

Activity Report Related to Sustain Development Goals (SDGs)

Department: Institute of Food Science and Nutrition

Location: University of Sargodha

Overview

Institute of Food Science and Nutrition plays a central role in achieving the SDGs; especially those related to health, hunger, and sustainability.

Innovations and research in these areas can drive progress towards a more sustainable and equitable global food system.

This outline highlights how addressing food science and nutrition challenges can contribute to broader global goals, emphasizing the interconnectedness of sustainable development.

WORLD FOOD SAFETY DAY

World Food Safety Day is integral to achieving several SDGs, particularly those related to health, hunger, and sustainability.

By focusing on food safety, the day contributes to improving public health, ensuring food security, supporting sustainable agricultural practices, and protecting the environment.

The observance promotes global awareness and action, aligning with broader efforts to create a safer, more sustainable food system for all.

In summary, World Food Safety Day highlights the critical role of food safety in achieving the SDGs, emphasizing the need for safe food practices to support health, economic stability, and environmental sustainability.

World Food Safety Day, observed on June 7th each year, is an initiative that emphasizes the importance of food safety in protecting human health and promoting sustainable development. The observance is directly related to several United Nations Sustainable Development Goals (SDGs), as food safety intersects with global health, economic stability, environmental sustainability, and social equity. Here's a detailed look at how World Food Safety Day relates to various SDGs:



WORLD FOOD SAFETY DAY 2024

Nutritional Awareness Seminar

Nutritional awareness is closely linked with several Sustainable Development Goals (SDGs), reflecting the crucial role that nutrition plays in achieving global sustainability. Here's how it connects to specific SDGs:

Nutritional awareness is vital for ending hunger and ensuring food security. Understanding the importance of a balanced diet helps individuals make better food choices, which is essential for preventing malnutrition and promoting health. Awareness can also drive policies and programs that support food security and improve the nutritional quality of diets.



Nutritional Awareness Seminar in collaboration with Pak-Korea Nutrition Center

SDG 1: No Poverty

- **Food Security:** Ensuring access to nutritious and sufficient food for all is crucial for eradicating poverty. Innovations in food science can improve food production and distribution efficiency.
- **Economic Opportunities:** Advancing agricultural technologies can create job opportunities and boost income for those in farming and related sectors.

SDG 2: Zero Hunger

- **Sustainable Agriculture:** Research in food science can enhance crop yields and resilience, contributing to food security.
- **Nutritional Quality:** Improving the nutritional quality of food products to combat malnutrition and promote health.
- **Food Waste Reduction:** Developing methods to reduce food waste and improve food preservation.

3. SDG 3: Good Health and Well-being

- **Diet and Health:** Nutritional science plays a key role in understanding the relationship between diet and health, helping to prevent and manage chronic diseases.

- **Food Safety:** Ensuring that food is safe from contaminants and toxins, which is crucial for public health.

4. SDG 6: Clean Water and Sanitation

- **Water-efficient Agriculture:** Innovations in food science can promote water-efficient farming practices, which are essential for sustainable agriculture.
- **Food Processing and Hygiene:** Improving food processing techniques to ensure safe consumption and reduce water contamination risks.

The 7th Industrial Expo showcased a diverse range of food products, highlighting advancements and innovations in the food industry. This year's event featured several key categories, including fruit jams, fruit juices, coconut balls, citrus products, chicken powder, moringa capsules, vitamins and mineral supplements, multigrain flour, and nutri-hair food. The expo provided a platform for manufacturers, suppliers, and consumers to engage with the latest developments and trends in food products.

Product Highlights

1. Fruit Jams

- **Overview:** A variety of fruit jams were presented, featuring an array of flavors and innovative formulations.
- **Key Features:** Emphasis on natural ingredients, low sugar content, and sustainable packaging.
- **Notable Exhibitors:** [List notable companies]
- **Consumer Interest:** High, with significant interest in health-conscious options.

2. Fruit Juices and Nectars

- **Overview:** Exhibitors showcased a wide range of fruit juices and nectars, including organic and no-sugar-added varieties.
- **Key Features:** Focus on purity, taste, and nutritional benefits.
- **Notable Exhibitors:** [List notable companies]
- **Consumer Interest:** Strong, especially in health-focused products and exotic flavors.

