LUMS
A Not-for-Profit University

LDS
LUMS DAILY STUDENT

LUMS DAILY STUDENT PRESENTS

A PALETTE FOR THE DISTRESSED FIRST YEARS

AN UNOFFICIAL GUIDE TO O-WEEK

Learning Without Borders

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A DAY IN THE LIFE
(LUMS EDITION)

By Ahmad Cheema

08:02 am

Wow, getting up in time for my 8 AM class for once. One look at my phone tells me that I had snoozed my alarm 5 times before the "first ring". So much for being on time. I rush to get dressed, and after a fulfilling breakfast of caffeine and gum, I run out of the hostel and into the Academic Block.

With 5 minutes to spare, I burst through the classroom door, only to be greeted by a group of EMBA students. I backtrack, cursing myself for forgetting that my class was in an identical-looking classroom in one of the other 3 corners of this labyrinth. A quick application of Pythagorean triplets alongside my day-scholar friend who just came running in from the student parking tells me that my destination is right across the courtyard, and we finally make it to class.

10:07 am

I emerge with a renewed vigor to catch up on sleep. The 3 hours I got the night before would only get me so far. I use my hostelite privileges to sleep in my room, all 6 sq. ft. of it. I am woken up by a call from the same friend around 1 PM, just in time for lunch. A cursory glance at my wallet determines Pepsi Dining Center as my only option. However, my friend wants something "different", which I found really amusing since she doesn't have to eat at PDC every day. I quickly grab whatever is available at PDC; which in this case is daal and eat my fill. It may not be different, but at least I will not be putting a huge dent in my two days' allowance *cough* Jammin' Java *cough*.

3:05 pm

I head to the business school for my second and last class of the day. The competitive air of the building automatically makes me stand straighter and do my best Patrick Bateman impression as I enter class. A war over CP ensues; needless to say, I eviscerate the competition.

After class, I exit the business school and feel the energy seep out of my body.

At 6 PM, I gather with my friends at Khokha for our bi-weekly food run. While waiting for the last person, I spot a man sitting on one of the tables, guitar in hand, enthralling the audience (and the Khokha cats) with his voice. He is singing Aadat, a LUMS favourite. All 8 of us cram into a Careem and head on out. When we arrived at H block, there was a debate. Some of us wanted sushi, while others were content with dhaabay ki chai. LUMS is truly a diverse place with so many different perspectives and preferences. After a long chai vs sushi battle, we settled at chai.

6:11 pm

8:23 pm

I part ways with all my Lahori friends to return to their air-conditioned, well-lit, personal bathroom-containing homes as they leave campus. Back on campus, I put in a light 4-hour study session to prepare for the upcoming quizzes, assignments, presentations, projects, society events, internship interviews, etc. The studying was more like 2 hours given that half of the time was spent waiting in line at The Bunker.

Finally at 1 AM, exhausted, I slumped onto my bed and no sooner than I hit the mattress, I got a call from a friend: “Khoka Ajao.” As is often the case, I lost track of time at the Rung table and before you know it. I wrap up the fifth or sixth “last game” and start heading back to my room. On my way I set another alarm for 8 AM. Another day well spent at LUMS.

01:03 am

Professors from and at LUMS

By Maheen Azmat

During one's undergraduate degree, there's plenty of room to explore – both academically and socially. The lessons we learn over the course of these four years are multifold, and we often unconsciously carry these lessons with us long after these years are behind us. Being a student at LUMS provides one with several opportunities to go through the myriad of experiences that the university has to offer its students, both inside and outside the classroom. For some, this is an exciting experience, but it can also be a very scary and alienating one.

Similarly, sometimes it's hard to visualize that the very professors who have so much wisdom to offer to us, have sat in the same rooms as us, not as professors, but as students who have also felt the same range of emotions we do throughout our four/five years on campus.

For this reason, we decided to reach out to professors who have studied at LUMS and can share a glimpse into their time at the university, or to offer any advice they might want to share with students studying at LUMS currently based on their experiences here.

One thing I cherished about my time at LUMS was the diversity of the student body. Being able to make friends coming from across Pakistan, with varied experiences is something I enjoyed a lot. I also thoroughly enjoyed that I had the room to explore and learn beyond law courses, by enrolling in courses from so many different disciplines - particularly since the law degree allows a lot of flexibility for enrollment in the first two years.

