

Nimra Zahid

International Relations researcher & educator

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Education

- Sep 2023 – Nov 2024 **MA International Relations**
[University of Northampton](#)
Dissertation: Deconstructing the Role of Afghanistan in Regional Security Complex Theory. 180 credits at Level 7, including a 60-credit Research Methods and Dissertation module.
- 2016 – 2018 **MPhil International Relations**
[National Defence University, Islamabad](#)
Thesis on Russia–Afghanistan relations and their implications for regional stability. Coursework in advanced research methodology, international political economy and the foreign policies of great powers.
- 2011 – 2015 **BS International Relations**
[Lahore College for Women University](#)
Four-year degree including research methodology, academic writing, conflict and conflict resolution, and international law.

Research

- 2024 **Deconstructing the Role of Afghanistan in Regional Security Complex Theory**
[University of Northampton](#)
I examine Afghanistan as a driver of regional security dynamics, rather than a buffer between neighbouring security complexes.
- 2018 **Russia–Afghanistan relations and regional stability**
[National Defence University, Islamabad](#)
I explore Russia–Afghanistan relations and their implications for regional stability, establishing the foundation for my continuing regional security research.

Conference presentations

- June 2020 **Istanbul International Social Science Conference**
[Istanbul Sabahattin Zaim University, Istanbul, Turkey](#)
Paper on the Global War on Terror and the roles of Afghanistan and Turkey in regional security.

Teaching experience

- Feb 2025 – present **Geography & History Teacher · Form Tutor**
[Specialist SEMH school, Northamptonshire](#)
KS3–4 Geography and History adapted to pupils' emotional and learning needs; pastoral care as Form Tutor; progress records and termly reviews with the SENCO; regular parent liaison.

- Feb 2024 – Feb 2025 **Geography & Science Teacher**
[Abbeyfield School, Northampton · via Teaching Personnel](#)
Planned and delivered secondary lessons; assessed work and used progress information to shape teaching; supported behaviour and wellbeing with colleagues and parents.
- Sep 2019 – Mar 2022 **Visiting Faculty · International Relations**
[University of Gujrat, Mandi Bahauddin campus](#)
Six undergraduate modules, including International Relations, Foreign Policy Analysis and Research Methodology; course materials, examinations and coursework feedback.
- Sep 2015 – Mar 2023 **Secondary Teacher · Humanities & Social Studies**
[Beaconhouse School System, Mandi Bahauddin, Pakistan](#)
Secondary humanities and social studies across multiple campuses; lesson and assessment planning, student reports and curriculum planning.

Leadership & service

- 2019 – 2022 **Student Affairs Sub-in-Charge**
[University of Gujrat, Mandi Bahauddin campus](#)
Coordinated student welfare, departmental liaison and student-facing policy; recruited volunteers and organised events connecting students with the wider university community.

Training

- Protecting Human Research Participants**
[US National Institutes of Health \(NIH\), Office of Extramural Research](#)
Research ethics training.

Skills & languages

- Research & teaching**
Academic writing · research-methods teaching · SPSS · curriculum and resource design · Microsoft Office · Teams · Zoom
- Languages**
English · Urdu · Punjabi

Degree verification available on request.