

SOUTHERN SCHOLARS

SPECIAL EDITION 7TH | MARCH 2020-JAN 2021

THE GREAT LOCKDOWN

ISP ONLINE SESSIONS

Responding to COVID-19
and delivering education
through online media

ISP STUDIO, ANOTHER FIRST

New ways of learning



THE HALF HAPPILY EVER AFTER

COVID-19 Special

LET'S TALK ABOUT OVERTHINKING

A psychological analysis of Overthinking

YOUR BIGGEST ENEMY: PROCRASTINATION

How to get rid of this enemy.



INSTITUTE OF
SOUTHERN PUNJAB

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Pioneer Chartered Degree Awarding Institute (DAI) in South Punjab

#STAYHOME

EDITORIAL

Dear Students, 2020 is over and it influenced our lives like never before.

It affected us in good and bad way at the same time. It took us all online and revolutionized the world economic situation and trends.

Jeff Bezos, the owner of Amazon became the richest person of the world, who is going to be replaced by Elon Musk, the owner of Tesla very soon.

Yet the next big thing which is coming in next few years is really important.

It is Metaverse, the replacement of Internet. Internet will be obsolete soon and replaced by Metaverse, the personalized augmented reality universe.

And it will be experienced using 5G & enhanced AR glasses, that will replace your Normal glasses. In first stage, you'll talk to your glasses while later on, just thinking About anything will create your metaverse experience. You may explore "Facebook Horizon" for knowing more on how your changed experience will feel like.

Education, Health, Business, Entertainment, E-Commerce, everything will change to a different personalized experience, and why we are discussing it here has its Importance.

It's time for you to start exploring Metaverse and Facebook Horizon etc, and explore, where this new big change will take you and how can you position yourself to benefit maximally from this big change.

Dr. Syed Nadeem Abidi

Editor Southern Scholars

Director Trainings & Development

Institute of Southern Punjab

The Team
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(APSUP)

Association of Private Sector Universities in Pakistan (APSUP)

کسی بھی ملک کے مختلف شعبہ ہائے زندگی میں سرکاری تنظیموں کے ساتھ ساتھ نجی انجمنوں کا ہونا قانونی اور فطری ضرورت ہے جہاں پر یہ تنظیمیں اور انجمنیں خود سے منسلک لوگوں کے مفادات کا تحفظ کرتی ہیں وہیں ان سے جڑے نابغہ روزگار، حکومتی اداروں کے شانہ بشانہ کام کر کے ملکی ترقی میں بھرپور حصہ ڈالتے ہیں۔ پاکستان بھر کی تمام نجی جامعہ درسگاہوں کے سربراہان نے Association of Private Sector Universities of Pakistan (APSUP) کے نام سے ایک نجی انجمن کی داغ بیل ڈالی جس کا مقصد نہ صرف ان درسگاہوں، بلکہ ان میں موجود فیکلٹی، سٹاف اور طلباء و طالبات کے حقوق کا تحفظ کرنا ہے اور اعلیٰ معیاری تعلیم کے فروغ کے لئے کمزور حکومتی پالیسیوں کی نشاندہی کرتے ہوئے ناقص تعلیمی مخالف اقدامات کا سد باب کرنا بھی شامل ہے۔

انسٹیٹیوٹ آف سدرن پنجاب ملتان کے ریکٹر، جناب عاصم نذیر احمد، امسال APSUP پنجاب Chapter کے جنرل سیکریٹری منتخب ہوئے، اعلیٰ معیاری تعلیم کے لئے جن کی طویل جدوجہد کسی سے ڈھکی چھپی نہیں۔ جنوبی پنجاب میں آئی ایس پی ملتان، جیسے اعلیٰ معیاری تعلیمی ادارے کی تعمیر و ترقی ان کی تعلیم دوستی کا منہ بولتا ثبوت ہے۔ ہم امید کرتے ہیں کہ APSUP میں ان کی شمولیت سے APSUP کے مثبت اور روشن کردار کو بڑھاوا ملے گا اور پورے ملک میں اعلیٰ تعلیمی نظام کی بہتری کے لئے APSUP مشعل راہ ثابت ہوگی۔

رانا عابد حسین
ڈپٹی ڈائریکٹر، ریکٹر سیکریٹریٹ
آئی ایس پی، ملتان





ISP Studio is a far-reaching reality which is the recent benchmark of Going Global with louder and clearer voice. Moreover, I personally believe that the wider range of possibilities an institute offers to its students, the richer their experiences become and the higher their motivation reaches. It is to be remembered that ISP is the name of Infinite Possibilities. ISP Studio is ready to shine.



Director General
*Institute of Southern
Punjab, Multan*

Since the adoption of Modern Learning System (MLS) which envelopes the multiple learning models, Institute of Southern Punjab, Multan has continuously been modeling the passage to excellence with material and pragmatic infrastructural development that supports learning with contemporary requirements. ISP Studio is a State-of-The-Art in-campus production house which is purposefully built for catering the new dynamics of learning. This In-House production facility has two faces of value addition.

The first is to provide its students, faculty members and local talent with the opportunity to have a hands-on experience of creating contents for TV Screen in the form of TV Shows, Vlogs, News Bulletins etc.

The second is to provide its audience with the quality of contents that waters the sensible needs. Talking about the technical aspect, the studio is a combination of 3 state of the art Physical and 1 Virtual Studio sets. Physical Studios include Entertainment Studio, News Studio and Green-Screen (Chroma) studio.

SEDC studio is an online studio facility for Live Programs with the people coming from different destinations across the globe. The infrastructure includes Spacious and Sound-Proof Studio hall, A dedicated Master Control Room (MCR) with all latest technological support, a Dressing Room and a welcoming reception. The latest Mirrorless cameras, professionally established lighting systems and noise-free sound setup being operated by the experts make the media content stand prominent on social media platforms. Studio is presently creating programs on News, Entertainment, Technology, Business, Forums, Success Stories, Fiction, Skills Development and some other important genres. The overwhelmingly positive response coming from the academic and industrial circles is a fuel that is adding more of energy and motivation.



Waris Sial
*Manager Trainings
& Operations/Studio*





ISP ONLINE SESSIONS

The year 2020 brought us the catastrophic pandemic that halted almost everything. But with all the advancement in medical sciences, we were told how we can adapt to the new lifestyle for the sake of our health and health of our loved ones. Institute of Southern Punjab was one of the few educational institutes in the country that were quick to respond to this chaotic situation and developed an extraordinary online infrastructure for learning. Not only online lectures and examination system, ISP introduced outstanding online platforms like SEDC Studio, SEDC Talks, ISP Munch, Ask the Trainer, Virtual Cup of Tea, Euphoria, The ESF Show and several other programs.

These platforms have provided value to our students while they're studying from home during the pandemic. There was a huge appreciation for this online learning infrastructure from the education sector and ISP has received a wonderful response from students. These online sessions have kept our students up to dated, well-aware and entertained during the quarantine. ISP continues to innovate with a speed of light to make an impact in the region and to develop the youth of this country to turn into Exceptional.



Shoaib Hameed Mohel

Joint Editor

Southern Scholars

Mann Ki Batein
with Mohsin Sher

**SEDC
STUDIO.**

SEDC|talks.

**SEDC
euphoria.**

ISP MUNCH

Mann Ki Batein
with Mohsin Sher

**Ask
the
Trainer**

**Virtual
Cup of
Tea**

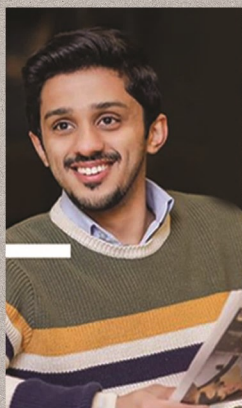
SEDC STUDIO.



WARIS SIAL
Manager Trainings
& Operations, SEDC



MAHWISH RIZVI
TRAINER, ESF HEAD
SEDC



In Conversation with Award-winning Journalist & Anchor **Makhdoom Shahab**

Journalist/TV Anchor

With technology and social media and citizen journalism, every rock that used to go unturned is now being flipped, lit, and put on TV

Social media and citizen journalism have turned the trends of journalism. In the present times where misinformation and disinformation are creating panic among the people regarding COVID-19. There is a need to understand those positive media consumption patterns and play our part as socially responsible citizen journalists.

To manoeuvre that need, in the ever first session of SEDC Studio: Where Insights Go Global, we invited guest speaker Makhdoom Shahab, who is a public speaker, a host, a columnist, and a leader of many young sparking souls. Having received the presidential award in public speaking, an award from Governor Punjab, and speaking for Ted-X twice are some of the milestones he met in the recent past. Makhdoom shed light on the ongoing uses, misuses, and abuses of social media and how we can turn the tables by becoming a sensible information consumer as well as information producer.



**“Choose a job you love, and you will never
have to work a day in your life.”**

Mr. Abiola (Nigeria)

Actor, Comedian, Entrepreneur and a Motivational Speaker

COVID-19 triggered radical changes in job markets and entrepreneurial landscape. This could be a threat as well as a matter of fortune to some in terms of starting their careers. Under these changing circumstances, SEDC Studio: Where Insights Go Global, invited Mr. Abiola (Nigerian) who is a renowned Actor, Comedian, Entrepreneur and a Motivational Speaker. During the session multiple students asked their career-related queries which were answered satisfactorily. The thesis built by the guest speaker helped the viewers to understand how they can turn the lemons into lemonade and give a good hit for a better career



We are ISP and We are Exceptional Team SEDC Meet-Up

A session with the trainers of Southern Executive Development Center, ISP

During the lockdown situation, when many of the students were missing their favorite trainers. SEDC Studio: Where Insights Go Global, provided an opportunity to its students to interact with their trainers. The session was themed as “A Meetup of Trainers” where students interacted and asked their questions regarding the things they were encountering during the period of STAY AT HOME policy. Trainers shared what lifestyle they have been spending and how they are developing new muscles during this time of hardship and what and how can student utilize this time as an opportunity



Jashn-e-Urdu Urdu Ki Ahmiyat Faisal Hashmi

Poet

Institute of Southern Punjab celebrates “Jashn e Urdu” on yearly basis where people who have or have been contributing in URDU ADAB (writers, poets, Professors, Journalists, Artists, Activists) are invited to promote the love for Urdu language among the students. Under the circumstances of COVID-19, Jashn e Urdu 2020 was started online. In the first session of Jashn e Urdu 2020, we invited Mr. Faisal Hashmi (Renowned National Level Poet) to talk over “Urdu kiEhmiyat”. The session evolved from how we are treating Urdu as a language and concluded with useful insights over why Urdu is important for us as a nation. Session ended with some of his poetic masterpieces.

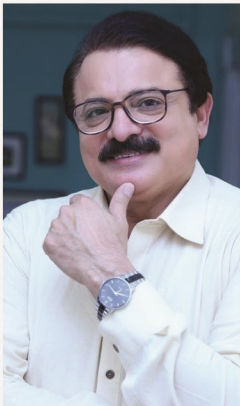


WITH GREAT POWER COMES GREAT RESPONSIBILITY

Aftab Hussain Borka

Journalist/ Storyteller and Broadcaster

According to different critics of Media Sciences, International Relations and Political Sciences, The World Information and Communication Order is the New World Order. To understand the power of information and how mainstream media and social media can and are making a difference, we invited Mr. Aftab Hussain Borka (Journalist, Storyteller and Broadcaster) Public Affairs Specialist at Great Lakes Water Authority. He shared his insights over the topic and compared the journalistic practices in developing and developed countries. His continuing expiring with BBC made things easy to compare.



**In Conversation
with**

Mohsin Gillani

Actor/ Director/ Writer

Syed Mohsin Gillani is a top leading Showbiz figure of Pakistani film and drama industry who has been ruling the screen since around last 30 years. He is an Actor, Director, Play Writer, Concept Writer, and Model. SEDC Studio: Where Insights Go Global, invited him to share his journey of excellence with the young aspirants. The session helped the aspiring youth who wanted to join showbiz as a career to understand how things work and how their struggle can pay them back.



**In Conversation
with**

Mr. Rafat Saeed

Senior Journalist

In order to facilitate the students of Mass Communication and those who want to serve in the field of news journalism, SEDC Studio: Where Insights Go Global, conducted a live session with a very seasoned news journalist Mr. Rafat Saeed who is a Bureau Chief of a private news channel and has been working with Voice of Germany Urdu Service since last 20 years. He shared his personal experiences as a journalist and motivated the students with his practical insights of the field.



**In Conversation
with**

Salman Naeem

MPA/ Business Owner/ Social Activist

SEDC Studio: Where Insights Go Global promotes the dissemination of Multi-Disciplinary knowledge. It invited Mr. Salman Naeem (Business Owner, MPA, Activist) to share his journey of achievements in this young age. His insights over how youth can help themselves, their family, community and the nation at large, motivated the students. Among the other key points, highlighting features were “How young passionate students can become good entrepreneurs” and “How charity works and volunteerism can help them grow?”