Marva Khan, SAHSOL

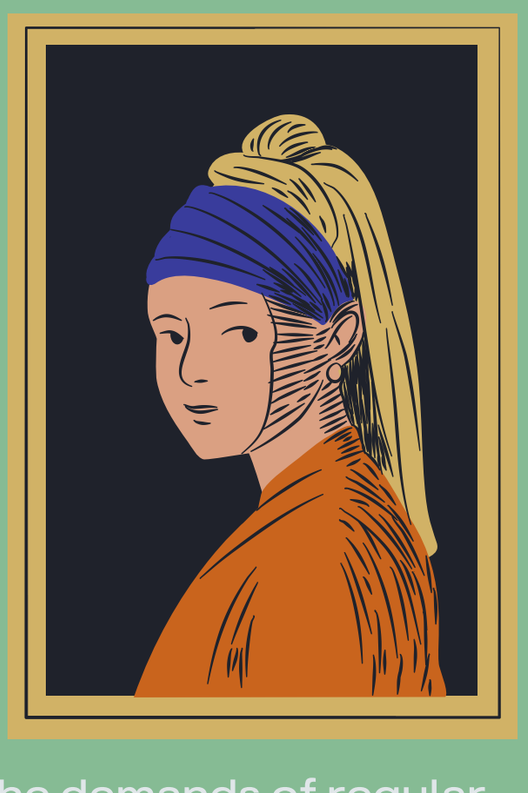
I would encourage incoming students to explore courses that they think they're not good at or don't tie in with their major. I was a hard sciences student at school, a business major (management science) at LUMS, a psychology graduate in my Master's, and now work in tech. I think if you just take courses you're already comfortable with/good at, you start coasting; and the true value LUMS (and other parts of life) has to offer is to try something different since this is the only time in your life you can do that without consequences.
Secondly, I would advise them not to take anything too seriously. There are very few things in life that merit your full attention and focus, and academics isn't one of them. I used to put in just about enough effort that I did a 'good' job, but if you end up chasing a GPA by competing for 0.01 increases, you become blind to everything and everyone else around you - which means you often miss out on the more important things in life.

Usama Waheed, MGSHSS

The university experience is not about grades, the positions you hold or the awards / trophies you win, but about the friends you make, the memories you create
Learn from your instructors, learn from your peers, learn from everyone around you (from the guards when you enter the campus to the support staff) . If you can be comfortable enough to share your life experiences, the other students, teachers, staff will share theirs. The lessons you learn from these stories will have a far greater impact on your life than the concepts you pick up in class
This is the time to experiment and take risks, when you enter the real world, life gets tough. This does not mean that you completely ignore academics, that is the primary reason you are at university, but learn to strike a balance.

Areeb Pasha, SDSB

Lahore: A Curated Art Guide



By Mahrukh Murad and Mehrunissa Sultan

Lahore has gradually established itself as a city of the arts as it continues to grow (literally). If you're a student trying to figure out what to pour your heart into, especially after having your soul snacked on by the demands of regular semesters here at LUMS, we've got you covered. Here's an itinerary for any prospective patron of the arts looking to navigate this city:

The Colony Lahore *(20 minutes from LUMS):*
The Colony is a multidisciplinary art house and creative hub that hosts a variety of classes and training workshops on acting, dance, and music. Each week, the performing and creative arts centre hosts a musical night, Colony Live, that brings together musicians and dancers alike. If you're an art snob like us, this will be the perfect underground go-to for you!

Ejaz Art Gallery *(18 minutes from LUMS)*
Ejaz Art Gallery is the largest private art gallery space in Pakistan. Throughout the year, multiple exhibitions take place that showcase the work of extraordinary artists, the most recent one being a collection of all of Shahid Jalal's works. You can carpool with friends to visit the beautiful gallery and interact with artists during exhibitions.

The Lahore Heritage Club *(20 minutes from LUMS):*
The Lahore Heritage Club is a community history museum. The Club is an independent, self financed, non-political organization, working for the conservation and preservation of the rich cultural heritage of Lahore and Pakistan. The Heritage Club hosts painting and clay workshops and open mic events. You can visit the club to marvel at the growing archive and attend the fun events they host.

