

Pragya Aryal

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An 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. Aim 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
- Distributed Cloud Computing
- Human Computer Interaction

Budhanilkantha School

Kathmandu, Nepal

High School Graduate, Science

(Physics, Chemistry, Biology) June 2021

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

Experience

SUMANA SHRESTHA SECRETARIAT

(Hybrid) Kathmandu, Nepal

Digital Communication Fellow

Jan 2023- Current

- Develop branding strategies and manage TikTok content, gaining 40k+ followers in 6 months and 50k+ followers on Instagram in over a year.
- Actively engage and foster political discussions with the youth, 80%+ followers on both TikTok and Instagram platforms.
- Disseminate information about proposed bills and amendments through various social media channels, effectively collecting valuable input and insights from the audience.
- Research political trends, ensuring the secretariat's communication strategies remain informed and adaptable.
- Collaborate 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, PHP, SQL, Python & Figma**Language:** English, Nepali & Hindi (Working level proficiency)**Other:** Canva, Video editing, Research, Digital communication & Branding, Content Creation**Volunteer Experience****Society Of Ex-Budhanilkantha Students (SEBS):**

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

Scouts (School Scout Troop):

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