



REFRESHER COURSES

Most of the field and laboratory staff of the university is poorly trained and there was a dire need to properly coach and educate the staff in order to build capacity and upgrade their existing knowledge. In this regard, the Principal UAF Community College, PARS, Dr. Muhammad Anjum Zia took a huge step for launching a refresher course specifically designed for the training of field and laboratory staff of the University. No such course was ever designed or implemented before and the main objective of the refresher course was to refresh and up skill the staff in their specific area of expertise.

A formal inauguration ceremony was arranged in the lecture theater-I (Faculty of Animal Husbandry) at 9:00 am. Prof. Dr. Ijaz Ahmad Bhatti, Director Endowment Fund and Prof. Dr. Jaffar Jaskani, Director, Institute of Horticultural Sciences were special guests of the event. All the Resource Persons, Deans, Directors and Heads of various departments joined the event as well. First of all, the stage secretary, Dr. Samina Tanwir, welcomed everyone and invited the chief guests and convener organizer of the event Dr. Muhammad Anjum Zia to take their seats on the stage. The proceedings started in the name of ALLAH Almighty the Most Merciful, the Most Gracious. Mr. Hafiz Junaid Akbar, Lecturer Math and Statistics recited a few verses from the Holy Quran and offered naat-e-Rasool-e-Maqbool (S.A.W). The Chief Organizer/Principal,

UAF Community College, PARS, Dr. Muhammad Anjum Zia shared a comprehensive detail of the aims/objectives and schedule of refresher courses in his address followed by Dr. Jaskani's remarks embarking the importance of these courses. The ceremony ended on vote of thanks by the stage secretary followed by tea for the guests.

During the intensive two week program (one week for field staff and one for laboratory staff), the staff were given a wide range of information to learn from in a short period of time. They were given an opportunity for both theoretical and practical learning in their common areas of work. The Course was a wonderful learning activity for the lab and field staff. The participants were very happy and keen to learn. It was inferred from the activities that this course certainly enhanced their current set of skills and will help them to increase competency and performance efficiency in their subsequent fields. On successful completion of each course, the participants were tested through a proper exam/questionnaire. Certificates will be handed over/issued to the qualifying participants during the closing ceremony. The guest Speakers and participants found the whole activity very fruitful and result oriented. They thanked the organizer and Honorable Vice-Chancellor University of Agriculture, Faisalabad for providing them the opportunity to become a part of this course. It was unanimously decided that such events should become a regular feature of the university from now on.

ONE WEEK REFRESHER COURSE FOR FIELD STAFF



ONE WEEK REFRESHER COURSE FOR LABORATORY STAFF



Organizing Committee

- | | |
|--|-----------------------------|
| Prof. Dr. Iqrar Ahmad Khan (S.I.) Vice Chancellor | Patron in Chief |
| Dr. Muhammad Anjum Zia Principal, UAF Community College, PARS | Principal Organizer |
| Dr. Samina Tanwir Associate Professor, Botany, UAF | Organizing Secretary |
| Dr. M. Shabir Mahr Assistant Professor, Physics, UAF | Member |
| Dr. Ateeq-Ur-Rehman Assistant Professor, Physics, UAF | Member |
| Mr. Ghulam Abas D.E.O., UAF Community College, PARS | Member |

Theme of the event

To build the capacity of Field staff and upgrade specific skills and knowledge required to enhance performance in expected duties and responsibilities.

Details of the event

Objectives

To build the capacity of the field staff and upgrade specific skills and knowledge required to enhance performance in expected duties and responsibilities. Following are the objectives of the proposed one week refresher course for the field staff of UAF:

1. To develop an understanding about the identification and production technologies of different crops.
2. To enhance the capacity building and trained man power for agriculture sector.
3. To enable the workers to determine and manage common factors affecting crop production.

Mission & Outcomes

The refresher course refers to learning that combines both practical and theoretical skills. It opens many doors of opportunities for Field Staff of UAF to learn about their specific area in a short period of time. The main purpose of this refresher course is to develop and upskill their current set of skills. After successful completion of the course certificates will be issued to the participants.

Field Staff will increase competency in their respective areas, skills with ethical standards in their commitment to develop their respective Departments.

Beneficiaries

All the Field Staff of the University of Agriculture, Faisalabad.

