



CONTACT



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mslidhansa@gmail.com



7 Bullock Street, Austral
NSW 2179

EDUCATION

Bachelor Degree

Bachelors in Business Studies

Tribhuvan University

2015-2019

55%

Intermediate (+2)

Management

HSEB

2013-2015

63.90%

School

Nepal SLC Board

2013

73.38%

SKILLS

- Time management
- Active listening
- Teamwork
- Basic computer skills
- Adaptability

LIDHANSA DANGOL

PROFILE

I am an energetic, ambitious person who has eagerness to learn new things and has developed a responsible approach to any task that I undertake, or situation that I am presented with.

WORK EXPERIENCE

Assistant in Nursing- RSL Lifecare

23/01/2023- Till date

I did my placement as well in the same aged care during my course.

Responsibilities:

- Assisted residents in and out of bed and wheelchairs, using safe lifting and transferring techniques.
- Maintained secure environment for staff and residents, following established safety standards.
- Assisted residents in activities of daily living to maintain health and dignity.
- Reported health changes and provided proper documentation to appropriate staff.
- Responded to resident dining needs and assisted with feeding.

Housekeeping- Crown Towers Sydney

18/08/2022- Till date

Responsibilities:

- Serviced rooms by making beds, dusting and vacuuming.
- Cleaned bathrooms and wiped down high-touch surfaces with appropriate solutions.
- Cleaned guest rooms to meet company and departmental standards.
- Vacuumed and mopped floors with approved equipment and chemicals.
- Changed and replenished bed linens, towels and guest amenities.
- Replenished supplies, such as drinking glasses, linens, writing supplies, and bathroom items.

LANGUAGES

English ★★★★★

Nepali ★★★★★

Newari ★★★★★

Hindi ★★★★★

Assistant- Civil Bank Ltd.

01/01/2019- 15/07/2022

Responsibilities:

- Handling cash transactions and inward remittances.
- Keep records of every transaction at end of the day.
- Carrying duties and responsibilities assigned by the supervisor/ in charge.
- Handling customer queries and complaints.
- Answered telephones to route caller to appropriate individual or address general questions.
- Took and transcribed dictations to prepare letters, summaries, or reports.
- Ordered equipment and supplies, maintaining acceptable inventory for operations.

CERTIFICATES

- Certificate IV in Ageing Support
- First Aid and CPR
- Police Check
- COVID-19 Vaccination (Full)
- International Barista Course

REFERENCES

Niranjan Prasai

Trainer

+61 451 995 201

Pratibha Dahal Tiwari

Clinical Care Manager

02 8777 2111

