

UNIVERSAL NEWSLETTER

JANUARY 2025

DECORATIONS FOR CHRISTMAS AT UCBD



As the festive season approached, Universal College Bangladesh kicked off the Christmas spirit on December 1st, 2024, with a Christmas Tree Decoration event for students and faculty. Despite their ongoing exams, students from all the degree, diploma and foundation programmes enthusiastically participated, balancing their studies with the joy of welcoming the holiday season. The event provided a perfect opportunity for everyone to unwind, manage exam stress, and embrace the festive cheer.

The campus lobby was transformed into a winter wonderland as students and faculty came together to decorate the UCBD Christmas tree. The tree was adorned with sparkling ornaments and tinsel, with cotton snow decorations to remind us of winter. Students wrapped gifts to place under the tree, adding to the holiday ambiance.

The event was led by the participation of Prof Hew, Dr. Sadia, Miss Nawar, Miss Marzia, and Miss Ananna, with other faculty and support team members lending a hand throughout the day. As students joined in, the Christmas joy and atmosphere was further enhanced by the soothing melodies of Christmas carols playing in the background, creating a warm and festive vibe.

The event not only brought the campus to life with the holiday decorations but also served as a wonderful bonding experience for students and faculty outside the lecture theatre. It was a delightful way to celebrate the season, fostering a sense of community and togetherness at Universal College Bangladesh.



PROF HEW GIVES KEYNOTE PRESENTATION AT BANGLADESH'S OLDEST INDEPENDENT UNIVERSITY



Prof Hew Gill, UCBD President & Provost, was invited by the International University of Business Agriculture and Technology (IUBAT) to give the keynote address at their Awards and Recognition Ceremony in December. IUBAT was the first private university ever established in Bangladesh and Prof Hew said: "It is a pleasure to represent the first international university in Bangladesh at the oldest independent university in Bangladesh."

Prof Hew was accompanied by Ms Marzia Al-Hakeem, Student Support Head and Lecturer in Psychology, and Ms Sushama Mahmuda Ananna, Executive Coordinator and Lecturer in Psychology. The UCBD team met with Prof Dr Abdur Rab, Vice Chancellor, Professor Dr Mohammad Rahman, Pro-Vice Chancellor, Professor Dr Md Momtazur Rahman, Registrar, Brigadier General D. Md Zahid Hossain, Controller of Examinations, Professor Nargis Jahan from the Department of Psychology, and many other members of the academic faculty, and a very large number of students.

The subject of Prof Hew's presentation was "Prioritizing Mental Health in the Workplace" and his session was attended by a large number of academics and students from across IUBAT. Prof Hew spoke about some of the research that he has recently conducted on the differences in emotions between men and women from different parts of the world. He then reviewed the research evidence showing which types of activities and interventions are the most effective at supporting good mental health among academics and students. Prof Hew also explained how the latest science is used to design student support activities at UCBD.

Professor Dr Mohammad Rahman, Pro-Vice Chancellor of IUBAT, gave the vote of thanks to Prof Hew and presented him with tokens of appreciation. Prof Hew said, "A very big thank you to all the IUBAT organising committee for such a wonderful event and ensuring that everything ran so smoothly. We look forward to seeing all our IUBAT friends again very soon, and arranging a visit to the UCBD campus."



EVENT PARTICIPATION AWARD AND CERTIFICATE PRESENTATIONS



At Universal College Bangladesh, every month is an opportunity to introduce students to significant national and international events and commemorative days, by celebrating them in meaningful and engaging ways. Through competitions, seminars, get-togethers, thoughtful games, and showcases of art and performance, students are encouraged to express and develop their creativity and personal skills. These events also provide students with the opportunity to take the lead in organizing activities, helping them develop essential skills such as leadership, organization, social and emotional intelligence, and innovation. This holistic approach ensures that alongside their academic studies and achievements, students grow as well-rounded and fully developed individuals.

To recognize the outstanding contributions and participation of students in the many events which have taken place over recent months, an Award and Certificate Giving Ceremony was held. Prof Hew, UCBD President & Provost, distributed certificates and awards to the many deserving students who had taken part in organising and delivering events, and those who had won prizes for their feats. The ceremony honoured students who had actively participated in the following events:

- International Chess Day
- World Distance Learning Day
- World Mental Health Day
- World Peace Day
- World Photography Day
- World Teacher's Day
- World Tourism Day
- Hallowe'en
- World Science Day for Peace and Development
- International Children's Day
- International Day for the Elimination of Violence Against Women

These events not only enriched the students' knowledge and awareness of global and local issues but also provided a platform for them to showcase their talents, collaborate with peers, and develop essential life skills. Universal College Bangladesh remains committed to fostering a vibrant and inclusive environment where students can thrive personally and academically at every stage of their educational journey.

