Sarwat Rauf (PhD)

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Associate Professor/ Head Department of International Relations, NUML, Islamabad

- Ph.D. (January 2017) Quaid-i-Azam University Islamabad. Pakistan.
- M. Phil (May 2003) Quaid-i-Azam University Islamabad. Pakistan.
- MSC (January 2000) Quaid-i-Azam University Islamabad. Pakistan.

Experience: (2002 to date)

- Head Department of International Relations and Peace & Conflict Studies, National University of Modern Languages (NUML), Islamabad. (August 2024 to date)
- Associate Professor, Department of International Relations, National University of Modern Languages (NUML), Islamabad. (February 2022 to date).
- Research Scholar (Visiting) at Sigur Center for Asian Studies, The Elliott School of International Affairs (ESIA), George Washington University (GWU), Washington DC, US. (February 2021 to February 2022)
- Assistant Professor Department of International Relations, National University of Modern Languages (NUML), Islamabad. (November 2011 to January 2022)
- Lecturer International Relations at NUML, Islamabad (2004-2011)
- Contract lecturer/ Program Coordinator, Department of Defense and Diplomatic Studies, Fatima Jinnah University Rawalpindi. Pakistan (2003)
- Research Associate, Ford Peace Project as Visiting Associate at Sustainable Development Policy Institute (SDPI), Islamabad, Pakistan (2002).
- Member Departmental Board of Studies (BOS), Department of International Relations, NUML, Islamabad. (2011 to date)

Membership of Organizations

1. External Member Board of Studies (BOS) of Department of International Relations at Allama Iqbal Women University, Islamabad, 2026.
2. External Member Board of Studies (BOS) of Department of Politics and International Relations at International Islamic University, Islamabad, 2026.
3. External Member Board of Studies (BOS) in the Department of International Relations at Rawalpindi Women University 2024 to date.
4. Alumni Association of NSW (AAN), National Defence University (NDU), Islamabad. 2016 to date.
5. Member Board of Governors (BOG), Youth Diplomacy Forum, Islamabad 2025 to date.
6. External Member of Relevance Assessment Committee(RAC) of Department of International Relations at Bahria University Islamabad, 2024 to date.
7. External Examiner of M.Phil. & PhD theses Department of International Relations at Bahria University Islamabad, 2024/25.
8. External Examiner of M.Phil. theses Department of International Relations at National Defence University, Islamabad, 2026.
9. External Examiner of M.Phil. theses Department of International Relations at Muslim Youth University Islamabad, 2025.

10. External Examiner of M.Phil. theses Area Study Centre at Quaid-i-Azam University, Islamabad, 2022.
11. Member, Relevance Assessment Committee (RAC) for the PhD International Relations, Bahria University Islamabad, 2e. 024 to date.
12. Selection Boards Department of International Relations, NUML Islamabad.
13. Member, Academic Council Meetings (ACM), Board of Advanced Studies and Research (BASR), Faculty Board of Studies (FBS)-NUML Islamabad.
14. Member of National Curriculm Review Committee (NCRC-2025) for International Relations, Higher Education Comission, Islamabad, 2025.

Courses Taught

- Foreign Policy Analysis
- International Politics of Central Asia
- Theories of International Relations
- International Relations: 1648-1945
- International Politics of Environment
- Contemporary Regional and International Issues
- Regional and International Organizations
- Gender and Development

Administration Experience

- Currently heading two departments, International Relations and Peace & Conflict Studies, National University of Modern Languages (NUML), Islamabad. (August 2024 to date)
- Acting Head Department of International Relations (November 2014 to November 2015).
- Program Coordinator, IR NUML, Islamabad. (January 2012 to January 2014).
- Exam Superintendent, various exams held at NUML, Islamabad. (2005 -2015)
- Acting Program Coordinator, Fatima Jinnah Women University (FJWU), Rawalpindi, (January- June 2003).

Reviewer of Research Journals

1. Reviewer Journal of World Affairs by Wiley, 2026.
2. Reviewer Journal of Journal of Social Sciences and Humanities, NUST, Islamabad, 2026.
3. Reviewer Journal of International Journal of Politics Security by DergiPark, Turkiye, 2026.
4. Reviewer Journal of Malaysian Journal of International Relations, Malaysia, 2026.
5. Reviewer Journal of Sstrategic Studies, CISS, Islamabad, 2026
6. Reviewer journal of Politics & Policy by Wiley online 2024
7. Central European Journal of International and Security Studies (CEJISS), by Metropolitian University Prague Press (2025)
8. Reviewer NUST Journal of International Peace & Stability (NJIPS), Publisher Department of CIPS, National University of Sciences & Technology (NUST), Islamabad, 2025
9. Reviewer Journal of Contemporary Studies (JCS), Publisher Department of International Relations, National Defence University (NDU), Islamabad, 2025.
10. Reviewer Strategic Studies, Institute of Strategic Studies Islamabad (2022) till date.