How to Crack the Competitive Examination (PMS)

Dr. Mukarram Sultan

Provincial Management Services

In order to cater the needs and address the queries of young aspirants of “Provincial Management Services PMS” and “Central Superior Services CSS”, a session was conducted with Mr. Dr. Mukarram Sultan Sahu (PMS) over “How to crack the competitive examinations”? The session engaged and resolved the queries of aspirants regarding subject selection, application procedure, notes taking, difference between CSS and PMS and a detailed discussion was held over preparation strategies.



“Rule of thumb: Eat for what you're going to be doing and not for what you have done”

Mr. Ulqarnain Azeem

Mr. Muscle Mania Dubai 2018

SEDC Studio: Where Insights Go Global, conducted a session specifically for the gym lovers. The guest invited was Mr. Ulqarnain Azeem (Mr. Muscle Mania Dubai 2018) who shared his experience-based knowledge over “Exploring the secrets of overall physical well-being and Bodybuilding”. The audience engaged the community of body builders and the New bees of this game of power and technique. Queries regarding mass gain, body shapes, weight loss came and were answered frequently during the session.



In Conversation with

Sarmad Saeed Khan

Former IG Gilgit Baltistan/ Retired Additional IG of Police

Community policing, or Community-Oriented Policing (COP), is a strategy of policing that focuses on building ties and working closely with members of the community. It is a philosophy of full-service policing that is highly personal, where an officer patrols the same area for a period of time and develops a partnership with citizens to identify and solve problems. We were honored by the presence of Mr. Sarmad Saeed Khan AIG (Former IG Gilgit Baltistan) who shared the concept of Community Policing and cleared so many misperceptions which were held by the general masses regarding he police and policemen. The sessions provided a different perspective to see police as an institution of the state as well as a tool of administration of justice and what role the public must play to make policing their own thing.



CHANGE IS THE ONLY CONSTANT

Mishal Bukhari

Award Winning Journalist, Anchor and Host

Starting from Gutenberg revolution to ever first magazine and newspaper, and then from a military radio to TV and Films. The spectrum of media can be seen evolving so fast. Presently, when social media has become everyone's media, the pendulum seems to swing. Mishal Bukhari (Award Winning Journalist, Anchor and Host) shared her perception over "The Changing Dynamics of Broadcast Media and Social Media". We should be socially responsible while producing or sharing any information on social media. She also advocated that being a journalist is equally good and safe for girls who are confused to opt this field but consider their gender as a barrier.



In Conversation with Ali Moeen Nawazish

Ali Moeen Nawazish

Pride of Performance, Journalist

Article 19 of Constitution of Pakistan deals with the freedom of speech. Critics say that freedom of speech has often been misinterpreted by the media which triggered greater ethical concerns at large. Ali Moeen Nawazish (Pride of Performance, Journalist) graced the session by his presence and shared his views over "Freedom of Expression and Media Ethics". The discussion was overwhelmingly interesting and facts based where multiple evidence-based agenda and occurrences were discussed.



In Conversation with Mr. Hanif Pitafi

Mr. Hanif Pitafi

MPA, Advisor to Chief Minister Punjab on Health

The air of COVID-19, during its hike, gave birth to multiple rumors and misinformation regarding lockdown policies, reopening of educational institutes, role of paramedical staff etc. SEDC Studio: Where Insights Go Global, invited Mr. Hanif Pitafi (MPA, Advisor to Chief Minister Punjab on Health) to clear the situation regarding the unverified information related to COVID-19 that was creating doubts and unrest among the students. He represented the government and shared its narratives regarding the COVID-19 during the lockdown period.



“You can complain because roses have thorns, or you can rejoice because thorns have roses”

Zenith Irfan

Female Motorcyclist

A young girl who is a source of inspiration and encouragement for YOUTH joined us on SEDC Studio: Where Insights Go Global, for sharing her journey of SUCCESS. Zenith Irfan is a Pakistani Female Motorcyclist to ride in Pakistan. Her story was also filmed as "Motorcycle Girl" in 2018. Her father dreamt of traveling around the world on his motorbike, but when he died young at age 34, Zenith decided to fulfill his dream and has accomplished that successfully. During the session she urged the young girls to come out of their comfort zones and do the things that can lift them up and get them to the track of developments and success.



“Start by doing what's necessary, then do what's possible; and suddenly you are doing the impossible.”

Zaydan Khan

Trainer, Public Speaker, Activist, Actor, Model

Zaydan Khan (Trainer, Public Speaker, Activist, Actor, Model) joined us on the platform of SEDC Studio: Where Insights Go Global. The topic of his discussion was “KHUDI”. He said whatever we may find outside ourselves is already within in as a built-in feature. We are responsible for wherever we take us to whether positively or the other way. Nattering from his personal experiences and journey of career, he threw multiple fruits of learning to the audience.



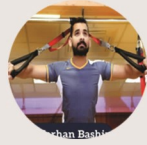
**Fathers' Day Celebration
with SEDC**

Fathers of SEDC

Institute of Southern Punjab

Father, Dad, Papa, no matter what you call them they influence our lives and they are the person we look up to.

SEDC Studio: Where Insights Go Global, broadcasted Fathers' Day Special on the eve of Fathers' Day. The session was accompanied by 3 trainers of SEDC along with their children. The session intended to pay tributes to the fathers overall and develop the sense of appreciation and affection among the students for their fathers.



Groom Room

Mr Farhan Bashir (Physical Instructor Pakistan Cricket Board, Trainer) and Ms. AimaQaiser (Physical Instructor)

Groom Room is a platform designed by Institute of Southern Punjab Multan that trains and helps the students to groom their personality in all aspects.

In our first online episode of Groom Room, We had Mr Farhan Bashir (Physical Instructor Pakistan Cricket Board, Trainer) and Ms. AimaQaiser (Physical Instructor) to shed light over a very important aspect of personality development which is "Physical fitness and Nutrition" The Session received great participation from the audience in form of their queries which were answered by the experts.



"You can complain because roses have thorns, or you can rejoice because thorns have roses"

Qutaiba Mehmood

Director, Cinematographer, Vlogger, Speaker and Influencer from Australia (Sydney)

Many Students want to get an opportunity of studying abroad but only a few get to make it happen for them. SEDC Studio: Where Insights Go Global, invited Qutaiba Mehmood (Australia) who is a Director, Cinematographer, Vlogger, Speaker and Influencer from Australia (Sydney). He has made multiple award winning documentaries like "Battle of Waterloo" & "Marching Forward" along with many popular music videos. The Session was themed at "ACHA PARH LO" which was a serious topic carried in a casual and infotaining style. The guest guided the audience about different procedural requirements and tips following which one can easily grab the opportunity to study or work abroad. The situation of employments and learning opportunities during the period of lockdown in Australia was also discussed. The session gained more than 15000 live views and was appreciated by people at large.

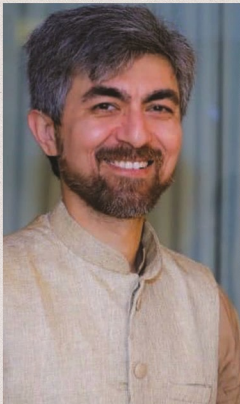


NO STORY LIVES UNLESS SOMEONE WANTS TO LISTEN

Mr. Tabish Ahmed Hashmi

Comedian (To Be Honest)

Story telling is an art by means of which our history, values and fiction reached our generation. But getting the people listen to the story requires multiple attention seeking techniques and interest building structures. SEDC Studio: Where Insights Go Global, invited Mr. Tabish Ahmed Hashmi (Comedian) who is very much popular among the youth because of his currently going program "To be honest TBH". Tabish Ahmed shared how the mechanism of storytelling works and how we all have stories and characters in our lives narrating which we can give a good story experience to others. The context of storytelling in comedic and funny manner was also discussed. The session sparked the urge to work differently for the youth aspiring to write or perform comedy.

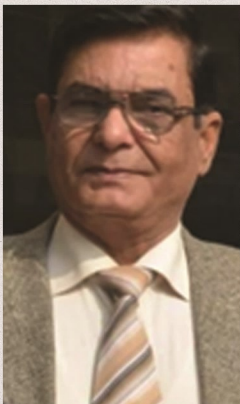


**“To speak a language is to take on a world,
a Culture.” Jashn-e-Urdu**

Atif Tauqeer

Poet, Writer, Author

In continuance of Jashn e Urdu 2020, our studio was graced by the presence of Mr. Atif Tauqeer (Poet, Writer, Author) who is internationally known for his love and services for Urdu and reflected his love for Urdu on various platforms including Jashn E Rekhta. The guest shared his insights over preservation of language. He shared how imputations are changing the essence of the language. The sessions included some of his masterpieces that he wrote.



**Knowing yourself is the beginning
of all wisdom**

Mr. Sagheer Ahmed

Trainer, Former Chairman Trainers' Association of Pakistan

SEDC Studio: Where Insights Go Global, had an insightful session with Mr. Sagheer Ahmed (Trainer, Former Chairman Trainers' Association of Pakistan). Our guest shed light over “Discover what you are best at”. The session engaged and helped many students to go for Self-Assessments and Self-Discovery. Many of the misconceptions of the audience were redirected to the right thought patterns. The guest advocated that Self-Discovery brings Self-Awareness and that Self-Awareness is the determinant of rightness of our decisions and actions.



**“There is one thing the photograph must contain, the
humanity of the moment.”**

Ms. Khaula Jamil

Photo Journalist, Documentary Photographer, Storyteller

SEDC Studio: Where Insights Go Global, invited Ms. Khaula Jamil (Photo Journalist, Documentary Photographer, Storyteller) to talk over the topic “The Stories in our minds” which was themed at storytelling by means of pictures. The guest shared multiple aspect storytelling through pictures. The discussion also included Photography as a career for women. During the session different ethical aspects were also discussed which are prerequisites of capturing pictures of the people. The session concluded with different tips for the youth who want to pursue photography as career as well as a passion.

THE 1/2 HAPPILY EVER AFTER

Changes are what make you believe that you have a life around you. People change, times change, fads and fashion change and that is somehow the beauty of life. What we don't realize is that change is the only constant thing in our lives and well nobody tells you that good or bad both change has to happen because it is inevitable. The beauty of change is that it is intended to transform the people around us. Changes will come and go but they can transform you and your course of life forever. That is how we learn to live and evolve our patterns of behavior over time.

In the current scenario where COVID-19 shook the world, impacted economies and trade, reformed our markets, and brought us, even more, closer to technology the changes that have been a part of all this is the way we see life now. LIFE AFTER COVID! A world where seamless boundaries, social distance but not so distant social media acquaintances, novel and successful scientific inventions in the field of medicine but no thoroughly conducted investigations about the viruses we are living with and much more is just a gist that tells you how uncertain life can be. From roaming around like a free bird and getting caged in lockdowns the very next day, to telling and making yourself accept the "NEW NORMAL", Life surely has taken a U-turn.

What we need to understand and realize is that we humans need to stop making certain things our necessities because there is nothing in this entire world that cannot be replaced. Habits, patterns, possessions, valuables, and humans; everything around us has version 2.0, a better and a flexible one. Running aimlessly after things that have no 100% durability and assurance is what this time has taught us. For better or for worse, pandemics are meant to undulate the patterns of our lives that we have been living in.

Gravitate within the flow, it's not always about going with the tide, sometimes you need certain shifts that jolt the inner and tell you where you stand and at those certain points, you would realize the true meaning your life should have. COVID may now become a part of this world, we might never go back to some patterns that we had before, we might never get the phrase "NEW NORMAL" out of our minds but what good it might have brought to us would be that we might cherish life a little more, we might now relish the fact that health is truly the only wealth and we might know what a valuable asset can people be.



Fatima Zahid

Lecturer, Southern Business School,
Institute of Southern Punjab



USHNA RANA
TRAINER/LECTURER, ISP



RANA SARMAD
LECTURER, ISP



Exploring the Secrets of Overall Physical Well-Being and Body Building
Guest: Mr. Ulqurnain Azeem (Gym Instructor)

Takeaways: Bodybuilding is a great way to keep yourself balanced, giving your body proportion, shaping and helping general fitness. Not only does bodybuilding improve your physical condition, but it can also lead to mental health benefits, giving you a clearer state of mind thanks to weight training and aerobic exercise.



Career Counselling and Skill Development for Electrical Engineers
Guest: Engr. Dr. Muhammad Yaqoob Javed (Assistant Professor)

Takeaways: As an electrical engineer, you're responsible for the lifecycle of electrical projects, from the design phase to delivery and beyond. The specific responsibilities associated with this job vary depending on the engineer's area of specialization.



