

PERSONAL INFORMATION



Pratiksha Shrestha

 New Baneshwor, Kathmandu Nepal

 9867437864

 Pratiksha.shrestha2001@gmail.com

 www.shresthapratiksha.blogspot.com

 <http://np.linkedin.com/in/shresthapratiksha/>

Sex Female | Date of birth 14/04/1989 | Nationality :Nepalese

EDUCATION AND TRAINING

2017 – present Teaching faculty at college of Applied Food and Dairy Technology (CAFODAT), New Baneshwar, Kathmandu

2015 – 2017 Master in Food Engineering and Bio Process Technology (FEBT)

Asian Institute of Technology (AIT)

Principle Subjects: Food engineering, bio process, processing effects, laboratory, post-harvest, biotechnology

GPA (3.31)

Thesis Title : Extraction of Nanocellulose from Banana Pseudostem and its utilization in developing drug loaded bionanocomposite film

Advisor: Dr. Anil Kumar Anal

Professor and Coordinator at FEBT at AIT

E-mail: anil.anal@gmail.com

Mobile no: 06829632277

2008 - 2013 Bachelor in Food Technology (B.Tech, food)

College of Applied Food and Dairy Technology (CAFODAT)

Principle subjects: Food processing, food microbiology, Food safety, food engineering and food preservation and Research.

GPA (3.86)

Thesis Title: Assessment of Total coliform on fresh vegetables irrigated by water of Bagmati tributary, Manohora River.

2006 - 2008 High School

Kathmandu Model College

Principle subjects: Science

2001 - 2006 School leaving certificate (SLC)

Deepshikha Higher Secondary English Boarding School

Principle subjects: Science, Nepali, English, Social, Computer, mathematics

Trainings and courses

1. Internal Auditor Training on Food Safety Management ISO 22000:2005, 29 -30 Nov 2013, Certificate no. IA- 174
2. Massive Online Open Course (MOOC) course on “Food and Beverage Management” by Universita Commerciale Luigi Bocconi; September 24 – 2015
<https://www.coursera.org/account/accomplishments/verify/P8WH8TTV7KX2>
3. MOOC course on “Chemicals and Health” by John Hopkins Bloomberg School and Public Health
<https://www.coursera.org/account/accomplishments/verify/WJFXLEKX3P>
4. MOOC course on “Introduction to Global Health” by University of Copenhagen
<https://www.coursera.org/account/accomplishments/verify/DJJ9NQNBZS>
5. MOOC course on “Diabetes a Global Challenge “ by University of Copenhagen
<https://www.coursera.org/account/accomplishments/verify/DJJ9NQNBZS>

WORK EXPERIENCE

March 2014 – July 2015 Academic Coordinator for Diploma Program

College of Applied Food and Dairy Technology (CAFODAT)

- Arrange classes and schedules
- Conduct internal examination and all process regarding board examination.
- Conveying student’s agenda to the Management

Business or sector Academic Institution

2013 – Jan 2014 Quality Control Officer

Jagadamba Foods Pvt. Ltd. ; Bhairahawa

- Quality test of raw materials, in plant processing and finished products
- Compliance and rejection
- Documentation and record keeping and reporting regarding food quality and safety.

Business or sector Food industry

Nov 2011 – Aug 2012 **Office Secretary**
Nepal Food Scientists and Technologist Association (NEFOSTA)

- Receiving and Dispatch of letters and information communication
- Membership registration and renewal
- Arrangement of programs and seminars

Business or sector Non profit organisation

Aug 2010 – Nov 2011 **Research Associate**
Water Engineering and Training Centre (WETC)

- Assist in laboratory test for microbiological and chemical tests
- Oil extraction of *Jatropha Curcas* samples of different parts of Nepal

Business or sector Private Food and water testing laboratory

PERSONAL SKILLS

Communication skills

- Good communication skills gained through my experience as Office Secretary for Nepal Food Scientist and Technologist organisation (NEFOSTA)
- Good communication skills gained through my experience as College Academic Coordinator for Diploma Program

Organisational skills

- Good Managerial skills gained through my experience as College Academic Coordinator for Diploma Program
- Good Managerial skills gained through my experience as Quality Control Officer in Jagadamba Foods Pvt. Ltd. Bhairahawa
- First-Executive Committee member of CAFODAT- Nepal Food Technologist Student's Association (NEFTSA)

Job-related skills

- good command of quality control processes form Work experience as Quality Control officer in Jagdamba Foods Pvt. Ltd. Bhairahawa-Nepal
- Internal Auditor training on Food Safety Managemnt: ISO 22000:2005
- Multi tasking capability gained during work experience of Coordinator of College of Applied Food and Dairy Technology. Role of Administrator, coordinator, instructor at a time.

Computer skills

- good command of Microsoft Office: Word/ Excel/ and Power-Point
- Basic Internet Skill: Email, Social and Professional media

Publications

- Assessment of Total Coliform in Fresh Vegetables irrigated by water of Bagmati Tributary; Manohara River; Proceeding of National Food Conference (Nepal) - 2014
- Pratiksha Shrestha, K. P. R. a. A. K. A. (2016). Interactions of Bio-macromolecules During Processing of Instant Asian Noodles: A Review Article. *J. Food Sci. Technol. Nepal*, 9, 1-10.
- Effect of Selected Metal Ions on Thermal and Storage Stability of Anthocyanins and Total Phenolic Compounds in Spray-dried Red Cabbage Extract; Jakaphan Ratanapoompinyo, Loc T. Nguyen, Lavaraj Devkota, Pratiksha Shrestha; The 18th Food Innovation Asia Conference 2016 (FIAC 2016) Food Research and Innovation for Sustainable Global Prosperity 16-18 June 2016
- THE EFFECTS OF SELECTED METAL IONS ON THE STABILITY OF RED CABBAGE ANTHOCYANINS AND TOTAL PHENOLIC COMPOUNDS SUBJECTED TO ENCAPSULATION PROCESS; Jakaphan Ratanapoompinyo, Loc T. Nguyen, Lavaraj Devkota, Pratiksha Shrestha; Journal of Food Processing and Preservation.

Honours and awards

1. Finalist -PTTGC open innovation challenge, Thailand 26th May 2017
2. Winner/ FAO-AIT- 3 Minute Poster competition on Reducing Food waste, 17th Nov, 2016
3. Winner/SERD - Research Exhibition, 2nd Nov, 2016 AIT
4. Awarded with Queens Scholarship 2015 for FEFT program at AIT.

Involvement

1. General Member: Nepal Food Scientist and Technology Association (NEFOSTA)
2. Secretary: SU Campus and Environment, Aug 2016, AIT
3. G.A Speaker: SU executive committee, Jan 2017

Reference

Dr. Anil Kumar Anal
Professor and Coordinator at FEFT at AIT
E-mail: anil.anal@gmail.com
Mobile no: 06829632277