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3.1 Progress for July 2024 to June 2025

UCP's largest health action in 2024–25 was a volunteer breast cancer awareness drive that reached over 3,000 Lahore families, alongside health symposia, clinical-training partnerships and humanitarian medical aid.

Date	Action	Partner
Mar 2025	Medical kits drive for displaced Palestinians in refugee camps	Alkhidmat Foundation
Nov 2024	VIS Breast Cancer Awareness Drive 2024 in girls' schools and colleges	Local educational institutions
30 Oct 2024	Breast Cancer Awareness Seminar and walk (Department of Microbiology)	Pink Ribbon Pakistan, Hormone Lab
29 Oct 2024	Symposium: Pharmaceutical Innovations for Emerging Global Health Challenges	Faculty of Pharmaceutical Sciences
Oct 2024	MoU for a First Aid Training Program with monthly sessions	Sahara for Life Trust
Oct 2024	MoU for Pharm-D clinical training	Surgimed Hospital, Lahore
Oct 2024	VIS volunteers supported the CM Punjab Himmat Card launch for persons with disabilities	Social Welfare Department, Punjab

3.2 UCP Signs MoU with Sahara for Life Trust for First Aid Training Program

The University of Central Punjab (UCP) has signed a Memorandum of Understanding (MoU) with Sahara for Life Trust to implement a comprehensive First Aid Training Program. This initiative aims to equip UCP students with essential life-saving skills, such as wound management, CPR, and emergency response procedures. Under this collaboration, certified trainers from Sahara for Life Trust will conduct monthly training sessions, ensuring that participants become qualified First Aid Providers. The program will also include regular follow-up sessions to enhance the skills of all participants. This partnership reflects UCP's commitment to creating a safer campus environment while contributing to the broader societal goal of health awareness and emergency preparedness.



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3.3 UCP x Surgimed Hospital MOU

University of Central Punjab has signed an MoU with Surgimed Hospital, Lahore. This initiative reflects the FOPS commitment to bridge the gap between theory and practice. The purpose of this MoU is to establish a collaborative relationship between UCP and Surgimed Hospital to facilitate clinical training opportunities for Pharm. D. students. This collaborative relationship will provide the students with hands-on-training and will promote the interprofessional collaboration between pharmacy and healthcare disciplines.



3.4 UCP Volunteers' Support for the Chief Minister Punjab Himmat Card

Volunteers in Service (VIS) Department in collaboration with UCP Welfare Society, played a pivotal role in organizing the launch ceremony of the Chief Minister Punjab's Himmat Card for Persons with Disabilities, hosted by the Social Welfare Department.

UCP Volunteers provided hands-on support to participants with disabilities, ensuring smooth navigation throughout the event, both inside and outside the venue. Their dedication and efforts in making the event accessible and comfortable for all attendees were highly praised by the Social Welfare Department.

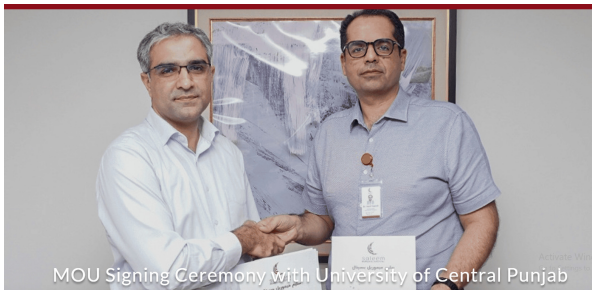
This collaborative initiative underscores UCP's commitment to empowering individuals with disabilities and fostering an inclusive society through meaningful community service.

This activity aligns with SDG#1 No Poverty, SDG#3 Good Health and Well-Being, SDG#10 Reduced Inequalities.



3.5 MOU Signing Ceremony with Saleem Memorial Hospital

Saleem Memorial Hospital and the University of Central Punjab have joined hands to promote health and well-being through exclusive healthcare discounts for UCP students, faculty, and staff. To formalize this collaboration, a Memorandum of Understanding (MOU) was signed, marking a shared commitment to making quality healthcare more accessible and affordable for the UCP community.



