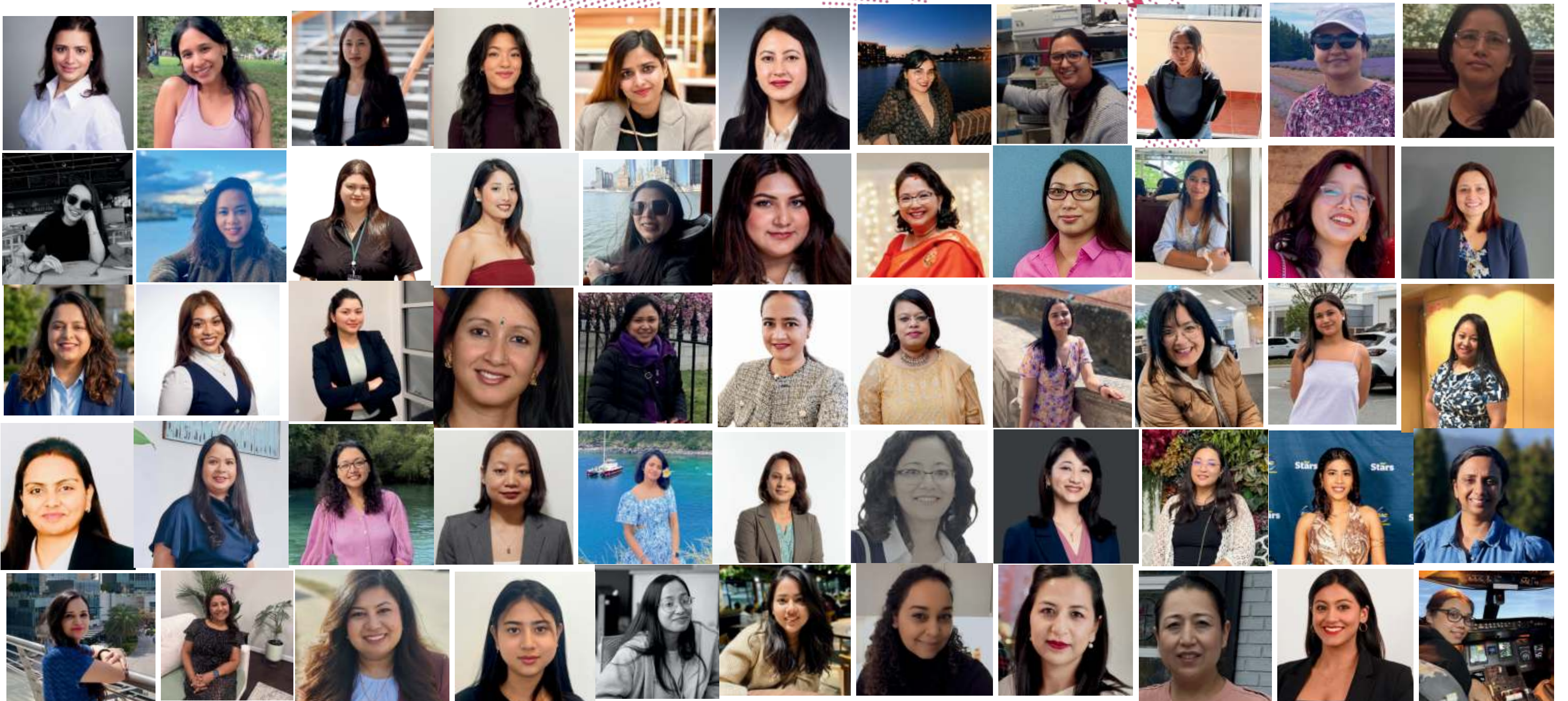




# STEM | WOMEN DIASPORA



Stories of Women Diaspora in STEM

## "GIRLS SHAPING THE DIGITAL FUTURE"

Vol.6

Published to celebrate

**GIRLS IN ICT DAY 2026**

# WOMEN IN INFORMATION TECHNOLOGY (WIIT)

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नारायण प्रसाद दाहाल  
अध्यक्ष

## संघीय संसद राष्ट्रिय सभा

फोन : ०१-४२११७५६  
सिंहदरवार, काठमाडौं, नेपाल  
www.parliament.gov.np



शुभकामना

नेपाल बाहिर रहेर सूचना तथा सञ्चार प्रविधि (ICT) को क्षेत्रमा महत्त्वपूर्ण योगदान पुऱ्याइरहनुभएका नेपाली महिलाहरूका प्रेरणादायी अनुभव, सङ्घर्ष र सफलताका कथाहरू समेटिएको “Nepali Diaspora Tech Women Stories” विशेष संस्करण प्रकाशन हुन लागेको खबरले मलाई खुसी लागेको छ।

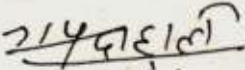
आजको विश्व सूचना प्रविधिमैत्री समाजतर्फ तीव्र गतिमा अघि बढिरहेको अवस्थामा नेपाली महिलाहरूले विश्वका विभिन्न मुलुकमा आफ्नो क्षमता, प्रतिभा र दक्षताको उत्कृष्ट परिचय दिएका छन्। उहाँहरूको योगदानले केवल व्यक्तिगत सफलता मात्र होइन, नेपालका महिला तथा बालिकाहरूलाई प्रविधि क्षेत्रमा अघि बढ्न प्रेरणा प्रदान गरेको छ।

विशेषगरी International Girls in ICT Day 2026 को अवसरमा प्रकाशित हुन लागेको यो विशेष संस्करणले सूचना तथा सञ्चार प्रविधिको क्षेत्रमा महिलाको सहभागिता, सशक्तीकरण र उपलब्धिलाई उजागर गर्दै नयाँ पुस्तालाई प्रेरित गर्ने विश्वास लिएको छु। यस्ता प्रकाशनहरूले प्रविधि क्षेत्रमा लैङ्गिक समानता प्रवर्द्धन गर्न, महिलाको आत्मविश्वास अभिवृद्धि गर्न तथा समावेशी डिजिटल समाज निर्माणमा महत्त्वपूर्ण योगदान पुऱ्याउनेछन्।

यस महत्त्वपूर्ण पहलका लागि सूचना प्रविधिमा महिला तथा पुस्तक सम्पादक समितिलाई हार्दिक बधाई व्यक्त गर्दछु। साथै, यस प्रकाशनमा आफ्ना अनुभव र सफलताका कथा साझा गर्नुहुने सम्पूर्ण नेपाली दिदीबहिनीहरूलाई विशेष सम्मान प्रकट गर्दछु।

फेरि पनि पुस्तक प्रकाशन सफलताको कामना गर्दै नेपाली महिलाहरूको अन्तर्राष्ट्रिय स्तरमा पहिचान, क्षमता र योगदानलाई अझ व्यापक रूपमा उजागर गर्न सकोस् भन्ने शुभकामना व्यक्त गर्दछु।

वि.सं. २०८३ वैशाख ३१ । ने.सं. ११४६ बछलागा १२, बिहीबार

  
अध्यक्ष





## सङ्घीय संसद्

प्रतिनिधि सभा



शुभकामना सन्देश

डोल प्रसाद अर्याल  
सभामुख

फोन: ०१-४२००१५९/४२००१३७  
सिंहदरबार, काठमाडौं, नेपाल

International Girls in ICT Day २०२६ को अवसरमा प्रकाशन हुन लागेको "Nepali Diaspora Tech Women Stories" विशेष संस्करणका लागि हार्दिक बधाई तथा सफलताको शुभकामना व्यक्त गर्दछु।

सूचना तथा सञ्चार प्रविधि (ICT) आधुनिक समाजको रूपान्तरणको प्रमुख आधार हो। यस क्षेत्रमा महिलाहरूको सक्रिय सहभागिताले नवप्रवर्तन, समावेशिता र दिगो विकासलाई अझ सशक्त बनाउँछ। महिलाहरूको सीप, सिर्जनशीलता र नेतृत्वले डिजिटल अर्थतन्त्रलाई नयाँ उचाइमा पुऱ्याउने क्षमता राख्दछ। त्यसैले ICT क्षेत्रमा महिलाको पहुँच र सशक्तीकरण अत्यन्त अपरिहार्य छ।

