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| **PRAMADA** Email: **PRAMADA.185893@2freemail.com** | 20370829_639632426239479_1821174300_n.jpg |
| **PERSONAL INFORMATION**

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| **Date of Birth:**  | 25 January, 1987 |
| **Sex:** | Female |
| **Nationality:**  | Nepali |
| **Marital Status: Residence:**  | MarriedBur Dubai, Dubai, UAE |

**EDUCATION****Post Graduate Diploma in** *2015 -2017***Counselling Psychology****Counselling Psychology and Social Studies College (CPSSC), TU,**Kathmandu, NepalMajor areas of study included Introduction to Counselling Psychology, Mental Health and Psychological Problems, Counselling Theories and Skills, Asseessment in Counselling and Counselling Practical work.**Master of Arts in** *2009 –2015* **Sociology****Madan Bhandari Memorial College, TU**, Kathmandu, NepalMajor areas of study included Research Methodology, Power Politics, Sociological Theory, Anthropological Theory, and Institutional Analysis.**Bachelor of Arts in** *2005 – 2007***Mass Communication and Journalism****Madan Bhandari Memorial College, TU,** Kathmandu, NepalMajor areas of studies included Mass Communication and Journalism; and English.**Intermediate of Arts (+2)** *2003 – 2005* **Madan Bhandari Memorial College**, Kathmandu, Nepal(Higher Secondary Education Board)Completed with major of Mass Communication and Journalism; English; and Sociology and Anthropology.**School Leaving Certificate (SLC)** *1993 – 2003* **National Orchid Boarding School**, Chabahil, Nepal(Nepal Government Board)Completed with all required courses including Computer Science, Mathematics, Physics, Chemistry, Biology, Compulsory English and Nepali**WORK EXPERIENCES****Internship** *April 11 –July 26, 2016* Completed an internship as a **Psychologial Counselor** at **Aasara Sudhar Kendra.** The organization is a rehabilitation center, with an expertise to work with/for alchohol users and substance users. As an Psychologial Counselor, completed multiple individual counseling sessions including the follow up sessions. **Internship** *Feb 23 –March 7,2016* Completed an internship as a **Psychological Counselor** at **Amrita Foundation Nepal**. The organization works basically for the mentally illed and also the hardcore substance users. As a Psychological Counselor, completed multiple individual counseling sessions including the follow up sessions. **Case Investigator** *Feb 2014 – May 2015* Worked as a **Case Coordinator and Investigator** in **Action for Child Rights International/ Nepal**. Investigated many cases relating to the abuses of the children in the child care homes and orphanages and reached it to the level of legal procecution. **Field Interviewer** *March-July 2013***Worked as a Field Interviewer** with **New Era (P) Ltd** in a project **“ Policy and Science of Health, Agriculture and Nutrition (PoSHAN) Community Studies ”** conducted under the aegis of **John Hopkins University, Tufts University and Ministry of Health and Population**, financially supported by **USAID/Nepal.** Also involved in translation and making of Manual of Operation for the same project. **Field Interviewer**  *April-September 2012***Worked as a Field Interviewer** with **New Era (P) Ltd.** in a project **“SUAAHARA Baseline Survey -2012”** conducted under the aegis and financial support of **Suaahara Nepal/Save The Children.** **Field Interviewer** *January-June 2011* **Worked as a Field Interviewer** with **New Era (P) Ltd.** in a project **“Nepal Demographic and Health Survey (NDHS) - 2011”** conducted under the aegis of the **Ministry of Health and Population**, financially supported by **USAID/Nepal**.**Volunteer**  *January – December 2009***Acted as an assistant to program manager****Manisha Singh Punarjeevan Niwash (MSPN)**[**Friends of Needy Children (FNC)**](http://www.fncnepal.org/)Assisted the program manager on different communications, public relations and outreach activities including regularly updating the project blog; preparing case studies; designing, disseminating and updating information materials; communicating with foreigner volunteers and visitors and assisting them with their travels; and supporting the event management of official programs.**Trainee Journalist/Internship**  *April – July 2007***‘Janadesh’, weekly newspaper, Kathmandu**Worked as a reporter for the weekly newspaper.**Head of Gender Department** *2006 - 2007***Youth DepartmentHumanist Association of Nepal (HUMAN)**Coordinated different youth related programs focused on gender and youth issues and organized rallies for the same.**Radio Jockey (RJ)** *6 months (2005)***Times F.M. 90.6 MHz**Produced and presented a Nepali folk music radio program.**Intern (Library Management)** *1 month (2005)***Beyond Trafficking: A Joint Initiative against Trafficking of Girls and Women****(JIT), Kathmandu**Managed different books and publications in the library as per the requirement of the project office.**ACTIVITIES, TRAININGS AND SEMINARS*** Participated as a representative of HUMAN (Humanist Association of Nepal) in a seminar ‘International Conference on Critical Thinking and Free Inquiry in Education’ organized by International Humanist and Ethical Youth Organization (IHEYO), held in Vijayawada, India from 28th October 2006 to 4th November 2006
* Received trainings on RJ, VJ anchoring from Star Culture Pvt. Ltd. Baghbazar, Kathmandu
* Organized ‘Welcome Ceremony Program’ of the college as a Coordinator at 2004.

**COMPUTER SKILLS*** Sound knowledge of different Office Applications, preparing reports in MS Word, data processing and creating spreadsheets in MS Excel, preparing presentation reports, presentation slides Ms Power Point.
* Sound knowledge of current Email and Internet Technologies including search engines.

**LANGUAGE AND DEGREE OF PROFICIENCY** * NEPALI: Mother Tongue (Read, Write, Speak, Understand)
* ENGLISH: Fluent (Read, Write, Speak, Understand)
* HINDI: Comfortable (Read, Write, Speak, Understand)

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