MOU Signing Ceremony with University of Central Punjab

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3.6 UCP Sports Teams' Achievements in HEC Inter-University Championships 2024–25

During the 2024–25 academic year, the University of Central Punjab (UCP) demonstrated outstanding performance in Higher Education Commission (HEC) Inter-University Sports Championships, securing several championship titles and medals across different sporting disciplines. UCP's achievements reflect its commitment to promoting physical fitness, student well-being, teamwork, leadership and holistic student development.

3.7 All-Pakistan Inter-University Handball Championship 2024–25

Champions UCP lifted the championship trophy. Competition organized by Government College University Faisalabad.



3.8 All-Pakistan Inter-University Cricket Championship 2024–25

Third Position UCP secured third place. Competition held at the University of Peshawar under HEC supervision.



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3.9 All-Pakistan Inter-University Swimming Championship 2024–25

Champions Won 18 out of 19 gold medals. Sameer Asif won seven gold medals and established a new record. Ayan Asif also established new records. Held at Pakistan Sports Complex, Islamabad.



3.10 All-Pakistan Inter-University Taekwondo Championship 2024–25

Champions Won 13 gold, 1 silver and 2 bronze medals. 16 universities participated. University of Lahore secured second position and Punjab University third. Organized by UCP under HEC supervision.



3.11 All-Pakistan HEC Intervarsity Bodybuilding Championship

Champions UCP secured 114 points. Hafiz Muhammad Shazim won the title of Mr. Pakistan Universities 2024–25.

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3.12 All-Pakistan Inter-University Judo Men Championship 2024–25

Champions UCP won the men's championship. Organized by The Islamia University of Bahawalpur under HEC supervision.



3.13 All-Pakistan Inter-University Kabaddi Championship 2024–25

UCP students achieved success in the championship. Organized by Superior University. Detailed positions and medals should be confirmed from the official results.



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3.14 Annual International Pharmacy Symposium

Faculty of Pharmaceutical Sciences brought together pioneering voices in pharmacy and healthcare to tackle critical global health challenges. Pro-Rector, Dr. Hammad Naveed, delivered a keynote on harnessing AI to revolutionize pharmaceutical and medical sciences. His insights on merging technology with pharmacy left everyone eager for the future. Dean, FOPS, Dr. Mahtab Ahmad Khan discussed the role of computational tools in drug discovery, emphasizing that innovation is the key to solving Pakistan's healthcare challenges. International guest speakers brought a blend of global perspectives, sharing fresh insights into clinical pharmacy practices and advanced photochemistry applications, lighting up the room with knowledge and inspiration. A special highlight was the poster competition, where young researchers presented ground-breaking ideas on nanocarriers, showcasing FOPS's dedication to pioneering research.



3.15 Annual Cricket Gala

11th UCP Annual Cricket Gala, organized by the UCP Sports Club, was a vibrant celebration of talent and sportsmanship. Team Comms emerged victorious for the third consecutive year with UCP Shaheens as runners-up and Khan 11 securing third place. Our thriving sports culture instills resilience, focus and collaboration, shaping athletes into well-rounded individuals ready to excel on and off the field.

Attendance: 150



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3.16 Comprehensive First Aid & Fire Safety Workshop

April 16th 2025

The UCP Disaster Management Society, in collaboration with Rescue 1122, successfully conducted a comprehensive First Aid & Fire Safety Workshop. Participants received practical training in CPR, wound management, and the proper use of fire extinguishers. Engaging demonstrations and real-life rescue footage heightened awareness and participation.

Rescue 1122 was presented with shields and certificates in appreciation of their support, while dedicated members of the society were also acknowledged for their efforts. The session underscored the critical importance of emergency readiness and life-saving skills.



3.17 Mind Matters: A Behavioral Wellness Workshop

13th May 2025

"Mind Matters – because your mental wellness is just as important as your physical health!

In collaboration with Evercare Hospital Lahore, Ushers Club proudly hosted an exclusive session featuring

Dr. Sabeeka Parvaiz. From personal growth to mental well-being, this powerful talk empowered students with tools to thrive inside and out.



Attendance: 30

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3.18 Mind Matters: A Behavioral Wellness Workshop

13th May 2025

UCP organized "Mind Matters: A Behavioral Wellness Workshop" to promote mental health awareness and emotional well-being among students. The session focused on stress management, positive behavior, and building healthy coping strategies. This initiative reflects UCP's commitment to fostering a supportive learning environment and aligns with the SDGs by promoting well-being, enhancing awareness through education, and addressing inequalities in access to mental health support.



