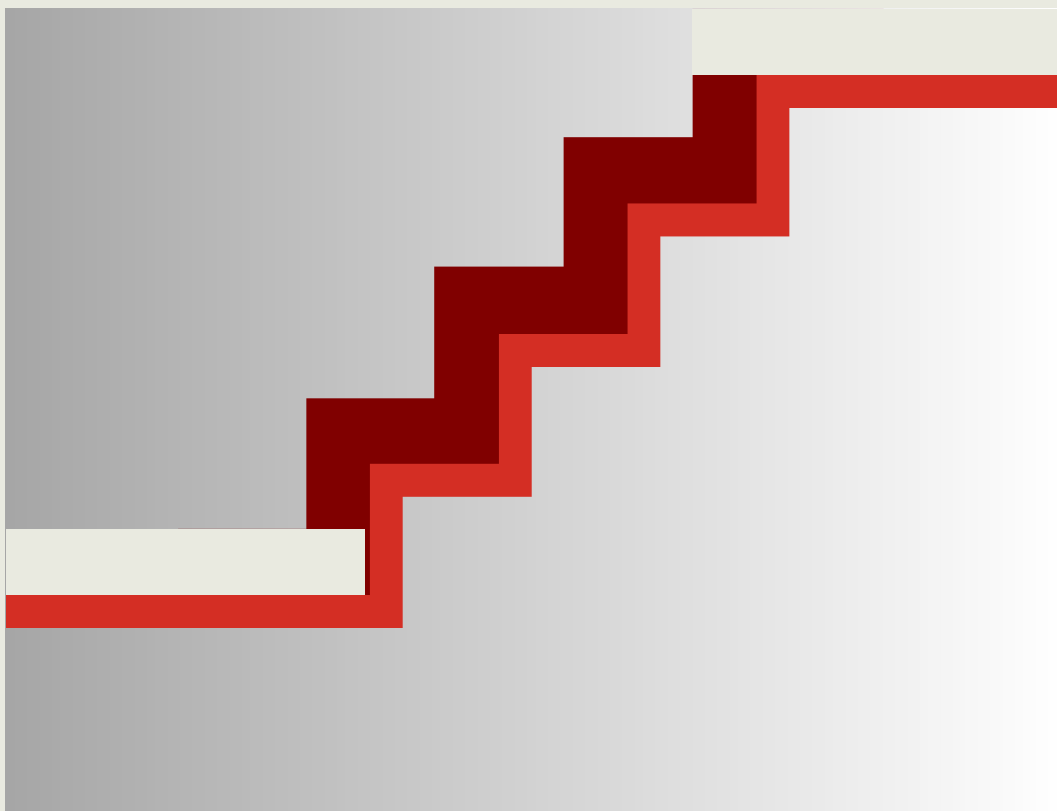
Presenting a token of appreciation to representative of Fullbright scholarship program for conducting an Orientation Seminar in collaboration with Institute of Microbiology & Molecular Genetics



A group photo with student volunteers from IMMG



CAREER STORIES





Najib Azhar - Biomedical Engineer

Diploma Certificate - Medical Device Product Development, University of California, Irvine, CA
 Diploma Certificate - Risk Management for Medical Devices, AAMI, Arlington, VA
 Train-the-Trainer (TTT) - Quality System Training, AAMI University, Arlington, VA
 Bachelor in Chemical Engineering, ICET, University of the Punjab (1975)
 M.Sc. – Bioengineering thesis. Pennsylvania State University, University Park, PA
 Ph.D.(abd) – Biomedical Engineering, Drexel University, Philadelphia, PA

WITH GRATITUDE TO GOD

The story of my life journey is one of wide and varied challenges and achievements; every twist and turn, and up and down, has given me valuable lessons. I share some of these to encourage striving through the vicissitudes of fortune that we all experience, to motivate persistence and resilience to help us all succeed.

Before my time at PU (72-77), in October 1969, I was 14½ years old, with my final Cambridge “O” levels coming up in a few weeks, when my father suddenly passed away after a morning walk. All the elders of my family advised me to postpone my exams for a year; however, my father’s handwritten study schedule for the exams was, for me, his last wish and command.

Alhamdulillah Allah rewarded my honoring my father’s last wish, and I got 3rd position in Cambridge “O” levels at St. Anthony’s High school(†). After my FSc. at the Government College, Lahore, I started B. Sc. Chemical at the Institute of Chemical Engineering and Technology (ICET) at Punjab University (PU). At the ICET, every year, I was in the top 3 to 5 students. Going into the final year, I was less than 1% behind the cumulative 3600 marks(1200 each year) from the top guy and 2 other guys close on my heels. I did the best I could and trusted in Allah for the rest. Despite challenges of reports that the top guy’s father was having frequent meetings with the Controller of Examinations before the results announcement, I followed my mother’s advice to trust in The Controller of All - الْمُهَيِّمِينَ Al-Muhaymin, The Controller/Guardian Over All.

Alhamdulillah, I topped in the final year out of 1200 score, as well as the cumulative over 4 years 4800 score, on which basis the gold medal merit was determined (†††). I am a gold medallist, however, I do not have a gold medal! I do have a letter certifying that I am a Gold Medallist. I mention this only to advise anyone who has gone through life’s disappointments of not getting their due - a heart of gold is much more to be cherished than a gold medal around one’s neck.

Incidentally, I was also the captain of our Department cricket team, while my friend who scored second position was the vice-captain. I mention this to emphasize that sports and academics can go together. We were the top two academically as well as in our cricket team.

I cherish the golden-hearted people I came across in my journey, at ICET, professors whose lectures sent me into raptures, and others who used to often instill fear, through their strictness, which kept me on the right track. Greatly respected geniuses whose inspired me to be curious always. I cannot emphasize enough that my close friends at ICET had a significant contribution to my success. They challenged my understanding in the study sessions we had. One of my most prized achievements was when I explained a concept to my friend (AHM) for the better part of an hour, and he finally said, “OK I understand it.” I think it was the first time in his life, and maybe the last time, for he never left any remnant not understood. My friend(MT) was equally thorough in his own way, focusing on understanding rather than just learning, which most students overlook. Understanding retains, while learning evaporates.

After I graduated from PU, I worked as a Trainee Engineer at Dawood-Hercules and later as a Chemical Engineer at Packages Ltd, for a year each. At Packages, I designed an optimized paper coating plant, which my bosses, Drs. M and FT, both graduates of Imperial College, London, said my work was of international level(†). When I presented it to them, they asked me what reward I wanted - I asked for the rest of my day off 😊.

I am a practical as well as academic guy, so when an advertisement for a Lecturer in Chemical Engineering at UET was announced, I applied because it was offered before PU offered a similar position. OMG! It sent shockwaves throughout the professional community of both universities! Nobody could explain to me why, and I didn't want to know. I was just told there was bad blood between the two for some mysterious reasons. This reminded me of the verses Surah Hujurat, verses 8&9, "The believers are but one brotherhood, so make peace between your brothers." I was threatened through back-channel messages that students would walk out of my class if a teacher from PU taught at UET. However, Allah rewarded my good intentions, and 3 years later(in 1981), I walked from UET to proceed for graduate studies in the USA, with an emotional send-off including a farewell poem from my students. This is one of my most cherished achievements. Incidentally, I was instrumental in forging an understanding whereby, when needed, ICET students could use the better library facilities of UET, while UET students, in reciprocity, could use the better laboratory facilities of ICET. I called it the Lib-Lab alliance.



At Pennsylvania State University (PSU) U.S.A., [PU to PSU] I did my master's in Chemical Engineering with a minor and research in Bioengineering, on a full fellowship (†). When I presented my thesis, my faculty advisor, Dr. John Tarbell, said your research is at least 10 years ahead of its time (†††). There was an additional secret to the success of my research - before every one of 100+ experimental runs, I used to pray 2 nafil, and before analyzing O Allah, show me the data, I often did the dua (truth as the truth is

I was inducted as a member in MENSA.org, the international high IQ society as well as into the National Academy of Sciences USA. The opportunities in USA earned me other recognition and achievements, some of which are listed below.

It was always a matter of national pride, rather than a personal one, to compete on a worldwide scale and prove how a person graduating from Pakistani institutions can outperform the best of those considered the best in the world.

As I recount my achievements, I am reminded of the words of the Prophet Saleh(a.s.)

"وما توفيقي الا بالله" All my Success is only from Allah! At an early age, I had learnt from my grandfather that we need to make all efforts for our goals, but then trust not in our efforts, but in Allah rewarding our efforts.

After graduating from PSU, I changed my major exclusively to Ph. D . in Biomedical Engineering(BME), 1984-87, my newest and even greater passion, as I found it a more direct path to serving humanity with beneficial knowledge عَلِمًا نَافِعًا - that the Prophet ﷺ taught us to pray for. There too, Alhamdulillah, Allah gave me honor. The university was going to offer me a faculty position, but I told them my objective is to take the discipline of Biomedical Engineering(BME) to my country, Pakistan.