What is Cyber Security and What We Need to Know About it?
Guest: Mr. Syed Najeem ul Hassan (FIA cyber Crime Analyst)

Takeaways: Computer security, cybersecurity or information technology security is the protection of computer systems and networks from the theft of or damage to their hardware, software, or electronic data, as well as from the disruption or misdirection of the services they provide. Cybersecurity and protection of laypeople were discussed during this session.

Everyone Needs a Spark: Motivation
Guest: Engr. Bisma Maryam (Principal, Educationist)

Takeaways: Motivation reflects something unique about each one of us and allows us to gain valued outcomes like improved performance, enhanced well-being, personal growth, or a sense of purpose. Motivation is a pathway to change our way of thinking, feeling, and behaving.



Entrepreneurship opportunities in Electrical Engineering
Guest: Engr. Dr. Muhammad Yaqoob Javed (Assistant Professor)

Takeaways: They might consider themselves 'Product Engineers' who thrive on startup work. Entrepreneurial Engineers understand business priorities and know when to make the right compromises, working closely and effectively with the product team—including founders—to iteratively deliver customer value. So this important issue has been discussed in this session.



Women Empowerment Turning Centuries
Guest: Dr. Asmat Naz (EX. VC Women University, Multan)

Takeaways: Women constitute almost half of the world's total population. Islam is the only religion regarding the provision of rights to Women. This important issue has been discussed under the supervision of Ex-Vice Chancellor of Women University, Multan.

ISP ONLINE SESSIONS

SEDC
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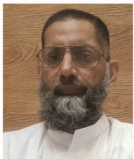
Scope of Architecture
Guest: Ar. Tariq Mahmood (HOD)

Takeaways: There are various opportunities for architects in the construction and designing field. But the immense need to recognize the importance of this field. So, to discuss this keen issue, we invited Ar. Tariq Mahmood to shed light on the scope of architecture.



Bearish Market and COVID-19
Guest: Dr. Farzan Yahya (Assistant Professor)

Takeaways: The topic of discussion has crucial importance in these times of Pandemic which is "Bearish Market and COVID-19". We discussed some major facts about the Economic Disrupt in Developed and Underdeveloped Nations along with some strategies for New Micro & Macro Level Business Financing.



Why Architecture and Why ISP
Guest: Muhammad Nasir Ali Mirza and Nisar Mirza (HOD, Lecturer)

Takeaways: Architecturally designed Buildings play a pivotal role in Human's prosperity and it depicts Emotions as well. So to discuss this keen thing, we had an amalgamation of two People. Father and Son Duo. ISP is a nationally recognized Institute to study the field of Architecture.



Age is Just a Number
Guest: Abdullah Sameen (Motivational, Inspirational Speaker)

Takeaways: We welcomed the young Motivational speaker who's just 15 and the youngest Corporate Trainer of Pakistan "Abdullah Sameen". He proved this phrase right that "Age is Just a Number", Motivation and Passion decides your paths to success. Motivational Success Story of a Young Motivational Speaker from himself.



Political and Social responsibilities in COVID-19
Guest: Senator Rana Mahmood ul Hassan (PML N)

Takeaways: Senator Rana Mahmood ul Hassan (PML N) (28-06-2020) (05:00PM) Being humans we are born to perform certain social and civic responsibilities. So, we warmly welcomed Mr. Rana Mehmood-ul-Hassan (Senator) to the platform of SEDC Studio: Where insights go global. Our esteemed guest shed light on "Politics and Social Responsibilities in COVID-19"



Regional Situation and Future of PAKISTAN
Guest: Muhammad Abdullah Hameed Gul (Speaker, Chairman Tehreek Jawanan Pakistan & DG MEASAC Research Center)

Takeaways: Jawanan Pakistan and DG MEASAC Research Center) (03-07-2020) (07:00PM) Pakistan continues to face multiple sources of Internal & External Conflicts. If domestic terrorism has reduced due to measures taken by Pakistan, then extremism & intolerance of diversity has grown. So to discuss these multidimensional & multifaceted issues of Pakistan Internally & Externally, we had a very special Guest "Mohammad Abdullah Hameed Gul S/O Gen. Hameed Gul (R)"

ISP ONLINE SESSIONS

SEDC
STUDIO.



Interior Designing (Need of the Time)
Guest: Nasir Ali Mirza, Nisar Mirza, Israr Mirza

Takeaways: Architecturally designed Buildings play a pivotal role in Human's prosperity and it depicts Emotions as well. Interior designing is the need of the century because we are moving in a technologically advanced era where humans do invest in decoration and designing of the home as well.



A revival of Cultural Norms Through Film Making
Guest: Rana Abubakar Khan (Producer, Writer, Director, Film Artist)

Takeaways: Making no mistake while directing a movie is the defining moment of becoming a Movie Director when everything else just becomes other. Pakistan is a country which supports young blood to come forward with their aesthetically creative ideas to show up their societal and cultural norms.



Urdu Adaab Hamari Pahchan
Guest: Prof. Rana Nasim Shahid (EX Principal, Columnist, Poet)

Takeaways: The Urdu language is an Indo-Aryan language that is spoken by over 100 million people, which makes it another important language to study. The language is dominant in India and Pakistan and spoken by large communities in the United States, the United Kingdom, and the United Arab Emirates.



Scholarships and Exchange Program Opportunities
Guest: Engr. Dr. Waqar Baig (Asst. Professor, Scholarships Consultant)

Takeaways: Scholarships help more students to study. A scholarship helps degree students enter into higher education without dependency on the student loan. On the other hand, vast numbers of scholarships are provided for those interested in research like the Ph.D. program and also post-doctoral research.



Media as the 4th Pillar of the State
Guest: Ahmad Rana (Anchor)

Takeaways: Media plays an important role in society as a source of information. In a larger consumer-driven society, electronic and print media are important for advertisement. Advances in communication, largely through the internet, have improved community access to information. Therefore the media play an important role in society as a source of information, but also as a "watchdog" or scrutinizer.



"Covid-19 and Mental Health Consequences and Coping Strategies"
Guest: Dr. Alishba Hania (Assistant Professor, Psychology) & Sadia Zia (Lecturer, Psychology)

Takeaways: The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.



Procrastination

your worst enemy

Let's start by understanding, what is procrastination? We can define Procrastination as an act of delaying or postponing a task or set of tasks. So, we can say it is the force that stops us from following through on what we set out to do. Human beings have been procrastinating for centuries even the ancient Greek philosophers like Socrates and Aristotle developed a word to describe this type of behavior: Akrasia, which means the state of acting against your better judgment. It is when you do one thing even though you know you should be doing something else.

Now the question is why do we procrastinate? And the answer is very simple “we human beings are impatient” we value immediate rewards more highly than long-term rewards. Behavioral psychology research has revealed a phenomenon called “time inconsistency,” it refers to the leaning of the human brain to value immediate rewards more highly than future rewards. This is the reason why you might go to bed feeling motivated to make a change in your life, but when you wake up you find yourself falling back into old patterns. Because your brain values long-term benefits when they are in the future, but it values immediate gratification when it comes to the present moment.



So, we cannot rely on long-term consequences and rewards to motivate the Present Self. Instead, we have to find a way to move future rewards and punishments into the present moment. We have to make future consequences become present consequences if we want to stop procrastinating. We also need to make it as easy as possible for the Present Self to get started and trust that motivation and momentum will come after we begin because Motivation often comes after starting, not before.



Let's talk about how to do that, the first thing we can do is to find a way to make the benefits of long-term choices more instant than it becomes easier to avoid procrastination. One of the best ways to bring future rewards into the present moment is with a strategy known as "temptation bundling". Temptation bundling is a strategy that suggests that you bundle a behavior that is good for you in the long-run with a behavior that feels good in the short-run. For example, only listen to audiobooks or podcasts you love while exercising or only eat at your favorite restaurant when conducting your monthly meeting with a difficult colleague.

Another thing we can do is to make the Consequences of Procrastination More Immediate. For example, if you are exercising alone, skipping your workout next week won't impact your life much at all. Your health won't decline immediately because you missed that one workout. The cost of procrastinating on exercise only becomes painful after weeks and months of lazy behavior. However, if you commit to working out with a friend at 7 a.m. next Monday, then the cost of skipping your workout becomes more immediate. Miss this one workout and you will look like an idiot in front of your friend.

One of the tools psychologists use to overcome procrastination is called a "commitment device." Commitment devices can help you stop procrastinating by designing your future actions ahead of time. For example, you can stop wasting time on your phone by deleting games or social media apps, you can reduce the probability of mindless channel surfing by hiding your TV in a closet and only taking it out on big game days.

As we have already understood that procrastination is usually centered around starting a behavior. Once you begin, it's often less painful to keep working. This is one good reason to reduce the size of your habits and make it as easy as possible because if your habits are small and easy to start, then you will be less likely to procrastinate. Another great way to make tasks more achievable is to break them down. For example, instead of reading a whole book in 1 week set your target to read 10 pages per hour. The faster you complete a productive task, the more quickly your day develops an attitude of productivity and effectiveness.

Lastly, we all need to make productivity a long-term habit and prevent procrastination from crawling back into our lives for that we have to focus on our daily routine. A very effective way is to, at the end of each working day make a small and easy list of tasks you want to achieve tomorrow than prioritize them and repeat this process every day. This practice is simple enough to work because it will remove the friction of starting a task and it will force you to make decisions.

Regardless of what method you use, the bottom line is this: Do the most important thing first each day and let the momentum of the first task carry you into the next one. Be motivated, be productive.

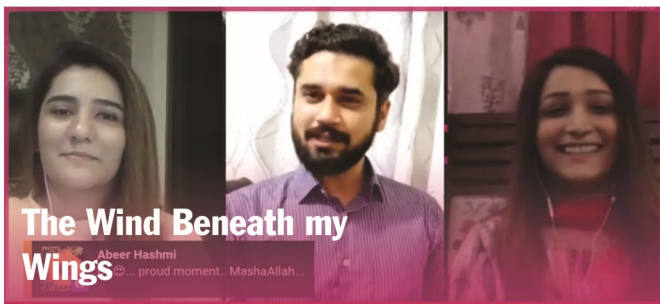


Movahib Anwar

Trainer, Southern Executive Development Center,
Institute of Southern Punjab

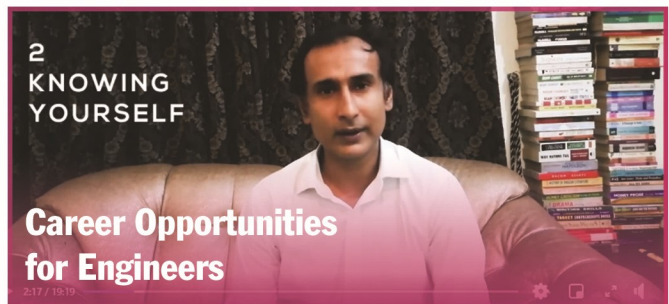
**SHOAIB HAMEED MOHEL**

Manager Trainings & Communications,
ISP



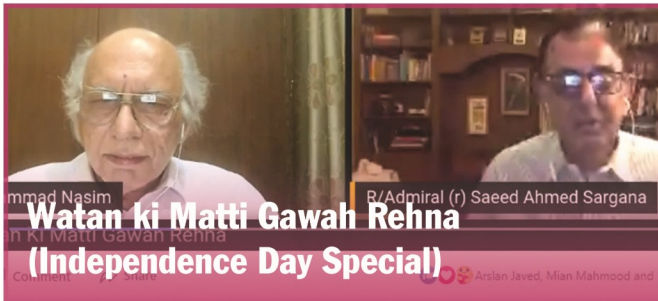
Guest: : Dr. Ansa Qurratul Ain (Seasoned Researcher, Member American Psychology Association, British Psychology Association)

Pakistan is a soil full of talented people and achievers. Women of this country have proven that how in even in a male dominant society and a struggling economy, women can really make a difference. One of these super talented women was invited to speak about her success story, Dr. Ansa Qurratul Ain. Mr. Shoaib Hameed Mohel and Ms. Fatima Zahid conducted the session where she shared her struggles of life and how she overcame obstacles and broke the stereotypes in Pakistan and made a difference. The session was full of praises by viewers and the talk was source of motivation for all the young girls who like to dream and achieve more.



Guest: : M. Amanullah Khan (Deputy Manager Operations Lailpur Thermal Power Plant) and Dr. Azhar Hussain (Asst. Prof. Southern Business School, ISP)

An unguided talent is worse than a guided average student. We at SEDC understand the importance of Career Counseling. ISP is undoubtedly one of the finest places to study Engineering. But most of the times, right after their degrees, students do not have sufficient knowledge about the available opportunities locally and globally. Our experienced guests M. Amanullah shared his market knowledge regarding the opportunities available in both the markets and Dr. Azhar Hussain shed light on the entrepreneurial aspect of Engineering. It was a very insightful and interactive session and students interested in the field of engineering and students who are done with their engineering degrees benefitted a lot from the session. There was another special thing about this session, that along with the host, Mr. Shoaib Hameed Mohel, our student Syed Jawad Ali co-hosted the show who is student of Electrical Engineering at ISP.



