

ABDUL WAHEED

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Apartment # 212, Zara Heights, H-13
Islamabad

EDUCATION

BS Quaid-e-Azam University, Islamabad Nov 2017-Jul 2021
Bachelors in **International Relations** from School of Politics and International Relations
(SPIR) Graduated with a cGPA of 3.5

PROFESSIONAL EXPERIENCE

DASTAK Women Rights and Awareness Foundation , Islamabad Nov 2023-Present

Resource Mobilization and Communications Associate

Fellow at DASTAK Foundation which is a non-profit organization aspiring to work for gender equality and feminist peace through peacebuilding processes at grassroots/community level.

- Managed timely implementation of #GuyTalkPakistan project
- Developed User Manual, 6 conversation guides, and code of conduct for #GuyTalkPakistan Website
- Proof read all content developed for project
- Crafted presentations for #GuyTalkPakistan
- Presented #GuyTalkPakistan project to the Swedish Embassy in Islamabad
- Selected individuals from different background to hold #GuyTalkPakistan in their communities
- Developed google forms for participants
- Collected data regarding attendees, volunteers and participants

Teach For Pakistan, Islamabad

Jul 2021-June 2023

Fellow at Teach For Pakistan

Member of an internationally renowned fellowship that recruits freshly graduated individuals to work at under-resourced communities for two years in order to push them as leaders of the future.

- Worked with a group of 240 young boys and their community to bridge their learning gap in a span of 2 years
- Initiated student support groups for mental well being and emotional support for children
- Held sessions on children well being, support and safety
- Created monthly reports on project performance and donations collected
- Maintained strong collaborative bonds with community members
- Collected data regarding demographics, ethnicities, languages, family income, and family background
- Developed proposals for community projects to eradicate educational inequity in the community
- Planned and conducted intensive trainings at the low-income community of Tarnol
- Initiated school library in collaboration with different NGOs and donors
- Arranged career development sessions at the under-resourced school in Tarnol for the students and initiated a visit for students to NUST university
- Arranged Teach For Pakistan STEM Olympiad 2022
- Conducted STEM Gala at the under-resourced school of Tarnol
- Maintained social media channels for fundraising campaigns

Digital content Reviewer with the Ministry of Federal Education and professional Training

- Reviewed videos for “Tele School” under the “Actions to Strengthen Performance for Inclusive and Responsive Educational Program” (ASPIRE).

Program Management and Stakeholder Management

- Collaborated with local politicians and Member National Assembly in order to actualize project in Tarnol
- Initiated, monitored and evaluated a community partnership project with an under-resourced school in Tarnol in

- order to strengthen teacher support and to provide training to 20 teachers to bridge the learning gap of students
- Raised funds and grants for the Community Project
- Collaborated with multiple NGO's i.e., Fredrick Ebert Stiftung, Rozan, Gogi studios, and Science Fuse on Community Partnership Project
- Reached out to potential speakers and guests for project
- Developed proposals and reports for stakeholders and donors
- Updated stakeholders, conducted meetings and check ins to keep them up to date
- Drafted reports and updated social media to update donors and participants about progress
- Managed social media platforms to promote fundraising and reach of the project
- Conducted reflection circles and support groups in order to tackle extremism on campus

National Assembly of Pakistan, Islamabad

Jul 2022-Aug 2022

Intern, International Relations Department

Intern at the lower legislative house of the bicameral parliament of Pakistan.

- Worked at the International Relations department at NA of Pakistan
- Maintained long term partnerships with politicians and prepared presentations for them
- Invited politicians to events at the National Assembly and drafted invitations
- Prepared flash cards for participating politicians
- Conducted research for speaking material for politicians
- Aided in drafting speeches for politicians
- Drafted letters and reports for Pakistan's ally countries
- Formulated reports on the annual budget of 2022 and meetings at the assembly
- Received guest politicians and ensured their transport, flights and maintained database

TEDx International Islamic University, Islamabad

Jan 2021-Aug 2021

Team Lead, Promotions department

Part of global initiative that works with individuals of diverse backgrounds to spark conversations on ideas that inspire the youth

- Headed the promotion team focused on marketing and liaison with organizations and partners
- Reached out to potential universities and organizations to develop partnerships and collaborations
- Drafted welcome letters to participants and speakers
- Created and reviewed videos for TEDxIIUI page

Baluchistan Rural Support Program, Loralai

Jul 2016-Oct 2016

Recruit, Outreach National Poverty Graduation Program (NPGP)

Volunteer at the largest Non-Profit Organization working in Baluchistan on development and humanitarian assistance to rural areas.

- Gathered and analyzed first hand data through field work regarding income, occupation, and family size
- Collected first hand data from field work
- Drafted reports on progress of different poverty alleviation projects for Pashtu speaking areas of Balochistan
- Updated donors via outlook on progress of projects

RESEARCH EXPERIENCE

Dissertation, Quaid-e-Azam University, Islamabad

2021

Thesis topic: **Politics of Dynasties in**

Pakistan Supervisor: Dr. Raja Qaisar Ahmed

PROFESSIONAL TRAINING

Animal Advocacy Academy 2023

Animal Alliance Asia, Remote, 19-26 August 2023

Description: The workshop was focused on promoting animal rights in Pakistan and how to advocate for them.

Workshop on FAKE is not equal to FACT

Media Matters for Democracy, Islamabad, 25-26 Feb 2022

Description: The workshop tackled some basic types of misinformation and its spread. The purpose of the training was to equip individuals with certain tools that can help them verify news easily.

Workshop on Scientific Innovation

Science Fuse, Islamabad, August 2021

Description: The workshop focused on equipping science teachers with necessary mindsets, perspectives and skills that they could be in a better position to teach students of under-resourced communities where there is a scarcity of resources.

Workshop on Teaching and Leadership building

Teach For Pakistan, Islamabad, Aug-Sep 2021

Description: The workshop trained individuals for their work in under-resourced communities in order to take ownership in their respective areas and bridge the inequality gap.

COMMUNITY SERVICE

Pashtun council Blood Donation Society

Secretary, Quaid-e-Azam University, Islamabad, Jan-Dec 2019

Quaid-e-Azam Debating and Literary Society

Volunteer, Quaid-e-Azam University, Islamabad, Jul 2019

SPIR Book Club

Volunteer, Quaid-e-Azam University, Islamabad, Jan-Feb 2020

SPIR Plantation Drive

Volunteer, Quaid-e-Azam University, Islamabad, Jun 2019

EXTRA CURRICULARS:

School of Politics and International Relations Cricket Team

Player/Participant, Quaid-e-Azam University, Islamabad, 2018-2021

SPIR Parliamentary Debates

Winner, Quaid-e-Azam University, Islamabad

Model Council of Common Interest

Speaker, Quaid-e-Azam University, Islamabad

Model Organization of Islamic Countries

Logistics Volunteer, Organization of Islamic Countries, Islamabad