



Learning Innovation Centre

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FOR THE PURSUIT

OF LEARNING

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Editor's Note

ear readers,

For almost a decade the statistic, "22.8 million children aged 5-16 are out of school in Pakistan" has been a frequently mentioned phrase for educationists in Pakistan.

If you are able to read this you can only imagine the grave realities that constrain children across Pakistan to end up in this statistical bracket. Access to education hindered at an early age determines many socio-economic realities of an individual's life that many of us may never be privy to.

At UCP, we have 18,000 students who are currently part of our learning community through their hard work, the encouragement of their families, and some tinkering of luck and fate that landed them on the other side of this statistic.

> Ms. Zunaira Khalid Head-Learning Innovation Center

Since the Learning Innovation Center's (LIC) inception we decided that the center would aim to inculcate a joy for learning and take initiatives that aid the curiosity of our learning community to become independent thinkers. I am thrilled to share the first issue of The Learning Curve with you through which I would like all of us to reflect upon our journey and acknowledge our abilities, determination, and support systems that have contributed to either getting a degree or facilitating the educational endeavors of our students to achieve this academic milestone.

However, while we applaud ourselves for this achievement, I would like to bring the focus towards something integral. Often the rigmarole of processes, grades, assignments, and tasks sharpens our focus towards performative intelligence and tactful displays of knowledge, which are sometimes necessary but may extract the love for learning from us. When I talk about the love for learning I mean the pure childlike curiosity and wonder that we all carry within us.

Whatever little life I have lived I have come to realize that losing that wonder is very easy and we must hold onto it if we want to truly experience life. As we now find ourselves on a relatively privileged side of Pakistan's educational crisis, I think we owe it to ourselves to treasure it. It's not that hard and I assure you that we are only just out of practice.

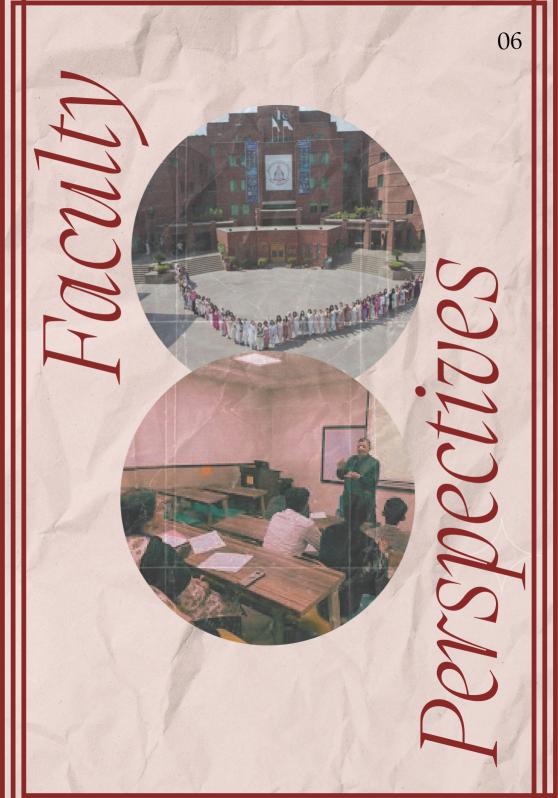
Through this issue I want all of us to begin the art of noticing. This is the only way we may connect with the lost joy that comes with true learning. Notice the colors, the buildings, the conversations, the emotions, the taste of food, the smell of a book, the warmth of a freshly copied paper, the way the light falls between trees, where the breeze flows, where injustices occur, what nudges your conscious, how you decide your values, or where your thoughts take you when there is nothing on your mind. I can go on and on, but what I mean to say is that don't let life pass you by and live a little for that childlike wonder within you and decide what you want to do with this privilege that you have.

With that, I welcome you to explore what we have compiled to nudge you slightly toward noticing the learning opportunities that surround us. "In a world driven by rapid change and constant noise, the ability to pause, reflect, and question is not just a luxury, it is a revolutionary act. Growth begins at the intersection of curiosity and courage, where the willingness to challenge what we think we know opens doors to deeper understanding. Whether we are exploring contemporary issues, reimagining educational philosophies, or striving for personal growth, the questions we dare to ask shape the answers we find. Take a moment to reflect today what idea will spark your next breakthrough!"

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-Dr. Hammad-Pro-Rector UCP

Food for thought



Enhancing Class Participation with a Course Leaderboard



A Pedagogical Approach

By: Dr. Ata Ul Musawir, PMP, P3GP Assistant Professor Faculty of Management Sciences

07

Fairness, transparency, and engagement are essential in assessing students' class participation. A course leaderboard offers an innovative solution to achieve these goals while enhancing the learning experience. Fairness Transparency Engagement

I implemented this approach in my Research Methods in Social Sciences course to boost student engagement and the results were very positive. Research methods courses are often quite challenging for students, particularly at the undergraduate level. The complex concepts demand significant time and effort for students to grasp them fully, yet sustaining their engagement in these courses is notoriously difficult. The leaderboard system helps to address these challenges, fostering greater motivation and class participation.

