



FALL ISSUE 2023

# ROVER'S REFLECTIONS

UNLOCKING A WORLD  
OF PERSPECTIVES

FIRST EVER MAGAZINE BY THE  
STUDENTS OF UCP

## IN THE SPOTLIGHT

FEATURING THE  
INTERVIEWS OF  
SUCCESSFUL  
ALUMI

## IN-HOUSE COMPETITIONS

SHOWCASING WORK OF  
WINNERS IN THE WRITING  
& PHOTOGRAPHY  
CATEGORIES

## MONITORED BY

ENGLISH LANGUAGE CENTRE  
FACULTY OF LANGUAGES & LITERATURE  
UNIVERSITY OF CENTRAL PUNJAB

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# WELCOME MESSAGE

**Dear Readers**

**We are thrilled to have you join us on this captivating journey through the pages of our electronic magazine. As you navigate the diverse range of topics, from creative writing to lifestyle and interviews, we hope you will find inspiration, knowledge, and a renewed curiosity. The title, Rover's Reflections, reflects the essence of our magazine. Just like a rover exploring uncharted territories, we aim to delve deep into the realms of thought, creativity, and human experiences. Our magazine serves as a reflective mirror, capturing the essence of life's myriad aspects and presenting them to you in thought-provoking and engaging ways.**

**Thank you for joining us on this thrilling voyage. Together, let us embark on an adventure of the mind, where ideas intertwine and perspectives converge. Welcome to Rover's Reflections, where inspiration awaits at every turn.**

**Happy reading!**

# ACADEMIC LEADERSHIP

The English Language Centre (ELC) is a department within the Faculty of Languages and Literature. Its primary mission is to meet the English language learning needs and enhance the skills of students across eight different faculties at the University of Central Punjab. The ELC offers diverse learning opportunities and platforms for practical English language usage. The electronic magazine represents a pioneering effort, alongside other ongoing initiatives, falling under Strategic Pillar One: Academic Initiatives.



**Dr. Fehmida Sultana**  
**Dean, Faculty of Languages & Literature**



**Dr. Muhammad Habib Qazi**  
**Director, English Language Centre**  
**Head of Strategic Pillar One: Academic Initiatives**



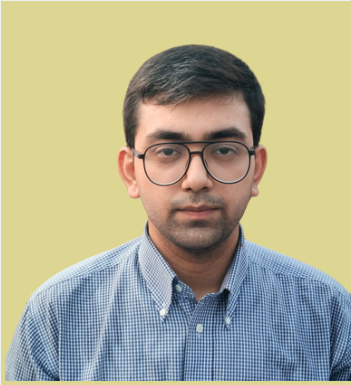
**Ms. Tayyaba Rana**  
**Deputy Manager, English Language Centre**



**Ms. Tahira Munir**  
**Lecturer, English Language Centre**  
**Chief Editor, Rover's Reflections**

# EDITORIAL TEAM

Our editorial team is formed after a thorough review of the work submitted by the participants in our writing, illustration, and photography contests. These students belong to different faculties of the university.



**Saqib Ali Raza**  
Writer & Designer



**Burhan Haider**  
Editor & Writer



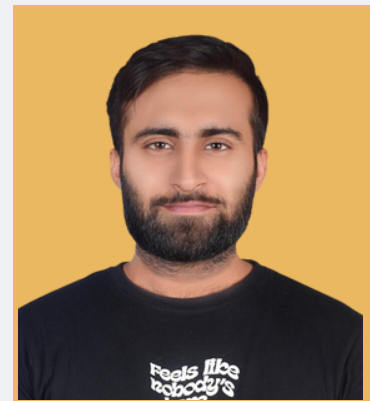
**Abdul Hadi**  
Editor & Designer



**Abdul Muqet**  
Photographer



**Izhan Kashif**  
Designer & Illustrator



**Shahzaib Saad**  
Writer

Composed by  
Burhan Haider  
L1F19BSBC0019

# IN THE SPOTLIGHT



This section has been dedicated to the successful alumni of our university. We appreciate the hard work and dedication of the UCPIans who have excelled splendidly in their professions.

# ABBAS SHAHID

**FOST, UCP 2016-2022**



Allow us to introduce Abbas Shahid, a visionary scholar in the realm of Biochemistry. With an enduring commitment to catalyzing positive global change, Abbas's journey with UCP starts from his undergraduate endeavors to his recent pursuit of a Ph.D. His academic trajectory is a testament to his unflagging dedication as a researcher, and his inherently empathetic personality.

## Education Profile

- PhD in Biochemistry, (2023-Cont.)
- MS in Biochemistry, (2020-2022)
- B-Pharmacy Diploma, (2020-2022)
- BS in Biochemistry, (2016-2020)

## Experiences

- CEO & Founder at Healthcare Consultation
- Biochemist at Children's Hospital
- Intern at Jinnah Hospital
- Former Joint Secretary at Alfalah Welfare Solution
- Management Team of Dilawar Hussain Foundation
- Member of Society of Life Sciences (UCP)



## NOTABLE ACHIEVEMENTS

- 1 Seven publications in reputable Journals
- 2 Volunteered to spread awareness of health-related information through his platform **healthcares.me**

## Guiding Words

Amidst the greatest challenges lie the greatest opportunities. Admit and face these challenges to foster growth on both professional and personal levels.

