

UPR'S INITIATIVES TO SUPPORT UNDERREPRESENTED GROUPS

UPR strives to offer affordable services to all the students, staff and faculty members at its campuses with special emphasis on students facing financial hardships and economic vulnerabilities. UPR offers **free transportation, free indoor medical services, subsidized food and lodging facilities** to reduce socio-economic inequalities to ensure that students, staff and faculty members enjoy their tasks assigned without any constraints.

1) Provision of free transport services to students, staff and faculty members

Most of the UPR students have access to a dedicated shuttle service that meets their transportation needs free of cost (PKR 900/semester is processing fee = 3.15 USD). Our transport fleet includes 20 buses, those commute in different parts of District Poonch to offer pick and drop services to the students. These buses also facilitate the mobility of students on campus and inter campus. Following our gender discrimination and anti-discrimination policies, female students, staff and faculty members are offered extra facilitation and support. About 90 % of the buses are dedicated for women students, high roof van and hiace van service is dedicated for faculty members.



Picture 1: Glimpses transport service to student, staff and faculty members at UPR.

2) Free medical facilities for students, staff and faculty members

Medical & Health facilities are available at the University of Poonch Rawalakot. A health center is operating on the main campus (Picture 2). The physician is available for students, staff and faculty members on working days, while 24/7 emergency service is also provided. Free ambulance service is also available at campus in case of any serious emergencies (Picture 3).



Picture 2: Medical service to students, staff and faculty members at UPR.



Picture 3: Free ambulance at UPR campus.

3) Subsidized food availability and affordability

In the process of developing our menus and determining food prices, we have taken into account the socio-economic status of both university students, staff and faculty members. The goal is to ensure that a vast majority of university students have access to affordable, well-balanced, and nutritious meals at all our food outlets. Our cafeterias consistently provide daily hot meals to students and staff throughout the year, and the cost of each food item is kept below one dollar. In comparison to market prices, we go the extra mile by offering a substantial 50% discount on every food item available at various university cafeterias. This initiative is aimed at making quality food options more financially accessible to students, contributing to their overall well-being and ensuring that they have convenient access to nourishing meals on campus.



Cafeteria menu at UPR

CANTEEN TIMINGS		
Breakfast	from 08:00 to 11:00	from Monday to Friday
Lunch	from 12:30 to 15:00	from Monday to Friday
Dinner	from 8.00 pm to 10.30 pm	from Monday to Sunday

4) Lodging Facilities for students, staff and faculty members

UPR offers housing services for students, staff and faculty members coming from the remote areas of AJK, particularly from the remote villages of the hilly terrains of the region. The housing facilities are established with the support of local community leaders and neighbors, one of the women's hostels is managed by the UPR which accommodates over 100 Girls. The cost of this university-managed hostel is kept extremely affordable and subsidies. The expenses are shared with students and most of them are covered under the financial assistance programs through a monthly stipend. The university managing hostels makes student living cost-effective. Students receive three meals per day along with the accommodation. The total cost per semester is approximately PKR 42,000, equivalent to USD 150.

There are three private hostels, established in collaboration with the neighboring community, these hostels are also affordable and operate under the remote supervision of University Management. The food is available at all these housing facilities at affordable prices. A Hostel Committee oversees hostel operations and the provision of wholesome food. Wardens in charge of the hostels are chosen from within the faculty. Parental or guardian permission is required to book hostel accommodations.

There are five dedicated houses for faculty members and staff from underrepresented groups which are provided on priority basis. Nominal charges are paid by the residents which cost approximately PKR 15,000, equivalent to USD 52 per month (Picture 4).



Picture 4: Residences for faculty and staff at UPR

UPR'S PROGRAMMES TO SUPPORT UNDERREPRESENTED GROUPS

The University of Poonch Rawalakot (UPR) is deeply committed to providing a range of supportive initiatives, including mentoring, counseling, and peer support programs. These resources are designed to offer assistance and guidance to students, staff, and faculty, fostering an environment that prioritizes their well-being and personal development. Through these programs, UPR aims to create a supportive community where individuals can access the necessary support and resources to thrive academically, professionally, and personally.

1) Awareness seminar on mental health

UPR aims to empower female students, staff and faculty members of the academic community by providing insights into various aspects of social security, including financial planning, health coverage, and legal protections. In this regard, a seminar was arranged on mental health for female students, staff and faculty members to provide a vital platform for disseminating valuable information and fostering a collective understanding of mental health. Through expert-led sessions, participants gained knowledge about available resources and programs tailored to their specific needs, promoting a sense of security and well-being. The event not only facilitated the informed decision-making but also encouraged a supportive network where female students, staff, and faculty can share experiences and insights, ultimately contributing to a more resilient and secure academic environment.