11. Reviewer Journal Regional Studies Journal, Publisher Institute of Regional Studies (IRS) Islamabad, 2022 till date.
12. Reviewer Muslim Perspective Journal, Publisher Muslim Institute, Islamabad, 2022 till date.
13. Reviewer Journal of Strategic Perspectives, CISS, AJK, 2025
14. Policy Vanguard by Unity Research Publisher Houstan USA, 2025

Conference/ Seminar/ Events Organizer

- Focal Person Sustainable Development Goals Youth Campaign for NUML, Islamabad at Hum Hain Pakistan Project September 2026 to November 2026.
- Focal Person of the two-day international conference titled "From Gardens to Graves: Kashmir in Resolutions and Solutions" organized by Department of International Relations Faculty of Social Sciences (FSS), in collaboration with Sophy's Forum Faculty of Languages (FOL), NUML auditorium, December 23-24, 2019.
- Focal Person of an international seminar on "UN International Day of Multilateralism and Diplomacy for Peace" organized by the Department of International Relations in collaboration with the Institute of IPD at NUML on April 24, 2019.
- Focal Person "International Symposium on Human Rights Violations in IHK" at NUML on December 12, 2018.
- Focal Person of one-day national seminar on "Pakistan Relation with the Neighboring Countries: Foreign Policy Analysis-Renewed Endeavors for the Improvement of Relations with Afghanistan, Iran, and India", organized by the Department of International Relations, NUML, May 17, 2018.
- Focal Person of Three Day International Conference on "The Kashmir Dispute: Past, Present and Future" at NUML from February 27-28 & March 01, 2018.
- Organizer of a seminar on "National Security: Pakistan's Energy Requirements" in collaboration with the Institute of Strategic Studies, Islamabad (ISSI), (October 7, 2015).
- Coordinator of the Two-day International Conference on "US-NATO Exit from Afghanistan: Challenges and Options beyond 2014" at NUML, Islamabad, (March 6-7, 2013).
- Focal Person of Three days, NUML Model United Nations (NMUN Inter-University) held NUML, Islamabad. (April 9-11, 2014).
- One-day National Seminar on "Changing Regional and Global Scenario and its Impact on Pakistan" at NUML, Islamabad (March 4, 2015).
- One-day seminar in collaboration with the Ministry of Law, Justice and Human Rights on "Human Rights Education" (May 27, 2015).
- The organizer of Cultural day at NUML, Islamabad. (May 29, 2015).

Fellowships

- Research Fellow at Sigur Center for Asian Studies, The Elliott School of International Affairs (ESIA), The George Washington University (GWU), Washington DC, US. (February 2021 to February 2022)
- Visiting Research Fellow of Analysis of International Relations (AIR) Center, Baku, Azerbaijan (September-October 2022).
- Visiting Research Fellow of Cambridge Central Asia Forum (CCAF) Cambridge University, (March 2013), UK.

Distinctions

- Pakistan's Higher Education Commission's Approved Supervisor (2020 till 2026)
- University's (NUML) Approved Supervisor (2026).

- Subject Award in Political Science (1st position) awarded by Government College for Women, Sahiwal, Pakistan. 1995-1997.
- Secured 1st position in Islamic Declamation (inter colleges competition) held at Government College for Women Khanewal, Pakistan. 1996.
- Won consolation prize in Punjabi Debates (inter colleges competition) held at Government College for Women Khanewal, Pakistan. 1996.
- Secured 2nd position in Urdu debates (inter colleges competition) held at Government College for Women, Sahiwal, Pakistan. 1994.
- Secured Second Position in debate competition organized by Deputy Commissioner & Controller Civil Defense, Sahiwal, Pakistan 1991.

Radio/TV Programs

- Participates in several radio and TV talk shows.

Supervision of PhD/MPhil Theses

- Supervised 02 PhD and Seventeen MPhil theses.
- Currently supervising one M.Phil and five Ph.D. scholars (Research work is in progress).

Book Chapters

- Dr Sarwat Rauf, "Sino-US Geopolitical Competition: Implications for Pakistan" *Conflict and Cooperation in South Asia: Role of Major Powers* (Islamabad: Islamabad Policy Research Institute, 2019),225-240. (ISBN 978-969-8721-76-3 and E-ISBN 978-969-8721-6)
- Sarwat Rauf, "The Overview of Qingdao SCO Summit: Emerging Opportunities and Challenges for Pakistan", *Post Qingdao Shanghai Cooperation Organization Summit: Emerging Opportunities and Challenges for Pakistan*, (Islamabad: Institute of Peace and Diplomatic Studies, 2018), pp.123-138. (ISBN: 978-696-754803-3).