# BAZAF SHAHBAZ

FOL, UCP 2017-2022



Meet Mr. Mian Bazaf Shahbaz, a dynamic legal professional whose journey through the realm of law has been marked by remarkable accomplishments and an unquenchable thirst for excellence. With a passion for mooting, a knack for research, entrepreneurship, and a string of prestigious awards, he has carved a path that exemplifies the power of determination and innovation in the world of law.

## Education Profile

- Bachelors of Law, (2017-2022)  
- Gold medalist & Roll of Honor Award'22

## Experiences

- Associate at Saqlain, Husnain & Co.
- Co-Founding Vice President at The Legal Affairs - TLA
- Former Teacher Assistant at the Faculty of Law (UCP)
- Former Intern at PepsiCo
- Former President at Law Society (UCP)



## NOTABLE ACHIEVEMENTS

- Winner Award and Best Script Award, GCUF's 1st National Mock Trial Court Competition
- Best Oralist Award, 1st National Moot Court Competition by the University of Gujrat
- Lawyer of the Year, 2021, 1st Intra-Moot Court Competition organized by UCP Law Society
- Participant in the 13th Henry Dunant International Moot Court Competition
- Participant in Jessup'22 Pakistan National Rounds
- Participant in the 39th Edition of the Jean-Pictet Competition held in Bali, Indonesia

## Guiding Words

In the present-day, highly competitive landscape, the concept of "survival of the fittest" remains pertinent. Students must extend beyond academics. Immersing in experiential learning through internships empowers students to cultivate core skills, forge influential connections, and flourish within the cutthroat job market.



# AUN ABBAS AUN

FOL, UCP 2018-2023



Let us introduce Aun Abbas, a legal professional, poet, writer, and fluent public speaker. Having recently graduated from UCP, Aun has embarked on his legal career journey. Aun's creative endeavours seamlessly interlink with his profession. His dedication to impactful advocacy is enriched by his love for literature and public speaking, rendering him a dynamic personality.

## Education Profile

- Bachelors of Law, (2018-2023)

## Experiences

- Advocate at Bhatti & Qizalbash Law Chambers
- Internee at The Legal Services Inc.
- Former President at Rhymester Society (UCP)
- Former Ambassador of Pakistan at Literary Society
- Former Urdu Head at Literary Society (UCP)
- Former Declamation Head at Debating Society (UCP)
- Former Script Head at Dramatics Club (UCP)



## NOTABLE ACHIEVEMENTS

- ◆ Writer of 2nd **Legislature Theatre** in Pakistan
- ◆ Poetry published in globally known Urdu website named **Rekhta.org**
- ◆ Winner of Festival in the Year of 2019
- ◆ Runners-Up in UMT Competition
- ◆ 3rd Position Holder in FJMU & FMHC Competitions
- ◆ Best Script Writer'19 Award in UCP

## Guiding Words

For those pursuing their passions, remember to stay resolute in your pursuits and rise towards your aspirations. Transforming your passion into a profession is a remarkable blessing, infusing you with the limitless energy that fuels your drive.

# THOUGHT- PROVOKING QUOTES

We reached out to the students and invited them to share their favorite quotes, along with their personal insights. We were overwhelmed by the response and delighted to compile the best ones from the diverse pool of submissions.

Here are some of the most inspiring and thought-provoking quotes shared by UCPIans. Each quote will make you say, 'WHAT A QUOTE!'

## A Glimpse into the Minds of UCPIans



**He who has a 'why' to live for can almost bear any 'how'. – Friedrich Nietzsche**

Life is all about suffering but this suffering has a meaning embedded in it. The one who finds this meaning, who gets the purpose, can triumphantly endure any calamity. Because for them, the unbearable calamity is just a 5-second advertisement that comes on YouTube between him and his destiny.

---

Syed Sharf Ud Din  
L1F19PHMD0135

**Patience is the key to joy.  
– Jalal-ud-Din Rumi**

Rumi states that true joy is not achieved in haste, but rather through the virtue of patience. It is through embracing the unfolding of life's events, allowing things to develop at their own pace, that we discover a profound sense of contentment and lasting happiness.

**Change is the only constant. - Heraclitus**

This quote is a timeless expression that emphasises the unavoidability of progression. It sheds light on the opportunities for growth and improvement that might come with transition. It is normal to have apprehension or uncertainty in response to change; nonetheless, the capacity to adjust and persist through challenging circumstances is essential.

---

Burhan Haider  
L1F19BSBC0019

---

Muhammad Ateeb  
L1S20BSIR0038

Though 'tis be madness,  
yet there is method in it.  
- William Shakespeare

“  
People can call you mad  
because of the way you live  
your life. However, you  
must not be affected by  
their opinion if your way of  
living makes sense to you.  
The world is after all  
indifferent to you even if  
you measure up to its  
standards or not.  
”

M. Fakhar ul Hassan  
L1S19BSEN0046

“  
Sometimes, you find yourself in the middle  
of chaos, and sometimes in the middle of  
chaos, you find yourself. – Boonaa  
Mohammed

At times, life pushes us into mayhem to teach us  
about our existence and hopes that we will learn from  
our mistakes. While at others, we realize we're the  
ones wreaking havoc on our lives and ourselves as  
earlier, we did not have the motive to live for.

