
SIDRA IFTIKHAR

Location: Rawalpindi, Pakistan

Contact: +92-3150518847 | Sidrasattii99@gmail.com

PROFILE

I am a highly motivated and dynamic individual with a strong academic foundation in **Defense and Diplomatic Studies** and extensive hands-on experience in **education initiatives, youth empowerment, and community development**. My work includes leading impactful projects aimed at addressing societal challenges such as child labor and access to education. I possess exceptional skills in project management, policy advocacy, and fostering cross-cultural collaborations, all driven by a passion for creating sustainable social change.

Skills

1. **Research & Analytical Skills:** Data analysis, interpretation, and reporting.
 2. **Project Management:** Planning, implementation, and evaluation of social initiatives.
 3. **Communication & Advocacy:** Engaging diverse stakeholders, including NGOs and government bodies.
 4. **Cultural Competence:** Familiarity with multicultural work environments and local practices.
 5. **Languages:** Proficiency in English, Urdu, and Punjabi.
 6. **Technical Skills:** Microsoft Office, SPSS (basic), and content creation.
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Experience

Project Head – Education of Labor Children in Twin Cities

- Designed and implemented the *Kids Beyond Labour* project to educate labor children in slum areas.
- Conducted field surveys, engaged parents, and motivated students to join educational programs.
- Organized summits to foster collaboration among stakeholders and NGOs.

Child Labor Survey – Collaborator with UNICEF

- Conducted surveys in rural Islamabad in partnership with **UNICEF, Labour Welfare Department, and Bureau of Statistics.**
- Collected, analyzed, and presented key data trends for policy recommendations.

Freelance Research and Academic Writer

- Authored research papers and articles on current affairs, politics, and international relations.

English Teacher – The Smart School

- Designed engaging lesson plans to improve language proficiency among students.
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Education

Bachelor of Science in Defense and Diplomatic Studies

Fatima Jinnah Women University, Rawalpindi | 2018–2022

FSc Pre-Medical

Post Graduate College, Rawalpindi | 2016–2018

Matriculation in Science

Convent of Jesus and Mary, Murree | 2016

PROJECTS AND YOUTH ENGAGEMENT

- **Women Empowerment Campaign:** Conducted month-long workshops on law and self-defense for women.
 - **Healthy Wealthy Pakistan Campaign:** Designed outreach programs to create a drug-free society through youth engagement in sports.
 - **Community Marathons:** Promoted health and fitness by organizing marathons in Rawalpindi and Islamabad in collaboration with the sports department.
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INTERNSHIPS

- **WWF Pakistan:** Assisted in research and community engagement for conservation projects.
- **Punjab Police:** Gained insights into law enforcement and community policing strategies.

CONFERENCES & TRAININGS ATTENDED

- **Islamabad Security Dialogue** (Pakistan Institute of Conflict and Security Studies)
 - **Youth and Parliamentarians Summit** (Islamabad)
 - **National Youth Conference** (Pakistan Institute of Conflict and Security Studies)
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RESEARCH

- *Nuclear Weapons and Interstate Relations: A Case Study of India and Pakistan*
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