Congratulations to all the participants and organizers for making these events a success!



UCBD WORKSHOP AT UNIVERSITY OF DHAKA



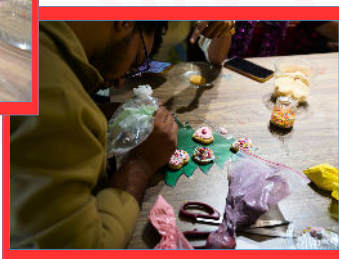
UCBD's Student Support Head and Lecturer in Psychology, Ms. Marzia Al-Hakeem conducted a workshop in the Department of Clinical Psychology at the University of Dhaka on 14th December 2024. The session was part of a series organized by the Department of Clinical Psychology (DUCP), University of Dhaka and Bangladesh Clinical Psychology Society (BCPS) to observe World Mental Health Day. In 2024, 10 workshops were conducted by different clinical psychologists.

Ms. Marzia conducted her workshop on Enhancing Life Skills. The main objective of the workshop was to inform people about the significance of life skills in all spheres of life. The World Health Organization (WHO), UNICEF and UNESCO suggest that there are 10 core life skills, and each was introduced in the session. The participants enjoyed and engaged with the session because the skills were introduced with practical life examples, group

activities and role playing. The participants gave feedback that they were aware of these skills, but through the workshop, they could relate to them better in their personal and professional lives.

The DUCP and BCPS regularly organize different workshops and training programs as part of their mass mental health awareness and prevention initiatives. As Ms. Marzia is a clinical psychologist and a clinical supervisor for the trainee clinical psychologists of DUCP, she frequently gets invited to conduct workshops and training sessions at the University of Dhaka. UCBD looks forward to maintaining this partnership between UCBD, DU and BCPS through organizing joint workshops on different mental health issues in future.

SPREADING HOLIDAY CHEER WITH CHRISTMAS COOKIE DECORATIONS



Cookie decorating is one of the ancient Christmas traditions, dating back to the 14th century Switzerland, where intricately carved wooden molds called Springerle were used to impress designs onto cookies. The oldest known Springerle mold is preserved at the Swiss National Museum in Zurich, showcasing the rich history of this artistic practice.

Across the world, cookie decorating remains a cherished holiday activity, and on December 18th, Universal College Bangladesh embraced this sweet tradition by hosting a Cookie Decorating Event to celebrate Christmas. Students were given printed Christmas tree shapes and colorful cookies to decorate, transforming them into vibrant "baubles" for their paper trees. With purple, pink, blue, yellow, and white icing, along with rainbow sprinkles, the students indulged their culinary talents to create delicious edible masterpieces.

The event was a delightful blend of fun, and festive cheer, with students enjoying decorating and sharing their cookies, making it a memorable and enjoyable experience for all who attended. At UCBD we believe in blending tradition with modernity, and this event was a perfect example of how history and contemporary fun can come together.

VICTORY DAY CELEBRATION AND ART COMPETITION

On December 15th, Universal College Bangladesh celebrated Victory Day with great enthusiasm and pride. Since the campus was closed on December 16th, the event was held a day earlier to honour the historic significance of this day. Victory Day holds a profound place in the hearts of Bangladeshis, symbolizing the triumph of freedom, sacrifice, and patriotism. It is essential to pass on the values of this historic victory to the next generation, fostering awareness and a deep sense of national pride.

To commemorate this special day, Universal College Bangladesh organized an Art Competition in the Library & Resource Centre. The library was beautifully decorated, creating a festive and inspiring atmosphere. Participants were handed Bangladesh flag bandanas to wear, and the dress code reflected the spirit of the day, with most students and faculty dressed in green and red, the colors of the national flag.

