



Awareness Campaign on Women Empowerment and Anti-Narcotics

The Directorate of Student Affairs, Women Development Centre in collaboration with Loyal Warriors Pakistan organized an awareness campaign on Women Empowerment and Drug Abuse in Pakistani society. Special Adviser to Prime Minister on Human Rights and Women Development Miss Mishaal Hussein Mullick was the chief guest of the event. The Patron-in-Chief, Vice Chancellor GCWUF Prof. Dr. Zill-i-Huma Nazli welcomed the guests and, in her speech, expressed that as a civilized society, it is our responsibility to work together to inform our young generation about the harms of a curse like addiction so that they do not get addicted to it in any case. Chief Guest Mishaal Mullick said that by creating awareness of the social, mental, physical, moral, and human harms of drugs in educational institutions, the first priority is to keep students away from this scourge.



She declared it worrisome that drug cases are increasing in society, especially among the youth. She announced a special program for youth to provide drug skills programs in educational institutions in which drug counselors are going to be appointed to guide students on the harms of drug and subsistence abuse. Moreover, we should have human rights organizations to keep a special eye on children with the cooperation of parents to prevent them from falling victim to this heinous act. She referred to Gaza and Kashmir saying that the worst violation of human rights is being done in Gaza and Kashmir. The world needs to intervene to discontinue the brutalities inflicted on Muslims in these two parts of the world.

In the event, cash prizes were distributed among the students who participated in poster competitions on Drug Abuse and Women Empowerment. On this occasion, Air Marshal Arshad, principal officers, heads of teaching and non-teaching departments, members from the Chamber of Commerce, and a large number of students participated in the seminar and music gala. The chief organizer from the university Dr. Asma Aziz and from Loyal Warriors Major Taseer Akram thanked all the guests and students for their active participation in the event.



18th Meeting of the Syndicate of GCWUF

Government College Women University Faisalabad arranged its 18th meeting of the Syndicate in the SNGAD Division, Civil Secretariat, Lahore on 5th October 2023. The meeting was chaired by the Provincial Minister for Higher Education Mr. Mansoor Qadir and was attended by the Vice Chancellor GCWUF Prof Dr. Zill-i-Huma Nazli, Vice Chancellor University of Education Prof. Dr. Tallat Naseer Pasha as HEC Nominee, Mr. Anwer Rasheed Advisor Provincial Ombudsperson Punjab, Prof Dr. Jameel Anwer Director Institute of the Chemistry University of Punjab,



Add'l Secretary HED Mr. Farooq Akmal, Add'l. Director Law and Parliamentary Affairs Department Mr. Shahid Imtiaz, Add'l Secretary Finance Department Mr. Qadir Shah, Director PHEC Dr. Asif Munir, Treasurer GCWUF Muhammad Anser Mughal, Director QEC Dr. Aasma Khalid as an observer. The Registrar GCWUF Mr. Asif A Malik as Secretary of the syndicate presented the agenda of the meeting. The syndicate, after detailed deliberations, approved various administrative financial and academic matters including recommendations of the ninth meeting of the Academic Council, recommendations of the

9th meeting of the BASR, and recommendations of the 17th and 18th meeting of F&PC. The syndicate approved the GCWUF annual budget for the year 2023-24. The syndicate also approved the raise in salaries of 35 % for the non-gazetted staff and 30 % for the staff of grade 17 and above.

Moreover, to strengthen the faculty development initiative, the syndicate approved fresh study leave cases and also granted extensions in the study leave cases of various faculty members. The syndicate also graciously addressed the long-standing issue of existing students from Balochistan at GCWUF. Honourable minister in his concluding remarks, appreciated the university leadership and administration for maintaining the outstanding financial health of the university and advised to ensure merit-based recruitments.



He further emphasized that the university should responsively ensure hostel students' safety, protection, and facilities. He advised disposing of all disciplinary cases on a priority basis and emphasized ensuring the implementation of workplace harassment policies and drug abuse policies by the federal and provincial governments to curb any issues.