Mode of Assessment

Trainees will be assessed through a written examination.

Organizing Committee

- | | |
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| Dr. M. Shabir Mahr Assistant Professor, Physics, UAF | Member |
| Dr. Ateeq-Ur-Rehman Assistant Professor, Physics, UAF | Member |
| Mr. Ghulam Abas D.E.O., UAF Community College, PARS | Member |

Theme of the event

To build the capacity of Laboratory Staff and upgrade specific skills and knowledge required to enhance performance in expected duties and responsibilities.

Details of the event

Objectives

- To enhance skills and expertise for laboratory experiments and correct use of instruments.
- To introduce and create proper awareness about laboratory rules and regulations.
- To manage and maintain the lab books and equipment use records.
- To enhance the technical capacity regarding new techniques and report writings.
- To train the staff to efficiently use the computer and internet.
- To enhance the trouble shooting knowledge regarding equipment handling and management.

Mission & Outcomes

The refresher course refers to learning that combines both practical and theoretical skills. It opens many doors of opportunities for Laboratory Staff of UAF to learn about their specific area in a short period of time. The main purpose of this refresher course is to develop and upskill their current set of skills. After successful completion of the course certificates will be issued to the participants.

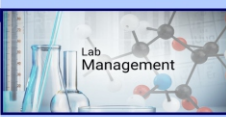
Laboratory Staff will increase competency in their respective areas, skills with ethical standards in their commitment to develop their respective Departments.

Mode of Assessment

Trainees will be assessed through a written examination.

| SCHEDULE | |
|---|--|
| (From 1 st Aug, 2022 to 8 th Aug, 2022) | |
| DAY 1 (01-08-2022) | |
| Inauguration Ceremony: 9:00 am to 10:30 am | |
| Tea: 10:30 am to 11:00 am | |
| Module I: Basic Agriculture, Agronomy and Breeding | |
| 11:00 am to 12:00 pm | |
| Dr. Zubair Aslam, Associate Professor, Agronomy | |
| Practical: 12:00 pm to 1:00 pm | |
| 01 Dr. Zubair Aslam, Associate Professor, Agronomy | |
| 02 Dr. Nadeem Abbas, Associate Professor, Agronomy | |
| Lunch/Prayer Break: 1:00 pm to 2:00 pm | |
| Field Visit: 2:00 pm to 4:30 pm | |
| PBG and Agronomy Fields | |
| Prof. Dr. Azeem Iqbal Khan, IAS | |
| Dr. Rai Asif, Land Utilization Officer, Directorate of Farms | |
| DAY 2 (02-08-2022) | |
| Module I: Soil Science and Irrigation | |
| 9:00 am to 10:00 am | |
| Prof. Dr. Ghulam Murtaa Sandhu, Director, ISES | |
| Dr. Abdul Wakeel, Associate Professor, ISES | |
| Module II: Workplace Ethics | |
| 10:00 am to 11:00 am | |
| Prof. Dr. Aman Ullah Malik, IAS | |
| Practical: 11:00 am to 11:30 am | |
| 01 Dr. Sadia Saif, Assistant Professor, ISES | |
| 02 Dr. Sana Ullah, Associate Professor, ISES | |
| Lunch/Prayer Break: 1:00 pm to 2:00 pm | |
| Field Visit: 2:00 pm to 4:30 pm | |
| Proka Farm | |
| Dr. Amir Gill, Associate Professor, ISES | |
| DAY 3 (03-08-2022) | |
| Module I: Horticulture | |
| 9:00 am to 11:00 am | |
| Dr. Sumner Abbas Naqvi, Assistant Professor, IAS | |
| Tea: 11:00 am to 11:30 am | |