नेपाल बाहिर रहनुभएका नेपाली महिलाहरूले सूचना तथा सञ्चार प्रविधि क्षेत्रमा पुऱ्याउँदै आउनुभएको योगदान वास्तवमै प्रेरणादायी, गौरवपूर्ण र सराहनीय छ। उहाँहरूको अनुभव, संघर्ष र सफलताका कथाहरूले नेपालभित्र रहेका बालिका तथा महिलाहरूलाई ICT क्षेत्रमा अघि बढ्न थप हौसला र मार्गदर्शन प्रदान गर्ने विश्वास लिएको छु।

यस प्रकाशनले नेपाली महिलाहरूको अन्तर्राष्ट्रिय उपस्थिति, क्षमता र नेतृत्वलाई उजागर गर्दै लैङ्गिक समानता र सशक्तीकरणको अभियानमा महत्वपूर्ण टेवा पुऱ्याउनेछ। साथै, यसले भावी पुस्तालाई प्रविधिमैत्री, आत्मनिर्भर र नवप्रवर्तनशील बन्न प्रेरित गर्ने अपेक्षा गरिएको छ।

यस महत्वपूर्ण पहलका लागि संलग्न सम्पूर्ण व्यक्तित्व तथा संस्थाहरूलाई धन्यवाद दिँदै प्रकाशनको पूर्ण सफलताको कामना गर्दछु। धन्यवाद।

२४ वैशाख २०८३

डोल प्रसाद (डीपी) अर्याल  
सभामुख, प्रतिनिधि सभा



माननीय सिता बादी  
मन्त्री  
महिला बालबालिका, लैङ्गिक तथा यौनिक अल्पसङ्ख्यक  
र सामाजिक सुरक्षा मन्त्रालय  
सिंहदरबार, काठमाडौं, नेपाल

नेपाल सरकार  
Government of Nepal



Hon'ble Sita Badi  
Minister  
Ministry of Women, Children, Gender and  
Sexual Minorities and Social Security  
Singhadurbar, Kathmandu, Nepal

च न ८३  
Ref. No.

### शुभकामना सन्देश

महिला, बालबालिका, लैङ्गिक तथा यौनिक अल्पसङ्ख्यक र सामाजिक सुरक्षा मन्त्रालयले महिलाको सशक्तीकरण, समान अवसरको सुनिश्चितता तथा नेतृत्व विकासलाई सदैव प्राथमिकतामा राख्दै आएको सन्दर्भमा, सूचना प्रविधिको क्षेत्रमा नेपाली महिलाहरूले राष्ट्रिय तथा अन्तर्राष्ट्रिय स्तरमा पुन्याइरहनुभएको योगदान अत्यन्त प्रेरणादायी र गौरवपूर्ण रहेको छ। विशेषतः नेपाली डायस्पोरामा रहेर प्रविधि, नवप्रवर्तन, उद्यमशीलता तथा नेतृत्वका माध्यमबाट आफ्नो क्षमता प्रमाणित गरिरहनुभएका प्राविधिक महिलाहरूका अनुभव, संघर्ष, उपलब्धि र प्रेरणादायी यात्रालाई समेटेर "सूचना प्रविधिमा महिला" ले प्रकाशन गर्न लागेको कथासँगालो समयसापेक्ष, महत्वपूर्ण तथा सराहनीय पहल हो।

आजको डिजिटल युगमा सूचना प्रविधि आर्थिक समृद्धि, रोजगारी सिर्जना, नवप्रवर्तन तथा विश्वव्यापी प्रतिस्पर्धात्मक क्षमताको महत्वपूर्ण आधार बनेको छ। यस्तो परिवेशमा महिलाहरूको सक्रिय सहभागिता र नेतृत्वले समावेशी तथा दिगो विकासको लक्ष्य हासिल गर्न थप टेवा पुग्ने विश्वास मन्त्रालयले लिएको छ। विश्वका विभिन्न देशमा नेपाली महिलाहरूले हासिल गर्नुभएको सफलता आगामी पुस्ताका युवतीहरूका लागि प्रेरणा र आत्मविश्वासको स्रोत बनेछ।

यस प्रकाशनमार्फत प्रविधि क्षेत्रमा महिलाहरूको योगदान अभिलेखीकरण हुनुका साथै उनीहरूको अनुभव, संघर्ष र सफलताले नयाँ पुस्तालाई मार्गदर्शन गर्ने अपेक्षा गरिएको छ। साथै, यसले सूचना प्रविधि क्षेत्रमा लैङ्गिक समानता, अवसरको विस्तार तथा महिला सशक्तीकरणको अभियानलाई थप ऊर्जा प्रदान गर्ने विश्वास व्यक्त गर्दछु।

यस महत्वपूर्ण प्रकाशनको सफलताको हार्दिक शुभकामना व्यक्त गर्दै, सम्पूर्ण सम्पादक मण्डल, लेखक तथा यस अभियानसँग आवद्ध सबैप्रति धन्यवाद ज्ञापन गर्दछु।

धन्यवाद।

४ जेठ २०८३

  
मन्त्री  
सिता बादी

मा. सिता बादी  
मन्त्री

महिला, बालबालिका, लैङ्गिक तथा यौनिक अल्पसङ्ख्यक  
र सामाजिक सुरक्षा मन्त्रालयल





नेपाल सरकार

# सञ्चार तथा सूचना प्रविधि मन्त्रालय

मा. डा. विक्रम तिमिल्सिना  
सञ्चार तथा सूचना प्रविधि मन्त्री



सिंहदरबार, काठमाडौं  
नेपाल

शुभकामना सन्देश

International Girls in ICT Day 2026 को अवसरमा सूचना तथा सञ्चार प्रविधि क्षेत्रमा क्रियाशील महिलाहरूको संस्था 'सूचना प्रविधिमा महिला' Women in Information Technology (WIIT) ले "Nepali Diaspora Tech Women Stories" विशेष संस्करण प्रकाशन गर्न लागेको जानकारीले मलाई हर्षित बनाएको छ ।

