



## Ugyen Phuntsho Selden

SOCIAL MEDIA OFFICER

Dechencholing, Thimphu  
Bhutan

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+975-77669136

### PROFILE

Meticulous and enthusiastic 2019 graduate from Royal Thimphu College. Skilled in multi-tasking, office management and handling social media page. Patience has been my bestfriend ever since my graduation.

### SKILLS

Interpersonal



Adaptability



Creativity



Resilience



## WORK EXPERIENCE

### RESEARCH ASSISTANT

*Kyoto University, Japan*

(July 11- August 10, 2018)

- Data collection, journal keeping, learning to use statistical files, learning ethical principals and develop my own research ideas.
- Analysis of information from different sources.

### TEACHING ASSISTANT

*Royal Thimphu College*

(Fall 2017- Spring 2018)

- Worked with international students and helped them learn basic Dzongkha
- Managing time (dividing time between writing assignments and preparing a lesson plan for every class)

### SOCIAL MEDIA OFFICER

*Tarayana Rural Crafts*

(2020-2022)

- Develop social media strategies to expand our reach
- To create photography, audio, and digital content
- Identify social influencers whom we can engage with
- Manage and prioritize multiple tasks and respond flexibly
- Interact and active engagement with customers, rural communities and followers

## EDUCATION HISTORY

**BA in Political Science and  
Sociology**

2016 -2019

**Royal Thimphu College**

- Compiled a research paper on "Mental health system in Bhutan: looking at the perspective and knowledge of Thimphu residents on mental illness and mental health," 2019.

**High School**

2011-2013

**Yangchenphu Higher Secondary School**

- Active participation in Annual Sports Day
- Literary Captain

**Primary and Middle School**

2001-2011

**Dechencholing Higher Secondary School**

- Peer Counselor
- Reading Club Coordinator
- Class Captain

# **Achievements**

- Appreciation certificate for volunteering in the 6th ADC meet in 2014 in Nepal.
- Certificate for successfully completing the “Kokoro Science Research Internship Program at Kyoto University 2018”.
- Certificate of participation in the 3-day seminar-workshop entitled “Challenge Accepted”.
- Certificate for completing a six weeks course in C programming.
- Certificate for completing three days of training in Media and Democracy literacy.
- Letter of recognition from Royal Thimphu College as teaching assistant.

**References: Available upon request**

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