Published Articles in Journals

1. Sarwat Rauf, "Connectivity, Conflict and Diplomacy: Pakistan's Middle Power Journey", International Journal of Policy Studies, 6;1(2026), pp:72-96. https://ijpstudies.com/index.php/ijps/article/view/120
2. Sarwat Rauf & Aalia Naseer. Gender-Inclusive Politics and Diplomacy in Pakistan: An Analysis of Representation, Barriers, and Policy Reform. *Journal of Peace and Diplomacy*, *6*;02 (2025), 1–29. https://doi.org/10.59111/JPD.006.002.0168
3. Sarwat Rauf, "Exploring the Causes and Consequences of Women's Limited Economic Participation in Pakistan", International Journal of Social Science and Entrepreneurship, vol. 5, no. 1 (2025), pp. 186 -203.
4. Rabbab Khan & Sarwat Rauf, "Theoretical Approaches to the Root Causes of Terrorism: An Analysis of ISIS and Al-Qaeda in the post-9/11 Middle East", Strategic Perspectives, Vol III, No 1, (2025), ISSN: 3006-7731.
5. Jawad Ishaq Rana and Sarwat Rauf, "Cybersecurity Legislation and Global Standards: A Comparative Analysis of Pakistan's PECA 2016 and UN Guidelines on Disinformation", *Journal of Sociology & Cultural Research Review (JSCRR)*, Vol 2, No 4 (Oct-Dec 2024):Pages: 489-507
6. Sarwat Rauf, "Transboundary Interactions between Afghanistan and the Shanghai Cooperation Organization After the US Withdrawal from Afghanistan", VESTNIK RUDN International Relations, Vol 24, No 2 (2024):Pages: 252-263 DOI: https://doi.org/10.22363/2313-0660-2024-24-2-252-263

7. Sarwat Rauf, “The Paradoxical Role of Mediators in the Armenia-Azerbaijan Conflict: Prospects and Concerns”, Insight Turkey Fall 2023 / Volume 25, Number 4, (December 30, 2023); 163-180 (ISSN: 1302-177X), DOI: 10.25253/99.2023254.10
8. Sarwat Rauf, & Maira Tariq. The Bilateral Engagement of India and Pakistan at Shanghai Cooperation Organization: Prospects and Challenges. NUST Journal of International Peace & Stability, 7:1, (2023). https://doi.org/10.37540/njips.v7i1.161
9. Sarwat Rauf, and Maria Tariq, “A Critical Appraisal of India and Pakistan’s Growing Engagement in the South Caucasus Region”, Regional Studies 41, no.2 (Winter 2023), 50-72 https://regionalstudies.com.pk/wp/article/a-critical-appraisal-of-india-and-pakistans-growing-engagement-in-the-south-caucasus-region/
10. Zaid bin Inam and Sarwat Rauf, “Understanding Urban Warfare and its Manifestation in Russia-Ukraine War”, Strategic Studies, Vol. 43, No 2, (Winter 2023); 97-115. https://issi.org.pk/understanding-urban-warfare-and-its-manifestation-in-russia-ukraine-war/
11. Sarwat Rauf, “Women’s Empowerment in Pakistan: Dissection of Paradoxical Depth” *Journal of International Women's Studies*, Bridgewater State University, Vol. 24, Iss.1, 2022, pages 1-17, ISSN: 1539-8706 https://vc.bridgew.edu/cgi/viewcontent.cgi?article=2876&context=jiws
12. Sarwat Rauf, “Regional Connectivity in Pakistan and Central Asian Republics”, World Century Publishing Corporation and Shanghai Institutes for International Studies, China Quarterly of International Strategic Studies, Singapore, Vol. 7, No.3, (2021); 327–347 (ISSN: 2377-7419), DOI: 10.1142/S2377740021500147
13. Sarwat Rauf and Adam Saud, “Prospects of CSTO and SCO in Regional Politics of Central Asia”, International Journal of Politics and Security (IJPS) / Vol. 2 / No. 4 / July 2020, pp.30-50, ISSN: 2667-8268, Available at https://dergipark.org.tr/tr/pub/ijps
14. Zahra Ibrahim & Sarwat Rauf, “Saudi-Iran Rivalry: Pakistan's Role from Neutrality to Mediatory”, Global Foreign Policies Review-GFPR, Volume V, Issue III (Summer 2022), pp 1-13, ISSN ISSN-P: 2788-502X ISSN-E: 2788-5038, DOI: http://dx.doi.org/10.31703/gfpr.2022(V-III).01
15. Dr Sarwat Rauf, “Prospects of International and Regional Organizations in the Solution of Kashmir Issue”, *The Journal of Political Science, GCU, Laho*re, Vol 38, Issue 1, (2021), 270-290 . ISSN (print): 1726-6467
16. Adam Saud & Sarwat Rauf, “EAEU and BRI in Central Asia: Transformation from Land-Locked to Land-Linked Region?”, *Central Asia, Area Study Centre (Russia China & Central Asia) University of Peshawar,* Vol.88, (Summer 2021), (ISSN: 1729-9802), pp. 1-21,
17. Dr Sarwat Rauf, “Russia’s Increasing Global Profile: Rewards and Challenges”, *Journal of European Studies, Vol 35:2*, (Summer 2019), pp.103-114. ISSN- 0258-9680 , https://asce-uok.edu.pk/journal/index.php/JES/article/view/106
18. Dr Sarwat Rauf, *“Role of Youth in the Promotion of Good Governance in Pakistan", Journal of Political Studies, Special Issue,* (Winter 2019), pp. 43-54, ISSN- 1994-1080 (Print) E-ISSN (Online): 2308-8338.
19. Dr Sarwat Rauf, Shakeel Ahmad, “Pak-Afghan Border Management: Developments and Controversies” *Journal of Contemporary Studies*, NDU Islamabad, Vol. VIII, No.1, (Summer 2019), pp.35-51. ISSN: 2227-3883, E-ISSN: 2707-3025. https://jcs.ndu.edu.pk/site/article/view/29
20. Dr Sarwat Rauf, “The Benefits of Regional Integration for Pakistan and Central Asian Republics”, *Journal of Political Studies, Special Issue*, (Winter 2018), pp. 83-95, ISSN- (Print) E-ISSN (Online): 2308-8338.

