

MUHAMMAD FAROOQ MALIK

Gold Medalist

HIPAA Business Associate (USA)
Advanced Customer Certification, PAX Training (USA)
USACE Health & Safety Certification (USA)
Technical Report & Content Writer Certification (AUAF)
EDI Level 2 Certified Door Supervisor (UK)
Recipient of PRIME Young Fellowship 2017 (Pakistan)



Academician | Researcher | Policy Analyst | Project Manager | Outreach & Communication |

☎ 0333-9332379 ✉ mhd.f.malik@gmail.com 📍 Rawalpindi, Pakistan

 [linkedin.com/in/muhammad-farooq-malik-146b6a282](https://www.linkedin.com/in/muhammad-farooq-malik-146b6a282)

 <https://tinyurl.com/y3v7tdpx>

Career Statement

Gold Medalist in Political Science, *researcher*, *policy analyst*, and *communication professional* with over **14 years** of combined experience spanning *academia*, *research*, *policy advocacy*, *project management*, *media engagement*, and *strategic communications*. Proven expertise in conducting and disseminating research, analyzing public policy issues, *managing multidisciplinary projects*, engaging stakeholders, and translating complex ideas into actionable insights for policymakers, researchers, and the public. Experienced in *higher education teaching*, institutional coordination, outreach, media production, and evidence-based policy dialogue. Committed to advancing informed decision-making, effective governance, and organizational excellence through research, innovation, and strategic leadership.

Academic Qualifications

M.Phil in Political Science (Distinction)	2017 – 2020
Qurtuba University of Science Information Technology	
Thesis title: <i>Environmental Governance in Khyber Pakhtunkhwa: Prospects and Challenges (2013-2018)</i>	
M.A in Political Science (Distinction)	2014 – 2016
University of Peshawar	
Major: Foreign Affairs Group	
Level 5 Advance Diploma in Administrative Management	2010 – 2011
Institute of Administrative Management, UK	
Level 4 Diploma in Administrative Management	2008- 2009
Institute of Administrative Management, UK	
Bachelor of Arts (B.A)	2004 – 2006
University of Peshawar	
Major: Political Science & English Literature	

Professional Qualifications

- EDI Level 2 Certificate for Door Supervisors (UK)
- Accounting Software – QuickBooks, Tally ERP 9.0, and Peachtree (SST, Pakistan)
- Certificate in Proposal & Technical Writing (AUAF)
- Business Associate Agreement (BAA) Certificate – HIPAA Compliance (USA)
- PAX Certified Chauffeur awarded by PAX Training (USA)
- Certificate in Advanced Customer Service awarded by PAX Training (USA)
- Construction Safety Certificate awarded by USACE, Afghanistan Engineers District (AED)
- Certificate in the Application of Statistical Package For Social Sciences (SPSS)
- Certificate in the Practical Application of E-Views Data Analysis Software, (CBSR)
- Certificate in Research Methodology and Research Paper Publication, (CBSR)

WORK EXPERIENCE

Research Communication Officer (Full time)

Oct 2025 – till present

Institute of Policy Studies (IPS), Islamabad

Key responsibilities

- Translate complex research findings from workshops, seminars, roundtables, and conferences into clear, accurate, and accessible content such as infographics for diverse audiences, including policymakers, researchers, media, and the public.
- Lead dissemination of institutional research outputs through briefs, summaries, scripts, and multimedia content, ensuring consistency with IPS's research standards and communication strategy.
- Coordinate video content development, including editing support, narrative structuring, and visual scripting, with particular attention to ethical representation and sensitive themes.
- Work closely with the Outreach and Media Wing to align research communication with media engagement, campaigns, and public-facing initiatives.
- Monitor and manage IPS presence across multiple social media platforms, ensuring timely dissemination of research insights, event highlights, and institutional messaging.
- Support strategic communication planning by tracking audience engagement, refining messaging, and strengthening the visibility and impact of IPS research outputs.

Project Manager

Oct 2022 – Sept 2025

AK Telitech, Islamabad Pakistan

Key Responsibilities:

- Spearheaded the development and launch of MedConnect One, AnswerConnect One, and ConnectOne Suite as a founding member, overseeing project lifecycles from concept to execution.
- Managed operations for healthcare and transport clients.