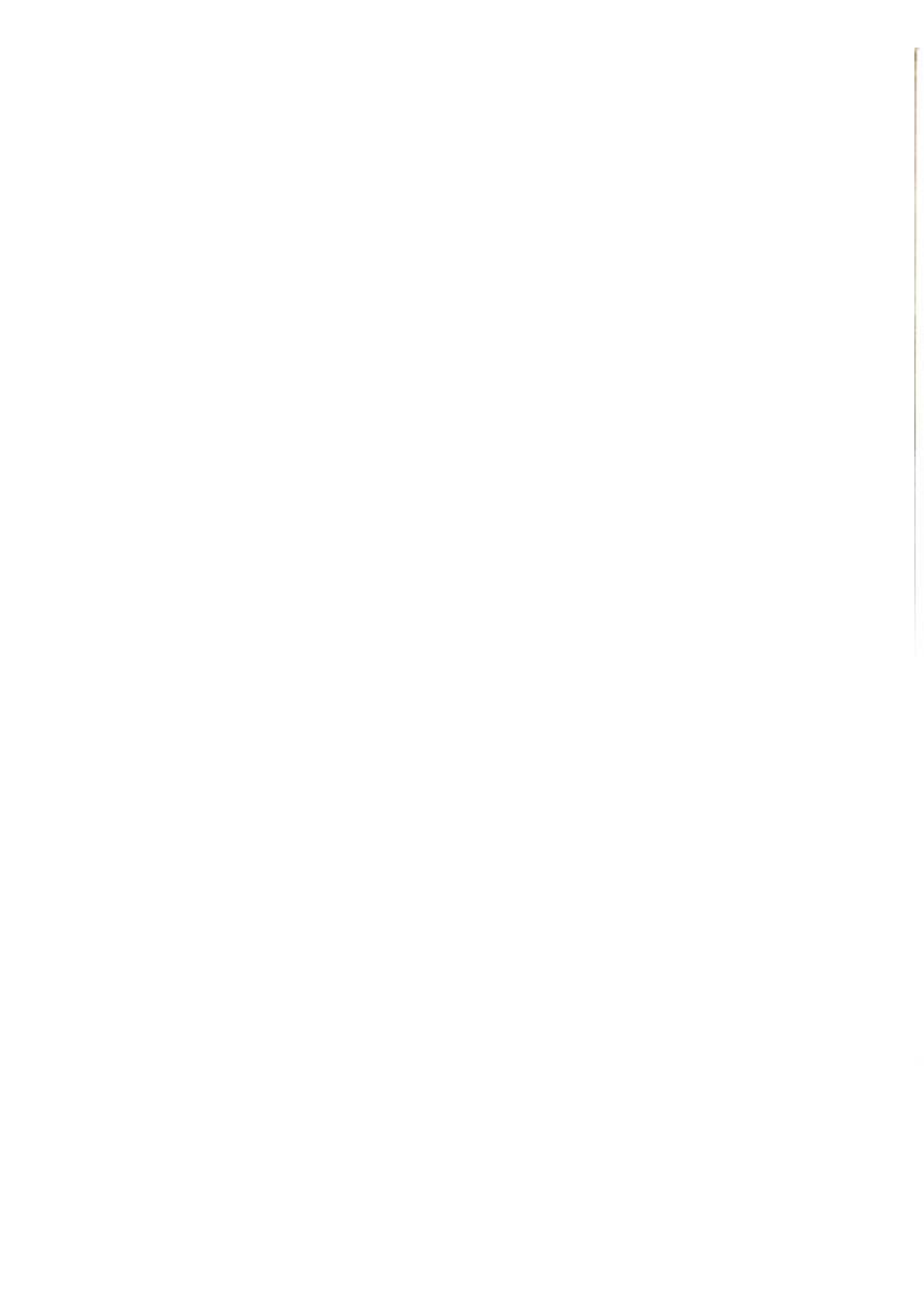
आजको डिजिटल युगमा सूचना तथा सञ्चार प्रविधि (ICT) को विकास बिना समृद्ध र आधुनिक समाजको परिकल्पना सम्भव छैन । यस क्षेत्रमा महिला तथा बालिकाको सक्रिय सहभागिता र नेतृत्वले "डिजिटल नेपाल" को लक्ष्यलाई थप सुदृढ बनाउन सहयोग पुऱ्याउनेछ । विश्वका विभिन्न देशमा रहेर नेपाली महिलाहरूले प्रविधि क्षेत्रमा हासिल गरेका सफलता, अनुभव तथा संघर्षका कथाहरू नेपाली समाजका लागि प्रेरणादायी र महत्त्वपूर्ण विषय हुन् ।

यो प्रकाशनले प्रविधि क्षेत्रमा महिलाको पहुँच, सहभागिता तथा सशक्तीकरणलाई थप विस्तार गर्ने विश्वास लिएको छु । साथै, विदेशमा कार्यरत नेपाली महिला प्राविधिकहरूको अनुभव र उपलब्धिले नेपालका हजारौं महिला तथा बालिकालाई सूचना प्रविधि क्षेत्रमा आफ्नो भविष्य निर्माण गर्न प्रेरित गर्ने अपेक्षा गरेको छु ।

यस महत्त्वपूर्ण पहलका लागि आयोजक संस्था, कार्यसमिति तथा योगदान पुऱ्याउने सम्पूर्ण व्यक्तिहरूलाई धन्यवाद व्यक्त गर्दै विशेष संस्करणको सफलताको शुभकामना व्यक्त गर्दछु ।

२०८३ वैशाख ३० गते बुधवार

डा. विक्रम तिमिल्सिना  
मन्त्री



# गौरी कुमारी मन्त्री

उद्योग, वाणिज्य तथा आपूर्ति मन्त्रालय



वेबसाइट: moics.gov.np  
इमेल: minister@moics.gov.np  
फोन नं:- ०१-४२११२९१  
सिंहदरवार, काठमाडौं  
नेपाल

प.सं.:

च.नं.:

## शुभकामना सन्देश

'International Girls in ICT Day 2026' को सुखद अवसरमा Women in Information Technology (WIIT) द्वारा नेपाल बाहिरका विभिन्न मुलुकहरूमा सूचना तथा सञ्चार प्रविधिको क्षेत्रमा कार्यरत नेपाली महिलाहरूको अनुकरणीय योगदानलाई समेटेटी "Nepali Diaspora Tech Women Stories" को विशेष संस्करण प्रकाशन गर्न लागेको जानकारी पाउँदा मलाई अत्यन्त खुसी लागेको छ।

आजको युगमा सूचना तथा सञ्चार प्रविधि आर्थिक विकास र सामाजिक रूपान्तरणको प्रमुख आधार बनेको छ। यसै सन्दर्भमा, विश्वका विभिन्न प्राविधिक कम्पनी, अनुसन्धान केन्द्र र नवप्रवर्तनका क्षेत्रमा नेपाली महिलाहरूले हासिल गरेको उपलब्धि र उनीहरूले पुऱ्याएको योगदानले विश्वभर नेपालको गौरव बढाएको छ। डायस्पोरामा रहेका महिला प्राविधिकहरूको संघर्ष, सफलता र विशेषज्ञतालाई समेटेर तयार पारिएको यो प्रकाशनले नेपालभित्र रहेका हजारौं बालिका तथा युवा महिलाहरूलाई प्रविधिको क्षेत्रमा आफ्नो भविष्य खोज्न र नेतृत्वदायी भूमिका निर्वाह गर्न ठूलो प्रेरणा प्रदान गर्नेछ भन्ने मेरो विश्वास छ।

अन्त्यमा, यो संस्करणले प्रविधिको क्षेत्रमा महिलाहरूको योगदानलाई अभिलेखीकरण गर्दै नयाँ पुस्तालाई मार्गनिर्देशन दिनसक्ने महत्वपूर्ण दस्तावेजको रूपमा यो प्रकाशन रहने अपेक्षासहित सम्पूर्ण सम्पादक मण्डल, लेखक तथा यस अभियानसँग आवद्ध सबैमा हार्दिक शुभकामना व्यक्त गर्दछु।

मिति: २०८३।०१।३०

जननी जन्मभूमिश्च स्वर्गादपि गरीयसी

(गौरी कुमारी)

मन्त्री





नेपाल सरकार

# सञ्चार तथा सूचना प्रविधि मन्त्रालय



प.सं. ०८२/८३

च.नं. प्रशासन/

सिंहदरवार, काठमाडौं

मिति:- २०८३/०९/३०

## शुभकामना

सूचना प्रविधिको क्षेत्रमा बालबालिका तथा महिलाहरूको सहभागिता, सशक्तीकरण र उपलब्धीहरूलाई उजागर गर्ने उद्देश्यले नेतृत्वदायी भूमिका निर्वाह गरिरहेको सूचना प्रविधिमा महिलाले International Girls in ICT Day, 2026 को अवसरमा नेपाल बाहिर रहेका नेपाली महिलाहरूले सूचना तथा सञ्चार प्रविधिको क्षेत्रमा गर्दै आइरहेको योगदानका गाथाहरूलाई समेटि "Nepali Diaspora Tech Women Stories" को विशेष संस्करण प्रकाशन गर्न लागेकोमा हार्दिक बधाई तथा शुभकामना व्यक्त गर्दछु। यस प्रकाशनले सूचना प्रविधिको क्षेत्रमा महिलाहरूको उपस्थितिलाई थप प्रोत्साहन गर्नेछ भन्ने विश्वास समेत लिएको छु।

सूचना प्रविधिमा महिलाको सहभागिता, नेतृत्व र सिर्जनशीलताले नयाँ सम्भावनाको ढोका खोल्नुका साथै डिजिटल युगमा महिलाको क्षमता, मेहनत र नवप्रवर्तनले समाजलाई अझ समावेशी र समृद्ध बनाइरहेको छ। सूचना प्रविधिमा महिलाको सशक्त उपस्थिति समतामूलक र नेपालको समृद्धिको आधारस्तम्भको रूपमा विकसित हुँदै जानुले देशको सामाजिक, आर्थिक तथा सांस्कृतिक रूपान्तरणमा महत्वपूर्ण भूमिका खेलेको छ। साथै यस क्षेत्रमा महिलाहरूको रचनात्मक र सिर्जनात्मक सहभागिता बढेकोमा अत्यन्त खुसी लागेको छ।