21. Dr Sarwat Rauf & Adam Saud, “Belt and Road Initiative in Central Asia and its Implications for Pakistan”, *NUST Journal of International Peace and Stability (NJIPS),* Vol.4, Issue 2 (2021), pp , 52-67, (ISSN-2616-4434)
22. Sarwat Rauf, “Shanghai Cooperation Organization (SCO): Opportunities for Pakistan” *NUST Journal of International Peace and Stability (NJIPS),* Vol 2, No.1 (January 2019). 15-26. (ISSN-2616-4434),
23. Dr Sarwat Rauf, Dr Inayat Kalim, Dr Muhammad Mubeen, “Impact of Electronic Media on Pakistan's Security”, *Global Social Sciences Review*, Vol. III-I, (Winter 2018), 434-446 , ISSN(Print): 2520-0348 - ISSN(Online): 2616-793X
24. Dr Sarwat Rauf, Dr Umer Iftikhar & Dr Farhat Konain, “CPEC: Geopolitical Importance for Central Asian Republics” *Margalla Papers,* Vol XXII (2018), (ISSN: 1999-2297), pp. 65-77.
25. Sajid Iqbal and Sarwat Rauf, “Afghanistan Imbroglio: Impact on the Central Asian States”, *Central Asia, Area Study Centre (Russia China & Central Asia) University of Peshawar,* Vol.83, (Winter 2018), (ISSN: 1729-9802), pp. 55-77
26. Sarwat Rauf, “Merger of Crimea into Russia: Implications for the Post Soviet States” *Central Asia, Area Study Centre (Russia China & Central Asia) University of Peshawar,* Vol. 80, (Summer 2017), pp. 31-51. (ISSN: 1729-9802),
27. Sarwat Rauf, “Changing Geopolitical Dynamics in Central Asia: Causes and Effects” *Strategic Studies*, Vol.37:4(Winter 2017),149-165.(ISSN: 1029-0990)
28. Sarwat Rauf, “Russia’s Assertive Role in Central Asia: Trends and Challenges” Regional Studies by *Institute of Regional Studies,* Vol. XXXI, No.1,(2013), 102-118. www.irs.org.pk, (ISSN: 0254-7988).
29. Sarwat Rauf, “Old Games and New Rivalries in Central Asia” Journal of Asian Civilizations, TIAC, Vol XXIX, No.2 (2006), pp.99-113.(ISSN:1993-4696).
30. Sarwat Rauf, “Understanding the Causes of Terrorism in Pakistan”, Stratagem: Journal of the Centre for Strategic and Contemporary Research, VOL:2, No:2, (July-December, 2019), pp 22-42, ISSN: 2617-0590
31. Sarwat Rauf, "The Impact of Transport Corridors on the Economic Development Of Azerbaijan", Economic Cooperation Organization Economic Journal, vol. 1, no. 8, 2025.