Tagh'eer Lahore Creative Space *(20 minutes from LUMS):*
Tagh'eer Lahore is a Creative Space intended to cater artists, musicians, writers, and creatives of all kinds. The Space hosts various art exhibitions throughout the year. Tagh'eer Lahore also conducts events, such as painting, martial arts, kathak, and Bollywood dance workshops so you can live your creative dreams to the fullest!

BNU Thesis Exhibit *(30 minutes from LUMS):*
Each year, the Beaconhouse National University puts up an exhibit of its Bachelors and Masters students final theses. These usually turn into talk of the town and are a great place to gain an insight into where contemporary art in the country is headed to. The exhibits range from fashion designing to fine arts, and installations to interactive pieces!

NCA Thesis Exhibit *(30 minutes from LUMS):*
The most prestigious art institution in Lahore holds its thesis exhibits typically in January, where you can find a respite from the Lahori cold and surround yourself with brilliant artwork as well as their famous fries! The campus in itself is punctuated with regular artwork as you find graffiti and sculptures on every turn.

COMO Museum *(25 minutes from LUMS):*
Located at the bustling centre of food and art in Lahore, COMO Museum is the perfect place for anyone wishing to get the MoMA experience. This is the perfect place to go after all your classes end and as an added bonus, you can have a nice dinner at Cafe de Como, which honestly serves works of art itself.

National History Museum *(38 minutes from LUMS):*
Curated by the Citezen's Archive Pakistan, this is the country's first digitally interactive museum. Apart from regular exhibits, the museum also holds regular panel talks and performances by famous artists from all forms of media. Their oral history projects are seeking to preserve the empirical history of Pakistan and are definitely worth a couple of visits.

A NOTE ON MENTAL STABILITY

BY MUNEMA ZAHID

Coming to LUMS is a lot like sinking into an ocean, to explore the mysteries lurking beneath the surface. The moment the water fills your lungs, you're terrified at the thought that you might drown. It's so different from what you knew before, and you're worried your human limbs would never adjust. But little by little, you learn to stretch your arms and kick your feet, and finally, you begin to swim.

The person reading this guidebook right now is going to be vastly different from the person graduating in four or five years. What's important is that you don't lose who *you* are in the process.

There might come a time, a year or two down the line, when you've fought with your friend, and you wonder why you let go of the things you loved when life got too busy. Maybe you've failed a quiz and you think you've failed at life. This is your sign: when that happens, take a break.

You're the only person who will be there with you, always. It's so important to check in with yourself and make sure you're doing alright, and reach out if you have to. Campus life will suck you into its endless void, but make sure to always come back to yourself.

Get used to spending time alone, whether you're going for a walk, getting food, or doing your skincare routine. "If you're going to get lunch, at the start there was an expectation that you should be going with someone. On campus, you constantly see people hanging out in groups at the khokha or PDC. It takes some time to get comfortable with your own presence," says Nyle Murad '24.

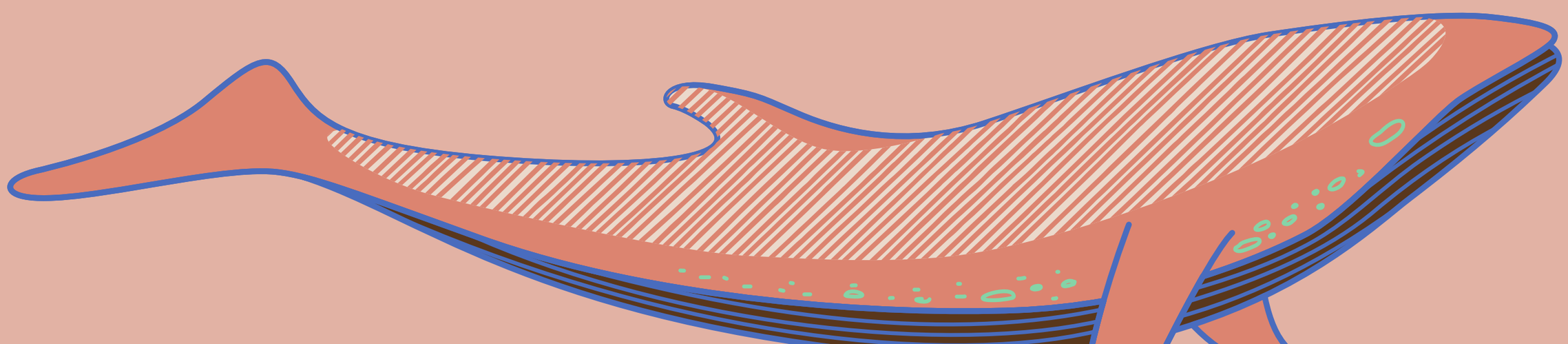
Campus can be an isolating experience, so it's important to have people you can rely on. Focus on the quality of your friendships, not the number. "A lot of first-years try to do that; there are so many people and you want to be friends with all of them. Look for your individual friendships because the large group is going to ditch you," mentions Zainab Mudassar '24.

