

ROHAN CHAMLAGAIN

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m

EXPERIENCE

Holy Family Services (Compass Group), (Marayoung, NSW— *Catering Assistant*)

19/02/2024 - PRESENT

- Assisting the chef and kitchen staff in preparing meals, including making sandwiches and light dishes for residents.
- Maintaining a clean, organized kitchen by washing dishes, cleaning work areas, and ensuring overall hygiene standards are met.
- Preparing and plating desserts and pureed meals, ensuring they are suited to the specific dietary needs of residents, such as allergies and medical conditions.
- Serving meals based on each resident's preferences and dietary restrictions, including portioning food according to their requirements.
- Interacting with residents to address their meal-related feedback and requests, ensuring satisfaction with future meals.
- Following strict food safety and hygiene protocols to ensure a safe dining experience for all residents.

Dubai Marriott Harbour Hotel and Suites Dubai, UAE — *Housekeeping & Food and beverage service department*

(MAY 2021 - APRIL 2022)

- Prepare and serve high-quality meals and beverages in restaurants, bars, and room service.
- Manage event catering, ensuring smooth operations and guest satisfaction.
- Collaborate on menu planning, catering to guest preferences and dietary needs.
- Maintain cleanliness and upkeep of guest rooms and public areas to five-star standards.
- Oversee laundry and linen services, ensuring timely delivery and quality.
- Respond to guest requests promptly, ensuring a comfortable and pleasant stay.

SKILLS

- Proficient in Kronos workforce management software.
- Advanced skills in Microsoft Office Suite. (Word, Excel, PowerPoint, Outlook)
- Leadership and Team Management.
- Knowledge of aging and disability rights and advocacy to ensure clients' needs are met.
- Ability to support individuals with mobility challenges, including using mobility aids and transferring techniques.
- Proficient in providing personal care assistance, including bathing, dressing, and grooming.
- Patient and calm demeanor to provide reassurance and emotional support to clients.

LANGUAGES

Name (Proficiency)

- Nepali (Native)
- English (Fluent)

- Hindi (Fluent)

Meadowbank Grove Care Community__ West Ryde, NSW— AIN Placement

(14/10/ 2024 to 01/ 11/ 2024)

- Provided personal care assistance to residents, including bathing,grooming, dressing, toileting, and mobility support.
- Engaged residents in social activities and conversations to promote mental stimulation and emotional well-being, fostering a supportive environment.
- Supported residents during meal times, including setting up dining areas, serving food, and assisting with feeding as needed, while adhering to dietary requirements.
- Participated in emergency response procedures, maintained safety protocols, and collaborated effectively with multidisciplinary teams to ensure comprehensive resident care.

EDUCATION

-Bachelor in Hotel Management (BHM)- Goldengate International College-Kathmandu, Nepal

-Master in Business Administration(MBA): King's Own Institute- Town Hall, NSW

Training

- BARISTA- Nepal,(May 2021 - February 2022)
- First Aid Training, (2024)
- CPR Training, (2024)
- Manual Handling Training, (2024)

Certificate

- Police Certificate
- First Aid Certificate
- CPR Certificate
- Manual Handling Certificate
- Age Care and Disability Certificate III

REFERENCES

Name: Nesha Budathoki
Job Title: AIN (Holy Family Services)
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Name: Niranian Prasai
Job Title: Training Manager / Trainer (Australian Community and Management College)
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Name: Sangita Maharjan
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