

# SUMAN LAMA

## Digital Media Designer

sumanjlama.com  
sumanjlama@gmail.com

## WORK EXPERIENCE

### JHR Nature Cure

July 2019 - Present (Freelance)

I am the sole designer for this small supplement production team. I am responsible for designing their product's branding, marketing, website, promotional and any other digital contents. My responsibilities include taking product photos and updating their websites.

### Firewood and SolidFuel Center (Austins Country Store)

September 2016 - Present

I work with a small team under a manager to run this small heating supply business. My role includes helping customers to benefit from our services, taking care of administrative tasks and supervising part-time staffs on occasional weekends.

## EDUCATION

Fine Art Printmaking BA, 2016

Foundation Diploma in Art & Design, 2013

A Levels in Fine art, Media Studies and English Language, 2012

## SKILLS

### TOOLS

Photoshop

Illustrator

Adobe XD

MS Office

### WEB DESIGN

HTML

CSS

Bootstrap

Basic Javascript

## LANGUAGE

English

Nepali

Hindi