**Education**

**Springfield College, MA, USA** August 2023 - Present

Bachelors of Science | Major: Psychology

**Ullens School, Kathmandu, Nepal**  August 2020 - May 2022

International Baccalaureate

**Kaasthamandap Vidhyalaya, Kathmandu,Nepal** April 2010 - May 2020

School Leaving Certificate

**Internship Experiences**

**Anti Corruption, Kathmandu, Nepal** May 2021 - Dec 2021

*Administrative Intern*

* Edited Anticorruption articles sent for publications
* Learned about policies and laws surrounding Nepal, especially about the business and corporate sector.

**Kantipur Publications, Kathmandu, Nepal** Jan 2023 - Apr 2023

*Sports Journalism Intern*

* Conducted interviews with more than 15 sports personnel and 7 teams following their matches
* Contributed in around 10 articles with quotes from the interviews for the staff writers

**369 Movies/Chatnp, Kathmandu, Nepal** Oct 2020 - Dec 2022

*Videographer Intern*

* Interviewed few Nepali singers
* Edited interviews to be published
* Made few short videos

**Model United Nation, Kaasthamandap Vidhayalaya, Kathmandu, Nepal** Jan 2018 - Jan 2019

* Participated in three inter-school Model United Nation program at Budhanilkantha School
* Represented as delegate

**Sports Experience**

**Track and Field Team, Springfield College, MA, USA** November 2023 - Present

*Student Athlete*

* Spent 2 hours daily, training and participating in games while simultaneously maintaining a full course load.

**Ullens School, Kathmandu, Nepal**  August 2020 - May 2022

*Student Athlete*

* Spent 3 hours a day training and participating in games while simultaneously maintaining a full course load.
* Participated in Leo Run 2023 on the occasion of World Obesity Day (Mar 2023)
* Participated in Muay Thai and awarded Ist prize, Organized by Gymkhana fitness festival

**Sports team, Kaasthamandap Vidhyalaya, Kathmandu, Nepal** August 2018 - August 2019

*Student Athlete*

* Participated in 6 inter-school Basketball tournaments
* Participated in Intra-class table tennis competition securing 3rd position
* Participated in Inter-house 5A Side Football Tournament securing Ist position
* Completed a three-week advanced course in mountaineering and trekking at the Himalayan Mountaineering Institute

**National Basketball Team, Kathmandu Army Club, Kathmandu Nepal** Feb 2021 - July 2023

* Spent 4 hours a day training with National Basketball team
* Participated in few discipline trainings with them
* Helped the team for few of their competition

**Volunteering Experience**

**Springfield College, MA, USA** Jan.12 – Jan.16 2023

Worked for Hoop Hall Event, Hoophall Classic Friday, with teams from 17 States slated to play in the 21st edition of the showcase at Springfield College.

* Spent 6 hours each day for 4 days

**Ullens School, Lalitputr, Nepal**

* Engaged in various social initiatives including:
  + Park and river clean-up drives
  + Organization of book and clothing drives for an underprivileged school in a village in Lele
  + Fundraising efforts through bake sales
* Coordinated and accompanied doctors to provide complimentary dental and eye check-ups for children of incarcerated individuals as part of a school initiative.
* Contributed to a group project focused on cleaning the Bagmati River.
* Organized four virtual events as PUB-G tournament for fundraising, awareness about shelter for stray dogs and acid attack.
* Volunteered at a public school in my neighborhood by coaching the fifth grade student's basketball team.

**Hobbies**

Passionate about Basketball and other Sports activities, I like to help others in all ways possible.

**Skills**

Excellent Sportsmanship, accountability, effective communication, team leadership, initiative