ABC CERTIFIED Daily PEARL VIEW Member AKNS Rawalakot

راولاکوٹ ایڈیٹر انچیف: شفقت ضیاء روزنامہ اسلام آباد

09: ہجرت 29، 07، 2023ء رمضان المبارک 1444، 16، 2078 ب سلفات 04، 20، 20، 036 شمارہ

Email: dailypearview@gmail.com

راولاکوٹ جامعہ پونچھ میں نفسیاتی امراض و نشیائی برہنہ استعمال اور تدارک کے سیمینار

نوجوانوں میں ڈرگز کا رجحان ہمارا بنیادی مسلہ بن گیا، کیونٹی اور پولیس کو ملکر کردار ادا کرنا ہوگا، ایس ایس پی وحید گیلانی

مشکلات میں سرچیز کر بیٹھنا نہیں چیلنج سمجھ کر قبول کرنا ہے، یہی نفسیاتی مسائل کا حل، ڈاکٹر آروباہ امتیاز اور دیگر کا خطاب

راولاکوٹ (پنل نیوز) جامعہ پونچھ راولاکوٹ طریقہ کار پر سیمینار میں ایس ایس پی وحید گیلانی کے بھیلاد اور ان کے تدارک کیلئے معاشرتی کردار پر سیر میں غیر سرکاری تنظیم جوائن چیلرز کے تعاون سے "دماغی اور ماہر نفسیات" کی تشکیل سائیکالوجسٹ" ڈاکٹر آروباہ حاصل گفتگو کی۔ مہمان خصوصی ایس ایس پی عبدالوحید صحت کیوں ضروری" ہفتی تاؤ کے اسباب اور روک تھام کا امتیاز نے اپنے خطابات میں آزاد ضمیر میں نفسیاتی امراض گیلانی نے کہا کہ نوجوانوں میں (بقیہ 42 صفحہ 03)



راولاکوٹ: جامعہ پونچھ میں سیمینار سے ایس ایس پی وحید گیلانی، ڈاکٹر آروباہ امتیاز، ڈائریکٹر سپورٹس محمد یونس خان اور دیگر خطاب کر رہے ہیں

قبول کریں گے تو ان پر آسانی سے قابو پایا جاسکتا ہے لیکن اگر مسائل میں سر پیکر بنیں گے تو اس سے مسائل نا صرف بڑھ سکتے ہیں بلکہ نفسیاتی بیماریوں اور خود کشیوں کی صورت میں نئے مسائل سامنے آئیں گے۔ انہوں نے کہا کہ جس طرح کرنی فوٹ کو بالکل سفل کر دو بارہ استعمال کرنے سے اس کی وقعت یا قدر و قیمت میں کمی نہیں آتی اسی طرح مسائل میں گراخص ناکارہ نہیں ہو جاتا بلکہ وہ استعمال کر لے کر پختہ کر کے استعمال کیے جاسکتے ہیں۔ اس لئے مسائل یا مشکلات کو ہم نے طاقت میں بدلنا ہے۔ ایس ایس ٹی میڈیکل کالج کیلئے خانہ دار کا کردار میں نئے سے رجحان پر قابو پانے کیلئے خانہ دار کا کردار بنیادی اہمیت کا ہے۔ انڈیا میں ٹیکنالوجی کے جہاں بہت سارے فوائد بھی ہیں وہاں والدین کیلئے ایک چیلنج بھی بن گیا ہے کہ وہ اس کے مثبت استعمال کیلئے اپنی اولاد کے معمولات پر نظر رکھیں۔ اس موقع پر انہوں نے آزاد کشمیر کے بڑے شہروں میں نشیات کے استعمال کے اعداد و شمار پیش کئے۔ انہوں نے کہا کہ سال 2022ء میں کوئی میں سب سے زیادہ جبکہ راولا کوٹ کا دوسرا نمبر رہا۔ راولا کوٹ سے 178 افراد گرفتار، 163 مقدمات قائم کئے گئے۔ راولا کوٹ سے 671 بیٹل شراب، 74 کلو چرس جبکہ 4 کلو ہیروئن پکڑی گئی۔ انہوں نے کہا کہ داتوت اور پائدری میں آکس کے نئے کارخانہ دیکھا گیا۔ پولیس نے 93 گرام آکس بھی برآمد کی۔ انہوں نے کہا کہ پولیس نے مظفر آباد سے ڈرگز کی لغت کا خاتمہ کر دیا ہے۔ انہوں نے کہا کہ معاشرتی تعاون کے بغیر پولیس کیلئے اس رجحان کو تبدیل کرنا ممکن نہیں ہے۔ لیکن دیکھنے میں آ رہا ہے کہ کئی ایسی مثالیں ہیں جہاں سے تعاون سے کچھ آ رہی ہے۔ بلکہ زیادہ تر کیسز رپورٹ کرنے سے گریز کی جاتی ہے۔ انہوں نے کہا کہ پولیس کی کوششیں قابل تحسین ہیں عوام کے تعاون سے نئی مثالیں سامنے آئیں گے۔ انہوں نے والدین پر زور دیا کہ وہ کھانے کی میز پر اپنے بچوں کیساتھ ضرور بیٹھیں یہاں سے آپ کو بچوں کی مجموعی ایڈیٹریز کا پتہ چلے گا۔ بچوں کی دوستی اپنے ہم عمر بچوں کیساتھ ہونی چاہیے۔ بچوں کی اپنے سے بڑے بچوں کیساتھ دوستی سے نفسیاتی مسائل جنم لیتے ہیں۔ دریں اثناء ڈائریکٹر سپورٹس محمد یونس خان نے مہمانوں کا شکریہ ادا کرتے ہوئے کہا کہ آج کا سیمینار وقت کی ضمن ضرورت ہے ہم اس کو مدیہ بہتر انداز میں اور وسیع پیمانے پر آگے بڑھانے کی ضرورت ہے۔

