

- Worked as a member of the department in formulation of the party's foreign policy
- Organized seminars, workshops and training programs

Secretary 01/1993 - 09/'96

Asian Students Association (ASA)*

Kowloon, Hong Kong

- Worked as an Office Secretary of a regional office of ASA
- Coordinated and developed research and campaigns of pro-democratic students and youth movements in Burma, Thailand, Nepal, Bangladesh, Indonesia, Philippines, East Timor, China, Bhutan and other Asian countries.
- Coordinated publications and documentation of ASA
- Organized seminars, workshops and conferences
- Network with ASA member organizations (50 national students and youth organizations from 28 countries in the Asia-Pacific region)
- Writing articles for ASA magazines (ASA News and Movement News)

*(*ASA is a regional networking students and youth organization based in Hong Kong, working mainly among the youth and students on democracy, human rights, environment, gender since 1969 in the Asia-Pacific region)*

Chief of Foreign Department

1991 - '92

ANNFSU, Kathmandu, Nepal

Handled organization's international department's works

Experiences: Research Associate

- Worked as a research associate at the Institute of Policy Research and Development, Kathmandu 2003 and 2004

*(*ANNFSU is a largest national students organization working mainly for students rights, democracy and human rights since 1965)*

Book written: "Geopolitics of Nepal and International Responses to Conflict Transformation" February 2005

Book Edited:

- i) "Human Security in Nepal: Concept, Issues and Challenges (to be published in October 2012)
- ii) "Emerging Security Challenges of Nepal" December 2010
- iii) "Changing Security Dynamics in Nepal" August 2009

Regular columns related with international relations and security issues

The Himalayan Times (English Daily), Kathmandu, Nepal

The Kathmandu Post (English Daily), Kathmandu, Nepal

ASA News ASA's official magazine

Movement News	ASA's newsletter
SEED-Links	The Netherlands
News Letter	Hannover, Germany

and articles in various other Nepali journals and weekly papers

Languages Nepali, English and Hindi
Computer Win 95 and (Win 2000), MS Word, Excel, Internet and other Windows applications

International Conferences, Workshops and Seminars

Asian Students Association Conference on Democracy and Human Rights in Asian Perspectives, Bangkok, Thailand	1989
Asia Pacific Youth and Students Conference, Laos	1989
IUS – UNESCO Regional Meeting, Thailand	1989
International Peace Conference, Los Banos, Philippines	1991
Asian Students Association Conference, New Delhi, India	1992
United Nations Conference on Environment and Development, Brazil	1992
Training Workshop on Environment and Development, Malaysia	1992
Asia-Pacific Human Rights Conference, Thailand	1993
United Nations World Conference on Human Rights, Austria	1993
Youth Conference on Peace and Development, Tokyo, Japan	1993
International Conference on People's Plan for 21 st Century, Thailand	1993
Human Rights Training Workshop, Nepal	1993
International Youth Conference on Environment and Development, USA	1994
Asia-Pacific Conference on East Timor, Philippines	1994
International Seminar on Role of Young People on strengthening democracy in Asia and the Pacific, Sydney, Australia	1994
Asia-Pacific UNESCO Meeting, Seoul, Korea	1994
South Asian Youth and Students Conference on Role of Youth and Students in Promotion and Protection of Democracy and Human Rights, India	1994
International Conference on People's Plan for 21 st Century, Nepal	1995
Workshop on Structural Adjustment Programs, Belgium	1995
Asia-Pacific Economic Cooperation Conference, Osaka, Japan	1995
Southern African Youth and Students Conference on Democracy in the post-Apartheid South Africa, Cape Town, South Africa	1996
Asia-Pacific Seminar on Democracy in the post-Suharto Indonesia, Jakarta	1998
International Conference on Left and Democratic Parties, Sydney, Australia	2000
Seminar on British Foreign Policy, London, UK	2001
Seminar on European Union and its Role, Brussels, Belgium	2001
Seminar on Post Cold War NATO, Brussels, Belgium	2001
Seminar on International Court of Justice and its Role, Hague, Netherlands	2001
International Conference on Democracy in South East Asia, Bangkok,	2003
The Democratic Setback in Nepal, Bangkok,	2005
Conference on Poverty and Governance; Colombo, Sri Lanka,	2006
A People's Foreign Policy of India, Mumbai, India	Feb 2006

International Conference of Asian Political Parties, Islamabad, Pakistan 2008
Seminar on Emerging Trends in Indo-Nepal relations, Patna, 2008
Seminar on India Nepal partnership in Democracy and Development, Varanasi, 2008
Seminar on Migration and Gender, New Delhi, 2007
Conference on Climate Change and its impacts on vulnerable countries, Maldives, 2009
Workshop on Security Sector Development: National Priority and Regional Approaches, Hawaii, US, 2009
ICAPP International Conference on Chinese sharing of Poverty Eradication, Kunming, China, 2010
ICAPP International Conference, Phnom Penh, Cambodia, 2010
ICAPP International Conference on Natural Disasters and Environmental Protection, Kuala Lumpur, 2011
India Japan Global Partnership Summit Tokyo, Japan, 2011
Euro-Asia Eco-Safety Conference, Xian, China, 2011
International Conference on Towards a More Cooperative South Asia, Kathmandu, 2011
5th South Asia Conference on Cooperative Security Framework for South Asia, New Delhi, India, 2011
Intra-State Conflict in South Asia and Role of Media, Goa, India 2011
Conference of Young Politicians of International Conference of Asian Political Parties, September 2012
9th ICAPP Conference, Bako, Azerbaijan, November 2012
As a member of Prime Ministerial level delegation:
Participated Non-Align Movement (NAM) Summit in Egypt, July 2009,
Participated UN General Assembly in September 2009,
Actively involved as a co-leader of the preparatory committee of UN Climate Summit and participated the UN Climate Summit in Copenhagen December 2009.
Participated the SAARC Summit in Thimpu April 2010
Participated the International Tiger Summit in St. Petersburg, Russia, December 2010,
Visited also as a member delegation of state visit of the Prime Minister in countries such as India, Cambodia, China.
(and many other international and national seminars, workshops and conferences on security, conflict, democracy, international relations and other social and economic issues)