महिलासँग सरोकार राख्ने विषयहरूमा विचार आदानप्रदान गर्न सहज वातावरण बनाउने, सूचना समाज निर्माणको गर्ने, लैङ्गिक हिंसाजन्य क्रियाकलाप निरुत्साहित तथा रोकथाम गर्ने, सूचना प्रविधिको पहुँच तथा प्रयोगमा लैङ्गिक असमानताको अवस्था निराकरण गर्ने, सञ्चार प्रविधिमा युवा, महिला तथा बालबालिका सम्बन्धी विषयहरू मूलप्रवाहीकरण गर्ने कार्यमा अग्रणी भूमिका निर्वाह गरी Women in Information Technology अभियान मार्फत प्रविधिको सिर्जनात्मक प्रयोगलाई प्रोत्साहन गर्ने कार्यहरू निकै सकारात्मक र प्रशंसनीय छन्।

अन्त्यमा, सूचना तथा सञ्चार प्रविधिको क्षेत्रमा भएका कानूनी तथा नीतिगत व्यवस्था बमोजिम मानवीय जीवन तथा समुदाय, संगठन, आर्थिक, सामाजिक तथा प्राविधिक क्षेत्र लगायत राष्ट्रिय जीवनका सबै पक्षहरूमा महिलाहरूको भूमिकालाई समावेश गरी "Nepali Diaspora Tech Women Stories" प्रकाशन कार्यमा संलग्न सबैलाई धन्यवाद दिँदै प्रगतिको शुभकामना व्यक्त गर्दछु।

धन्यवाद ।

लक्ष्मी कुमारी बस्नेत  
सचिव





### शुभकामना सन्देश

Women in Information and Innovation Technology (WIIT) द्वारा “International Girls in ICT Day 2026” को अवसरमा “Nepali Diaspora Tech Women Stories” विशेष संस्करण प्रकाशन गर्ने पवित्र उद्देश्य सहित गरिएको यस प्रशंसनीय प्रयास प्रति नेपाल टेलिकम हार्दिक शुभकामना व्यक्त गर्दछ।

नेपाल बाहिर विभिन्न देशहरूमा रहेर सूचना तथा सञ्चार प्रविधि (ICT) तथा STEM (Science, Technology, Engineering and Mathematics) क्षेत्रमा नेपाली महिलाहरूले पुऱ्याइरहनु भएको योगदान अत्यन्त प्रेरणादायी, गौरवपूर्ण र अनुकरणीय छ। उहाँहरूका अनुभव, उपलब्धि तथा सफलताका कथाहरूले आगामी पुस्ताका नेपाली बालिका तथा महिलाहरूलाई प्रविधि क्षेत्रमा अघि बढ्न थप प्रेरणा प्रदान गर्ने विश्वास हामीले लिएका छौं।

यस्ता प्रयासहरूले भविष्यमा स्वदेशमै समेत डिजिटल सशक्तीकरण, नवप्रवर्तन, सीप विकास तथा सूचना प्रविधि क्षेत्रमा महिला सहभागिता अभिवृद्धि गर्न महत्वपूर्ण योगदान पुऱ्याउने अपेक्षा राख्दछौं।

यस विशेष प्रकाशनको सफल प्रकाशन तथा यसको दीर्घकालीन सकारात्मक प्रभावका लागि नेपाल टेलिकमको तर्फबाट हार्दिक शुभकामना व्यक्त गर्दछौं। साथै, आगामी दिनहरूमा पनि यस्ता सिर्जनात्मक, प्रेरणादायी तथा समाज रूपान्तरणमा योगदान पुऱ्याउने कार्यहरू निरन्तर सफल रहनु भन्ने शुभेच्छा व्यक्त गर्दछौं।

रीना डंगोल  
प्रबन्ध निर्देशक



# शुभकामना सन्देश !

'International Girls in ICT Day 2026' को पावन अवसरमा नेपाल बाहिर (डायस्पोरा) मा रहेर सूचना तथा सञ्चार प्रविधिको क्षेत्रमा अनुकरणीय योगदान पुर्याउँदै आउनुभएका नेपाली महिलाहरूको सफलताका गाथाहरूलाई समेटि "Nepali Diaspora Tech Women Stories" को विशेष संस्करण प्रकाशन गर्न लागेको खबरले हामीलाई अत्यन्त हर्षित तुल्याएको छ । 'वुमन इन आईटी' (Women in IT) को यस सराहनीय र समयसापेक्ष कदमको कम्प्युटर एसोसिएसन नेपाल महासंघ (क्यान महासंघ) हार्दिक प्रशंसा गर्दछ ।

भौगोलिक सीमाभन्दा बाहिर रहेर पनि नेपाली महिलाहरूले वैश्विक सूचना प्रविधिको क्षेत्रमा हासिल गरेका उपलब्धि, प्रविधिको विकासमा उनीहरूको सहभागिता र नेतृत्वदायी भूमिका साँच्चै नै गौरवपूर्ण छ । यस विशेष प्रकाशनले नेपालभित्र रहेका बालिका तथा महिलाहरूलाई आईसीटी (ICT) क्षेत्रमा लाग्न, आफ्नो क्षमता अभिवृद्धि गर्न र प्रविधिको माध्यमबाट सशक्त बन्न ठूलो ऊर्जा, प्रेरणा र प्रोत्साहन मिल्ने विश्वास हामीले लिएका छौं ।

'वुमन इन आईटी' संस्थाले स्थापनाकालदेखि नै नेपाली महिलाहरूको डिजिटल उत्थान, सशक्तीकरण र क्षमता विकासमा पुर्याउँदै आएको अमूल्य योगदानको क्यान महासंघ सदैव उच्च कदर गर्दछ । सूचना प्रविधिको युगमा महिलाहरूको अर्थपूर्ण सहभागिता र नेतृत्व विना 'डिजिटल नेपाल' को सपना अधुरो रहन्छ । त्यसैले क्यान महासंघले पनि आफ्ना विभिन्न समितिहरूमा महिला नेतृत्वलाई प्राथमिकता दिँदै प्राविधिक र नेतृत्वदायी तालिम तथा कार्यक्रमहरू निरन्तर रूपमा सञ्चालन गर्दै आइरहेको छ ।

नेपालको सूचना तथा सञ्चार प्रविधि क्षेत्रको छाता संगठन (अभिभावक संस्था) को रूपमा क्यान महासंघ, 'वुमन इन आईटी' सँग आगामी दिनहरूमा पनि निरन्तर सहयोग, सहकार्य र हातेमालो गर्न प्रतिबद्ध छ ।

अन्त्यमा, यस विशेष प्रकाशनको पूर्ण सफलताको कामना गर्दै 'International Girls in ICT Day 2026' को अवसरमा देश तथा विदेशमा रहनुभएका सम्पूर्ण दिदीबहिनी, प्रविधिप्रेमी महिला एवं सरोकारवालाहरूमा क्यान महासंघको तर्फबाट हार्दिक शुभकामना व्यक्त गर्दछौं ।

**कम्प्युटर एसोसिएसन नेपाल महासंघ  
(क्यान महासंघ)**



मिति: २०८३ जेठ १२ गते ।





# नेपाल इन्जिनियर्स एशोसिएसन

केन्द्रीय कार्यालय  
पुल्चोक, ललितपुर

An NS/ISO 9001: 2015 Certified Organization

३८औं केन्द्रीय कार्यकारणी समिति

## अध्यक्ष

इ. सुवास चन्द्र बराल

## उपाध्यक्ष

इ. प्रकाश के.सी.

## महामन्त्री

इ. विनोद प्रकाश पण्डित

## उप-महामन्त्री

इ. अनिल मानन्धर

## कोषाध्यक्ष

इ. सुमन थापा

## सह-कोषाध्यक्ष

इ. कृष्ण प्रसाद पोखरेल

## सदस्यहरू

आ. प्रियंका गुप्ता

इ. संजय कुमार साह

इ. नेत्र प्रसाद देवकोटा

इ. अनिल पौडेल

इ. भैरव धिताल

इ. सुजन श्रेष्ठ

इ. विक्रम कुमार दास

इ. लोकेन्द्र अधिकारी

इ. एमन्द गुरुङ

इ. यम कृष्ण पौडेल

इ. प्रभुराम पोखरेल

इ. जय किसुन राय

इ. टिकाराम पोखरेल

(कर्णाली प्रदेश)

इ. पूर्ण कुँवर

(सुदूरपश्चिम प्रदेश)

इ. अमित के.सी.