3. Coconut Balls

- **Overview:** Coconut balls were featured as a healthy snack option, available in various flavors and formulations.
- **Key Features:** Emphasis on natural ingredients and nutritional value.
- **Notable Exhibitors:** [List notable companies]
- **Consumer Interest:** Growing, with increasing demand for healthy snacks.

4. Citrus Products

- **Overview:** Citrus products ranged from juices to zest and peels, highlighting their versatility and health benefits.
- **Key Features:** Focus on fresh, natural ingredients and rich vitamin C content.
- **Notable Exhibitors:** [List notable companies]

- **Consumer Interest:** Moderate to high, with interest in health benefits and flavor diversity.
- 5. **Chicken Powder**
 - **Overview:** Chicken powder products were presented as convenient solutions for enhancing flavor in a variety of dishes.
 - **Key Features:** Emphasis on quality, flavor, and ease of use.
 - **Notable Exhibitors:** [List notable companies]
 - **Consumer Interest:** Steady, with focus on convenience and flavor enhancement.
- 6. **Moringa Capsules**
 - **Overview:** Moringa capsules were highlighted as a dietary supplement with numerous health benefits.
 - **Key Features:** Emphasis on nutritional content and health benefits.
 - **Notable Exhibitors:** [List notable companies]
 - **Consumer Interest:** Growing, particularly among health-conscious consumers.
- 7. **Vitamins and Mineral Supplements**
 - **Overview:** A wide range of vitamins and mineral supplements were on display, catering to various health needs.
 - **Key Features:** Focus on quality, efficacy, and specific health benefits.
 - **Notable Exhibitors:** [List notable companies]
 - **Consumer Interest:** High, with increasing awareness of personal health and wellness.
- 8. **Multigrain Flour**
 - **Overview:** Multigrain flour products were featured as a healthier alternative to traditional flours.
 - **Key Features:** Emphasis on nutritional value and versatility.
 - **Notable Exhibitors:** [List notable companies]
 - **Consumer Interest:** Growing, with a focus on health benefits and dietary diversity.
- 9. **Nutri-Hair Food**
 - **Overview:** Nutri-hair food products were showcased as part of the growing interest in hair health and nutrition.
 - **Key Features:** Emphasis on ingredients known for promoting healthy hair.
 - **Notable Exhibitors:** [List notable companies]
 - **Consumer Interest:** Increasing, with a focus on natural and effective solutions for hair care.

Conclusion

The 7th Industrial Expo successfully highlighted a diverse range of food products, demonstrating significant trends towards health-conscious choices and innovation in food technology. The event facilitated valuable interactions between producers and consumers, fostering an environment for knowledge exchange and exploration of new market opportunities.

Recommendations for Future Events:

- Continue to emphasize health and sustainability in food product offerings.
- Explore opportunities for more interactive and educational sessions.
- Increase focus on emerging trends and consumer preferences.

Products Displayed:



Orange Cake

Orange cake is a vibrant and refreshing dessert that features a delightful blend of sweet and tangy flavors. Made with fresh orange juice and zest, it boasts a moist, fluffy texture and a bright citrus aroma. Often topped with an orange glaze or dusted with powdered sugar, this cake is perfect for those who enjoy a fruity twist on classic baked goods. Its sunny flavor makes it a popular choice for both everyday treats and special occasions.



Citrus Zest Delight

Citrus Zest Delight is a zesty, invigorating dessert that combines the bright flavors of various citrus fruits. Featuring a blend of lemon, lime, and orange, this treat offers a tangy, refreshing taste with a hint of sweetness. Its light, airy texture is complemented by a burst of citrus zest, making it a perfect choice for those who enjoy a vibrant and flavorful dessert. Often garnished with a citrus glaze or fresh zest, Citrus Zest Delight is both visually appealing and deliciously lively.



Tangy Citrapop

Tangy Citrapop is a lively and effervescent treat that delivers a burst of citrusy flavor with every bite. Combining the zesty notes of lemon, lime, and orange, this vibrant confection features a tangy twist that's both refreshing and invigorating. Its pop of citrus flavor is perfectly balanced with a touch of sweetness, making it a fun and delightful choice for anyone craving a bright, tangy snack.



