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2.1 Progress for July 2024 to June 2025

UCP volunteers and welfare partners ran weekly food support for campus support staff and underprivileged children during Ramadan 2025.

Date	Action	Partner	Result
Mar 2025	Esaar-e-Ramzan Iftar Drive: iftar every Friday for guards, office staff and support staff	Allah Walay Trust, Alkhidmat Foundation, Sawera Khadim Foundation (with VIS and UCP Welfare Society)	Meals served (pending confirmation)
Mar 2025	IBTIDA iftar drive for underprivileged children on campus	Allah Walay Trust, UCP Welfare Society	Children served (pending confirmation)
Mar 2025	IBTIDA x Rizq UCP Chapter iftar drive	Rizq (UCP chapter)	Participants (pending confirmation)

2.2 Provision of Free Meals and Accommodation for Security Personnel

The University of Central Punjab demonstrates its commitment to employee welfare and social responsibility by providing two free meals daily to its male and female security personnel. Additionally, male security guards are provided with free residential accommodation. This initiative helps address food security, supports the nutritional needs of security staff, and reduces their daily living expenses, enabling them to allocate a greater portion of their earnings towards supporting their families.







2.3 Food-Related Research Publications at FOST (2024–2025)

FOST, UCP has demonstrated significant research contributions in functional foods, food biotechnology, nutrition, food safety, and sustainable food processing. Key research includes probiotic and fermented beverages,



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nutraceutical development using indigenous ingredients, food preservation technologies, sustainable packaging, and the conversion of agricultural by-products into value-added food products.

Year	Number of Publications
2024	17
2025	23
Total (2024–2025)	40

https://oric.ucp.edu.pk/wp-content/uploads/2025/12/9.-FOST-Final-Publications-2024-v01.pdf

2.4 BS Human Nutrition & Dietetics

The BS Human Nutrition & Dietetics program at the University of Central Punjab (UCP) currently has a student enrolment of 210 students, reflecting growing interest in nutrition sciences, dietetics, and healthcare-related education. The program aims to develop competent graduates equipped with knowledge and practical skills in human nutrition, dietary assessment, clinical nutrition, and public health. As the program is still in its early stages, no graduating batch has completed the degree requirements yet. The growing student enrolment reflects UCP's commitment to strengthening healthcare education and preparing future professionals to address nutritional challenges and promote healthier communities.

2.5 UCP Signs MOU with Pakistan Dairy Association to Promote Food Safety and Technology

The University of Central Punjab (UCP) has signed a Memorandum of Understanding (MOU) with the Pakistan Dairy Association (PDA) to advance research and development in food safety and technology, in line with the United Nations Sustainable Development Goals (SDGs).

The MOU was signed by Dr. Shahzad Amin, CEO of PDA, and Dr. Hammad Naveed, Pro-Rector of UCP. The event was attended by key representatives from both organizations, including Dr. Muhammad Akhyar Farrukh (Dean of the Faculty of Science and Technology), Dr. Kanza Aziz Awan (Head of the Department of Food Science and Technology), Mr. Waleed Sultan (Lecturer in Food Science and Technology), Dr. Mohsin Gulzar Barq (FILO, FOST), and Dr. Shahid Raza (Director ORIC, UCP). Dr. Muhammad Zubair (Manager Operations) and Ms. Somal Babar Khan (Assistant Manager Q&RA) from PDA were also present, as well as Mr. Asif Iqbal (Director Technical, Punjab Food Authority), reflecting PFA's support for ensuring safe and healthy milk production in Pakistan.

https://ucp.edu.pk/announcement/ucp-signs-mou-pakistan-dairy-association-promote-food-safety-technology

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2.6 World Food Day Celebrations – Department of Food & Nutritional Sciences, FOST, UCP

The Department of Food & Nutritional Sciences, Faculty of Science & Technology (FOST), University of Central Punjab, celebrated World Food Day 2025 on 4 November 2025 in collaboration with UNICEF and the Punjab Food Authority (PFA), under the global theme "Hand in Hand for Better Foods and a Better Future." The event featured a policy dialogue on bridging academia and industry for food regulatory transformation, emphasizing food safety, nutritional security, sustainable food systems, and stronger regulatory frameworks. Industry partners, including Filli, Cheezious, and Butt Sweets & Bakers, supported the initiative, promoting collaboration among academia, industry, and regulatory stakeholders.



