

Anoushka Shrestha

Registered Public Health Professional (Reg: A-4909 Jan PH)

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Work Experience

Action Aid, Lazimpat- Trainee for Child Sponsorship Program (October 2022- Present)

- Conduction of Quality assurance of Child Sponsorship (CS) content
- Translation of child information, feedback compilation
- Manage new child profiles in the CS system
- Manage the supporter correspondence and draft case stories.
- Support in bulk mail CS content and dispatch supporter communication

Toggle Corp, Kumaripati-Enumerator

(May 2022- September 2022)

- Reviewed the questionnaire
- Performed Pilot Testing
- Training on Viamo Platform
- Collected data among the LGBTIQ community (Joint project by UN women and M&C Saatchi and Blue Diamond Society)
- Conducted Market monitoring, Cash for work and Product Price Monitoring for Bhakari program (Project by Mercy Corps)
- Performed Data analysis (Humanitarian Need Overview)

Reaping Health, Bouddha-Part time

(June 2022- September 2022)

- Prepared Curriculum for children of Panauti (Class 4-8)
- Proposal development
- Report writing

Nepal Public Health Foundation, Baluwatar - Program Officer

(September 2021- March 2021)

- Prepared advocacy plans
- Planned and coordinated advocacy programs
- Translating policies and articles
- Transcription
- Conduction of training programs
- Field visits
- Networking with stakeholders
- Report preparation
- Entering data (Covid-19 specific) and presenting on a weekly

SKILLS

- Basic Knowledge on Stata, Spss and Epi data
- Data Management
- Document Translation
- Solution-Oriented
- Interpersonal Communication
- Team Player
- Time Management
- Organizing Skill

TRAINING

- Data Analysis training using DEEP software-2022
- Sensivity Training - 2022
- SPSS training- 2021
- Report Writing -2020
- Proposal Writing -2020
- Participatory Rural Appraisal
- Participatory learning and action training -2019

REPORT ARTICLE POSTED

Pharmaceutical Industry in Nepal

LANGUAGES

English, Nepali, Hindi

basis

Reference: Dr. Neshan Rai (Project Manager) | 9823032813 |
Neshanrai@gmail.com

Arthachyam, Online – Research Intern

(October 2021–December 2021)

- Reviewing literature and preparing reports on various topics given
- Brainstorming among group members to come up with ideas related to the project
- Networking and building connection

Reference: Aavash Parajuli (Operational Director) | 9841665381 |
aavas@arthachyam.org.np

EDUCATION

NOBEL COLLEGE – Sinamangal, Kathmandu

2016–2021

- Bachelors in PUBLIC HEALTH
- Affiliated with Pokhara University
- Scored GPA: 3.27

Reference from Nobel College: Anil Khadka (Head of Department) |
9843059621 | anilkhadka@nobelcollege.edu.np

UNITED ACADEMY– Kumaripati, Lalitpur

2015-2016

- +2 Science
- Affiliated with Higher Secondary Education Board (HSEB)
- Scored Percentage: 60.60%

ALOK VIDYASHRAM– Gaushala, Kathmandu

- Conferred year 2014
- Scored Percentage: 74.50%

ACTIVITIES DONE IN BACHELOR'S LEVEL

Dissertation Research

January 2021- July 2021

- Topic: *Assessment of Ergonomic Hazards And Its Association With The Physical Health of Employees Working In Private Banks of Kathmandu Metropolitan City*
- Prepared and presented a research proposal
- Collected, analyzed, interpreted and documented the data into final report

PARTICIPATION

- Volunteered as a Research Intern in CIST College, Baneshwor
- Poster presentation for the 8th summit of Nepal Health Research Council (NHRC)
- Webinar on Mental Health and Self care for Youths during Covid conducted by SambhavyaFoundation–2021
- Workshop on menstrual cycle conducted by Rato Pari Hope is Nepal–2021
- Life skill program conducted by RCEPH–2017

Comprehensive District Health Management–Baglung, Baglung Municipality

4th February 2020 - 3rd March 2020

- Developed District profile and District Health Profile using secondary data
- Conducted epidemiological study on COPD and LRTI
- Studied POSDCORB function on different governmental, non-governmental, community based organization and peripheral health institutions
- Performed SWOT Analysis on Immunization achievement, vector borne disease control division and Family Planning and Safe Motherhood program of Baglung district
- Conducted and delivered a MINI ACTION PROJECT (MAP) on Immunization program (Measles and rubella)

Community Health Diagnosis– Chitwan, Bharatpur-5

26th June 2019- 25th July 2019

- Organized, designed, collected community health and health related information
- Analyzed and interpreted the collected information via Microsoft office package and reported it to the Ward office of Bharatpur-5
- Identified the prioritized problem of the community and conducted Micro Health Projects on Hypertension and Diabetes
- Conducted School Health Programs on Sanitation and Hygiene and Food and Nutrition

Research Community for Environment Conservation and Public Health– Nobel (RCEPH–Nobel)

2017- 2018

- Environment sub committee member
- Organized and conducted life skill program at Nobel College
- Conducted School program on Sanitation and Menstrual Hygiene

NEPAL RED CROSS SOCIETY –Nobel College

2017-2018

- General Member
- Organized yearly blood donation program at Nobel College
- Arranged refreshments for student blood donors
- Developed data sheet of student blood donors for certification purpose