Guest: : Rear Admiral (R) Saeed Ahmad Sargana, Dr. M. Naseem (Dean of Engineering & Technology, ISP), Mr. Farhan Gillani (Director QEC, Internships/Placements), Dr. Mansoor A. Qureshi (HOD, Department of Urdu, ISP)

We at ISP have a tradition to celebrate Independence Day with full zeal and zest. We let the world know that we are nation full of life that is progressing with every passing day. We not only like to celebrate the big day, but we try to make it meaningful by inviting people who have either contributed in the development of Pakistan or are currently serving their purposes in their very own domains. We were honored to have Rear Admiral (R) Saeed Ahmad Sargana with us where he shared the stories of his bravery and the greatness of our armed forces. We were so thrilled to have Dr. M. Naseem (Dean of Engineering & Technology, ISP), Mr. Farhan Gillani (Director QEC, Internships/Placements), Dr. Mansoor A. Qureshi (HOD, Department of Urdu, ISP) with us who shared their wisdom on how we all can make Pakistan a great nation.

No matter the pandemic, our spirits were high and our special edition of Independence Day was incomplete without national songs and anthems. Our Music Society members Waleed Abdur Rehman and Asfand Yar created a soulful environment with their beautiful voices and instruments. The session ended with prayers for Pakistan.



Guest: : Mr. Nadir Magsi (Senior Lecturer in Air University Multan, Corporate Trainer, Marketing Consultant)

Multan is one of the richest city in terms of literature and academic contribution. We were honored to have one of the most knowledgeable educationists among us, Mr. Nadir Magsi who is currently serving as senior Lecturer in Air University, Multan. It's always a pleasure to have Mr. Magsi. This time, he talked about the challenges businesses are facing during the ongoing pandemic. He shared several strategies and future prospects that can really help business grow in the new era of pandemic. The hosts Mr. Shoaib Hameed Mohel and Ms. Fatma Zahid made sure that people get the most out of his expertise. The talk was focused on small and medium businesses and benefitted to a wider audience at large.





Guest: : Mariya Hayat (Technologist, Software Engineer)

As much as COVID-19 has changed our lives, it has also made us realize the importance of adaptability and innovation. It showed that technology is way forward. We were delighted to have an online recorded SEDC Talks session of Ms. Mariya Hayat, who is an experienced technologist and software engineer. She has been working with Arfa Kareem Center and several technology related projects on national level. She shared insights on how we will have to put new technologies to use in order to survive the new era of pandemic.



Guest: : Ali Khurram (Musician, Writer, Philosopher, Student of ISP)

Mr. Ali Khurram is a musician, a writer, a philosopher and a proud student of Institute of Southern Punjab. He has appeared on SEDC Talks several times and has always left the audience wondering about the complex aspects of life. This time Mr. Ali Khurram shared 12 principles of growth in chaotic times that he learnt over the years through experiences, reading, and observation. Due to COVID-19 it was a recorded session, but it was full of wisdom and helped us all in one way or the other.



Guest: : Syed Imran Rizvi (Director, Producer, Actor)

During this pandemic SEDC made sure that we keep the learning going with a touch of entertainment and information. In this regard we not only invited people from technical and academic backgrounds but we were delighted to have celebrities from Pakistani media industry to share their experiences regarding culture and entertainment industry of Pakistan. Syed Imran Rizvi earned a good reputation in a very short span of time. He's multi-talented and works behind the camera and in front of the camera. In this insightful session that was conducted by Mr. Sameer Bucha and Mr. Shoaib Hameed Mohel, our guest shared the journey of his struggle and gave some pieces of advice to our young viewers who want to peruse media as their career. He also shared how Pakistani TV/ media industry is working hard to develop a softer image of Pakistan.





Guest: : Saim Ali (Actor, Host, Model)

During this pandemic SEDC made sure that we keep the learning going with a touch of entertainment and information. In this regard we not only invited people from technical and academic backgrounds but we were delighted to have celebrities from Pakistani media industry to share their experiences regarding culture and entertainment industry of Pakistan.

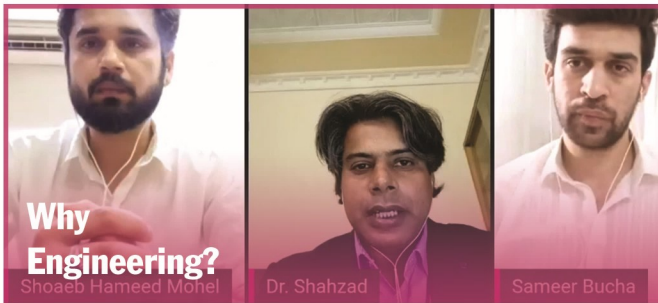
We were delighted to have very famous, young and energetic actor, host and a model, Mr. Saim Ali with us. Mr. Sameer Bucha and Mr. Shoaib Hameed asked questions about misconceptions about media and its role in Pakistan's image and economics. Saim Ali shared how Pakistani media is progressing with every passing day to represent Pakistan on an international level. The session received a lot of questions. The hosts tried to take as many questions as possible.



Guest: : Ammara Sahar (Trainer, SEDC), Mehwish Rizvi (ESF Head/Trainer, SEDC) and Shoaib Hameed Mohel (Manager Trainings and Communications, SEDC, ISP)

Ask the Trainer is a platform where experts from Southern Executive Development Center sit together and talk about personal development. In this session the trainers were asked few of the questions related to their regular lives and then few questions on how can we keep on developing our personalities. The session was conducted by Mr. Arslan Javed who brought his own energy to the show.

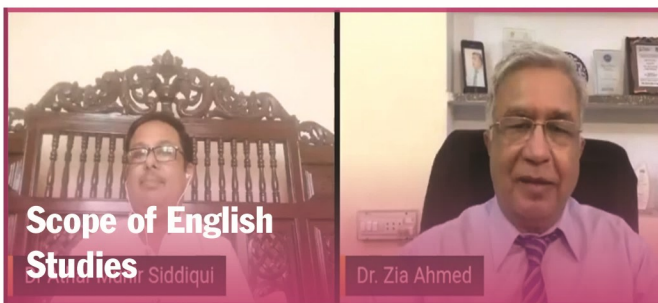




Guest: :Dr. Khurram Shahzad (HOD Engineering and Technology, ISP)

An unguided talent is worse than a guided average student. We at SEDC understand the importance of Career Counseling. Our youth often chooses their fields of study without having proper knowledge and its implications in the market.

In this regard Mr. Sameer Bucha and Mr. Shoaib Hameed had a insightful conversation with Dr. Khurram Shahzad who a river of knowledge when it comes to engineering. Nobody has ever broken down Engineering in the simplest and the most amazing way the way Dr. Khurram had. There was a lot about engineering which most of us never heard about. After listening to his rationale on how engineering is literally building this world, even we wanted to peruse engineering. The session was interactive and the hosts tried to take as many questions from the online audience as possible.



Guest: :Prof. Dr. Zia Ahmed (Professor at GEC Multan), Dr. Athar Munir (Lecturer, GEC Multan), Prof. Dr. Zafar Iqbal (Dean Humanities, ISP) and Dr. Sajid Ali (HOD, English Department, ISP)

The session was full of the most experienced and celebrated academic scholars who have contributed a lot in the field of literature. In this session our chief guest Dr. Zia Ahmed and Dr. Athar Munir shared their knowledge and wisdom about the language and literature and its contribution to the culture of any country. Dr. Sajid Ali moderated the conversation among our guests .



Guest: :Dr. Khurram Shahzad (HOD Engineering and Technology, ISP)

Institute of Southern Punjab is offering world class education to the students of Civil Engineering. Our students are being prepared to contribute into the development of a new Pakistan and make a difference internationally. But sadly, most of the students do not realize the importance of their field and scope of their opportunities. For this purpose Ms. Ammara Sahar and Mr. Shoaib Hameed Mohel invited Khurram Shahzad (HOD Engineering and Technology, ISP) one more time so he can guide students of Civil Engineering about their future prospects and career opportunities. He presented and shared so many options and so many ways a civil engineer can be successful that many students never heard of. It was an interactive session and our students of civil engineering benefitted from the conversation.

Pause on: Positive Self-talk Enhance Self-Worth



Do you ever think who are you? What are your thinking patterns? Have you ever evaluated the quality of thoughts positive or negative? Maybe we can describe our loved ones very well but most of the time we have no words for ourselves. We wish to have time out from the daily routine but we remain busy. We wish to not be at 9 to 5 office but want to earn well. And we wish to not interact with those whom we don't like. In March 2020 WHO declared COVID-19 as a pandemic and all the world was locked down for several months, it was the time called "Paused On". Everything stopped and the best precaution of the COVID-19 was social distancing and quarantining around the globe. Many research projects were initiated in the areas of treatments, solutions for the economic crisis, and psychological outcomes of the pandemic. The pandemic has a long-lasting effect on individuals and communities. At the time of the pandemic we were connected (twenty-four hours) with our family, friends, colleagues through social media, and working from home. The best utilization of pandemic resulted in self-exploring.

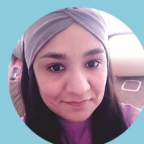
In our life many times we need a break or "pause on" to spend time with ourselves, think, and refresh. Various psychological theories highlighted the importance of self. Social psychologists have explored many aspects of self. David Myers (2010) defined the self as a combination of self-concept, self-knowledge, self-esteem, and social self. Self-concept is our belief about oneself, also called self-perception and self-identity. Self-concept emphasizes on "who am I?" because it is the combination of possible selves and self-schema. Possible selves include; what we are, what we want to be (dream to be), and fear of becoming what we don't want to be. This is a type of self-motivation to progress in life with vision. Self-schema are mental images of our self, "What am I" is our perception, memory, evaluation of self, and others as well. Self is developed by cognition, personality traits, genetic factors, and social factors.

Carl Rogers (1959) explained three component of self-concept; self-image (how a person views oneself), self-esteem (self-worth/ value of oneself), and ideal self (wish to be what really like). Possible selves (Markus & Nurius, 1986) include past, present, and future self. The perception of past self and future self has a strong impact on the present self. The theory of temporal self-appraisal states that a person can maintain a positive self-concept by avoiding negative evaluation of self and pay more attention to his/her positive aspects of self (Wilson & Ross, 2001). Self-concept is all about how we perceive our self.

Assessing negative and positive aspects of self is important but emphasizing the positive is key to well-being in life. There are many ways to assess self. The best way is just to write about yourself; what you want to be (for example I want to be happy), what you don't like to be (e.g. I don't want to be stuck due to others, loss, or fail) and what you are actually (e.g. I am anxious or stressed). At this point, self-schemes can save you when you suggest yourself to be more strong because you don't want to be stuck in life, or you don't want to be anxious for the future. It is never late to care about yourself, to express your feelings, and do what you want to do.

Live the life you want to have without regrets and judgments by others. It is good to care for your loved ones but without your own wellbeing, you cannot fulfill the relations around you (personal and social life). The core of "self" is what you think about yourself, think the best of yourself, realize your negatives, and practice goodness only. Your self-talk will bridge the reality and self-image, the more you talk positively the more you will be strong. Self-knowledge and Self-perception (self-awareness, self-esteem) is the key to social and individual wellbeing. As Bulleh Shah said;

*You have learned so much
And read a thousand books.
Have you ever read your Self?
You have gone to the mosque and temple.
Have you ever visited your soul?
You are busy fighting Satan.
Have you ever fought your
Ill intentions?
You have reached into the skies,
But you have failed to reach
What's in your heart!*



Sidra Liaquat

PhD Scholar, Lecturer & Social
Organizational Psychologist

Batein Mann Ki

with Mohsin Sher



1-Batain Mann ki with Mr. Rana Abid Hussain

Deputy Director Rector secretariat-ISP

During COVID-19 being a member of ISP FAMILY, I tried to introduce some gems of ISP to all those people who don't know them personally. In my first episode of Batain Mann ki, I interviewed Mr. Rana Abid Hussain about his tough journey of life. In that particular session, he shared openly a lot of deep and thought-provoking insights about how he started his professional career. It was great to interview Rana Abid Hussain. I got a lot of positive feedback on this first session with suggestions to bring some more faces to explore more about life at large.



2-Batain Mann ki with Mr. Saqib Nazir Ch

Director General/Registrar-ISP

I remember when I was planning about this online show so I went first to formally invite Mr. Saqib Nazir Ch on this show. As I told about the basic agenda and objective so he was not ready at the first meeting. But with time I succeeded to convince him for being on the show as the main objective was to create a bridge between successful people and students. So that they get more direct exposure and guidance in a small span of time. It was one of the great shows as Mr. Saqib Nazir Ch share the hidden aspects with the viewers that were very fruitful for young leaders.