2.7 Food-Related Seminars, Workshops and Academic Events – FOST, UCP (2024–2025)

#	Date	Seminar / Event Title	Key Details
1	12 June 2024	World Food Safety Day – Advancing Public Health through Innovative Food Safety Solutions	One-day symposium addressing food contamination, adulteration, microbial hazards, food safety practices and public health. Included technical talks and an academia-industry panel discussion.
2	25 June 2024	2nd Hands-on Training on Data Analysis for Food and Nutrition Researchers	Training conducted by Dr. Iahtisham-ul-Haq, Associate Professor, Forman Christian College, for faculty members and MS students.
3	19 December 2024	Safe Dairy Nutrition – Safe Nation	Webinar organized in collaboration with Pakistan Dairy Association, covering dairy nutrition, milk safety, food quality and farm-to-table practices.
4	2025	Food Safety: Science in Action	International colloquium celebrating World Food Safety Day, featuring a keynote on sustainable ingredients and clean-label trends by Mr. Shahid Hafeez Khan of Tate & Lyle.
5	2025	Pinnacle of Plate: Cutting-Edge Technologies in the Food Sector	Academic-industry session at Food Asia Expo 2025 highlighting emerging food technologies, product innovation and industry collaboration.

2.8 Ibtada Friday Food

March 2nd– 29th March 2025

RIZQ UCP Chapter organized Ramadan Dasterkhwan to spread kindness and ensure that no one sleeps hungry. Through Rizq Dastarkhawan 2025, we are committed to providing meals to deserved ones.

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2.9 Skill to Serve Initiative: Project Umeed

UCP organized the Skill to Serve Initiative: Project Umeed to support underprivileged communities through skill-based volunteering and social service activities. The project focused on addressing basic needs such as food security and poverty alleviation by engaging students in community support efforts.

Through this initiative, participants contributed to distributing essential resources and creating awareness about social welfare, while also promoting the importance of collective responsibility. It reflects UCP's commitment to community development and aligns with SDG 1 by reducing poverty and SDG 2 by supporting efforts toward zero hunger and improved food access for vulnerable groups.



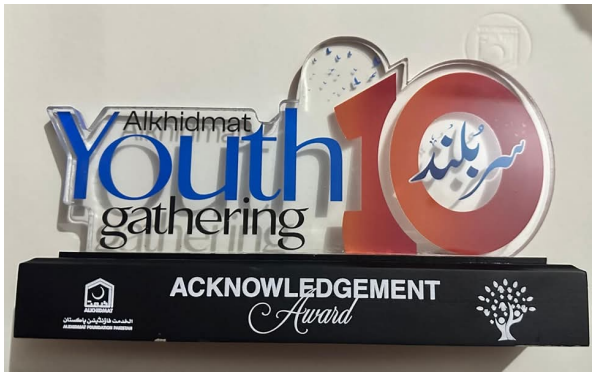
2.10 Alkhidmat Youth Gathering Visit by Welfare

UCP organized a visit to the Alkhidmat Youth Gathering on 10th January 2026 through its Welfare initiative to engage students in community service and social responsibility activities. The visit aimed to raise awareness about humanitarian efforts focused on poverty alleviation and food security.

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During the interaction, students learned about ongoing welfare programs, relief initiatives, and support systems for underprivileged communities. This experience encouraged empathy, volunteerism, and active civic engagement. It reflects UCP's commitment to social impact and aligns with SDG 1 by addressing poverty and SDG 2 by supporting efforts toward zero hunger and improved community welfare.



2.11 Esaar-e-Ramzan Iftaar Drive for IBTIDA Scholars

IBTIDA UCP organized "Esaar-e-Ramzan," an Iftaar drive for IBTIDA scholars, providing meals, sweets, and essential food items during Ramadan. Conducted in collaboration with UCP Welfare Society, Allah Wale Foundation, and VIS UCP, the initiative supported food security, community welfare, and the well-being of underprivileged children through collective social engagement.



