



QARSHI UNIVERSITY

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CAMPUS INSIGHTS

VOLUME 24

4TH EDITION



Building a Better Tomorrow with Taleem, Tarbiat, and Islamic Values



Mr. Iqbal Ahmed Qarshi
Chairman Qarshi Organization

As we strive to shape the future of our new generation, **Taleem with Tarbiaat** should be the basis of it.

At Qarshi University, we believe that education is not merely a transfer of knowledge, but coupled with Tarbiat, it is a transformative experience that equips our students with the skills, values, and ethics necessary to bring about a positive change in the society based on Islamic values. These values teach us the lessons of honesty, hard work, justice, self-respect, cleanliness, and much more.

We aim to empower our students with the **marketable knowledge, critical thinking, and problem-solving skills** required to address the complex challenges facing our world today.

As our students embark on their academic journey, we encourage them to explore, question, and seek knowledge with an open mind and a willing heart. We urge them to cultivate a sense of purpose and to use their Taleem and Tarbiaat to make a positive impact, leading to **Pakistan ki Taraqqi, Ummah ki Sarbulandi and Insaniyat ki bhalai**. InShaaAllah.

Pakistan Zindabaad

AI Meets Education: Transforming Undergraduate Education at Qarshi University

I extend my heartfelt congratulations to the new editorial board for successfully launching the first issue of the newsletter under their leadership. During my tenure at the helm, the university has prioritized several key initiatives aimed at enhancing the quality of education and fostering holistic student development.

Our focus is on raising academic standards with an emphasis on undergraduate education, ensuring that theoretical knowledge is complemented by experiential learning. We are also committed to integrating reading habits, technology, and **Generative AI** into all our degree programs, equipping our students with the skills needed to thrive in an ever-evolving job market and ensuring they are well-prepared for the workforce, now and in future. Additionally, we are taking important steps to make **community service** an integral part of the undergraduate experience. By incorporating this into the curriculum, we aim to cultivate the

graduates who are not only academically proficient but also socially responsible, **bridging socio-economic divides** and contributing to a more cohesive society.

To achieve these goals, we have adopted an **empathetic approach** to the teaching-learning paradigm and trained nearly all of our faculty members in the use of Generative AI in higher education. Furthermore, we plan to make community service a mandatory graduation requirement, ensuring that our students leave the university not just with knowledge, but with a sense of purpose and societal commitment. Together, these initiatives will help shape a future where our graduates are not only employable but also transformative agents of positive change in society.

Prof. Dr. Syed Mansoor Sarwar
Vice Chancellor QU



ACADEMIC SPOTLIGHT

HEC-NCEAC

The Art of Teaching Programming and Quality of Graduates Academia and Industry Rendezvous



The HEC National Computing Education Accreditation Council (NCEAC) hosted an insightful forum titled **"The Art of Teaching Programming and Quality of Graduates: Academia and Industry Rendezvous"** on July 1, 2024, at QU in Lahore. This initiative aimed to address the pressing concerns of the software industry regarding the skill gaps in computing graduates, particularly in programming, problem-solving, and communication.

Qarshi University hosted the inaugural meet-up of computing academia and industry in the country under the leadership of Dr. Syed Mansoor Sarwar, Chairman NCEAC. The forum served as a precursor to NCEAC's upcoming **"Train the Teachers"** program, designed to enhance the teaching methodologies of faculty members responsible for core programming courses such as Programming Fundamentals, Object-Oriented Programming, and Data Structures. Esteemed educators from various universities shared their best practices to improve student learning outcomes.



A key highlight was the **industry roundtable**, where top executives—including CEOs, CTOs, COOs, and Heads of Engineering—engaged in a critical discussion on aligning academic curricula with industry expectations. Their insights emphasized the need for practical skill development, industry-academia collaboration, and curriculum enhancements to produce graduates who are truly industry-ready.

This forum marked a significant milestone in the effort to revolutionize computing education in Pakistan by fostering stronger collaboration between academia and industry. By bringing together experienced educators and key industry leaders, it provided a platform to address critical skill gaps and explore innovative teaching methodologies. The discussions underscored the importance of equipping graduates with strong programming, problem-solving, and communication skills to meet industry demands. As a precursor to the upcoming Train the Teachers program, this initiative sets the stage for a transformative shift in computing education, ensuring that future graduates are better prepared to excel in the ever-evolving tech landscape.