Lemon Posset

Lemon Posset is a smooth, creamy dessert that combines the tartness of lemon with a rich, velvety texture. Made from just a few simple ingredients—lemon juice, cream, and sugar—this classic treat is known for its tangy flavor and luxurious consistency. It's often served chilled, topped with fresh berries or a mint leaf, and offers a delightful balance of sweetness and citrus zing, making it an elegant and refreshing end to any meal.



Lemon Mini Cake



Lemon Mini Cakes

A lemon mini cake is a charming, bite-sized treat that packs a burst of citrus flavor into a delicate, moist cake. Infused with fresh lemon juice and zest, it offers a tangy sweetness and a light, airy texture. Often topped with a lemon glaze or a dusting of powdered sugar, these mini cakes are perfect for a sophisticated snack or a delightful addition to any dessert spread. Their petite size makes them ideal for sharing or enjoying on-the-go.

EXPO CENTER LAHORE PRODUCTS



Barley Fusion Biscuit

The Barley Fusion Biscuit is a delightful, wholesome treat that combines the nutty flavor of barley with a crispy, buttery texture. Each biscuit is crafted with a blend of barley flour and traditional baking ingredients, resulting in a unique, slightly chewy bite. Ideal for a satisfying snack or a complement to your favorite tea or coffee, the Barley Fusion Biscuit offers a deliciously balanced taste experience with a touch of rustic charm.

Traditional Recipe Development Competition



Gola kabab

Gola Kabab is a flavorful and succulent Indian kebab made from minced meat, typically beef or lamb, blended with a mix of aromatic spices and herbs. Shaped onto skewers and grilled to perfection, Gola Kabab features a crispy exterior and tender, juicy interior. Its rich, spicy flavor and slightly smoky aroma make it a popular choice for appetizers or main courses at gatherings and special occasions.



Kalakand barfi

Kalakand Barfi is a delectable sweet made from condensed milk and paneer (Indian cottage cheese). It's known for its rich, creamy texture and delicate sweetness. Typically garnished with cardamom and sometimes topped with nuts like pistachios or almonds, Kalakand Barfi is often enjoyed during festivals and special occasions, offering a luxurious treat with a melt-in-the-mouth quality.



Stuffed baked capsicum & Chickpea Biscuits

Stuffed Baked Capsicum & Chickpea Biscuits are a unique and savory snack featuring a flavorful blend of roasted capsicum (bell peppers) and chickpeas. These biscuits are baked to a golden crisp, with a satisfying crunch on the outside and a tender, spiced filling inside. The combination of the earthy chickpeas and the sweet, smoky capsicum creates a deliciously distinct flavor profile, making these biscuits an ideal choice for an appetizing snack or a delightful appetizer.



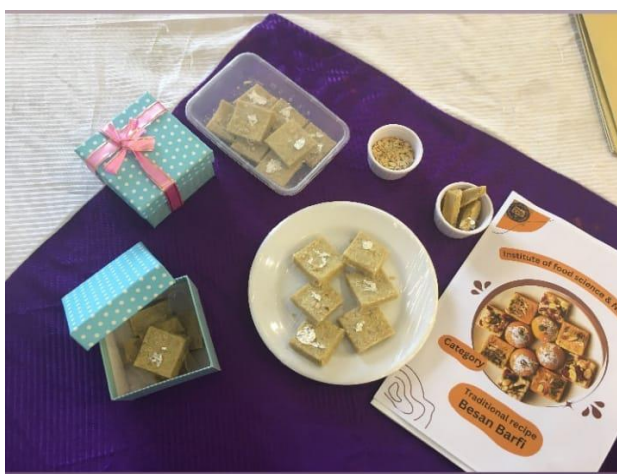
Oil free dehi chicken karahi

Oil-Free Dehi Chicken Karahi is a flavorful and healthier twist on the traditional chicken curry. Prepared in a wok-like karahi, this dish features tender pieces of chicken simmered in a rich, spiced yogurt-based sauce without the use of oil. The yogurt adds a creamy texture and tangy flavor while the blend of aromatic spices infuses the chicken with deep, robust tastes. It's a wholesome and satisfying option for those seeking a lighter yet still indulgent curry.



Date balls

Date Balls are a sweet and nutritious treat made by combining finely chopped dates with nuts, seeds, and sometimes a hint of spice or cocoa. These bite-sized morsels are rolled into balls and often coated with shredded coconut or crushed nuts for added texture. Naturally sweet and packed with energy, Date Balls are an ideal snack for a quick boost or a healthy dessert option.