- Rebranded and expanded into digital marketing services.
- Led a telemarketing team for cold calling and outreach.
- Closing sales deals and onboarding new clients.
- Trained staff in sales and communication skills.
- Handled contracts, compliance, and client retention.
- Set targets and tracked performance using CRM tools.

Assistant Professor (Political Science)

Nov 2021 – Aug 2022

PEF University College, Peshawar

Key Responsibilities:

- Taught Political Science, Sociology, English, Ethics, English and Pakistan Studies at intermediate and undergraduate levels.
- Designed course curricula, allocated electives, and guided students in academic and career planning.
- Conducted exams, prepared question papers, and evaluated answer scripts.
- Served as college focal person and lead coordinator for HERA inspection visits.
- Developed academic policies, project proposals, technical reports, and meeting minutes.
- Organized institutional events including debates, quizzes, alumni gatherings, and award ceremonies.

IELTS Trainer & English Language Instructor

Feb 2019 – March 2022

EXCEL Learners Academy Peshawar

Key Responsibilities:

- Taught IELTS Academic & General modules (Listening, Reading, Writing, Speaking)
- Delivered grammar, vocabulary, pronunciation, and conversation classes.
- Used American English File (Books 1–5) to structure language instruction.
- Conducted writing, comprehension, and presentation skill exercises.
- Designed lesson plans, assigned homework, and graded assessments.
- Provided student feedback, progress reports, and individual support.

Policy and Media Advocacy Advisor (Pro Bono)

July 2016 - 2024

Youth Advocacy Council Pakistan (YACP)

Key Responsibilities:

- Provided expert guidance on policy formulation, implementation, and advocacy strategies, ensuring alignment with organizational objectives and national development priorities.
- Conducted policy gap analysis and proposed evidence-based recommendations to strengthen youth-focused social, political, and economic interventions.
- Offered strategic policy input to projects addressing governance, public health, economic inclusion, and youth empowerment.

- Led media advocacy initiatives, including hosting television programs and radio talk shows, to raise awareness among youth on social justice, economic rights, and public health issues.
- Designed and delivered community-centered trainings, seminars, and awareness campaigns, with a specific focus on marginalized and underrepresented youth groups.
- Organized and moderated youth policy debates and dialogue forums, actively engaging young people in policy analysis, advocacy skills, and participatory decision-making processes.
- Developed advocacy-driven policies emphasizing capacity building, institutional strengthening, and resource mobilization.
- Coordinated with media platforms, civil society actors, and youth networks to amplify policy messages and promote informed public discourse.

Lecturer & Academic Coordinator

May 2013- Jan 2019

Department of Management Sciences, Abasyn University, Peshawar

Key Responsibilities

- Taught a wide range of undergraduate and graduate courses in Political Science, Public Administration, Management, Economics, and Communication.
- Courses included: Public Policy, Governance, Local Government, International Relations, Political Thought, HRM, Macroeconomics, Business Research Methods, and Technical Report Writing.
- Designed syllabi, prepared examination papers, and evaluated assignments, quizzes, and thesis submissions.
- Supervised student research and contributed scholarly articles to the university's annual journal in Management Sciences.
- Performed invigilation duties and regularly assigned and assessed homework to track student progress.
- Served as academic coordinator, facilitating course planning, departmental operations, and student support.

Lecturer in Political Science (Visiting Faculty)

March 2015- March 2016

Department of Political Science, University of Peshawar

Key Responsibilities:

- Taught core subjects including Constitutional & Political Development in Pakistan, International Law, Public Administration, and Comparative Governments.
- Designed and delivered assessments including oral quizzes, written tests, group presentations, and assignments.
- Guided students in research proposal writing and supervised academic projects.
- Organized and facilitated seminars, workshops, debates, and motivational talks for student enrichment.

- Conducted exams, performed invigilation duties, and graded papers and theses.
- Coordinating activities of annual International Research Conference organized by the Department of Political Science at the University of Peshawar, Bara Gali Campus, Abbottabad.

