

Raj Lama

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SUMMARY

Cybersecurity and networking professional with hands-on experience in risk assessment, vulnerability management, and incident response. Brings a strong foundation in software development, using Python, C#, SQL, PowerShell, and Bash to automate tasks, analyze data, and build secure solutions. Recognized for analytical problem-solving, clear communication, and effective teamwork. Currently pursuing a Master's in Cybersecurity and Networks to deepen technical expertise and advance toward security engineering roles.

EXPERIENCE

SOC Intern | Vairav Technology | Kathmandu, Nepal

September 2021 - January 2022

- Analyzed network security protocols and identified vulnerabilities contributing to a 30% improvement in system resilience.
- Supported incident management by monitoring malware activity with Burp Suite, documenting indicators in GitHub, and escalating findings to stakeholders, which helped shorten response times
- Led security-control implementation tasks and coordinated with cross-functional teams to improve compliance and project efficiency.
- Produced clear technical documentation and communicated recommendations to improve client deliveries.

Social Media Intern | Think Move Solutions | Lalitpur, Nepal

November 2023 - December 2023

- Designed engaging visuals with Figma and Photoshop that reinforced brand identity and helped the campaign improve click-through rates
- Created and curated daily social media posts using Canva and Hootsuite, which increased follower interaction and raised brand visibility.
- Evaluated performance metrics with Google Analytics and Sprout Social, identified top-performing content, and adjusted posting schedules, resulting in higher audience engagement

EDUCATION

University of New Haven

May 2026

Masters of Science | Cybersecurity & Networks

West Haven, CT

Islington College

October 2022

Bachelor of Science (Hons) | Computer Networking & IT Security

Kathmandu Nepal

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

Core Competencies: Analytical Thinking • Communication • Leadership • Attention to Detail • Incident Management

RELEVANT PROJECT

Personal Health Buddy

August 2025- December 2025

- 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.

Battleship

August 2024 - December 2024

- 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.