---

Abdul Hadi  
L1S22BSCS0012

“  
The most important skill for a new recruit  
from the university will be the ability to learn.  
- Robin Hoyle

This quote superbly counters the concept of success  
in contemporary society. It highlights the fickle nature  
of our degrees, GPA and what we associate our self-  
worth with according to traditional norms. Instead, it  
beautifully elaborates those skills are what matter  
most to recruiters. And the best one is the skill of  
learning.

---

Rimsha Rashid  
L1F21BSBT0046



**I'm losing my taste for everything, including even my taste for finding everything tasteless. -**

**Fernando Pessoa**

**Using 'apophasis', the author describes the anguish he experiences when he gets the reality of his existence that he is nothing. Nobody. A momentary singularity that'll soon turn to void: a linguistically formulated identity routing consciousness through the illusion of the self. He loses interest in everything, even the ability to recognize that tastelessness.**

**Hafsa Alam  
L1S23BSCH0002**



**I dream my painting and I paint my dream. – Vincent Van Gogh**

**This quote encapsulates the essence of his artistic process. It speaks to the deep connection he felt between his dreams and his art. For him, painting was a way to unleash the innermost thoughts and emotions in his dreams, giving life to his vivid imagination on the canvas.**

**Saqib Ali Raza  
L1F20BSCS0452**



**He travels the fastest who travels alone. - Rudyard Kipling**

**Be independent and content with your own company. We meet many people and tend to rely on them for everything; when they leave us, we do not know how to survive. So then, we realize that being alone can be good. It teaches us so many things. Especially, it helps us find our true selves.**

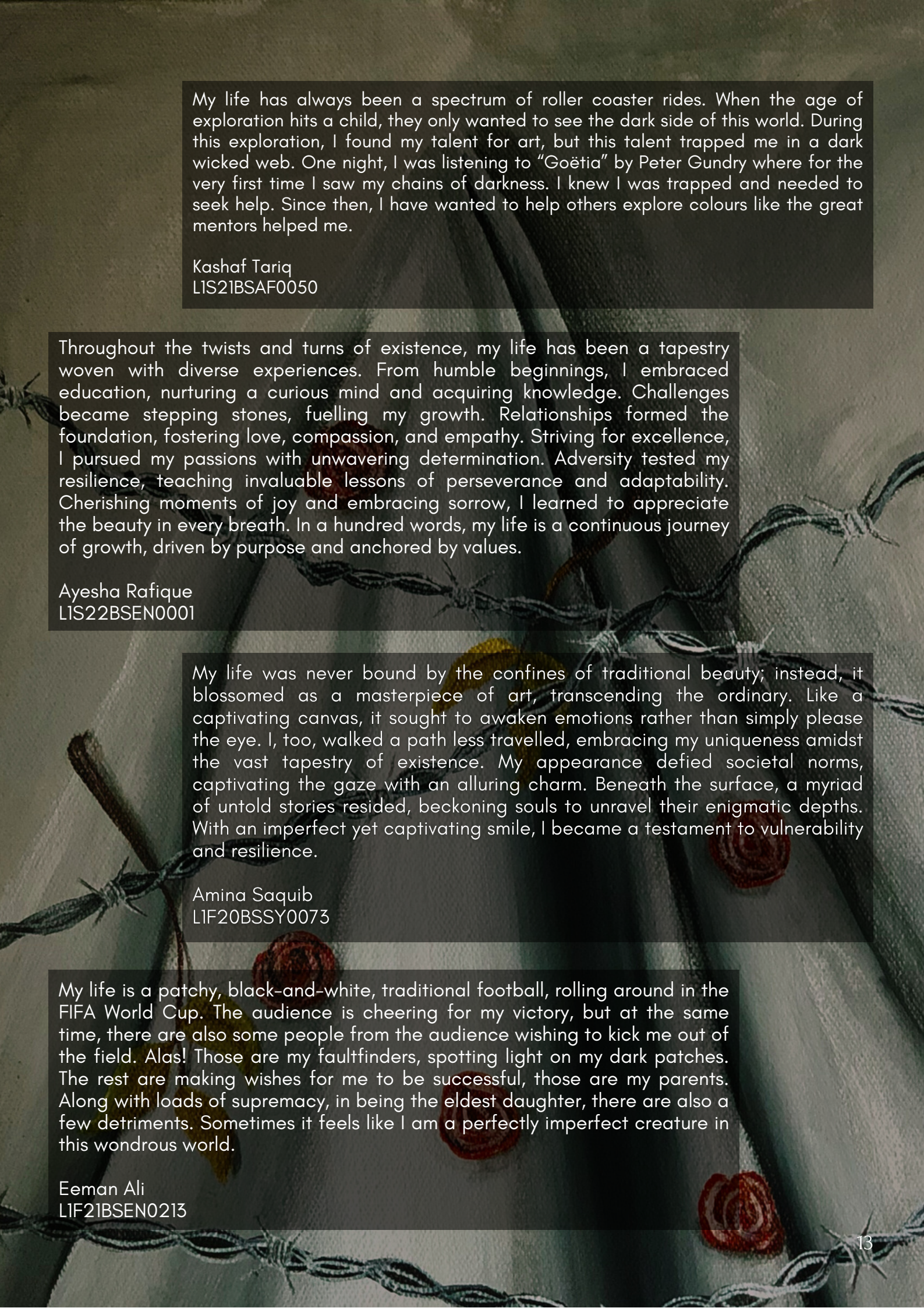
**Bismah Irshad  
L1F22BSCS0408**



# *My Life in a Hundred Words*

Illustration by  
Kashaf Tariq  
L1S21BSAF0050

Numerous students expressed their inner reflections on the meaning of life through the depths of their souls. We highly appreciate the contestants who participated in this category. The best ones that fulfilled the requirements and excelled in the war of words have been featured here.