Conference Proceedings/ Papers

- Conference Report on two-day international conference titled “From Gardens to Graves: Kashmir in Resolutions and Solutions” organized by Department of International Relations, Faculty of Social Sciences (FSS), NUML, Islamabad. (2020).
- Conference Proceedings, “International Symposium on Human Rights Violations in IHK” (2018).
- Conference Paper, “Environment and Sustainable Development”, Baku International Humanitarian Forum (31 October – 1 November 2013), Pp, 314-323, ISBN 978-9952-489-00-4, www.kitabxana.net/files/books/file/1447751234.pdf
- Sarwat Rauf “US-NATO Exit from Afghanistan: Challenges and Options beyond 2014” at NUML, Islamabad, (March 6-7, 2013). http://studylib.net/doc/8041126/us-exit-from-afghanistan---national-university-of-modern-
- Sarwat Rauf and Tabinda Zehra, Rapporteur’s Report of two days’ conference on “Emergence of ISIS in Middle East and its Implications for South Asia” (December 8-9, 2015).

Newspaper/ Magazine, Blogs

- Dr. Sarwat Rauf, India’s hydraulic siege on Pakistan, The News, June 10, 2026

- Dr. Sarwat Rauf, Presence is not power, The News, March 03, 2026
- Dr. Sarwat Rauf, From diplomacy to connectivity, The News, February 11, 2026
- Sarwat Rauf, “India’s China anxiety”, The News, June 03, 2025
- Sarwat Rauf, “SCO as a gateway to regional prosperity”, The News, October 12, 2024
- Sarwat Rauf, “Lasting economic ties”, The News, August 25, 2024
- Sarwat Rauf, “India and the South Caucasus”, The News, January 18, 2023.
- Sarwat Rauf, “SCO and Afghanistan”, The News (Islamabad), March 13, 2022.
- Sarwat Rauf, “Afghan Refugees in the COVID-19 Crisis”, geopolitica.ru, April 13, 2020.
- Sarwat Rauf, “Is Pandemic Exposing National Security Vulnerabilities?”, Geopolitica.ru, April 2, 2020.
- Dr Sarwat Rauf, “China-Pakistan Economic Corridor amid pandemic”, *Pakistan Observer*, April 1, 2020.
- Dr Sarwat Rauf, Effects of COVID-19 on Education, Pakistan Observer, March 29, 2020.
- Sarwat Rauf, “A new policy lever for Pakistan”, *Daily Times*, March 5, 2018, https://dailytimes.com.pk/210446/new-policy-lever-pakistan/
- Sarwat Rauf, “Pakistan’s foreign policy can't be gauged without understanding the geopolitical environment and the region’s New Great Game” *The Nation*, (February 16,2017).
- Sarwat Rauf, “It is never too late to launch new programs for youth development” blog *Dunya News*, May 29, 2017, http://blogs.dunyanews.tv/author/sarwatrauf.
- Sarwat Rauf, “Social Stigmas and Women Empowerment” Pakistan *Observer* (February 14, 2017).
- Sarwat Rauf, “Growing PAK-Russia Ties” *Pakistan Observer*, (April 09, 2016).
- Sarwat Rauf, “Regional Connectivity” *Pakistan Observer*, (May 24, 2016).
- Sarwat Rauf, “Alienation and terrorism” *Pakistan Observer*, (August 17, 2016).
- Sarwat Rauf, Russia and Pakistan Ties, *The Diplomatic Insight* (December 2012) *the**diplomaticinsight**.com/wp-content/uploads/.../**russias**upplementdec.swf*
- Sarwat Rauf, “Pakistan and Central Asia” *IPRI Fact files*, 2007.
- Sarwat Rauf, “An Asian Conflict Manager for Europeans” *The Patriot*, October 27, 2010.
- Sarwat Rauf, “Pakistan and Central Asia” *Pakistan Observer, (*April 13, 2006).
- Sarwat Sattar, “Subcontracted Women Workers in Pakistan” *Pakistan Observer*, (July 13, 2003).
- Sarwat Sattar, “Human Rights Violation in Kashmir” *Pakistan Observer*, (June 29, 2003).

Short Courses

1. Online course on "Gender and Sexuality: Diversity and Inclusion in the Workplace", offered by the University of Pittsburgh on Coursera, in collaboration with the Higher Education Commission (HEC), Pakistan. Date of Completion October 3, 2026.
2. Course completed on Conflict Resolution & Mediation: Managing Workplace Harmon offered by Coursera in collaboration with HEC, Pakistan. Date of Completion September 6, 2026.
3. 2-Week Online Course on Gender Equality organized by University of Western Australia through Coursera, in collaboration with the Higher Education Commission (HEC), Pakistan. n, Date of Completion August 17, 2026.
4. 6-Week Online Course on Prompt Engineering for ChatGPT offered by Vanderbilt University Offered by Higher Education Commission, Pakistan, Date of Completion August 10, 2026.
5. Gender Analytics for Innovation offered by the University of Toronto on Coursera in collaboration with HEC, Pakistan. Date of Competition August 25, 2026

6. Two Months' Professional Course on "Women's Participation in Negotiating and Implementing Ceasefires" September 2, 2025 to November 5,2025, Conducted by United Nations Political and Peacebuilding Affairs (UNDPPA).
7. Two Weeks Course "United Nations Gender Advisor Course-07" Organized by CIPS, NUST Institute of Peace and Conflict Studies, March 12 to March 24, 2023.