Mental Health Camp

In connection with the World Mental Health Day, the department of Applied Psychology organized a Mental Health Camp on 10th October, 2023. The worthy Vice-Chancellor, Prof. Dr. Zill-i-Huma Nazli was the Patron-in-Chief of the event. First, staff and students were gathered for awareness walk. Worthy Vice Chancellor in the company of coordinators and heads of various departments visited the camp and participated in psychological assessment.



Screening of tolerance, emotional intelligence, self-esteem, personality types and psychological problems including depression, anxiety, stress and anger were by various student groups using standardized questionnaires, drawing and writing style. Psychological counseling was also provided by our expert teachers regarding psychosocial issues, academic/work related issues and drug abuse problems.

Physical and Mental Well-Being

Government College Women University Faisalabad believes in uplifting the health and fitness of its students and staff for a healthy academic environment", says Prof. Dr. Zill-i-Huma Nazli, Vice Chancellor GC Women University. She was addressing the training camp's audience titled "Physical and Mental Well-Being". The camp was held by the Department of Physical Education in collaboration with Al-Fahad Fitness Centre under the guidance of Registrar GCWUF Mr. Asif A Malik.





The manager of Al-Fahad Fitness Centre Bilal Majeed, introduced Al Fahd Fitness Center to the audience. Ayesha Tanvir, a certified fitness trainer prepared fitness charts based on the health and nutritional assessment of the training participants. Senior trainer Noreen Akhtar conducted a session on physical fitness in which awareness was given about the methods of various exercises and their benefits. Ten female students of the Physical Education department gave a practical demonstration of various exercises to the participants. After the question-answer session, the event's chief guest, Vice Chancellor Prof. Dr. Zill-i-Huma Nazli distributed honorary shields among the guests. Finally, Registrar GCWUF Asif A Malik delivered the closing remarks.

He especially thanked the Al-Fahd Fitness Center and advised the students to understand the need for good health and fitness as an essential component for successful educational and personal life. The event was attended by the Coordinator Faculty of Arts and Social Sciences Prof. Dr. Ayesha Sameen, Chairperson Department of Mathematics Prof. Dr. Saima Akram, heads of various teaching and administrative departments, teachers and students of all departments. The University, from time to time, conducts awareness campaigns about the mental and physical health of its students and staff. In the future, the university plans to expand the scope of the on-campus fitness center and take more measures for the health and fitness of its students and female staff through experienced trainers.



World Mental Health Day 2023



The department of Applied Psychology at GCWUF celebrated World Mental Health Day from 9th to 10th of October, 2023 on the theme as "Mental Health is a Universal Human Right". On October 09, 2023 (Monday), the department organised a workshop in order to build psychological skills among students. The Vice-Chancellor, GCWUF Prof Dr Zill-i-Huma Nazli was the Patron-in-Chief of the event. All necessary arrangements were done by the staff and students of the department of Applied Psychology under the guidance of Ms. Hafiza Saba Javaid. Prof. Dr. Aysha Sameen, Coordinator Faculty of Arts and Social Science, GCWUF graced the event and enthusiastically participated in the activity as well.



Students from the department of Applied Psychology, Business Administration, Education, English, Geography, Home Economics, Information Technology, Mathematics, Nutritional Science, Political Science, Public Administration, Sociology, Urdu and Zoology attended the workshop. The first technical session was conducted by Dr. Riffat Sadiq, In charge, department of Applied Psychology on "Problem Solving and Decision Making" while Ms. Saira Khan, Assistant Professor, Department of Applied Psychology taught the audience various techniques of stress management in daily life.

Ph.D. Defense of Botany Department

Ph.D. defense of Department of Botany, Government College Women University Faisalabad successfully conducted its third Ph.D. defense on October 05, 2023.