Creating a leaderboard is straightforward with free online tools such as www.keepthescore.com. The system integrates participatory activities including in-class assignments, impromptu Q&A sessions, topic review quizzes, case study exercises, and lab activities. Students earn points for their involvement, which are transparently displayed on the leaderboard. Final class participation marks are based on their leaderboard position at the semester's end, with the scoring criteria defined upfront.

One key advantage of this system is fairness. Traditional methods of awarding participation marks can feel subjective or arbitrary. By linking marks to quantifiable activities and publicly displaying scores, the leaderboard ensures objectivity and consistency. It also incentivizes regular attendance and active participation, keeping students competitive with their peers.



The gamification element adds fun and excitement to learning. The spirit competitive encourages students to engage more actively in class activities. For instance, during AZO sessions. students are motivated to think on their feet. knowing their contributions are recognized. Similarly, case studies and lab exercises offer not just learning opportunities but also a chance to advance on the leaderboard.

The system supports diverse learning styles, ensuring inclusivity. Students with analytical strengths might excel in case studies, while those with strong verbal skills may shine during Q&A sessions. This variety provides all students with opportunities to showcase their abilities and strengths.

Another cornerstone of the leaderboard approach is real-time feedback. Students can track their progress and identify areas for improvement, fostering selfreflection and strategic participation. It also encourages constructive discussions between students and instructors about performance and growth.

Effective implementation requires clear communication. Instructors must explain the rules, activity types, and scoring system at the start of the course. Maintaining the leaderboard with timely and accurate updates is also critical to its success.

In conclusion. the course leaderboard is more than just a grading tool - it is a pedagogical strategy that promotes fairness, enhances engagement, and fosters transparency in class participation. By making participation both meaningful and enjoyable, this approach enriches the learning experience and creates a vibrant classroom

Class Engagement Techniques for Teaching Signals and Systems



Dr Fesal Toosy Associate Professor and Head of Department Electrical Engineering Faculty of Engineering As part of a Student Pedagogy Partnership, a 6th semester undergraduate student was selected to work with a university teacher (with more than twenty years of experience) to help improve the delivery of the topics taught in, "Signals and Systems", a course that has a high cognitive demand of mathematical thinking and sometimes incomplete and misleading instructional steps in textbooks. However, when classes began, traditional pedagogies for this course failed, as the class was extremely non-serious with a low attention span.

A combination of techniques was tested to improve student engagement and learning. Initial use of printed handouts proved ineffective, while board teaching with enforced note-taking improved attention moderately. The most impactful method was ending each class with a quiz or assignment based on that day's content, which significantly boosted focus and performance, especially among average and low-performing students. Reallife examples also enhanced understanding and made abstract topics more relatable.

As a result, the class average between the midterm and final exam increased by 8%. The student partner also took feedback from the class, related to the teacher's attitude and teaching methods. 90% said that they understood the material taught in the class, 93% said that they were comfortable asking questions, 84% said that the classroom had a 'welcoming' environment and 100% said that the teacher was supportive in class. Every teacher has encountered tough classrooms and this study gives interesting insights on how to

combine experience, feedback and theories related to engagement and learning in order to improve the general effectiveness of teaching in class.

KAKING OF AN



ASSOCIATE PROFESSOR

Dr Kanza Aziz Awan Head of Department Faculty of Food Sciences and Technology What prompted your focus on human nutrition, particularly functional foods and nutraceuticals, and how do you see these fields evolving in the next decade?

My supervisor was the main inspiration behind my focus on functional foods and nutraceuticals. During the dengue outbreak. food-based cures were explored, which led me to research this area. I wrote a project on it, further deepening my interest. This experience shaped my expertise in functional foods for disease prevention. Now, I focus on innovation in personalized nutrition and sustainable nutraceuticals

How do you balance your research commitments with teaching responsibilities to ensure both remain impactful?

Being an academician, researcher, and administrator is difficult to manage at one time, but effective time management and prioritization helps me balance my responsibilities. I integrate research into teaching, ensuring students stay updated with the latest advancements. Delegating administrative tasks and maintaining a structured schedule allow me to stay productive. Collaboration with students and colleagues enhances both research impact and academic engagement. Passion for my work keeps me motivated to excel in all roles. How do you adapt your teaching methods to make complex scientific concepts relatable and engaging for your students?