In 1987, I joined Shaikh Zayed Hospital and pioneered establishing an in-hospital BME department as well as BME education at SSUET, Karachi, and BMET at the Swedish-Pak Institute of Pakistan. After 5 years, in 1992, I went to Kuwait for 3 years to teach BME Technology and also serve as an advisor to the Ministry of Health, Kuwait. The latter included restoring and revamping Kuwait's ravaged healthcare system after the Gulf War, and the former, building an indigenous BME Education and Healthcare Technology support structure through curricula development, teaching and training the faculty and staff.

In 1995, after 3 years in Kuwait, I returned to Pakistan and served the healthcare technology needs of Pakistan as a USAID-appointed consultant to the Government of Punjab Healthcare Department through the German KfW-funded Second Family Health Project. I also consulted to set up the Biomedical Engineering Departments of the Shaukat Khanum Cancer Hospital, Children's Hospital, and Punjab Institute of Cardiology, Lahore. This I did for a good 4+ years, introducing many significant pioneering developments that I pray may Allah consider them as sadaqah jariyah.

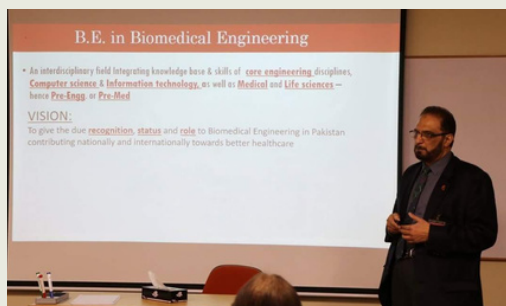
In late August 1999, there was a turning point in my life that led me to the USA again. My mother, while visiting my younger brother in California, had a sudden respiratory distress event and had to be taken by ambulance to a hospital, where she was on life support. I rushed in a day to be at her side. Doctors gave her very slim chances of survival. I stayed by her side in the ICU, during which I trained (pro bono) the hospital staff in successful ventilation management. After she was able to return home, we brothers decided it would be best for her to remain in California. I gave up my motherland and moved with my family to be with my mother in a few months, in January 2000.

I have been in California, in the Silicon Valley area of the San Francisco Bay Area, since then, up to January 2024, when my mother passed away, and now beyond that too. During this time in USA I kept myself in touch with the latest developments in healthcare and related technologies, being in the most innovative location in Silicon Valley. Gaining specific knowledge of worldwide medical device manufacturing quality system(QS) international standards and worldwide medical device national regulatory requirements(RR), the knowledge and skills of which helped me as a medical device QS and RR consultant. In 2006, I decided to validate my learning by joining the Medical Device Development program at the University of California, Irvine. I got straight As in all subjects and graduated with honors in 2007. From 2011 to 2013 I taught at DeVry University in Fremont, California, as a Visiting Professor. The Dean of the university is known to have said, "(I) gave CPR to the Biomedical Engineering Technology program at the university. Another recognition that did not come with a medal. I have been active in the California Medical Instrument Association(CMIA), for which I served as a Board Member in the Silicon Valley Chapter.

My desire to give back to my motherland always burns inside me. So from 2015-2017, for 3+ years, as an invited Visiting Scholar Professor with the Higher Education Commission of Pakistan, I consulted and advised institutions like UET for Biomedical Engineering and BMET Education, and the campuses of Narowal, Kala Sha Kaku, as well as the NUST in Islamabad. In 2017, I was offered a position as Dean of Engineering, Professor, and HOD of the Biomedical Engineering Department of the newly established Barrett Hodgson University (BHU) in Karachi. Here, I revived my contacts in the Accreditation Board of Engineering and Technology (ABET) and was instrumental in getting the Pakistan Engineering Council as a signatory to the international Washington Accord of ABET, giving it international recognition.

As a member of the National Curriculum Revision Committee of PEC and HEC, I, along with my team, made major revisions to the BME curriculum to bring it to international standards. In 2018, I returned to the USA to pursue my consultancy work. In 2020, when COVID-19 struck, I trained several staff on the effective use of ventilators, including 100+ persons in Pakistan remotely through a live video session.

I am currently serving as a member of the Post-Graduate Research Committee (PGRC) of UET Narowal, advising on industry-oriented research, directed towards creating a medical device manufacturing industry in Pakistan to international standards.



Reflections on the Golden Years

My Journey at Punjab University (1993–1995)

By Imran Ullah Khan

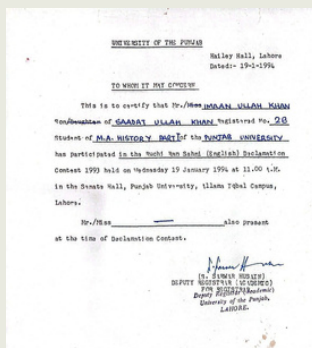
The early 1990s were a transformative era for many of us. For me, the journey began with a simple walk past the front fence of the New Campus. In those days, there was no solid brick wall—only a clear view of the vast, lush green lawns that stretched out before me. I was a BA student at Government College (GC) Lahore at the time, but falling in love with that landscape made my next goal clear: I wanted to pursue my MA in History at the University of the Punjab.

Entering the Halls of History

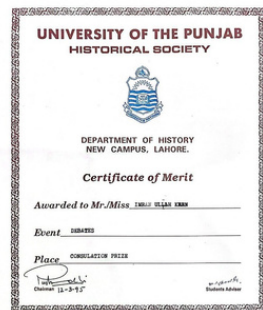
After completing my BA in 1992 and a year of eager anticipation, I passed the entrance exam and joined the History Department in 1993. I chose PU for its reputation for academic depth and quality—a decision that would shape my life and my current career as an Associate Professor of History. The legendary Prof. Ikram Ali Malik, our Head of Department, guided our academic world. I still fondly remember our teachers' mentorship: Prof. Sadiq Ali Gill, Prof. Iqbal Chawla, Prof. Tahira Shah, Prof. Qamar Abbas, and Prof. Raza ul Haq Shah.



Our MA History class, a dedicated cohort of 47 students.



Participation certificate from the Ruchi Ram Sahni debate at the Old Campus.



Awarded merit certificate in the departmental declamation contest.

Life Beyond the Books

The camaraderie in our class of 47 students was unparalleled. We were a diverse group, five of whom would eventually follow the path of academia as lecturers. Campus life was a blend of rigorous study and vibrant extracurriculars:

- **Public Speaking:** I actively participated in declamation contests, ranging from our own department to the Law Department and the Ruchi Ram Sahni declamation contest at the Old Campus. I even remember being judged by the famous TV actress and academic, Professor Naveed Shahzad.
- **The Arts:** Venturing into new territory, I took the stage for a naat competition held within our department. Being unfamiliar with tarannum (melodic recitation), I opted for the tahtul lafz (spoken) style—a move that surprised my classmates but remains a cherished memory.
- **Sports:** The football field was where our department spirit truly shone. Playing in the interdepartmental competition with the entire class cheering from the sidelines is a memory I still hold dear.

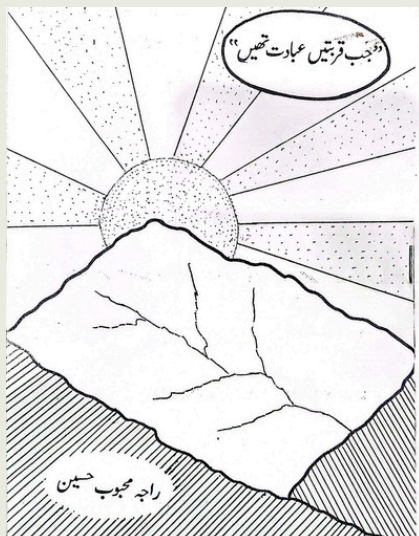
A Culture of Hospitality and Heart

One of the most striking differences I found at the PU was the faculty's warmth. Coming from a disciplined, armed-forces school background, I was stunned when Ma'am Tahira Shah personally served us tea and samosas in the classroom.

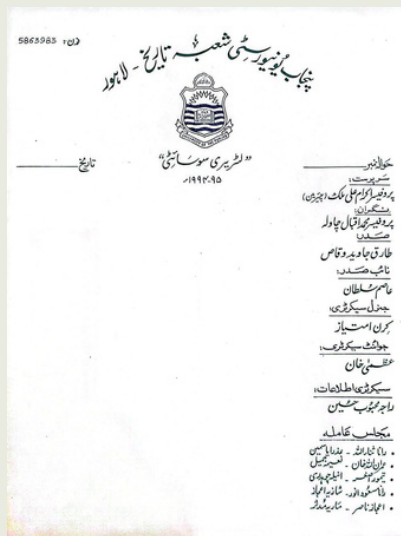
That sense of community extended beyond the classroom walls. When my father, a retired PAF officer who frequently visited the department, passed away in 1995, the department showed its true heart. My teachers and classmates arrived at my home on the university bus to offer their condolences. It was a gesture of solidarity that I will never forget.

