

BIO-DATA

PERSONAL DETAILS-RAKSHA DAHAL

Permanent Address: Rangeli Municipality-2 Morang
Residential Address: Biratnagar-1, Morang
Mobile Number: +977 9849180758
E-mail: raksha.dahal08@gmail.com
Date of Birth: 8th March 1990
Nationality: Nepali
Marital Status: Married

CAREER OBJECTIVE

To seek a creative, challenging leadership position that will enable me to use my, educational background and ability to work well with people

EDUCATION SUMMARY

From Oct2014 to Oct2016 **Masters in Public Health[MPH]**
Padmashree School of Public Health
Rajiv Gandhi University of Health Sciences
Bangalore, Karnataka, India
Percentage: 70.38%

From Sept2007 to Sept2011 **B.sc Nursing**
P.R College of Nursing
Rajiv Gandhi University of Health Sciences
Bangalore, Karnataka, India
Percentage: 74.54%

From July 2007 to Aug 2009 **Intermediate [10+2] Science**
The New Summit H.S.S
Old Baneshwor Kathmandu/ HSEB Nepal
Percentage: 54.00%

On 2005 **School Leaving Certificate [SLC]**
Namuna Vidya Mandir Secondary Boarding School
Biratnagar
76.13%

WORK EXPERIENCE

Jan 2022 to Till date **Assistant Professor, PU**
Koshi Health and Science Campus, Biratnagar

Major responsibilities

- Take theory and practical classes of BPH faculty.
- To mentor and supervise students during community fields.
- To supervise research of students
- To supervise students for term paper's and reports

Sep 22 2018 to Dec 2021 **Full time lecturer,**
Koshi Health and Science Campus, Biratnagar

Major responsibilities

- Take theory and practical classes of BPH faculty.
- To mentor and supervise students during community fields.
- To supervise research of students

Oct 2011- May 2013 Worked in Coronary Care Unit (C.C.U) at AMRI Hospitals,
Kolkata as Staff Nurse

Major responsibilities:

- Recognizing and analyzing the patients needs
- Assessing planning and implementing total patient care
- To deliver care using the nursing process and setting priorities in the delivery care.
- Acting as a liaison between patient, family and hospital personnel.
- Knowing and implementing in general hospital an ward policy and routines.
- Providing for safety of patients.
- Maintaining current trends in nursing practice and management through continuing education and self development efforts.
- Participation in Quality assurance programme
- Attend doctor rounds
- Performed shift in-charge role for 1 year

PROJECTS ACCOMPLISHED

Awareness on hypertension prevention & control among community people, in a selected community at Bhaktapur, Nepal [MPH thesis]

INTERNSHIP

Internship/field experience (During 4th Semester of Masters in Public Health): District Public Health Office-Bhaktapur,Nepal- **3 months** (5th June 2016 – 5th September 2016)*Part of curriculum*

TRAINING AND SEMINARS

- Participated in 5 days training on “Hands on training on Simulation Based Education (SBE)” from 25th June 2022-29th June 2022.
- Participated in 6 days of Training workshop on "Qualitative Research Methods In Health Sciences" conducted by Biratnagar Nursing Campus from 17th March 2021 to 22nd March, 2021
- Participated in "Instructional Skills for TVET Instructors Part-I (online) conducted by Training Institute for Technical Instruction (TITI) from June 24,2020-July 05,2020
- Participated in 7 days CBIMNCI training at DPHO Bhaktapur from 6th June 2016 to 12th June 2016.
- Participated in workshop on Proposal/Grant writing organized by Padmashree School of Public Health (26th May to 28th May 2016)
- Participated in a National Conference on “Smart Health Care Landscapes: Create and Navigate” (18th&19th Dec 2015)
- Clinical and practical psychiatric training at Spandana Rehabilitation, Research & Training centre, Bangalore (one month) (2nd Nov 2009 to 30th Nov 2009)

PUBLICATIONS

- “ **Public Health Impact of Particulate Matter Pollution in Nepal : A Review**”
Published in International Journal of science Technology & Engineering in Volume 3, Issue 4 October,2016
- “**Pattern and Cause of Road Traffic Accidents in Morang District**” Published in Journal of Nepal Health Research Council in Volume 19 No 1 Issue 50 Jan-Mar 2021

SKILLS

Computer Skills:MS Word, Excel, PowerPoint, Email and Internet use, SPSS etc

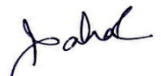
Language Skills:Fluent in Nepali and English (writing, reading and speaking)

PERSONAL COMPETENCIES

- Self-motivated, initiative, high level of energy.
- Good verbal communication skills.
- Efficient in data collection and application
- Enthusiastic self-starter who contributes well to the team
- Able to work as a team in multicultural environment
- Adoptability, Hard working, Honest, Flexibility, Optimistic
- Fast decision making, Persistence

CERTIFICATION

- I certify to the best of my knowledge and belief that this CV correctly describes my qualification and my experience



Raksha Dahal

REFERENCES

1. Dr.Umashankar S Principal, Padmashree school of public health Ph number:+91 9449247939 Email id:psphprincipal@gmail.com	2. Dinesh Kumar Chapagain Senior Public Health Administrator, Phone Number: 9851129595 Email id: chapagain446@gmail.com
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