I adapt my teaching methods by using real-world examples, case studies, and interactive discussions to make complex scientific concepts relatable. Visual aids, hands-on experiments, and industry case studies bridge the gap between theory and practice. I encourage critical thinking and problem-solving through researchbased assignments. Integrating the latest trends and innovations keeps students engaged. I aim to make learning practical, impactful, and aligned with industry needs.

What are some things you did not anticipate in your current role and are still learning to navigate?

Managing institutional policies. faculty dynamics. and student expectations is more complex than I expected. Adapting to evolving educational trends and integrating technology-driven learning is an ongoing challenge. Navigating funding and resource allocation for research requires continuous learning. However, these challenges drive my growth and push me to refine my leadership skills.

How do you maintain work, research and personal life balance and what helps you most to achieve it?

Being a mother of two naughty boys and managing family responsibilities alongside work is challenging, but having a strong support system and a good team helps immensely. I prioritize tasks, set clear boundaries, and delegate effectively. Efficient time management allows me to balance research, teaching, and administration without compromising personal time.

How do you handle criticism or differing perspectives from students regarding your teaching or research?

I encourage open discussions to understand students' perspectives and address their concerns with reasoning and evidence. Constructive feedback helps me refine my teaching methods and improve content delivery. I believe in maintaining a respectful and engaging learning environment, where differing viewpoints contribute to academic growth. As an Associate Professor, how do you contribute to building a collaborative research culture within your department?

I foster a collaborative research culture interdisciplinary by encouraging projects and facilitating student and faculty research engagement. I actively team-based promote research. mentorship. and knowledge-sharing sessions. By connecting academia with industry, I help bridge the gap between theoretical research and practical applications. I support grant writing and publications, ensuring a strong output. Creating research an environment innovation of and teamwork drives impactful research within the department

What experience in your career do you think has most prepared you for being an 'Associate Professor'?

My experience in research, industry, and academia has collectively prepared me for the role of Associate Professor. Handling administrative responsibilities, mentoring students, and collaborating on multidisciplinary research have refined my leadership and teaching skills. How did you overcome any adversity along the way?

Becoming an Associate Professor has involved a blend dedication. of perseverance, and continuous learning. As I transitioned into academia, I developed my research expertise while various administrative managing **Balancing** responsibilities. multiple commitments and addressing challenges such as resource limitations and biases required resilience. Support from mentors and teamwork, along with my passion for education and research, kept me motivated. Each challenge I faced strengthened mv skills. ultimately shaping me into the educator and researcher I am today.

What role do you think mentorship plays in shaping the next generation of researchers, and how do you approach this in your role?

Mentorship plays a crucial role in shaping the next generation of researchers by providing guidance, fostering critical thinking, and inspiring innovation. I approach mentorship by encouraging independent inquiry while offering structured support. I create opportunities for students to engage in research, publish their work, and collaborate on projects. By providing constructive feedback and sharing realworld insights, I help them develop the skills and confidence needed to excel in their academic and professional journeys.

What advice would you give to individuals aspiring to be an associate professor?

My advice to those aspiring to be an associate professor is to stay curious, persistent, and passionate about both teaching and research. Focus on quality over quantity in publications, build genuine collaborations, and never stop learning. Teaching isn't just about delivering lectures-it's about inspiring students and making an impact. Balance can be tough, but finding joy in your work makes it easier. Stay open to challenges. adapt. and most importantly, enjoy the journey.

HOMEGROWN EXCELLENCE



A UCP STUDENT'S RISE TO THE FACULTY RANKS

Dr. Hina Adeeb Assistant Professor Faculty of Mass Media & Communication How did your experience as a student at UCP shape your professional aspirations and career trajectory?

My time at UCP provided a solid foundation for my career. Now I consider it my second home. Being part of the first PhD batch at the Faculty of Media and Mass Communication (FMMC) was both challenging and rewarding. Known as the "experimental batch," we had unique opportunities to learn and grow under the mentorship of exceptional faculty. The academic rigor and practical exposure I gained shaped my aspirations to contribute to academia and media education.

Were there specific professors, courses, or extracurricular activities during your time at UCP that significantly influenced your path toward academia?

Yes, my journey was greatly influenced by many professors particularly Prof . Dr. Najma Najam the late Prof. Dr. Mughess Din Sheikh, whose vision and mentorship inspired me. Extracurricular activities, including media projects and exposure to creative platforms, helped me develop a deeper understanding of academia. What motivated you to transition from being a student to joining UCP as faculty?

When Prof. Dr. Mughess invited me to establish the UCP Radio and Production House, I saw it as a unique opportunity to give back to my alma mater. Already teaching at Lahore Garrison University, I felt compelled to contribute to UCP's vision by blending my academic and professional experiences. My journey from student to faculty, and now being nominated for the University's Best Teacher Award, reflects my dedication to this institution.