(गण्डकी प्रदेश)

इ. पवन कुमार भ्ना

(कोशी प्रदेश)

इ. आकाश वर्मा

(लुम्बिनी प्रदेश)

इ. मेघनाथ ढकाल

(बागमती प्रदेश)

इ. तेज नारायण यादव

(मधेश प्रदेश)

## शुभकामना सन्देश !



International Girls in ICT Day 2026 को अवसरमा Nepali Diaspora Tech Women Stories को विशेष संस्करण प्रकाशन गर्न लागेको जानकारी पाउँदा नेपाल इन्जिनियर्स एशोसिएसन र मेरो व्यक्तिगत तर्फबाट हार्दिक शुभकामना व्यक्त गर्दछु ।

सूचना तथा सञ्चार प्रविधिको क्षेत्रमा विश्वभर छरिएर रहेका नेपाली महिला प्राविधिकहरूको संघर्ष, सफलता र अनुभवहरूलाई समेटेर प्रकाशन हुन लागेको यो संग्रह आफैमा प्रशंसनीय र पठनीय हुनेछ भन्ने मैले अपेक्षा गरेको छु । नेपालमा सूचना तथा सञ्चार प्रविधि (ICT) क्षेत्रमा महिला बालबालिकाहरूको सहभागिता, सशक्तीकरण र उपलब्धीहरूलाई उजागर गर्नमा यो पुस्तक अत्यन्त उपयोगी र सफल बनेछ भन्ने विश्वास गरेको छु ।

सूचना प्रविधिमा महिलाहरूको अर्थपूर्ण सहभागिताले मात्र आधुनिक समाजको दीगो विकास संभव छ भन्ने तथ्यलाई यस प्रकाशनले बल पुर्याउनेछ र नेपालमा रहेका तथा भविष्यमा सूचना तथा सञ्चार प्रविधि क्षेत्रमा करियर बनाउन चाहने हजारौं छात्राहरूको लागि पुस्तक एउटा मार्गदर्शन र प्रेरणाको स्रोत बन्न सकोस्। डायस्पोरामा रहेर पनि नेपाली पहिचान र प्राविधिक दक्षता मार्फत विश्वभर पुर्याउनु भएको योगदानको उच्च सम्मान व्यक्त गर्दै सम्पूर्ण ICT क्षेत्रका कर्मशील एवं कृयाशील भद्र महिलाहरूमा यस प्रकाशनको पूर्ण सफलताको कामना गर्दछु ।

*Subas*



इ सुवास चन्द्र बराल  
अध्यक्ष

२०८३ वैशाख २४



## Editorial Note:

### Bridging Horizons - Women in STEM Across the Diaspora

Across continents and cultures, women in STEM within the diaspora are shaping a powerful new narrative—one defined not only by resilience, but by vision, innovation, and collective progress.

Diaspora women play a vital role in the development of their home countries, particularly in the rapidly evolving field of Information and Communication Technology (ICT). After pursuing education and gaining professional experience abroad, they bring back valuable knowledge, global exposure, and technical expertise. While not everyone may be able or willing to return permanently, there remain meaningful and diverse ways to contribute to national development from wherever they are.

Their journey reflects not limitation, but transformation. Women in the diaspora are actively building ecosystems of support - mentorship networks, research collaborations, community initiatives, and platforms that amplify voices that have long been underrepresented. They are not merely participants in STEM; they are redefining leadership, inclusion, and success itself.

Yet, this path is not without challenges. Many face underrepresentation, implicit bias, limited access to mentorship, and the constant need to balance cultural expectations with professional ambition. For diaspora women, these challenges are often further complicated by questions of identity - feeling neither fully “foreign” nor entirely “belonging.” However, within this complexity lies a unique strength: adaptability, the ability to bridge diverse perspectives, and the capacity to innovate beyond conventional boundaries.

For the next generation of young women entering STEM, the message is clear: your identity is not a

barrier - it is your greatest strength. Your perspective matters. The world needs thinkers who can approach problems through multiple lenses, who understand both local realities and global challenges. Whether in laboratories, classrooms, startups, or policy spaces, your contributions will shape the future.

For those already walking this path, your journey serves as a guiding light for others. Every challenge you overcome, every barrier you break, and every success you achieve sends a powerful message - especially to the young girl who has yet to see someone like herself represented in STEM.

In today’s world, where AI, ICT implementation, and innovation are increasingly prioritized globally and nationally, we also embrace a shared vision:

Study, work, gain skills, and build experience abroad, then return or contribute meaningfully to your home country’s development. True success lies not only in personal achievement, but in using your knowledge to contribute to national progress while living a balanced and fulfilling life with your family.

This initiative by the Women in Information Technology (WIIT) community is an important step toward empowering women in STEM. It is more than a program - it is a shared movement of inclusion, empowerment, and transformation. Let us continue to encourage, support, and uplift one another as we move forward together.

*Editorial Team*

*Sheela Kansakar Karkee*

*Acting Chairperson*



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## WIIT Activities April 2024- March 2026

### **Walkathon : Celebrating International Girls in ICT Day 2024**

April 2024



On the occasion of International Girls in ICT Day 2024, a Walkathon program was organized at Layeku, Madhyepur Thimi to raise awareness about girls' participation in Information and Communication Technology (ICT). The event featured a placard competition, where outstanding participants were recognized and rewarded for their creative and impactful messages promoting digital inclusion and empowerment.

The program was attended by representatives from Madhyepur Thimi Municipality, including the Deputy Mayor, the Principal of Adarsha Secondary School, members of Women In Information Technology (WIIT), and members of the local community.

A total of eight schools, including Adarsha Secondary School and seven other schools from the Sano Thimi area, participated in the event. More than 300 students attended the Walkathon, making it a successful community engagement initiative promoting digital awareness, ICT education, and greater participation of girls and young students in technology-related fields.

The event was supported by Nepal Telecom and Madhyepur Thimi Municipality.

### **WIIT Conference: "Educate Her: She Can Lead"**

April 2024



Women In Information Technology (WIIT) organized the WIIT Conference under the theme "Educate Her: She Can Lead" in Thimi. During the program, WIIT officially launched its publication, Volume 4 – "Educate Her: She Can Lead", which was inaugurated by the Deputy Mayor and ICT pioneer Bimal Kumar Sharma.

The conference brought together participants from colleges, ICT-related companies, local communities, and schools, with more than 150 participants attending the event. The program served as a platform to promote women's leadership, education, and participation in the ICT sector. The event was supported by Nepal Telecom, Living With ICT, and Madhyepur Thimi Municipality.

### **Literacy Program on Digital Payment and Cyber Security**

May 29, 2024



Women In Information Technology (WIIT) conducted a Digital Payment and Cyber Security Literacy program for women lecturers of Patan Multiple Campus. The program aimed to enhance participants' understanding of secure digital payment systems, online safety practices, and cybersecurity awareness in everyday digital activities.

The session provided practical knowledge on the safe use of digital platforms, protection from cyber threats, and responsible online practices. The participating lecturers actively engaged in discussions and knowledge-sharing activities, contributing to the overall success of the program.

## Workshop on Digital Skills for Life & Robotics May 2024



Women In Information Technology (WIIT) conducted Digital Skills for Life classes for the parents and teachers of Shree Kaling Secondary School, Dolakha. The sessions focused on mobile application usage and digital knowledge sharing, where all participants actively engaged in the learning activities. More than 25 parents and teachers participated in the program, which was supported by Nepal Telecom.

WIIT also organized a two-day robotics workshop at Shree Kaling Secondary School. The workshop introduced students to the basics of robotics and hands-on learning activities. The students showed great enthusiasm and excitement throughout the sessions, demonstrating their interest and confidence in learning robotics and technology. More than 30 students participated in the workshop, which was supported by Nepal Telecom. Present in the event were Gunakeshari Pradhan, Minu Pradhan and Shova Sedhai from WIIT.