My life has always been a spectrum of roller coaster rides. When the age of exploration hits a child, they only wanted to see the dark side of this world. During this exploration, I found my talent for art, but this talent trapped me in a dark wicked web. One night, I was listening to "Goëtia" by Peter Gundry where for the very first time I saw my chains of darkness. I knew I was trapped and needed to seek help. Since then, I have wanted to help others explore colours like the great mentors helped me.

Kashaf Tariq  
LIS21BSAF0050

Throughout the twists and turns of existence, my life has been a tapestry woven with diverse experiences. From humble beginnings, I embraced education, nurturing a curious mind and acquiring knowledge. Challenges became stepping stones, fuelling my growth. Relationships formed the foundation, fostering love, compassion, and empathy. Striving for excellence, I pursued my passions with unwavering determination. Adversity tested my resilience, teaching invaluable lessons of perseverance and adaptability. Cherishing moments of joy and embracing sorrow, I learned to appreciate the beauty in every breath. In a hundred words, my life is a continuous journey of growth, driven by purpose and anchored by values.

Ayesha Rafique  
LIS22BSEN0001

My life was never bound by the confines of traditional beauty; instead, it blossomed as a masterpiece of art, transcending the ordinary. Like a captivating canvas, it sought to awaken emotions rather than simply please the eye. I, too, walked a path less travelled, embracing my uniqueness amidst the vast tapestry of existence. My appearance defied societal norms, captivating the gaze with an alluring charm. Beneath the surface, a myriad of untold stories resided, beckoning souls to unravel their enigmatic depths. With an imperfect yet captivating smile, I became a testament to vulnerability and resilience.

Amina Saquib  
LIF20BSSY0073

My life is a patchy, black-and-white, traditional football, rolling around in the FIFA World Cup. The audience is cheering for my victory, but at the same time, there are also some people from the audience wishing to kick me out of the field. Alas! Those are my faultfinders, spotting light on my dark patches. The rest are making wishes for me to be successful, those are my parents. Along with loads of supremacy, in being the eldest daughter, there are also a few detriments. Sometimes it feels like I am a perfectly imperfect creature in this wondrous world.

Eeman Ali  
LIF21BSEN0213

Living the life of a side character who is a nerd and an aloof classmate would never justify the Neverland I live in. The hidden guitar under my bed, blasting music notes from my old earphones, the inhuman magical creatures of my fantasy books that only I can see running around myself, my secret lil rendezvous with myself to ancient places to feel their story that transcended time, my dance in delight while I make mango delight for myself and rich pages of my journal filled with a million lil stories of my life ... just makes me the main character of my own story!

Esha Ajaz  
LIF21PHMD0026

It will soon be sunset, and the new dawn promises new possibilities. I hope this time the nights will be less scary, the pains more bearable, the roads better paved, and the springs prolonged. Sometimes this anticipation exasperates me, tempting surrender to time. Yet, the desire for more or the belief that I deserve more motivates me to wake up for another day filled with dreams and aspirations. Perfection, for me, is simply a delusion. Having imperfections within us, we all struggle to find the missing pieces of our life's jigsaw puzzle. And it is this quest that keeps our lives going.