Workshops/Trainings

1. One-day training on Hum Hain Pakistan: SDG Youth Campaign by International Governance and Sustainability Institute IG-SI on 20 August, 2026 at PIPs, Islamabad,
2. Participated as Resource Person in one day workshop organized by Office of Research, Innovation, and Commercialization (ORIC) at Fatima Jinnah Women University "Living with Difference: From Understanding Conflict to Building Peace: Conflict Mapping and Data-Driven Peacebuilding', scheduled for May 21, 2026, from 9:00 AM to 4:00 PM at MP Hall, FJWU
3. Two-day workshop "AI & Digital Technology Adoption in Higher Education", May 19 & 20, 2025, conducted by NUML Executive Development Centre.
4. Three days' workshop "3-day Training Workshop for Teaching and Pedagogy" Organized by NUML, Islamabad, 26 June to 28 June 2024.
5. Three days' workshop "3-day Training Workshop for Capacity Building Workshop for Research Funding" Organized by NUML, Islamabad, 1st July to 3rd July, 2024.
6. Three days' workshop "3-day Training Workshop for - MPhil / PhD Supervisors", Organized by NUML, Islamabad, July 11 to July 13, 2023.
7. Three-day Workshop on "Research Methods in International Relations", organised by the Department of International Relations, NUML, March 6-8, 2023.
8. One-day workshop on Paper setting Organized by Faculty of Social Sciences, Iqbal Hall, Ibne Rushd Block. NUML, 18 October 2022.
9. "Energizing Pakistan: Developing Tomorrow's Leadership with Greater Climate Action Pledge" organized by Women in Renewable Energy (WIRE) and Australia Awards, Islamabad. (28th to 30th Sept. 2018).
10. 3 days workshop "Qualitative Research Methodology" organized by Higher Education Commission (HEC), Islamabad (October 23-25, 2017).
11. 5 days' Workshop "Supervisor's Training" organized by ORIC, NUML Islamabad. (July 10-14, 2017).
12. 30 days workshop title "National Security Workshop (NSW-18)" *Institute for Strategic Studies, Research & Analysis (ISSRA)* at National Defence University, Islamabad, (14 November -15th December, 2016).
13. 10 days workshop titled "National Media Workshop (NMW-8)" *Institute for Strategic Studies, Research & Analysis (ISSRA)* at National Defence University, Islamabad (11 -22 April, 2016).
14. 10 days workshop on "Leadership Development for Women in Higher Education" at *Wawasan University, Penang,* Malaysia. (16-26 November, 2015).
15. 6 Day "Geopolitical review of the Caspian: A New Role for Azerbaijan," organized by NATO International School of Azerbaijan and supported by the *Ministry of Foreign Affairs of the Republic of Azerbaijan and NATO*. (April 26- May1, 2015).
16. 2 Day "Baku International Humanitarian Forum III, Organized by Baku Forum, (October 31- November 1, 2013). Baku, Azerbaijan.

17. 8 Day workshop on “Research Methodology: Content Analysis” Organized by School of Politics and International Relations, Quaid-i-Azam University Islamabad. (September 20-27, 2013).
18. 2 Day workshop on “Thesis and Dissertation Supervision” Organized by NUML, as part of UNT-NUML Partnership for professional development. (July 8-9, 2013).
19. 2 days conference on “XX1 Century: Challenges and Opportunity” Organized by Baku International Humanitarian Forum, Azerbaijan, (October 4-5, 2012)
20. 3 Day workshop on “Dissertation Writing” organized by American Institute for Pakistan Studies, Islamabad, Pakistan (September 19-21, 2012).
21. 2 Day Conference on FMCT: Prospects and Challenges for Pakistan, Organized by Rabita Forum, Karachi. Pakistan (May, 2012)
22. 3 Day Training Workshop on “Statistical Package for Social Sciences”, Organized by Akhter Hameed Khan: National Centre for Rural Development, Islamabad. (November, 2011)
23. 3-day workshop on “Quality Assurance in Higher Education” organized by National University of Modern Languages (NUML) Islamabad, Pakistan. (August 5-7, 2009).
24. 25 days Staff Development Course held at Federal Urdu University of Arts Science and Technology, Islamabad. Organized by the Higher Education Commission, Pakistan. (November 27 to December 20, 2006).