Basin ki barfi

Basin Ki Barfi is a traditional Indian sweet made from chickpea flour (besan), ghee (clarified butter), and sugar. Cooked to a rich, fudgy consistency, it is often flavored with cardamom and garnished with nuts like almonds or cashews. The result is a smooth, melt-in-the-mouth confection with a subtly nutty flavor and a sweet, aromatic finish. Basin Ki Barfi is a cherished treat during festivals and celebrations.



Stuffed naan

Stuffed Naan is a popular Indian flatbread that features a flavorful filling encased within its soft, pillowy dough. The stuffing can vary widely, including options such as spiced potatoes, paneer (cottage cheese), or minced meat, and is often seasoned with herbs and spices. Baked in a tandoor or on a hot griddle, Stuffed Naan boasts a crispy exterior and a warm, savory center, making it a delicious accompaniment to curries and other dishes.



Masala Daal with rice

Masala Daal with Rice is a comforting and flavorful Indian meal that pairs spiced lentils with aromatic basmati rice. The masala daal consists of lentils cooked with a rich blend of spices, tomatoes, onions, and herbs, resulting in a hearty and mildly spicy dish. Served alongside fluffy, steamed rice, it offers a satisfying combination of textures and tastes, making it a staple for both everyday meals and special occasions.



Mukhandi halwa

Mukhandi Halwa is a traditional Indian dessert made from grated bottle gourd (lauki) cooked in ghee (clarified butter) with sugar, milk, and aromatic spices like cardamom. This sweet treat has a smooth, pudding-like consistency and a subtle, delicate flavor enhanced by the richness of ghee and the sweetness of sugar. Often garnished with nuts and raisins, Mukhandi Halwa offers a comforting, indulgent experience that's perfect for festive occasions or a special treat.



Tamarind plum drink

Tamarind Plum Drink is a refreshing and tangy beverage that combines the bold flavors of tamarind and ripe plums. The drink features a vibrant blend of tamarind's tartness with the sweet, juicy essence of plums, often sweetened to balance the flavors. Served chilled, it offers a unique and revitalizing taste experience, making it a perfect thirst-quencher for hot days or a delightful accompaniment to meals.



Apple Cider Vinegar (Gut Balance pro)

Apple Cider Vinegar is a versatile, tangy liquid made from fermented apple juice. It is known for its distinctive sour flavor and is commonly used in cooking, as a salad dressing, and as a natural remedy. Rich in acetic acid and beneficial compounds, it is often praised for its potential health benefits, including aiding digestion and supporting metabolic health. Its bold taste and acidic nature make it a staple in both culinary and wellness practices.



Osteo Pro D

Oseto Calcium Capsules are a dietary supplement designed to support bone health and strength. Each capsule provides a precise dose of calcium, a vital mineral essential for maintaining strong bones and teeth. Often enriched with vitamin D to enhance calcium absorption, Oseto Calcium Capsules are recommended for individuals at risk of calcium deficiency, including those with osteoporosis or those who have dietary limitations. These capsules are intended to help ensure adequate calcium intake and contribute to overall skeletal health.



Moringa Powder Capsules

Moringa Powder Capsules contain concentrated moringa leaf powder, known for its rich nutrient profile. Moringa, often referred to as the "miracle tree," is packed with essential vitamins, minerals, and antioxidants. These capsules are designed to provide a convenient way to incorporate the benefits of moringa into your diet, supporting overall health, boosting energy, and enhancing immunity. Ideal for those seeking a natural supplement to complement their nutrition and wellness routine.




Multigrain Flour


Multigrain Flour is a versatile and nutritious flour blend made from a variety of grains, such as wheat, oats, barley, and millet. It offers a rich, complex flavor and a higher nutrient profile compared to regular flour, including increased fiber, vitamins, and minerals. Ideal for baking bread, pancakes, and other baked goods, Multigrain Flour provides a wholesome, hearty texture and a boost of health benefits, making it a great choice for those seeking a more balanced and flavorful option in their cooking and baking.