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نشیات کا بڑھتا ہوا رجحان ہمارے معاشرے کا بنیادی مسئلہ بن گیا ہے۔ جس کے تدارک کیلئے عوام اور پولیس کو مل کر کارواں کرنا ہوگا۔ انہوں نے کہا کہ ڈرگز کے استعمال کی بنیادی وجوہات میں معاشرتی رویوں کیساتھ موبائل مارٹ فون کا غلط استعمال بھی ہے۔ اس رجحان کو طاقت سے نہیں سمکتے۔ شتم کرنے کی ضرورت ہے جس پر پولیس اپنی استطاعت کے مطابق بھرپور اعزاز میں کام کر رہی ہے۔ ڈائریکٹر آروہا امتیاز نے کہا کہ مسائل کو حل کرنے کے

Picture 2: Glimpses of awareness seminar on mental health at UPR.

2) Tuition Fee Waiver Support for Refugee students at UPR

The University of Poonch Rawalakot (UPR) is located in Azad Jammu and Kashmir, which is administered by Pakistan (a declared lower-middle income economy with a per capita Gross National Income of \$1537.9) with very limited resources. It's a region administered by Pakistan as a nominally self-governing entity and constituting the western portion of the larger Kashmir region, which has been the subject of a dispute between India and Pakistan since 1947.

University of Poonch Exempt Admission, Examination, and Tuition Fee for the Jammu & Kashmir Refugee students. Jammu and Kashmir is a region administered by India (Lower-Middle Income Country) as a union territory and consists of the southern portion of the larger Kashmir region, which has been the subject of a dispute between India and Pakistan since 1947 and between India and China since 1959 (evidence attached below). According to the Azad Kashmir Rehabilitation Department, there are 29,932 registered refugees who crossed over from Jammu and Kashmir state in India to Pakistan*. To support newly settled refugees, UPR has adopted the notification issued by the State of Azad Jammu and Kashmir in which the tuition fee of refugee students at UPR was waived off. The copy of notification is given below:

*<https://www.hrw.org/reports/2006/pakistan0906/8.htm>



UNIVERSITY OF POONCH RAWALAKOT

Office of the Registrar

Phone No. 0092-5824-960053, Fax No. 0092-5824-960052, Email: registrar@upr.edu.pk, URL: www.upr.edu.pk

Notifications (15th Senate).....Selection Committee, Lecturers (Mong).....(Page # 18)

Dated: 24-11-2020

NOTIFICATION

No. UPR/22th-Syndicate/15th-Senate/80/2020. On the recommendations of the Syndicate vide its meeting held on 06-08-2020, the Senate in its 15th meeting held on 21-10-2020, approved the adoption of Govt. Notification issued vide No. سب/2481-90/1992 dated: 24-11-1992 regarding the exemption in Admission, Examination and Tuition fee to the Jammu & Kashmir Refugee students of 1989-1990.