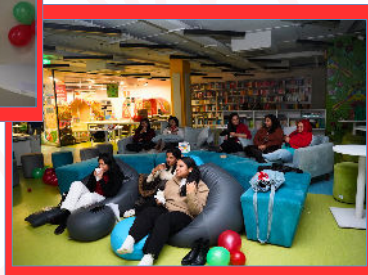
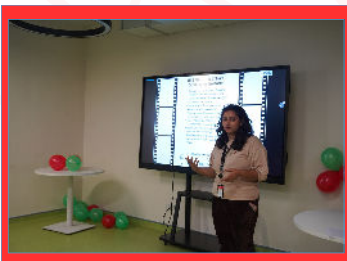
Students participated in the art competition either individually or in groups, showcasing their creativity and love for the nation. Universal College Bangladesh provided all the necessary art supplies, including art paper of various sizes, acrylic colors, poster colors, crayons, pencils, paintbrushes, and more, ensuring everyone had the tools to bring their visions to life. The atmosphere was serene and focused, with participants fully immersed in their artwork. The competition culminated in a thoughtful judging process, where Prof. Hew, President & Provost of UCBD, selected the best pieces and awarded prizes to the winners. He said,



"Again the standard of the entries from UCBD students is exceptionally high, reflecting this importance of this day of remembrance and celebration. It is very difficult to choose between so many creative and inspiring pieces of art, and every participant is a winner."

This event not only celebrated the spirit of Victory Day but also provided a platform for students and faculty to express their patriotism through art. It was a meaningful and memorable way to honour the sacrifices of our heroes and instill a sense of pride and responsibility in the younger generation who will continue our national story.

UCBD FILM CLUB LAUNCHES WITH A FESTIVE PREMIERE!



The much-anticipated UCBD Film Club was officially launched in grand style by Ms Nawar on the 18th of December with a themed screening of *A Christmas Carol* (2009), following the UCBD Christmas Party. The event brought together students and faculty for an evening of cinematic magic, holiday cheer, and some introspection in the season of giving.

The Film Club aims to foster movie enthusiasts and aspiring filmmakers through its diverse offerings. Members can look forward to Themed Film Screenings that explore various genres and directors, Movie Discussions for engaging conversations about films, and Trivia Nights to test their movie knowledge with exciting prizes.

For those with a creative flair, the club offers Scriptwriting Workshops and opportunities to collaborate on Film Production Projects. It also plans to host Guest Speakers from the film industry and organize Film Festivals where members can showcase their work and compete for prizes.

The UCBD Film Club's launch marks the beginning of an exciting journey for cinephiles, aspiring filmmakers, and anyone with a passion for storytelling. Join the Film Club to celebrate the art of cinema and make your mark in the world of films!

For more information or to sign up, use this link below:
<https://forms.office.com/r/yb8j5BcRpF>

UCBD CHRISTMAS PARTY



On December 18th, Universal College Bangladesh came together to celebrate Christmas with joy, and festive spirit. Since the campus was closed on Christmas Day, students and faculty seized the opportunity to celebrate early, making the day truly special.

Under the guidance of Miss Ananna, a group of enthusiastic students took the lead in organizing a Christmas party. From planning to execution, the students poured their hearts into creating a magical Christmas atmosphere. The Level 6 Student Lounge was transformed into a winter wonderland, complete with a handmade Christmas tree-shaped backdrop, handcrafted snow decorations, and twinkling coloured lights that added a festive glow.

The celebration was filled with fun activities that brought everyone together. Students enjoyed a Tissue Roll Over Game, where participants competed to roll over the most

tissue paper to win exciting prizes. The room echoed with laughter and Christmas music as students danced around wearing Santa hats, spreading cheer and holiday spirit.

A highlight of the event was the cookie decorating station, where students showcased their artistic skills by decorating cookies with colorful icing and sprinkles. Later, everyone gathered to watch the classic Christmas movie, "A Christmas Carol", accompanied by popcorn and hot chocolate, making it a cozy and memorable experience.

The entire day, from planning and decorating to dancing, crafting, and movie-watching, was a testament to the hard work and creativity of the students. It was a day filled with joy, laughter, and the warmth of togetherness, truly capturing the essence of the festive season at the end of the term.



Events in January

As usual, the UCB Student Club and campus will be very busy with lots of events in January.

- »» **Launch of Cyber Security and Software Engineering degrees from University of Central Lancashire**
- »» **Ms Marzia publishes chapter in prestigious international book**
- »» **UIFY B Intake**
- »» **UCLan Business & Marketing degree Intake**
- »» **MUFY 1 Intake**
- »» **Australia Day**
- »» **Visit by University of Central Lancashire Link Tutor**
- »» **International Day of Education**