Presentations/ Lectures

1. Guest Speaker of a seminar on “Pakistan-Russia Relations: Trends, Opportunities and the Road Ahead”, organized by the Consortium for Asia Pacific & Eurasian Studies (CAPES), October 19, 2026.
2. Presented a conference paper titled “Poverty and Patriarchy: An Intersectional Analysis of Economically Marginalized Women in Pakistan” in an international conference “Towards Alternative World Making: A Dialogue on Ending Imperialism and Dismantling the Coloniality of Power” organized by The Pluriversity Lahore, Centre for Critical Peace Studies, UMT, from 22nd August, 2026 to 24th August, 2026.
3. Speaker at Policy consultation (Media persons, Scholars, Religious and political parties) organized by the Pakistan Institute for Peace Studies (PIPS), Islamabad, 26 October, 2026.
4. Presented a conference paper titled “Intersecting Identities and Power Dynamics: Rethinking Gender and Peacebuilding in Post-Conflict Afghanistan?” organized by German Association of Peace and Conflict Studies (AFK e.V.), held in Leipzig at the University of Leipzig from 11th March, 2026 to 13th March 2026.
5. Spoke on Women’s Empowerment on International Nurses Day 2026 at Foundation University, FUCN, organized by College of Nursing, Foundation University, FUCN, Islamabad, May 12, 2026.

6. Chaired a session “Bridging Regions: The Strategic role of central Asia and Pakistan in Regional Connectivity” May 22, 2025, Humanities and Social Sciences Bahria University, Islamabad.
7. Presented a conference paper titled Realignments Between Pakistan and Russia: Geopolitical Implications for the South Asian Region” at an international conference “1st Pakistani-Russian International Conference: The Evolving Pakistan-Russia Relationship in A Changing Global Order” jointly organized by FUUAST, Karachi and Kazan Federal University, Russian Federation on 18-19 February 2025.
8. Presented a conference paper titled “Redefining Pakistan's Foreign Policy amid the US-China Power Shifts” at an international conference, Social Sciences Conference 2025**:** S*tate, Society, and Culture: Dynamics of Power, Identity, and Change”,* on February 25, 2025, organized by Iqra University Islamabad.
9. Lecture at Webinar on “Mackinder’s Heartland: Is it still Relevant” Organized by the Department of International Relations, FUUAST Karachi, on November 28, 2024.
10. Moderated a Session on “Trade & Investment in Pakistan: Opportunities and Challenges” at the 26th National Security Workshop (NSW-26) on October 30, 2024, Organized by ISSRA-NDU Islamabad.
11. Presenter “Roundtable on Post SCO Council of Heads of Government Meeting 2024: Unpacking the Results and Opportunities” " organised by Pakistan-SCO Friendship Forum in Collaboration with Riphah Institute of Public Policy (RIPP), Riphah International University, Islamabad on 21st October 2024.
12. Keynote Speaker at an International Conference “2nd International Conference of Social Sciences on “Contemporary World: Challenges and Transformation, 2023” organized by Rawalpindi Women University, November 16, 2023.
13. Presenter Roundtable “Regional Cooperation in the Eurasian Region: Role of the SCO”, organized by the Institute of Policy Studies, July 20, 2023.
14. Presenter International Conference “South & Central Asia Reconnected” Organized by the Department of History & Pakistan Studies, Punjab University Lahore in collaboration with Konrad Adenauer Stiftung, Germany May 8 to May 10, 2023.
15. Presenter “Diplomatic Interaction of Pakistan with Uzbekistan for Regional Connectivity: Evolving Hinderances and Hopes amid New Arrangements" at national Conference titled “75 Years of Pakistan: History, Diplomacy and Economy” organized by Iqra University on November 10, 2022, in Islamabad.

16. Presenter “The Prospects of Increased Academic & Socio-Cultural Linkages between Azerbaijan and Pakistan" organized by Analysis of International Relations (AIR) Center, Baku, Azerbaijan (October 6, 2022).
17. Presenter “Pakistan and Uzbekistan: 30 Years of Diplomatic Relations" organized by Bahria University on June 28, 2022, in Islamabad.
18. Presenter “Pakistan and Azerbaijan: 30 Years of Diplomatic Relations" organized by MUSLIM Institute on June 8, 2022, in Islamabad.
19. Presenter webinar titled, ‘Kashmir: an unfinished agenda of Partition’ was held by the South Asia Strategic Studies Institute (SASSI) University on February 5, 2021.
20. Presenter International webinar titled “Pakistan-Uzbekistan Relations: Emerging Bilateral and Regional Dynamics” organized jointly by the Eurasian Century Institute (ECI), Islamabad and Centre for International Relations Studies (CIRS), Tashkent on March 12, 2021.
21. Presenter “Role of Pakistan in the process of Peace-building in Afghanistan” 1st International Conference on Afghan Issue, Historical Background, Present Scenario and Future Prospects, organized by Department of Political Science, University of Swabi, KPK (20-21 November 2019)
22. Discussant “In-house discussion on Pakistan- Russia’s ties” Suggestions prepared by Institute of Strategic Studies Islamabad (ISSI) for the Ministry of Foreign Affairs on April 30, 2019.
23. Presenter “Islamophobia: Prevailing Trends & Remedial Measures" organized by MUSLIM Institute on Thursday, March 21, 2019, in Islamabad.
24. Presenter “Environmental Degradation and Conflict in South Asia” Conference title “Challenges and Possibilities for Environmental Sustainability with a Focus on Pakistan” organized by Lahore School of Economics, Lahore, 20-21 February 2019.
25. Presenter “Role of Youth in the Promotion of Good Governance in Pakistan” Conference Title Organized by the Department of Political Science and Centre for South Asian Studies, University of the Punjab, Lahore-Pakistan, 9th-10th January 2019.
26. Presenter “Sino-US Geopolitical Competition: Implications for Pakistan” conference topic Conflict and Cooperation in South Asia: Role of Major Powers Organized by Islamabad Policy Research Institute (IPRI) December 11-12, 2018.

