October, 2026 | Vol 3 Issue 10

LGU NEWSLETTER

AHPC ACCREDITATION

BS Human Nutrition and Dietetics Programme Earns Professional Accreditation.

WORLD FOOD DAY SEMINAR

Bringing Experts and Students Together for Healthier Food Choices and Communities.

POLICY DIALOGUE ON SMOG

Cleaner Air Through Collective Action.

MENTAL HEALTH WEEK 2026

Every Voice Matters. Every Story Deserves to Be Heard.



CONTENTS

HND Program Earns AHPC Accreditation 3

World Food Day 2026 Seminar 4

Policy Dialogue on Lahore's Smog 6

Design Thinking Workshop 7

Academic Research to Industrial Innovation 8

Education USA Session 9

Robotics Workshop 10.0 10

Mental Health Awareness Week 2026 11

5th Position at International AI Championship 14

BioServe Society – Equipping FG Schools 15

Punjab Police Session on Public Safety 17

Prophet Muhammad (PBUH) as Entrepreneur 19

Media Professionals Share Industry Realities 20

Self-Defense Workshop for Female Students 21

Road Safety & Female Bike Training 22

Zindgi Prize Campus Round 23

1st Position at Kinnaird Business Fest 24

CS Students Lead AI & Digital Literacy Drive 24

Huawei ICT Training 25

MUN Workshop 25

Students Visit Sabroso 26

Kashmir Black Day Solidarity 27

BS Human Nutrition and Dietetics Program Earns AHPC Accreditation



A Milestone in Quality Education and Professional Excellence in Nutrition and Dietetics

Lahore Garrison University has successfully accredited its BS Human Nutrition and Dietetics (HND) Program, highlighting its commitment to quality education in health and nutrition. This achievement acknowledges the Department of Allied Health and Molecular Sciences and all stakeholders for enhancing academic quality and preparing competent nutrition professionals.

WORLD FOOD DAY SEMINAR



Dr. Muhammad Adnan Qadir, General Manager Business Operations, PKLI & RC

Innovating food systems and improving nutrition are essential steps towards a healthier, hunger-free future.

Bringing experts and students together to explore how better food choices can build healthier communities.



Dr. Farwa Tahir, Manager Food & Nutrition Sciences Dept, PKLI & RC



Dr. Komal Javed, Chairperson Dept of Human Nutrition & Dietetics, UMT, Lahore





The Department of Allied Health & Molecular Sciences, in partnership with the LGU Society of Health and Nutrition, hosted a World Food Day 2026 seminar titled "Innovate Today, Nourish Tomorrow" on 28 October at Allama Iqbal Auditorium. The event focused on food security, nutrition, disease prevention, and community well-being, aligning with SDG 2 and SDG 3. Dr. Muhammad Adnan Qadir was the Guest of Honour, with Dr. Farwa Tahir and Dr. Komal Javed as speakers. The Vice Chancellor emphasized the need for awareness and innovation in fostering healthier communities during the concluding remarks.

Policy Dialogue Calls for Coordinated Action to Tackle Lahore's Smog







Cleaner air requires shared data, coordinated action, and collective responsibility, not just alerts.

The Department of Management Sciences organized a policy dialogue, "From Smog Alerts to Action," to tackle Lahore's smog issues. Officials discussed governance gaps and strategies for reducing air pollution. Key recommendations included creating an air quality dashboard, expanding sensor networks, enhancing collaboration between government and academia, raising public awareness, and promoting cleaner transport and energy. The Vice Chancellor highlighted LGU's dedication to research-driven policymaking for a healthier environment.



DESIGN THINKING

TURNS PROBLEMS INTO BUSINESS OPPORTUNITIES

IBTIDA Business Incubation Center hosted a “Problem Solving & Opportunity Hack” design thinking session on October 20, 2026, led by Ms. Tabinda Islam. Students learned that successful startups start by identifying solvable problems through customer interviews. They created LEGO prototypes to test and refine their ideas based on peer feedback. The session promoted a problem-first approach to innovation, encouraging user engagement and experimentation. This initiative highlights IBTIDA’s commitment to fostering entrepreneurial thinking and practical problem-solving skills among aspiring innovators.