Access to Basic Education for Underprivileged Communities

(Social Inclusion of Marginalized Communities for Sustainable Development)






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**Social Inclusion of
Marginalized
Communities for
Sustainable
Development**

**Access to Basic Education for
Underprivileged Communities**

	March 4, 2024
	Monday, 2:00 PM
	Department of Social Work

**Organized by:
Department of Social Work,
University of Sargodha**




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In Case of any query or confusion,
please contact;
Dr Abubakar Nazeer Choudhry
Deputy Director, ORIC-UOS
abubakar.nazeer@uos.edu.pk
+92 333 42744942
Muhammad Arif
Office Admin, ORIC-UOS
muhammad.arif@uos.edu.pk
+92 300 7842055




Addressing the Vulnerable and Transgender of Society

(Social Inclusion of Marginalized Communities for Sustainable Development)



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Dr Abubakar Nazeer Choudhry
Deputy Director, ORIC-UOS
abubakar.nazeer@uos.edu.pk
+92 333 42744942
Muhammad Arif
Office Admin, ORIC-UOS
muhammad.arif@uos.edu.pk
+92 300 7842055




Bridging the Divide: Social Inclusion as a Pathway to Social Justice

In Case of any query or confusion,
please contact;
Dr Abubakar Nazeer Choudhry
Deputy Director, ORIC-UOS
abubakar.nazeer@uos.edu.pk
+92 333 4274492
Muhammad Arif
Office Admin, ORIC-UOS
muhammad.arif@uos.edu.pk
+92 300 7842055






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Bridging the Divide: Social Inclusion as a Pathway to Social Justice

	March 6, 2024
	Wednesday, 10:00 AM
	MFKNBS-Hall

Organized by:
Department of Sociology &
Criminology,
University of Sargodha



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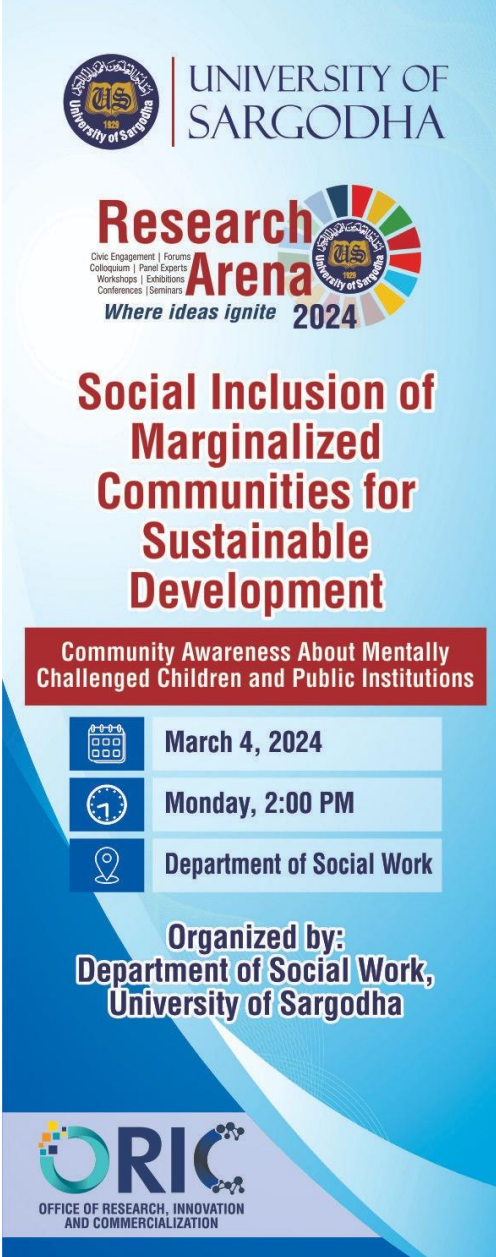


In Case of any query or confusion,
please contact;
Dr Abubakar Nazeer Choudhry
Deputy Director, ORIC-UOS
abubakar.nazeer@uos.edu.pk
+92 333 42744942
Muhammad Arif
Office Admin, ORIC-UOS
muhammad.arif@uos.edu.pk
+92 300 7842055

Civic Engagement / Initiatives on Issues of Public Concern

Community Awareness about Mentally Challenged Children and Public Institutions

(Social Inclusion of Marginalized Communities for Sustainable Development)






The poster is for the University of Sargodha Research Arena 2024. It features the university's logo at the top left and a circular graphic with the text 'Research Arena' in the center. Below this, the title 'Social Inclusion of Marginalized Communities for Sustainable Development' is prominently displayed. A red banner contains the event's theme: 'Community Awareness About Mentally Challenged Children and Public Institutions'. The event details are listed in a table: March 4, 2024, Monday, 2:00 PM, at the Department of Social Work. The event is organized by the Department of Social Work, University of Sargodha. At the bottom, the ORIC logo is shown with the text 'OFFICE OF RESEARCH, INNOVATION AND COMMERCIALIZATION'.