Reflections of a Different Time

Looking back, I see a young man who was perhaps too introverted and bound by self-imposed moral codes. At the time, I avoided talking to female classmates and refused to be in any photographs—a choice I now regret, as it means I am missing from our class group photo. However, the records of those days remain. Our Class Representative, Mahboob Hussain, even wrote a 14-page booklet chronicling everything that happened during our first session. Even the financial records feel like a relic from another world; our annual fees were just Rs. 1,632 in 1993 and dropped to Rs. 1,197 the following year.



Our CR's 14-page chronicle of our first session's highlights



My tenure as an executive member of the Literary Society

Sl. No.	Particulars	Rs.	Paise
1	Enrollment Fee	100	00
2	Admission Fee	100	00
3	Library Fee	100	00
4	Registration Fee	100	00
5	Examination Fee	100	00
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A nostalgic record of our 1993-94 annual fees totaling Rs. 1,632.

The PU was more than just an institution; it was the foundation of my professional and personal life. As I walk the halls of Government Graduate College, Township, Lahore, today as a professor, I carry with me the lessons, the samosas, and the enduring spirit of the Punjab University History Department.

Author Bio:

Imran Ullah Khan is an alumnus of Punjab University, where he studied MA History in the Department of History from 1993 to 1995. He currently works as an Associate Professor of History at Government Graduate College, Township, Lahore.

FROM PUNJAB UNIVERSITY TO GLOBAL HOSPITALITY LEADERSHIP: THE REALITY BEHIND THE DEGREE

By: Jamil Ahmed - B.Sc. Commerce - 2007

I began my professional journey in 2007 at the most basic level in the hospitality industry. Fresh out of Punjab University, I entered the workforce with a degree, ambition, and limited understanding of how demanding the real world could be. My early roles were modest long shifts, repetitive tasks, and constant learning on the job. There were no shortcuts, no instant recognition, only persistence and patience. Those early years taught me discipline, humility, and the value of earning trust one day at a time.

Gradually, through consistency and learning from mistakes, I progressed. By 2014, I had reached a reasonable managerial position. The journey upward was not linear it involved setbacks, missed opportunities, and moments of self-doubt. However, each challenge strengthened my instinct to move forward rather than stop. That instinct became my greatest strength.

Soon after, my career took me beyond my home country. Working abroad introduced a completely new level of challenge. Expectations were higher, competition was tougher, and cultural differences demanded constant adaptability. There were days when the pressure felt overwhelming, but giving up was never an option. I learned to survive, then to perform, and eventually to lead in environments where resilience mattered as much as competence.

Then the world changed. The global pandemic hit with unprecedented force, reshaping industries, careers, and lives. Hospitality and service sectors were among the hardest affected. Plans collapsed, roles shifted, and uncertainty became the norm. During that period, leadership was not about authority it was about endurance. We ran like horses in difficult terrain, like warriors carrying people with us, supporting teams, maintaining morale, and moving forward despite fear and instability. The crisis reshaped my career path, teaching me flexibility and redefining success.

Just as the world began to recover, I was given the opportunity to be part of one of the biggest global events of our time the FIFA World Cup 2022. Serving in a leadership role during this once-in-a-lifetime experience was both an honor and a test. The scale, pressure, and responsibility were immense, but it reaffirmed everything I had learned about teamwork, calm decision-making, and accountability under pressure.

Life, however, does not move in straight lines. After reaching such a high point, I faced another sharp decline one that felt like falling off a cliff. Circumstances changed, roles shifted, and uncertainty returned. Yet again, resilience mattered more than titles. I held myself together, never stepped back, and continued moving forward with the lessons earned over years of struggle.

Today, my journey has led me into the education sector, working closely with residence life and student housing. In an environment driven by knowledge, innovation, and community development, I now contribute to shaping supportive living spaces for students from around the world. The work focuses on holistic development creating safe, inclusive, and nurturing residential communities that support academic success and personal growth. It is deeply fulfilling to be part of a system that invests in future generations, resilience, and human potential.

To current students and fresh graduates of Punjab University, my message is honest: the world beyond university is different from what you imagine. It is competitive, demanding, and sometimes unforgiving. You will be hit hard; you may fall but prepare yourselves early. Build resilience, communication skills, and mental strength while you study. Challenges will come, but if you stand tall, carry others with you, and never stop learning, the journey no matter how difficult will be worth it.

FROM PUNJAB TO THE USA

HOW PUNJAB UNIVERSITY LAUNCHED MY SCIENTIFIC JOURNEY

Name: Hafiza Sidra Bashir

MPhil (Molecular biology and Forensic sciences), CAMB, PU -

Session: 2017-2019

The journey from one campus to another, especially when it takes you across the world, is a big step. As an alumnus of Punjab University, I am honored to share my story with you and reflect on how my education there set me on a trajectory I never could have fully imagined.

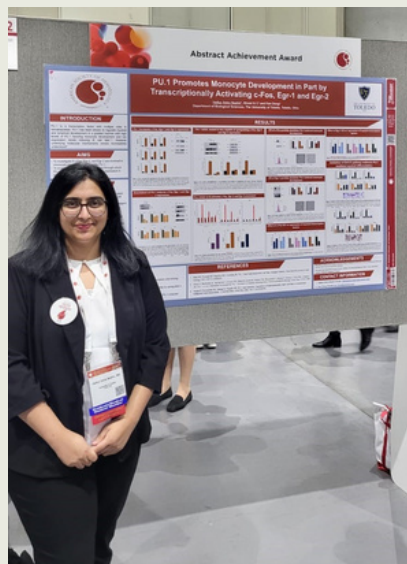
My academic foundation began during my M.Phil. studies in Molecular Biology at the Centre for applied Molecular Biology (CAMB). It was within this rigorous environment that I developed a deep fascination with the intricate processes that govern life at the cellular level. This period was about more than just earning a degree; it was about building the foundational knowledge and critical thinking skills that helped fuel my future research ambitions.

That strong start at Punjab University led to a huge opportunity: a full scholarship to get my Ph.D. at the University of Toledo, Ohio, USA. Here at the University of Toledo, I'm doing vital research on hematopoiesis, which is the special process of how our bodies make new blood cells. My work looks at the transcription factors and growth factors, which are like little guides that tell our stem cells what kind of blood cell to become. Understanding this delicate process is fundamental to developing new treatments for a wide range of blood disorders, and I am driven by the hope that my work can make a real difference in people's lives.

Recently, the scientific community recognized my research on a global scale. I received an Outstanding Abstract Achievement Award at the American Society of Hematology (ASH) meeting, one of the largest and most prestigious hematology conferences in the world. Earning this award was a deeply humbling experience. It serves as a powerful affirmation of my hard work and the innovative nature of my research.

My journey from Punjab University to the University of Toledo is a story of ambition, perseverance, and a deep-seated commitment to making a difference through science. As I continue to make strides in my Ph.D. research, I hope my story can inspire current students to pursue their passions relentlessly, knowing that a strong academic foundation can open doors to opportunities you never thought possible.

To all the women at Punjab University, be a superhero for your own scientific story. The world is waiting for your brilliant ideas and discoveries.



FROM DISCIPLINE SPECIFIC MASTER'S RESEARCH TO INTERDISCIPLINARY DOCTORAL RESEARCH

Muhammad Ramzan

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PhD Student, Centre for Agroecology, Water and Resilience, Coventry University, UK.

MPhil. Zoology, Institute of Zoology, University of the Punjab (Session 2019-2021).

An important stage of my academic journey was my MPhil in Zoology at University of the Punjab, where I developed a strong foundation in life sciences, research methodology, and scientific writing. Today, I am a second-year PhD researcher at Coventry University, United Kingdom, working on Modelling Pathogens' Transport and Fate in River Systems. This journey reflects not only my academic progression, but also adaptation, technological transformation, and cross-disciplinary learning in a global research environment.

Enrolling in a PhD programme abroad marked a major transition in my academic life. Relocating from Pakistan to the UK required adjusting to a new education system, research culture, and independent learning expectations. Unlike earlier degrees, the PhD experience is not confined to a single discipline for me. Although my academic background was entirely in life sciences, my doctoral research demanded learning new areas such as hydrology, geomorphology, numerical modelling, and computer programming. This shift reinforced an important lesson: modern research is increasingly cross and inter-disciplinary, and students must be open to acquiring skills beyond their original fields.

Technology has also played a central role in expanding my research skillset. Learning computer-based tools, and modelling approaches was essential to my PhD progression. These skills were not part of my earlier life sciences training but became critical once I enrolled in a research programme that integrates environmental science, microbiology, and modelling. This experience highlights that a PhD is not simply a continuation of previous degrees, but a period of intellectual growth where learning new methodologies is expected rather than optional.

One defining feature of my PhD journey has been the complete adoption of paper & pen free academics. Throughout my doctoral studies, I have not used traditional notebooks for recording lectures, meetings, or research notes. Instead, I rely entirely on digital tools such as Microsoft OneNote for structured notetaking and Excel spreadsheets for organising literature reviews, research plans, datasets, and progress tracking. This digital workflow has improved efficiency, searchability, and long-term organisation while supporting sustainable academic practices. The transition to technology driven learning reflects how higher education is evolving globally, and how students can benefit from embracing digital tools early in their academic careers.