Ms. Farah Saeed (2019-GCWUF-0013) defended her dissertation entitled "Influence of glutathione on zinc acquisition in maize (*Zea mays* L.) and its possible role in drought tolerance" supervised by Dr. Abida Kausar (Supervisor-I), Associate Professor, Department of Botany GCWUF and Dr. Qasim Ali (Supervisor-II), Associate Professor, Department of Botany GCUF. External members for this public defense were Prof. Dr.





Muhammad Yasin Ashraf from University of Lahore and Professor Dr. Muhammad Iqbal from GC. University Faisalabad.

Controller of Examination Ms. Rizwana Tanveer Randhawa, Director Academics Dr. Salma Shahid, Director ORIC Dr. Hira Muneer, Coordinator Science and Technology Dr. Saima Akram, Dr. Saima Tehseen, Assistant Professor, Department of Food Science and Technology and faculty members of Department of Botany, honored the house with their presence. The M.Phil. and PhD research students also participated in the open house defense. Prof. Dr. Muhammad Yasin Ashraf congratulated Ms. Farah Saeed, on her successful thesis defense.

Contemporary Relevance of Kalam-e-Faiz

Department of Urdu, Government College Women University Faisalabad, and Punjab Arts Council Faisalabad Division organized a one-day international seminar on "Contemporary Relevance of Kalam-e-Faiz" on 13 October 2023 in which national and international speakers talked about Kalam-e-Faiz. Professor Dr. Zill-i-Huma Nazli chaired the seminar. In her speech, she thanked all the guests and congratulated the Department of Urdu and the Punjab Council of Arts for organizing the seminar. Dr. Syed Taqi Abidi (Canada), a renowned poet and writer, was the chief guest and the keynote speaker of the day.



Mr. Irfan Asghar (COO Alief TV) was the event's chief guest. Important literary personalities, Dr. Muhammad Kamran (Punjab University, Lahore), Dr. Muhammad Asif Awan, Dr. Shabir Ahmed Qadri, Dr. Tariq Hashmi, and others participated in the event. On this occasion, Muhammad Abrar Alam (Director Arts Council Faisalabad), Dr. Rukhsana Baloch (Coordinator Faculty of Humanities and Languages), and Dr. Sadaf Naqvi (Head of Urdu department) thanked the participants. Dr. Bushra Alimuddin was the stage secretary while its focal persons were Ms. Bazgha Qandeel and Dr. Afsheen Shaukat.

Apart from this, in collaboration with the Punjab Council of Arts Faisalabad Division and Government College Women University, Na'atia Mushaira was also organized on the occasion of Rabi-ul-Awwal. Vice-Chancellor GCWUF appreciated the performance of the Urdu Department. Renowned poets who presented their words in Na'atia mushaira, included Dr. Riaz Majeed, Dr. Taqi Abidi, Prof. Tahir Siddiqui, Mian Munir Ahmed Munir, Afzal Khaksar, Shahzad Baig, Hakeem Arshad Mahmood, Asghar Ali Tabsum, Riaz Qadri, Naseem Sehrai, Dr. Kamran and Saima Kamran.



Friends of Police

The Directorate of Student Affairs is glad to share that eleven students of GCWUF are getting functional training under the "Friends of Police" program at the CPO Office in Faisalabad. This highly productive program is an initiative of IG Punjab Dr. Usman Anwar, and the Regional Police Officer Faisalabad Dr. Muhammad Abid Khan has initiated it in the Faisalabad region for the betterment of the community. This program is facilitated by the DSA under the patronage of the worthy Vice Chancellor Prof. Dr. Zill-i-Huma Nazli and it is continued since 3rd October 2023. On behalf of CPO Faisalabad, DSP Mr. Shazad Aaliana and Ms. Sana, (Sub Inspector) Incharge AWHVC are in coordination with the university. Government College Women University leaves no stone unturned in engaging its students and staff in projects of social welfare and community development.

