

## Pragya Aryal

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Dynamic and adaptable learner with a proactive approach, blending creativity with strategic thinking to drive success. Known for a detail-oriented focus on Computer Science and a readiness to tackle challenging topics. Aims to bridge STEM education and Gender studies, dedicated to making positive contributions.

## Education

### Herald College Kathmandu

Kathmandu, Nepal

Affiliated with University of Wolverhampton, UK

### BSC Computer Science (Hons) 2022 - 2025

- Internet Software Architecture
- Concepts and technologies of AI
- Computational Mathematics

### Budhanilkantha School

Budhanilkantha, Kathmandu, Nepal

High School Graduate, Science

### June 2021(Physics, Chemistry, Biology)

- GPA 3.73 (Grade 11)
- GPA 3.52 (Grade 12)

## Experience

### SUMANA SHRESTHA SECRETARIAT

(Hybrid) Kathmandu, Nepal

(Education Minister of Nepal)

### Digital Communication Fellow

Jan 2023- Current

- Developed branding strategies and managed TikTok content, gaining 40k+ followers in 6 months and 40k+ followers on Instagram in over a year.
- Actively engaged and fostered political discussions with the youth, 80%+ youth followers on both TikTok and Instagram platforms.
- Played a pivotal role in disseminating information about proposed bills and amendments through various social media channels, effectively collecting valuable input and insights from the audience.
- Conducted research on political trends, ensuring the secretariat's communication strategies remained informed and adaptable.
- Collaborated with cross-functional teams to coordinate branding and communication efforts across various digital platforms.

### SHETHEKRANTI (Feminist Campaign)

Hybrid

### Content Creator | Collaborative Team Member

April 2023- Current

- Conducted sessions on harassment, bullying, and mental health in Kathmandu schools and Aama Samuha in Damauli.
- Actively engaging in team meetings to plan for workshops, events, and plans.
- Generating Instagram and TikTok content on feminist issues.
- Raising awareness on topics like HIV/AIDS, PCOs, and Queer issues through digital platforms.

### AFRISTEM

Capetown, South Africa

### Apprentice | Curriculum Developer | Content Creator

Sept 2023- Dec 2023

- Developed a beginner-friendly Scratch e-book tailored for middle school students in low-income areas.
- Designed a comprehensive 12-hour web development module and its teaching manual, aimed at assisting high school and college graduates in securing jobs in frontend development
- Designed the organization's logo, email signature, and letterhead.

- Initiated and managed social media platforms (Instagram, LinkedIn).
- Launched Instagram with 9 posts, gaining 80+ followers and over 300% engagement in a month.

#### **GLOBAL CITIZEN YEAR**

Capetown, South Africa

##### **Take Action Lab Student**

**Aug 2023- Dec 2023**

- Engaged in a semester-long program, demonstrating adaptability and embracing diverse cultures during a three-month stay abroad.
- Completed pre-departure training, and in-country orientation, and engaged in 'Learning Reconnects' and 'Cultural Series' sessions to foster continuous learning and cultural awareness, embracing South Africa's history and culture.
- Awarded full scholarship covering tuition, travel, and a stipend for a three-month abroad experience valued at \$28,000.

#### **INTERNATIONAL SOCIOECONOMICS LABORATORY**

Remote

##### **Research fellow**

**July 2021- August 2021**

- Conducted a supervised three-phase research paper analyzing child health services & policies. Published at SSRN, top 10 of adolescent health papers.
- Coordinated and worked with 11 individuals from 5 different countries regardless of time difference.
- Organized and conducted interviews with child healthcare professionals for qualitative study.
- Regularly attended Econ-50 classes, team meetings, and discussions.

#### **BUDHANILKANTHA EDUCATIONAL SERVICES.**

Kathmandu, Nepal

##### **Tutor (Mathematics & Science private tutor)**

**March 2021- April 2023**

- Planned customized lessons addressing subject weaknesses and leveraging strengths.
- Conducted Compulsory and Optional math tutoring, assisting a 10th grader in achieving target grades.
- Delivered remote live video sessions on Zoom for students located outside the valley.
- Elevated math grades from E to C for 9th and 10th graders within two months through weekly tests.
- Established strong interpersonal connections with tutees to create an effective learning environment.

#### **Skills**

**Technical:** HTML, CSS, JS, Canva, Video editing, Designing, python (basic level)

**Language:** English, Nepali & Hindi (Working level proficiency)

**Other:** Research, Digital communication & Branding, Content Creation, Communication

#### **Volunteer Experience**

##### **Society Of Ex-Budhanilkantha Students (SEBS):**

- (Aug 2022 – Oct 2022): Initiated video podcasting to archive alumni stories, coordinating shoots, hosting, and editing. Edited & released the trailer for the Golden Jubilee celebration of the school
- Actively organize yearly music fest (SEBS Sandhya) to engage alumni and current students, fostering networking opportunities.
- (May 2021 – Aug 2021): Volunteered to reach out to hospitals during COVID-19, inquiring about essential resources like beds and ventilators.

##### **Scouts (School Scout Troop):**

- (2016-2019): Organized cleaning campaigns and provided first aid and knot-making training for juniors.