

BIO- DATA

Personal Details:

Lal Prasad Aryal

Date of Birth: 2031- 11- 06 (B.S.)
(18-02-1975)

Gender: Male

Religion: Hindu

Language: English, Nepali and Hindi

Nationality: Nepali

Marital Status: Married

Address:

Permanent Address: Yampa Phant -5, Bandipur, Tanahun, Gandaki

Temporary Address: Dhungedhara- 16, Kathmandu

E-Mail Address: sasalalu@gmail.com

Phone Number: 9851124309

Academic Qualification:

PhD Scholar of Nepal Sanskrit University, 2023 and Running,
Topic: Yoga and Management

Master in Philosophy (M. Phil.) from Tribhuwan University, Kirtipur, 2013
Specialization: Management (3.92)

Master in Business Studies (MBS) from Lumbini Banijya Campus, Butwal, 2002
Specialization: Finance (67.30%)

Bachelor in Business Studies (BBS) from Bhairahawa Multiple Campus, 1999
Specialization: Accountancy

Proficiency Certificate Level (PCL) from Bhairahawa Multiple Campus, 1995

School Leaving Certificate (SLC) from Nepal Adarsha M.V. Sonpur, Kapilvastu,
1992

Professional Experiences:

Trainer: Nepal Telecom Training Center, Babarmahal, Kathmandu , since 2010

Topics Covered: Operations Management, Motivation, Leadership, Conflict Management, Personality Development etc.

Trainer: Nepal Bank Limited (NBL), Kathmandu , since 2021

Topics Covered: Stress Management, Leadership, Communication etc.

Trainer: Pravasi Nepali Coordination Committee (PNCC), Anamnagar, Kathmandu , since 2012.

Topics Covered: Motivation, Leadership, Communication etc.

Teacher: Shanker Dev Campus, Putalisadak, Kathmandu, since, 2009

Subject Covered: Production and Operations Management for MBS
Operations Management for BBA (TU)
Entrepreneurship for BBA (TU)

Teacher: K & K College, New Baneswor, Kathmandu, since 2011

Subject Covered: Organizational Behaviour
Operations Management (BBA, TU)

Teacher: Atlantic College, Shamakhusi, Kathmandu, since 2011

Subject Covered: Operations Management for BBA (PU)
Business and Society (PU), Entrepreneurship

Teacher: IIMS College, Putalisadak, Kathmandu, since 2015

Subject Covered: Operations Management (MBA, Malaysia)

Teacher: ACE Institute of Management, Baneswor, Kathmandu, 2019

Subject Covered: Organizational Behaviour (PU)

Trainings:

Case Method of Teaching and Learning (2073) organized by Central Department of Management, TU, Kathmandu (2 days)

Business Ethics and Corporate Social Responsibility, TOT (2072) organized by Prime College of Management, Naya Bazar, Kathmandu (5 days)

Managerial Skills Development Training (2006) organized by Industry Development Corporation, Rupendehi, Lumbini (3 days)

Teacher Training Programme on Accountancy (2003) organized by Higher Secondary Education Board, Narayanghad , Chitwan (5 days)

Teacher Training Programme on Accountancy (2003) organized by Higher Secondary Education Board, Butwal , Rupandehi (7 days)

Presentations and Publications:

(i) Seminar:

International Seminar on Management Organized by Brishpati College, Siddharthanagar, Bhairahawa, Paper Presented on the Topic of “**Survey of Receivable Management Practices in Nepalese Enterprises**” on 3rd and 4th April 2010.

International Seminar on Spirituality Organized by Tao Society, Singapore Malaysia and Thailand on the Topics of “**True Meaning of Life, Sorrow and Happiness, Filial Piety, Self-realization, Knowledge and Wisdom, Reincarnation, Humanity and Morality etc.**” on 5th November to 26th November (21days) 2018.

(ii) Research Articles:

“**Effects of Yoga-teaching and Practices on Learning and Studying Behaviour of Management Students: An Experimental Study**” published in the **The Batuk-A Peer Reviewed Journal of Interdisciplinary Studies-** Vol. 8, Page 65-81.

“**Role of Yoga Practices for Mental Health and Learning Habits of Management Students**” published in the **The Harvest-A Peer Reviewed Journal -** Vol. 1, Page 45-62.

“**The Major Influencing Factors of Dividend Policy: Evidences from Nepalese Enterprises**” published in the **Management Dynamics – A Journal on Management and Economics-** Vol. 14 Page 72-82.

“**Impact of Advertising on Non-Durable Goods of Household Consumer: A Case Study**” published in the **Management Dynamics – A Journal on Management and Economics-** Vol. 13 Page 57-66.

“**A Survey of Receivables Management Practices in Nepalese Enterprises**” published in the **Management Dynamics – A Journal on Management and Economics-** Vol. 15 Page 101-110.

(iii) The Books:

“**Organizational Behaviour**” for BBA (TU and PU) Level (2017). Kathmandu, **Dreamland Publication(P) Ltd.**

“Organizational Behaviour” for BBS Level (2016). Kathmandu, **Khanal Publication and Distributors (P) Ltd.**

“Fundamentals of Entrepreneurship” for BBA Level, PU and PU, (2073). Kathmandu, **Kriti Publication and Distributors (P) Ltd.**

“Business and Society” for BBA (2017). Kathmandu, **Buddha Publication and Distributors (P) Ltd.**

“Operations Management” for BBA/BIM Level (2015). Kathmandu, **Kriti Publication and Distributors (P) Ltd.**

“Production and Operations Management” for MBA/MBS Level (2014). Kathmandu, **Ayam Publication and Distributors (P) Ltd.**

“Entrepreneurship Development” for MBA/MBS Level (2014). Kathmandu, **Dreamland Publication (P) Ltd.**

“Critical Thinking and Decision Making (Book)” for BBA Level (2013).
Kathmandu, **Asmita Books Publishers and Distributors (P) Ltd.**

“Advanced Banking Knowledge (Book)” for Officer Level Open Competition (2013). Kathmandu, **Ayam Publication and Distributors (P) Ltd.**

Countries Visited:

- Singapore
- Malaysia
- Thailand
- India
- China