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Sahar is a Regional Legal Adviser for the ICRC covering Brunei Darussalam, Indonesia, Japan, Malaysia, Philippines, Singapore and Timor-Leste and based at the regional delegation in Kuala Lumpur. Since August 2020, she is also one of the two Managing Editors for the Asia Pacific Journal of IHL – a collaboration between ICRC and the University of Philippines.

Previously, she was a Legal Adviser with the ICRC's Delegation in Islamabad and a Legal Adviser at the ICRC headquarters in Geneva covering the Near and Middle East, working on thematic issues such as protection of healthcare, the applicability of IHL to cyber operations, IHL trainings for the judiciary and for diplomatic services and supporting authorities on the national implementation of IHL.