3-Batain Mann ki with Madam Nuzat Safoor

Principal Women campus-ISP

I got a lot of requests to bring dynamic women so that the show can be a way forward for females specifically from the South Punjab region. It was a huge honor for me as Madam Nuzat Safoor joined us in 3rd episode. The great thing was she openly spoke about how she started her journey from a small city known as DG khan. She shared the tough journey not only professionally but also gives us a way forward about how she managed during and after her marriage. I get a lot of appreciation for this show.



4-Batain Mann ki with Mr. Hameed Ullah Shaikh

Director Examination ISP

With every ladder of this show, I try to dig deeper to get to know about the people who are having a great worth in their career. In the 4th episode, I interviewed Mr. Hameed Ullah Shaikh, one of the highly disciplined people I have met ever. In that particular episode, he reveals many things like how he qualified for the commission exam and did his best for people by using his special powers. It was amazing to know the artistic side of his personality when he shared that he is a poet and the author of two books. Then he elaborates further that how poets see the world.



5-Batain Mann ki with Mr. Farhan Gillani

Director QEC ISP

It has always been a great experience to meet Mr. Farhan Gillani. He is such a welcoming person and is a blessing for me to interview him about his wonderful journey. He by himself go into minor details while sharing his journey as he knows the impact and importance of such insights that can creates a great learning experience for people who are looking for guidance.



6-Batain Mann ki with Dr. Muhammad Nasim

Dean of Engineering and technology department ISP

During COVID-19, I am blessed enough to be part of such a family who is having the gems inside. Dr. Muhammad Nasim is one of the most senior people in the ISP family. Having more than 5 decades of national and international experience. A very charming, lovable, and graceful personality he is. It was a huge honor to interview him in person. He openly shared each and every phase of his life. The amazing thing was the time factor. The conversation was so engaging that one hour just flies away in moments.



7-Batain Mann ki with Mr. Farooq Ch

Controller Examination ISP

As the show was going up, I felt humbled to meet and explore great people. Mr. Farooq Ch was one the most humble and decent nature person I have ever met. He shared great insights into his innocent style. The conversation was so engaging that I get many phone calls and messages for congratulations.



8-Batain Mann ki with Dr. Umbreen Khizar

Head of Psychology Department ISP

A few people are blessed with high positions and honor at a young age. I consider them they are blessed enough and use their potential at best to earn this position. Dr. Umbreen Khizar is one of those people. I admire her as she is a role model for all of us specifically the females of this Nation. She shared her journey as she was having an international experience while she was studying. She beautifully shared the role of his father to make her at this point of excellence. No doubt it was a great experience to interview such a dynamic lady.



9-Batain Mann ki with Mr. Awais Majeed

Director Coordination ISP

In the current times, the man with genuine in his humanness is a blessing. Mr. Awais Majeed is one of the genuine and respectable figures who is handling the coordination and student affairs of ISP. It was one of the greatest experiences to interview him. He revealed many personal shocking facts about his journey towards good to great. The existence of such people in the ISP is a blessing for all.



10-Batain Mann ki with Dr. Khurram Shahzad

Head of Civil engineering department ISP

In this journey of Interviewing and knowing the hidden or untold side of legends, I explore great lessons about the path towards reality. It was a highly thought-provoking session especially when he connects the matter with spiritual power. In that particular session, I learn a lot about how we can see nature from different perspectives.

OVER THINKING



Nowadays overthinking is a very common problem in our society. When you think too much, instead of acting and doing things, you are overthinking. When you analyze, comment, and repeat the same thoughts over and over again, instead of acting, you are overthinking. This habit prevents you from taking action. It consumes your energy, disables your ability to make decisions, and puts you on a loop of thinking and thinking over and over again. This is a kind of thinking that wastes your time and energy and prevents you from acting, doing new things, and making progress in your life. It's like tying yourself to a rope that is connected to a pole and going in circles again and again. In this situation, there is more likelihood of worry, anxiety, and lack of inner peace. On the other hand, when you don't overthink, you become more efficient, more peaceful, and happier. Overthinking can act as a self-made trap where you deliberately confine yourself inside a box from which either you cannot get out or you are simply unable to think out of the box.

Overthinking is a common and natural phenomenon that can hit anyone anytime without any prior notice or warning. Overthinking can cause some serious problems and damage to your personal as well as professional life depending on its severity as well as your ability to deal with it. The risks associated with overthinking are not only enhanced but become a serious concern and a threat when it is supplemented with fear, stress, anxiety, and negative emotions. Under such circumstances, you are unable to do the simplest of tasks in life without anxiety and your outlook of life is very negative.

It is very important to cope or deal with overthinking so before you can begin to address or cope with your habit of overthinking, you need to learn to be aware of it when it's happening. Any time you find yourself doubting or feeling stressed or anxious, step back and look at the situation and how you're responding. In that moment of awareness, is the seed of the change you want to make.

The fear that grounds overthinking is often based on the feeling that you aren't good enough, not smart enough or hardworking enough or dedicated enough. Once you've given an effort your best, accept it as such and know that, while success may depend on some things you can't control, you've done what you could do. In many cases, overthinking is caused by a single emotion: fear. When you focus on all the negative things that might happen, it's easy to become paralyzed. Next time you sense that you are starting to spiral in that direction, stop. Visualize all the things that can go right and keep those thoughts present and upfront.

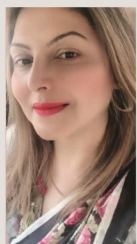


Nazia Jahangir

Lecturer, Department of Psychology
Institute of Southern Punjab



SIDRA JAMEEL QADRI
TRAINER, ISP



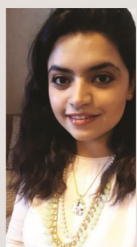
COVID-19
Guest: Dr. Iffat Bucha (Deputy District Population Welfare Officer (Technical))
Special Guest: Mam Nuzhat Safoor (Principle of Women block)
Hosts: Miss Sidra Jamil Qadri & Miss Mahwish Rizvi

Takeaways: Having information and facts about COVID-19 helps diminish students' fears and anxieties around the disease and support their ability to cope with any secondary impacts in their lives. From the platform of ISP Women Block, the session was conducted on COVID_19. Moderators Miss Sidra Jamil Qadri and Miss Mahwish Rizvi invited esteemed guests Mam Nuzhat Safoor (Principle of Women block) and Dr. Iffat Bucha (Dypty district population welfare officer(Technical) in SEDC Studio to provide the guidance that would be beneficial for not only our women block students but also to the audience.



Obstacles make you Stronger
Guest: Moiz Shaukat (Humanitarian, Motivational Speaker, Education and Peace Activist, Author. Founder of Moiz Shaukat Foundation)
Hosts: Miss Sidra Jamil Qadri & Mr. Mian Mian Mahmood Raza

Takeaways: "Moiz Shaukat" Humanitarian, Motivational Speaker, Education and Peace Activist, Author. Founder of the Moiz Shaukat Foundation. Titled as "Super Hero of Pakistan" by Neo News in 2017. Got Pakistan's best youngest inspirational award. He was invited to SEDC STUDIO to share his inspirational life journey and talk about "Obstacles make you stronger". He is unfortunately disabled and also a stammerer but he never let his disability be an obstacle in his way. He often quotes that "What do I need legs for when I've wings to fly" which becomes a source of motivation for many youngsters. The session was a great inspiration for our students and they learned that if a disabled person can achieve such things in his life everyone can achieve.



SEDC Studio Session
Guest: Miss Tamkenat Mansoor (Youtuber, Content creator, Actor)
Hosts: Miss Sidra Jamil Qadri & Miss Aniqah Ehsan

Takeaways: Positive practices of social media increase student's social intelligence and understanding of human behaviors. Social media also exposes students to a whole new way of learning. A renowned personality Social Media Sensation "Miss Tamkinat Mansoor" was invited by Miss Sidra Jamil Qadri in SEDC STUDIO. She had been interviewed by many social media platforms and News Channels like BBC Urdu. She has a YouTube Channel "No filters" and has a talent for acting and she is also a content creator and a Doctor. She shared her insightful thoughts with us regarding social media and her inspirational journey as well.



Train Your Mind, Attain Your Goals.
Guest: Miss Muneeza Butt (Senior Psychologist & Manager (Violence Against Women Center, (VAWC) Multan)
Hosts: Miss Sidra Jamil Qadri & Miss Aniqah Ehsan

Takeaways: A lady who is Innovative, passionate, enthusiastic, and determined to serve the purpose of being in the World and has 16 years of experience in the field of Clinical Psychology "Miss Muneeza Butt" was invited in a session to talk about "Train your Mind, Attain your Goals" She shed light on how you can train your mind. To achieve success, you need to channelize your thoughts in the right direction. Once you train your mind for success, you can conquer anything....subconscious which will start generating creative ideas to attain your goal. Our students get practical knowledge through this session and asked questions during the session.



ISP Women Block

Guest: Mam Nuzhat Safoor (Principle Women Block)

Hosts: Miss Sidra Jamil Qadri & Miss Mahwish Rizvi

Takeaways: A session was conducted from the platform of ISP Women Block. Moderators Miss Sidra Jamil Qadri and Miss Mahwish Rizvi invited the Principle of Women Block “Mam Nuzhat Safoor” for discussing the separate learning opportunities for girls in ISP. It helped viewers to understand more about the infrastructure and facilities provided by ISP to their female students.



Trust & Covid-19

Guest: Muna Khan (Journalist, Lecturer IBA's Journalism Centre, Karachi)

Hosts: Miss Sidra Jamil Qadri & Mr. Arslan Javed

Takeaways: Muna Khan began her practice in journalism in 1995 after graduating from SOAS in London. She has worked in print and online journalism since 1995 in Pakistan, Vietnam, and the United Arab Emirates. Muna has worked at Dawn, both as an editor of the weekly Review Magazine and later as an editorial writer at Vietnam News in Hanoi, also worked as an editor of Al Arabiya English in Dubai, and was a part of the launch team of The Express Tribune newspaper. Recently she worked as an editor at Newsweek Middle East in Dubai. The main focus of this session was an awareness of whom to trust for information during the Pandemic. As a journalist, she shed light on the pros and cons of social media and news. To make students understand that everyone has to evaluate the news from a reliable platform by themselves instead of believing in it.



Life in a Backpack (The Adventure Begins)

Guest: Mr. Shueyb Gandapur (Traveloguer, Chartered Accountant, Writer, Cultural Enthusiast)

Hosts: Miss Sidra Jamil Qadri & Mr. Arslan Javed

Takeaways: An interactive session with a young professional Chartered Accountant who started from South Punjab to travel more than 85 countries of the world. Currently residing in London. He is a writer, a photographer, a traveloguer, and a cultural enthusiast. Mr. Shoaib reflected on the impact of traveling on personal and professional growth. This session was a source of inspiration for students to pursue their passion along with their professions.



Learning the Mind Sciences

Guest: Dr. Moiz Hussain (Founder of Institute of Mind Sciences, Sufi Master, TV anchor, Trainer of NLP, Hypnosis, Reiki, EFT, Yoga, and creator of the Fourth Dimension education program)

Hosts: Miss Sidra Jamil Qadri & Mr. Arslan Javed

Takeaways: Dr. Moiz Hussain has been changing the lives of people of all ages, professions, and nationals through his workshops, seminars, lectures, and theosophical sittings all over Pakistan. He is internationally acknowledged in the field of mind sciences and Sufism. This session with Dr. Moiz Hussain, enlightened us with the possibilities that could be achieved through mind sciences. The students learned from the experiences of Dr. Moiz which will help them to develop their personalities and groom themselves to become better human beings. This session offers to takeaways for all audiences and will impact cognitive development.

“ THE TIME WHEN
WE STAYED HOME
BUT CONTINUED
LEARNING



A session with Secretary Health Punjab,
Guest: Capt (R) Muhammad Usman Younas (Secretary Health, Punjab)
Hosts: Miss Sidra Jamil Qadri & Mr. Arslan Javed

Takeaways: In times like COVID-19, we have witnessed real-life heroes who have worked tirelessly to save humanity. There are many front end warriors who have faced such challenges throughout their lives. Among those, Capt (R) Muhammad Usman Younas, Secretary Health, Punjab a renowned professional, the finest personality who is having a proven track record in Pakistan's bureaucracy was invited on a prestigious platform SEDC STUDIO. He has served at several key positions in Punjab and all over Pakistan like Deputy Commissioner (Astore) Gilgit Baltistan, DCO Lahore, Director General Saf Pani project Punjab, Director General Punjab Revenue Authority, Director General Punjab Food Authority and many others. Now a day he is leading the primary and secondary health care department of Punjab. His efforts in COVID-19 have been pivotal in providing timely and state of the art health care facilities in the province.