How has the university evolved from your perspective as a student compared to now as a faculty member?

The university has evolved tremendously in terms of infrastructure, academic offerings, and extracurricular activities. As a student, FMMC was emerging as a promising media school. Today, it stands as a leading institution. Recruiting skilled faculty members. launching new programs, and producing high-quality PhDs are commendable initiatives that contribute significantly to academic excellence and institutional growth.

What were some of the challenges you faced when transitioning from a graduate to an academic role at the same institution?

Transitioning from a student to faculty was both an honor and a challenge. While I was proud to represent my alma mater, Balancing expectations and responsibilities required a commitment to excellence. At times, juggling multiple roles within the same institution can double the pressure, but it has also greatly helped me empathize with my students by allowing me to see things from their perspective and understand their challenges on a deeper level.

As someone who has been an Assistant Professor for 7 years, what are the key factors that have sustained your passion and commitment to teaching?

As an Assistant Professor at UCP, I have dedicated almost a decade to teaching, mentoring, and managing initiatives. My passion lies in fostering student growth, advancing impactful research, and integrating practical learning with innovation. Looking ahead, I aspire to become an Associate Professor, further contributing to academic excellence and student success. How has your time working at UCP influenced your academic growth and research opportunities?

UCP has provided a dynamic platform for academic and professional growth. The university's focus on research has also enabled me to publish in impactfactor journals and explore innovative teaching methodologies.

What accomplishments or moments in your career at UCP are you most proud of?

Establishing UCP Radio and Production House as its Pioneer HOD is a significant accomplishment. Mentoring students through the Performing Arts Society and seeing them shine in their creative endeavors is equally fulfilling. Being nominated for the University's Best Teacher Award is another milestone that reflects my dedication to teaching and mentorship. Additionally, serving as the Head of the Faculty's Student Disciplinary Committee is a significant responsibility that I unhold with dedication. Furthermore. bringing versatile, talent-based students to UCP as a panelist for the UCP Talent-Based Scholarship program is both an honor and a notable accomplishment.

Do you feel your prior experience as a student gives you a unique understanding of the challenges and expectations of current UCP students?

Absolutely. My experience as a former student at UCP gives me a unique insight into the academic and extracurricular challenges students encounter today. This perspective allows me to better support and guide them, both in the classroom and in their career development.

Have you ever taught or mentored students who reminded you of yourself during your time at UCP? If so, how did you approach mentoring them?

Yes, I often come across students who remind me of my journey. I encourage them to embrace challenges and explore opportunities, just as I did. Through different platforms in UCP ,I guide them to hone their skills and pursue their passions with confidence.

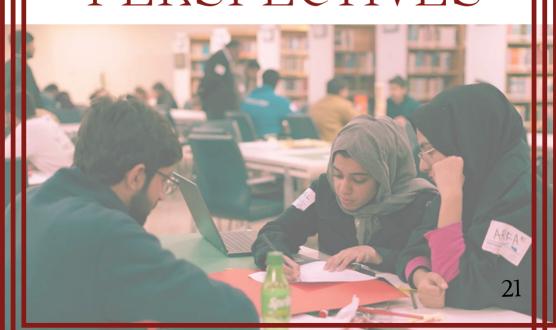
How do you ensure your teaching methods remain relatable and engaging for today's students, especially with evolving trends in education? I ensure my teaching methods stay relatable and engaging by incorporating modern tools and techniques, such as multimedia and project-based learning. I arrange visits to media outlets to provide students with practical facilitate exposure and extensive interactions with field experts to enhance their learning experience. Pictorial class activities and hands-on audio editing sessions further develop their skills. This balanced approach keeps my methods dynamic, relevant, and impactful. Understanding the impact of AI on media fields like broadcasting, theatre, and film is crucial for students. AI is revolutionizing these industries through advancements in content creation, audience analysis, virtual production, and personalized experiences. By integrating Al-focused discussions and practical applications into my teaching, I help students explore its transformative role and prepare them to adapt to these cutting-edge developments.

Having been part of UCP as both a student and a faculty member, what do you see as the university's biggest strength and challenge? Having experienced UCP as both a student and a faculty member, I believe the university's biggest strength lies in its innovative initiatives, robust management, and state-of-the-art infrastructure, which reflect its commitment to excellence. The challenge, however, is to continuously adapt to the evolving educational landscape while maintaining strong support systems for both faculty and students, ensuring sustained growth and relevance.

What areas do you think UCP could improve to better support faculty members and students?