Javeria Umar  
LIF21BSBA0025 -

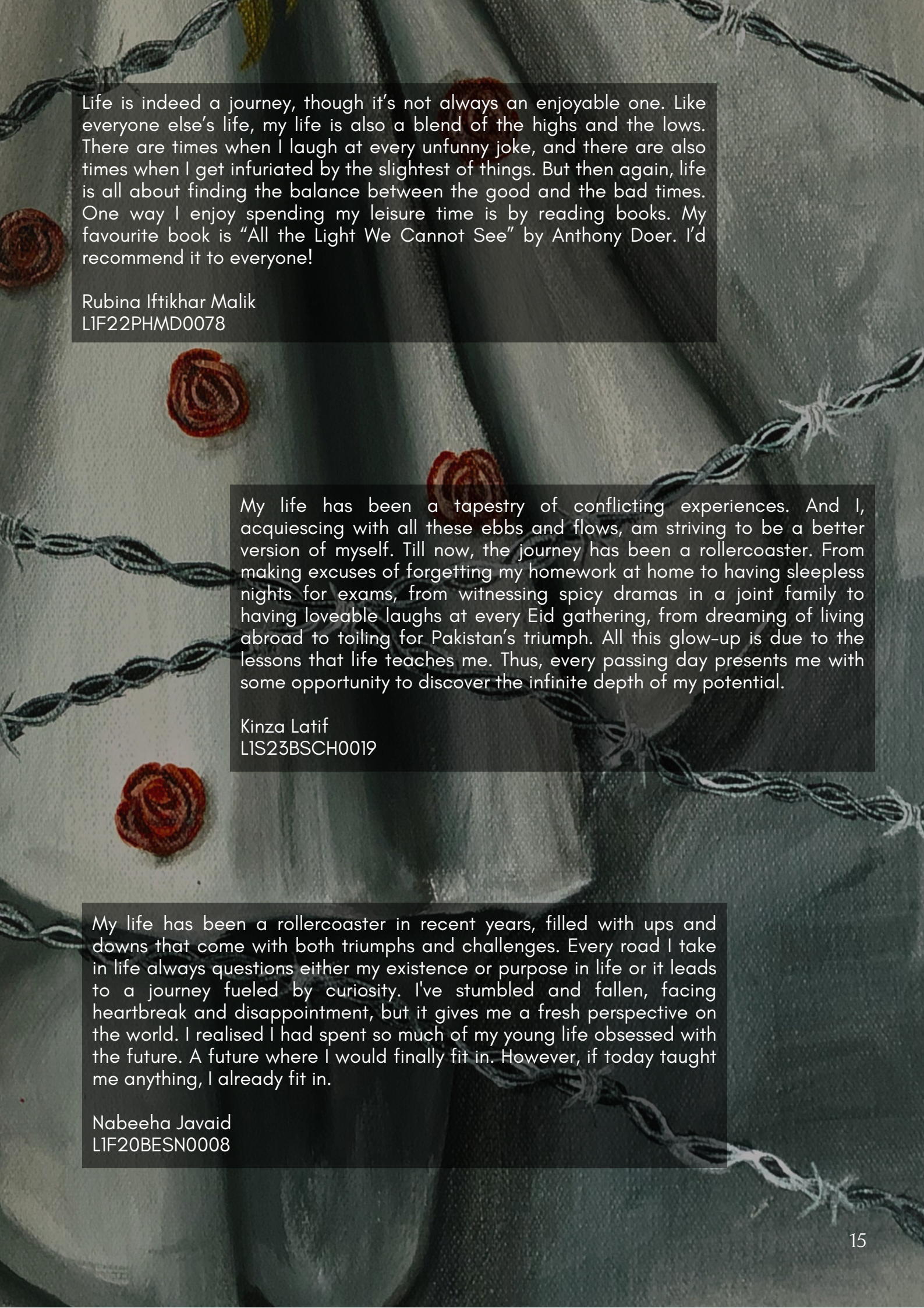
It is a challenge to encapsulate my life in a hundred words. However, I can provide a few glimpses of it. Childhood began with innocence, but experiences and values accompanied me throughout. Life is full of joys and sorrows, triumphs and downfalls. I have navigated relationships, friendships and some meaningful connections. I embarked on educational endeavours, expanding my mind and broadening my horizons. My resilience helped me overcome obstacles, learning and growing along the way and my passion guided me towards self-expression and creativity. I am striving to make a positive impact. In conclusion, I am grateful for my life.

Fizza Amjad  
LIF21BSEN0008

Describing my life in just a hundred words feels like trying to fit a giant dinosaur into a tiny birdcage. I seem to attract problems, and even on the rare days without any, I find myself worrying about what's coming next. My mind is like a tangled knot of threads that can't be untied. If someone close to me claims to know me completely, I can confidently say they only know a small fraction of who I truly am. I would describe my life as a mix of sweetness, warmth, and inner struggles.

Fizza Kashif ,  
LIF22BSSE0424





Life is indeed a journey, though it's not always an enjoyable one. Like everyone else's life, my life is also a blend of the highs and the lows. There are times when I laugh at every unfunny joke, and there are also times when I get infuriated by the slightest of things. But then again, life is all about finding the balance between the good and the bad times. One way I enjoy spending my leisure time is by reading books. My favourite book is "All the Light We Cannot See" by Anthony Doer. I'd recommend it to everyone!

Rubina Iftikhar Malik  
LIF22PHMD0078

My life has been a tapestry of conflicting experiences. And I, acquiescing with all these ebbs and flows, am striving to be a better version of myself. Till now, the journey has been a rollercoaster. From making excuses of forgetting my homework at home to having sleepless nights for exams, from witnessing spicy dramas in a joint family to having loveable laughs at every Eid gathering, from dreaming of living abroad to toiling for Pakistan's triumph. All this glow-up is due to the lessons that life teaches me. Thus, every passing day presents me with some opportunity to discover the infinite depth of my potential.

Kinza Latif  
LIS23BSCH0019

My life has been a rollercoaster in recent years, filled with ups and downs that come with both triumphs and challenges. Every road I take in life always questions either my existence or purpose in life or it leads to a journey fueled by curiosity. I've stumbled and fallen, facing heartbreak and disappointment, but it gives me a fresh perspective on the world. I realised I had spent so much of my young life obsessed with the future. A future where I would finally fit in. However, if today taught me anything, I already fit in.

Nabeeha Javaid  
LIF20BESN0008

# STORM PRODUCTION OF AI, OI & IOT



In the realm of information technology, a storm has been brewing. And no, it's not your typical thunder and lightning kind of storm, it's the convergence of Artificial Intelligence (AI), the Internet of Things (IoT), and Organoid Intelligence (OI) that's causing all the buzz.

**ILLUSTRATION BY**

IZHAN KASHIF  
L1S22BBAM0038

**WRITTEN BY**

SAQIB ALI RAZA  
L1F20BSCS0452

# ARTIFICIAL INTELLIGENCE

AI's capabilities spread far and wide, from machine learning algorithms which predicts weather patterns to natural language processing that lets us chat with savvy smart speakers like Alexa and Siri. It's a tech phenomenon that keep pushing the boundaries of human understanding and imagination. Artificial Intelligence has come a long way from its beginnings, from Siri's sassy comebacks to self-driving cars taking the wheel, AI become an integral part of our daily lives.