## Cyber Security Hackathon June 14, 2024



Women In Information Technology (WIIT) successfully conducted a one-day Cyber Security Hackathon at Himalayan WhiteHouse International College. The event aimed to encourage students' interest and engagement in cybersecurity through interactive learning and practical participation. Students participated enthusiastically and actively engaged throughout the session, making the program highly successful. WIIT expressed appreciation for the valuable support and collaboration of BUGV, Nepal Telecom, and Himalayan WhiteHouse International College in organizing the event.

The program was attended by WIIT members including Gunakeshari Pradhan, Sheela Kansakar Karkee, Ratna Tara Tuladhar Baidya, Roja Kiran Basukala, Palpasa Tuladhar Kansakar, Minu Pradhan, Reena Dongol, Binita Shrestha, and Jyoti Karki.

## Workshop on Skills for Life & Cyber Security Jul 5<sup>th</sup> & 6<sup>th</sup> 2024



Women In Information Technology (WIIT) successfully conducted a two-day workshop on "Skills for Life & Cyber Security" at Saraswati Secondary School, Palpa in collaboration with CanHelp Nepal, Smart Cheli, and Monal Tech, and with support of The Asia Foundation Nepal.

The workshop was organized for students of Classes 9 and 10, as well as for the teachers in that school, with the objective of enhancing life skills awareness, and promoting cyber security knowledge among young learners and educators.

An interactive contest was also conducted during the program, where students participated enthusiastically and actively, and winners were rewarded as well.

Gunakeshari Pradhan, Ratna Tara Tuladhar Baidya, Palpasa Tuladhar Kansakar and Elisha Rajbhandary, were present during the event

## Workshop on Digital Skills for Life & Cyber Security

Sep 17 & 18, 2024



Women In Information Technology (WIIT) organized a two-day workshop on Digital Skills for Life & Cyber Security at Bal Mandir School, Pohara for students and teachers of the school. The workshop aimed to equip participants with essential digital literacy skills, promote safe and responsible use of technology, and raise awareness about cyber security challenges faced in today's digital world. The sessions focused on practical digital life skills, online safety, cyber hygiene, responsible social media usage, and methods to identify and prevent common cyber threats.

The workshop was conducted with the valuable support of The Asia Foundation, Smart Cheli, BugV, and CanHelp Nepal, whose continued collaboration contributed significantly to the successful implementation of the program.

Representing WIIT at the event were Reva Rajbhandary, Anjana Lohani Pandey, and Palpasa Tuladhar Kansakar, who actively engaged with the participants throughout the workshop.

## Workshop on Digital Skills for Life & Cyber Security

Sep 17 & 18, 2024



Women In Information Technology (WIIT) successfully conducted a two-day workshop on *Digital Skills for Life & Cyber Security* at Bhawani Bidyapeeth Madhyamik Vidyalaya, Parbat. The workshop witnessed active participation from students and teachers of the school and aimed to enhance digital literacy, life skills, and cyber security awareness for digital usage among the participants. The sessions focused on responsible use of digital technology,

online safety practices, and awareness of common cyber threats. Interactive discussions and practical learning activities encouraged participants to better understand the importance of safe digital world.

The program was organized with the support of The Asia Foundation, Smart Cheli, BugV, and CanHelp Nepal.

Present during the program were Gunakeshari Pradhan, Dibyswori Dali, and the President of CanHelp Nepal, who encouraged participants and highlighted the importance of digital awareness and cyber safety for students and educators.

## Participation in Start Up and Idea Fest

Sep 17 & 18, 2024



WIIT participated in the Startup and Idea Fest organized by Living with ICT. The participation helped girls and women visitors become aware of WIIT's activities and the opportunities available to enhance their knowledge, skills, and involvement in the ICT sector. Gunakeshari Pradhan, Minu Pradhan and Elisha Rajbhandari were present from WIIT.



## **WIIT 5<sup>th</sup> Annual General Meeting**

**Nov 23, 2024**

Women In Information Technology (WIIT) successfully held its 5th Annual General Meeting (AGM) with the active participation of its valuable members.

The program commenced with a welcome address by President Gunakeshari Pradhan, who highlighted the organization's continued commitment towards empowering women through information technology and digital inclusion initiatives.

During the meeting, the progress report and activities of the organization were presented by General Secretary Ratna Tara Tuladhar Baidya, reflecting on the major programs, achievements, and outreach activities carried out during the year. The financial report was presented by Treasurer Anjana Lohani Pandey, providing an overview of the organization's financial status and expenditures. Members actively participated



in the discussions, sharing their feedback, suggestions, and appreciation for the organization's ongoing efforts and future plans. The program concluded with a vote of thanks delivered by Vice President Sheela Kansakar Karkee, who expressed gratitude to all members and participants for their valuable presence, and contribution towards the successful completion of the AGM.

## **Focused Group Discussion (FGD) under the research project "Women in ICTs: Current Status and Work Provision in Nepal."**

### **FGD - WIIT Members**

**Nov 23, 2024**

WIIT organized a Focus Group Discussion (FGD) with their WIIT Members on 23 November, 2024. The session brought together 15 women ICT professionals and leaders including WIIT Excom members and other members. The discussion focused on women's journeys in ICT, workplace challenges, promotion and leadership barriers, gender discrimination, work-life balance, maternity and postpartum experiences, policy implementation, networking, family support, and the importance of continuous learning and mentorship for women professionals in Nepal's ICT sector.

### **FGD-FinTech (ICT Enabled)**

**Dec 6, 2024**

Conducted a Focus Group Discussion (FGD) on 6 December 2024, focusing on women's experiences, challenges, and opportunities in Nepal's ICT and FinTech sectors.

### **FGD – Educational Institutions ICT Professional Women**

**Dec 9, 2024**

Conducted a Focus Group Discussion (FGD) with women from educational institutions on 9th December 2024, with support from The Asia Foundation.

### **FGD- ICT Enabled**

**Dec 11, 2024**

Conducted a Focus Group Discussion (FGD) on 11 December 2024

at Yellow Pagoda Hotel with support from The Asia Foundation. The session brought together senior women professionals from leading ICT, telecom, software, and outsourcing companies to share experiences on career progression, workplace challenges, leadership opportunities, and recommendations for improving women's participation in Nepal's ICT sector.

### **FGD – ICT Professional Men**

**Dec 11, 2024**

Conducted a Focus Group Discussion (FGD) on 11 December 2024 at Yellow Pagoda Hotel. The session was organized with support from The Asia Foundation. The discussion brought together senior ICT professionals from technology companies, banking, telecom, AI/data services, and digital platforms to explore perceptions on women in ICT, workplace inclusion, gender balance in recruitment and leadership, and recommendations to strengthen women's participation in the ICT sector in Nepal.

### **FGD – ICT Professional Women**

**Dec 13, 2024**

Conducted a Focused Group Discussion (FGD) on 13 December 2024 at Yellow Pagoda Hotel, Kathmandu. Participants shared experiences on workplace gender bias, leadership challenges, work-life balance, maternity support, career growth, and the need for greater trust, flexibility, mentoring, training, and policy support for women in ICT sectors in Nepal.

The discussion brought together women professionals from different organizations.



## FGD-Government

Dec 16, 2024

Conducted a Focus Group Discussion (FGD) focusing on women working in the government ICT sector. The session was held on 16th December 2024 at Yellow Pagoda Hotel, Kathmandu, with support from The Asia Foundation. The discussion captured experiences, challenges, and recommendations related to women's participation, leadership, workplace environment, and career progression in the ICT sector.



## Digital Awareness Session in Soft opening ceremony of the Elizabeth Word Educational Centre

Jan 7, 2025

Representatives from Women In Information Technology (WIIT) participated in the soft opening ceremony of the *Elizabeth Word Educational Centre* at Shree Pashupati Secondary School, organized by CanHelp Nepal.

The event marked an important initiative towards supporting educational development and creating better learning opportunities for students. Participants and guests appreciated the efforts made towards strengthening educational resources and community engagement through the establishment of the educational centre.

Representing Women In Information Technology (WIIT) at the program were Sheela Kansakar Karkee and Palpasa Tuladhar Kansaakar.



## A five-day training program for teachers of government schools

Jan 12<sup>th</sup> to 17<sup>th</sup>, 2025





WIIT with collaboration with Nepal Academy of Science and Technology (NAST) conducted a five-day training program for lady teachers of government schools in Bhaktapur. The sessions were carried out through the Mobile ICT Lab (IAC) with the objective of enhancing digital literacy, technology-based teaching skills, and practical ICT knowledge among school teachers.