UCP could enhance its offerings by focusing on student-teacher exchange programs and expanding professional development opportunities for faculty. Strengthening career counselling services for students and fostering stronger industry linkages would further bridge the gap between academics and practical application. Encouraging faculty to publish impact factor research would not only elevate academic standards but also position UCP prominently in international rankings.

STUDENT PERSPECTIVES



TRUTH ABOUT

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Ayesha Adeel 4th Semester Faculty of Information Technology and Computer Science

RIMIN

DETOX

Dopamine detox is a process in which an individual abstains from dopamine producing activities with the ambition of decreasing reward sensitivity. However, there is no scientific evidence to support this In 21st century we are concept. surrounded by a dopamine triggering environment which provides us with instant gratification within seconds via a text message, exercising, social media, shopping, drugs, eating high sugary foods, , watching a show or movie, plaving video games

listening to a song etc, which leads to releasing a hormone in our body called "Dopamine" which provides us with a feeling of content, satisfaction and happiness.

As humans our brains are naturally wired in a way to seek out behaviors that provide us with instant releases gratification which dopamine in our brain making us feel as if we are on cloud nine and it makes us to chase that feeling over and over again, however we should vigilant about this fleeting we emotion as it leads to decrease in our brain activity and it can cause serious health concerns such as:

Mania, Hallucinations, Headaches , Anxiety, Depression , ADHD , Chest pains, and Insomnia .Scientist B.F. skinner in 1930s introduced a theory that human behavior is shaped by the consequences that follows after it, similarly instant gratification acts as a positive reinforcement for desired behavior which makes it more likely for humans to repeat those behavior in future over and over again.

> Being high on dopamine can lead to a alarming situation such as downregulation, hormone imbalance. ADHD and Schizophrenia. То avoid these consequences, it is recommended to follow a process called "Dopamine detox".

Introduced by Dr Camera Sepah with the goal to help his clients to get rid of their dependency on artificial stimuli such as phone alerts and text notifications he wanted his patients to rely on natural stimuli rather than on artificially created one, natural stimuli such as exercising, journaling, sleeping or going for a walk, to invest time is beneficial hobbies which can naturally produce a controlled amount of dopamine wit -hout a person developing addiction for them. But how effective is to deprive oneself of dopamine is really effective?

Donamine detox is an unscientific term as there is no such thing backed by science, our body naturally produces this as hormone not as a toxin so it is not harmful, we need dopamine to live, instead of focusing on wellness trend made popular by social media we should focus on the psychological term backed by science Cognitive behavioral therapy which helps to overcome addictive behaviors replacing it with behaviors which are more productive and naturally rewarding.

Our brain is naturally producing dopamine all the time depriving ourselves of it is not the solution as low donamine can also have serious health concerns. To reduce stress and overcome anxiety we should deal with them in a healthy way without getting addicted to a behavior which makes anxious us more or compulsive, we should not always turn to habits which provides us with instant gratifications as it decreases brain activity and promote compulsive addictive behaviors.

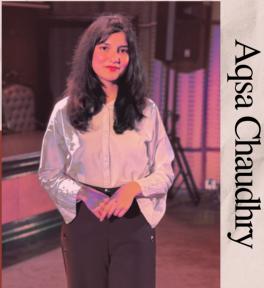
The Unstoppable War

Within my chest, a battle cries, A restless war that never dies. The soul, it yearns for gentle peace, But thoughts like daggers never cease. A whisper stirs: "Let go, be free," The soul pleads softly, desperately. Yet shadows rise, dark doubts invade, Building prisons where dreams once stayed. Memories twist, their edges sharp, Echoes pluck on a broken harp. The heart beats fast, a drum of pain, Caught in this war, a ceaseless chain. Thoughts scream truths I cannot bear, While the soul fights back with silent prayer. It aches for light, for skies once clear, But storms of torment draw it nearby Each sleepless night, the battle grows, A battlefield where nothing shows. The world moves on, yet here I stand, A wounded soldier in no man's land. Will there be a truce? Will I find rest? Or must I live this cursed test? For now, the war remains my fate, Between my soul and thoughts of hate.

By Saleha Ainee Bs English 6th semester Faculty of Languages and Literature TXXXXXX

Reflections from the Student Pedagogy Partnership Program

In Conversation



What motivated you to join the student pedagogy partnership program?

The Student Pedagogy Partnership program intrigued me with a unique opportunity to not just learn from my professors but to contribute to their teaching. I've always been passionate about making learning more engaging and relevant, and this program seemed like the perfect platform to explore those ideas. Plus, the chance to work closely with a faculty member and gain deeper a understanding of the course design process was incredibly exciting.

I was curious to see how my perspectives as a student could influence the learning experience for others. I wanted to bring a fresh perspective and maybe challenge some traditional teaching methods.

