

Aarati Chhatkuli

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PERSONAL SUMMARY

I am currently pursuing a degree in public health. I am a national chess player and Fide Arbiter. I have experience working in youth development projects, women empowerment and health advocacy campaigns through multiple organizations. This has allowed me to gain and hone my communication and leadership skills. I am passionate about bridging the gap in health equity in Nepal and advocating for a climate resilient health system. Currently, I am actively searching for opportunities to contribute to the sector.

EDUCATION

BACHELOR IN PUBLIC HEALTH **Dec 2021 – Present**
Central Department of Public Health, Institute of Medicine Kathmandu, Nepal

Course Concentration: Biostatistics, Research methodology, Primary Health Care, Health Promotion and education, Public Health Administration and Management, Environmental Health, Family Health

Community Research and Engagement

Municipal Health System Management (MHSM) Study **May-June 2024**
Health Office, Ramechhap Municipality Ramechhap, Nepal

Led 2 months long residential study of the entire health system of the Ramechhap Municipality in Ramechhap District and coordinated all activities of the 5 member team

Conducted epidemiological study on major health issue of the municipality and presented a five year plan to the municipality authorities

Community Health Diagnosis (CHD) Study **May- June 2023**
Kalika Rural municipality Rasuwa, Nepal

Conducted 1 month long residential community health diagnosis in Kalika Rural Municipality, Ward no.1, Ramche of Rasuwa district as part of the mandatory curriculum

TRAINING AND WORKSHOPS

Friends-Raising for Fundraising Workshop **Nov 2024**
Bikalpa Gyan Tatha Bikash Kendra www.bikalpa-nepal.org Kathmandu

Public health students' conference **Feb 2024**
Dhulikhel Hospital, Kathmandu University Dhulikhel

Workshop on Safe Abortion **Jun 2023**
Visible Impact Kathmandu

First Aid Training **Feb 2022**
Physicians for Social Responsibility, Nepal Kathmandu

Legal Provisions for Women in the Constitution Seminar **Nov 2018**
Bikalpa Gyan tatha Bikas Kendra Kathmandu

SCHOLARSHIPS AND AWARDS

Medical Education Commission Scholarship- Institute of Medicine, Nepal **2021 – 2025**

Golden Jubilee Scholarship- Embassy of India, Nepal **2021 – 2023**

Academic Excellence Scholarship - GoldenGate International College, Kathmandu, Nepal **2018 – 2019**

EXPERIENCE

- Intern- Family Planning Association of Nepal** **March 2025-Present**
Lalitpur, Nepal
- Prepared summary report on 'Advancing SRHR for People with Disabilities project' for fliers and IEC materials.
 - Data cleaning for the monitoring of Adolescent Friendly Information corner under CSE project.
 - Operational and literature support to the senior program coordinator of PWD project
- All in Solutions Fellow- All In Foundation** **March 2025-Present**
Kathmandu, Nepal
- Conduct evidence based community solutions project on pressing issues through youth innovation and teamwork.
 - Conduct research to support the project and present findings to stakeholders.
- Youth Champion- Visible Impact** **March 2025-Present**
Kathmandu, Nepal
- Youth Champion for safe abortion advocacy through Youths for Access to Abortion for Youths (YAAY) project.
 - Conduct community and school sessions on safe abortion awareness
 - Organize lobby meetings with stakeholders from Kathmandu Metropolitan City for providing updates and discussing new commitments from local level.
- Youth Ambassador- Bikalpa Gyan Tatha Bikash Kendra** **October 2024-Present**
Kathmandu, Nepal
- Collected data and prepared a report on Healthy Family characteristics of urban slum of Jagriti nagar, Kathmandu
 - Presenter for 'Bolne Sathi' podcast series for advocacy on child rights and health creating space for children to share their stories <https://youtu.be/WAlw3Qbyldk?si=aFC9LnE3HwvSzGKv>
- Fellow- MCW Global Young Leaders 2024** **July 2024 – Present**
New York and Vermont, USA
- Participated at MCW Global International Fellowship as part of the local change through global exchange program which brought together 28 mentees from across the world
 - 9 days in-person workshop focusing on global citizenship, self awareness, modern leadership and vision planning
 - Virtual mentorship for the rest of the fellowship for project implementation at local level in home country
- Member- Nepal public Health Students Society** **Jan 2021 – Present**
Kathmandu, Nepal
- Facilitated the 16 Days Activism Against Gender Based Violence program in Basantapur, Kathmandu in collaboration with WOREC Nepal
 - Collected data and advocated for May Measurement Month program
 - Coordinated various day celebration programs including Women's day, Autism Day in the premises of Maharajgunj Medical Campus and hospital
- Campaign Lead- NyanoMaya** **Nov 2018 – Present**
Dhading, Nepal
- Orchestrated the campaign 'Warm Love 2020' for the indigenous Chepang community of Dumbang village of Nepal <https://youtu.be/S11kTSVN1wl> in December 2020
 - Initiated a fundraiser amassing over 1300 USD and personal in-kind donations
 - Led and managed a team of 7 volunteers to provide winterization support to 70 primary level and 26 secondary level school children along with over 200 individuals from 36 households over the period of 3 weeks
 - Conducted sessions on reproductive health and hygiene for students of Kalika Secondary School, Bidang, and Chepang students attending Chandrodaya Higher Secondary School in Benighat in December 2019

- Successfully established a library with 50+ books in Jaldevi Primary School in Dumbang
- Provided stationery and winterization support to students of Kalika Secondary School of Bidang in December 2018

Non Communicable Disease Ambassador - SOCHAI

Jan 2023 – July 2024

Kathmandu, Nepal

- Conducted school based advocacy in non-communicable diseases awareness through Sochai (Social Changemakers and Innovators) organization as a senior NCD Ambassador in Kageshwori Manohara Municipality
- Prepared policy brief as a team that was handed over to the Mayor of the municipality

Change Maker- Bikalpa Gyan tatha Bikas Kendra

June 2015 – Nov 2018

Kathmandu, Nepal

- Worked as a member of 'Children as change maker' program for two years through the non-profit organization Bikalpa Gyan tatha Bikash Kendra for the Kageshwori Manohara Municipality in Kathmandu
- Collaborated with local government to conduct sessions on reproductive health, sanitation and proper waste management for youths (under 18)
- Facilitated awareness program on earthquake response and earthquake resistant buildings to group members and students of Tej Binayak Higher Secondary School

TECHNICAL SKILLS

Google Suite, Microsoft Office, SPSS, Canva, Proposal writing, Data Collection and Analysis, Report writing

LANGUAGE SKILLS

Nepali- Native tongue / **English, Hindi/Urdu-** Bilingual Proficiency / **Korean-** Intermediate / **Japanese-** Beginner