UNLOCKING BIOTECH EXCELLENCE: INTEGRATED BIOTECH PRACTICES SHORT COURSE



On July 22, 2024, the Department of Biotechnology at Qarshi University introduced an innovative short certificate course in **Integrated Biotech Practices** that was designed to provide students with a well-rounded understanding of modern biotechnological methods. The course combined cutting-edge theoretical knowledge with hands-on practical experience, aiming to prepare students for the rapidly evolving demands of the biotechnology industry. The course comprised four specialized modules, each addressing a key area of biotechnology.

The first module, **DNA Genotyping & Association Studies**, taught by Dr. Rashid Saif, focused on the role of genotyping in understanding genetic traits and their links to diseases. This module provided students with essential tools for analyzing genetic variations, which are crucial in biomedical research.

The second module, **Industrial Biotechnology & Biosafety**, was led by Dr. Ahmad Usman Zafar. This part of the course focused on the practical applications of biotechnology in industrial settings, where large-scale biotechnological processes are employed. It emphasized the importance of biosafety



measures, ensuring students understand how to maintain safety in biotechnological environments and avoid potential hazards. This module gave students a crucial understanding of both its challenges and opportunities.

Decontamination & Waste Management, taught by Dr. Nadia Zahra, was the third module in the course. This module covered one of the most critical aspects of biotechnology: lab safety and environmental responsibility. With biotechnological practices often involving hazardous materials and waste, this module trained students on the best practices for managing and decontaminating waste. These practices are essential for ensuring the safety of researchers, the environment, and the broader community.

The final module, **From Bytes to Bench: In-silico DNA Cloning**, presented by Dr. Rabbia Pervaiz, bridged the gap between computational techniques and laboratory practices. Students were introduced to bioinformatics tools and *in-silico* methods for DNA cloning, an essential process in biotechnology. By utilizing computational models, students gained a clearer understanding of how digital tools are revolutionizing research and allowing for faster, more precise experiments in molecular biology.

The Integrated Biotech Practices course's comprehensive structure allowed students to explore a variety of biotechnological techniques while reinforcing the importance of safety, sustainability, and innovation. The Department of Biotechnology is committed to continuing to offer such high-quality educational opportunities, ensuring that students remain at the forefront of innovation in the biotechnology sector.



UNLOCKING THE SCIENCE OF DRUG KINETICS

A Hands-On Workshop at Qarshi University

Have you ever wondered how a painkiller knows exactly where to work in your body? While medicines don't come with built-in GPS, their journey is guided by four key processes: absorption, distribution, metabolism, and excretion. To explore this fascinating concept, Qarshi University hosted a workshop on the **Kinetics of Human Body Interactions with Drugs**, offering participants an in-depth look at how drugs move through the human body.

This educational and interactive session deeply explored the core principles of pharmacokinetics, covering compartmental and non-compartmental approaches, non-linear kinetics analysis, and multidose drug kinetics. Moreover, the attendees gained essential analytical tools and engaged in hands-on activities, including semi-logarithmic graph paper analysis, compartment model computations, and non-compartmental drug kinetics applications.



Overall, it was a valuable learning opportunity for those interested in pharmaceutical sciences, medicine, and drug research. These dynamic sessions lasted 8 days, empowering students and professionals to refine their expertise in pharmacokinetics, bridging the gap between theory and practice.

COMMITMENT TO PROGRESS: STRATEGIC DECISIONS FOR GROWTH

11TH BOARD OF GOVERNORS MEETING



The 11th Board of Governors (BoG) meeting of Qarshi University was held on August 8, 2024, under the chairmanship of **Mr. Iqbal Ahmed Qarshi, Chairman of Qarshi Organization and Chairman BoG, Qarshi University.**

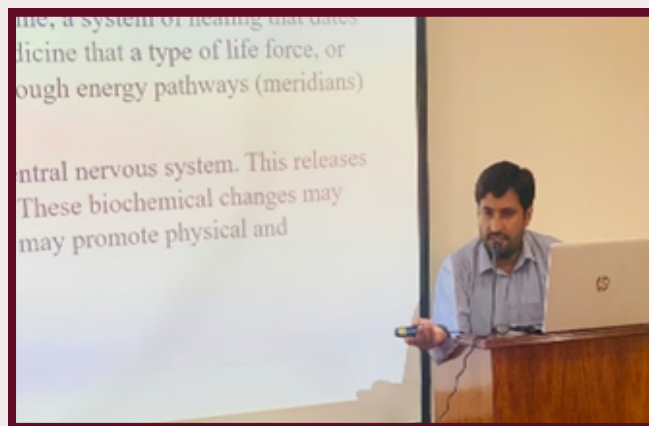
The meeting was attended by Dr. Misbah Iqbal Qarshi, Executive Director of Qarshi Organization; Prof. Dr. Zafar Iqbal Qureshi, Former Vice Chancellor; and members of the Board of Governors of Qarshi University.