Even your instructors can be wonderful to talk to, especially if you have a bond with them. Use their office hours to share your concerns, and be honest if you're struggling. Zehra Wasif '25 says, "Just knowing there's support around you, in your professors and TAs, encourages you to not think of it as a bargain between your mental health and studies." If you need to talk to someone outside your social circle, don't hesitate to book a session with the Counselling and Psychological Services, or CAPS. You can contact them at student.counselling@lums.edu.pk or 0307-0247704.

Lastly, don't be scared of failing, whether in your academics, extracurriculars or social life. You'll likely have done something stupid in all three by the time you're done here (like dropping the wrong course during enrollment). Don't hold yourself back from valuable experiences in fear of failure. Take that once-in-a-lifetime course, even if the grading terrifies you.

Know that with all the things you have to manage, it's inevitable that you'll make mistakes in one or two. No one's going to be as hard on yourself as you. Just make sure you don't lose sight of your priorities, no matter what they are. "You should get used to the idea of compromising instead of trying to do everything all at once. It'll save you a lot of time and trouble with things that might not even matter later on," says Irtaza Tanveer '24.

Just hold your breath and dive in. Everything's about to change.



IN CASUAL CONVERSATION WITH THE OUTGOING BATCH OF ‘22

BY IMAN ATTIQUE

Starting university is an important milestone in anyone’s life. With new and exciting possibilities lying at one’s feet, it can be a little stressful to navigate through the first year especially. Everyone needs help now and then, which is why we decided to reach out to the freshly graduated class of 2022 and ask them for advice. Through their retrospection and the things they wish they could tell their freshmen selves, we hope that the words of these now-alumni can inspire you to make the transition to university smoothly - and eventually make the most out of your years at LUMS!

“YOUR GPA DOES NOT DEFINE YOU. YOUR WORTH IS DEFINED BY YOUR CHARACTER AND SKILL SET. DON'T GET IN THE RAT RACE OF GETTING THE BEST GRADES WHILE RUINING YOUR INTEGRITY AND CHARACTER. INSTEAD, TAKE THIS TIME TO REFLECT AND CHOOSE A CAREER PATH THAT INTERESTS YOU. THE EARLIER YOU DISCOVER WHERE YOU WANT TO END UP, THE MORE TIME YOU HAVE TO WORK TOWARDS THAT. SET GOALS, DEVELOP SKILLS, AND WORK SMART; THE REST WILL FOLLOW.

-ABDULLAH TANVEER’22

Your LUMS journey will comprise of lots of adventures, challenges, failures and success. However, the most important thing is how you cope and learn from those challenges. Open yourself to new experiences, new people and step outside your comfort zone. While things may seem difficult in the beginning, be it settling in the hostels to getting acquainted with courses or the campus environment, but give yourself some time and trust me things will fall into place. Most importantly, remember to have fun! These four years are irreplaceable and ones which you will always look back and cherish.
I wish you good luck for this new journey!
- Alina Anjum’22

LUMS is a place that liberates you, not only with the freedom that it offers, but rather the opportunities. People have come and gone in the past who got fixated at the first part of this only, when infact the latter is what will make or break your life. Use the opportunities that LUMS offers and it will be the experience of a lifetime. You will never be around so many people of your age group, the best instructors and the finest or mistakes. Take that leap of faith and maybe, four years from now, you will walk out of this place knowing yourself better than ever before - as your finest version. That is when you will have gotten the best of this place, that is when you will have won.