How would you describe your overall experience in this partnership?

Incredibly rewarding! It was a truly collaborative effort, and I felt deeply valued as a partner in the course design process. This partnership has been a highlight of my academic journey, and I would highly recommend it to any student who is passionate about improving the learning experience. What specific skills or knowledge did you gain from this partnership?

I gained a deeper understanding of the pedagogical process. I learned how to analyze learning objectives, develop effective learning activities, and design meaningful assessments. All these made me develop my critical thinking, problem-solving and communication skills. Working closely with Ma'am Tabina required me to reinforce these skills.

Were there any challenges that you encountered during the partnership, and how did you overcome them?

One of the initial challenges was finding common ground and a shared understanding of the learning objectives and desired outcomes for the course. Ma'am Tabina had her pedagogical approach and expertise, while I brought the perspective of a student.

To overcome this, we engaged in open and honest discussions, actively listened to each other's perspectives, and sought to find common ground. We also spent time clarifying learning objectives and aligning our goals for the course. Another challenge was effectively communicating my ideas and ensuring I was heard. As a student, I needed to be mindful of respecting Ma'am Tabina's expertise and authority.

As the partnership grew, I learned to articulate my perspectives clearly and confidently, providing evidence and rationale for my suggestions. I also actively sought opportunities to present my ideas and receive feedback from Ma'am Tabina.

Through open communication, active listening, and a willingness to compromise, we were able to navigate these challenges successfully and achieve a mutually beneficial outcome.

Has this experience shaped your academic or career aspirations? If so, how?

This experience has been a game-changer for my entrepreneurial journey. Initially, I viewed my role as an agency owner primarily as a creative director, focused solely on developing advertising campaigns. Through this partnership, I have understood the client's perspective and their unique learning needs.

Just like students have diverse learning styles, clients have unique communication needs and preferences. This program has taught me to approach client relationships with empathy and a deep understanding of their objectives. I now prioritize active listening, clear communication, and collaborative problem-solving to meet our clients' specific needs.

What are three important things students should understand before signing up for the Student Pedagogy Partnership?

Time Commitment, Collaborative Spirit, and a Focus on Student Learning. Significant time commitment goes into regular meeting, independent research and active participation. Students should be prepared to invest substantial time regular and effort beyond their coursework. A willingness to compromise and being receptive to constructive feedback is a must. Lastly, partners must remember that they are there to create a more engaging and effective learning environment for the class that they have. That should drive all the work.

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On Our Radar

Kazim Ali is reimagining education through polyomino patterns and behavioural design. Creating gamified learning experiences that decode how we think, reflect, and engage. His work blends pedagogy, psychology, and play to bring social science to life - and it all began with the Spring 2025 Student Pedagogy Partnership at UCP!

Drop him an email at kazim.ali@ucp.edu.pk to know more about this exciting project.

Kazim Ali, Principal Lecturer-FOMS

and purpose.

Touqeer Nazik a student from UCP's Faculty of Law, is on our radar for his bold and brilliant initiative, IBTIDA. A school for out-of-school individuals set up right here on campus. IBTIDA is a Community Building Project that goes beyond education offering shelter, healthcare, and vocational training to help individuals rebuild their lives with dignity

Drop by the Takhleeq office to get in touch or Email ibtida@ucp.edu.pk to follow the journey.

> Touqeer Nazik President, IBTIDA



Takhleeq's Game Jam

Out of Thin Air (OOTA)

What if curiosity never had to grow up? Out of Thin Air, Takhleeq's two-day game jam, brings back that childhood spark! No code, no rules, just pure imagination. In 48 hours, students ideate, test, build, and grow. Not just games, but mindsets that power innovation. Because showing up at 9AM on a Sunday to create something out of nothing? That's the kind of energy worth watching.

Drop by the Takhleeq office to get in touch or Email takhleeq@ucp.edu.pk to become part of the journey. As children, many of us spent hours searching through libraries or the internet to find reliable information. Sometimes, it was just an excuse to use the computer but it worked! Today, with AI tools like ChatGPT, the search for knowledge has become effortless. A simple prompt can yield answers in seconds. But have we ever stopped to think about how AI actually works? What systems make this seamless interaction possible?

Artificial Intelligence: Friend or Foe?

ChatGPT, like all AI models, operates through vast networks of data centers that require enormous computational power. These facilities depend on extensive electricity usage and, crucially, massive water supplies to cool down their highperformance servers. According to a study by the University of California Riverside's Research Center, published in Nature, asking between twenty and fifty questions on ChatGPT consumes approximately half a liter of water. If each of its 100 million weekly users submitted just one prompt, up to five million liters of water would be used every week.