This phase of my education coincided with growing exposure to international research practices and digital academic environments. Through this article, I aim to encourage fresh alumni of the Punjab University to consider PhD opportunities abroad, even if the research area differs to some extent from their previous academic background. Students should not feel limited by their original discipline. With dedication, adaptability, and a willingness to learn new technologies, it is possible to successfully transition into emerging and interdisciplinary research fields.

Beyond research, my academic journey has been shaped by teaching and educational engagement. Before starting my PhD, I worked as a Lecturer in Biology and Zoology at reputed institutions in Pakistan, which strengthened my communication skills and reinforced my commitment to education. Here, the key thing is the importance of maintaining continuity in academic or professional engagement while waiting for future opportunities; staying active in teaching, research, or other professional settings helps keep skills sharp, supports ongoing learning, and enhances employability.

Acknowledgement: I acknowledge the use of AI (ChatGPT) to support the development and flow of arguments in this reflective writing.

FROM LAHORE TO THE U.S

HOW A CLASSROOM DREAM BECAME A GLOBAL CAREER

By Ali Raza (BS- Software Engineering, Class of 2019)

When I walked into my first computer science classroom at PUCIT, I had no idea how profoundly that space—and the people in it—would shape my life. I was a young student from Lahore with ambition but little understanding of the world beyond Pakistan. What I did not yet know was that those years would become the foundation for a journey that would eventually carry me across continents, into global leadership roles, and toward opportunities I never imagined possible.

During my time at the university, I discovered much more than programming languages and algorithms. I found mentors, supportive classmates, and an academic environment that pushed me to think bigger. Those years taught me discipline, time management, and the belief that a student from any background can grow into a global professional with the right foundation.

After graduating in 2019, I began working as a Software Engineer at NETSOL Technologies in Lahore, where I applied the very concepts I learned in my Software Engineering courses. Those early years in the industry built my confidence—and prepared me for the challenge I had long dreamed of: pursuing graduate studies in the United States.

In Fall 2022, I moved to Massachusetts to begin my Master's in Computer Science at Fitchburg State University. The transition was overwhelming at first—new culture, new expectations, new pressures—but the academic foundation from my undergraduate program helped me succeed from day one. I not only excelled in my coursework but eventually graduated as Valedictorian, with a 4.0 GPA, and received the Graduate Student Leadership Award for my involvement in the campus community and support for international students. I was also inducted into the Golden Key International Honour Society, a distinction awarded only to the top 15% of scholars worldwide.



Today, I work in Austin, Texas as a Business Systems Analyst at NETSOL Technologies America, where I help lead digital transformation initiatives for major automotive brands and more than 100 dealerships across the United States. My role allows me to contribute to large-scale national technology modernization—impacting how consumers buy cars, how dealerships operate, and how digital systems shape the future of automotive retail.

Even as I work in the fast-paced tech environment of the U.S., I often think back to the classrooms of my University. That institution was my starting point—the place where dreams began to take shape and where faculty saw potential before I saw it in myself.

My message to current students is simple: your starting point does not define your limits—your dedication does. Whatever your goal may be, whether it's pursuing international education, building a career in technology, or creating impact in your community, know that your journey can begin right here. If someone like me, who once sat where you sit today, can reach global platforms, so can you.

I carry my alma mater with me in every achievement and milestone. No matter where life takes me next, University of Punjab will always be the place where everything truly began.



REFLECTIONS.....

Reflecting on my journey from Punjab University College of Information Technology (PUCIT) to working in Dubai, I realize how each stage of my education and career shaped my professional growth. Sharing these experiences, I hope to inspire current students and fellow alumni navigating their own paths in technology.

Alumni Spotlight: Milestones and Growth

After completing my BSCS at PUCIT (2008–2012), I pursued an MSCS at FAST-NU Lahore (2012–2015) to strengthen my technical knowledge and research skills. During this period, balancing rigorous academics with practical projects prepared me for real-world challenges.

My professional journey began in 2014 at MCB Bank, where I gained valuable experience with large-scale enterprise systems. In 2015, I joined FiveRivers Technologies, fully transitioning into software development. This role enhanced my coding skills, introduced me to agile workflows, and exposed me to innovative project development.

In 2016, I joined the Anti-Corruption Establishment Punjab as Assistant Director (I.T). Managing IT operations in a government organization taught me accountability, leadership, and teamwork on a larger scale. These years strengthened my problem-solving abilities and professional confidence.

By 2022, I joined Systems Limited, one of Pakistan's leading IT companies, focusing on enterprise solutions and digital transformation. Later that year, I moved to Dubai Holding Entertainment as a Senior Software Engineer, gaining exposure to international best practices, multicultural collaboration, and cutting-edge technologies. Each position provided new learning opportunities, helping me grow both technically and professionally.

Professional Insights: Lessons for Aspiring Engineers

Through these experiences, I have learned that success in the tech industry requires not just technical expertise, but adaptability, continuous learning, and strong collaboration skills. For students and young professionals aspiring to work globally, here are some key lessons:

- **Strengthen Your Technical Foundation**
- Build solid skills in programming, algorithms, and system design. Advanced courses or certifications add value, but a strong base is essential.
- **Gain Practical Experience**
- Hands-on projects, internships, and open-source contributions are crucial. Real-world problem-solving prepares you better than theory alone.
- **Develop Soft Skills**
- Communication, teamwork, and leadership are as important as technical abilities. Being able to explain concepts clearly and collaborate effectively sets successful professionals apart.
- **Stay Updated with Emerging Technologies**
- Trends like cloud computing, AI, data analytics, and cybersecurity are shaping the future. Continuous learning ensures relevance and career growth.
- **Be Adaptable and Open to Opportunities**
- Every role, whether in banking, government, or private enterprise, teaches unique lessons. Embrace change and be willing to explore new challenges.

Conclusion

From my formative years at PUCIT to advanced studies at FAST-NU and professional experiences across Pakistan and Dubai, my journey has been one of continuous growth and learning. I hope that sharing my story motivates students and alumni to pursue their goals with focus, resilience, and curiosity. Every experience, every challenge, and every opportunity contributes to building a fulfilling professional journey.



Muhammad Waqas - BSCS 2008-2012
Senior Software Engineer,
Dubai Holding Entertainment Dubai, UAE
Ex-Assistant Director (I.T),
Anti-Corruption Establishment Punjab.



JOURNEY AT PUNJAB UNIVERSITY

A FOUNDATION BUILT ON KNOWLEDGE, MENTORSHIP, AND PURPOSE

By: Akasha - BBA 2024 - Gujranwala Campus

My academic journey at the University of the Punjab, Gujranwala Campus has been a transformative experience that laid a strong foundation for my personal and professional growth. I completed my Bachelor of Business Administration (B.B.A Hons) with a CGPA of 3.68, specializing in Finance a field that strengthened my analytical thinking, strategic insight, and understanding of business dynamics.

Choosing finance allowed me to explore areas such as financial management, corporate finance, and investment analysis, equipping me with practical knowledge relevant to today's competitive professional environment. The academic rigor of the program encouraged discipline, consistency, and critical thinking—qualities that continue to guide me beyond university life.

A defining aspect of my journey was the mentorship and guidance provided by respected faculty members. I am deeply grateful to Professor Aadila Hussain Head of the English Department whose emphasis on communication, clarity of thought, and confidence played a vital role in shaping my professional expression. I am equally thankful to Professor Wasim ul Rehman Rana, Head of the Department of Business Administration, for his leadership, academic vision, and continuous encouragement, which inspired students to aim for excellence.

I would also like to extend my sincere gratitude to Professor Dr. Affaf Butt, Professor Dr. Samira Bilal Butt, Professor Muhammad Haris, and Professor Abrar Hussain their dedication, support, and teaching left a lasting impact on my academic development. Their guidance contributed significantly to my learning experience and personal confidence.

Beyond academics, Punjab University provided an environment that promoted collaboration, responsibility, and intellectual curiosity. Working on group projects, presentations, and case studies helped me develop teamwork and communication skills essential for professional success.

As an alumnus, I take pride in being part of an institution that nurtures talent and prepares students to face real-world challenges. The values instilled during my undergraduate years—integrity, perseverance, and continuous learning—remain central to my journey.

I am grateful to Punjab University Gujranwala Campus, for the knowledge, mentorship, and opportunities that have shaped my path. This experience will always remain a meaningful milestone, motivating me to contribute positively to my profession and society.

MY JOURNEY AT PU

By: Mariam Waheed, BS Applied Psychology, Class of 2025

When I first sought admission to Punjab University, I was unsure if it was the right choice for me. Like many students, I carried many doubts — about the institution, about my degree, and about whether I truly belonged there. At that time, university felt less like an opportunity and more like a question mark. Looking back now, I realize that those early uncertainties marked the beginning of one of the most meaningful phases of my personal and academic growth.

