

# PREM KUMARI KATWAL



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SKatwal99



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## SUMMARY

I am an authentic, desire-to-learn & positive attitude person who approaches every task or challenge with a mature and responsible mindset. As a BSc in Physics graduate with years of experience across diverse fields, I possess a keen aptitude for learning quickly and collaborating seamlessly with others to achieve collective objectives with exceptional results. In my previous role, I made significant strides in enhancing team performance, streamlining operations, and maximizing productivity. Continuously striving for self-improvement, I remain unwavering in my unwavering dedication to pursuing my passion and becoming the best possible version of myself.

## ACHIEVEMENTS

### Miss queen bee and Miss rajdhani

I achieved Runner-up in Miss Queen Bee 2016 and secured a top 5 finalist position in Miss Rajdhani 2017 & receiving prestigious awards.

### Senior advisor

I am honored to have been appointed as a Senior Advisor for Swiss Space Tourism in Nepal by the esteemed organization based in Switzerland.

### Central member

I am proud to be a central member of the esteemed National Chhetri Society Nepal, organization that emphasizes culture and leadership, and to have been part of it since 2019.

## SKILLS

- Self motivation - Expert

## EDUCATION

### SLC

Baruneshwor higher secondary school / Okhaldhunga / May, 2014 - August, 2014

### +2Science

Baruneshwor higher secondary school Rampur. / Okhaldhunga / July, 2014 - June, 2015

### BSc (physics)

Trichandra Multiple Campus ghantaghar / Kathmandu / November, 2016 - April, 2023

## AWARDS

### Miss queen bee Runner up

Asian science and agriculture association / 2016 / Kathmandu

That was a amazing experience to be part of miss queen bee.

### Miss rajdhani finalised

Expose Nepal / 2017 / Kathmandu

Beauty pageant top 5 finalised and also awarded

- Communication - Expert
- Research - Experienced
- Business Development & Planning - Experienced
- Customer relationship management - Expert
- Voice over, Narrator - Experienced
- Writing (content, articles, copy, blog) - Experienced
- Growth mindset, quick learner - Expert
- Strategic sales planning - Expert
- Communication, Leadership and Motivation - Expert
- Anchoring and program hosting - Experienced
- Corporate branding - Experienced
- Microsoft PowerPoint Presentation - Expert
- Critical thinking and Problem-Solving Collaboration across networks and leading by influence - Experienced
- Technical Skills: Website Research, Keyword Research, Google Search Console - Expert
- Market research and lead generation expertise with Results-oriented and target-driven mindset - Expert
- Stock Exchange Online Work like TMS, EDIS and Mero Share - Experienced
- Interpersonal Skill, customer service, adaptability, multitasking, positivity or problem-solving skills. - Expert

## EXPERIENCE

### Cashier

Bramah cooperative pvt. Ltd. / Newroad, Kathmandu / December, 2016 - October, 2019

I am a responsible and cooperative cashier, delivering exceptional service to clients with professionalism and dedication.

### Operation analyst

Kcl capital / Hattisar, Kathmandu / June, 2020 - February, 2021

As an operations analyst, I skillfully handle client interactions, expertly manage Demat account openings, and efficiently resolve Meroshare issues.

### Public speaking Trainer/host

Live Nepal academy / Kathmandu / August, 2019 - July, 2021

I empower individuals with comprehensive training on effective communication, self management & formal program speaking format.

### Lab technician

CEMAT water lab pvt.ltd / Kathmandu / January, 2022 - February, 2023

In my esteemed position as a Chemistry lab technician, I proficiently crafted reagents, expertly utilized chemicals and acids, conducted thorough testing of water and wastewater samples using specialized methodologies, and worked collaboratively under the guidance of esteemed chemists.

### Junior Counselor

AR Education consultancy / Kathmandu / June, 2018 - February, 2020

I actively guide to students seeking to study abroad, including information on courses, requirements, and other crucial details, while working collaboratively with our management team and senior counselors.

### Business Development Manager

Omkar Organization / Kathmandu putalisadak / January, 2023 - August, 2023

As a business development manager responsible for driving business growth within a company. develop a network of contacts to attract new clients, research new market opportunities and oversee growth projects, making sales projections and forecasting revenue, in line with projected income & also did business meetings for overall business growth.

### Business Development Manager

Mountemart / Kathmandu / August, 2023 - December, 2023

As a business development Manager responsible for driving business growth within a company. develop a network of contacts to attract new clients, research new market opportunities and oversee growth projects, make sales, update the website, team management, projections and forecasting revenue. in line with projected income &

- Dealing with emergencies professionally - Expert
- Maintainance of work ethics and confidentiality. - Expert
- •Good observational and monitoring ability - Expert

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## LANGUAGE

English

Nepali

Hindi

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## REFERENCES

### **Saurav Bhandari**

Mountemart / CEO

### **Mohan singh Khadka**

CEMAT Water Lab Pvt. Ltd. /  
Managing Director

### **Narayan Baral**

Niji property / Managing Director

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projections and releasing reports, in the main project meetings also did business meetings for overall business growth.

## TRAINING/CERTIFICATION

### **Advance Computer**

Kantipur technical institute / 2019

I learn about computer hardware, software and also designing.

### **International certified career coach**

Mindler / 2022

That was a online training course and also passed examination and earn certificate

### **Journalism disciplines & rules regulations**

Nepal press Council / 2022

That was a amazing experience and learned so much about being good journalist.

### **Memory power technique**

Arpan sharma / 2019

Not that much satisfy but ok to learn something.

### **Certificate of participation**

Physics department amrit science campus TU / 2017

That was a wonderful program and feel more inspired about physics physician.

### **Mental health in health care professionals on the frontline of covid pandemic.**

Harvard medical school / 2020

That was a online course & also given online exam and earn certification.

### **Women with vision**

RESTA / 2022

To be honest that was bored program and so unfair judgment.

## PROJECTS

**AN ISOLATED FAR-INFRARED NEBULA AT GALACTIC  
LATITUDE; - 23.839° AND GALACTIC LONGITUDE :- 166.377° IN  
IRAS DATABASE**

My physics project work focuses on studies of an isolated far-infrared nebula located at Galactic latitude  $-23.839^\circ$  and Galactic longitude  $166.377^\circ$ , which is listed in the Infrared Astronomical Satellite (IRAS) database.

The far-infrared wavelengths are important for studying the properties of interstellar dust and gas, which are the building blocks of stars and planets. The nebula I studied is located in a region of the Galaxy where the interstellar medium is relatively isolated and undisturbed by nearby stars or other astronomical objects.

To conduct my research, I will likely use data from the IRAS database, which contains measurements of far-infrared radiation from various astronomical objects, including galaxies, nebulae, and stars.