

**ESHA RAI**  
**24<sup>th</sup> October 1989, Nepal**

Address: Damak , 5, Nepal  
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## **EMPLOYMENT DETAILS**

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Damak Multiple Campus (DMC), Damak, Nepal

**Job Title:** Assistant Lecturer

- Bachelor in Environmental Science Program
- Higher Secondary Science Program

Niharika Higher Secondary School, Kerkha, Nepal

April. 2015 to June. 2016

**Job Title:** Teacher

- Taught Science and Math Subjects to the students from Grade 8 to Grade 10

Eastern Star Secondary English School, Damak

Aug. 2011 to Sept. 2012

**Job Title:** Teacher

- Taught Science Subject to the students from Grade 8 to Grade 10

## **ACADEMIC BACKGROUND**

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Environmental Science (M.Sc.) 76.44%, Distinction	Central Department of Environmental Science, Tribhuvan University	Year Completed : 2015
Environmental Science (B.Sc.) 63.2%, First Division	Damak Multiple Campus, Tribhuvan University	Year Completed: 2011
+2 Level/Intermediate Level 55.2%, Second Division	Siddhartha Boarding Higher Secondary School	Year Completed: 2008
School Leaving Certificate (SLC) 82.00%, Distinction	Siddhartha Boarding Higher Secondary School	Year Completed: 2006

## **SKILLS**

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- Basic Computer skill (MS Office, Internet navigation.)
- Geographic Information System (GIS)- Basic mapping and spatial analysis
- Statistical Software for Social Studies (SPSS)- Data entry, descriptive and inferential statistics
- Laboratory skill- Water and soil testing
- Report writing- Technical and research report
- Data analysis and presentation
- Ms word and documentation
- Communication- Written and verbal

## **TRAINING**

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- Time Management, Art of Speaking and Leadership development
- Community-based Disaster Risk Reduction Training
- Practical exam of Bachelor degree under Science, Technology, and Research Institution
- Capacity Building of Female Academics and Researcher on STEM
- Digital Literacy and Research Methodology

## **PROFESSIONAL DEVELOPMENT**

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- Presenter at *Science Dialogue on Ethnobotany and Indigenous Knowledge*, organized by UNESCO, Kathmandu (Online), August 26, 2022
- Expert for training on practical examination of Bachelor's degree, organized by OCE, Biratnagar (Science, Technology, and Research Institution), March 1-2, 2024
- Speaker at seminar on Climate Change and Sustainable Development, Central Campus of Technology, Hattishar, Dharan, May 21, 2024
- Citizen Scientist, S4W-Nepal Citizen Scientist Water Monitoring, S4W-Nepal, April 20, 2024
- Trainer for Awareness on Solid Waste Management, Damak Municipality, Department of Environment, May 7-8, 2024

## **GRANT RECEIVED**

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- Disaster Risk Reduction Research Grant of Central Department of Environmental Science, Tribhuvan University amount NPR. 25,000.
- Community Work Research Grant of Central Department of Environmental Science, Tribhuvan University amount NPR. 15,000.

## **RESEARCH AND ACAMEDIC WORK**

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- Conducted “A Case Study on Indigenous Knowledge of Enthnobotanical Plant of Satar Community, Kamal Gaunpaalika”
- Conducted “A Case Study on Drinking Water Quality Analysis of Kirtipur ,Kathmandu”
- Conducted “A Case Study on Altitudinal Variation in Soil Quality Analysis ,Simaltaar”
- Conducted “Community work on “Solidwaste management at household level” Kertkha, Jhapa
- Thesis in “Urban Sprawl in Biratnagar”
- Supervised “Comparative study of Hospital Waste Management of Private and Government Hospitals, Damak”
- Supervised “Hospital waste Generation and it's management practices. A case study of Damak Hospital.”
- Supervised “Energy consumption pattern of ratuwamai municipality ward no-5, morang,Nepal. “
- Supervised “A case study on occupational safety and health hazards among solid waste handlers of Damak municipality.”
- Supervised “To study Human Elephant Conflictin chulachuli-2, Illam.”
- Supervised “To study IMP practice in Himalayan Tea Estate, Damak.”
- Supervised “To study the ethnomedicinal plant practicesused by santhal community of Kamal Gaupalika-1, Jhapa.”
- Supervised “People's participation in community forest. A case study of Betani Community Forest.”
- Supervised “Hospital wastegeneration and it's managementpractices.”
- Supervised “Water quality analysis using physio-chemical parameters of Ratuwa River.”
- Supervised “Roadside plantation and its role: A case study of Mahendra Highway”
- Supervised “Impact of climate change on agriculture of Kamalgaupalika-1”
- Supervised “Ground water quality evaluation for drinking purpose in Urlabari-1”

## **PUBLICATION**

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Rai, E., Shrestha, H., & Sharma, B. (2016). Land Use Change Detection and Urban Sprawl Analysis of Biratnagar . *Journal of Environment Science, Volume-2* , 205-213.

Shrestha, N., & Rai, E. (2023). Awareness on pesticide exposure and safety practices at Himalaya Tea Estate Damak-4. *Damak Campus Journal*, 11(1), 95–101. <https://doi.org/10.3126/dcj.v11i1.63486>

## **REFERENCES**

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### **Sadhana Pradhanang, PhD**

Associate Professor

Central Department of Environmental Science,

Tribhuvan University,

Kirtipur, Kathmandu, Nepal

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