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**Social Inclusion of
Marginalized
Communities for
Sustainable
Development**

**Community Awareness About Mentally
Challenged Children and Public Institutions**

	March 4, 2024
	Monday, 2:00 PM
	Department of Social Work

**Organized by:
Department of Social Work,
University of Sargodha**


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Civic Engagement / Initiatives on Issues of Public Concern

From Silence to Voice: Pakistan Women's Journey Towards Empowerment

In Case of any query or confusion,
please contact;
Dr Abubakar Nazeer Choudhry
Deputy Director, ORIC-UOS
abubakar.nazeer@uos.edu.pk
+92 333 42744942
Muhammad Arif
Office Admin, ORIC-UOS
muhammad.arif@uos.edu.pk
+92 300 7842055






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From Silence to Voice: Pakistan Women's Journey Towards Empowerment

	March 5, 2024
	Tuesday, 11:00 AM
	Seminar Hall, Mass Com

Organized by:
Department of Sociology and
Criminology,
University of Sargodha



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Civic Engagement / Initiatives on Issues of Public Concern

Gender-Based Violence Reduction in Pakistan Through Increased Justice System Capacity

(Practice Sharing & Networking Workshop)

March 27, 2024

In Case of any query or confusion,
please contact:
Dr Abubakar Nazeer Choudhry
Deputy Director, ORIC-UOS
abubakar.nazeer@uos.edu.pk
+92 333 42744942
Muhammad Arif
Office Admin, ORIC-UOS
muhammad.arif@uos.edu.pk
+92 300 7842055



Practice Sharing & Networking Workshop Gender-Based Violence Reduction In Pakistan Through Increased Justice System Capacity (GBV-JSSP) Project



Event Objectives

- Sharing best practices and successful case studies in GBV reduction efforts
- Building capacity within the justice system to effectively handle GBV cases, including training for law enforcement, judiciary, and legal aid providers
- Exploring innovative approaches and strategies for preventing GBV and supporting survivors
- Discussing challenges and barriers in addressing GBV and identifying potential solutions

Learning outcome/achievements

- Increased awareness among participants regarding the prevalence and impact of gender-based violence in Pakistan.
- Enhanced understanding of the complexities and challenges within the justice system related to addressing gender-based violence.
- Strengthened capacity of participants in utilizing legal frameworks and mechanisms to support survivors and prosecute perpetrators effectively.

Way Forward Strategy / Follow-up of the Event Outcome

- Develop a comprehensive action plan outlining specific steps and timelines for implementing key recommendations and strategies identified during the event.
- Organize follow-up workshops and training sessions to further enhance the capacity of stakeholders in addressing gender-based violence, focusing on identified areas needing additional support.
- Continue advocating for policy reforms and resource allocation to strengthen the justice system's response to gender-based violence, leveraging the momentum generated by the event.

Dr. Nargis Abbas Mirza


Incharge

Women Development Centre


University of Sargodha

Civic Engagement

Precision Agriculture: A Way Forward for Future Food Security (Agricultural Outreach) on March 4, 2024






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Precision Agriculture: A Way Forward for Future Food Security (Agricultural Outreach)

	March 4, 2024
	Monday, 10:00 AM
	College of Agriculture

Organized by:
College of Agriculture,
University of Sargodha



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In Case of any query or confusion,
please contact;
Dr Abubakar Nazeer Choudhry
Deputy Director, ORIC-UOS
abubakar.nazeer@uos.edu.pk
+92 333 42744942
Muhammad Arif
Office Admin, ORIC-UOS
muhammad.arif@uos.edu.pk
+92 300 7842055









Civic Engagement / Initiatives on Issues of Public Concern

Social Welfare Services in Public Sector

(Social Inclusion of Marginalized Communities for Sustainable Development)