Television Host (Part time)

April 2017 – July 2021

Pakistan Television (PTV) Peshawar Centre

Key Responsibilities:

- Hosted current affairs talk shows in Urdu and Pashto, focusing on political, economic, and socio- cultural issues.
- Covered live proceedings of the Provincial Assembly and various elections at national and local levels.
- Participated as an expert analyst and coordinated program agendas with producers.
- Engaged with guest speakers, arranged show participation, and led discussions on grassroots governance challenges.

Project Coordinator (Full time)

July 2011 – April 2013

International Relief and Development (IRD), Afghanistan

Key Responsibilities:

- Overseeing construction projects including roads, bridges, hydropower dams, and institutional buildings, ensuring compliance with contract specifications and quality standards.
- Monitoring project progress through site visits, Primavera (P3) scheduling, and contractor meetings; preparing reports and resolving construction/design issues.
- Reviewing and approving drawings, contractor pay requests, REAs, financial budgets, and safety documentation.
- Leading recruitment, interviewing, and training of staff; ensuring local labor inclusion per contract requirements.
- Facilitating community outreach to resolve land disputes and promote local engagement.
- Coordinating with contractors, clients, and leadership via formal reporting, transmittals, and Dr. Checks ProjNet.
- Supervising document control and ensuring smooth project execution through strategic resource allocation and regular progress assessments.

Team Leader (Part time)

April 2008 – June 2011

Tesco Express Store, United Kingdom

Key Responsibilities:

- Supervising store operations, including inventory control, shelf stocking, and full-shift management.

- Delivering Gold, Silver, Bronze, and Premium training to staff, including age-restricted sales protocols.
- Handling cash operations: till management, vault deposits, and coordination with security personnel.
- Performing administrative and logistical tasks such as product scanning (Job 14), delivery acknowledgment, and preparing demand lists.
- Managing customer service tasks including lottery payouts and reporting incidents to authorities.
- Responsible for store closure, alarm activation, and maintaining operational efficiency during 12-hour shifts.

Site Security Officer (Part time)

2008 – Oct 2010

Chubb Security, United Kingdom

Key Responsibilities:

- Taking site handover from the Project Manager and maintaining security logs.
- Conducting hazard checks to ensure a safe work environment, including fire, electrical, and mechanical inspections.
- Identifying and addressing trip, slip, fall, and impalement risks.
- Securing premises using alarm systems and monitoring CCTV footage.
- Reporting incidents such as theft, injury, or suspicious activity to management and police.
- Performing routine patrols and ensuring all equipment is shut down before staff departure.
- Handing over site to morning security officer with proper documentation.

Accounts Associate (Internship)

2006- 2007

Model Customs Collectorate (MCC), FBR Peshawar

Key Responsibilities:

- Assisted in budgeting, financial reporting, and contingency register data entry.
- Maintained records of procurement, receipts, and GP fund accounts.
- Prepared bills, vouchers, official correspondence, and monthly financial statements.
- Automated financial data, reconciled cash balances, and supported pension data entry.
- Verified calculations, scrutinized vouchers, and coordinated interdepartmental financial documentation.

School Teacher (Part time)

2006 - 2007

Al Noor Public High School, Peshawar

Key Responsibilities:

- Teaching English to the students of 8, 9 & 10 class
- Teaching General Science subject
- Preparing students for declamation contest

- Maintaining attendance register of the students
- Grading student tests, assignments and papers
- Assigning homework to students on daily basis
- Preparing students for Quiz and Sports competition
- Checking students' notebooks on regular basis

Research Publications:

1. Ziad, W., Malik, M. F., & Chohan, K. (2026). *The bībīs of Chamkani: Female spiritual and financial leadership in an Afghan Sufi order*. Manuscript submitted for publication; under review at *Journal of the Royal Asiatic Society*.
2. Latif, M. A., Javed, A., Rooh, S., & Malik, M. F. (2025). Does the fifth revolution and corporate governance matter? An investigation of the top 1000 PSX companies. *Journal of Asian Development Students*, 14(2), 717–732. <https://doi.org/10.62345/jads.2025.14.2.56>
3. Rooh, S., Hayat, M., Haq, A., and Malik, M.F. (2025). Exploring the Dynamics of Blockchain Technology in Islamic Finance: A novel Investigation of Cryptocurrency Integration within Shariah Compliant Financial Systems in Pakistan. *Qualitative Review Letter*, 3(1), 497-439. <https://qrrletter.com/index.php/Journal/article/view/42>
4. Samad, A., Malik, M. F., Rooh, S., and Naz, E. (2025). Assessing the Impact of ‘Trump’s ‘America First’ Policy on EU-US Trade relations (2017-2021): A Realist and Liberal analysis. *Journal of Political Stability Archive*. 3, 2 (2025). Available at <https://journalpsa.com.pk/index.php/JPSA/article/view/91/97>
5. Azim, S., Rooh, S., Malik, M.F., and Shah, S.M.A (2025). The Fragmentation of Global Trade: From Protectionism to Gated Globalization. *Social Sciences and Humanity Review*, 555 -584. Retrieved from <https://sshrr.online/index.php/4/article/view/118/82>
6. Latif, M.A., Rooh, S., Malik, M.F., and Samad, A. (2025). Digital Diplomacy and Disinformation: Reshaping Global Public Opinion. *Dialogue Social Sciences Review (DSSR)*, 3(5), 150-169. Retrieved from <https://thedssr.com/index.php/2/article/view/538/578>
7. Rooh, S. , Wadood, D. F., & Malik, M. F. (2021). Empirical Investigation into the impact of Corporate Governance on Stock Returns in Pakistan: Evidence from Financial Sector of Pakistan. *The Journal of Contemporary Issues in Business and Government*, 27(6), 1637–1651. Retrieved from <https://cibgp.com/index.php/1323-6903/article/view/2264>
8. Rooh, S., Zahid, M., Malik, M.F., and Tahir, M. (2021). Corporate Governance Characteristics and Environmental, Social & Governance (ESG) Performance: Evidence from the Banking Sector of Pakistan. *Journal of Business & Tourism*. 7, 1 (Jun. 2021), 35-50. DOI: <https://doi.org/10.34260/jbt.v7i1.218>. [Available at <https://jbt.org.pk/index.php/jbt/article/download/218/189/232>]
9. Shah, J., Ullah, R., & Malik, F. (2018). Managing diversity: An assessment of the national question of Pakistan. *Abasyn Journal of Social Sciences*. Retrieved from <http://ajss.abasyn.edu.pk/sparticle?articleID=164>

List of Project Reports and Dissertations supervised

1. Supervised Master dissertation in honorary capacity titled ***“Peace and Interfaith dialogue: Role of Barcelona Muslim Community”*** completed by Ms. Asma Siyal Nawaz at University de Autonomous Barcelona, Spain (2021).
2. Supervised the BBA thesis titled ***“Psychological Safety and Employee Voice Behavior: An Empirical Study of Healthcare Staff at Khyber Teaching Hospital, Peshawar,”*** completed by Mr. Imran Saeed (2019).
3. Supervised the BBA thesis titled ***“Impact of Employee Engagement and Organizational Commitment on Job Performance: Insights from Private Sector Banks in Peshawar”*** completed by Mr. Naveed Khan (2018).
4. Supervised the BBA thesis titled ***“Corporate Social Responsibility and Employee Retention: The Role of Employer Branding and Organizational Commitment at “PTCL Peshawar”*** completed by Mr. Mehran Jamal (2018).
5. Supervised the BBA thesis titled ***“Impact of Training and Development on Employee Motivation and Performance: Empirical Evidence from Honda Atlas Motors, Peshawar”*** completed by Shafaq Ramiz (2017).
6. Supervised the BBA research thesis, ***“Emotional Intelligence, Employee Engagement, and Human Resource Effectiveness in the Banking Sector: A Case Study of The Bank of Khyber, Khyber Bazar Branch, Peshawar,”*** completed by Shafiq Ullah (2017).
7. Supervised the BBA internship report titled ***“Human Capital Management and Organizational Performance: A Study of HR Practices at National Bank of Pakistan, University Town Branch, Peshawar”*** completed by Ubaid Kamal (2016).
8. Supervised the BBA research thesis, ***“Perceived Workplace Diversity and Employee Outcomes: Examining the Mediating Role of Job Satisfaction in Shaping Employee Productivity,”*** completed by Tariq Akhonzada (2016).
9. Supervised the BBA research thesis titled ***“Exploring Work–Life Balance Among Employees: A Qualitative Study of Job Stress, Emotional Well-being, and Organizational Support at Northwest General Hospital & Research Center, Peshawar”*** completed by Muhammad Wali (2016).
10. Supervised BBA thesis titled, ***“Impact of Digital Banking Services on Customer Satisfaction and Financial Inclusion: Evidence from Commercial Banks in Peshawar”*** completed by Afaq Ullah (2016).
11. Supervised the BBA Internship Report titled ***‘Operational and Financial Analysis of United Bank Limited: Internship Experience at Sunehri Masjid Road Branch, Peshawar’*** completed by Fozia Malik (2015).