Great ideas begin with listening to people, understanding their problems, and finding ways to make life better.

Academic Research to Industrial Innovation



> Academic research creates real impact when it is translated into practical solutions for industry, sustainability, and innovation.

The Department of Management Sciences (DMS), accredited by NBEAC, held a guest speaker session on "Academic Research to Industrial Innovation" on October 20, 2026. Dr. Manzoor Sultan, CEO of Sunray Green Technology, discussed translating academic research into industrial applications, emphasizing the roles of innovation, sustainable technology, and entrepreneurship in connecting academia with industry.

EDUCATIONUSA

Session on Graduate Studies in the America

Lahore Garrison University's Office of Internationalization hosted an EducationUSA Pakistan graduate information session on October 5, 2026, at Allama Iqbal Auditorium. Ms. Shehrbano Pittafi, EducationUSA Advisor, guided 6th-, 7th-, and 8th-semester students on admission requirements, scholarships, and application processes for postgraduate education abroad. The session included an interactive Q&A to assist students in navigating the application process. LGU thanked EducationUSA Pakistan and Ms. Pittafi for their support in academic planning.



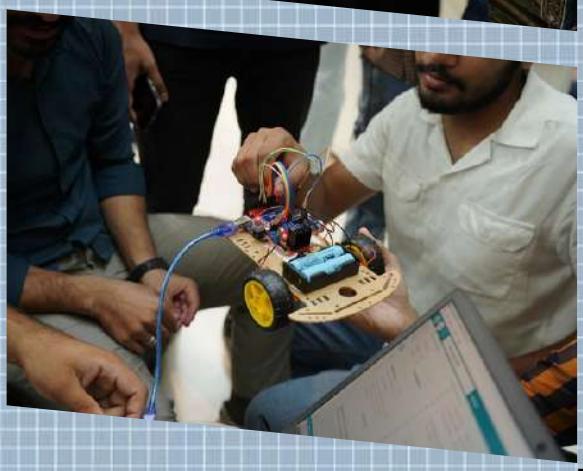
Robotics Workshop 10.0 Turns Ideas into Innovation

A decade of building robots, inspiring innovators and turning ideas into reality.









The Garrison Engineering and Robotics Society (GEARS) celebrated ten years with Robotics Workshop 10.0, focusing on robotics fundamentals, microcontroller programming, and IoT through hands-on learning. Participants demonstrated creativity in a robotics competition, fostering innovation and teamwork to transform ideas into practical solutions.

Mental Health AWARENESS Week





As part of Mental Health Awareness Week 2026, the Department of Psychology, together with the Garrison Psychological Society and Garrison Counselling Centre, organized a Mental Health Awareness Gala on October 21 at Common Ground. Psychology students set up interactive stalls with games like Ludo, Chess, and Jenga to promote positivity and mental well-being, offering fun challenges and candy rewards. The gala's theme was "Every Voice Deserves to Be Heard – Listen, Support, Heal," creating a supportive atmosphere for mental health awareness. Activities culminated in Mental Health Day on October 22 at Iqbal Auditorium.


HAFSA
Ayesha
Tahreem
Tabina
Shanza


LIFE IS
ABOUT
CHOICES
clock it...






MEDIA





A REFLECTION ON VOICES, EXPERIENCES AND INCLUSION



Every voice deserves to be heard. Every experience deserves understanding, empathy, and support.

The Department of Psychology, in partnership with the Garrison Counselling Centre, wrapped up Mental Health Awareness Week 2026 with a Mental Health Day event on October 22 at Iqbal Auditorium. Themed “Lived Experiences Heard: Real Voices, Real Change,” the event promoted mental well-being and open discussions. Activities included a welcome address, a Reel Competition, a reflective segment called “Unheard Voices,” and a skit titled “The Voices We Ignore.” Students from the Lahore Garrison Institute of Special Education participated, enhancing inclusion and understanding. The event emphasized the importance of listening, empathy, and support in mental health.



