

Pragya Aryal

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Experienced Digital Communication Fellow adept in content creation, branding strategy, and political engagement. Skilled in team management and executing impactful digital campaigns, with a strong background in computer science and curriculum development. Committed to driving transformative initiatives, fostering community engagement, and passionate about bridging STEM education and Gender studies for positive societal contributions.

Education

Herald College Kathmandu

Affiliated with University of Wolverhampton, UK

Kathmandu, Nepal

2022 - 2025

BSC Computer Science (Hons)

- Internet Software Architecture
- Distributed Cloud Computing
- Human Computer Interaction

Budhanilkantha School

High School Graduate, Science

Kathmandu, Nepal

2019 - 2021

(Physics, Chemistry, Biology)

- GPA 3.73 (Grade 11)
- GPA 3.52 (Grade 12)

Experience

SUMANA SHRESTHA SECRETARIAT

(Hybrid) Kathmandu, Nepal

Digital Communication Fellow

Jan 2023- Current

- Develop branding strategies and manage TikTok content, gaining 40k+ followers in 6 months and 50k+ followers on Instagram in over a year.
- Actively engage and foster political discussions with the youth, 80%+ followers on both TikTok and Instagram platforms.
- Disseminate information about proposed bills and amendments through various social media channels, effectively collecting valuable input and insights from the audience.
- Research political trends, ensuring the secretariat's communication strategies remain informed and adaptable.
- Collaborate with cross-functional teams to coordinate branding and communication efforts across various digital platforms.

YUWA NEPAL

Kathmandu, Nepal

CURIEA Cohort Member

May 2024 - Current

- Demystifying myths related to politics while actively engaging in Nepal's political dynamics.
- Learning from cohort members' evolving perspectives and facilitating discussions with friends and family.
- Participating in thematic discussions to understand political structures and government operations.
- Enhancing knowledge of ongoing political changes and dynamics in Nepal.

SHETHEKRANTI (Feminist Campaign)

Hybrid

Content Creator | Collaborative Team Member

April 2023- Current

- Conducted sessions on harassment, bullying, and mental health in Kathmandu schools and Aama Samuha in Damauli.
- Actively engaging in team meetings to plan for workshops, events, and plans.
- Generating Instagram and TikTok content on feminist issues.
- Raising awareness on topics like HIV/AIDS, PCOs, and Queer issues through digital platforms.

AFRISTEM

Capetown, South Africa

Apprentice | Curriculum Developer | Content Creator

Sept 2023 - Dec 2023

- Developed a beginner-friendly Scratch e-book tailored for middle school students in low-income areas.
- Designed a comprehensive 12-hour web development module and its teaching manual, aimed at assisting high school and college graduates in securing jobs in frontend development
- Designed the organization's logo, email signature, and letterhead.
- Initiated and managed social media platforms (Instagram, LinkedIn).
- Launched Instagram with 9 posts, gaining 80+ followers and over 300% engagement in a month.

GLOBAL CITIZEN YEAR

Capetown, South Africa

Take Action Lab Student | Gap semester abroad

Aug 2023- Dec 2023

- Engaged in a semester-long program, demonstrating adaptability and embracing diverse cultures during a three-month stay abroad.
- Completed pre-departure training, and in-country orientation, and engaged in 'Learning Reconnects' and 'Cultural Series' sessions to foster continuous learning and cultural awareness, embracing South Africa's history and culture.
- Awarded full scholarship covering tuition, travel, and a stipend for a three-month abroad experience valued at \$28,000.

INTERNATIONAL SOCIOECONOMICS LABORATORY

Remote

Research fellow

July 2021- August 2021

- Conducted a supervised three-phase research paper analyzing child health services & policies. Published at SSRN, top 10 of adolescent health papers.
- Coordinated and worked with 11 individuals from 5 different countries regardless of time difference.
- Organized and conducted interviews with child healthcare professionals for qualitative study.
- Regularly attended Econ-50 classes, team meetings, and discussions.

BUDHANILKANTHA EDUCATIONAL SERVICES

Kathmandu, Nepal

Tutor (Mathematics & Science private tutor)

March 2021- April 2023

- Planned customized lessons addressing subject weaknesses and leveraging strengths.
- Conducted Compulsory and Optional math tutoring, assisting a 10th grader in achieving target grades.
- Delivered remote live video sessions on Zoom for students located outside the valley.
- Elevated math grades from E to C for 9th and 10th graders within two months through weekly tests.
- Established strong interpersonal connections with tutees to create an effective learning environment.

Skills

Technical: HTML, CSS, JS, PHP, SQL, Cloud computing (Azure) & Figma

Language: English, Nepali & Hindi (Working level proficiency)

Other: Canva, Video editing, Research, Digital communication & Branding, Content Creation

Volunteer Experience

Society Of Ex-Budhanilkantha Students (SEBS):

- Actively organize yearly music fest (SEBS Sandhya) to engage alumni and current students, fostering networking opportunities.
- Initiated video podcasting to archive alumni stories, coordinating shoots, hosting, and editing. Edited & released the trailer for the Golden Jubilee celebration of the school(Aug 2022 – Oct 2022).
- Volunteered to reach out to hospitals during COVID-19, inquiring about essential resources like beds and ventilators. (May 2021 – Aug 2021)

Scouts (School Scout Troop)

- Organized cleaning campaigns and provided first aid and knot-making training for juniors (2016-2019).