The session was started by “Miss Sidra Jamil Qadri” (Trainer, SEDC). She warmly welcomed the esteemed guest and introduced him to the audience. During the session Capt (R) Muhammad Usman Younas narrated his success journey, his inspirations to join Pak Army, and come a long way ahead into the Civil Service of Pakistan. He also talked about how stress affects the productivity of a person. He threw light on the importance of physical and mental health and an interesting perspective to upgrade yourself which was “Me Time”. According to him, one should invest at least an hour daily in one's physical and mental health equally to ensure a long term healthy contribution towards society. He also emphasized on Rule of Law and said that there was no one above the law. He also quoted his real-life examples to make the audience understand.

The objective of this session was to provide our students with a role model enabling them to pursue a strong career and successful life.

ASK THE TRAINER

“Overcoming the fear of asking questions”

Host: Miss Sidra Jamil Qadri

Asking questions can help us go to greater heights but according to research, people are fearful of asking questions. In 3rd episode of Ask the Trainer, Mr. Mohsin Sher “Manager Training & Staff Affairs, SEDC” Mr. Arslan Javed “Trainer & Program Coordinator, SEDC” and Miss Fatima Zahid “Trainer SEDC” were the guests. Miss Sidra asked the trainers regarding the reasons why students hesitate to ask questions and what strategies they can adopt to overcome that. From this session, students learned many strategies from the trainers that how to overcome the hesitation and fear of asking questions.

“The Importance of Freedom of Mind”

Host: Miss Sidra Jamil Qadri

Freedom of mind allows you to make yourself that independent to take decisions boldly about your life and to speak up for something better. In the 4th episode of Ask the Trainer was conducted on 14th August 2020. Mr. Movahib Anwar, Trainer SEDC, Mr. Hamid Najmi, Trainer SEDC, and Miss Ushna Tariq, Trainer SEDC were the guests. They talked about the importance of freedom of mind. Students get an insight into what is freedom of mind and why it is important. And what steps they should take to be a responsible person in society and as Pakistani.

Solar Energy

MAKING ELECTRICITY
CHEAPER AND AVAILABLE TO
OVERCOME LOAD SHEDDING

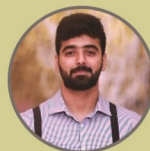
Pakistan is facing energy crises for a long time and an increase in energy demand has been existing for a truly prolonged stretch of time. The gap between expanding inhabitants and the requirement for more electricity is yet to be crossed over by the concerned departments; the condition has worsened because of unfair power cuts and because of the increase in the electricity costs.

Pakistan's energy creation is vigorously subject to non-renewable energy sources, for example, coal, oil, and gaseous petrol. At present, the nation's energy mix comprises of 64% petroleum derivatives, 27% hydropower, and 9% different renewables and nuclear power. The matter of adjusting the nation's power supply in contrast to the demand remains largely unresolved. On the other hand, the old power transmission and distribution networks add to the power loss.

Because of the current Covid-19 lockdown circumstances, energy demands in residential units have expanded drastically. It is predicted that the national energy request will be 8-fold by 2030 and 20-fold by 2050 (source: Solar Energy Development in Pakistan: Barriers and Policy Recommendations). There is always a need available for sustainable energy alternatives to overcome the high energy demand in the present and near future. Steps need to be taken to ensure we dissolve our dependence on traditional energy resources and be more environmentally conscious.

The idea of energy independence is tempting, however, it takes a total move to clean efficient power vitality to accomplish it. It also urges us to become responsible citizens by enabling us to utilize 100% renewable energy, and contribute to make Pakistan a cleaner, greener country. Different private sectors are assisting Energy Departments to capture reliable energy sources for both commercial and residential zones. It will help in controlling the generation of energy, consumption of energy, and most effectively bill management. The energy at lower costs will be available for more than 25 years and zero percent worries for increasing the cost of units and ever-fluctuating.

Different smart energy inverters are available to provide uninterrupted energy for the day in and out with auto-generated solar energy that stores excess energy via available batteries for night usage. Methods like on grid/off-grid/hybrid systems can be used in sending energy back to the grid and in reducing electricity bills for the public. Systems are monitored via phone apps with remote monitoring of the system. Once we are on the track to get used of solar energy, the requirement of foreign sources of fossil fuels will become less of a need. Our economy will be improved and permanent environmental stability will be cultivated as every other country is striving for a positive change.



Engr. Rana Sarmad Mahmood

Lecturer Department of Electrical Engineering
Institute of Southern Punjab



SEDC|talks.

ideas that matter.



How to stay positive and productive during these times

Guest: Mr. Khalid Saeed
HOD, Psychology Department/
Educationalist

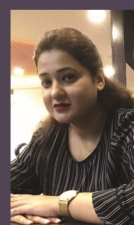
Changing times demands changing habits. Due to the lockdown, we all have to stay at home most of the time and learn to adapt well in this situation. To share some helpful ways to stay productive and positive in these challenging times, Sir Khalid Saeed was invited to SEDC Talks to give his most profound advice.



Myths about COVID-19

Guest: Dr. Movahid Anwar
MBBS - FCPS Surgery
Consultant

We all have been through a lot due to the Covid 19. In these times the most important tool a person can have is the right information about how to prevent it and how to take care of yourself if God forbids you to get the virus. Also, a lot of misinformation and myths were there due to a lack of research and indulgence in media. So, to clear them and give accurate information Dr. Movahid Anwar was invited to SEDC Talks. The information he shared made it easier to understand what is real and what is being exaggerated by media.



Behavior Management of University Students

Guest: Amna Babar
Lecturer/Researcher

The Institute of Southern Punjab is extremely focused on behavior management and modification of students. It's also one of the biggest concerns of the Southern Executive Development Center that our students are at their best behavior. To shed more in-depth light on this topic we invited Miss Amna Babe a gold medalist in M.Phil. Sociology and a successful Lecturer in a virtual cup of tea. She discussed the topic "Behavior management of university students" in detail. It was a fruitful discussion for both students and lecturers.



Effect of Current Times on Mental Health

Guest: Nadia Faheem
Clinical Psychologist

Euphoria is a platform, specifically dedicated to mental health. During the pandemic, almost everyone was feeling a little pessimistic and stressed. So, to remind us of the ways to be positive and more optimistic we invited Nadia Faheem (Psychotherapist). She answered some questions of the students and she shared some very fruitful insights about the topic.

SOUTHERN SCHOLARS

SEDC. EUPHORIA

Let's create magic!



Movahib Anwar
Trainer, SEDC

THE SAFETY INSIDE

Imagine having asthma, COPD, pneumonia, tuberculosis, and lung cancer just because of breathing inside your own clean house.

Authorities were claiming an unblemished atmosphere during the lockdown. There was an observable reduction in air pollution around the globe that even a layman could feel the difference. Water in the rivers was getting clearer and clearer every day. However as the countries have opened up again, the outdoor air pollution level got back up too. When COVID 19 forced lockdown earlier this year, one positive thing occurred involuntarily, drop-in outdoor air pollution but we negate the indoor one.

Humans as the guardian of the earth always care about outdoor air pollution more, we try to make our atmosphere clearer with different remedies but we rarely care about the pollution we are generating and absorbing every day inside our houses. If we talk about the upsurge in indoor pollution, According to WHO, around 3.8 million people a year die from exposure to household air pollution. This household air pollution comes from a variety of sources and includes a wide range of gases, chemicals, and other substances. Around 3 billion people cook and heat their homes using polluting fuels (i.e. wood, coal, dung, kerosene) and inefficient technologies. Cooking and heating with polluting fuels and technologies produce high levels of household air pollution which includes a range of health-damaging pollutants such as fine particles and carbon monoxide.

The most common products which we use in construction and decoration our houses can have asbestos (the leading cause of indoor pollution). During the 20th century, American industries used many types of asbestos products for construction, manufacturing, and chemical refining. Asbestos products are still commonly used in developing nations such as Russia, China, India, and Mexico.

Common Types of Asbestos Products are roofing sealant, pipe lagging, duct tape, furnace cement, and glue for flooring, wall panels, ceiling tiles, and interior fixtures. One of the most dangerous types of pollution is perhaps the most familiar: smoke. Pollutants emitted by the incomplete combustion of solid fuels or kerosene for cooking, heating, and lighting are associated with serious health risks.

Also when we clean our houses which we are trying to clean perfectly about this new pandemic, we are blindly using such products which are intensively harmful to our health. Here the point to ruminate is

Are we really safe inside our own houses? The only solution I can think of, is a simpler life close to nature and be conscious about what you're bringing home.



Ammara Sahar

Trainer, Southern Executive Development Center
Institute of Southern Punjab

SEDC
STUDIO.

ISP MUNCH



SAIMA ALI
Trainer, SEDC
ISP



Guest: Mr. Farhan Gillani, Huzaifa Akbar and Mishal Rehman

In the first episode of ISP Munch we warmly welcomed Mr. Farhan Gillani, Huzaifa Akbar Dhareja and Mashal Rehan. We talked about all segments of ISP MUNCH and the unique thing is to provide a virtual platform SEDC Studio to the students of ISP. In the segment Laugh Factory, Babar, Rafia and Misbah performed comedy skits and stand up comedies. The session was closed with prayers for the prosperity of the country and the world in general.



Awais Majeed
Director Coordination

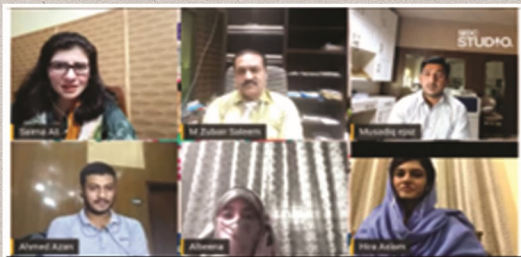


Sheher Bano
Assistant Registrar

Guest: Mr. Awais Majeed & Sheher Bano

In this session of ISP Munch we invited Mr. Awais Majeed Director Coordination and Sheher Bano, Asst. Registrar, Institute of Southern Punjab. In this session we talked about ISP's vision of education and particularly how ISP is investing on the education of its students. We talked about the challenges and solutions regarding admissions amid pandemic.

In our entertaining segment, Laugh Factory our students Babar Salman and Rafia made us all laugh while sitting at home.



Guest: Mr. Zubair Saleem, Mr. Musadiq Ijaz and Ms. Hira Aslam

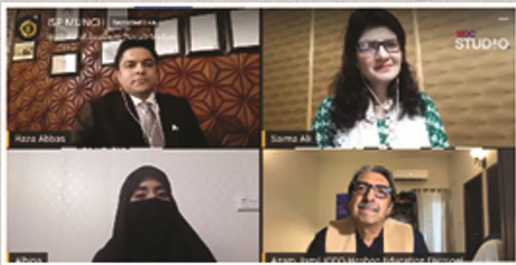
In this episode of ISP Munch we were delighted to invite Mr. Zubair Saleem, Mr. Musadiq Ijaz and Ms. Hira Aslam. It was a very fruitful conversation both for students and faculty of ISP regarding examinations during the unfortunate pandemic COVID-19. In our student segment, Apple Box a student, Ahmad Azan asked the question that how ISP Examination department will issue the Admit Cards in pandemic situation, to which Mr. Musadiq replied that the Admit Cards will be upload on student portal before exams.



Guest: Eng. Prof. Dr Muhammad Nasim, Dr Muhammad Khurram Shahzad, Dr Muhammad Humza, Dr Muhammad Aslam, Zahid Riaz

Hosts of ISP Munch, Saima Ali, Co Host Waseem Bashir & Faiza Warmly welcomed Eng. Prof. Dr Muhammad Nasim, Dr Muhammad Khurram Shahzad, Dr Muhammad Humza, Dr Muhammad Aslam, Zahid Riaz in ISP MUNCH.

Our guests talked about investment on study, through Engineering department in pandemic, how students can get their better knowledge in pandemic situation.



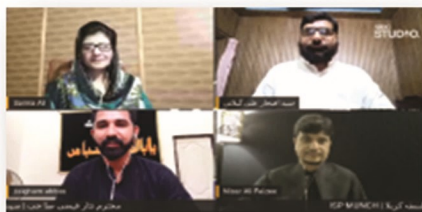
Guest: Mr. Azam Jamil, RT. Rev. Leo Rodrick Paul, and Dr. Kishwar Murad Kishwar

Host Saima Ali, and co-host Ch Faiz Rasool warmly welcomed Azam Jamil, RT. Rev. Leo Rodrick Paul, and Dr. Kishwar Murad Kishwar at ISP MUNCH. This episode of ISP Munch was dedicated to the celebration of 73 years of Pakistan. The speakers talked about the future of Pakistan and how minorities have a huge role to play in the development of Pakistan.



Guest: Mr. Farooq Chaudhary, Mr. Muhammad Aleem and Miss Shehrish

In this episode of ISP Munch, host Saima Ali, and co-host Maimoona Mehmood warmly welcomed Mr. Farooq Chaudhary, Mr. Muhammad Aleem and Miss Shehrish at ISP MUNCH. Talked about issues related to Degree and transcript during the pandemic.