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Social Inclusion of Marginalized Communities for Sustainable Development

Social Welfare Services in Public Sector

	March 4, 2024
	Monday, 2:00 PM
	Department of Social Work

Organized by:
Department of Social Work,
University of Sargodha



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please contact;
Dr Abubakar Nazeer Choudhry
Deputy Director, ORIC-UOS
abubakar.nazeer@uos.edu.pk
+92 333 42744942
Muhammad Arif
Office Admin, ORIC-UOS
muhammad.arif@uos.edu.pk
+92 300 7842055



Civic Engagement / Initiatives on Issues of Public Concern

Webinar on Mental Health Challenges and Contemporary World

The poster is a vertical rectangular graphic with a light blue background and a darker blue wavy design at the bottom. It features several logos and text elements. At the top left is the University of Sargodha logo, a circular emblem with 'US' and '1929'. To its right is the text 'UNIVERSITY OF SARGODHA'. Below these is the 'Research Arena' logo, which includes a circular graphic with 17 colored segments and the text 'Research Arena' in large red letters, with 'Where ideas ignite 2024' below it. The main title 'Webinar on Mental Health Challenges and Contemporary World' is centered in large, bold, red letters. Below the title is a table with three rows of event details. At the bottom, it says 'Organized by: Department of Psychology, University of Sargodha' and features the 'ORIC' logo with the text 'OFFICE OF RESEARCH, INNOVATION AND COMMERCIALIZATION'.

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**Webinar on
Mental Health
Challenges and
Contemporary
World**

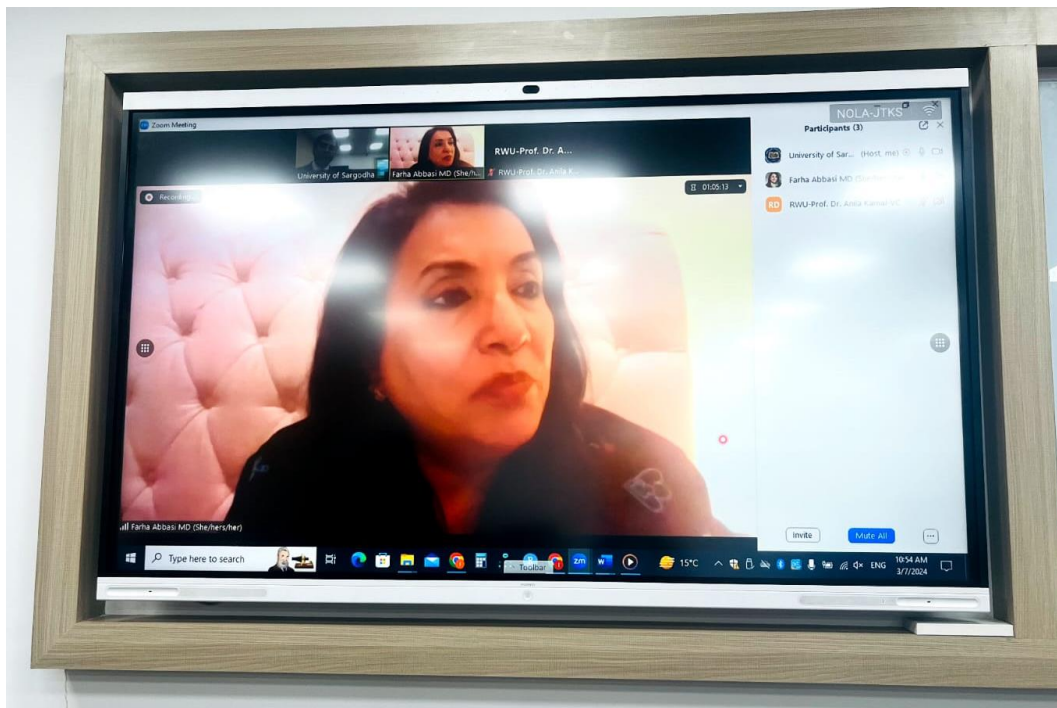
	March 7, 2024
	Thursday, 10:00 AM
	Video Conference Hall, MPH

