

SURAJ PARAJULI

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Education

Master's in Global Affairs (Governance and Policy)

Keough School of Global Affairs, University of Notre Dame, Indiana, USA (Aug 2025 - May 2027)

Bachelor's in Health Care Management (BHCM)

Nobel College, Pokhara University, Kathmandu, Nepal (Sep 2017 - Aug 2022)

Professional Experiences

Ansari Institute for Global Engagement with Religion, University of Notre Dame, Indiana, USA (Nov 2025 - Present)

Communication Assistant

- Research religious and cultural practices to develop accurate, inclusive, and well-informed communication materials; manage organizational social media platforms
- Maintain religious observances calendar, coordinate events, manage logistics, and ensure effective communication with audiences

Nexus Institute of Research and Innovation (NIRI), Kathmandu, Nepal (Nov 2022 - Jul 2025)

Administrative Officer and Research Fellow

- Managed 10+ research teams, including the national-level Nepal Family Cohort Study, ensured coordination and legal compliance; Formulated organizational policies, procedures, and strategies
- Partnered with local governments and stakeholders on health awareness and drowning prevention projects, focal person for the NIRI Unit for Prevention and Life Saving Activities (NPLSA)
- Designed and implemented communication strategies and policy briefs; produced newsletters and reports to engage stakeholders; coordinated the different virtual and in-person training, workshops, webinars, and mentorship programs

Software Shark Tech Pvt. Ltd, Kathmandu, Nepal (Part-time) | (Jan 2023 - Jul 2025)

Digital Marketing and Business Development Officer

- Developed HR, procurement, and marketing policies while managing the company's digital presence; maintained a sound relationship with vendors and clients, and led the sales team
- Coordinated with the Health Ministry and 122 health institutions of Gandaki Province to install GPS services in their ambulances

Freelance, Kathmandu, Nepal (Jul 2020 - Dec 2022)

Research Assistant

- Conducted 100+ interviews for PhD research on gender in post-disaster reconstruction, ward-level quotas, and heritage sites, and translated primary/secondary materials between Nepali and English for a PhD researcher
- Collected public information on post-earthquake reconstruction in the urban centers of the Kathmandu Valley

Media 9 Pvt. Ltd., Kathmandu, Nepal (Dec 2020 - May 2022)

Digital Content Coordinator

- Coordinated a team of 7 to produce the digital content for 2 monthly magazines, WOW (World of Women) and Business 360; Managed social media presence, updated websites

Research

Publication

- Thapa, P., **Parajuli, S.***, Acharya, T., & Pun, U. (2025). Role of alumni associations in their alma mater: An exploratory study on higher education institutions of Kathmandu Valley. *Social Sciences & Humanities Open*, 12, 102184. <https://doi.org/10.1016/j.ssaho.2025.102184>
- Pant, P. R., Bhatt, D. C., Bhandari, C. S., Air, A. B., Pant, P. R., **Parajuli, S.**, & Sedain, B. (2024). Exploring Health Resilience Practices in Lumbini, Karnali, and Sudurpaschim Provinces. *Journal of Durgalaxmi*, 3(1), 192–215. <https://doi.org/10.3126/jdl.v3i1.73870>

*Correspondence

Working Papers and Work-In-Progress

- “Ethnical Disparities in Cancer Prevalence in Nepal: Results from a Single Center Cross-Sectional study” (Revised and Resubmitted)
- “Conditions of ageing population in Nepal: A narrative review” (Under Review)
- “Status of cerebral palsy in Nepal” (Under Review)
- “Cyclist safety practices in Nepal: Evidence from Bike-Barometer Survey 2023.” (Under Review)
- “Assessing Senior Citizens’ Quality of Life in LoManthang, Upper Mustang, Nepal” (data collected)
- “The Provision of Electricity in Rural Nepal” with Shana Scogin (data collected)
- “Policy Analysis of AMR in Nepal: Challenges, Gaps and Recommendations” (data collected)
- “Escalating Threats of Antifungal Drug Resistance in Nepal: One Health Perspective” (data collected)

Policy Briefs and Reports

- Bhagabati Sedain, Puspa Raj Pant, and **Suraj Parajuli** (2024). “Policy Brief: An Advisory for Water Risk and Drowning Prevention” submitted to the Ministry of Health and Population, Nepal
- Pant, P. R., **Parajuli, S.** (Ed.) (2024). Non-Communicable Diseases in Nepal: Current Challenges and Remedies. Proceedings of the NIRI Annual Research Symposium 2024. July 13, 2024. Lalitpur, Nepal. Nexus Institute of Research and Innovation (NIRI)