| SCHEDULE | |
|--|--|
| (From 10 th August, 2022 to 16 th August, 2022) | |
| DAY 1 (10-08-2022) | |
| Module I: Work Place Ethics | |
| 9:00 am to 10:00 am | |
| Prof. Dr. Aman Ullah Malik, Institute of Horticulture Sciences | |
| Module II: General laboratory information & Rules for maintenance | |
| 10:00 am to 11:00 am | |
| Dr. Shaukat Ali, Associate Professor, Chemistry | |
| Practical: 11:00 am to 11:30 am | |
| Record maintenance and labeling of chemicals | |
| 01 Dr. Shaukat Ali, Associate Professor, Chemistry | |
| 02 Dr. Asif Hanif, Associate Professor, Chemistry | |
| Lunch/Prayer Break: 1:00 pm to 2:00 pm | |
| Lab Visit: 2:00 pm to 4:30 pm | |
| DAY 2 (11-08-2022) | |
| Module I: Basic Lab Safety | |
| 9:00 am to 11:00 am | |
| Dr. Muhammad Anjum Zia, Associate Professor, Biochemistry | |
| Dr. Faisal Saeed Awan, Associate Professor, CABR | |
| Practical: 11:30 am to 1:00 pm | |
| Demonstration of PPE's and how to maintain safety in the lab? | |
| 01 Dr. Kashif Illahi, Assistant Professor, Biochemistry | |
| 02 Dr. Muhammad Ali, Assistant Professor, Biochemistry | |
| Lunch/Prayer Break: 1:00 pm to 2:00 pm | |
| DAY 3 (12-08-2022) | |
| 9:00 am to 10:00 am | |
| Module I: Laboratory organization and basics of instruments | |
| Dr. Ateeq ur Rehman, Assistant Professor | |
| Dr. M. Shabir Mahr, Assistant Professor | |
| Module II: Preparation of solutions | |
| Dr. Samina Tanvir, Associate Professor, Botany | |



Day of Exploitation (Youme-Istehsal)

On 5th August, 2019, the Modi-led Bhartiya Janata Party government struck down Articles 370 and 35A of the Indian constitution, thereby scrapping the law that granted Kashmir its special status. Youm-e-Istehsal was observed at Community College, PARS, University of Agriculture, Faisalabad and Laboratory School & College System, PARS & UAF, to condemn the illegal, immoral, and inhuman action of the 5th August, 2019. Kashmir Solidarity Day is a public holiday in Pakistan on February 5 each year. It focuses on showing Pakistan's support and unity with the people of Indian-occupied Kashmir, their ongoing freedom struggle, and to pay homage to Kashmiri martyrs who lost their lives fighting for Kashmir's freedom.



Diamond Jubilee Celebrations

Independence day (Diamond Jubilee, 14 August, 2022) celebrated at Iqbal Auditorium, University of Agriculture, Faisalabad. Students from Laboratory School and College System actively participated and celebrated this mega event.

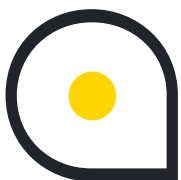


Up-gradation of Internet Facility at UAF Community College, PARS & Hostels

Internet is very useful technology for the improvement of education. It is widely used to gather information about latest research in various subjects. It also helps us to discuss and refine research ideas with researchers internationally at various forums. It also helps teachers to search and find best learning and teaching material with latest advancement. In view of this importance of internet 0.43 millions were approved by the worthy Vice Chancellor, Prof. Dr. Iqrar Ahmad Khan for provision of better internet quality and speed at UAF Community College, PARS as well as hostels. For this purpose in existing internet system optical fibers are replaced altogether in the whole campus and hostels.

Initiation of Female Hostel with Medical facility at UAF Community College, PARS

Due to increasing number of female students in various degree programs at UAF Community College, PARS, five hostels have been specified for females to facilitate them. These hostels are equipped with all the basic requirements as kitchen, filtered water, laundry, mess, canteen, tuck shop, waiting area for parents, indoor game facilities, generator, 24/7 dispensary and an ambulance service.



STUDENT CORNER

Merciless flood

(Kinza Zafar, 2021-ag-8738, BS Chemistry)

Water and water, everywhere water

- Everything's gone, they're left with water
Life is a bless, but become trouble for them
- No houses, no medicine even no food for them
Barbarous sway disintegrate their houses
- Unruly ebb not only drifted away their
Animals, also swallowed their loved ones
- Water takes all with it, left misery for them
Their small world created with love and struggle
- Just crumbled down in front of their eyes
How resentful, gloomy, pathetic they are!
- With empty dining and soaking in water
Your Islamic brothers just waiting for you
- So tied up necessities and send to them
At this time of distress, give shoulder to them
- This time they are, but next time we can
Extremely helpless they are, do what you can

Importance of Mental Health

(Ayesha Shehzad, 2021-ag-8720, BS Chemistry)

Mental Health is very important for living a stable and healthy life. It comprises of emotional, social and psychological well-being of a person. A healthy mental state promotes effectiveness, and productivity in activities (including work, academics and interpersonal relationships). Mental Health also impacts our decision-making procedure, how we deal with stress and how we connect with others in our lives. A person with sound mind is able to adapt him/herself to the changes in life. His/her mind has always the capability to withstand stress and his/her mental strength keeps him/her solid in all the challenges of life.