The Board formally welcomed Prof. Dr. Syed Mansoor Sarwar as the new Vice Chancellor of Qarshi University. The board also approved seven new undergraduate degree programs set to launch in Fall 2025:

- BS in Business Analytics (Specialization: Data Science)
- BS in Economics with Sociology and Political Science
- BS in Clinical Psychology with Counseling
- BS in Biotechnology with Health Informatics
- BS in Food Science and Technology
- BS in Biomedical Sciences
- Doctor of Physical Therapy (DPT)

Furthermore, the Annual Report of Qarshi University for 2023-24 was presented, highlighting the university's commitment to academic excellence, research and innovation, and strategic initiatives aimed at enhancing the student experience and institutional growth. The BoG approved the Annual Report.

The meeting was instrumental in guiding Qarshi University's strategic direction, aligning academic policies, financial planning, and institutional initiatives. The discussions and resolutions made will contribute to strengthening the university's academic framework, expanding learning opportunities, and promoting long-term institutional sustainability.



Participants received theoretical and practical training at the state-of-the-art cupping clinic at Indus Hospital, Lahore. Under the guidance of experienced instructors, they engaged in live demonstrations, hands-on workshops, and interactive discussions. The course covered essential topics, including: types of cupping, indications & contraindications, hygiene & safety protocols & scientific basis of cupping therapy.

This structured learning approach ensured that participants gained the necessary skills and confidence to integrate safe and effective cupping therapy into their clinical practice.

Advancing Holistic Healing

Specialized Training in Cupping Therapy at Qarshi University



The Faculty of Medicine, Eastern Medicine, and Allied Health Sciences at Qarshi University recently wrapped up an intensive one-month short course on “**Clinical Applications and Practice of Cupping Therapy (Hijama)**” from August 19 to September 16, 2024. This specialized training attracted 55 participants, including healthcare professionals, medical students, and eastern medicine practitioners, highlighting the growing interest in integrative healing techniques.



By offering this evidence-based training, Qarshi University continues to strengthen its role as a leader in Eastern medicine education. This initiative not only enriched participants' professional expertise but also reinforced the university's commitment to promoting traditional healing practices backed by scientific knowledge.

Upon successfully completing the course, participants were awarded certificates of completion, recognizing their proficiency in cupping therapy and their readiness to apply this valuable skill in their respective fields.

With programs like these, Qarshi University is shaping the future of integrative medicine —one practitioner at a time!



LEAP – PIONEERING LEADERSHIP IN HEALTHCARE



Driven by a commitment to academic excellence, Qarshi University (QU) has taken a significant step toward advancing professional development through a strategic collaboration with King Edward Medical University (KEMU) under the leadership of **Dr. Misbah Iqbal Qarshi, member of QU BoG and founder of the Department of Eastern Medicine**. This landmark initiative materialized in the form of an intensive three-day Leadership in Excellence and Patient Care (LEAP) academic initiative, held from August 22 to 25, 2024 at KEMU.

Esteemed faculty members from the Faculty of Medicine, Eastern Medicine, and Allied Health Sciences actively participated in this transformative workshop hosted by KEMU in collaboration with NHS, UK, and KEMCA-UK. The workshop focused on leadership, smart decision-making, and patient care—important skills needed in today's changing healthcare field. Prof. Dr. Mahmood Ayaz, Vice Chancellor of KEMU and Prof. Dr. Saira Afzal, Chief Organizer extended a warm welcome to delegates. The workshop featured engaging discussions, case studies, and real-world leadership scenarios, equipping participants with practical strategies to enhance healthcare delivery.



With this initiative, Qarshi University and its academic partners aim to bridge the gap between knowledge and practical application, preparing future healthcare leaders for the challenges ahead. This collaboration paves the way for advancements in academic training, research, and healthcare innovation.



