

Syeda Noor Us Sahar

Passport: RA5129641 **Nationality:** Pakistani **Date of birth:** 15/09/1998

Place of birth: Muzaffarabad, Pakistan **Gender:** Female

Phone: (+92) 3005294245 **Email:** syedanoor32@gmail.com

Work: University of Azad Jammu and Kashmir, Muzaffarabad, 13100 (Pakistan)

ABOUT MYSELF

"A dedicated and hardworking research fellow with a strong foundation in International Relations and university-level teaching experience. Renowned for analytical and critical thinking skills, I excel under tight deadlines, delivering quality-driven outcomes. Proficient in report writing, with hands-on policy research experience. A naturally engaging personality enables me to connect with diverse audiences and lead effectively. Committed to continuous learning, I strive to contribute meaningfully to research, policy, and interdisciplinary initiatives."

WORK EXPERIENCE

- **Lecturer IR**

University of Azad Jammu and Kashmir [10/2022 – Current]

City: Muzaffarabad | **Country:** Pakistan | **Website:** <https://ajku.edu.pk/> | **Email:** vice.chancellor@ajku.edu.pk |

Name of department: International Relations

Teaching

In-charge Disciplinary Committee

Member Examination Committee

- **Internship**

KPRI (Policy and Research Forum) [07/2019 – 08/2019]

City: Muzaffarabad | **Country:** Pakistan | **Website:** <https://kpri.org/>

Interviewing

Research

EDUCATION & CERTIFICATION

- **MPhil-International Relations**

University of The Punjab [2020 – 2022]

City: Lahore | **Country:** Pakistan | **Website:** <https://www.pu.edu.pk/> | **Field(s) of study:** Social sciences

| **Final grade:** CGPA 3.49/4 | **Thesis:** Prospects and Challenges of Blue Economy for Pakistan in the wake of CPEC

- **BS Hons-International Relations**

National University of Modern Languages [2016 – 2020]

City: Islamabad | **Country:** Pakistan | **Website:** <https://www.numl.edu.pk/> | **Field(s) of study:** Social sciences,

| **Final grade:** CGPA 3.47/4 | **Thesis:** Russian Resurgence; Security and Economic implications for Eastern Europe in 21st century.

- **EU policy and implementation: making Europe work!**

Universiteit Leiden (Online)

<https://www.coursera.org/> | **Field(s) of study:** European Studies | **Final grade:** 84.17%

- **Professional Information Technology Course**

NICON [01/2018 – 07/2018]

City: Muzaffarabad | **Country:** Pakistan | **Field(s) of study:** Information and Communication Technologies (ICTs)

MS Office, Internet Exploring, Canva and Adobe Illustrator

VOLUNTEERING

Hamdard Welfare Foundation [06/2023 – 12/2024]

Muzaffarabad

Free Medical camps, Seminar on drug abuse education, Winter cloth and uniform distribution with Hamdard Welfare Foundation

PROJECTS

Synergy-Skills development in Children [05/2020 – 09/2020]

Basic Computer Knowledge, Language and Communication Skills.

CONFERENCES & WORKSHOPS

[26/05/2025 - 28/05/2025]

3-Days Workshop on **"Strategic Stability in Nuclear South Asia"** at Center for International Strategic Studies, AJK on 26th-28th May, 2025

[04/02/2025] Muzaffarabad

One day National Conference on **"Revitalizing The AJK SDG-2030 Roadmap"**. Organized by the Department of ORIC, UAJK, in Collaboration with the Government of Azad Jammu and Kashmir and Helping Hand.

[16/03/2022 – 17/03/2022] Islamabad

Two-Day Hybrid International Conference on **"Deciphering Global Security Architecture in the 21st Century: Exploring Pathways, Determining Strategies"**.

Organized by Department of Political Science, Punjab University and Center for Global & Strategic Studies, Islamabad.

[31/08/2021]

International Webinar on **"Peace, Security, and Civil Society in Afghanistan post the Withdrawal of US Forces"**.

Organized by School of Strategic and Global Studies, Universitas Indonesia.

[07/08/2021 – 08/08/2021] Lahore

Two-Day Hybrid National Conference on **"Challenges of Governance in Pakistan amid the Covid-19 Pandemic"**.

Organized by Department of Political Science, Punjab University.

[01/03/2021] Islamabad

Workshop on Nuclear Learning **"Nuclear Non-Proliferation issues and Strategic Stability in South Asia"**.

Organized by the Department of Politics and International Relations in collaboration with Student Advisor Office, International Islamic University, Islamabad.

LANGUAGE SKILLS

Mother tongue: **Urdu**

Other language: **English**

HOBBIES AND INTERESTS

Reading

Cooking

Sports (Badminton)