What is mental illness?

A kind of illness that happens in brain that leads to disturbance in thinking, energy, and emotions or behavior. It makes very tough to withstand with the demands of life. There are a lot of psychological issues in the society nowadays. Mostly young and children are suffering by these issues. In a study performed on a set of people, it was found that mental illness impact

nineteen percentage of total adult population. There are several different types of mental disorders that can affect children and adolescents are anxiety disorders, attention deficit, disruptive behavior disorders, pervasive developmental disorders, learning and communication disorders and effective(mood) disorders. Its symptoms in children and young people are inability to cope with daily problems and change in sleeping or eating habits, frequent outbursts of anger, hyperactivity, excessive complaints of physical ailments, hearing voices or things that are not there.

Causes of mental disorder:

Biological factors such as genetics which includes changes in the brain chemistry, alterations in brain structure and dealing with trauma), parental damage (at fetal stage), substance abuse (leads to anxiety, depression) Psychological factors such as an important early loss (such as a parent loss) neglect, Failure in studies or in achieving a goal and poor ability to relate with others. Environmental factors like death or divorce, a dysfunctional family life, changing jobs or schools, substance abuse by the person or person's parent cause it.

How to cope with mental disorder:

People with mental health issues should surround themselves with people who accept their situations and treat them for who they are. This will help them to successfully cope with the illness. They should enhance knowledge about mental health to get the necessary support to deal with it. They should maintain a regular exercise routine and connect with other people, family and friends who can console them to get emotional support. They should get proper sleep and also consult a psychologist or psychiatrist to get the personalized support. They should not let stigma self-doubt and shame and also not isolate themselves. People should also join support group. In this way we can overcome the psychological issues or mental disorders in society and make our society's people mentally healthier.

Student Corner

Pakistan at 2047: My Aspiration

(M. Saad Mahmood, 2021-ag-2613, M.Phil. Chemistry)

Every patriot wants to see their country at the forefront across all aspects of life. Likewise, I also set an ambitious target of making Pakistan self-reliant by 2047. To see a self-sustaining Pakistan is eminently doable. In 25 years, Pakistan will celebrate its 100th golden jubilee. Kids born this year will be young lads then. I presume what they will see then. Will they see a Pakistan full of opportunities? Or they will live in a frustrated Pakistan. I am hopeful the dream of an economically stable Pakistan will become irrelevant to them. They will set new destinations and new goals for Pakistan. And will put their heart and soul into them.

We got independence in 1947 and we are currently celebrating our 75th diamond jubilee. But this independent country is dependent on others to make its economic front sustainable which is the weakest link of Pakistan through which it is highly vulnerable. Our regime can be changed, our throne can be overturned, and even the nuclear status of Pakistan is at risk if we ignore the economic welfare. So, my biggest fantasy is to see Pakistan economically stable in the year 2047.

On the 75th anniversary, Pakistan is tantamount to a sick man, tottering at the age of 75, wounded by corruption, terrorism, and political crisis. Its savior thinks that the debt from other foundations and countries can heal its wounds but it is tantamount to the treatment of cancer with Panadol. It survives regardless of uncountable traumas, which is nothing short of a miracle. I am optimistic about the coming 25-year that this unwell man recovers to stand tall. Hopefully, it will bounce back with full strength and will learn from its previous mistakes.

Assistance from IMF is a rat trap for Pakistan. We ought to come out of a vicious cycle of debt. Shortly, Pakistan will receive the first package from IMF. We should use it wisely to make our economic foundation firm and enhance trade to come out of the dilemma. When we talk about charity, Pakistani people are very generous. But they avoid paying taxes because they

don't trust the government. One day, the government will become a trustworthy and charity-giving nation will turn into a tax-paying nation. This will happen when people trust their rulers.