TEAM SABZ MAKES ITS MARK

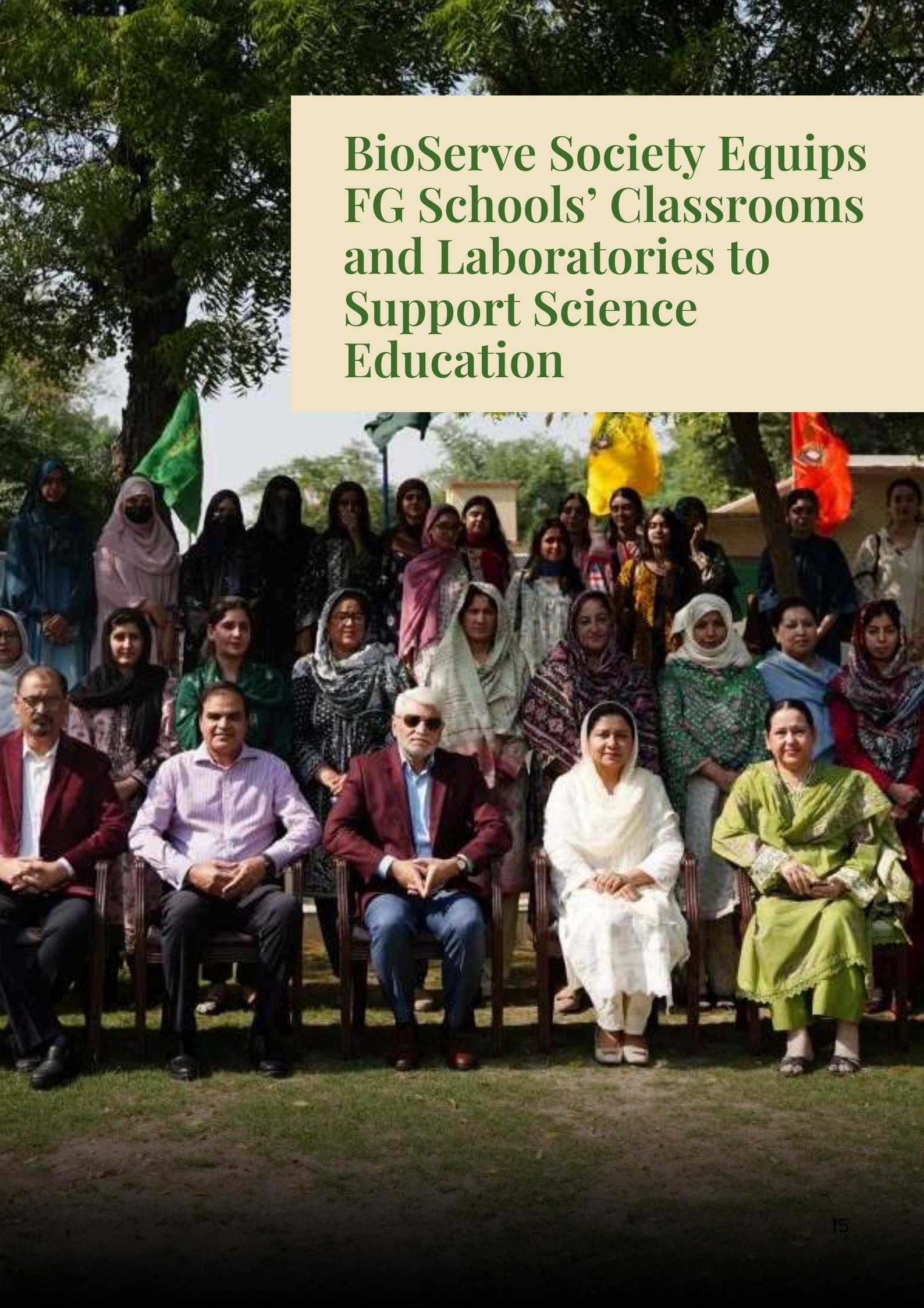
Secures 5th-Position

AT INTERNATIONAL AI CHAMPIONSHIP 2026



A team of BSCS third-semester students from Lahore Garrison University placed 5th out of over 400 teams at the 4th International AIEF AI Championship 2026. Team SABZ, comprising Bilal Shah, Malik Abdur-Rehman, Muhammad Awais, and Muhammad Daud Ali Lashari, showcased their AI solution, SABZ AI-Adaptive Traffic Signals, aimed at reducing traffic congestion. Their success reflects their innovation and commitment to tackling urban challenges with AI. The University will support the team in refining their project and seeking collaboration with public authorities for real-world implementation.

BioServe Society Equips FG Schools' Classrooms and Laboratories to Support Science Education





LGU BioServe Society aims to transform community service into valuable learning and educational development opportunities.

The LGU BioServe Society implemented an educational support initiative at two FG institutions, enhancing learning environments and access to quality education. They provided classroom furniture to FG High School for Girls and laboratory furniture to FG Junior Public School. The initiative was attended by the Vice Chancellor and Deans of Lahore Garrison University, along with BS Human Nutrition and Dietetics students. This effort promotes educational support, community engagement, and aligns with SDG 4 (Quality Education) and SDG 17 (Partnerships for the Goals).



Responsible citizenship begins when young people become active partners in building safer communities.

Youth Engagement for Responsible Citizenship and Public Safety

The Directorate of Student Affairs & Counselling (DSA&C) and Punjab Police held a session on “Responsible Citizenship & Public Safety: Role of Youth in Law, Safety & Community Building” on October 22, 2026, at Jinnah Auditorium. DIG Operations Lahore, Mr. Muhammad Faisal Kamran, emphasized the importance of youth in promoting civic responsibility and police-community cooperation. The interactive session encouraged students to reflect on their roles in law and community well-being and drew a large attendance from students and faculty.







