

EDUCATION

May 2024

Columbia University, School of International and Public Affairs New York, NY

Master of International Affairs: International Security Policy, Technology, Media and Communication

Relevant courses: Policy Solutions for Online Mis/Disinformation; Viral Videos, Generative AI and Geopolitics; Propaganda, Russia and the World Information War; Quantitative Analysis, Microeconomics, Macroeconomics

Barnard College New York, NY

May 2023

Bachelors: Psychology and Political Science

PROFESSIONAL EXPERIENCE

Report for the World

September 2023 - Current

Impact Assessment Researcher

- Leading the collection of 15+ case studies from global reporters on critical beats and created a survey to understand story impact to improve the integrity of media outlets and newsrooms.
- Developing a story cycle-workflow matrix for newsroom integration to understand if modern-day reporting is:
 - Leading to more consistent coverage of the topic in the newsrooms
 - Advancing the career trajectories/ambitions of journalists
 - Creating more audience engagement and new revenue streams for newsrooms
 - Creating accountability, action, and change of attitudes on the issues being reported
 - Creating collaborations among media
- Conducting initial analysis and follow-up interviews to assess story impact and understand the needs of journalists worldwide including Asia, South America, Africa, Europe, and North America.
- Engaging with experts to explore opportunities and practical applications of survey findings to increase media outreach and assist journalists with finding jobs in newsrooms.
- Drafting a comprehensive digital report and creating multimedia content to showcase findings on the collective story impact of critical area-focused reporting: Climate Change/Environment, Corruption/Investigative Reporting, Health and Education
- The report will be repackaged into an op-ed series for media-focused publications like Nieman Labs, Poynter, IJNET

Accountability Lab Nepal

November 2023 - January 2023

Intern

- Accountability Lab in Nepal spearheads community-driven initiatives promoting transparency, civic engagement, and anti-corruption efforts through innovative projects, workshops, and awareness campaigns, fostering a culture of accountability and integrity. These initiatives aim to close the gap between civil populations and the Government.
- Played a pivotal role in the planning and executing community-driven projects, utilizing adept content creation and blogging skills to drive awareness campaigns supporting local artists interested in activism through art, with a specific focus on augmenting transparency and accountability. Actively engaged in various facets of project management.
- Conducted comprehensive research and analysis on media literacy deficiencies and digital rights understanding in Nepal, offering profound insights that informed the enhancement and development of accountability initiatives, addressing key socio-political issues.
- Spearheaded the creation and dissemination of compelling content, spanning social media posts, reels, blog posts, articles, and visual materials, strategically elevating organizational visibility and advancing its mission.
- Formulated content for weekly newsletters, ensuring the delivery of verified news to Nepali readers. Introduced an analytical section within weekly newsletters and annual reports discussing policy implications, crucial in a state with no

independent media outlets.

- Collaborated seamlessly with team members to orchestrate and facilitate digital literacy workshops and events, cultivating substantive dialogues on civic engagement, anti-corruption, and social accountability.
- Provided integral administrative support, exhibiting proficiency in documentation organization, meeting coordination, and day-to-day operational assistance, thereby optimizing the overall efficacy of the Accountability Lab's initiatives in Nepal.
- Ensured the accuracy of information disseminated on Instagram and Facebook through a strategic partnership between Accountability Lab and Meta, involving meticulous fact-checking processes.
- Authored a compelling article underscoring the significance of the Integrity Icon Campaign, articulating its mission to highlight and recognize public officials exemplifying accountability and integrity throughout their governmental careers.

BARNARD COLLEGE, ACCESS Barnard

August 2021 - May 2023

Peer Mentor

- ACCESS Barnard serves international, first-generation, and low-income students to acclimate to Barnard College
- Completed one week of training to learn skills regarding active listening, problem-solving, and communication
- **Peer Mentor:** Managed transition of five new students into Barnard (Freshman and Transfers)
 - Met weekly with five students new to Barnard to discuss individually and in groups the transition to Barnard
 - Directed students to academic and social resources on campus followed up where needed throughout the course of the semester and helped ACCESS students acclimate to Barnard, Columbia and New York
 - Lowered barriers for these students to seek support and guidance by being a peer-level point of support
 - Received positive feedback from mentees for creating a safe space to share hardships, find students in similar situations, and consolidate resources for new students
- Completed 24 monthly reports on the activities and overall process of students acclimating into Barnard

THE KAANCHI INITIATIVE

January 2018 - Present

Co-Founder

- Devised a formal proposal, with a colleague, alongside a detailed business plan to produce a biodegradable sanitary napkin manufacturing plant in the slum regions of Kathmandu, Nepal allowing underprivileged women access to sanitary products
- Raised the target goal of NRS 50,000 for sponsorship by presenting our idea to corporate businesses in Nepal such as Dabur Nepal and Vishal Group
- Introduced and executed the idea and action of the first biodegradable sanitary napkins in Nepal and hired 10 women from underprivileged slum regions for the plant manufacturing roles, lowering the barrier and improving access to sanitary napkins
- Partnered with Himalayan Climate Initiative (HCI), an umbrella NGO focused on climate change mitigation, to assist in the management and implementation of the manufacturing plant
- In its fifth year, Kaanchi Initiative continues to supply inexpensive biodegradable menstrual pads in slum communities and small retail locations as well as empowers women to become breadwinners in their families