As a nation, we fail to transform the vision of Jannah into reality. But I did not give up hope. I am optimistic by 2047 Pakistan will be like a shining star in the world, if we comply with the principle of the founding fathers "Faith, Unity, and Discipline". I am 24 years old. Still, I have 23 years to witness well-developed Pakistan. A country that will be a role model for other underdeveloped countries that are on the verge of default. My country will set the example of how to come out of the dire strait.

Flood in Pakistan

(Farhat-ul-Ain, 2021-ag-2697 M.Phil.)

Introduction:

Floods, landslides, earthquake, droughts and cyclones are a few major and severe natural hazards with a higher occurrence owing to climate change. In the current world wide scenario, floods are mainly more frequent and more destructive than other hazards.

Pakistan has history of floods. Pakistan faced its five worst flood disasters in rapid succession in 2010, 2011, 2012, 2014 and 2022 which caused major loss of livestock, crops, forestry, fishery and destroyed primary agricultural infrastructure. However, flood of 2022 is the most devastating in the history of this region.

Economic loss:

The flood disaster of 2010 caused a cumulative economic cost of 10 billion US\$, destroyed a crop area of 2 million hectares and 24 million people were adversely affected. Baluchistan and Sindh provinces were massively struck by the flood hazard of 2011. The estimated economic loss was 3.7 billion US\$, whereas the estimated cost of reconstruction and recovery was 2.7 billion US\$. In 2014, flooding caused the major loss of 367 human lives, damaged 1 million acres of cultivated area and the estimated recovery cost was 439.7 million US\$. In recent 2022 flood, the estimated loss of crops are 10 billion US\$, which is the biggest loss of the history.

Student Corner

Major causes:

Many researchers link these floods to anticipated climate changes. It is now projected that glaciers melt in the Himalayas will increase flooding. It is expected that due to increased variability of monsoon and the loss of natural reservoirs caused by glaciers melting as a result of climate change. The inter-annual and intra-annual variability of rivers flows will increase, which may cause serious floods in future as well. Extreme flooding has left roughly one-third of Pakistan under water. Pakistan contains more glacial ice than any other country on Earth outside the polar region. There are more than 7,000 glaciers present in Pakistan which melt in summer and cause floods that's the reason, Pakistan affected by flood after every some years. In recent flood of 2022, the number of destroyed houses doubled since last week to over 436,000 with Sindh, Balochistan and Khyber Pakhtunkhwa provinces most affected. The Pakistan Meteorological department (PMD) indicates that high flood risks remains along the stretch of the Indus river between Tounsa in Punjab and Kotri in Sindh.

Solution:

The best solution of this problem is the Plantation. Plantation is actually man made forest, some trees like Eucalyptus and Mangroves are very helpful, they naturally protect us from such flood, tidal waves and Tsunamis. We can plant them near Rivers, canals and Dams. Eucalyptus is also called a thirsty tree so it is useful to grow this plant to control the flood.

We can also make more Dams. Dams are very helpful as excessive water can be stored so so we need to build more dams.

نظم پارس (PARS)

جب یہ رونق یہ گلایاں یہ اونچے دروازے
یہ جھڑکیوں سے جھانکتی ہوئی دھوپ کی کرنیں
روزانہ سفر میں بس کی سیٹوں پے لڑنا
یہ ایک ساتھ گزارے ہوئے کئی لمحے
یہ سارے قصے جو ہم پہ بنتے ہیں یہاں
ہم نہ ہوں گے! تو پھر کوئی ہم سا ہوگا۔

ظہیر علی حیدر

ہم نے سوچا نہیں بعد بھلا کیا ہوگا؟
یہ گھاس پھول یہ باتوں کا شور آپس میں
یہ ہنسی مذاق، یہ اساتذہ کا پیار سے ملنا
بیٹھ کے خواب کی روزنئے بنتے رہنا
نظر ملا کے کسی اجنبی سے پھر جھکا دینا
ہم نے سوچا ہی نہیں بعد بھلا کیا ہوگا؟



Patron in Chief:
Prof. Dr. Iqar Ahmad Khan (S.I)
Vice Chancellor



Convener:
Dr. Muhammad Anjum Zia
Principal,
UAF Community College, PARS



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