27. Presenter “Role of Sufism in Social Harmony” (abstract published), Conference Topic “Pakistan Pluralistic cultural values of Peace, Tolerance & Love” organized by Society of Asian Civilization in collaboration with Taxila Institute of Asian Civilizations QAU, Islamabad. July 5, 2018.
28. Presenter “Internal Vulnerabilities and its Linkages to Terrorism: The Way Forward” (abstract published) National Conference, organized by the Bahria University in collaboration with HEC Islamabad. (May 10, 2018)
29. Presenter “Kazakhstan’s role in Generating Regional Peace and Prosperity” Seminar, organized by Institute of Peace and Diplomatic Studies (IPDS), at Preston University, Islamabad. (January 25, 2018).
30. Presenter, “Benefits of CPEC for Central Asian Republics” (abstract published) Two day International Conference on “Changing Regional Political Dynamics in South Asia” Department of Political Science, University of the Punjab, Lahore, Pakistan. (January 17-18, 2018).
31. Presenter "Impact of Media on Security” (abstract published) Istanbul Security Conference, organized by Asian Centre for Strategic Studies (TASAM), National Defense and Security Institute in cooperation with Nisantasi University Istanbul Security Conference at the Radisson Blu Hotel Sisli, Istanbul, Turkey. (November 1-3 2017).
32. Presenter "Impact of Electronic Media on Pakistan’s Security” Second IIUI-UNCW Conference on Local Cities, (abstract published) Foreign Capitals: Finding the Local Anchor in the Global Cultures, organized by International Islamic University, Islamabad (IIUI) in Collaboration with University of North Carolina Wilmington, (USA) at IIUI. (October 9-11,2017).
33. Lecture “Shanghai Cooperation Organization (SCO) Structures, Extended Bodies and Review of Outcomes Summits of Heads of States". SCO studies Diploma, Organized by Institute of Peace and Diplomatic Studies in collaboration with ORIC, NUML, Islamabad. (March 26, 2017).
34. Presenter "CPEC: Geo-political and Geo-economic Breakthrough for Pakistan and CARs" Organized by NUML in Collaboration with XJNU, at Urmuqi, Xinjiang, China. (December17-18, 2015).
35. Presenter “China- Pakistan Economic Corridor (CPEC): Political, Social and Cultural Challenges” one day National Seminar on China Pakistan Economic Corridor,

organized by the Faculty of Management Sciences, NUML, Islamabad. (September 21, 2015).

36. Presenter "Shanghai Cooperation Organization: Opportunities and Challenges" 3rd Noruz- PG Workshop on Central Asia, Newcastle University, UK, (March 21-22, 2013.)
37. Presenter "Russia's Role in Central Asia: Trends and Challenges" Organized by Cambridge Central Asia Forum, Cambridge University, UK. (March 15. 2013).
38. Presenter "Pakistan and Azerbaijan Relations" at Baku State University, organized by the Faculty of International Relations and Economy, Azerbaijan (October 8, 2012)
39. Presenter "Turkmenistan's Positive Neutrality" organized by the Society of Asian Civilization, Islamabad at Preston University Islamabad. Pakistan (2010)
40. Presenter "Civilization: Post World War-II" an international conference organized by the Society of Asian Civilization at Lok Virsa, Islamabad (March 24-25, 2010).
41. Lecture on "Pakistan and Azerbaijan Relations" at Baku State University, organized by the Faculty of International Relations and Economy, Azerbaijan (October 8, 2012).
42. Roundtable Discussion on "Azerbaijan in Global Politics, Crafting Foreign Policy" organized by Preston University, Islamabad, Pakistan. (May 31, 2010).