Guest: Shah Ali Azmat and Nisar Ali Faizi

In this episode of ISP Munch, host Saima Ali, and co-host Iftikhar Ali Gillani warmly welcomed Shah Ali Azmat and Nisar Ali Faizi at ISP MUNCH. Our student Zaigham Abbas came online and asked few relevant questions from the panel and interacted with our guests.

C H A N C E S

We get chances by chance, by luck, and sometimes by effort. It happens to us subtly. There are these chances that we celebrate or regret once they are gone. You may have it with all the choices to rejoice the moments until they are gone or you can keep complaining about its very being and then miss it once they are no more available that way. I'm talking about chances.

You may have a chance to share love and care with your parents and it's up to you whether you avail it or not. You may have a chance to cook for your kids that you can either do by putting the flavors of your love in it, or by complaining about doing it. You may have a chance to giggle with your friends and celebrate a simple life or you can just keep seeing your people through the lens of status, materialism, and many other unavailable things and cannot be grateful or happy at all.

So, sometimes that duration of the availability of these chances prolongs and it is when we start cursing it. How ungrateful we are. Life's simple: it can be made a source of happiness once we enjoy the act of giving. Giving not in terms of monetary form but all of its simplest ways, whether it be giving a smile, or a compliment, expression of affection and love, putting efforts to make little things happen for others, creating easiness, buying your loved ones something they need or they wish for.

The problem starts once we start measuring and weighing what we give. Does it really matter as far as someone is important and lovable to us? No, it does not. It only happens once the love which is almost unconditional in its early stages starts considering those conditions which only matter if considered. That is the problem with these emotions, they are blind at early stages and gradually start seeing what is irrelevant to their spirit. Otherwise, love and affection are such innocent emotions that these are equally pleasurable both ways, whether you are at the giving end or receiving end. If it exists on both ends, the bond flourishes unless one starts to consider other unimportant ways.

People who love you are invaluable, value them. They love you and that is what's needed. Why expecting more? In fact, what can be more after the best? Realize and be grateful for all the love that you receive in multiple forms and expressions. Love is not bound to be expressed in words, or money, or anything else but it is in all these things. Everyone expresses it in their very own unique way. Do not compare the expressions and prioritize one over another. It's an insult to the emotions of love itself. Be kind and admire everyone. Love yourself and love your loved ones. You need it and them too. Just look around with your eyes closed and find these many subtle chances you have. These chances are worth-noticing and being thankful for.



Sadia Zia

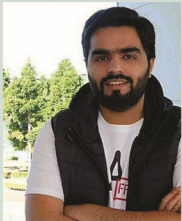
Lecturer, Department of Psychology
Institute of Southern Punjab Multan

Virtual Cup of Tea



Hamid Najmi

Trainer, SEDC
Institute of Southern Punjab



Virtual Cup of Tea – Digital Marketing

Guest: Mr. Ahmad Nabeel
Lecturer in Bond University
Australia

A Session Planned to discuss the situation of marketing function in corporate world. Mr. Ahmad Nabeel who is working as Lecturer in Bond University Australia has shared his knowledge about the modern marketing concepts. How marketing has evolved over the period of time as a subject and as a strategic business function. It was indeed a fruitful session where insights from global perspective and the practices of Local Corporation were discussed in detail.



Virtual Cup of Tea – Breaking Barriers to a good life

Mr. Kamran Rizvi
CEO Carnelian

An amazing session conducted with our esteem guest Mr. Kamran Rizvi, CEO Carnelian on personal development. The main idea of the discussion was to motivate youth of southern Punjab to leave their comfort zone and take charge of their lives in order to build a good life. The central idea was to have a meaningful life full of initiatives rather than a life that one spends to collect the convenience.



Virtual Cup of Tea – The HR Hustle

Guest: Mr. Faisal Hayat
HRBP Pak Arab Fertilizer &
Fatima Energy

In this session we had Mr. Faisal Hayat (HRBP Pak Arab Fertilizer & Fatima Energy) and Mr. Farhan Gillani (Director Enhancement Cell, ISP). The session started off with the discussion regarding basic challenges faced by current Human Resources. How hard HR has been hit by the Covid-19 situation all across the globe. And the steps taken by organizations to facilitate the talent management at its best during time of crisis.



Virtual Cup of Tea – CPEC & GWADAR – The Way Forward

Capt(R). Raja Athar Abbas
Assistant Commissioner
Gwadar

CPEC and Gwadar port are being among the most discussed topics not only in Pakistan but internationally. In this session we had Capt(R). Raja Athar Abbas (Assistant Commissioner Gwadar) to discuss about the strategic importance of Gwadar and the updates on projects related to CPEC. The discussion revolved around the key decisions taken for the development of huge infrastructure and the threats faced by the authorities. It was also discussed that how a new pool of opportunities is in formation and will be available for Pakistan after the successful completion of these projects.

DUST *to flowers*

Every one of us wants to be happy and successful. Some people say that happiness is expensive, implausible, or too difficult to practice. As a matter of fact, victory is incomplete without happiness. Moreover, happiness can turn a small achievement into glory. Thanks to Mr. Nadeem Abidi, who told us through modern social science evidence that a happy person lives a superior life and happiness is a state of mind which means, if one can master his mind to create a state of happiness whenever he wants, he can be happy all the time. He will be able to enjoy every success, every victory, every moment much more than an unhappy person. It is interesting to know that we can get our happiness mode “ON” anytime we want by making a few little changes to our attitude and habits.

First of all, we have to identify the factors that take away our happiness. For example, have you ever found yourself in a situation where your to-do list seems endless, deadlines are fast approaching and you find yourself saying ‘Eek! I feel stressed!’? Stress is very lethal to happiness. Start writing all that can happen to you in case you fail in your exams. Write down every possible outcome of the anticipated failure. And then, make a list of options you can do to avoid it, or what you can do to restore after that failure, to repair the damages, or to recover the losses. As there is no undo button in life, so go deep, plan well, and stick to it. Convert your goals into small attainable milestones, and keep walking. Keep plenty of free time for yourself in your daily work plan. Restore your energies and focus on your mission. You’ve got a life. In case, if you go off the schedule, don’t panic, it’s all right to start over.

Reading healthy and relevant literature and solving your problems on paper in the first place, gives you a bigger, wider, and clearer picture of the overall scenario. When you classify your targets into smaller milestones, your mind gives you a message that you can do it. This is how we scientifically utilize our mind’s strength to breakdown the Himalayas of the problem into dust. And when we go with the plan and put full effort, we get flowers of achievements and fruits of success from that dust. We can always stay happy by making this practice our second nature. It can make us smile at every difficulty in life.

Here are some tips shared by Matthieu Ricard (The World’s Happiest Man)

Tip 1: Stop thinking “me, me, me”

Tip 2: Do a 10 second kindness exercise every hour

Tip 3: See the smiling picture of the person you love the most (wife, children or parents) for 1 minute

Tip 4: Eat Chocolate or Walnut

Tip 5: Stretch your face and smile

“Happiness is the main object of our aspirations, whatever name we give to it: fulfillment, deep satisfaction, serenity, accomplishment, wisdom, fortune, joy or inner peace, and however we try to seek it: creativity, justice, altruism, striving and completion of a plan or a piece of work”

Matthieu Ricard



Saima Ali

Trainer, SEDC
Institute of Southern Punjab Multan

the right lifestyle.



Lifestyle is a way used by people, groups, and nations and is formed in specific geographical, economic, political, cultural, and religious text. Lifestyle is referred to the characteristics of inhabitants of a region in a special time and place. It includes day to day behaviors and functions of individuals in job, activities, fun, and diet.

Today, wide changes have occurred in the life of all people. Malnutrition, unhealthy diet, smoking, alcohol consumption, drug abuse, stress, and so on, are the presentations of an unhealthy lifestyle that they are used as a dominant form of lifestyle. Besides, the lives of citizens face new challenges. For instance, emerging new technologies within IT such as the internet and virtual communication networks, lead our world to a major challenge that threatens the physical and mental health of individuals. The challenge is the overuse and misuse of technology.

“The human body has been designed to resist an infinite number of changes and attacks brought about by its environment. The secret of good health lies in successful adjustment to changing stresses on the body.”

– Harry J. Johnson

What is a healthy lifestyle, exactly?

These five areas were chosen because prior studies have shown them to have a large impact on the risk of premature death. Here is how these healthy habits were defined and measured:

1. Healthy diet

Which was calculated and rated based on the reported intake of healthy foods like vegetables, fruits, nuts, whole grains, healthy fats, and omega-3 fatty acids, and unhealthy foods like red and processed meats, sugar-sweetened beverages, trans fat, and sodium.

2. Healthy physical activity level

It was measured as at least 30 minutes per day of moderate to vigorous activity daily.

3. Healthy body weight

A normal body mass index (BMI), which is between 18.5 and 24.9.

4. Smoking

Well, there is no healthy amount of smoking. “Healthy” here meant never having smoked.

5. Moderate alcohol intake

Which was measured as between 5 and 15 grams per day for women and 5 to 30 grams per day for men. Generally, one drink contains about 14 grams of pure alcohol. That’s 12 ounces of regular beer, 5 ounces of wine, or 1.5 ounces of distilled spirits.

If you're tired, your worries can get blown out of proportion. Getting into a regular sleep routine can help you stay on top of university life. Eating a balanced and nutritious diet can help you feel well and think clearly. Keeping active can help you improve your mental health. Even gentle exercise, like yoga or swimming, can help you relax and manage stress.

A healthy lifestyle has been a huge part of my life for the past few years. Wellness is also something I strive for but struggle with a tad more. That being said, I do believe there is a difference between “health” and “wellness”. Health has to do with the physical body, being rid of sickness, steady metabolism and within good body fat percent for that person’s age and height. The dictionary defines health as “the state of being free from illness or injury”. (Merriam Webster) Wellness to me means mentally, emotionally, and spiritually healthy. Most of us think in terms of illness and assume that wellness indicates the absence of illness.

Completely overhauling your diet all at once can be a recipe for disaster. Instead, try to incorporate some of the small changes in this article to make your diet healthier. Some of these tips will help you keep your portion sizes reasonable, while others will help you add nutrients or adapt to something new. Together, they’ll have a big impact on making your overall diet healthier and more sustainable, without a huge change in your habits.



Ayesha Ahmed

BSIT 4th semester
Institute of Southern Punjab

صبر

صبر ایک سواری ہے جو اپنے سوار کو کبھی گرنے نہیں دیتی۔

بعض اوقات زندگی میں ایسے واقعات رونما ہوتے ہیں کہ انسان کا صبر قفل، برداشت سب کچھ جواب دے جاتا ہے۔

لیکن ان سب کے باوجود زندگی کی مشکلات کو پھر کسی ذات کو نقصان پہنچائے بغیر حل کرنے کا نام ہی صبر ہے۔

جب انسان کے صبر کی برداشت ختم ہو جائے اور وہ بے بس ہو تو آنسوؤں کا ایک دریا اس کی آنکھوں سے بہنا شروع ہو جاتا ہے۔ تب انسان کو اس کی بے بسی کا احساس ہوتا ہے۔ اور ساتھ ہی یہ کہ اس ذات باری تعالیٰ کے علاوہ کوئی شخص میری مدد نہیں کر سکتا تب انسان اللہ کے حضور سجدہ زیر ہوتا ہے اور سجدے میں رو دیتا ہے۔ بچوں کی طرح روتا ہے اور اس امید سے کہ ایک دن میں جیت جاؤں گا اور مجھے صبر کا پھل ضرور ملے گا۔ اور وہ اس طرح سے سجدہ میں رو رہا ہوتا ہے کہ اللہ اس کے پاس بیٹھا ہے اور اس کو سن رہا ہے وہ اللہ کو اپنے بہت قریب محسوس کر رہا ہوتا ہے۔

سجدے میں گرنے والے آنسوؤں کا بدلہ انسان کو انعام کی شکل میں ملتا ہے۔

جب کہ مثل مشہور ہے کہ "صدقہ ہر بلا کو مالتا ہے"

اس طرح بعض اوقات صبر سے کام لینا انسان کو بڑی سے بڑی مشکلات اور تکلیفوں سے بچانے کا باعث بنتا ہے۔ اس دارومدار کا نام زندگی ہے۔

صبر کبھی نہیں مانگو کیونکہ صبر کسی چیز کو کھودینے کے بعد حاصل ہوتا ہے۔ ہمیشہ سکون مانگو کیونکہ سکون حاصل کرنے کیلئے کسی چیز کو کھونا نہیں پڑتا اللہ کے قریب ہونا پڑتا ہے۔

صبر بہت بڑی چیز ہے۔ صبر کر کے اپنے سارے معاملے اللہ کے سپرد کر دو۔ صبر کا دامن تھامنا ہر کسی کے بس میں بھی نہیں ہوتا۔