Research Conferences, Seminars and Workshops:

- Served as Co-organizer for the Seminar titled ‘75 Years of Pakistan-China Relations’, held at IPS on May 21, 2026.
- Served as Co-organizer for the Seminar on ‘Pakistan-Russia Relations: Current Trajectory & Future Potential’ jointly organized by IPS with Kazan University, Russia and Federal Urdu University of Arts, Sciences & Technology (FUUAST), Islamabad held at IPS on May 13, 2026.
- Served as Co-organizer for the Professor Khurshid Ahmad Conference 2026, titled “Mobilizing Waqf and Zakat for Socio-Economic Empowerment,” jointly organized by the Institute of Policy Studies (IPS) and Allama Iqbal Open University, Islamabad, held on 2–3 April 2026.
- Participated in ‘The Living Scripts’, an oral history project session featuring Ambassador (R) Shamshad Ahmad Khan, former Foreign Secretary of Pakistan, held at the Institute of Policy Studies (IPS), Islamabad, in May 2026.
- Attended In-house capacity-building workshop on ‘Infographics for Effective Research Presentation’ organized by the Institute of Policy Studies (IPS), Islamabad, in March 2026. The session was conducted by Yasir Riaz, IPS Associate.
- Participated in the workshop titled “Brain Mapping & Infographics for Research Visualization,” featuring Ikram ul Haq Syed as the resource person, held at the Institute of Policy Studies (IPS), Islamabad, in January 2026.
- Attended Book Launching ceremony of “Breaking the Trap of Debt, Inflation, Interest and Poverty”, authored by Qanit Khalilullah and Sohaib Umar, organized by IPS, held on June 05, 2026.
- Participated in Book launching ceremony of “Beyond the Files” edited by Syed Abu Ahmad Akif, held at National Book Foundation, Islamabad on Nov 11, 2026.
- Attended online One-day National Youth Symposium: Role of Media and Academia in Tackling HIV/AIDS Endemic in Pakistan organized by Youth Advocacy Council Pakistan (YACP) in January, 2022.
- Attended 3-day residential workshop on awareness regarding HIV/AIDS prevention at Behrain, Swat, Organized by Youth Advocacy Council Pakistan (YACP) in August, 2020.
- Participated in the research conference titled ‘Mainstreaming Tribal Areas in Khyber Pakhtunkhwa: Prospects and Challenges" held at Shaheed Benazir Women University (SBBWU), in 2018.
- Served as Chief Organizer for the ‘3rd Abasyn International Conference on Technology & Business Management (AiCTBM), held at Abasyn University, Peshawar in March, 2018.
- Attended Third National Debt Conference, organized by PRIME, held at Marriott, Islamabad in 2018.
- Served as Event Coordinator for the ‘3rd Convocation Ceremony of Abasyn University Peshawar’, held at Shiraz Arena, Peshawar in April, 2017.
- Attended 5-day residential workshop on ‘Ideas for a free, prosperous, and responsible society in Pakistan’ at Khanaspur, Abbottabad organized by Alternate Solution Institute (ASI), held in 2016,

Honours, Awards & Recognitions

- Recipient of Gold Medal in M.Phil Political Science, awarded by Qurtuba University, Peshawar.
- Recipient of Gold Medal in M.A (Political Science) awarded by University of Peshawar.
- Medal of Academic Excellence, 1998 awarded by Mr. Ghulam Sarwar Khan (Late), DEO, Peshawar.