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3.19 Down Syndrome

May 19th 2025

Workshop On Down Syndrome by Inclusive Students Society! With the presence of Ms. Shumaila, Psychologist and Head of Department at LISCA, participants learned how to better support and interact with individuals with Down syndrome with dignity, respect and open hearts. Everyone deserves to be seen not for what makes them different but for what makes them human.



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3.20 Interactive Session: IBTIDA x Food & Nutritional Sciences

UCP organized an Interactive Session: IBTIDA x Food & Nutritional Sciences on 13th November 2025 to promote awareness about healthy eating habits and proper nutrition. The session highlighted the importance of balanced diets, food safety, and nutritional well-being in maintaining a healthy lifestyle.

Through expert insights and interactive discussions, students gained practical knowledge about making informed food choices and understanding the impact of nutrition on physical and mental health. This initiative reflects UCP's commitment to promoting well-being and aligns with SDG 3 by encouraging healthy lifestyles and preventive health awareness.



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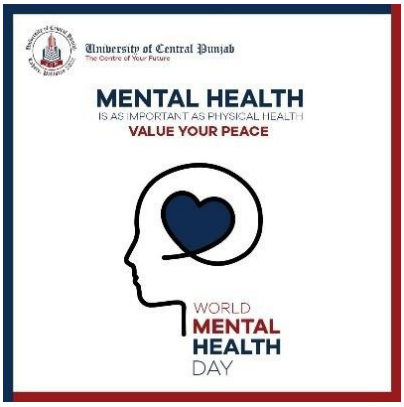
3.21 World Mental Health Day 2025

UCP observed World Mental Health Day 2025 on 10th October 2025 to raise awareness about the importance of mental health and emotional well-being among students. The event included awareness sessions and discussions focused on stress management, self-care, and breaking the stigma associated with mental health issues.

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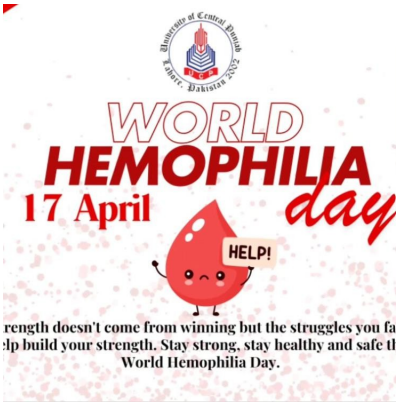
Through this initiative, students were encouraged to openly talk about their challenges and seek support when needed, fostering a positive and supportive campus environment. This activity reflects UCP's commitment to student well-being and aligns with SDG 3 by promoting mental health awareness and encouraging healthy lifestyles.



3.22 World Hemophilia Day

April 17th 2025

A day to raise awareness, show support, and spread hope for all those living with this rare bleeding disorder. Hemophilia isn't just about bleeding—it's about courage, resilience, and the strength to fight every day.



3.23 Mental Health Week 2025

28 April 2025

The UCP Psychology Society, in collaboration with the Department of Psychology, hosted Mental Health Week. Centered around the theme "Holistic Healing: Community and Mental Well-being," the three-day event aimed to raise awareness, encourage open dialogue, and promote emotional wellness through educational and creative initiatives.



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3.24 Autism Awareness Session

27th May 2025

UCP Inclusive Society hosted an enlightening session titled "Understanding Autism: Breaking Down Barriers," featuring Guest Speaker Ms. Mubashara Jabbar, Clinical Director at CLC – Cradle to Crayons Learning Center.

In a deeply insightful discussion, Ms. Jabbar shed light on the realities of autism, debunked common myths and emphasized the importance of empathy, early intervention and inclusive environments. From recognizing the signs to understanding how to support neurodiversity individuals, the session empowered attendees with knowledge that fosters awareness and compassion.

Attendance: 50



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3.25 Healthy Eating for Busy Lives & Summer Wellness

May 21st 2025

We're excited to invite you to a session on "Healthy Eating for Busy Lives & Summer Wellness"! Join Ms. Hajra Saleem, a Registered Dietitian certified by PNDS and Consultant Dietitian at Evercare Hospital Lahore, as she shares expert tips and advice on maintaining a balanced diet and lifestyle during the summer months.



