

# Sayuz Man Tamrakar

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## Summary

Proactive IT student with a strong foundation in digital content creation, graphic design, and basic programming (C/C++). Eager to apply a keen eye for design, strong communication skills, and effective time management to support digital campaigns and enhance visual assets in a collaborative environment.

## Skills

PowerPoint Design	Canva	Graphic Design	Digital Marketing
Basic Coding (C, C++)	HTML/CSS Basics	Time Management	Creative Thinking
Communication	Interpersonal Skills	Attention to Detail	Problem Solving
Collaboration	Event Support	Valid 2-Wheeler License	

## Experience

### ***Graphic Designing and Digital Marketing Intern – Up Cycle Nepal Pvt. Ltd. / Bagemuddha, Kathmandu (September 2024 to October 2024)***

- Developed diverse visual assets for digital campaigns using graphic design principles and Canva.
- Contributed to digital marketing initiatives, enhancing online presence and content visibility.
- Assisted in creating engaging digital content and presentations, demonstrating a keen eye for design and detail.

### ***Abacus Teacher – Kathmandu Meridian School / Bansbari, Kathmandu (2022)***

- Instructed students in abacus techniques, fostering strong communication and interpersonal skills.
- Managed classroom activities, demonstrating effective time management and organizational abilities.
- Collaborated with school administration to enhance educational programs and student engagement.

## Education

Bachelor of Science in Information Technology (BSIT) – King's College- Westcliff University USA, Kathmandu (2022-Ongoing)

+2 – Global College of Management, Kathmandu (2022)

S.E.E – Holy Vision H.S.S, Kathmandu (2020)

## Selected Projects

Participated in “CODE ROYALE: Transforming Digital Education” (Jan 2024), gaining exposure to innovative tech solutions and digital content application.

Volunteered at Teach for Nepal Alumni Event (Dec 2022 - Jan 2023), providing event support and contributing to digital engagement efforts.

Completed 3-week Barista Training Workshop (2025), enhancing practical skills and attention to detail.