Big tech companies have revealed staggering figures regarding resource consumption. In 2022, Google, Microsoft, and Meta collectively used over 2 billion cubic meters of watermore than the entire annual consumption of Denmark. Worse still, this demand is predicted to rise dramatically. By 2027, AI-related water usage, including indirect consumption through power plants, could reach 6.6 billion cubic metersequivalent to the annual water consumption of Austria or Israel.

The situation poses a significant dilemma. While AI offers undeniable benefits, its rapid evolution is set against a backdrop of growing environmental concerns, particularly water scarcity. Should society continue to push AI advancements without accounting for their ecological footprint?

> By Rimsha Munir Program Associate Learning Innovation Center

Yet, for AI's growth to be truly sustainable, companies must do more. Prioritizing energy-efficient models, using alternative cooling methods. and increasing transparency about resource usage will be critical. As AI integrates deeper into our daily lives, the challenge is clear: we must ensure innovation does not come at the cost of environmental stability. Balancing technological progress with ecological responsibility isn't just an option-it's a necessity.

Some argue that AI-driven systems, if managed responsibly, could aid conservation efforts. AI is already being used in water monitoring, climate predictions, and energy efficiency programs. Moreover, tech companies are investing in sustainable solutions such as airbased cooling and renewable energy-powered data centers. Yet, for AI's growth to be truly sustainable, companies must do more. Prioritizing energy-efficient models, using alternative cooling methods, and increasing transparency about resource usage will be critical. As AI integrates deeper into our daily lives, the challenge is clear: we must ensure innovation does not come at the cost of environmental stability. Balancing technological progress with ecological responsibility isn't just an option—it's a necessity.

Alumni Spotlight

Umer Ghuman Samsung Country Head for Pakistan and Afghanistan Class of 1997 Take us through your career journey. My career journey started 28 years ago, right after I graduated from UCP. I was just 22 years old when I landed an internship, and soon after, that turned into a full-time position. That was my first real taste of the corporate world. Over the years, I've built over 25 years of experience in technology, commercial operations, branding, advertising, and marketing.

One of the significant chapters of my career was my time at Tetra Pak, where I worked for almost 17 years. It was there that I experienced early success, and honestly, it got to my head. Success has this way of making you feel invincible, and I'll admit—I became somewhat arrogant. But life has its ways of teaching lessons. I hit a few lows, and those moments humbled me. They taught me to unlearn as much as I learned to stay relevant and adaptable.

Those experiences taught me to approach leadership with a deeper sense of empathy. At Samsung, for four consecutive years, I've achieved the highest employee satisfaction scores. It's one of my proudest accomplishments because it speaks to creating an environment where teams feel valued and heard.

One recognition I hold dear is being ranked among the top 60 influential leaders at Samsung. I was also part of a conflict resolution video the company produced, which is shown to new employees—a reflection of the values and lessons I try to bring to the workplace every day.

I'm currently working on a book titled The 30 Seconds Window. It's hased on the idea that in lifewhether it's in your career, a class. or any professional setting-you often have just 30 seconds to make a lasting impression. If you can't capture your audience or articulate your point effectively in that brief window. you've missed vour opportunity. The book draws from mv experiences, emphasizing preparation, clarity, and confidence as critical tools for success.

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Your alma mater, UCP. What role has it played in your journey?

UCP will always hold a special place in my heart. Coming from a humble background, it was my initial exposure to life and philosophy, and figuring out what I wanted to pursue. It set me on a career trajectory that has shaped the path I've followed since then.

Are there any specific memories from your time there that stand out?

Absolutely. Dr Moiz Uddin Sheikh's classes were memorable. We had a lot of fun in them. I vividly remember sitting by the canal, watching big cars pass by, and hoping that one day, I'd own one of those vehicles. Alhamdulillah, those dreams have been fulfilled for quite some time now. I owe a lot of that to UCP for taking a chance on a student like me.

How has UCP continued to impact you even after graduation?

Even after graduating, UCP remains significant because it gave me my first taste of the real world. It instill -ed a sense of value and confidence in myself, which I carried forward. While the degree itself wasn't recognized at the time—a drawback for sure—it didn't feel like we were missing out. We had the same level of exposure as students from prestigious universities, and that made a world of difference.

What have been the key takeaways from your experiences so far?

There have been many lessons, but a few stand out to me above all others: the ability to self-reflect, staying positive even in challenging times, and maintaining humility no matter the success you achieve. Some of them I had to learn the hard way. But they've shaped the way I approach life and work today.

It sounds like learning plays a big role for you. Could you elaborate on that?