جب کسی انسان پر کسی قسم کی مشکل آتی ہے۔ تو اللہ اس کا صبر دیکھنا چاہتا ہے تو انسان کو امتحان سے گزارتا ہے۔ کبھی کبھی انصاف ملنے میں تھوڑی دیر ہو جاتی ہے۔ کیونکہ اللہ چاہتا ہے کہ انسان

تھوڑا اور صبر کرے اور اس میں تھوڑا اور صبر پیدا ہو جائے۔

صبر یہ بھی ہے کہ اللہ کے ہر فیصلے کو خاموشی سے مان کے اس پر خوش رہا جائے۔

جس پر جتنی بڑی آزمائش ہوگی اس کیلئے اتنا ہی بڑا انعام ہوگا۔

صبر کرنا چاہئے بڑے وقت کا بھی بڑا وقت آتا ہے۔ وقت کبھی بھی ایک سانس نہیں رہتا۔

جو لوگ بُرا کرتے ہیں اُن سے بدلہ نہیں لینا چاہیے اعلیٰ ظرف لوگ بدلہ نہیں لیتے بلکہ تو کمزور لوگ لیتے ہیں ہمیں صبر کرنا چاہئے اپنے معاملات اللہ کے سپرد کر دینے چاہیے۔ اللہ کو بدلہ لینے

والے نہیں بلکہ صبر کرنے والے لوگ پسند ہیں۔ اور جب مناسب وقت آئے گا تب اللہ کی ذات خود ہمارے لیے انصاف کرے گی۔

"پس یقیناً مشکل کے ساتھ آسانی ہے۔"

دنیا میں کوئی بھی انسان ایسا نہیں جس پر کبھی کوئی مشکل نہ آئی ہو۔ ہر انسان کو کسی نہ کسی طرح کے دکھ، تکلیف یا پریشانی کا سامنا کرنا پڑتا ہے۔

خود اللہ تعالیٰ نے قرآن مجید میں فرمایا:

"ایسا ضرور ہوگا یعنی مشکل ضرور آئے گی۔"

قرآن مجید میں ارشاد باری تعالیٰ ہے:

"کہ ہم تم کو ضرور آزمائیں گے خوف سے، بھوک سے، جان، مال، پھلوں کی کمی سے"

ایسا ضرور ہوگا یعنی مصیبتیں ضرور آئیں گی۔

لیکن ایسے وقت میں ہمیں کرنا کیا ہوگا؟

انسان پہلے سے ہی سوچ کر رکھے کہ حالات ایک جیسے نہیں رہے گے۔ تبدیلی ہوتی رہے گی۔

ہر روز ہم اس کا تجربہ کرتے ہیں کہ اللہ نے دن بنایا جس کی روشنی نمودار ہوتی ہے اور رات کو چلی جاتی ہے۔

اسی طرح انسان کی زندگی میں وہ طرح کے حالات ہوتے ہیں۔

کبھی اس کے دل میں خوشی کی لہر اٹھتی ہے۔ تو اس کو ہر طرف دنیا روشن نظر آتی ہے۔ اور اسی انسان پر کبھی ایسا وقت آتا ہے کہ غم کے اندھیرے چھا جاتے ہیں۔ یہ بات طے ہے کہ جو بھی غم آتا

ہے اللہ کے حکم سے آتا ہے یعنی خود سے نہیں آتا۔

اسلام میں تو ہمیں طرح طرح سے ثواب ملتا ہے۔ اگر کسی انسان کو کافرا بھی چھینتا ہے تو اس سے بھی اس کے گناہ معاف ہو جاتے ہیں اور اس کیلئے ایک نیکی لکھ دی جاتی ہے۔ جو آخرت میں اس کے

بہت کام آئے گی۔

ایک ماں اپنے بچے کو مفرط دیتی ہے۔ اس کا خیال رکھتی ہے۔ اگر وہی ماں اپنے بچے کو ڈانٹ دے پھر بھی وہ اپنی ماں کی طرف ہی پلٹتا ہے۔ کیونکہ ایسا اعتبار ہوتا ہے کہ اگر میری ماں نے مجھ پہ سختی کی ہے تو یقیناً میں نے کچھ غلط کیا ہوگا۔ میری ماں مجھے بے وجہ نہ ڈانٹے گی۔ اگر مجھ پہ سختی کی ہے تو یہ بھی میرے فائدے کیلئے ہے۔ اور جس کسی انسان پر بھروسہ ہوتا ہے اُس کی طرف سے دی گئی تکلیف کو بھی خوشی سے برداشت کر لیتے ہیں۔ لیکن یہ عجیب بات ہے کہ اللہ کے ساتھ ہمارا معاملہ بالکل ہی مختلف ہوتا ہے۔ کہ اگر کوئی نعمت آئے تو ہم خوشی سے پھول جاتے ہیں، اگر نہ لگتے ہیں، اپنے آپ کو بڑی چیز سمجھنے لگتے ہیں، تکبر میں آ جاتے ہیں۔

اور اگر کوئی تکلیف آ؟ تو ہم ہمت ہار کے پٹھ جاتے ہیں لوگوں کو بُرا بھلا کہہ شروع کر دیتے ہیں۔ اللہ تعالیٰ کے بارے میں بدگمانی شروع کر دیتے ہیں۔ لیکن مومن کا طرز عمل مختلف ہوتا ہے۔ اُس کے دل میں ایمان ہوتا ہے وہ پریشانی میں شکر ادا کرتا ہے۔ اچھی ڈائریکشن کی طرف چل پڑتا ہے۔ ہر چیز میں خیر ڈھونڈنا شروع کر دیتا ہے۔ کیونکہ کہ وہ اچھے سے جانتا ہوتا ہے کہ یہ پریشانی میرے اللہ کی طرف سے آئی ہے تو اس میں میرا ہی فائدہ ہوگا۔ مصیبت آ؟ گی۔ اللہ کی طرف سے مصیبت آئے گی۔ ہمارے مقدر میں لکھ رکھی ہے یعنی اگر کوئی کوئی مصیبت لکھ رکھی ہے تو آ کر رہے گی۔ تو اگر وہ آگئی ہے تو یقیناً ہمارے حق میں بہتر ہی گا۔ اور جو صبر کرنے والے ہوتے ہیں اُن کے صبر کو بار بار آزمایا جاتا ہے۔ اور ایسے ہی لوگ اللہ کی نظر میں خاص مقام کے حامل ہوتے ہیں۔ اور جو جو باتیں یہ لوگ کہتے ہیں ان کو سہتے رہو اور اچھے طریقے سے ان سے کنارہ کش رہو۔ زندگی میں ہر پریشانی کا ایک ہی حل ہے کہ اللہ تعالیٰ سے بات کریں۔ اللہ سے مانگیں۔ اللہ پر چھوڑ دیں۔ اللہ پر بھروسہ کریں۔ اللہ سے پھر کہیں۔ پھر کہیں اور کہتے ہی رہیں۔

اور وہ (اللہ تعالیٰ) بخشے والا ہے، محبت کرنے والا ہے۔

القرآن۔ سورۃ 85۔ البروج۔

آیت نمبر 14

اور جو تم پر ظلم کرے تمہارا دل دکھائے تو صبر سے کام لو۔ خاموشی اختیار کر لو۔ اُف تک نہ کہو۔ بیشک اللہ کی ذات بہترین انصاف کرنے والی ہے۔

إِنَّا بِطُغْيَانِكُمْ لَشَدِيدٌ

تمہارے رب کی پکڑ بڑی شدید ہے (القرآن)

کچھ لوگوں کو اللہ ایسے بھی آزماتا ہے وہ اپنے خاص بندوں کو دوسروں سے الگ کر دیتا ہے۔ کچھ اس مقام تک خود چل کر آتے ہیں۔

اور جو اللہ کی نظر میں اچھے ہوتے ہیں خاص مقام رکھتے ہیں ان کو خود بھیج کر لایا جاتا ہے۔

خدا اپنے نور سے جس کو چاہتا ہے سیدھی راہ دکھاتا ہے۔

جب ہمیں کوئی دھوکا دے تو اس پر غمگین نہیں ہونا چاہیے۔ بے شک ہم اللہ کی مصلحت کو نہیں سمجھ سکتے۔ اللہ نے جو بھی ہمارے لیے فیصلہ کیا ہے وہ بہتر ہی ہوگا۔

ہمیں وہ لوگوں سے دور کر دیتا ہے کیونکہ اس ذات نے ہمارے لیے اس سے بھی زیادہ اچھا سوچ رکھا ہوا ہوتا ہے۔ لیکن ہم اس چیز کو نہیں سمجھتے اللہ سے گلہ کرتے ہیں کہ ہمارے ساتھ ہی ایسا کیوں ہوتا ہے؟

اللہ کبھی بھی ہمیں اکیلا نہیں چھوڑتا وہ ہمارے بارے میں زیادہ اچھے سے جانتا ہے کہ ہمارے لیے کیا اچھا ہے کیا نہیں۔ انسان بھول جاتا ہے لیکن اللہ نہیں بھولتا آپ کی نیکی نہ دوسروں کی

زیادتی۔ اس نے ہمیں پیدا کیا وہ تو پوشیدہ باتوں کا جاننے والا اور ہر چیز سے آگاہ ہے۔ پس تم خاموشی سے اپنے معاملات اللہ کے سپرد کر دو۔

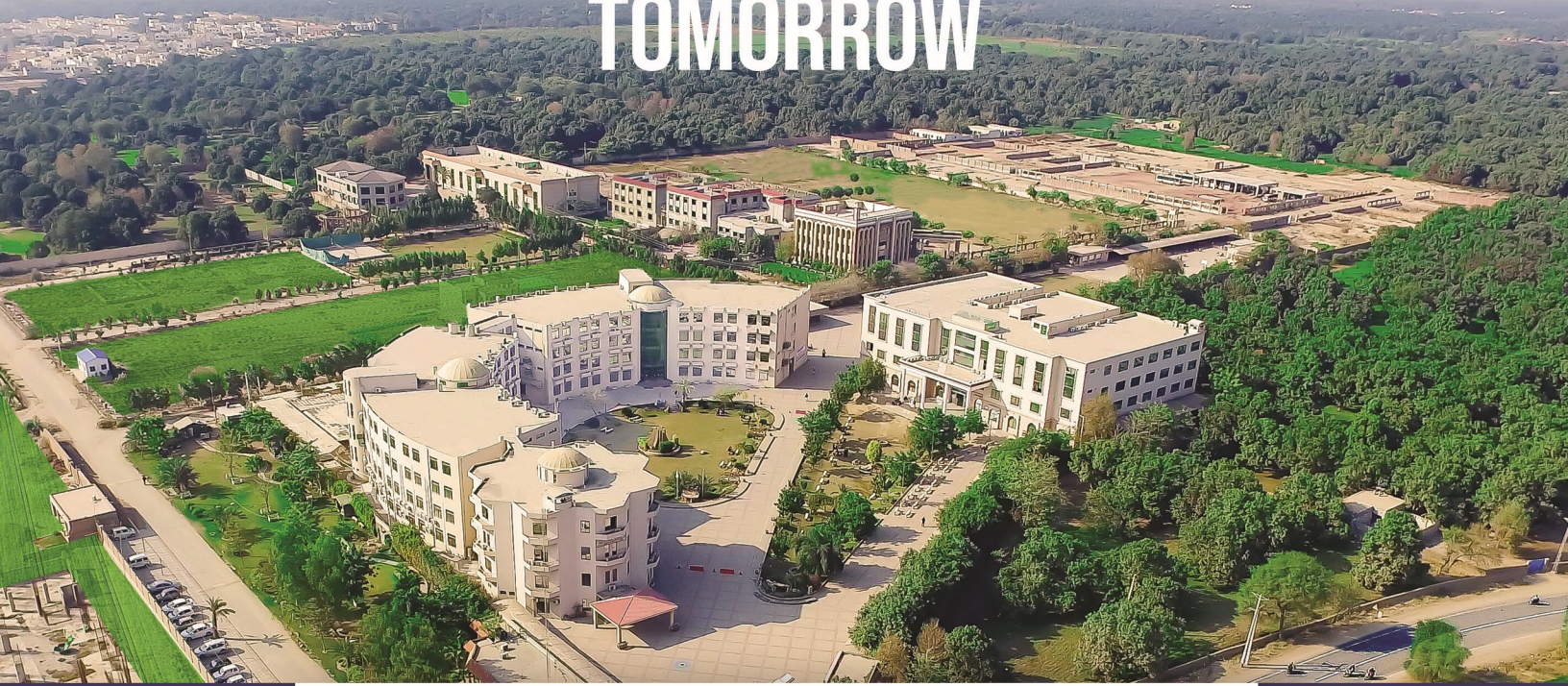
مَنْ صَمَّتْ نَجَا

"جو خاموش رہا اس نے نجات پائی۔"

تسمیہ نور

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