Raj Lama

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SUMMARY

Results-driven IT professional specializing in cybersecurity and governance, risk, and compliance (GRC). Demonstrated hands-on experience enhancing project efficiency through threat intelligence, vulnerability assessment, and network security optimization. Skilled in Python, Linux, and Microsoft SQL to safeguard critical data and streamline problem-solving initiatives. Pursuing a Master's in Cybersecurity and Networks to deepen technical expertise. Committed to leveraging analytical, technical, and collaborative abilities to strengthen organizational security posture.

EXPERIENCE

Vairav Technology   **September 2021 - January 2022**
GRC Analyst Intern   Kathmandu, Bagmati, Nepal

• Analyzed network security protocols and identified system vulnerabilities, leading to a 30% improvement in system resilience. Protected client systems and data using tools like Linux and advanced security techniques, resulting in enhanced data security
• Implemented security controls and monitored malware activity to strengthen client data protection.
• Collaborated with cross-functional teams to develop innovative cybersecurity techniques and enhance overall project efficiency.
• Documented findings and recommended actionable remediation strategies, improving project deliverables and communication.

Think Move Solutions   **November 2023 - December 2023**
Social Media Intern   Lalitpur, Bagmati, Nepal

• Designed engaging visuals using Figma and Photoshop, aligning with brand identity and campaign goals.
• Created and curated social media content to increase engagement and brand visibility.
• Evaluated performance metrics using digital analytics tools to evaluate content impact and optimize posting strategies.

EDUCATION

University of New Haven   **January 2024 - May 2026**
Master of Science, Cybersecurity and Networks   West Haven, CT
• **GPA:** 3.6/4.0

Islington College   **August 2019 – October 2022**
Bachelor of Science, Computer Network and IT Security   Kathmandu, Nepal
• **GPA:** 3.7/4.0
• **Achievements:** Honors: Upper Second Class

TECHNICAL SKILLS:

Programming & Scripting: Python, C#, SQL, PowerShell, Bash
Cybersecurity & GRC: Risk Assessment, Vulnerability Management, Threat Intelligence, Compliance Auditing, Incident Response
Networking: TCP/IP, Firewall Management, VPNs, Wireshark, Cisco Packet Tracer
Tools & Platforms: Linux, Windows Server, Nmap, Splunk, Metasploit, Burp Suite, Nessus, Git/GitHub, ASP.NET, Microsoft SQL Server
Cloud & Virtualization: AWS, Azure, VMware, VirtualBox
Soft Skills: Communication, Problem-Solving, Collaboration, Attention to Detail

RELEVANT PROJECT

Personal Health Buddy (Android app)   **August 2025- December 2025**
University Of New Haven   West Haven, CT
• Developed an Android health app using Kotlin and Jetpack Compose.
• Implemented BMI tracking plus blood group/medication records.
• Integrated Firebase (Auth, Firestore, Storage) for secure login and data management.
• Enhanced UX with notifications, profile photo upload, and an AI health chatbot

Battleship (Python-game.git)   **November 2024 - December 2024**
University Of New Haven   West Haven, CT
• Developed an interactive Battleship game in Python with turn-based gameplay, ship deployment, and attack logic.
• Applied object-oriented programming (OOP) concepts and structured efficient game logic design.
• Implemented unit testing using the unittest framework to ensure code reliability and maintainability.
• Integrated error handling, file processing, and score tracking for an enhanced user experience.

ORGANIZATIONS

University of New Haven   **February 2024 - 2024**
Volunteer, VEX Robotics Competition

• Assisted in setting up arenas and coordinated competition matches to ensure smooth event operations.
• Supported teams in robot troubleshooting and provided technical guidance.
• Gained practical insight into robotics design, programming, and engineering collaboration.
• Cultivated teamwork and problem-solving skills through effective event facilitation.