- Talent Award (2004), awarded by Former Speaker Provincial Assembly, Mr. Bakht Jehan Khan.
- Winner of English Declamation Contest Award-1998, 2002, 2005 (At regional and provincial level)
- Best Proctor of the Year Award 2005, awarded Mr. Tariq Khan, Principal, Govt. College Peshawar.
- Winner of Essay Writing Competition on the topic of ‘Clash of Civilization’ held in 2006 at Lincoln Corner, University of Peshawar
- Best Customer Service Representative Award 2009, received at TESCO Store, UK.
- Chief Organizer Shield for organizing Abasyn International Conference 2014
- Organizer Shield for organizing Abasyn National Software Competition 2014
- Shield of appreciation as Chief organizer of Business Plan competition 2015
- Shield of appreciation as Host of Award and Tool distribution ceremony of Skill development Council 2015
- Shield of Appreciation received in 2016 as a Chaperone from Former Commandant Southern Command, Lieutenant General Major General Ehsan, HI(M) on the occasion of Caravan of Solidary (Karvan-e-Yak Jehti)-Six days rail journey to Baluchistan from Peshawar
- Certificate of Appreciation received from Commander 11 Corps, Lieutenant General Nazir Ahmed Butt on the occasion of interactive session with teachers and students held in 2017.
- Received Shield of Appreciation as Conference Organizer received on the occasion of 3rd Abasyn
- International Conference on Technology and Business Management, 2018 organized by Abasyn University.
- Presenter Shield received from Brig (retd), Mehmood Shah at National Conference on the theme of ‘**Mainstreaming Tribal Areas in Khyber Pakhtunkhwa: Prospects and Challenges**’, held at Shaheed Benazir Women University Peshawar.
- Former Chief Event Coordinator, Abasyn University, Peshawar
- Former Chief Proctor, Abasyn University, Peshawar
- Academic Coordinator, Department of Management Sciences, Abasyn University Peshawar
- Academic Coordinator, Department of Governance, Politics and Public Policy (GPP), Abasyn University of Peshawar
- Farewell Shield received in recognition of services rendered for Abasyn University Peshawar, 2019.

Technical Skills Summary

Development Sector & Project Management Skills	Policy, Advocacy & Research Skills	Media, Communication & Public Engagement	Academic Competencies
Project Planning & Implementation	Policy Development & Analysis	Media Advocacy	Curriculum Development, Outcome Based Education (OBE)
Proposal writing & Reporting	Monitoring & Evaluation	Content creation & Public speaking	Blended learning, academic writing, lecture delivery, classroom management
Contract & Stakeholder Management	Community Engagement & Youth Mobilization	Research Communication	Microsoft Office Proficiency, research tools utilization
Resource Mobilization & Capacity Building	Designing advocacy campaign	Policy Outreach	Data analysis, interpretation, mixed method research method

Languages & Proficiency

1. **English** – Excellent Proficiency

CEFR Level: C1 – Speaking | Writing | Reading | Listening|

2. **Urdu** – Excellent Proficiency

CEFR Level: C1 – Speaking | Writing | Reading | Listening|

3. **Pashto** – Native Proficiency

CEFR Level: C2 – Speaking | Writing | Reading | Listening|

References

1. Ambassador (r) Syed Abrar Hussain, Vice Chairman, Institute of Policy Studies (IPS), Islamabad.
2. Dr. Aamer Raza (Associate Professor, Department of Political Science, University of Peshawar).
3. Dr. Aziz Ur Rahman (Associate Professor, Department of Political Science, Qurtuba University of Science & Information Technology, Peshawar).
4. Dr. Muhammad Shafi Afrid (Assistant Professor Political Science, Area Study Centre, University of Peshawar).
5. Dr. Raza Rehman Khan Qazi (Head of Current Affairs, PTV Centre, Peshawar).
6. Syed Abu Ahmad Akif (Former Cabinet Secretary, Government of Pakistan).
7. Dr. Jamil Ahmed (Vice Chancellor, Abdul Wali Khan University, Mardan (AWKUM)).
8. Dr. Ashraf Ali, Consultant UNDP Projects, Islamabad.
9. Prof. Dr. Atiquzzafar Khan, HoD, Department of Management Sciences, STMU, Islamabad.