As a student of BS Applied Psychology, my university journey was deeply shaped by overthinking and fear of failure. Academic expectations, competition, and concerns about the future often led me to question my abilities. I found myself overanalyzing decisions, worrying excessively about outcomes, and placing unnecessary pressure on myself to perform perfectly. This mental struggle is something many students experience but rarely talk about openly.

In the early semesters, I often wondered whether I had made the right decision by choosing this path. Adjusting to university life was not easy, and self-doubt frequently overshadowed confidence. However, as time passed, my relationship with Punjab University began to change. Through classrooms, assignments, discussions, and interactions with teachers and peers, I slowly started to feel connected. What once felt unfamiliar gradually became a space for learning, reflection, and growth. Without realizing it, I fell in love with the environment that had initially made me feel uncertain.

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“Sometimes, the wrong choices
bring us to the right places.”

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Fear of failure played a significant role during this journey. Like many students, I associated failure with disappointment and self-judgment. This fear sometimes led to procrastination and hesitation — not because of a lack of ability, but because of the pressure to get everything right. Studying psychology helped me understand that such thought patterns are common and deeply human. Overthinking is often not a sign of weakness, but a response to high expectations and fear of making mistakes.

One of the most important lessons I learned at university was that progress matters more than perfection. Growth does not come from avoiding mistakes, but from engaging with challenges despite uncertainty. Completing tasks imperfectly, asking questions, and learning from feedback slowly helped build confidence. I learned that action often follows clarity, not endless thinking.

Punjab University gave me more than academic knowledge. It provided a space to develop resilience, self-awareness, and emotional understanding. The lessons learned inside and outside the classroom shaped not only my academic perspective but also my personal outlook. With time, I began to appreciate the very journey I once doubted.

For current students who may feel unsure, overwhelmed, or afraid of failure, it is important to know that uncertainty is a natural part of growth. Not having everything figured out does not mean you are on the wrong path. Sometimes, the places we question the most end up shaping us in the most meaningful ways.

Looking back, I now see my university years as a period of transformation. The fears, doubts, and overthinking that once felt heavy became sources of insight and strength. Sharing such experiences within alumni communities allows us to remind one another that growth is rarely linear — and that it often begins with uncertainty.

Ultimately, my journey taught me that success is not about certainty or perfection, but about learning to move forward despite doubts. Punjab University, once a question in my mind, became a place of learning, connection, and self-discovery — one that I now carry with appreciation and pride.

LEADERSHIP & SUCCESS



THE HAPPINESS FILES: RETHINKING WORK, SUCCESS, AND THE DISCIPLINE OF JOY

In an era when professionals are encouraged to optimize every aspect of life, from quarterly performance reviews to personal productivity hacks, happiness has become both a goal and an industry. Yet despite the proliferation of self-help literature and wellness programs, many individuals still find themselves chasing satisfaction with little to show for it. Arthur C. Brooks's "The Happiness Files: Insights on Work and Life," a curated collection of essays from his Atlantic column, intervenes in this paradox. His central message is both simple and radical, happiness is not the byproduct of success. It is the foundation upon which true success is built.

One of the book's most compelling frameworks is the analogy of life as a startup. Just as entrepreneurs are tasked with shepherding fragile ventures through uncertainty, everyone must take responsibility for shaping their own existence. In Brooks's words, we are the "CEOs of our own lives."

This framing carries both an empowering and sobering implication. Empowering because it positions individuals as active agents capable of steering their destiny. Sobering because, like any enterprise, life can falter without a clear sense of mission and disciplined strategy. Too often, people approach their careers passively, waiting for opportunities or recognition to arrive. Brooks flips the narrative, happiness requires intentional design, constant iteration, and the willingness to pivot when circumstances demand.

The startup metaphor resonates particularly strongly in organizational contexts. Leaders are familiar with the discipline of managing resources, taking calculated risks, and learning from failure. By applying the same rigor to personal growth, professionals can bring clarity and resilience to their careers and relationships.

A recurring theme in the book is the value of risk. In contemporary culture, risk is frequently equated with danger, something to be minimized or avoided. Brooks, however, reframes risk as a prerequisite for growth and fulfillment. Consider emotional vulnerability. Whether starting a new role, launching a venture, or committing to a relationship, the possibility of disappointment looms large. Yet Brooks argues that these moments of uncertainty are precisely where the deepest rewards are found. Falling in love, he notes, is among the riskiest acts humans undertake, fraught with uncertainty, but also rich with meaning.

For organizations, this insight carries practical weight. Teams that avoid risk in the name of efficiency or predictability often stagnate. Innovation, creativity, and trust all require some tolerance for uncertainty. Leaders who create cultures that normalize not penalize, calculated risk-taking set the stage for growth at both the individual and organizational level.

Brooks challenges the widespread misconception that happiness is synonymous with momentary pleasure. Instead, he conceptualizes happiness as a balanced state composed of three dimensions: enjoyment, satisfaction, and meaning.

- Enjoyment involves the deliberate savoring of life's experiences.
- Satisfaction comes from a sense of accomplishment and progress.
- Meaning reflects the belief that one's life contributes to something greater than oneself.

This tripartite definition moves happiness beyond quick fixes or fleeting emotions. A promotion may yield temporary satisfaction, but without enjoyment or meaning, its effects are short-lived. Similarly, workplace perks such as catered lunches or ping-pong tables may spark enjoyment, but they do little to address deeper questions of purpose.

Brooks further identifies four pillars that sustain this balanced form of happiness: faith or philosophy, family, friendships, and meaningful work. For professionals, the last pillar is particularly salient. Work that contributes to others not just to one's own advancement becomes a wellspring of resilience and motivation. Organizations that ignore this dimension risk high disengagement and burnout.

While *The Happiness Files* offers broad life lessons, some of its most practical insights pertain to the workplace. Brooks critiques common practices that sap energy and erode well-being, including endless meetings, fixation on status symbols, and cultures that prioritize appearance over substance.

He proposes alternative strategies grounded in behavioral science. Celebrating progress rather than waiting for end results, for example, creates a positive feedback loop that sustains motivation. Similarly, reevaluating the pursuit of conventional markers of success, a corner office, a prestigious title can prevent individuals from mistaking external validation for internal fulfillment.

These suggestions echo broader organizational research. Studies consistently show that employees thrive in environments where autonomy, mastery, and purpose are emphasized. Brooks's practical advice thus serves as a bridge between academic insights and everyday workplace challenges, offering leaders concrete ways to foster cultures of engagement and resilience.

Perhaps the most transformative idea in *The Happiness Files* is its inversion of the traditional success-happiness equation. Conventional wisdom suggests that happiness follows success, once you achieve a certain level of wealth, recognition, or influence, then happiness will come. Brooks dismantles this logic.

Instead, he argues, happiness is the precondition for success. Individuals who prioritize well-being, through relationships, meaning, and balance are more likely to thrive professionally. Research supports this, happier employees are more productive, more creative, and more engaged. Organizations that recognize this shift their investments, accordingly, focusing not only on financial incentives but on the holistic flourishing of their workforce.

This inversion is especially relevant in the contemporary workplace, where burnout and disengagement are widespread. By embedding happiness at the foundation of organizational strategy, leaders can unlock performance that is both sustainable and humane.

The Happiness Files offers more than a collection of essays. It is a manifesto for reorienting how individuals and organizations approach success. By framing happiness as a discipline rather than a reward, Brooks provides a framework that is as rigorous as it is practical. His integration of science, philosophy, and real-world application ensures that the book speaks to executives, employees, and readers navigating life's transitions alike.

The ultimate lesson is clear; happiness is not the prize at the finish line. It is the practice that enables both personal flourishing and professional achievement. For leaders, this insight is particularly urgent. A workplace that treats happiness as peripheral will struggle to sustain success. A workplace that embraces happiness as foundational will thrive.



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MONEY MATTERS: BUILDING FINANCIAL RESILIENCE FOR THE MODERN ALUMNUS

By: Zohaib Akram - BS Management (2009-13)

As we walk through the gates of Punjab University for the last time as students, we carry with us a wealth of knowledge—historical dates, complex formulas, or the nuances of law. Yet, for many of us, there is one "syllabus" we never quite mastered: Financial Literacy. In the fast-evolving economy of 2026, where inflation fluctuates and digital currencies are no longer a myth, the ability to manage your finances is not just a "bonus" skill—it is a survival requirement. Whether you are a fresh graduate starting your first job or a seasoned professional looking to secure your retirement, building financial resilience is the greatest gift you can give to your future self.

1. The 50/30/20 Rule: A Graduate's Best Friend

The biggest mistake many alumni make when they receive their first professional paycheck is "lifestyle creep"—increasing expenses as soon as income rises. To combat this, I recommend the classic but effective 50/30/20 rule.

- 50% for Needs: Rent, groceries, and utilities.
- 30% for Wants: That weekend trip to Murree or a dinner at M.M. Alam Road.
- 20% for Savings/Debt: This is your "freedom fund."