EMBRACING THE FUTURE: QARSHI UNIVERSITY FACULTY EXPLORES AI IN EDUCATION

"Harnessing AI for Innovation, Integrity, and Impact"

Qarshi University is committed to the continuous development of its faculty, ensuring to equip them with the latest advancements in technology. In pursuit of this goal, faculty members (in 2 batches) attended a two-day training on **Use of Generative AI in Higher Education** in August & September 2024, organized by the Punjab Higher Education Commission (PHEC) Pakistan at the Veterinary Academy, University of Veterinary & Animal Sciences (UVAS), Lahore.



The workshop aimed to introduce faculty to the transformative role of Artificial Intelligence (AI) in academia. Participants explored a range of AI tools designed to enhance research efficiency, improve pedagogical techniques, and foster innovative content creation. Moreover, Prof. Dr. Syed Mansoor Sarwar has always emphasized the significance of AI in modern education and research, encouraging faculty members to embrace AI-driven methodologies.

Qarshi University continues to promote such professional development opportunities, ensuring that its faculty remain at the cutting edge of innovation. This step not only strengthens academic excellence but also prepares students to thrive in a rapidly evolving digital world. This participation highlights Qarshi University's ongoing efforts to bridge the gap between traditional education and emerging technological advancements.



Qarshi University: Where Innovation Meets Excellence



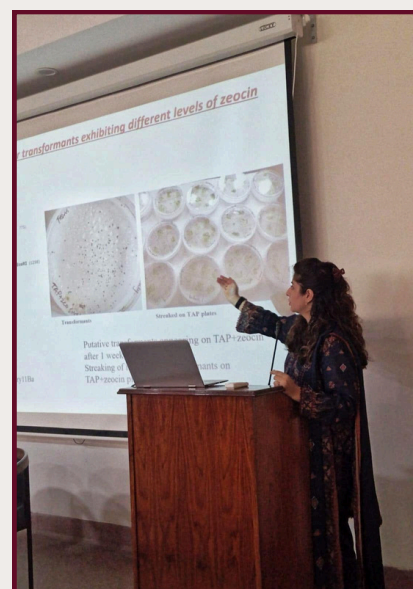
THE SCHOLAR'S CHRONICLE: ECHOING IDEAS, SHAPING TOMORROW

The ORIC Research Seminar Series serves as a dynamic platform that bridges mentors from diverse academic disciplines, fostering collaboration and driving transformative change. These sessions have consistently provided valuable insights into cutting-edge research, encouraging interdisciplinary dialogue and innovation.

EXPLORATION OF BIOTECHNOLOGICAL POTENTIAL OF GREEN ALGAE

– *Dr. Rabbia Pervaiz*

On July 29, 2024, Dr. Rabbia Pervaiz from Department of Biotechnology, delivered a compelling seminar on *harnessing the biotechnological potential of green algae to combat mosquito-borne diseases*. She highlighted the limitations of conventional insecticides, particularly the increasing resistance among mosquito populations, and introduced an innovative alternative—genetically engineered *Chlamydomonas reinhardtii*. Through genetic engineering of the naturally occurring algal food source of mosquito larvae, a self-sustainable biological control method could be developed, reducing dependency on repeated chemical treatments. The discussion delved into advanced molecular biology and recombinant protein expression techniques, underscoring the vast potential of genetic engineering in sustainable public health solutions.



“Revolutionizing mosquito control—one microscopically at a time. Dr. Rabbia Pervaiz shares groundbreaking insights on genetically engineered algae for a sustainable future.”



FOSTERING PRO-ENVIRONMENTAL BEHAVIORS IN HEALTHCARE ORGANIZATIONS

- *Dr. Arab-ul-Mateen*

In this seminar, dated August 30, 2024, Dr. Arab-ul-Mateen from Department of Management Sciences, shared *strategies to cultivate pro-environmental behaviors (PEB) within healthcare institutions*. She emphasized the critical role of Green Human Resource Management (GHRM) in embedding sustainability into corporate culture, advocating for eco-conscious hiring, specialized green training, and strategic employee engagement.

The lecture stressed that sustainability initiatives should be economically viable, particularly in developing nations, and encouraged prioritizing high-impact interventions. Healthcare organizations, both public and private, were urged to implement cost-effective and scalable environmental practices, reinforcing the importance of aligning corporate sustainability strategies with long-term financial stability.



