

PERSONAL INFORMATION

Aryal Ashok



 16, Boharatar, Balaju, Kathmandu (Nepal)

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 aaho3456@gmail.com

Sex Male | Date of birth 30/08/1986 | Nationality Nepalese

STUDIES APPLIED FOR

Masters in Public Health, International Health, Global Health, International Social welfare and Health Policy

EDUCATION AND TRAINING

01/09/2006–10/07/2012

Doctor of Medicine

I.K. Akhunbaev Kyrgyz State Medical Academy, Bishkek (Kyrgyzstan)

Basic Sciences (Anatomy, Histology, Physiology, Biochemistry, Microbiology)

Basic Clinical Medicine and Surgery

Hospital Medicine and Surgery (Adult and Paediatrics, Orthopaedics)

Physiotherapy

Epidemiology

Infectious Diseases

03/05/2002–23/01/2005

+2 in Science

National school of Sciences, Kathmandu (Nepal)

Biology

Chemistry

Physics

English

WORK EXPERIENCE

13/04/2016–16/08/2017

Medical doctor

Suvekchya International Hospital and Research Center, Kathmandu (Nepal)

Working with consultant doctors in various field like Surgery, Medicine, ICU management

01/04/2016–Present

AWON Kalimati Clinic, Kathmandu (Nepal)

worked with Public esp. Children

Good command in Immunisation and infectious diseases

01/08/2014–31/12/2015

medical officer

Rampur Hospital, Nepal Government, Palpa (Nepal)

■ Management of emergency patients

■ Public education for improvement of health

■ Daily check up of patients

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01/09/2013–30/03/2014

Medical officer

Lumbini Medical College and Teaching Hospital Pvt Ltd, Palpa (Nepal)

- Managing the trauma patients
- Preoperative assessment and preparation of patients

PERSONAL SKILLS

Mother tongue(s)

Nepali

Foreign language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C1	C2	C1	C1	C1
IELTS (listening 6.5, reading 6.0, writing 6.0, speaking 6.0), CEFR Level B2					
Russian	C2	C2	C1	C1	C1
Certificate with Excellent Grading					

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user
Common European Framework of Reference for Languages

Communication skills

Good communication with Public
Can interact freely with children gained from professionalism

Organisational / managerial skills

leadership- Worked as Head of Organisation working of more than 10 people

Job-related skills

Good command in public counseling
Taught health education to school level and community levels during work
Good hand in Basic Surgery and good Knowledge in Medicine

Digital skills

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem-solving
Independent user	Proficient user	Independent user	Independent user	Basic user

Digital skills - Self-assessment grid

Gained by Self Learning