



Curriculum Vitae

Sabita Prasai (Sapkota)

Address: P.O. Box 21279, Kathmandu, Nepal
Telephone No: 011-977-1-5530040, 9841463189
E-mail: sabiprasai@gmail.com
Date of Birth: Feb.18, 1971
Nationality: Nepali
Gender: Female
Marital Status: Married
No. Of Children: two Sons

ACADEMIC QUALIFICATION

Master's Degree in Sociology:

Tribhuvan University (TU)-Tri-Chandra Multiple Campus, Department of Sociology/ Anthropology, Saraswoti Sadan, Kathmandu Nepal. 1999

Topic of Thesis:

Impact of Modernization on Occupational Caste Group: A Case study of the Prajapati (The Potters) of Kathmandu Municipality, Handigaun - 5

Course Concentration:

Foundation in Sociology and Anthropology, Human Evolution. And Prehistoric Culture, Theoretical Approach in Sociology/Anthropology, Methodological of

social Research, Rural Sociology, etc.

Master's Degree in Nepalese History, Culture & Archaeology (NeHCA)

: Tribhuvan University, Kirtipur. 1998

Course Concentration:

Hindu Polity & Political History of Nepal, Religion & Philosophy, Epigraphy and Numismatic, Iconography, Arts & Architecture, Archaeology, Social & Cult Anthropology of Nepal, Tourism & Musicology etc.

Bachelor's Degree

Tribhuvan University (TU) - Padma Kanya Multiple Campus, Bagbazar, Kathmandu Nepal. 1996

Course Concentration:

Music & Culture

Proficiency Certificate Level:

Tribhuvan University (TU)-Padma Kanya Multiple Campus, Bagbazar, Kathmandu, Nepal. 1994

Course Concentration:

Culture, Music & Nepali.

S.L.C.

His Majesty's Government of Nepal, Ministry of Education and Culture-Kankai Secondary School, Jhapa 1988.

Course Concentration:

Agriculture, History, Economics, & Health Education.

PROFESSIONAL AND ACADEMIC SKILL/ EXPERIENCE

Lecturer: Teaching in Intermediate & Bachelors level at Dillibazar Kanya Multiple Campus.since,1999- june 2007

Lecturer: Teaching in bachelors level at Modern Kanya Multiple College, Bhimsengola Old Baneshwor Since July 2007 till now.

Lecturer:KIST college Kamalpokhari for BBA and BIM programme(T.U.) since 2009 till now.

Lecturer: The times international college Dillibazar Kathmandu for BBM program (T.U) since 2019/2020

Lecturer: CGIM (Chaudhary group institute and management), Limkong University Malaysia, during 2018/2019.

Lecturer: Citizen College Satdobato Lalitpur for BBA (Pokhara), since 2012 - 2017.

Programme Co-ordinator: Dillibazar Kanya Multiple Campus: Conducted and participated in the variety of academic and extracurricular activities. Conducted different annual and occasional workshops and seminars, coordinated with campus administration, staff, lecturers and Students, since 1999 - June 2007

Writer: Nepal Samacharpatra national daily, newspaper, since 2012, till now.

Writer /Columnist: Tarun National Weekly news paper, since 2012, up to now

Member: Subject Committee of History and Culture, Higher Secondary Education Board (HSEB), Sanothimi, Bhaktapur, Nepal. Worked and conducted curriculum designing of History and Culture in HSEB, since January, 2004 to 2009

Papers presenting, concerning women education and gender discrimination.

Publication:

Published a Text - book in 2004, entitled "Nepalese History and Culture" for intermediate of Tribhuvan University and +2 level students of Higher Secondary Education Board.

More than six dozen

Articles Published concerning women, religion, politics, culture and art on

Lokpath online media.

Annapurnapost National Daily

Tarun Weekly, National newspaper.

Gorkhapatra National Daily,

Samacharpatra National Daily,
Rajdhani National Daily: Newspaper, Nawaswatantrata Weekly,
Nari Udhgosh Monthly,
Daitwa Monthly,
Pashupati Kshetra, Half yearly,
Puspanjali, the college magazine Dillibazar Kanya campus.
Anamila, the college magazine, Modern Kanya College. etc

ACADEMIC TRAINING

1. Participated in the Teacher's Training from the Civics in Nepal **Textbook & Teachers Guide for the Plus Two Contemporary Societies course** as well as **varieties of Teaching Methodologies**, from July 29 - 30, 2001, organized by National Democracy Institute for International Affairs (NDC/Nepal)
2. Participation in the Teachers Training on "**Evaluation of Answer-Sheet and Making Question**" in Dillibazar Kanya Multiple Campus (Jan 14 and 15, 2002) organized by Dillibazar Kanya Multiple Campus.
3. Participation in the three day Workshop-Seminar 2062 Ashad 16-18 (July 1-3, 2005) on **Teaching Methodology** organized by Dillibazar Kanya Multiple Campus, Kathmandu.

SOCIAL WORKS

Secretary: Chaitanya jagriti samuha, a social welfare sanstha, conducting variety of welfare service to poor community.

Voluntary service: Woman Awareness Center Nepal (WACN), Field working, participating in varieties of workshop, seminars and report writing, since 2004-.

Central Committee Member: Sri Krishna Parnami Women Service Society. Working in "House for senior citizens", and organizing different social welfare and religious activities, from 1999 – 2002.

Secretary: Sri Krishna Parnami Women Service Society, working and conducting different social and religious programme since 2002 -.

Central member: Sri Krishna Parnami Sewa Samiti Nepal.

OTHER SKILLS

1. Language proficiency: Nepali, Hindi, English (Written and spoken)
2. Have a good knowledge of Eastern Music with an ability to sing

Nepali, Hindi, classical and folk songs, and can play musical instrument Harmonium and Tanpura etc. Participated different musical programmes and receiving different musical awards.

3. Released two different Audio and CD cassettes songs.
4. Have a well-known experience of organizing, anchoring and announcing the programme.
5. Have a good Practical knowledge of fabric painting and sewing cloths.
6. Operating office electronic equipments.