The Prophet Muhammad (PBUH): Timeless Lessons in Ethical Entrepreneurship

The LGU Thought and Action Society and the Directorate of Student Affairs & Counselling hosted a lecture on “The Prophet Muhammad (PBUH) as an Entrepreneur” on October 15, 2026, at Allama Iqbal Auditorium. The event, aligned with SDG 8 and SDG 16, emphasized ethical leadership in business. Student speakers highlighted the Prophet's entrepreneurial model, while the Vice Chancellor discussed trustworthiness and justice for sustainable economic growth. The lecture aimed to instill ethical values and responsible entrepreneurship in youth through the teachings of the Seerah.











Behind the Scenes: Media Professionals Share Industry Realities



Behind every story are unseen challenges, constant pressure, and the resilience to keep going.



The Department of Media and Communication Studies hosted a training session titled “Navigating Media Life: Struggles & Challenges” on October 20, 2026, at Allama Iqbal Auditorium. Guest speakers Mr. Imran Sanaullah and Ms. Hina Salman shared insights from their media careers, engaging students in an interactive Q&A. The session connected academic knowledge with industry realities, preparing students for media careers.





Two-Day Self-Defense Workshop for Female Students



Empowering women through self-defense, confidence, and safety.

Lahore Garrison University hosted a two-day Self-Defence Workshop on October 12–13, 2026, at Usman Shaukat Hall and the Sports Complex, in line with SDG 5: Gender Equality. Organized by the Student Affairs & Counseling Directorate and the LGU Women Empowerment Club, the workshop aimed to equip female students with self-defense skills and safety awareness. Led by guest trainer Mr. Hazrat Ali Shah from the Pakistan Navy, the sessions covered basic self-defense techniques and personal safety strategies. The event, attended by the Vice Chancellor, reinforced LGU's commitment to women's empowerment and a safer, more inclusive campus environment.