# INTERNET OF THINGS

Internet of Things (IoT) is a web, it's a world where, interconnected devices chat and share data. From brilliant smart homes to industrious automation, IoT connects the physical and digital domains. But when AI joins this digital dance, a whole new level of possibilities unfolds.

# ORGANOID INTELLIGENCE

Now, this is the part where things get a bit sci-fi. Prepare to be enchanted by Organoid Intelligence (OI), also known as OI. Taking inspiration from the complexity and adaptability of living organisms, by mimicking the structure and functionality of living system. OI sets its sights on creating intelligent systems that can learn, evolve, and adapt in real-time. This budding field is brimming with potential for solving complex problems and pushing the boundaries of AI and IoT.



# THE SYNERGY OF AI, IOT AND OI IN FUTURE

In healthcare, the fusion of AI, IoT, and OI is like having a dream team of doctors working round the clock, where wearable devices monitor your vital signs, alerting medical professionals to potential health risks before they even knock on the door. Additionally, these intelligent systems could play sidekick to doctors, helping diagnose diseases, analyze medical images, and craft personalized treatment plans.

## SMART MANUFACTURING

AI, IoT, and OI are ready to turn the gears of manufacturing. Smart factories with brilliant systems optimize production, predict maintenance needs, and cut downtime. They analyze real-time data from IoT devices with precision and with the help of OI's adaptive capabilities, manufacturing processes become more efficient, cost-effective, and eco-friendly.



# ETHICAL CONCERNS IN THE TECH REVOLUTION

## CONCERNS



We must address concerns about privacy, security, job displacement, and the potential for mischief must be taken seriously. Striking a balance between technological strides and societal well-being becomes the compass to steer us toward a sustainable future.



## SOLUTIONS

Resolving the ethical issues caused by the convergence of AI, IoT, and OI requires a thoughtful and proactive approach.

Implementing robust privacy and security measures, establishing transparent governance and accountability, and prioritizing ethical AI development are crucial steps.

Conducting risk assessments before deployment, and regularly auditing and reviewing systems will help identify and rectify ethical concerns.

Educating users, obtaining consent, collaborating with regulators and experts, and applying ethical design thinking are essential for responsible tech advancement.

Fostering a culture of continuous improvement and adaptation ensures that these technologies evolve ethically and align with societal values.



# LIFESTYLE MINIMALISM

*Written by*  
*Shahzaib Saad*  
*L1S23MBAM0025*

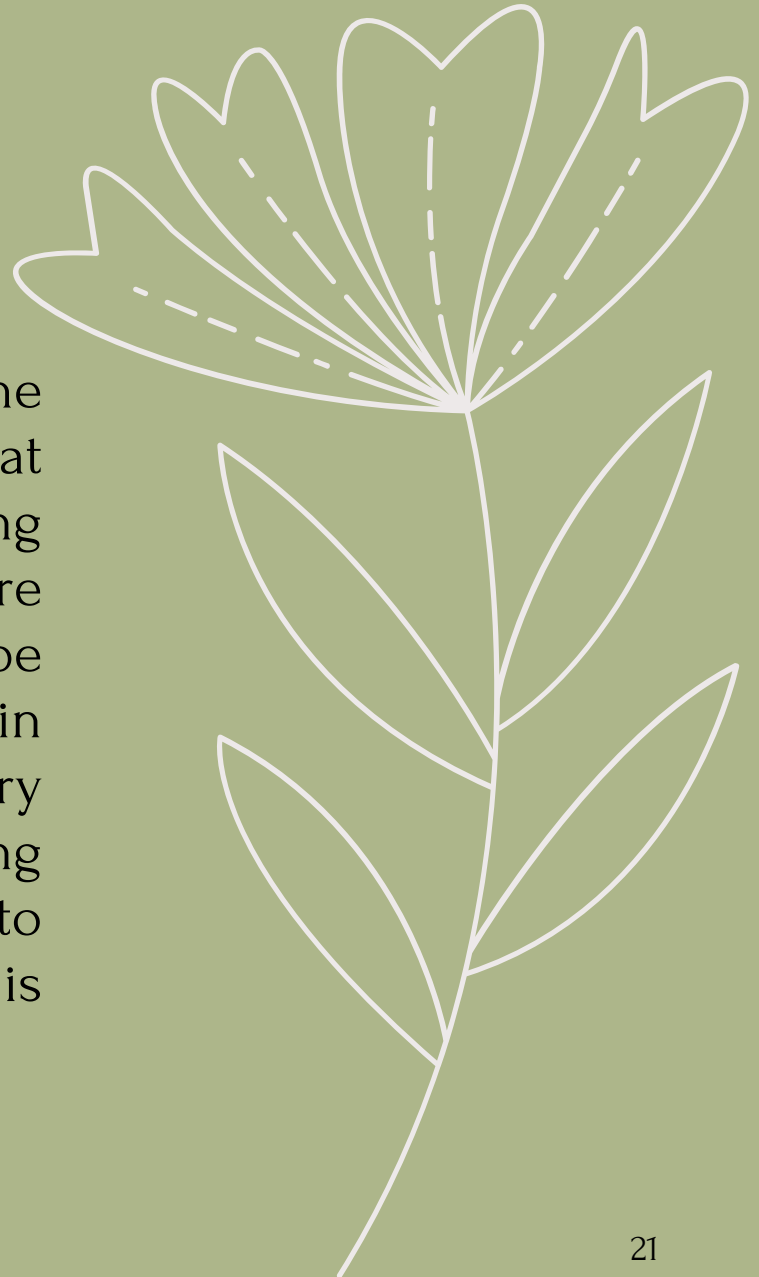


# Less is More

A Lifestyle is a means to spend whole life by following a certain pattern of thoughts, behaviours and values of some social system. Moreover, acknowledging and choosing a lifestyle is the most important aspect for humans to socialise with the world. Among the several types of lifestyles present in the Globe, minimalism lifestyle is the one which has been emphasised in this article.

