

SHRISTI DHAKAL

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Objective

As a dedicated public health student, I am eager to apply my knowledge and skills in promoting health and well-being in the fields of aged care and disability services. My goal is to contribute to creating inclusive, compassionate, and effective care environments, while advocating for the needs and rights of older adults and individuals with disabilities.

Personal Details

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| • Visa Status | : | Subclass 485 (Till: 04 July 2029, Full working rights) |
| • Nationality | : | Nepalese |
| • Gender | : | Female |
| • Marital Status | : | Married |
| • Languages | : | English, Nepali, Hindi |

Work Experience

Cafe Talk Nepalese Restaurant: Front Staff (November 19, 2024 – December 28, 2024)

The tasks involved were as follows:

- **Greet Customers:** Welcome and assist customers.
- **Take Orders:** Accurately record customer orders.
- **Handle Payments:** Process payments and provide change.
- **Serve Food/Drinks:** Deliver food and drinks promptly.
- **Maintain Cleanliness:** Keep the front area neat and tidy.
- **Assist Customers:** Address questions or concerns.
- **Restock Supplies:** Replenish cups, condiments, etc.
- **Promote Specials:** Inform customers of promotions.
- **Collaborate:** Work with team for smooth service.

Neuro Hospital: EEG (Electroencephalogram) Conducting Staff (February 12, 2023 – August 18, 2024)

The tasks involved were as follows:

- Explain the procedure of EEG to patients, collect their medical history and ensure their comfort.
- Prepare patients for the procedure.
- Record the activity of their brain and document as per the Doctor's instructions.
- Help Doctors with other tasks related to EEG.
- Maintain the record of patients as per the test findings.

Education

CHC33021 Certificate III in Individual Support (Ageing and Disability)

Pursuing

Advance College, Burwood, NSW

Skills & abilities

Skills I learned during my Bachelor's:

- Collecting, analyzing, and interpreting public health data; conducting literature reviews.
- Understanding epidemiological methods, disease surveillance, and outbreak investigation.
- Developing health education campaigns and materials; public speaking to diverse audiences.
- Analyzing and interpreting public health policies; advocating for health equity and resources.
- Building partnerships with community organizations; engaging diverse populations in health initiatives.
- Planning, implementing, and evaluating public health programs; budgeting and resource management.
- Crafting clear health messages; utilizing social media and digital platforms for communication.
- Applying critical thinking to assess public health challenges and develop evidence-based solutions.
- Understanding healthcare delivery systems, public health frameworks, and global health issues.
- Working in interdisciplinary teams; contributing to collaborative health initiatives.
- Sensitivity to the needs of diverse populations, including marginalized and vulnerable groups.
- Managing multiple projects and deadlines effectively; maintaining attention to detail.

Skills I learned working as Front Staff:

- Providing excellent customer service and creating a welcoming environment for guests.
- Taking customer orders accurately and efficiently, both in-person and over the phone.
- Preparing and serving food and drinks according to menu specifications.
- Maintaining cleanliness and organization of the cafe, including tables, counters, and restrooms.
- Managing customer inquiries, complaints, and concerns in a professional and timely manner.
- Ensuring health and safety standards are met, including food handling and sanitation protocols.
- Coordinating with kitchen staff to ensure timely and accurate order fulfillment.
- Collaborating with team members to ensure smooth cafe operations and customer satisfaction.
- Multitasking in a fast-paced environment while maintaining a positive attitude.

Technical Skills

Technical Skills I have learned are as follows:

- Data analysis and Statistical Software
- Basic skills of Microsoft Office (Word, Excel, PowerPoint)
- Email and Internet
- Epidemiological methods
- Survey Design and Data Collection
- Public Health Surveillance
- Health Communication Tools
- Ethical guidelines in Public Health

Awards and Achievements

- **Participation Certificate for Public Health Professional Development Training:**
Organized by Youth Society Nepal in collaboration with Edinburgh International College.

Completed Projects

- I have done survey research regarding “**Oral Hygiene Among School Going Children**” at Global Educational Academy located in Damak Municipality, Nepal.

Social Links and Connections

LinkedIn : <https://www.linkedin.com/in/shristidhaka107/>