

CURRICULUM VITAE

Mohammad Sheraz Akbar

Founder The Project Suicide, Street 16th,
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EDUCATION

COMSATS University Islamabad, Islamabad, Pakistan.
Bachelor of Science in Psychology (BS)

WFUNA, SpareBank1SMN, UNA Norway, Pakistan, Norway
[Certificate](#) of Project Management, Leadership for Mental Health Sustainability in Pakistan.

Health Services Academy, Under, **MoNHSRC** Islamabad Pakistan,
Master of Science in Public Health (MSPH).

PROFESSIONAL EXPERIENCE

Charter Representative UNAP x The Project Suicide **Dec 2024 – Present**

- *Represent TPS in its official partnership with the United Nations Association of Pakistan (UNAP), under the framework of the [World Federation of United Nations Associations \(WFUNA\)](#).*
- *Oversee the integration of Sustainable Development Goals (SDGs) and sustainability training delivered by UNAP into TPS's Ambassadorship Program Cycle II (2024-25).*
- *Supervise the design, execution, and evaluation of educational, advocacy, and leadership programs in collaboration with UNAP and fostering youth leadership and engagement.*

Founder/Executive Director at The Project Suicide **July 2024 – Present**

The Project Suicide NPO for Suicide Awareness, Research, and Prevention, Islamabad, Pakistan.

- *Strategic Planning and Operations:* Responsible for strategic planning, operations, and programs direction to align with TPS's vision. Planned Phase IV of the TPS Ambassadorship Program, successfully scaling it by > 2x.
- *Policy and Staff Development:* Developed inventory policies, fundraising analyses, and oversaw financial modeling, budget reviews, and system implementations. Secured collaboration with *national and international organizations*.
- Ensured staff development and that services and funding met strategic goals.

Project Manager at The Project Suicide, Islamabad, Pakistan **Jan 2023 – June 2024**

Phase II & III (WFUNA & TPS Ambassadorship Program I)

- *Project Management:* Planned, executed, monitored, controlled, and successfully closed two projects.
- *Leadership:* Lead, Built and Managed a team of >400 and scaled it 4000% from 1 to 40 teams across Pakistan.
- *Collaborations:* Brought international and collaborations such as [WFUNA](#), PMI Switzerland, SpareBank1SMN, Catalyst 2030 and UNA Norway and more than **18** national collaborations.
- *Impact:* Trained **400** university students in mental health capacity. Directly helped 12000+ people and referred 300+ with suicidal ideations to professional help. **Saved 19 lives, preventing 765 DALYs**. Conducted more than 50 major mental health and suicide awareness [events across Pakistan](#), Represented TPS at a Youth Conference and 10-day Ship Expedition in Norway, for building international connections.

Research Lead at The Project Suicide, Islamabad Pakistan **June 2022 – Oct 2022**

[Phase I](#) - *Exploring Adventure Psychology & Suicide Prevention*

- *Innovation:* **Founded The Project Suicide**, with a team of just two.
- *Research:* Explored Adventure Psychology by interviewing national and international extreme adventurers during a 1500km extreme cycling from Islamabad to Skardu, raising awareness across 15 cities.
- *Awareness:* After the 1-month adventure, launched a suicide and mental health awareness campaign.

Junior Clinical Psychologist at Ali Rehab Center Pvt Ltd, Islamabad, Pakistan **July 2021 – Dec 2021**

- *Diagnosis:* Assisted Senior Psychologists in the diagnostic process for 70 clients.
- *Planning Intervention:* Planning and performing group sessions/therapy activities.
- *Clinical Report Writing* and dealing with clients and family members.

Research Assistant at COMSATS University Islamabad, Islamabad, Pakistan. **July – Sep 2019-2020**
 – **PhD Project:** Exploring Social Competence, Temperament, and School Adjustment in Pakistani Preschool Sample.
 – **PhD Project:** Nation Branding through Religious Tourism in Pakistan by Utilizing Social Media Tools
Major responsibilities: Data collection, statistical data analysis via SPSS, literature review and writing research paper.

AWARDS, SCHOLARSHIPS & HONORS

– TEDxPIEAS Speaker – Talk on Adventure Psychology and Suicide Prevention	2024
– Full Member of Catalyst 2030 -- As a Founder of The Project Suicide	2024
– Certified: GLC, Oxford – Participant of Oxford Character Project	2024
– Twice 1st Position Winner – Best Project of Humanities at COMSATS Career Expo	2023-24
– Performance Award -- 0.54 million PKR Award for MODIG	2023
– Winner - Under the Starry Sky Program: By WFUNA & SpareBank1SMN	2023
– Published by MN24 Norway – As an Adventure Psychologist	2023
– Awardee of HEC-Ehsaas Undergraduate Scholarship Scheme (~0.8 million PKR)	2019
– Awardee of Prime Minister's Laptop Scheme HEC Pakistan	2017

PUBLIC SPEAKING EXPERIENCE

TEDxPIEAS: Pakistan Institute of Engineering & Applied Sciences, Islamabad, Pakistan. **2024**
 – **Speaker:** Selected one of 20 speakers for TEDxPIEAS 6.0, 2024, to deliver a 17-minute talk.
 – Delivered the first TEDx talk in Pakistan on "*The Role of Extreme Adventure in Suicide Prevention.*" The talk was attended by students, experts from various fields, and 250+ participants from diverse cultures and backgrounds.

Mental Health and Suicide Advocate **2022 – 2024**
 – Delivered training and built capacity among youth in seminars with The Project Suicide and in collaboration with several universities across Pakistan.
 – Delivered psychoeducation, shared success stories, identified suicidal behavior warning signs, discussed the role of public and youth in suicide prevention, and provided basic Psychological First Aid.
 – Engaged people from more than a dozen local cultures, backgrounds, places where stigma is alarming such as Skardu, KPK, Rural Punjab.

Speaker: at IVY International University, Lahore, Pakistan.	2024
Speaker: at National University of Modern Languages, Islamabad Pakistan.	2024
Speaker: at Red Crescent Pakistan, Islamabad Pakistan.	2023
Speaker: at University of Chakwal, Chakwal, Punjab Pakistan.	2023
Speaker: Two Government Colleges for Men and Women, Skardu, GB Pakistan.	2023
Speaker: at City University Peshawar, Peshawar KPK, Pakistan.	2023
Speaker: at COMSATS University Islamabad, Islamabad Pakistan.	2022

EXTRACURRICULAR & VOLUNTEER EXPERIENCE

Documentary Leading Participant - MODIG: The Brave, Norway **Sep 2023**
 – Featured in the documentary "MODIG: The Brave" by SpareBank 1 SMN as the leading international character to inspire youth for change and sustainability.

Participant of STATSRAAD LEHMKUHL Ship Expedition, Norway **Sep 2023**
 – Represented The Project Suicide, Pakistan, sailed for 9 days as a trainee on board Norway's largest and oldest sailing ship "STATSRAAD LEHMKUHL" with people from 27 nationalities and cultures.

ADDITIONAL

– Languages: English | Urdu | Pashto | Punjabi
 – Hobbies: Poetry Writing | Cultural Tourism | [A Poetry Book](#) – The Prison of Mind (Urdu)