Even if the amounts are small, the habit of saving is more important than the amount when you are starting out.

2. Beat Inflation with Informed Investing

Keeping all your savings in a standard bank account in 2026 is often a losing game because inflation eats away at your purchasing power. Financial literacy means understanding that money must work for you. Explore low-risk mutual funds, gold, or even the Pakistan Stock Exchange (PSX) through reputable apps. The goal is to ensure your wealth grows at a rate higher than the annual inflation. As PU alumni, we have the research skills—now is the time to apply them to market trends and investment portfolios.

3. The Emergency Fund: Your "Rainy Day" Shield

Life is unpredictable. Whether it's a sudden career pivot or a medical emergency, having three to six months of basic living expenses tucked away in a liquid account provides a level of mental peace that no luxury item can buy. This fund allows you to make career decisions based on growth, not out of desperation.

4. Ethical Wealth & Community Growth

Finally, true financial literacy includes the concept of "Circulation." As part of the prestigious PU community, our financial success should also uplift others. Whether through Zakat, supporting the Alumni Scholarship Endowment Fund, or mentoring a student on how to budget their hostel dues, our wealth gains more value when it creates a social impact.

Closing Thoughts

As we step into 2026, let's commit to being as disciplined with our finances as we were with our final year theses. Financial freedom doesn't mean being rich; it means having the power to choose how you live your life. Let's lead the way as "Pioneers" in both our professional fields and our personal financial stability.

FROM POLICY TO PRACTICE

DISABILITY-INCLUSIVE EDUCATION IN PAKISTAN

By: Abdullah Bhullar- M.Phil Scholar (Special Education)

Disability-inclusive education is widely recognized as a cornerstone of fair and inclusive societies. An education system that meets the needs of learners with disabilities not only protects fundamental human rights but also strengthens social cohesion and contributes to national progress. In Pakistan, the importance of inclusive education has grown in recent years due to global commitments such as the United Nations Convention on the Rights of Persons with Disabilities and Sustainable Development Goal 4, both of which emphasize equal and inclusive learning opportunities for all. Despite these international obligations, the practical implementation of disability-inclusive education across the country remains inconsistent.

At the policy level, Pakistan has taken notable steps to promote inclusive education. National and provincial education frameworks emphasize principles such as equal opportunity, non-discrimination, and the integration of students with disabilities into mainstream educational settings. These policy commitments align with international standards and recognize the need to address diverse learning needs within schools. However, having policies in place does not automatically lead to effective inclusion. In practice, many students with disabilities, especially those in public-sector and rural schools, continue to face significant challenges related to physical access, instructional methods, and a lack of support services.

This essay draws on a study that examined inclusive education policies and how they are applied at the school level. The research focused on the perspectives of teachers and school administrators, who play a critical role in translating policy directives into classroom practices. Their views offer valuable insight into how inclusive education policies function in real-world school environments and reveal the practical difficulties encountered during implementation.

The study's findings suggest that although teachers largely endorse the concept of inclusive education, many find its implementation hard to crack. Common concerns include insufficient training in inclusive teaching methods, overcrowded classrooms, and a shortage of appropriate learning materials. Many schools lack essential facilities such as ramps, accessible classrooms, and assistive devices, which limit active participation by students with disabilities. These shortcomings make it difficult to achieve genuine inclusion, even when educators are willing to be supportive.

A major issue highlighted by the study is the gap between policy objectives and classroom realities. Although policies frame inclusion as a collective responsibility, schools often receive minimal practical guidance, supervision, or institutional support. As a result, inclusive practices vary widely across schools and often rely on individual initiative rather than a structured system. Weak monitoring and accountability further undermine the effective implementation of inclusive education policies.

In conclusion, disability-inclusive education in Pakistan shows strong policy commitments but modest results on the ground. Bridging the gap between policy and practice requires long-term investment in teacher capacity building, accessible school infrastructure, and robust monitoring mechanisms. Strengthening these areas can help ensure that inclusive education moves beyond written policies and becomes a meaningful reality, allowing learners with disabilities to participate fully, be respected within Pakistan's education system, and become integral to society.



TECHNOLOGY & INNOVATION

GREEN TECH: KEY TO A RESILIENT AND SUSTAINABLE PLANET

By: Dr. Asif Arshad Ali - PhD & MS, Total Quality Management,
IQTM, University of the Punjab, Lahore, Pakistan.

We all know that our planet is in a precarious position and vulnerable to insecurity. Both individuals and industries must take some urgent actions to restore it to its actual form. In this regard, we must adopt green technology or environmentally friendly technology for actual and meaningful change.

Green technology, also known as green tech, refers to the application of technologies that mitigate and minimize the adverse effects of human activities on the environment and society. Its goal is to protect and sustainably manage our planet's resources as well as to restore the damaged ecosystems. This concept of green tech is drawing huge attention as the world seeks ways to address one of the most significant challenges in the 21st century- climate change.

Green technologies aim to eliminate reliance on harmful fossil fuels, enhance the smarter use of resources, and mitigate environmental harm. But there is a need for concerted efforts at the local, national, and global levels for widespread implementation. This article examines how embracing the following five key areas of green technology can help ensure a healthier planet for generations to come.

1. Alternative energy

Major sources of greenhouse gas emissions are fossil fuels. That's why many businesses are seeking alternative sources of energy generation to avoid releasing atmospheric carbon from coal and oil. Solar, wind energy, and battery storage are among the most cost-effective energy solutions. They accelerate the transition to cleaner energy production and a low-carbon economy.

2. Sustainable Transportation:

Transportation activities are another big source of greenhouse gas emissions and contribute nearly 25% global CO₂ emissions. To reduce such automotive emissions, several manufacturers are shifting to electric and hydrogen-powered vehicles or trying to design more fuel-efficient engines. Many companies are shifting towards zero-emission mobility. In this way, several companies are revolutionizing transportation by minimizing dependence on finite resources.

3. Sustainable Agriculture:

Farming is a big source of environmental footprint. It includes the use of an extensive area of land, the consumption of water in abundance, as well as the ecological consequences of fertilizers and pesticides. In this regard, green technology plays a critical function. Incorporating organic farming, biological solutions, and eco-friendly designs prevents soil degradation and feeds the world without harming the planet.

Consequently, implementing eco-friendly agricultural technologies is a pivotal tool for sustainable production, crop and disease management, and overall sustainable agriculture. They rebuild soil health, increase yield stability while reducing cost and emissions.

4. Recycling:

True recycling is beyond sorting paper and plastic- it is a systematic approach and sustainable alternative to wasteful consumption. It revolutionizes how to produce, consume, and reuse resources for a cleaner and healthier planet. This advanced process of recycling lowers carbon footprints by minimizing waste and decreasing the need for raw materials and dependence on landfills.

5. Carbon Capture:

Carbon capture technologies are engineered to trap and store greenhouse gases either directly from the air or during industrial operations. The world's largest carbon capture facility can absorb 4000 tons of CO₂ per year. Yet, this technology does not meet the projected scalability, despite strong advocacy from the fossil fuel industry.

Conclusion

Green tech is necessary for our planet's survival, and this shift is not just an option. It protects our environment and conserves the Earth's natural resources. We may be able to build a resilient and sustainable planet for future generations by embracing the innovations mentioned above. Now it is time to act, and a transition towards a green and sustainable world requires harmonized effort and decisive policy support.

LATEST TECHNOLOGY AND UPDATES IN CHEMICAL ENGINEERING

By: Muhammad Ahmad - M.Sc. Chemical Engineering (2009 - 2011)

Chemical engineering continues to evolve rapidly, driven by advancements in sustainability, artificial intelligence (AI), and process optimization. As industries push toward greener solutions and digital transformation, chemical engineers play a crucial role in shaping the future. Here's an overview of the latest technologies and trends in the field, along with personal insights for professionals looking to stay ahead.

1. Sustainable and Green Engineering

Sustainability remains a top priority in chemical engineering. Companies are investing in carbon capture, utilization, and storage (CCUS) technologies to reduce emissions. New catalysts and electrochemical processes are enabling more efficient conversion of CO₂ into valuable chemicals, such as methanol and ethylene.

Bio-based manufacturing is also gaining traction, with advancements in synthetic biology allowing for the production of biodegradable plastics and biofuels from renewable feedstock. The rise of circular economy principles means chemical engineers must design processes that minimize waste and maximize resource efficiency.

Professionals should upskill in life-cycle assessment (LCA) and green chemistry principles to align with industry demands. Certifications in sustainability (e.g., ISSP's Sustainability Professional credential) can enhance career prospects.

2. AI and Machine Learning in Process Optimization

Artificial intelligence is revolutionizing chemical engineering by improving process efficiency, predictive maintenance, and materials discovery. Machine learning models analyze vast datasets to optimize reaction conditions, reducing energy consumption and improving yields.

Digital twins—virtual replicas of physical processes—are becoming essential for real-time monitoring and simulation. Companies are leveraging AI to accelerate R&D, cutting down the time needed for new material development globally.