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3.26 Table Tennis (Male Single)

UCP organized the Table Tennis (Male Single) competition to promote physical fitness, agility, and healthy recreational activity among students. The event encouraged participants to engage in an active sport that improves reflexes, coordination, and mental focus while supporting overall well-being.

This initiative reflects UCP's commitment to student health and aligns with SDG 3 by promoting physical activity, stress reduction, and a healthy lifestyle.



3.27 Cosmetic Dermatology and Skin Care in Modern Era and Medical Camp

UCP organized a session titled "Cosmetic Dermatology and Skin Care in Modern Era" along with a medical camp on 16th October 2025 to promote awareness about skin health and modern dermatological care. The session focused on educating participants about common skin concerns, preventive care, and safe skincare practices in the context of contemporary lifestyle changes.

Alongside the awareness session, the medical camp provided basic health and skin check-ups, allowing participants to consult professionals and receive personalized guidance. This initiative reflects UCP's commitment to promoting overall health awareness and aligns with SDG 3 by encouraging well-being, preventive healthcare, and informed health practices.



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3.28 Cosmo Aesthetic Workshop

5th November 2025

UCP organized the Cosmo Aesthetic Workshop on 5th November 2025 to create awareness about modern aesthetic care and its link to personal health and confidence. The workshop focused on safe cosmetic practices, skin care awareness, and the importance of maintaining overall well-being through informed aesthetic choices.

Through expert guidance and interactive learning, participants were educated on healthy lifestyle habits and responsible self-care practices. This initiative reflects UCP's commitment to promoting holistic health awareness and aligns with SDG 3 by encouraging well-being, preventive care, and informed health decisions.



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3.29 Table Tennis (Female Single)

UCP organized the Table Tennis (Female Single) competition to promote physical fitness, agility, and active participation in sports among female students. The event provided a competitive platform to enhance reflexes, coordination, and focus in a healthy and engaging environment.

This initiative reflects UCP's commitment to student well-being and aligns with SDG 3 by encouraging physical activity, stress reduction, and a healthy lifestyle.



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3.30 Badminton (Male Doubles)

UCP organized the Badminton (Male Doubles) competition to promote physical fitness, teamwork, and active participation in sports among students. The event provided a competitive platform where participants demonstrated coordination, agility, and strategic gameplay.

This initiative reflects UCP's commitment to student well-being and aligns with SDG 3 by encouraging physical activity, healthy lifestyle habits, and overall good health.



3.31 Badminton (Female Single)

UCP organized the Badminton (Female Single) competition to encourage physical activity, fitness, and active participation in sports among female students. The event provided a competitive platform to enhance agility, reflexes, and concentration in a healthy environment.

This initiative reflects UCP's commitment to student well-being and aligns with SDG 3 by promoting physical health, active lifestyle, and overall well-being.



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3.32 Tug of War (Male)

UCP organized the Tug of War (Male) competition to promote physical strength, teamwork, and active participation in sports. The event encouraged students to work together, demonstrate endurance, and build coordination in a competitive yet fun environment.

This initiative reflects UCP's commitment to student well-being and aligns with SDG 3 by promoting physical fitness, teamwork, and a healthy lifestyle.



3.33 Neuropedia

UCP organized Neuropedia to raise awareness about neurological health and brain-related well-being among students. The activity focused on understanding common neurological conditions, mental health awareness, and the importance of early diagnosis and preventive care.

This initiative reflects UCP's commitment to health education and aligns with SDG 3 by promoting well-being, awareness, and preventive healthcare practices.



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3.34 Soul Reset from Head to Heart

UCP organized the session "Soul Reset: From Head to Heart" on 7th January 2026 to support students' emotional well-being and personal development. The session focused on mental clarity, stress management, self-awareness, and emotional balance, helping participants understand the importance of mental and emotional health in daily life.

Through reflective discussions and guided activities, students were encouraged to adopt positive thinking, improve resilience, and strengthen their inner well-being. This initiative reflects UCP's commitment to holistic education and aligns with SDG 3 by promoting mental well-being and SDG 4 by encouraging personal growth and value-based learning.



