

Sujan Silwal

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❖ **Civil Engineering Student | Seeking Co-op | Technical Skills & Project Management**

HIGHLIGHTS OF QUALIFICATIONS:

- Ability to Coordinate with multiple stakeholders to facilitate the construction process.
- Capable of Organizing and updating construction documents to keep projects on track.
- Conceptual knowledge in Management of project procurement.
- Proven detail-oriented and excellent communication skills.
- Capable of creating schedules in MS project and P6 software.
- Utilized MS Excel, MS Word, Adobe Acrobat, and OneDrive for data analysis and reporting.
- Proficient in AutoCAD, Revit, ETABS, STAAD Pro, and other civil engineering design and structural analysis software for comprehensive project execution
- Basic Knowledge of the Occupational Health and Safety Act, WHMIS, and Ontario Building Code.
- Surveyed over 250 Km with Auto level, Theodolite, Total Station, and DGPS.
- Workable knowledge of identifying, assessing, and mitigating potential risks and issues.
- Valid Ontario G-Class Driver's License.

Technical SKILLS

AutoCAD | Revit | RS Means | Bluebeam | Primavera Risk | MS Project | MS Visio | MS Excel | MS Word | MS PowerPoint | PROCORE | SAP2000 | Civil 3D | Smart Road | Arc GIS | ETABS | SW DTM | SketchUp |

EDUCATION

Construction Management- Post Graduate Certificate
College- Waterloo, ON

Jan 2024-present Conestoga

Civil Engineering – bachelor's degree
Kathmandu Engineering College, Tribhuvan University, Nepal

Dec 2016-Nov 2020

PROFESSIONAL EXPERIENCE

N.R. Construction & Suppliers Pvt. Ltd.- Kathmandu, Nepal

Sep 2022-Dec2023

Project Coordinator

- Led diverse construction projects (24-story commercial, 22-unit residential colony, LEED-certified 150-bed hospital) with a total budget of CAD 9.1 million. Responsibilities included design, analysis, cost estimation, reporting, site monitoring, and ensuring project goals and regulations were met.
- Delivered 20% of project efficiency gains through streamlined management and supervision, saving CAD 1 million.
- Led value engineering initiatives on a 24-story commercial project, driving a 7% increase in company revenue (estimated CAD 637k).
- Managed pre-construction to closeout, ensuring project goals and regulations were met. Facilitated smooth communication using Procore and industry-standard software for project documentation and alignment.

Line Work Architects - Kathmandu, Nepal
Civil Engineer

Nov 2021-Aug 2022

- Worked on 6 residential housing and 3 commercial building projects of local supermarkets and a 5000-capacity International Convention Center with an overall budget of CAD 1 million. Responsibilities included design, analysis, cost estimation, fieldwork, and reporting.
- Achieved 95% budget alignment, saving CAD 237,000 annually through precise cost estimation. Received "Team Player" award.
- Facilitated project meetings and site visits. Monitored construction progress for compliance with design, safety, and building codes.

D. Construction and Suppliers Pvt. Ltd- Kathmandu, Nepal

Oct 2020-Oct 2021

Project Engineer

- Led 89+ residential building projects from planning to execution, ensuring on-time and on-budget completion.
- Managed project safety (HSE) daily and ensured subcontractor contract compliance.
- Oversaw project quality (QA/QC) by participating in material testing and reviewing plans & samples.
- Boosted company growth by onboarding 38 new clients and facilitating communication.
- Exceeded expectations consistently, achieving company goals and receiving a 2x+ performance bonus.

TRAINING/CERTIFICATIONS

- Worker Health and Safety Awareness
- Supervisor Health and Safety Awareness
- Workplace Hazardous Materials Information System (WHMIS)
- Accessibility for Ontarians with Disabilities Act (AODA) Training
- First Aid-CPR/AED
- Working in Height

VOLUNTEER EXPERIENCE

Volunteer, Grand River Chapter, Professional Engineers Ontario (PEO)

May 2024 – present

- Organized and participated in engineering-related educational events, such as the Knex bridge-building Event for young students, resulting in a 20% increase in student engagement and interest in engineering.

Volunteer, Project Management Institute (PMI)-Canada Technology Triangle (CTT)

March 2024 – present

- Enhanced event marketing by creating 23 impactful social media posts, designing 15 promotional materials, and reaching out to 33 potential participants and sponsors, contributing to a 15% increase in event attendance.

Volunteer - Habitat for Humanity

March 2024- Present

- Assisted with construction projects, including framing, installing drywall, and roofing. Developed strong teamwork and communication skills while adhering to safety protocols on the job site.

Program Coordinator, Civil Engineering Students Association (CESA)

February 2018– December 2021

- Planned and executed the national event Dristi 2.0, featuring Stick Bridge and Model Design competitions, achieving a 30% increase in participant involvement and positive feedback.

Vice President, Helping Hands an Effort to Lift People (H-HELP)

August 2018-November 2022

- Organized Annual Charity Show, raising \$5,000 from tickets for underprivileged students.