Item No. 23, 22th Meeting of the Syndicate

Sd
REGISTRAR

Distribution for necessary action:

- All Deans of the Faculties
- All Principal Officers
- All Chairmen/HoDs/Incharge of the Departments
- The Director Students Affairs
- The Treasurer
- The Audit Officer
- The Assistant Registrar (General)

C.C for information:

- Secretary to the Vice-Chancellor
- Concerned File
- Master File

Deputy Registrar (Meetings)

نمبر سر بر ۹۵-۱۱۶۱/۲۲ جناب صدر آزاد جموں و
 کشمیر نے شہریتہ جموں و کشمیر سے آج کے ایسے مہاجر الیہام - لالیہ
 جو مختلف سکولوں - کالجوں اور یونیورسٹیز میں تعلیم حاصل کر رہے ہیں
 آئندہ سال کے لئے رائلٹی / فیس / امتحانی فیس / ٹوش اپ فیس
 سیرسٹیشنس کیلئے جانے کی منظوری صادر فرمائی ہے۔

(صدر التعمیر)

سیکشن آفیسر بہاولپور

۱۱/۱۱/۶۱

قرآن بالا خدمت :-

- ۱- سیکرٹری صاحب جناب صدر قراچی -
- ۲- سیکرٹری صاحب جناب وزیر اعلیٰ -
- ۳- پرائیویٹ سیکرٹری صاحب شہراہ جناب وزیر بحالیہ -
- ۴- پرائیویٹ سیکرٹری صاحب شہراہ جناب وزیر تعلیم -
- ۵- پرائیویٹ سیکرٹری صاحب شہراہ جناب چیف سیکرٹری -
- ۶- سیکرٹری صاحب تعلیم -
- ۷- ریجنل سیکرٹری صاحب آزاد جموں و کشمیر یونیورسٹی -
- ۸- چیئرمین صاحبہ آزاد جموں و کشمیر تعلیمی بورڈ مریہ -
- ۹- ڈائرم صاحب تعلیمات، یونیورسٹی کالج -
- ۱۰- کمشنر صاحب بہاولپور -

۱۱/۱۱/۶۱
 ۱۱/۱۱/۶۱
 ۱۱/۱۱/۶۱
 ۱۱/۱۱/۶۱

۱۱/۱۱/۶۱

4) Dedicated scholarships for low-income students

UPR places special emphasis on graduation targets for students from low-income households. In this regard, two scholarships named Ehsas and Need-Based Scholarships are dedicated to financially needy students (Table 1). The eligibility criteria are based on family income, with only those students eligible for the scholarship whose monthly family income is less than PKR 45,000 (USD 157).

Table 1: Scholarships details of UPR Students for 2022-23.

Year	S. No	Scholarship	No. of students	Amount(PKR)	Amount in Millions
2022-23	1	Ehsaas	1374	115089772	115.89
	2	HEC Need Based	100	10338206	10.33
	3	PEEF	32	4000000	4
	4	Scottish	0	0	0
	5	Merit	87	1863000	1.863
	6	HBL Platinum	34	850000	0.850
	7	Sudhan Education	40	1000000	0.1000
		Total	1667	133,140.978	133.033
		Total Student			

Guidelines for Ehsas Scholarship



Ehsaas Undergraduate Scholarships Programme launch Frequently Asked Questions and Talking Points

- The Ehsaas undergraduate scholarships programme will, InshAllah, be launched on Monday, November 4, by the Prime Minister
- What is the Ehsaas undergraduate scholarship program:
 - This is the largest ever needs-based undergraduate scholarship programme in the history of Pakistan. Under this programme, every year, 50,000 students from low-income families will be awarded scholarships for 4-5, year undergraduate degree programmes
- What will the scholarship cover: Scholarships will cover 100% of the tuition fee and living stipend (PKR. 40,000 per year)
- Who can apply? All students with family income less than 45,000, studying in any year of an undergraduate programme in public sector universities are eligible to apply.
 - At least, 50% scholarships have been reserved for female students.
 - Two per cent scholarships will be exclusively awarded to students with disabilities
- What are the selection criteria? Selection will be merit and needs-based, i.e. based on the student's GPA and family income.
- Which universities are covered under this programme? Students of all public sector universities will be eligible to apply if they fulfill the eligibility criteria.
- What is the geographic spread of this program? All four provinces (including FATA), AJK and GB.
- For how long can a student get this scholarship? The student's academic performance will be monitored and subject to satisfactory academic progress, scholarship recipients will continue to receive scholarship throughout their undergraduate programme