The program provided participating teachers with hands-on exposure to digital tools and technology integration in education, helping strengthen their capacity to apply ICT in classroom teaching and learning activities.

Representing Women In Information Technology (WIIT) during the program were Gunakeshari Pradhan, Sheela Kansakar Karkee, Roja Kiran Basukala, Palpasa Tuladhar Kansakar and Elisha Rajbhandari.

### Celebrating International Women's Day 2025 Feb 18, 2025



On the occasion of International Women's Day 2025, Women In Information Technology (WIIT) organized a research dissemination conference titled *"Barriers to Breakthrough: Women in Nepal's Information & Communication Technology Landscape."*

The event brought together around 150 participants, including professionals, researchers, students, and stakeholders from the ICT sector. The conference aimed to share key findings on the challenges and opportunities faced by women in Nepal's ICT landscape, while also promoting dialogue on inclusion, equity, and empowerment in the technology field.

The dissemination session highlighted major barriers such as limited access to opportunities, workplace challenges, skill gaps, and social constraints, while also presenting recommendations

for improving participation and leadership of women in ICT. Paper were presented by Dr. Amrita Sharma, Consultant, The Asia Foundatio, Dibyswori Dali(WIIT), Minu Pradhan (WIIT) and Elisha Rajbhandari (WIIT).

The program served as an important platform for knowledge sharing and advocacy, encouraging collective action to strengthen women's representation and advancement in Nepal's growing digital economy.

### Beyond the Classroom: How Students Can Thrive in Freelancing & Online Jobs March 31, 2025

A talk program titled "Beyond the Classroom: How Students Can Thrive in Freelancing & Online Jobs" was conducted at DAV College, led by Jayanti Mala Chapagain.

The session focused on introducing students to emerging opportunities in freelancing and online work platforms, highlighting how digital skills can be transformed into income-generating opportunities beyond traditional classroom learning.

Participants were guided on key areas such as building an online profile, identifying freelance opportunities, developing in-demand digital skills, and maintaining professionalism in remote work environments. The session also emphasized the importance of continuous learning, adaptability, and confidence in navigating the global digital job market.

The interactive discussion encouraged students to explore practical pathways for career development in the digital economy and motivated them to consider freelancing as a viable future profession alongside traditional career options.

**WIT**  
Women In Information Technology

**Talk program: 'Beyond the Classroom - How Students Can Thrive in Freelancing & Online Job'**

**Organized by:**

- Women In Information Technology (WIIT) in collaboration with DAV College, Juvakhat.
- Program date: March 31, 2025
- Program Time: 8:15 am to 10:30 am
- Venue: DAV College, Juvakhat, Lalitpur
- Speaker: Ms. Jayanti Mala Chapagain, Founder & CEO Spiker Solutions, ICT Freelancer

**DAV COLLEGE**

## Artificial Intelligence for Tech Women in Different Fields

April 18<sup>th</sup> & 19<sup>th</sup>, 2025

Women In Information Technology (WIIT) organized a workshop on Artificial Intelligence for Tech Women in Different Fields, aimed at strengthening awareness and practical understanding of emerging AI technologies among women professionals from diverse sectors.

The session was facilitated by Dr. Manoj Shakya, who provided insights into the fundamentals of artificial intelligence, its real-world applications, and its growing relevance across industries such as education, business, health, and technology.

The workshop focused on how AI is transforming workplaces and creating new opportunities for innovation and career growth. Participants were introduced to key concepts, current trends, and practical examples of AI use, helping them better understand how to adapt and upskill in an evolving digital landscape.

The interactive session encouraged discussion on the role of AI and highlighted the importance of continuous learning and digital readiness in emerging technologies.



## Celebrating International Girls in ICT Day 2025: Prabhat Feri at Harisiddhi

April 23<sup>rd</sup>, 2025



A Prabhat Feri (morning awareness walk) program was conducted at Shree Harisiddhi Secondary School with the active participation and support of the Rotary Club of Yala, Lalitpur Municipality, and different schools in Harisiddhi.

The program aimed to promote community awareness, discipline, unity, and positive engagement among girls students through a collective morning walk around the Harisiddhi area. Students, teachers, and organizers participated enthusiastically, making the event lively and impactful. Best slogan prepared school and students were rewarded.

The initiative helped encourage values of teamwork, social responsibility, and healthy habits among students, while also strengthening collaboration between the school and community organizations.

## Digital Literacy Program for Misa pucha(women group) of Harisiddhi

May 15<sup>th</sup>, 2025

A Digital Literacy Program was conducted for the Misa Pucha group of Harisiddhi as part of the initiative "Digital Harisiddhi", aiming to strengthen basic digital skills and promote safe and effective use of technology within the community. The program was organized in collaboration with Rotary Club of Yala and supported by Lalitpur Metropolitan Municipality and local stakeholders.



The program was organized in collaboration with Rotary Club of Yala and supported by Lalitpur Metropolitan Municipality and local stakeholders.

The session focused on improving digital awareness, including the use of smartphones, online communication tools, basic internet safety, and practical applications of digital services in daily life. The initiative was designed to empower participants with essential skills to confidently engage in an increasingly digital environment.

Representing Women In Information Technology (WIIT) were Sheela Kansakar Karkee, Ratna Tara Tuladhar Baidya, Palpasa Tuladhar Kansakar, Minu Pradhan and Sobha Sedhai, who actively facilitated and engaged with participants throughout the program.



## Cybercrime, Cybersecurity, Digital Marketplace, and Online Business

Jun 13, 2025



A training session on *Cybercrime, Cybersecurity, Digital Marketplace, and Online Business* was conducted for school teachers, focusing on strengthening their understanding of safe digital practices and emerging opportunities in the online economy. The session aimed to build awareness on cyber threats, preventive measures, and responsible digital behavior, while also introducing teachers to the concept of digital marketplaces and online business models that can be explored for personal and professional growth.

Representing Women In Information Technology (WIIT) were Sheela Kansakar Karkee and Adipti Gupta.

### Cyber Security and Digital Skills for life (APT Project, Sindhuli)

Sep 5<sup>th</sup> - 6<sup>th</sup> 2024

The training program was successfully conducted by Women In Information Technology (WIIT) for students, teachers, and mothers' groups (parents of students). The training covered key topics including cybersecurity, digital life skills, and digital payment systems.



Funded by Asia-Pacific Telecommunity (APT), the program was implemented collaboratively by Women In Information Technology (WIIT), CanHelp Nepal, and InRed Labs. Separate training sessions were organized for students, teachers, and mothers' groups (Aama Samuha), ensuring that each group received relevant and practical digital knowledge and skills.

The program successfully reached approximately 200 students, 25 teachers, and 22 mothers. As part of the initiative, cash prizes were awarded to participating students as a form of recognition and encouragement. In addition, a donation was provided to Jana Jyoti Secondary School in appreciation of the school's valuable support and cooperation throughout the implementation of the project.

Present from WIIT were Gunakeshari Pradhan, Sheela Kansakar Karkee, Ratna Tara Tuladhar Baidya, Palpasa Tuladhar Kansakar and Elisha Rajbhandari. Appreciable support from President of CanHelp Nepal Santosh Rajbhandari received along with his presence during the sessions.

### Talk program on Anti-Money Laundering (AML) session

Dec 11, 2025

An *Anti-Money Laundering (AML)* class was conducted for students to introduce the fundamentals of financial integrity, legal compliance, and the importance of preventing financial crimes. The session aimed to build awareness among students about money laundering, its impact on the economy, and the role of individuals and institutions in maintaining transparent financial systems. The class also highlighted basic concepts of financial monitoring, reporting mechanisms, and ethical financial practices in the digital age.

The session was facilitated by Dibyswori Dali, who guided students



through practical explanations and real-life examples to help them understand the significance of Anti-Money Laundering (AML) frameworks.

### WIIT 6<sup>th</sup> Annual General Meeting 2026

Jan 11, 2026

Women In Information Technology (WIIT) successfully held its 6<sup>th</sup> Annual General Meeting (AGM) on Jan 11, 2026.

