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Qualification

M.Phil. (International Relations) - Quaid-i-Azam University, Islamabad M.A (IR) - The Islamia University of Bahawalpur, (*Gold Medalist*) Fellowship- Gansu International Fellowship, Lanzhou University, China

Books

Conflict Transformation between India and Pakistan: A new Approach, Lambert Publishing Co, Germany

Specialization

Regional Conflicts, Human Security, South Asia

Publications - Journal

- How Did Sri Lanka go Bankrupt? Summer 2022
- Critical Discourse Analysis of Iran's Foreign Policy Behaviour After Us-Withdrawal from The JCPOA, Autumn 2021
- India: The Changing Security Environment and Regional Stability, Spring 2021
- Big Brother Syndrome and Nepal's Security Dilemma, Spring 2020
- Towards Achieving the SDG of Ending Poverty in South Asia: A Case Study of India and Pakistan, Summer 2017
- Drug Abuse: Global Vs South Asian Trends with special reference to India and Pakistan. 2016
- Challenging Goal of Halving Poverty by 2015: Where do India and Pakistan Stand?, 2014-15
- Trade Liberalization between India and Pakistan: Focusing Direct and Indirect Trade Barriers, Regional Studies, Winter 2013-14
- Looming Urban Sprawl and its Implications: An overview of South Asian Urbanization, Autumn 2012

- Analyzing US objectives in Afghanistan: Countering Terrorism to Promoting Democracy, (co-author), Winter 2011-12
- Good Governance: The Achilles' heel of South Asia; Is There a Way Forward? Vol. XXIX, No.4 Autumn 2011
- Conflict Transformation: A paradigm shift in Indo-Pakistan Conflict, Spring 2011.
- India: Towards achieving MDGs in Education, Summer 2010
- Poverty Alleviation in South: Towards a Holistic Approach, Regional Studies, Winter 2009-10
- Food Insecurity: A View from South Asia', Regional Studies, Summer 2009
- Conflict Transformation Approach and the Kashmir Issue: A new Perspective', Regional Studies, Autumn 2008
- Indian Experience of Globalization: An Overview, Regional Studies, Summer 2008

Publications - Spotlight

- Vandalising Gandhi's Statues: Is there really Something Wrong with Gandhi? December 2021
- End of Afghan Conflict? August 2021

Publications - Focus

Pakistan and the Carbon Challenge, July 2022

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