

FIZA ZAHID

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SUMMARY

I recently graduated with a first-class Bachelor's degree in International Relations from Fatima Jinnah Women's University, Rawalpindi, Pakistan, and have actively participated in various internships and contributed to writing projects. I am seeking opportunities to utilize my research, communication, and analytical skills.

EDUCATION

BSC in International Relations | Fatima Jinnah Women University Rawalpindi | Pakistan | 2021-2025

- Modules: International Political Economy, Foreign Policy Analysis, Diplomacy and Human Rights, Theories of IR, Soft Power

FSC | Askaria School and Colleges | Rawalpindi | 2019-2021

- Module: Pre-Medical 75%

WORK EXPERIENCE AS AN INTERNEE

Internship at the Ministry of Foreign Affairs | Pakistan | August 2024 - September 2024

- Worked in the SCO division: conducted research, drafted policy briefs.

Internship at the Associated Press of Pakistan | Pakistan | 2025

- Assisted in news editing, reporting, and attending press briefings. Gained exposure to journalism and national media workings. Wrote news articles on a range of national issues, including politics, social justice, and education.

- **Covered topics such as:**

- Modi's Hindutva Agenda and Its Impact on South Asian Peace
- Challenges Faced by Private Security Guards Amid Heat and Poverty
- Favoritism in Classrooms and Its Effects on Students

Internship At the Friends of Police | Pakistan | Rawalpindi | 2024

- Participated in lectures and field visits focused on public safety and civic awareness.

Volunteer Work at the Red Crescent Hospital | 2024

- Supported health camps, blood donation drives, and awareness programs. Promoted hygiene education and helped organize outreach campaigns.

Awareness Campaigns in Private Schools | Rawalpindi | 2023

- Conducted sessions on menstrual hygiene and protection against harassment to spread awareness and promote safe spaces.

CERTIFICATES AND AFFILIATIONS

- Certificate of Internship – Ministry of Foreign Affairs, Pakistan
- Certificate – Friends of Police Program, Rawalpindi
- Certificate – Volunteer Work at Red Crescent Hospital
- Certificate – Awareness Campaigns in Schools
- Member – Strategic Youth Paradigm (2024)

PUBLISHED ARTICLES

- "How Korean Dramas Won Pakistani Youth" – The Pen (2025)
Explored the cultural impact of Korean media on Pakistani youth and its influence on soft diplomacy.
- "Modi's Hindutva Agenda Threatens Fragile Peace Across South Asia" – Associated Press of Pakistan (2025)
- "Private Security Guards Battle Heat, Polyester, and Poverty" – Associated Press of Pakistan (2025)
- "Favoritism: The Unspoken Inequality in Classrooms" – Associated Press of Pakistan (2025)

LANGUAGES AND SKILLS

- Fluent in English, Urdu, and Punjabi
- Proficient in MS Word, Excel, PowerPoint, and Canva
- Strong communication and interpersonal skills
- Team player, creative thinker, punctual, and detail-oriented
- Passion for cooking and photography