## What is Minimalism?

Minimalism reflects to the aforementioned quotation that less is more, it means that living a less complicated and more purpose driven life. It can be further defined as; Keeping in possession only the necessary things in your life and cutting off extra things in order to achieve an efficient lifestyle is called minimalism.





# Aspects of A Minimalist Lifestyle

## Wardrobe and Clothing

Store those clothes and shoes which are necessary and get rid of the less utilized and old things. It reduce the confusion of making pick up choices.

## People and Relations

People and relations should be kept at minimum which can be easily managed according to your personal capacity. Minimalist lifestyle allows us to make small circle of important people, friends and relations to manage them effectively.

## Food and Drinks

It also talks about the daily intake and refrains from hoarding unnecessary food and drinks. It means to manage food routine according to the needs of the body.

## Industry and Business

Cutting the variable costs, keeping the necessary segments and sections instead of struggling to get them all at once falls under the minimalist lifestyle.

## Direction and Focus

If such lifestyle is adopted, reducing unnecessary things from life will help us focus more on our purposes and direct the best possible way to achieve the goals.





# How to Adopt the Minimalist Lifestyle

## Create a Minimalist Mindset

You must be mentally prepared at first to accept a minimalist lifestyle, explore its pros and cons and show determination to withhold this lifestyle. In short, make up your mind to have a different life experience.

## Identifying the Purpose of Required things in Life, not their Luxuries

Identify and understand the purpose of relationships and things and know their importance in your life, order them to decide which things must be done in the first place and do only that thing for the time being. If you need to travel long distances, you should buy the car instead of gaining social appreciation as it brings mental and economic responsibilities.

## De-Cluttering / Removing Unnecessary Items from Life

You must, then, analyse and trade-off unnecessary things or people from life to reduce worries and stress. For instance, after passing the yearly education, eliminate extra and unnecessary books to make space for new ones.

## Control the Natural Factor of Greed

You must encounter the natural aspect of humans which is greed that makes people hoard unnecessary goods or things or expectations.

## Learn to be Satisfied with Less

Be thankful for what you have and try to buy and take only those things onboard which you call handle. Adopting minimalist lifestyle is not a task which can be done overnight, therefore, by following these steps with courage, determination and passion, you will be able to imitate it with the passage of time.



# *Photo Gallery*

There were two categories for the photography contest of our magazine. Many students submitted outstanding visuals. However, two participants have managed to successfully earn a spot in the first issue of Rover's Reflections.



# LIFE IN LAHORE

*By Abdul Muqet*

*L1S23BSCS0162*



Badshahi Mosque Entrance

# THE OLD CITY TREASURE



# DOORWAY TO ANTIQUITY



ENTRANCE GATE OF BADSHAHI MASJID  
WALLED CITY OF LAHORE 2023

# A TANGLED PATHWAYS



# TRANQUILITY





# AN ARTISTOCRACTIC GATEWAY



# THE UNIVERSITY OF CENTRAL PUNJAB

*By Zain Abbas*

*L1S23BSCS0265*



**CLOCK TOWER UCP 2023**

# RADIANT VISTA OF THE MORNING



# A COLOSSAL MAGNITUDE



# THE EMBRACE OF A CANOPY



# A WORLD IN



# A FRAME



**BUILDING A UCP 2023**

# HEALTH AND WELLNESS

## EMOTIONAL INTELLIGENCE

Introduction to Emotional Intelligence  
(EI) and its importance for university  
students

WRITTEN BY  
THE EDITORIAL TEAM

ILLUSTRATION BY  
IZHAN KASHIF  
L1S22BBAM0038





DOCUMENTS

# WHAT IS EMOTIONAL INTELLIGENCE?

Emotional intelligence (EI) is the ability to understand and manage your own emotions, as well as the emotions of others. It is an essential skill for university students, who face a variety of challenges, both academically and personally.

## IMPORTANCE OF EMOTIONAL INTELLIGENCE FOR STUDENTS

## COMPONENTS OF EMOTIONAL INTELLIGENCE



### *Self-awareness*

The ability to understand your own emotions and how they affect you.



### *Self-management*

The ability to manage your emotions in a healthy way.



### *Social awareness*

The ability to understand the emotions of others.



### *Relationship management*

The ability to build and maintain healthy relationships.

### *Academically*

EI can help students to focus on their studies, manage their time effectively, and cope with stress.

### *Personally*

EI can help students to develop a sense of purpose, set goals, and achieve their dreams.

### *Socially*

EI can help students to build strong relationships with professors and classmates, navigate difficult conversations, and resolve conflicts.