SUBSTANCE ABUSE IN YOUTH

– *Dr. Maham Hussain*

As part of the ongoing “Qarshi Research Seminar Series,” the ORIC organized a thought-provoking session on September 26, 2024 by Dr. Maham Hussain, Lecturer Department of Eastern Medicine, who delivered an insightful talk on “*substance abuse in youth.*” Dr. Maham Hussain explored the growing challenges of addiction among young individuals and introduced the concept of integrated treatment modalities a holistic approach to address substance dependency.

The seminar not only served as a platform for research-based knowledge exchange and also showing Qarshi University's commitment to solving modern health problems. Faculty members expressed their enthusiasm for fostering a strong research culture within the university and emphasized their commitment to collaborative research initiatives that contribute to evidence-based solutions in public health and Eastern medicine.



CAMPUS CHRONICLES

A GLIMPSE INTO EXCELLENCE

Qarshi University's Open Day

On September 12, 2024, Qarshi University welcomed aspiring students and their families to an electrifying Open Day. The event was not just an introduction to academic programs but a celebration of innovation and excellence.

From the moment guests arrived, they experienced warm hospitality and engaging guided tours, showcasing state-of-the-art laboratories, extensive libraries, and modern lecture halls. Esteemed faculty members passionately shared **insights into academic programs and groundbreaking research opportunities.**



Interactive sessions became a highlight, allowing students to engage with professors and alumni, gaining valuable career insights. Guests also enjoyed complimentary refreshments and engaging panel discussions on emerging industries and essential skills. As a special touch, exclusive gift hampers with university memorabilia were presented, creating cherished mementos of the day.



As dusk settled, it was evident that the Open Day had not only showcased Qarshi University's strengths but also ignited the ambitions of young minds. A visiting student summed up the experience perfectly:

“Opportunities don't happen, you create them. Today, Qarshi University opened the doors to a future full of possibilities.”



With this remarkable event, Qarshi University reaffirmed its role as a beacon of knowledge, guiding aspiring students toward a bright and promising future. Dreams, once sparked, can lead to extraordinary paths ahead.



RETREAT FOR WOMEN

Ladies Lounge funded by Dr. Misbah Iqbal Qarshi



The newly established lounge, funded by Dr. Misbah Iqbal Qarshi, aims to provide a comfortable and peaceful environment for female students and faculty members.

Qarshi University recently inaugurated its Ladies Lounge, with the event graced by Dr. Misbah Iqbal Qarshi, Executive Director Qarshi Organization, and Dr. Nayla Anjum, Principal Government Associate College for Women, Lahore. The lounge features a cozy sitting area, furnished with comfortable sofas, elegant tables, and a warm ambiance, that allows students to relax and engage in meaningful conversation. The “**Rabia Basri Corner**”, is a serene prayer area designed for spiritual reflection. The “**Ayesha Siddiqua Area**” offers a quiet space for focused academic work. Additionally, the “**Huda Beauty Mirror Area**” creates a sense of space and adds a decorative touch to the area. This initiative reflects QU’s commitment to fostering a supportive and empowering environment for female students and faculty members.

QARSHI ORGANIZATION IGNITES PATRIOTIC SPIRIT QU at Independence Day Celebration

Qarshi Organization proudly celebrated Independence Day on August 14, 2024 with great zeal and patriotism. The event, held at Jam-e-Shirin Park, Gulberg, brought together students, faculty, and staff from QU, and distinguished guests to honour the sacrifices made for the nation’s freedom. **The celebration featured inspiring speeches, patriotic performances, and heartfelt tributes to Pakistan’s independence heroes.** Students passionately recited national songs and poetry, reflecting their deep love for the country. Mr. Iqbal Ahmad Qarshi, Chairman Qarshi Organization and Prof. Dr. Syed Mansoor Sarwar, graced the event. Attendees delivered motivational speeches on unity, responsibility, and progress. For the kids attending the event, there was a quiz competition and exciting prizes.

The event not only celebrated independence but also encouraged students to play an active role in Pakistan’s future through education, innovation, and social responsibility.



Mr. Iqbal Ahmed Qarshi addressed how patriotism inspires individuals to contribute to society and uphold the values that strengthen the nation.

QU Goes Green: A Plantation Drive to Remember

The recent plantation drive at QU is a testament to the vision of an environmentally sustainable campus. This initiative aimed to enhance the university's green spaces, promote environmental awareness, and encourage students to take an active role in conservative efforts. By planting a diverse range of trees and plants, QU takes a proactive approach towards durability, ensuring that the campus remains a refreshing and vibrant space for students and faculty.