Chemical engineers should learn Python, TensorFlow, or other AI tools to stay competitive. Online courses on EdX, Coursera or edX (e.g., "AI for Chemical Engineering") can provide foundational knowledge.

3. Advanced Materials and Nanotechnology

Nanomaterials are enabling breakthroughs in drug delivery, water purification, and energy storage. Graphene and metal-organic frameworks (MOFs) are being used for high-efficiency filtration systems and next-generation batteries.

3D printing of chemical reactors (lab-on-a-chip devices) allows for precise control over reactions, opening new possibilities in pharmaceuticals and specialty chemicals.

Keeping up with materials science journals (e.g., Advanced Materials, ACS Nano) can help professionals identify emerging opportunities. Networking with researchers at conferences like AIChE Annual Meetings is also beneficial.

4. Energy Transition and Hydrogen Economy

The shift toward renewable energy sources is reshaping chemical engineering. Green hydrogen, produced via electrolysis using renewable electricity, is gaining momentum as a clean fuel alternative. Engineers are working on improving electrolyzer efficiency and hydrogen storage solutions.

Battery technology is another key area, with solid-state batteries and lithium-sulfur systems offering higher energy densities for electric vehicles and grid storage.

Specializing in electrochemical engineering or renewable energy systems can open doors in this growing sector. Online courses on hydrogen technology (e.g., offered by the Hydrogen Council) are valuable resources.

5. Personalized Career Growth Strategies

To thrive in this dynamic field, chemical engineers should:

- Engage in continuous learning (MOOCs, webinars, certifications).
- Network actively (LinkedIn groups, AIChE, IChemE events).
- Gain hands-on experience with industry software (Aspen Plus, COMSOL, CFD tools).

Final Thoughts

The future of chemical engineering is interdisciplinary, blending sustainability, AI, and advanced materials. By staying updated and adaptable, professionals can lead innovation in this ever-evolving field.



Campus Life

A HOME BEYOND HOME – MY DAYS AT BOYS HOSTEL NO. 17 (HAZRATUMER BIN ABDUL AZIZ HALL)

The journey from Layyah to Lahore was more than just a change of place — it was a transformation of my life. In Fall 2021, with a heart full of dreams and a mind full of uncertainty, I stepped into the historic campus of Punjab University. My destination was Boys Hostel No. 17, officially known as Hazrat Umer Bin Abdul Aziz Hall — a peaceful, disciplined, and heartwarming residence that became my second home. I was accompanied by my elder brother, Waseem Arshad, who stood by me emotionally and practically, encouraging me on this new journey. Room 230 was where my hostel life began. I still remember entering the room with heavy emotions, feeling homesick, nervous, and overwhelmed. But the warm welcome of my roommates began to ease that discomfort.

Hostel 17 had its own charm — from the peaceful lawn where we would sit and talk for hours, to the little canteen that served us hot tea with two cakes, becoming a daily ritual. I enjoyed every bit of the mess food, especially the channa and chicken, which felt like comfort food away from home. The staff, particularly Mr. Shahid, the hostel clerk was kind, respectful, and helpful — always available for any support we needed.

Hostel life taught me essential life skills — how to wake up on time, live independently, manage responsibilities, maintain discipline, and keep things organized. Our study room was always open and remarkably peaceful — a space that allowed us to focus, reflect, and prepare for our goals. Exams brought a different vibe to the hostel. We rarely slept during exam weeks. Our room became a hub for group study sessions, where tea was not just a drink, but a necessity. We'd revise together, help each other, and build memories along the way. Of course, hostel life came with its fun too — like small arguments over fan speed or whether to turn off the room's bulb. These silly moments often ended in laughter, strengthening our bond even more. Weekends were reserved for cleaning. Together with my roommates, we would tidy up the room while playing music and sharing jokes — turning chores into moments of joy. Outside the hostel, Punjab University offered places like PC Dhaba where we could enjoy delicious food, and STC Point where everything from a barber to a bookstore was available — it was the heartbeat of student life.

During my time at PU, I met Izzat Baig from Sargodha at Hostel 3. He became my best friend — a gentle, sincere, and loving person. Though he now works at Nishat in Lahore, the bond we created during those hostel days remains strong.

Even as I missed my family and our home-based fertilizer business back in Layyah, I felt supported and protected. My department — the Institute of Administrative Sciences — offered me a rich learning environment, while the hostel gave me life experience, I couldn't find anywhere else. Today, I run our fertilizer business alongside my brother Waseem Arshad (MBA Gold Medalist), dealing in Engro, Fauji Fertilizer, and Fatima Fertilizer. But my heart still returns to those rainy evenings at Punjab University — the glistening campus paths, the glowing lights of the hostel, the peaceful hum of the study room, and the warmth of friendship. Boys Hostel No. 17 was not just a place to stay; it was a place that shaped who I am today. Punjab University was a blessing, and those years will remain the most memorable chapter of my life.

Author:

Muhammad Zohaib Akram

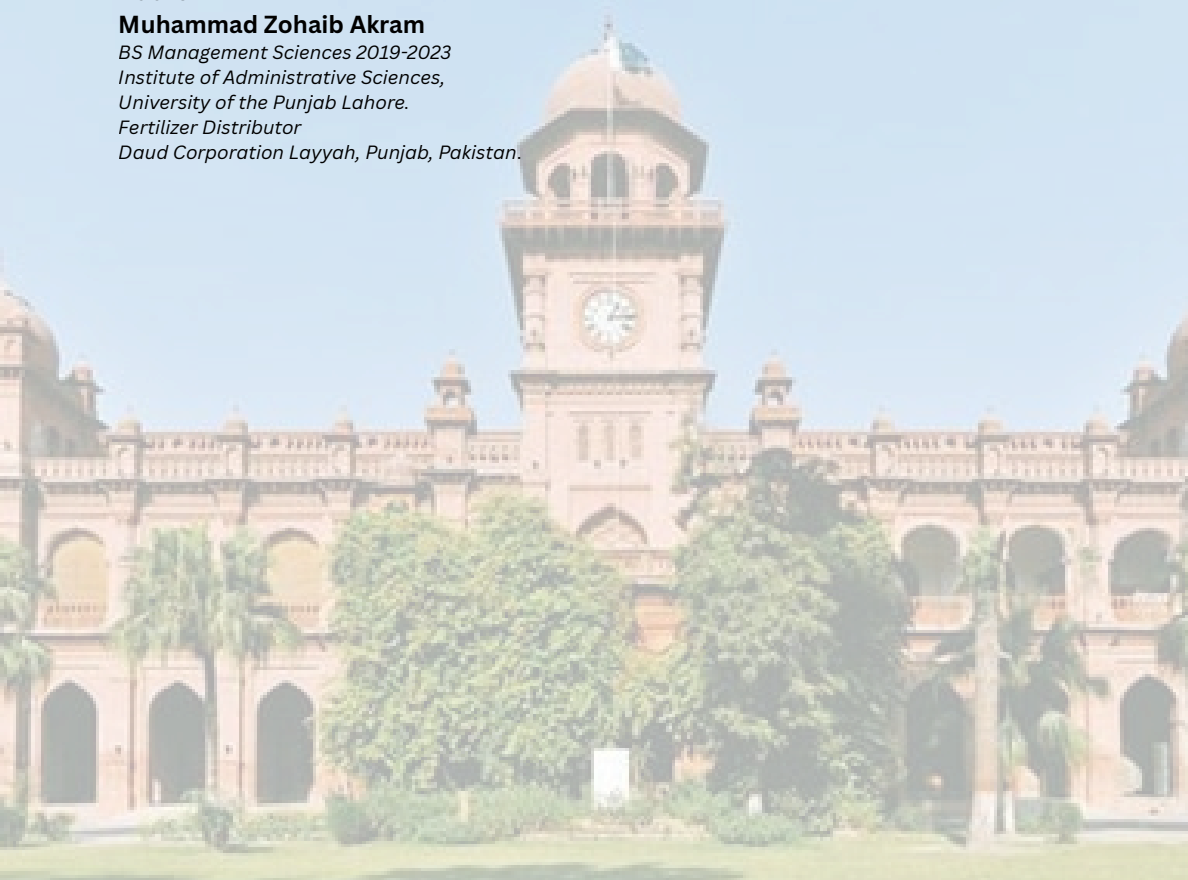
BS Management Sciences 2019-2023

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The Women of IMMIG

Whenever I reflect on my time at the Institute of Microbiology and Molecular Genetics (MMG), my mind does not initially go back to the microscopes, petri dishes, or textbooks. Rather, I picture the faces of the women who instructed me, women whose commitment lit the corridors of MMG brighter than any bulb, whose voices resonated longer in my head than the final bell of classes, and whose presence turned every ordinary day into a lesson about resilience, beauty, and direction. These women have always realized me the power and charm that education has given them and is the reality of my dreams which I have seen. Their success has encouraged me every day to be patient, consistent and focused. I will always be thankful to these women to leave an impression in my personality which I will be holding forever. As John F Kennedy once said: "We must find the time to stop and thank those people who make a difference in our lives."