Selected Op-Ed Articles

- **Parajuli, S.** (2026). Save Federalism From Rent-seeking Practice [Op-ed]. *The Rising Nepal*. <https://risingnepaldaily.com/news/73791>
- **Parajuli, S.** (2026). Mental health in Nepal: Cultural Beliefs, Stigma, and Social Silence. [Op-ed]. *The Annapurna Express*. <https://theannapurnaexpress.com/story/61225/>
- **Parajuli, S.** (2025). Disability, Dignity and IHD [Op-ed]. *The Annapurna Express*. <https://theannapurnaexpress.com/story/60755/>
- **Parajuli, S.** (2025). Rethinking Policy through Integram Human Development [Op-ed]. *The Annapurna Express*. <https://theannapurnaexpress.com/story/59471/>
- Dulal, S., **Parajuli, S.** (2025). Policy Needed Against Antimicrobial Resistance [Op-ed]. *The Rising Nepal*. <https://risingnepaldaily.com/news/58125>

Research Grants

- **Kalasha Foundation, Switzerland (2025)** – USD 17,300 grant for Senior Citizen Care project to assess the quality of life of senior citizens in Lomanthang, Upper Mustang, Nepal; (Role: *Co-PI*, *PI*: Dr. Tulasi Acharya), implementing through NIRI

Conference Presentation

- “Policy Analysis of Antimicrobial Resistance in Nepal: Challenges, Gaps and Recommendations” presented at the 11th National Summit on Health and Population Scientists in Nepal, Nepal Health Research Council, 2025
- “Role of Alumni Associations in their Alma mater,” presented at the Second International Conference on Heritage, Innovation and Transformation, Far Western University, Nepal (2025)
- “The Provision of Electricity in Rural Nepal,” Co-presented with Shana Scogin via Zoom. American Political Science Association (APSA) Annual Conference, Los Angeles, CA (2023)

Translation

- Translated the book “[The Blue Dragon Emerging From the Water](#)” by Garry Seghers DSTA, (VSLC, Vietnam) into Nepali as “[निलो डल्फिन पानीबाट निस्कन्छ](#)”, a storybook teaching water safety to children in Nepal.

Service and Leadership

- **Treasurer**, Student Academic Council, MGA, University of Notre Dame, USA (2026)
- **Outreach Manager**, Nepalese Student Association at Notre Dame, USA (Sep 2025-Present)
- **Member of Fellows Selection Committee**, Samaanta Foundation, Nepal (Jan 2022 – Present)
- **Mentor**, Aakar Nepal, Nepal (Jun 2024 – Sep 2025)
- **Campaign Lead**, *#OneMoreFellow Campaign*, Samaanta Foundation, Nepal, raised over \$4,000 through the sale of 350+ art products created by Fellows (Jul 2023)
- **Program Coordinator**, Red Cross Circle - Nobel College, Nepal (Jan 2018 – Jan 2020)
- **Campaigner**, *#MyPsychoHealth Campaign*, Youth Connection Center, Nepal (Jun 2019 – Jan 2020)
- **College Lead**, Teach For Nepal (TFN), Nepal (Jun 2019 – Aug 2020)

Awards and Fellowship

- Full-ride scholarship for the Master of Global Affairs by the University of Notre Dame, USA, 2025-27
- Diplomacy Fellowship, Spring 2026, by Nanovic Institute for European Studies
- Samaanta Foundation Fellowship for high school and undergraduate, 2015-22
- Pravin Dhakal Research Fellowship 2023, a research project on Cerebral Palsy, NIRI
- Fundraiser of the event award, Teach For Nepal, 2019

Training, Certificates, and Skills

- Software: SPSS, STATA, N-Vivo, R programming, MS Office Suite, Canva
- CITI certified for research with human subjects, University of Notre Dame, USA (Mar 2023)
- Lean Six Sigma Green Belt, Coursera (Mar 2023)
- Facebook Certified Digital Marketing Professional Certificate, Coursera (Jul 2021)
- Five days of Training of Trainer on Blood Donor Motivation, and four days of Basic First Aid training by the Nepal Red Cross Society (Jan 2021)
- Language skills: Nepali (native), English (fluent), Hindi (intermediate)