# STRATEGIES TO DEVELOP E.I



## PRACTICING MINDFULNESS AND SELF-REFLECTION

Pay attention to the present moment without judgment, and recognize your own thoughts, feelings, and behaviours. So that, you become more aware of your emotions and how they affect you. This can help you to better manage your emotions and make more mindful choices.

There are a number of techniques that you can use to manage your emotions effectively, such as:

### *Expressing emotions in a healthy way*

Healthy ways to express your emotions include talking to a trusted friend or therapist, journaling, or exercising.

### *Naming your emotions*

When you can name your emotions, you are better able to understand them and why you are feeling them.

### *Improving your communication and conflict resolution skills*

You can share your thoughts and feelings with others in an effective way and resolve disagreements in a positive and productive way.



## LEARNING TO MANAGE YOUR EMOTIONS EFFECTIVELY

### *Building empathy and understanding*

By building empathy and understanding for others, you can improve your relationships and build stronger connections with the people around you.

### *Finding healthy coping mechanisms*

Some healthy coping mechanisms include listening to music, taking a bath, or spending time in nature.

The image features a central white horizontal band containing the text "Poetry Corner" in a black, cursive font. This band is flanked by vertical bars in various shades of green and blue. The background consists of two horizontal panels of forest landscape photos. The top panel shows a wide view of a forest with a wooden bridge or walkway in the foreground, under a hazy sky. The bottom panel shows a closer view of a dense forest with tall, thin trees.

# Poetry Corner

## **A Girl in a Dark Alley**

The girl finds herself in a dark narrow  
alley  
Scared by the people whom she trusted  
so many  
Dependent was she on many people but  
she did not worry.  
Uncertain why they never came when she  
called in a hurry.  
The way she holds the one is so close to  
her heart  
Cries, for she might leave, as truly most  
apart  
Hard times did she have as she sorrowed  
for her loss  
Deadly odds were against her as she  
peaked far across  
Looks far away in shadows to see a dusk  
of light  
Follows it till end of the day but keeps her  
up at night

By Abdul Hadi  
L1S22BSCS0012

## **The Mountain**

The mountain stands, so tall and proud,  
A symbol of strength, that's never bowed.

Its roots run deep down, into the earth,  
Its peak soars high, into the sky's girth.

A force of nature, that's pure 'n true,  
As it gives us all a chance to renew.

It brings us hope, and washes away,  
All the pain and strife of yesterday.

So let us climb, the mountain's steep,  
Find the strength, to plant the seed.

Of all the love and hope we need,  
To live our lives, and to be freed.

By Abdul Sadiq  
L1F22BSPS0006



## Homesick

Am I homesick?  
Where do I belong to?  
A gloomy valley?  
A dome of fantasy?

A delicate soft touch,  
To feel profound love.  
What does this require?  
How to achieve this attire?

Is it too much to ask for?  
I know it is a difficult chore  
On a long tiring journey  
Where the roads are grumpy.

In the parching heat of May,  
I am already on the way.  
Would I ever feel home?  
Or stay stuck in storms?

By Maida Ajmal Khan  
L1F22BSSY0003

## My Life is a Journey

My life is a journey, unique 'n true,  
Ups and downs, just like a view.  
I've had my share of joy and pain,  
Moments of sunshine and of rain.

I've faced challenges, big and small,  
And overcome them, standing tall.  
I've loved and lost, and loved again,  
And learned that life is full of gain.

I've made mistakes along the way,  
But learned from them, day by day.  
And now I stand, a person strong,  
Ready to take on what comes along.

Keep on living, with all my might,  
Know that everything is all right.  
My life is a journey, unique 'n true,  
Ups and downs, just like a view.

By Mahnoor Arif  
L1F22BSBT0054

## Nature's Perception

Nature's beauty, oh, how grand!  
From the oceans to the land,  
Endless skies and pristine lakes,  
Such wonder, no one can fake.

Mountains high, trees so tall,  
Their majesty, enchanting all,  
Wildflowers in fields of green,  
A sight that is rarely seen.

Nature's gifts, beyond compare,  
But sadly, they are in despair.  
For we've neglected to protect  
The very things we can't forget.

Pollution, waste, human greed,  
Caused the natural to bleed.  
Animals struggle to survive:  
We destroy their habitats alive.

But hope still glimmers, if we try  
To heal the wounds, and not just  
sigh.

Reduce our waste and carbon too,  
Protect nature, the least we can do!

So let us cherish nature's glory,  
Strive to write a different story.  
We protect what we hold dear  
Nature thrives without fear.

By Muqadas Fatima  
L1F21MSSY0015

## Enduring an Ever-Unfolding Storm

I was told the summit will be yours  
But there will be lows;  
So I was prepared for the bruises  
And for the blows.

I was ready for the leaps  
I was eager for the falls  
But I no longer yearn for the dawn  
I'm no longer eager for the brawls.

Because one day, something unfolded  
A storm that humbled my ambitions  
A vacuum that bloomed in my heart  
A flower that brought a drought

Ever since then, I live a new life every day  
Ever since then I wage a new war every  
day  
Ever since then I seek the warmth of hope  
In the blizzards  
And to put it all in a hundred words,  
Is too little.

By Ahmad Shafiq  
L1F21BBAM0474

# CLOSING MESSAGE

We want to extend our **heartfelt gratitude** to each and every one of you who took the time to explore its pages.

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