-Anoosh Khan'22

FOR ME, THE FIRST YEAR IS PURELY FOR TRYING OUT DIFFERENT EXPERIENCES. THAT COULD BE DIFFERENT STUDENT SOCIETIES, SPORTS, AND EVEN FRIEND GROUPS. THERE'LL BE PLENTY OF TIME TO FOCUS ON STREAMLINE LATER. THESE EXPERIENCES WILL MAKE UP THE CRUX OF YOUR GROWTH AND MEMORIES AT LUMS. AND MOST OF THAT HAPPENS OUTSIDE THE CLASSROOM.

-AHSAN MUHAMMAD'22

I REMEMBER MY FIRST YEAR AT LUMS SO FONDLY. I WAS TERRIFIED UNTIL I WASN'T, APPREHENSIVE UNTIL MY FEARS WERE DISSUADED, AND LONELY BEFORE I FOUND THE PEOPLE WHO I LOVE TO THIS VERY DAY.
LUMS IS HUGE AND IT'S DIFFICULT TO FIND OUT WHERE YOU TRULY FIT. DRIVING INTO NEW EXPERIENCES AND OPENING MYSELF TO UNEXPECTED KINDS OF PEOPLE LED ME TO THE LOVELIEST FRIENDS IN THE WORLD, AND THE PATH I HAVE BEEN SET ON FOR MY FUTURE. AFTER A FEW UPS AND DOWNS, I FORMED A ROUTINE WHERE GOING TO THE LIBRARY AND BEING OUT WITH MY FRIENDS WENT HAND-IN-HAND — BECAUSE, OF COURSE, YOU CAN'T HAVE ONE WITHOUT THE OTHER. I MAINTAINED A BLOG ONLINE THAT FOLLOWED ME THROUGHOUT MY TIME HERE, TAKING ME TO DIFFERENT PLACES AROUND LAHORE AND ALLOWING ME THE CHANCE TO REALLY EXPLORE MY INTERESTS OUT OF ACADEMIA.
I KNOW IT DOESN'T FEEL LIKE IT RIGHT NOW, BUT YOUR TIME HERE WILL SHAPE YOU INTO THE BEST VERSION OF YOURSELF IF YOU LET IT. HAVING A ROUTINE AND CIRCLE THAT KEEPS YOU HAPPY WAS DEFINITELY THE MOST IMPORTANT PART OF MY EXPERIENCE.

-RAMEEN SAAD'22

A Year at LUMS

WHAT YOU SHOULD LOOK FORWARD TO

ORIENTATION

You are here!

LCSS BLOOD DRIVE

The LUMS Community Service Society holds an annual blood drive every year to help those in need.

SOCIETY RECRUITMENTS

In LUMS there are so many societies to choose from! From LUMS Daily Student to LUMS Religious Society, there is certainly a society for everyone.