United Nations Development Program (UNDP) NEPAL

June 2022 - August 2022

Intern

- Read and edited five manuals regarding the arrangement of solar energy panels being implemented in different mountainous regions of Nepal to provide electricity in rural villages
- Wrote foreword for a solar energy policy manual for the Government of Nepal
- Drafted and edited a solar energy plant implementation policy proposal for the Government of Nepal that approved solar panel implementation in five regions across the country that previously lacked a reliable source of electricity
- Worked with and learned how to draft formal proposals from five other senior policy drafters at UNDP Nepal

HEALTHY MINDS PSYCHIATRIC CLINIC

June 2021 - August 2021

Intern

- Social Media
 - Expanded social media outreach via Instagram and Titok through content creation, to increase general awareness of mental health support and build acceptance of mental health issues in Nepali society
 - Developed an awareness campaign focused on educating Nepali citizens regarding symptoms of anxiety and depression which received attention from a number of users in the respective platforms
 - Increased followers through sharing with contacts and requesting user-generated feedback to yield more outreach on Instagram and Tiktok
- Implemented online record keeping to assist therapists in documenting patient interactions and progress through Google Documents and Excel.
- Analyzed five case studies for statistical research purposes with Healthy Minds regarding general Nepali mental health to understand how mental illness-related taboos impact the probability of people seeking professional help

REPUBLICA

January 2016 - December 2020

Published Writer

Crafted over five articles for a Nepali daily, Republica, to bring awareness of social injustices such as menstrual health taboos and animal cruelty, natural disasters, and sharing information regarding the process of higher education for Nepali students

THE GLOBAL EDUCATION AND LEADERSHIP FOUNDATION (TGELF)

June 2020 - July 2020

Intern

- Crafted and edited three articles to inform readers about the role of entrepreneurship and innovation within leadership for the TGELF website and newsletter
- Worked with a team of 20 other writers and gained first-hand experience regarding communications for the organization between partners, investors, and internal stakeholders
 - Scheduled daily communications between partners of the foundation and outside investors regarding funding for the organization and event planning
- Assisted in organizing the Entrepreneurship Sports Generation (ESG), a global certified entrepreneurship tournament
 - Communications between different stakeholders
 - Advertising the event on social media platforms, the newsletter, and website
- Designed and won an entrepreneurial awareness campaign set at targeting Sustainable Development Goals (SDGs) with a team of five members with a social media campaign for literacy initiatives in India
 - The allocated prize money was then used to fund more educational programs in rural regions around India

WOMEN LIGHT UP THE WORLD NEW YORK

December 2019 - May 2020

Intern

- Women Light Up the World is an NGO that works to educate women and reduce barriers to education by providing electricity through solar energy to rural communities in Nepal such as Humla
- Organized daily communications and meetings between American investors and Nepali investors regarding funding and event organizations
- Increased social media awareness and outreach by designing a website and creating weekly content on Instagram

BARNARD MAGAZINE

August 2019 - March 2020

Published Writer

- Crafted a cover article about the legacy of Bhinda Swari Malla Shah, a Barnard College alum. Bhinda Swari Malla Shah was the first Nepali woman to attend higher education in the United States and continued a career in the foreign service

<u>TECHNICAL SKILLS</u>	<u>LANGUAGE SKILLS</u>	<u>CERTIFICATES</u>
<ul style="list-style-type: none"> ● JAVA: One year of experience ● SPSS: basic ● STATA: proficient ● Excel: proficient ● Photoshop: proficient ● InDesign: basic ● Website creation and design: Canva, Wix: proficient 	<ul style="list-style-type: none"> ● English: Fluent ● Nepali: Fluent ● Hindi: Fluent ● Spanish: Intermediate II (two years of education) 	<ul style="list-style-type: none"> ● CITI Program: Research, Ethics and Compliance Training

VOLUNTEER WORK

- Using AI to Protect Civilians in Conflict Zones, sponsored by Microsoft's Democracy Forward Initiative and Truepic (2022)
- UNHCR Nepal - rescue and rehabilitate victims of human trafficking: One year (2017)
- Animal Shelter Nepal: Three years (2016-2019)
- All Hands - Earthquake Relief Nepal: Four years (2015-2019)
- Butterfly Home Nepal - Educating Children of Incarcerated Parents: Two years (2014-2016)

TRAVEL EXPERIENCE

- Extensive travel in South Asia
- Extensive travel in East Asia
- Extensive Travel in the Middle East
- Extensive Travel in Europe
- Travel in South Africa