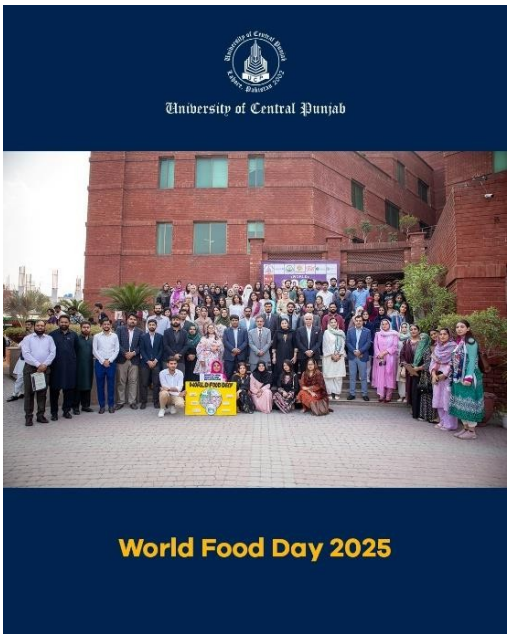
2.12 World Food Day 2025

UCP observed World Food Day 2025 on 5th November 2025 to raise awareness about food security, hunger reduction, and sustainable food systems. The activity highlighted the importance of ensuring access to safe, nutritious, and sufficient food for all, while also addressing issues related to food wastage and unequal distribution.

Through awareness initiatives and engagement activities, students were encouraged to adopt responsible consumption habits and contribute toward reducing hunger in society. This initiative reflects UCP's commitment to social responsibility and aligns with SDG 2 by promoting zero hunger and sustainable food awareness.

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2.13 -Master Chef

UCP organized the "Master Chef" competition to encourage students' culinary skills while promoting awareness about food sustainability and responsible consumption. The activity focused on creative cooking, food presentation, and the importance of minimizing food waste through mindful preparation and usage of ingredients.

Through this engaging competition, students learned the value of resource efficiency and sustainable food practices. This initiative reflects UCP's commitment to experiential learning and aligns with SDG 2 by supporting awareness of food security and SDG 12 by promoting responsible consumption and sustainable production habits.



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2.14 Friday Meal Support and Community Development Initiative

IBTIDA UCP, in collaboration with Allah Walay Foundation, regularly provides meals to students at IBTIDA School every Friday. In addition to addressing nutritional needs, the initiative supports education, skill development, and youth engagement through sports and other learning activities. The program aims to improve the well-being of underserved children and contribute to their holistic development through sustained community support and outreach.



2.15 Agricultural Learning and Environmental Awareness Visit

IBTIDA UCP, in collaboration with Rizq and Rizq Youth Republic, organized an educational community visit for IBTIDA School students to Rizq Farmhouse and Breed Farm. The students participated in interactive sessions on agriculture, food security, environmental sustainability, climate awareness, and community food initiatives. The visit provided practical learning experiences, enhanced environmental awareness, and helped build confidence, knowledge, and life skills among students through experiential education and community engagement.



2.16 Food Drive for Orphans and Community Well-Being

IBTIDA UCP, in collaboration with Allah Wale Foundation and Falah-e-Insaniyat Organization, organized a food drive to support more than 60 orphaned children. The initiative provided nutritious meals while also promoting education, confidence building, and personal development. By addressing basic nutritional needs and supporting vulnerable children, the program contributed to improved well-being and community





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2.17 Friday Food Drive for Student Nutrition and Well-Being

IBTIDA UCP, in collaboration with Allah Waly Foundation, organized a Friday Food Drive to provide nutritious meals to IBTIDA scholars. The initiative promoted food security and student well-being while encouraging active participation from students and teachers in volunteer management activities. By addressing basic nutritional needs, the program supports healthy development and creates an enabling environment for learning and personal growth.



2.18 Friday Food Drive for Hunger Alleviation and Community Welfare

IBTIDA UCP, in collaboration with Allah Waly Trust, organized a Friday Food Drive at IBTIDA School to provide nutritious meals to students and support their overall well-being. The initiative contributes to addressing food insecurity while complementing efforts in education and skill development. Through community engagement and social support, the program promotes equal access to basic needs and helps create a healthier learning environment for underserved children.