**Organized by:
Department of Psychology,
University of Sargodha**

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In Case of any query or confusion,
please contact;
Dr Abubakar Nazeer Choudhry
Deputy Director, ORIC-UOS
abubakar.nazeer@uos.edu.pk
+92 333 42744942
Muhammad Arif
Office Admin, ORIC-UOS
muhammad.arif@uos.edu.pk
+92 300 7842055








Workshop on Mental Wellbeing and Academic Performance Enhancement of Gender

In Case of any query or confusion,
please contact;
Dr Abubakar Nazeer Choudhry
Deputy Director, ORIC-UOS
abubakar.nazeer@uos.edu.pk
+92 333 42744942
Muhammad Arif
Office Admin, ORIC-UOS
muhammad.arif@uos.edu.pk
+92 300 7842055


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**Workshop on
Mental Wellbeing
and Academic
Performance
enhancement of
Gender**

	March 6, 2024
	Wednesday, 02:00 PM
	Women Development Center

**Organized by:
Women Development Center,
University of Sargodha**

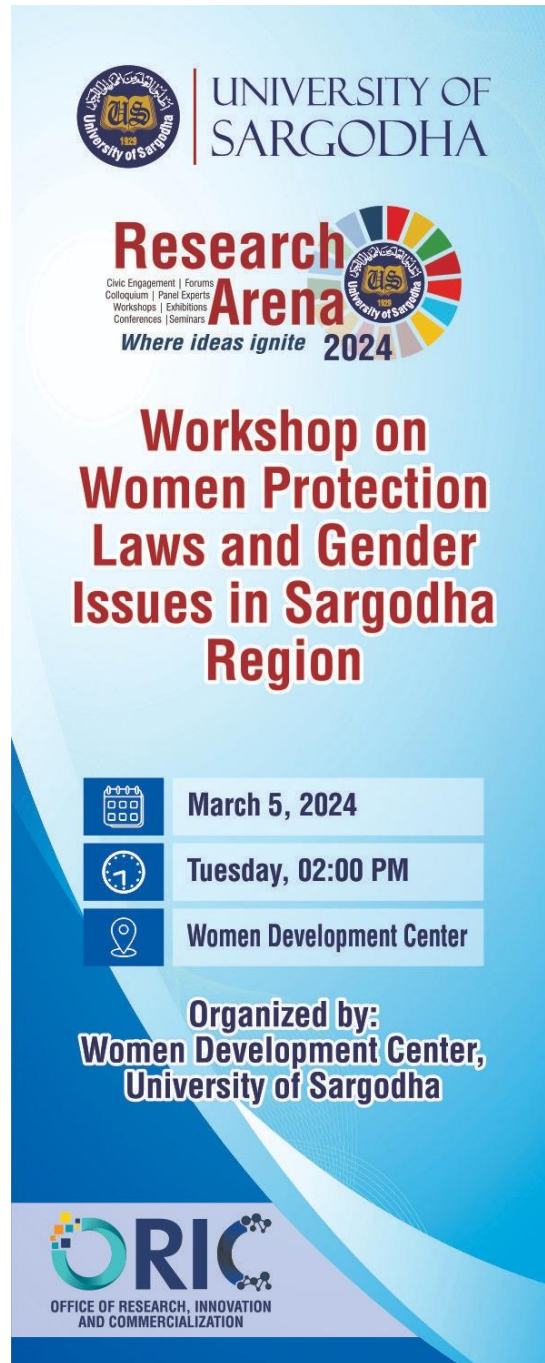

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Workshop on Women Protection Laws and Gender Issues in Sargodha Region

In Case of any query or confusion,
please contact;
Dr Abubakar Nazeer Choudhry
Deputy Director, ORIC-UOS
abubakar.nazeer@uos.edu.pk
+92 333 42744942
Muhammad Arif
Office Admin, ORIC-UOS
muhammad.arif@uos.edu.pk
+92 300 7842055



The poster is for a workshop organized by the Women Development Center, University of Sargodha. It features the University of Sargodha logo and the Research Arena 2024 logo, which includes a circular graphic with various colored segments. The main title of the workshop is prominently displayed in the center. Below the title, the date, time, and location are listed in a structured format with icons. The organizing body is mentioned at the bottom, along with the ORIC logo and its full name.

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**Workshop on
Women Protection
Laws and Gender
Issues in Sargodha
Region**

March 5, 2024

Tuesday, 02:00 PM

Women Development Center

**Organized by:
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