Absolutely. I firmly believe that learning should never stop. I see every interaction as an opportunity to grow. Whether it's from peers, subordinates, or line managers, there's always something valuable to take away. It's important to approach situations with an open mind and the humility to accept that you don't have all the answers.

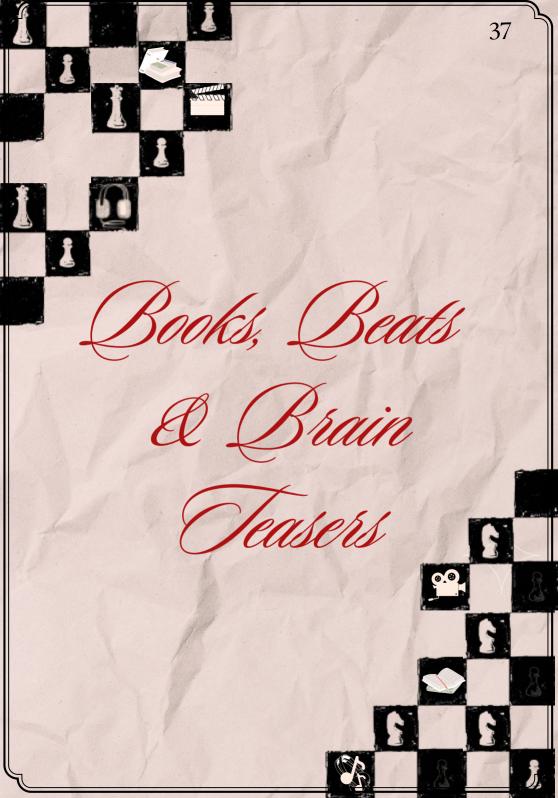
You've mentioned failure before, how do you view it, especially for younger generations?

I always tell my kids, "Don't be afraid to fail-it's better to fail than never try at all." Failure, in my view, is simply a part of growth. It's how you learn what works and what doesn't. More importantly, it's often a to reinvention. When gateway something doesn't work, it pushes to pivot, to rethink, and you sometimes even to discover a new path you wouldn't have explored otherwise. The journey is always far significant more than the destination.

That's an inspiring perspective. Any advice on navigating such transitions?

I had a dip in my career where I was demoted and I didn't know what to do. I had failed. That is when I reinvented myself. I went to LUMS, did an executive MBA and got a job at Samsung. ow I'm here re-inventing

myself every day. My advice is simple: Stay curious, keep learning, and be ready to re-invent yourself when needed. Reinvention isn't something that happens only when things go wrong-it's a skill you hone over time, one that keeps you growing and evolving. Life's challenges are opportunities in disguise; it's up to you to see them that way.





Lahore Museum (Main Hall)



Sadequain's Evolution of Mankind Not just a mural, this piece of art is a mirror to our collective soul. Like a revelation overhead on the museum's ceiling, it echoes the genius of a mind that painted time, truth, and transcendence.



Kitab Ghar- A Public Library

In a quiet lane of Rehmanpura, Ichhra, eight dreamers built a sanctuary of stories. A safe haven for readers, rebels, and everyone in between.



Lahore Ka Ravi

Walk the veins of Lahore with Lahore Ka Ravi, a tour company that is creating a social and educational movement with every itinerary. Each tour brings you what textbooks forgot: the people, the poetry, the real pulse of "Jinay Lahore ni wakhya o jameya i nai!"

ACROSS

CROSS

2. A FORMAL DISCUSSION ON A SPECIFIC TOPIC LED BY AN ACADEMIC. (HINT: HAPPENS OFTEN IN SEMINARS!)

3. THE PLACE WHERE STUDENTS GATHER TO EAT OR RELAX.

5. A SHORT BREAK TAKEN TO RECHARGE DURING A BUSY STUDY SESSION.

DOWN

1. THE SUBJECT WHERE EXPERIMENTS AND LAB WORK ARE KEY.

3. A MEMBER OF THE TEACHING STAFF WHO ASSISTS PROFESSORS. (HINT: OFTEN GRAD STUDENTS!)

6. A BUILDING WHERE EVENTS, LECTURES AND SEMINARS ARE HELD.

Answers

A. Science 2. Lecture 3. Cafeteria
A. Assistant 5. Recess 6. Auditorium

40

WRITE TO US!

HAVE A STORY TO SHARE, A TEACHING WIN TO CELEBRATE, OR A CLASSROOM IDEA YOU THINK OTHERS SHOULD TRY? WE'D LOVE TO HEAR FROM YOU.

EMAIL US AT: LIC@UCP.EDU.PK WHETHER IT'S A QUESTION, CONTRIBUTION, OR JUST A HELLO, LET'S KEEP THE CONVERSATION GOING.

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character—that is the goal of true education." — Martin Luther King Jr.