OPEN MICS AND OPEN HOUSES

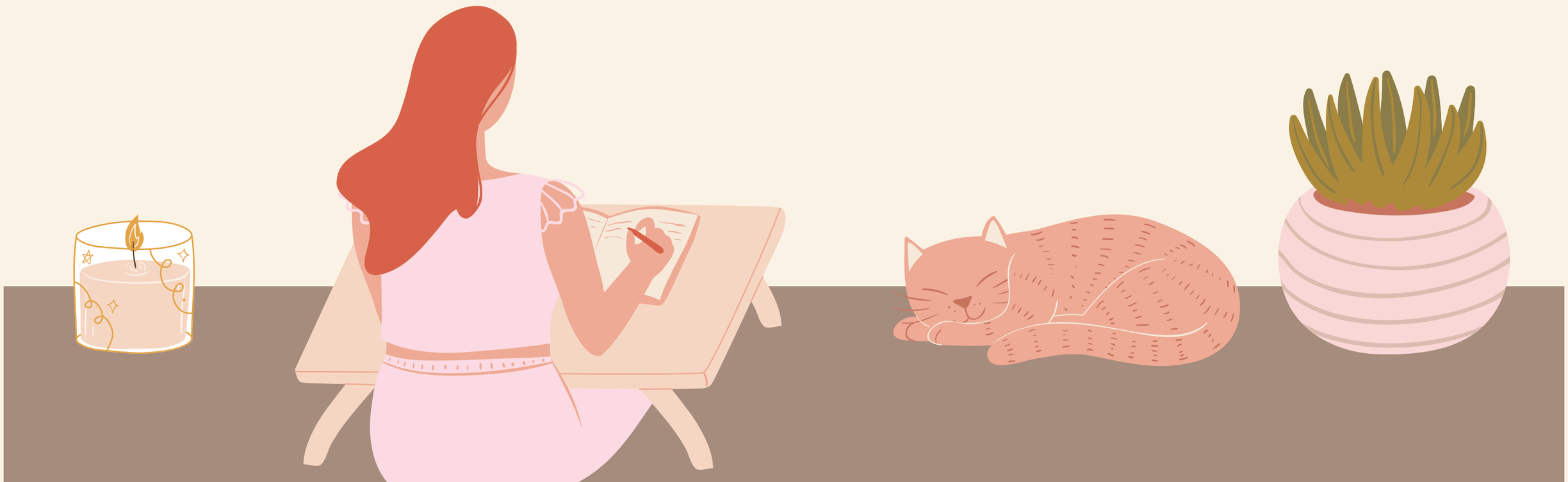
If it has ever been on your bucket list to perform in front of a crowd, or to simply live out your Hannah Montana dreams, the Music Society has got you covered!

PETS DAY

Hosted by LUMS Animal Welfare Society, Pets Day is one of the most anticipated events of the year! Be ready to be greeted by the fluffiest of dogs, cats and a variety of other wholesome pets.

LUMS STUDENT COUNCIL ELECTIONS

If you have ever wanted to make a change within campus, the LUMS Student Council elections is the perfect place to get your voice heard! Get ready for inspiring speeches and campaigns!



ALL THAT'S COOL, BUT HERE'S WHAT REALLY MATTERS!

GOING ON THE SWINGS/CRICKET FIELD IN IMMENSE FOG

SOAKING UP THE SUN WHILE PLAYING CARDS IN THE WINTER

VISITING THE CHERRY BLOSSOM TREES IN THE CRICKET GROUND DURING SPRING

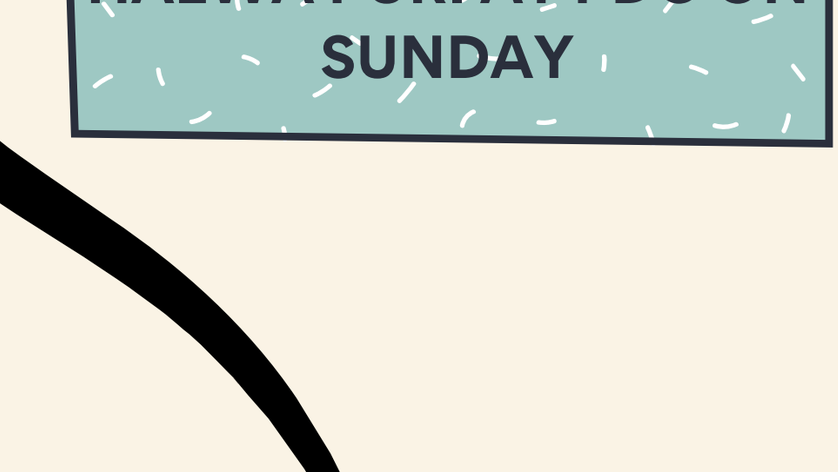
HUDDLING IN THE HOSTEL COMMON ROOMS TO GET AC

PICNICS WITH FRIENDS IN RAMZAN

LATE NIGHT JAYBEES RUNS

HALWA PURI AT PDC ON SUNDAY

CRAMMING IN THE IST RIGHT BEFORE FINALS



ON SEXUAL HARASSMENT AND WELL-BEING

By Aiza Nadeem

Support Networks for Harassment: in Collaboration with the OAI

The University has revised its Sexual Harassment Policy in recent years with widespread reporting of harassment by members of the LUMS Community. These revisions in policy have been the labour of students, who raised their concerns and recommended these changes to their respective schools' administration and to the Office of Accessibility and Inclusion (OAI). As incoming first years, it is essential for you to understand the campus and the space you inherit. You may find yourself the subject of or witness harassment on campus. In collaboration with the OAI, we have prepared a guide on how to deal with such situations in the hopes of a safer campus for us all.

