

Upasana Sen

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Location: Malmö, Sweden



Education

Master's in Environmental Studies and Sustainability Science

Lund university / August 2019 - current

Relevant module: Earth system science, Sustainability science, Economy and sustainability, Social theory and sustainability, Governance of sustainability, Water and Sustainability, Urban and rural systems and sustainability, Statistics & experimental design

Bachelor's in Home Science

Sam Higginbottom University of Agriculture, Technology And Science (SHUATS) / June 2014 - May 2018

Relevant module: Public relation and social marketing, Mass communication, Print journalism, Photo journalism & digital marketing, Multimedia production, Elementary Statistics, Environmental Studies, Disaster Management, Project Management

Professional Experience

Green Cloud Nine, Sustainability Intern

Jenbach, Austria: Nov 22 - Current

A green and social impact start-up is an European digital marketplace focused on Sustainable products and services.

At Green Cloud Nine, I:

- *Support the development, implementation, and evolution of the organization's Sustainability Strategy.
- *Support the implementation of a Sustainability Evaluation for prospective vendors to ensure their ethical and environmental status aligns with the organization's expectations
- *Prepare supporting guidelines for employees' and vendors' sustainability journey, including design and delivery of training, toolkits, and webinars.
- *Set the basis for our annual sustainability report.
- *Develop relevant and well-researched sustainability goals, and the related reports to measure and track them.

Skåne Startup, Venture Advisor

Malmö, Sweden: Sep 21 - Current

A community-building organization that aims to make the Scanian startup ecosystem visible to international markets. We have connected more than 40 local and international investors with entrepreneurs and organized events for more than 400 participants. At Skåne Startups, I:

- *Helped more than 100 startup companies to become more sustainable in the skåne region.
- *Prepare deal flows and connect international investors to relevant startups and other key players, including local and international VCs, CVCs, corporations, and public organizations.
- *Develop and maintain relationships with founders and investors, for which I arranged meetings and interviewed them to understand their funding needs and pain points.

Botildenborg, Internship

Malmö, Sweden: Jun 20 - Aug 20

Part-time employment to promote products from local farmers among the local community, conducted market research surveys and interviewed local farmers to understand the bottlenecks in the locally grown food supply chain. Developed strategies to promote locally grown food among residents of Skåne county.

To promote urban farming, demonstrated the advantages of the self-sustainability model using the causal loop diagram (CLD) approach.

Brock University, Research Intern

Ontario, Canada: Dec 19 - Current

Part-time employment exploring ecosystem-based adaptation (EbA) methods to address gender-differentiated impacts of climate change

- Under Prof. Liette Vasseur, Professor, Biological Sciences, UNESCO Chair in Community Sustainability: from local to global; Member of the Brock Environmental Sustainability Research Centre at Brock University, Niagara Region, Ontario, Canada

- * Applying system thinking framework approach to identify the linkages between various components of the problem.
- * We would use them to design ecosystem-based adaptation solutions.

Ramkrishna Ashram Krishi Vigyan Kendra, Research Intern

Nimipith, India: Jun 20 - Aug 20

Full-time employment Survey of the dietary patterns of adolescent girls in the rural parts of West Bengal, India

* Designed structured questionnaire and collected data on the socio-economic components which influence the nutrition status of the adolescent girls in the Sundarbans mangrove forest area in South 24-Parganas, West Bengal, India

Sam Higginbottom University of Agriculture, technology and Science,

Prayagraj, India: Jan 18 - Feb 18

Rural Agricultural Work Experience (RAW)

Full-time employment in Rural Agriculture Work Experience Organized awareness programs on social issues: child abuse and gender inequality to the rural communities using modes such as skits and street plays. It surveyed its impacts by designing structured questionnaires.

Università Degli Studi di Teramo, Summer Undergraduate Research Intern

Teramo, Italy: Jun 17 - Jul 17

Effect of Sugar Concentration on the Rheological Properties of Espresso Coffee

* Studied the change in rheological properties of the traditional sizes of shots - ristretto (highest coffee concentration), regular, and long (lowest coffee concentration) for coffee arabica when different concentrations of sugar were added to it.

ICAR- National Institute of Natural Fibre Engineering and Technology, Research Intern

Kolkata, India: May 16 - Aug 16

Study of Nutritional Aspects of Jute Leaves and its Applications

* Worked on protein and starch content analysis, using UV/Vis spectroscopy, of Jute leaves.

ICAR-Central Research Institute For Jute Allied Fibers, Research Intern

Kolkata, India: Nov 15 - Jan 16

Study of food Hydrocolloids in Jute leaf

* Worked on hydrocolloids extraction in Jute leaves and studying its possible application in food products

Volunteering experience

Lund Matvarukooperative

Lund, Sweden: Jan 20 - Aug 20

A member-run cooperative to promote locally grown fresh, organic food by delivering them at an affordable price while supporting local producers.

Food Saving Lund

Lund, Sweden: Sep 19 - Aug 20

* Markets and stored at various distribution points across the campus to prevent food wastage.

* Currently using data analytics on demand patterns to develop site-specific food distribution strategies.

ABC - Active Contributions for people and the Environment

Lund, Sweden: Aug 19 - Aug 20

A group promotes gender equality, human rights, fair trade, and environmental awareness.

Bee the Change

Lund, Sweden: Aug 19 - Jan 21

A group promotes gender equality, human rights, fair trade, and environmental awareness.

Technical Skill

Life Cycle Analysis

GHG accounting

GIS

MS-Excel

MS-PowerPoint

Tableau

R

Storyline

Python

Language Proficiency

English: Professional proficiency

Swedish: Elementary proficiency

Hindi: Native

Bengali: Native

MOOCs Certificates

Microsoft Excel Masterclass for Business Managers ([Click here](#))

Learn how to calculate Carbon Footprint ([Click here](#))

Climate Change & Sustainability Essentials - 2022 Edition ([Click here](#))

Corporate ESG and Sustainability - Doing Well and Doing Good ([Click here](#))

The Circular Economy ([Click here](#))

Fundamentals of Life Cycle Assessment (LCA) ([Click here](#))

Publications

Are Urban home-makers more educated in traditional herbal medicine than their rural counterparts?

Proceedings of International Conference on Women Empowerment & Social Science, pp. 27 (2015)

Harpadon nehereus: An Easily Accessible yet Untapped Cardiac Remedy in West Bengal

International Research Journal of Engineering and Technology 03(09), pp. 285 (2016)