PROMOTING ROAD SAFETY AND EMPOWERING WOMEN THROUGH BIKE TRAINING









Lahore Garrison University hosted a Road Safety Seminar and Female Bike Training Workshop on October 12, 13, and 15, 2026, in partnership with Atlas Honda. This initiative, aligned with SDG 11, aimed to enhance traffic awareness and promote safe urban mobility. The Atlas Honda team provided training on traffic rules and bike riding skills, with enthusiastic participation from female students, fostering independence and safer mobility. This reflects LGU's dedication to women's empowerment and sustainable community development.

LGU STARTUP TEAMS COMPETE IN ZINDGI PRIZE CAMPUS ROUND









The Ibtida Business Incubation Center (BIC) at Lahore Garrison University hosted the Zindgi Prize Campus Round on October 26, 2026, where students pitched startup ideas. The event featured LGU students and startup teams, with Ms. Esma Asghar as an external jury member. Teams showcased creativity and entrepreneurial skills, resulting in Kaleidly winning first place, followed by Neural Sense AI and Rapidfetch. The competition fostered innovation, offered feedback, and supported aspiring entrepreneurs, highlighting Ibtida BIC's commitment to promoting entrepreneurship at LGU.

IBTIDA Team Secures First Position at Kinnaird Business Fest



The IBTIDA Business Incubation Center team from Lahore Garrison University won 1st place in the Pitching Competition at the Kinnaird Business Fest, demonstrating entrepreneurial spirit and innovative thinking. This achievement emphasizes IBTIDA's commitment to nurturing emerging entrepreneurs and transforming ideas into viable businesses.

LGU CS Students Lead AI & Digital Literacy Drive at Dubai International School



On October 27, 2026, the Department of Computer Science took six BSCS students to Dubai International School, Askari 11, Lahore, where they mentored 23 students from Classes 4 to 8. They introduced topics like Artificial Intelligence, ChatGPT, MS Word, and computer basics through interactive activities, promoting digital literacy and community engagement. This initiative aligns with Sustainable Development Goals (SDGs), such as Quality Education and Gender Equality, and highlighted the need to restore five non-functional laboratory computers and provide a whiteboard to improve the school's learning environment.





Huawei ICT Competition Training Prepares Students for Global Challenges



The Industrial Liaison Office – FCS conducted a training program from August 3 to 25, 2026, at NETSOL Lab for students preparing for the Huawei ICT Competition. Led by Mr. Nauman Sajjad, 10 students enhanced their technical skills for the international event. Completion certificates were awarded on October 21, 2026, at the Vice Chancellor's Office, showcasing ILO-FCS's commitment to peer-led learning and technical excellence.

MUN Workshop Builds Skills in Diplomacy, Debate & Leadership

The Directorate of Student Affairs & Counselling held an LGU Model United Nations workshop on October 15, 2026, at Usman Shaukat Hall. The workshop covered MUN procedures, research, position paper writing, public speaking, diplomacy, and resolution drafting to enhance students' critical thinking, negotiation, and leadership skills. This initiative demonstrates LGU's dedication to developing confident, articulate, and globally aware students ready to tackle contemporary challenges.



Students Visit Sabroso



Students from BS Human Nutrition and Dietetics at Lahore Garrison University visited Sabroso Pakistan's Sheikhupura Plant to explore the poultry processing industry. They learned about food safety, quality standards, animal welfare, and processing techniques, connecting classroom knowledge to real-world practice. LGU expressed gratitude to Sabroso Pakistan and the Sabirs' Group for their hospitality.



LGU STANDS IN SOLIDARITY WITH KASHMIR









Lahore Garrison University marked Kashmir Black Day on October 27, 2026, with a solidarity walk and a lecture by Vice Chancellor Maj Gen Muhammad Khalil Dar, HI(M) (Retd.), titled “Entry of Indian Troops into Jammu and Kashmir in 1947: Historical Background and the Current Situation.” The event aimed to honor the resilience of the Kashmiri people and express solidarity with their aspirations, reaffirming LGU's commitment to raising awareness about the Kashmir issue.

The cost of procrastination is the life you could have lived

Just do it now.

Main Campus Sector C,
DHA Phase-VI Lahore, Pakistan

https://lgu.edu.pk/

(042) 37181827