According to the LUMS Sexual Harassment Policy, Sexual Harassment includes, directly or by implication,

i. any unwelcome, non-consensual sexual gesture, advance or activity,

ii. persistent and unwelcome flirting, request for sexual favors, sexual innuendo,

iii. verbal or written communication (whether electronic or otherwise) of a loaded nature,

iv. non-consensual physical conduct of a sexual nature, including assault, exploitation and sexual violence;

v. sexually demeaning attitudes;

vi. Stalking or otherwise interfering with someone's sexual privacy, such as taking pictures, videotaping, viewing or sharing explicit images without consent;

vii. causing interference with work performance or creating an intimidating, hostile or offensive campus environment, or

viii. the attempt or threat to punish the complainant for refusal to comply with requests for sexual favour, or

ix. placing a sexual favour as a condition for employment, promotion, grades or evaluation of a person's professional engagement in any activity.

Understanding Consent

"Consent" means a voluntary agreement to another person's suggestion by a person possessing full mental capacity and being of legal age under Pakistani law. For the purposes of the policy implemented in 2021, consent means agreement that is explicitly, wilfully and unequivocally stated. Consent is retractable at any time during the course of the agreement or otherwise. Agreement obtained through duress, coercion, threats, any form of oppression, or while a person is incapacitated due to any reason, does not amount to consent.

It must be understood that consent is

- ENTHUSIASTIC > It is created through words and actions which create a mutually understood permission. Consent can never be **implied.** An absence of a 'no' should not be taken for a yes. Always look for an enthusiastic yes to confirm consent.

- GIVEN FREELY > Consent may only be given by someone fully possessing their rational capacities and aware of the situation. No one can be pressured into giving consent. You **cannot** ask for or coerce someone into giving consent when they are in an altered or alleviated mental state, such as being drunk or high.
- SPECIFIC > It is perfectly alright and necessary to give consent for a particular situation only and stress that it not be applied to another.
- REVERSIBLE > You can change your mind and take back the consent which you had previously given. Remember, this is perfectly within your rights, and you need not feel guilty about it.
- INFORMED> It must always be made clear to the person giving the consent exactly what they are consenting to and the consequences of their consent.

How to be a first responder

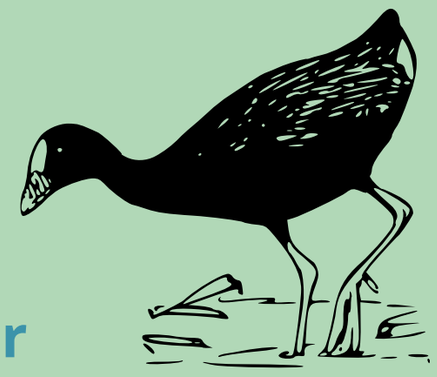
• Listen to them, be sympathetic. Offer support in whatever capacity they require you to. Do not become the judge or spring to investigate the situation. Asking details of why and how the incident happened is similarly unhelpful.

• Share resources which may help them and challenge statements of self-blame, if any, that the survivor or other people may make.

• Respect the survivor's privacy and decision to proceed with the incident as they wish.

To read this piece online and to access more information on support networks on campus and how to file a harassment report, please scan the QR code above!

Facilities at LUMS



By Hajra Shah & Sara Naseer

Once you have stayed at LUMS for a while, you will learn that although the Khokha has its charm, sometimes all you need is a breath of fresh air to relieve some of the pressure that comes with university. To all the girls, you can go to the serene pond next to F5 to watch ripples on the water surface and relax. There is also a cage right next door housing a bunch of peacocks and peahens. According to the season, you may even spot a few freshly laid eggs. Beware of the geese though, they can be ruthless!

When you're in dire need of a quick snack, be it midnight or midday, you can find snack vending machines throughout the university, including SSE and SDSB. These come in handy for those late-night study sessions when everything is closed (although the Khokha store is usually open 24/7).