Prof. Dr. Syed Mansoor Sarwar, Vice Chancellor of Qarshi University personally planted saplings on campus reinforcing QU's commitment to sustainability. During his address, he emphasized the crucial role of green initiatives in academic institutions and encouraged everyone to take active part in making QU a model of ecological responsibility.



“Plant today, breathe tomorrow”

The enthusiastic participation of students, faculty and staff served as a reminder of their collective responsibility towards nature. Volunteers gathered to plant saplings across the campus demonstrating their commitment to environmental conservation.

This plantation initiative is just the beginning of QU's long-term efforts toward green living. The newly planted trees will offer shade, improve biodiversity, and contribute to the fight against climate change by absorbing carbon dioxide and enhancing air quality. Additionally, QU aims to conduct more such initiatives in the future, further strengthening its green mission and promoting environmental awareness among students, faculty, and the broader community. Every tree that is planted today is a breath of fresh air for tomorrow. One must be a part of this movement-grab a shovel, get your hands dirty, and leave a legacy that will grow for generations.



BIOSAFETY BOOTCAMP

Qarshi University's Game-Changing Lab Safety Initiative

The Department of Allied Health Sciences at Qarshi University remains committed to promoting a strong culture of safety in scientific research and diagnostics. As part of this initiative, the Medical Lab Technology program conducted a two-week short course on **Laboratory Biosafety Principles** from August 5 to 16, 2024. This course was designed to equip students with essential knowledge and skills for handling biological materials safely and responsibly. This course emphasized risk assessment, containment strategies, personal protective equipment (PPE) usage, waste management, and emergency preparedness to ensure a secure working environment.



Understanding and implementing biosafety measures is crucial not only for protecting laboratory personnel but also for preventing environmental contamination and ensuring public health safety.

GALA DINNER AND GHAZAL NIGHT

A Celebration Sponsored by Dr. Misbah Iqbal Qarshi



The prestigious Gala Dinner and Ghazal Night held on September 21, 2024, was organized to honour the participants of the **1st National Symposium & International Congress for Prevention and Rehabilitation of Cardiovascular Diseases**.



The presence of Dr. Misbah Iqbal Qarshi, Prof. Dr. Syed Mansoor Sarwar, and Mr. Adeel Saeed Mir, CEO Qarshi Foundation, further enhanced the evening's elegance and significance. The Gala Night at QU not only highlighted the **university's commitment to academic and cultural excellence** but also reinforced the spirit of unity among the attendees.

The night was filled with warmth, celebration, and a strong sense of togetherness, creating lasting memories for all attendees. The guests expressed their heartfelt gratitude for the lavish hospitality and took a moment to admire the breathtaking beauty of Qarshi University.



SHAPING FUTURE SCHOLARS: FOUNDATIONS OF PROGRAMMING

Academic Sessions for Prospective Students Fall 2024



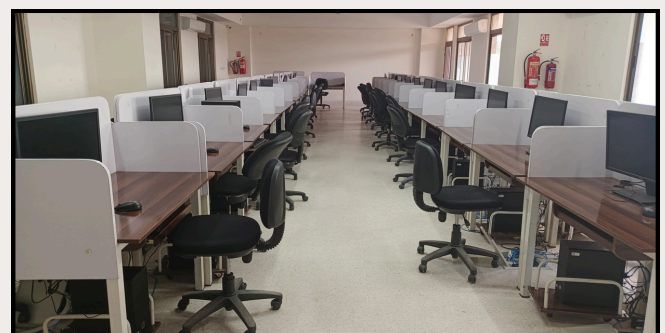
A series of academic sessions were conducted for prospective students ahead of Fall 2024 academic term. These sessions aimed to provide students with an introduction to key subjects before the commencement of regular classes, offering an opportunity to familiarize themselves with foundational concepts and academic expectations.

The sessions covered multiple disciplines. The **Communication Skills** session focused on techniques for articulating ideas effectively, enhancing student's ability to express themselves clearly in academic and professional settings. The **Introduction to Physics** session provided insights into fundamental scientific principles, helping students develop a structured understanding of the physical world and its laws. The **Basic Logic and Programming** session introduced students to problem analysis and logical reasoning, key skills in the field of computing and software development.



