

ASTAFA TUFAIL

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I am a student of INTERNATIONAL RELATIONS, graduated in January 2026. I'm eager to work on research to enhance my skills gained through my degree. My coursework at NUML has provided me with a comprehensive understanding of key theories and practical aspects of international relations, including foreign policy analysis, history, security studies, and politics of Central Asia, middle east and Asia Pacific, diplomacy, international law, defence and strategic studies etc.

EDUCATION

BS HONS in International Relations (BS-IR)

National University of Modern Languages | 2022 – 2026

CGPA: **3.73 / 4.00**

Relevant Areas of Study: Foreign Policy, International Law, Diplomacy, Middle East Politics, Geopolitics, International Political Economy.

EXPERIENCE

JULY 2024 – AUGUST 2024

INTERNSHIP, MINISTRY OF FOREIGN AFFAIRS

- Conducted research and policy analysis on key international relations and foreign policy issues.
- Explored themes related to post-colonial African state structures, governance, and regional political developments.
- Analyzed the impact of artificial intelligence on modern diplomacy and international policymaking.
- Researched the evolving political and security landscape of the Middle East, including strategic policy considerations for Pakistan.

VOLUNTEER WORK

- Volunteered at FUND RAISING CAMPAIGN for COPCS SHIFA FOUNDATION, ISLAMABAD

ACTIVITIES

ONLINE COURSES:

- Disability and social inclusion (GEDSI) in WASH in health-care facilities
- Introduction to the Emergency Response Framework (ERF)
- Skin and Migration: Training for national, district-level, and front-line health workers
- Gender Transformative Education E-learning Course: Reimagining

- Education for a More Just and Inclusive World
- Child Rights Toolkit: Integrating Child Rights in International Partnerships
- Competency-Based Learning