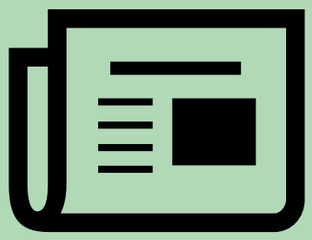
For all the foodies out there: there are pantries around campus that usually have a toaster lying around with a few basic food items like bread for you to snack on! So, you can get a little something on the go while you're in the library or at SDSB. Trust us, we were really excited when we found out too!

Need a parlour, girls? Don't worry, we've got you covered! For those of you who are as clueless as some of us around here, there are parlours all around campus, but we've heard that Rubina baji who works in F2 is particularly great. Running late and don't have time to go out? Just head on over to the hostel and get what you need – be it a haircut or a pedicure – for reasonable prices.

When you need a place to study but can't really find the perfect spot, try going to the coffee room hidden within the depths of the library. It has all the charm of the library, but if you're someone who needs some sound to study, it's the perfect place for you!

Surprise, surprise! Our library has kindles! Not only can you use them there, they're also available for borrowing. They have some preloaded books and course packs available on them. If you don't feel like carrying heavy books around campus, this is the perfect solution for you! The library also has a virtual reference service. You can chat with the librarians online and get the answers to all your queries while sitting at home or anywhere else on campus!

If you're a fan of the news, then you'll really love our library. The second floor has a whole shelf dedicated to newspaper archives. For lovers of print media like us, this place is practically heaven. Want to see an article published in DAWN in the 70s? This is the place to be!



This one's for the girls! The SDSB washroom on the ground floor, and, more recently, the washroom in the Academic Block next to the PDC exit installed a new vending machine. If you're ever in need of an emergency sanitary pad, you can head over there and get one for just Rs.50! Whoever installed this has really got us covered.

The Sports Complex has rackets and balls available for borrowing to play volleyball/basketball/badminton etc. with your friends. Perfect for a game night!

The Academic Writing Lab sets up shop in the Academic Block during each semester. They'll help you proofread your essays and assignments before you have to submit them or just help with anything writing related. You can visit them any time during the week between 12-6 pm – and if you're lucky, they'll have some snacks for you to munch on while you wait.

The Ultimate LUMS Playlist

We rounded up some of our favorite tracks that remind us of certain places and things we adore at LUMS.

Khoka

Risky
Song - Maanu

Aisay Kaisay
Song - Hassan Raheem

Honey
Song - 070 Shake, Ralphy River, Hack & Tee

Do Hi Rastay Hain
Song - Mehdi Maloof

Filhaal
Song - Towers

Don't Mind
Song - Young Stunners, Rap Demon

Cricket Ground

Dharkay Jiya
Song - Call

Gul
Song - Anuv Jain

Anchor
Song - Novo Amor

Melancholic

Song - Maanu

Mohabbat

Song - Arooj Aftab

Male Fantasy

Song - Billie Eilish

Library Lawn

Dreams Tonite

Song - Alvaays

Dil Mere

Song - Local Train

Meet Me At Our Spot

Song - THE ANXIETY, WILLOW, Tyler Cole

Everywhere

Song - Fleetwood Mac

Perfect Places

Song - Lorde

Thursday Nights

Serotonin

Song - girl in red

Subha Hone Na De

Song - Pritam, Mika Singh, Shefali Alvares

Low (feat. T-Pain)

Song - Maroon 5, Wiz Khalifa

In line at The Bunker

Kar Gayi Chull
Song - Badshah

Sooraj Dooba Hai
Song - Arjith Singh, Aditi Singh

Payphone
Song - Maroon 5

Give Me Everything
Song - Pitbull, Ne-Yo, Afrojack, Nayer

The Weekend
Song - SZA, Calvin Harris, Funk Wav

Self Discovery
Song - Habe

Baby Luv
Song - Nilüfer Yanya

Supercut
Song - Lorde

Gumaan
Song - Young Stunners

Scan the QR code to discover more music for specific places and moods, curated especially for you, or follow @TheLUMSPost on Spotify

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Learning Without Borders

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