The **Basics of Web Development** session provided an overview of website design and functionality, equipping students with knowledge of fundamental web technologies and their applications. Financial literacy was also addressed through the **Basics of Accounting** session which covered essential financial principles, including budgeting, financial statements, and core accounting concepts. This session was designed to introduce students to financial decision-making, an important skill for both business and personal finance.

These preparatory sessions allowed students to engage with faculty members and peers in an academic setting before the official start of the semester. Through these interactive sessions, students had the opportunity to gain exposure to fundamental subjects relevant to their academic journey, ask questions, and build a foundational understanding of their chosen fields. By participating in these sessions, students were able to get a head start on their studies, easing their transition into university life. The initiative provided them with an academic framework to navigate their upcoming coursework more confidently and effectively. As the Fall 2024 semester approaches, these early learning opportunities serve as an essential bridge between prior education and the structured academic environment of higher studies.



FACULTY'S ACHIEVEMENTS

Qarshi University is dedicated to achieving excellence in research with academia. Qarshi University extends its heartfelt congratulations to these faculty members on their remarkable achievements and look forward to more groundbreaking contributions from them.

Dr. Rabbia Pervaiz, Assistant Professor in the **Department of Biotechnology**, has co-authored a research article in *Plos One* titled "An oral toxicity assessment of a mosquito larvicidal transgenic algae (*Chlamydomonas reinhardtii*) using adult zebrafish and its embryos"

(DOI: [10.1371/journal.pone.0303352](https://doi.org/10.1371/journal.pone.0303352))



Dr. Rashid Saif, Associate Professor and Chairperson of the **Department of Biotechnology** has co-authored a research article in *Journal Heliyon* titled "Deep learning guided prediction modeling of dengue virus evolving serotype"

(DOI: [10.1016/j.heliyon.2024.e32061](https://doi.org/10.1016/j.heliyon.2024.e32061))

Madiha Mustafa, Rizwan Asif, Zaigham Wahhab, Shahla Umbreen and Abdul Rehman in the **Department of Eastern Medicine** have published book chapter in *Unique Scientific Publishers* titled "Holistic Healing: The modern role of essential oils in therapeutic and aromatherapy practices"

(DOI: [10.47278/book.CAM/2024.011](https://doi.org/10.47278/book.CAM/2024.011))



Dr. Rizwan Asif, Assistant Professor and Chairperson of the **Department of Allied Health Sciences** has co-authored a research article in *Journal of Population Therapeutics & Clinical Pharmacology* titled "Evaluation of phytochemical analysis and *in-vitro* effect of *Tribulus terrestris* extract on semen quality"

(DOI: [10.53555/jptcp.v31i8.7404](https://doi.org/10.53555/jptcp.v31i8.7404))



STUDENTS ACHIEVEMENTS

Qarshi University is committed to excellence in holistic development. We take pride in celebrating the outstanding achievements of our students in various fields, including innovation, sports, and extracurricular activities. Their dedication and hard work inspire us all, and we look forward to seeing them reach even greater heights in the future.

My name is **Zainab Asif**, a student at **Qarshi University**, currently **engaged in entrepreneurial activities alongside my academic journey**. I have established a small-scale online business where I design and sell hand-painted tote bags and custom canvas paintings. Each piece reflects a blend of creativity, originality, and attention to detail. Follow my journey and explore my work on Instagram:

@art_by_.zainabasif_005
your support means the world!



I am **Moazzam Farooq**, a student of **BS MLT**. I had the incredible opportunity to represent my university in **City42 News' Ramzan Transmission** quiz competition, where I competed against strong contenders and secured victory. I owe this achievement to the unwavering support and nurturing environment of my university, which has played a crucial role in shaping my confidence and knowledge. I am proud to be part of an institution that encourages excellence, and I look forward to taking on more challenges in the future!

I am **Iqra Khan** from **BEMS**. Along with my fellow students, I had the privilege of participating in a hands-on training workshop on **Trauma Management and Head Injury** at **King Edward Medical University (KEMU)**. This workshop provided us with invaluable practical exposure to emergency response techniques and critical care skills, enhancing our ability to handle real-life medical emergencies. It was a truly enriching experience that deepened our knowledge and preparedness in the field of healthcare.