Beginning my bachelor's education, I have always realized that I have been surrounded by not just instructors but women of professionalism, caring discipline, persistence, leadership, humanity with humility, guiding my mind as role models. All hold an air of quiet confidence and firm sense of responsibility about them. Gradually, unwittingly, they have started molding not only my intellect, but also my whole perspective of life. Prof. Dr. Anjum Nasim Sabri, Director when I was in bachelors, a lady of strength and authority, all times calm, focused, and leading the way. I looked up to her personality blended with dignity which inspired me to stand taller, work harder, and dream bigger. Every time her presence made me realized that real leadership is not boisterous rather it is consistent, concentrated, and motivating.

In my last year, I was lucky enough to work under my research supervisor, Dr. Ayesha Siddiqa, lady of courage, motivation, and positivity. It transformed me in ways I struggle to articulate. Her confidence in me transformed my raw enthusiasm and made it into competence. She opened up doors to opportunities I had never dreamed of, honored my skills until they were at professional level, and walked with me through the trials and tribulations of research. When our very first research paper was published, I felt like I was standing on the moon. It wasn't about the accomplishment, it was about the journey we had shared together, her faith in me, and the sense that I was finally entering the world I had imagined.

There were numerous others whose names and teachings I will keep as a treasure. Dr. Shabana, Dr. Warda, Dr. Ammara, Dr. Hira, Dr. Saira, Dr. Nageen, Dr. Saba, Dr. Samreen, Dr. Nazia, Dr. Rida and Dr. Nosheen. Each one taught me everything which is precious, which should be the part of my entire life and should be held through my entire life. The courage of Dr. Nazia and Dr. Nosheen to stand up, the patience of Dr. Warda and Dr. Ammara to persist, the hope from Dr. Shabana when things looked gloomy, and the vision of Dr. Saba to see ahead of time.

They were the quiet forces that propelled me, each contributing a part to the foundation upon which I stand today and grow in future. These women did not merely teach microbiology or molecular genetics, they taught me the art of persevering, the beauty of integrity, and the responsibility of lifting others as you rise. They demonstrated to me that a woman in science can be profoundly knowledgeable and infinitely compassionate, intensely driven and immovably kind.

Now, as I plan my own career, I take them with me to the lab bench, at the desk where I write, and in times of uncertainty. They have provided me with not only an education but with a compass to navigate my life. My own prayer is that Allah gives me the courage to someday stand among them, inspiring others as they have inspired me, so that their legacy will continue to live in the hearts and accomplishments of future generations.

Author:

Rabia Shahdin

BS MMG (2020-2024)



ALUMNI TALK SERIES

ALUMNI TALK *Series*

SECOND ALUMNI TALK

FROM MOLECULE TO MARKET: NAVIGATING THE MAZE OF DRUG APPROVALS WITH REFERENCE TO REGULATORY LANDSCAPES IN PAKISTAN

The Punjab University Alumni Office, under the visionary leadership of the Worthy Vice Chancellor, Prof. Dr. Muhammad Ali (S.I, T.I.) successfully organized the 2nd Alumni Talk Series, featuring distinguished alumnus Dr. Muhammad Asim, Head of Business Development & Regulatory Affairs at OBS Pharma.

The session began with a warm welcome by Prof. Dr. Hamid Saeed, Director of the PU Alumni Office, followed by insightful remarks from Prof. Dr. Atif Raza, Principal of the College of Pharmacy.

In his talk, Dr. Asim comprehensively outlined the regulatory approval process governed by the Drug Regulatory Authority of Pakistan (DRAP). He highlighted DRAP's progress in aligning with international standards, as well as the challenges faced by the local pharmaceutical sector. Furthermore, he shared an in-depth analysis of current pharmaceutical manufacturing trends in Pakistan, the status of exports, the economic burden on the industry, and offered strategic recommendations by comparing regional and global best practices.

The session concluded with a vote of thanks by Ms. Sameen Zaki - Lead Alumni Relations, acknowledging the speaker's valuable insights and the active participation of attendees. A token of appreciation was presented to Dr. Asim by the Alumni Office and College of Pharmacy. The event concluded on a delightful note with refreshments served to the guests and participants.



DR. MUHAMMAD ASIM

Head of Business Development & Regulatory Affairs at OBS Pharma



Prof. Dr. Hamid Saeed presenting a token of Appreciation to Dr. Muhammad Asim along with faculty members at College of Pharmacy, University of the Punjab

UPCOMING ALUMNI TALK




ALUMNI TALK *Series*
 Session 03



“ ROLE OF PHARMACOTHERAPY IN CLINICAL PHARMACY PRACTICE WITH CANADIAN PHARMACY LICENSING EXAMS. ”

Guest Speaker

Dr. SYED AHMED HUSSAIN
 Dean Faculty of Medical Sciences
 Professor of Clinical Medicine & Pharmacotherapy
 PharmD, MS, PhD, FRCPC, FRCPC(S), BCPS - Calgary, Alberta, Canada

Students and Professionals from following disciplines are encouraged to attend

Pharmacy, Chemistry, Biotechnology, Microbiology, Molecular Genetics, Quality & Technology Management.



27 January, 2026
 Tuesday
10:00 AM



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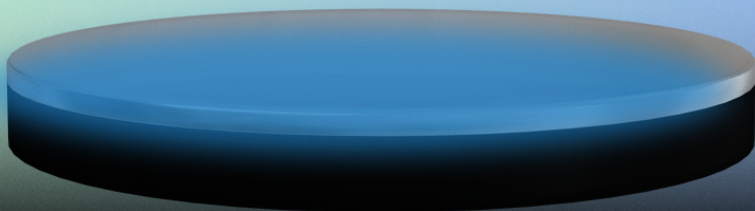
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ALUMNI SPOTLIGHT



KOMAL YASMIN

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Komal Yasmin is currently a postdoctoral researcher at the Babraham Institute, University of Cambridge, where she develops next-generation CRISPR screening approaches to study gene regulation and chromatin biology at single-cell resolution. She is also a Fellow and Senior Member at Newnham College, Cambridge, and works at the intersection of epigenetics, genome editing, and human development.

Before coming to Cambridge, Komal completed her DPhil in Chromosome and Developmental Biology at the University of Oxford as a Wellcome Trust-funded scholar, a highly competitive award granted only to 5 students. In the laboratory of Professor Neil Brockdorff, her doctoral research focused on understanding how epigenetic mechanisms regulate gene expression during early mammalian development, particularly during X-chromosome inactivation. Her work combined molecular biology, CRISPR gene editing, genome-wide sequencing approaches and computational analysis of large biological datasets. Her work was well appreciated by the field, and she was invited to present her research on various occasions, both in Oxford as well as leading international scientific forums like EMBL and has been awarded numerous prizes for her talks and posters.

She began her academic journey in Pakistan, completing her undergraduate degree in Microbiology and Molecular Genetics at the University of the Punjab, where she was awarded the university gold medal and multiple merit scholarships for graduating at the top of her class. Her undergraduate research explored computational approaches to drug discovery for metabolic and viral diseases.



Komal went on to pursue an MS in Biology at Lahore University of Management Sciences (LUMS), graduating with high distinction, Dean's Honor roll, merit scholarship and a near-perfect academic record.



During her master's training, Komal worked on epigenetic regulation and cell memory, developing strong experimental and analytical skills that led her to pursue doctoral training abroad.

Equally central to her career is teaching and mentorship. Komal has taught and supervised students in Pakistan and at Oxford and Cambridge in vast range of subjects, from undergraduate laboratory courses to graduate-level molecular genetics. She actively mentors graduate students at Cambridge as well as students from underrepresented and disadvantaged backgrounds. She has led outreach initiatives aimed at widening participation in science, including school engagement programs, national outreach initiatives, and conferences focused on equity and representation in STEM.

Last year she was elected for the **"Heroine of Science"** by University of Cambridge, in recognition of her academic journey which is an inspiration to young aspiring female scientists. She is also involved in initiatives like **Scholar's Den** that prepare and train students in graduate applications abroad. She serves as the editor-in-chief of Phenotype Oxford- a medical science journal run by early career researchers for communicating cutting-edge science to broad scientific community, distributed in notable institutes the UK, US and Germany.

Returning to the University of the Punjab as an alumna, Komal hopes to share not only her scientific work but also a message of possibility — that with curiosity, persistence, and the right mentorship, students from Pakistan can contribute meaningfully to global scientific discovery.

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We are proud of our College of Pharmacy alumni to support three deserving students of D-Pharm for their annual dues for the academic year 2025-2026.

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Alumni residing in Europe may join the
WhatsApp group through QR Code



PU Alumni - Europe Chapter
WhatsApp group



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- Inclusivity
- Collaboration
- Social Responsibility
- Recompensing your alma mater
- Integrity
- Innovation
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- Leadership

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Alumni residing in North American regions may join the WhatsApp group through QR Code



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