3.35 UCP TAAKRA

February 21st – 25th 2025

TAAKRA 2025 is open to students across Pakistan who are ready to take on exciting challenges, showcase their skills, and join one of the nation's most anticipated student events. This multi-category festival provides a platform to level up your game, connect with others, and showcase creativity in a lively and inclusive environment. Join us as we continue a proud UCP tradition of exceptional events that inspire growth, competition, and companionship.



https://ucptaakra.com/

3.36 World Day for Safety and Health

UCP observed World Day for Safety and Health on 3rd June 2025 to raise awareness about workplace safety, health standards, and employee well-being. The activity highlighted the importance of creating safe working environments and promoting preventive measures to reduce occupational risks. This initiative reflects UCP's commitment to sustainable development by ensuring decent working conditions and supporting overall health and well-being in line with SDG 8 and SDG 3.

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3.37 Pickleball Competition Date: 2nd to 3rd December 2025

UCP organized a Pickleball Competition from 2nd to 3rd December 2025 to promote physical fitness, active lifestyle, and student engagement in sports activities. The event provided students with an opportunity to participate in a competitive yet enjoyable environment, encouraging teamwork, coordination, and healthy competition.

Through active participation in the game, students enhanced their physical well-being, reduced stress, and developed sportsmanship values. This initiative reflects UCP's commitment to promoting a healthy campus environment and aligns with SDG 3 by encouraging well-being, physical activity, and a balanced lifestyle.





3.38 Osteoporosis Awareness Session and Medical Camp

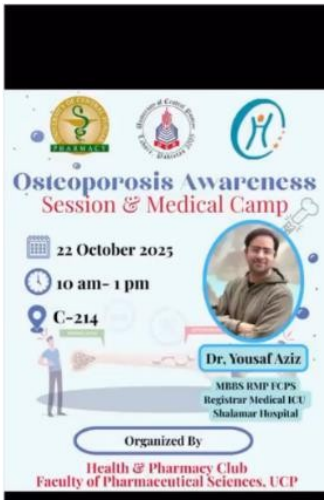
UCP organized an Osteoporosis Awareness Session and Medical Camp on 22nd October 2025 to promote health awareness and preventive care among students and staff. The session focused on educating participants about the causes, symptoms, risk factors, and prevention strategies of osteoporosis, along with the importance of maintaining bone health through proper nutrition and physical activity.

In addition, the medical camp provided basic health check-ups and guidance from medical professionals, encouraging early diagnosis and timely treatment. This initiative reflects UCP's commitment to promoting a healthy campus environment and aligns with SDG 3 by supporting well-being, preventive healthcare, and health education.

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3.39 Community Health and Medical Screening Camp

IBTIDA School, in collaboration with Allah Wale Trust and the VIS Department, UCP, organized a BMI and Medical Camp to assess students' height, weight, nutritional status, and overall health. The initiative promoted preventive healthcare, health awareness, and early identification of nutritional concerns, contributing to improved health and well-being within the community.









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3.40 Hygiene Awareness and Hygiene Kit Distribution Program

IBTIDA UCP, in collaboration with Nigat Foundation, organized a Hygiene Awareness Program and Hygiene Kit Distribution Session for IBTIDA scholars. The initiative educated students on personal hygiene practices, including proper handwashing, face care, and cleanliness, while providing hygiene kits and essential supplies to support healthy living. The program promoted preventive health practices and enhanced awareness of personal well-being among students.



3.41 Pickleball

UCP organized the Pickleball competition to promote physical fitness, active lifestyle, and student engagement in sports activities. The event provided a fun and competitive platform where participants improved their coordination, agility, and teamwork skills.

This initiative reflects UCP's commitment to student well-being and aligns with SDG 3 by encouraging physical activity, stress relief, and a healthy lifestyle.





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3.42 Coaching on Badminton

UCP organized Coaching on Badminton on 13th November 2025 to promote physical fitness, teamwork, and sports skill development among students. The session provided professional guidance on badminton techniques, rules, and gameplay strategies, helping participants improve their performance and understanding of the sport.

Through active participation and practice sessions, students developed discipline, coordination, and a healthy competitive spirit. This initiative reflects UCP's commitment to holistic education and aligns with SDG 4 by promoting extracurricular learning, physical development, and overall student well-being.



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