GRADUATE GLIMPSE

*“The future belongs to those who believe in the beauty of their dreams”
-Eleanor Roosevelt*

FROM CLASSROOM TO CLINIC: Dr. Maria Munnais' Journey in Natural Medicine



Dr (NM) Maria Munnais
Medical Head
QCNM | Indus hospital

Being an alumnus of Qarshi University- BEM department, I can confidently say that my educational experience and medical training were well-structured. Creating a revolutionary change in society requires empowering the custodians of various fields with knowledge and confidence, enabling them to lead the way toward transformation. In that regard Qarshi University bridges gaps in the medical field by shaping its graduates into "**Managers of Change,**" a vision I appreciate as vital for a developing society.

In any medical degree, patient exposure significantly enhances learning. During studies the timely execution of clinical rotations and house job played a crucial role in shaping my medical expertise. The integration of traditional healing methods with modern medical sciences at Qarshi University has further strengthened my approach toward patient care. This unique blend of knowledge ensures that graduates are equipped with holistic treatment perspectives, making them valuable contributors to the healthcare system.

The emphasis on research, innovation, and practical application fosters a learning environment that not only prepares students for their professional journey but also instills a lifelong commitment to excellence and service.

As the Medical Head of Qarshi Clinics of Natural Medicine at Indus Hospital, I am dedicated to advancing excellence in primary healthcare through natural medicine, ensuring safety, affordability, and quality care for all. Achieving this goal is only possible through continuous learning opportunities at well-structured educational institutions.

Today, I work to integrate traditional remedies with modern healthcare - an ambition nurtured by my transformative years at Qarshi University.



THINKER'S CORNER

THE SHIP OF THESEUS PARADOX

'If every part of the ship is gradually replaced, is it still the same ship?'



This ancient thought experiment, known as the Ship of Theseus Paradox, presents a classic philosophical dilemma that has been examined by numerous thinkers, including Heraclitus, Plato, Thomas Hobbes, and John Locke. It provokes critical inquiries into the concepts of identity and continuity. The term 'Theseus' alludes to the mythological king and hero of Athens, connoting 'institution.' Consider a vessel that, over the span of centuries, has undergone repairs—plank by plank, nail by nail—until none of its original components remain. Is it still regarded as the Ship of Theseus? The philosophical implications yield two distinct identities: material identity, which posits that if identity relies on physical constituents, the original ship no longer exists; and continuity identity, which asserts that if identity is derived from function and historical context, then the ship retains its identity despite its alterations.

The Ship of Theseus Paradox is particularly pertinent to contemporary discussions surrounding personal identity, artificial intelligence, and bioengineering.

This analysis will focus specifically on human identity in relation to biological change. For instance, our cells experience regeneration over time, with most bodily components replacing themselves every seven to ten years. This leads to the inquiry: if our physical composition evolves, are we still the same individuals we were a decade prior, given that the matter constituting our current selves differs from that of the past? Furthermore, advancements in artificial intelligence and consciousness invite further exploration. If we incrementally replace human cognitive functions with neural implants and AI modifications, does the individual remain unchanged? In scenarios where a person's brain is replicated onto a computer, which version exists as the "real" entity if both forms coexist? This raises the concept of digital immortality—can we sustain our essence beyond the confines of our biological existence?

In this discourse, I advocate for continuity identity as opposed to material identity, supported by compelling evidence. Neuroscientific research indicates that while the majority of body cells regenerate, neurons in the cerebral cortex largely maintain their structure, thereby preserving memory, personality, and cognitive faculties. A study by Friesen et al. (2005) revealed that adult humans regenerate approximately 1% of heart cells annually, while the gut lining is replaced every two to five days. Despite these physical transformations, individuals sustain their sense of identity.

Psychological continuity theories, as articulated by philosopher John Locke, maintain that personal identity is contingent upon memories, self-awareness, and conscious experiences rather than physical form. This notion is exemplified in the case study of Clive Wearing, who, despite suffering from profound amnesia and forgetting many of his life's events, retained recognition of his wife and preserved certain aspects of his personality. Similarly, individuals with neural or cochlear implants continue to identify as the same person, despite having undergone significant bodily modifications and the integration of artificial components. Research indicates that integral brain regions, such as the prefrontal cortex and hippocampus—responsible for decision-making and memory storage—can sustain damage, thereby altering aspects of identity without negating the individual's overall sense of self.

In conclusion, the Ship of Theseus Paradox transcends mere inquiries about wooden planks or ancient vessels; it serves as a profound reflection on the essence of personal identity. As memory, consciousness, and experiences endure, so too does our sense of self, reinforcing the argument that identity is anchored not in physical matter, but in the continuity of our existence.

-Meerab Babar

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