A welcome address was given by President Gunakeshari Pradhan, who also highlighted the



organization's commitment towards empowering women through information technology and digital inclusion initiatives.

During the AGM, the progress report and activities of the organization were presented by Roja Kiran Basukala reflecting achievements, and outreach activities carried out during the year. The financial report was presented by Treasurer Anjana Lohani Pandey, providing an overview of the organization's financial status and expenditures.

All the members actively participated in the discussions with their feedback, suggestions, and appreciations.

The program concluded with a vote of thanks delivered by Vice President Sheela Kansakar Karkee.

## Program on Graphic Design Orientation & Poster Contest

Jan 16<sup>th</sup> & 17<sup>th</sup>, 2026

A two-day (17–18 January 2026) *Graphic Design Orientation & Poster Contest* was successfully conducted at Shree Bhanodaya Basic School, collaboration with Rotary Club of Yela, aimed at empowering middle school students with foundational creative and digital skills.

The program introduced students to basic graphic design concepts using Canva, enabling them to explore visual communication and express ideas creatively. As part of the contest, students designed posters on important themes such as *Cyber Security*, *Online Safety*, and *Girls in ICT*, reflecting their understanding of responsible and inclusive digital practices.

The sessions encouraged active participation, creativity, teamwork, and confidence-building among students. It also promoted gender



inclusion in ICT, with both boys and girls collaborating equally in learning and creative activities.

Representing Women In Information Technology (WIIT) were Gunakeshari Pradhan, Minu Pradhan and Elisha Rajbhandary, who facilitated and supported the program throughout its duration.

## Workshop on Research & Data Skills for Women in Tech

Jan 30, 2026



A workshop on *Research & Data Skills for Women in Tech* was conducted at Sunway College, aimed at strengthening research capacity and data literacy among women in the technology field. The session focused on developing essential skills in research methodology, data analysis, and evidence-based decision-making, highlighting how data-driven approaches are increasingly important in the ICT and digital sectors. Participants were also introduced to practical applications of data skills in academic research, industry projects, and innovation-driven work environments. The program featured guest speaker Tista Prasad Joshi, who shared expert insights on research practices and the importance of data competency for women in technology and academia.

Representing Women In Information Technology (WIIT) were Gunakeshari Pradhan, Sheela Kansakar Karkee, Dibyswori Dali, Palpasa Tuladhar Kansakar, Dibya Tara Shakya, Elisha Rajbhandary, Jyoti Karkee, Sweta Sherchan, and Sulochana Tuladhar, who actively participated and contributed to the workshop activities.

## Workshop on Digital Financial Literacy for Women

March 16, 2026



To mark the dual occasions of International Women's Day 2026 and Global Money Week 2026, a special program centered on the theme "Smart Money Talks" was successfully hosted. WIIT organized this event with strategic support of the Securities Board of Nepal (SEBON).

The program served as a powerful platform to champion financial literacy, responsible money management, and women's economic empowerment. Driven by interactive sessions, participants engaged in discussions focused on dismantling barriers to financial knowledge, promoting calculated and responsible investing, and fostering a more inclusive economic landscape. The forum brought together a vibrant mix of college students, women professionals, ICT experts, and leaders from esteemed organizations. The enthusiastic participation of young minds and industry veterans alike underscored a collective commitment to building a financially literate and economically secure future for women in Nepal.

## Some More Glimpses of WIIT Activities



WIIT organized Robotics Workshop and Contest at Jagat Sundar Bonekuthi School at Kathmandu on 28 May 2024



Graphics design training & contest at Lalitpur during 13-14 December 2025, WIIT conducted Graphics Design Training Workshop and Contest at Harisiddhi, Lalitpur



WIIT organized Robotics Workshop and Contest at Shree Kalinag Secondary School, Kalinchowk, Dolakha during 12-13 May 2024



WIIT received Certificate of Appreciation for WIIT stall for women made ICT product in Girls in ICT Leadership Workshop organized by NTA on 10th May 2024



WIIT Conducted Panel Discussion in CNX Nepal-APAC Nepal Chapter in Collaboration with Nepal Internet Foundation



WIIT with head of ITU area office for South Asia on International Girls in ICT day 2025 organized by NTA and ITU at Himalayan Hotel on 23 May 2025



MOCIT Secretary, NTA chair man and MOEST joint secretary visited WIIT stall at Girls in ICT day 2025 organized by NTA and ITU at Himalayan Hotel on 23 May 2025



WIIT members with Ncell Woman icon ICT Award 2025 winner Ms. Bandan Sharma in ICT Award event organized by Living with ICT and ICT Foundation



WIIT receiving Certificate of Appreciation from NTA and WIIT delivering research publication at Girls in ICT day 2025 organised by NTA and ITU at Himalayan Hotel on 23 May 2025



WIIT participated in Digital Nepal Conclave 2024



WIIT participated in panel discussions in International Conference on Science and Technology Information Management System: Practices and Experiences organized by Nepal Academy of Science and Technology and Centre for Science and Technology of the Non-Aligned and other Developing Countries (NAM-S&T Center) at Lalitpur during 7-9 May 2025



WIIT in DAV CodeFest as Jury and Mentors

# ABHILASHA SHUKLA

Management Consultant  
Accenture



Abhilasha Shukla holds an MSc in Biotechnology from Osmania University, Hyderabad, and an MBA from Great Lakes Institute of Management, Chennai. Her background combines scientific expertise with a broad business perspective and a strong commitment to continuous learning.

## A Story of Growth, Grit, and Grace

For me, science was never meant to stay confined to the lab, it was always about creating something that could make a larger impact. I began my journey in life sciences with a strong curiosity for research, spending my early days working in a lab environment and understanding the discipline that scientific work demands.

Over time, I started noticing a gap. While scientific discoveries were advancing rapidly, the systems supporting them often struggled to keep pace. That realization stayed with me and gradually shaped my career choices. I found myself drawn toward roles where I could bridge science with technology where I could contribute not just to discovery, but to how discovery is enabled at scale.

Over the past decade, I have had the opportunity to work across clinical trials, R&D informatics, and medical affairs, building digital platforms for global pharmaceutical organizations. From supporting decentralized clinical trials to working on enterprise data integration platforms, my role has largely been about connecting different worlds; scientists, clinicians, and technology teams; and helping them work together more effectively.

It has not always been a clearly defined path. Moving from a scientific background into product and platform roles required me to continuously learn, adapt, and sometimes step outside my comfort zone. But along the way, I have been fortunate to work with teams and mentors who have helped me grow and see the bigger picture.

As a woman working at the intersection of science and technology, I've also become more conscious of the importance of representation. I try, in my own way, to support and mentor others, especially those who are navigating similar transitions or exploring unconventional career paths.

Today, as the life sciences industry evolves with AI and digital innovation, I see my role as a small but meaningful part of that journey helping translate complex scientific needs into systems that can create real-world impact.

If there is one thing my journey has taught me, it's that careers do not have to follow a straight line. Sometimes, it is about staying curious, being open to change, and trusting each step, no matter how different that adds value to the whole.

“Act as if what you do makes a difference. It does.” — *William James*”



# ADITI ARYAL

Business Analytics  
Utica

 UNITED STATES OF AMERICA

Aditi Aryal built early experience in business operations while supporting her family business after graduating in the United States. She later returned to pursue a master's degree and has developed a career centered on business analytics and data-driven strategy.

## Data Has a Story and So Do I

I grew up watching my father work. I did not fully understand what he did, but I understood the energy around it, the decisions, the purpose, the sense that what he was doing mattered. That was my first introduction to business, and it planted something in me long before I ever had a name for it.

Years later, I found myself in Utica, New York, far from Kathmandu, finishing a Master's degree in Business Analytics. And somewhere along the way, I discovered data and suddenly everything clicked. The patterns, the questions you could ask, the stories hidden inside numbers waiting to be told. It felt like finding a language I did not know I had been searching for.

But the journey here was not a straight line. I have lived in the United States for almost ten years now, and I will be honest with you the cultural adjustment never fully goes away. You carry your home with you, and sometimes that weight is beautiful, and sometimes it is just heavy. Being a woman adds another layer. In rooms where decisions are made, you learn quickly to take up space even when everything around you suggests you should not.

Right now, I am in the middle of a job search in one of the most uncertain times I have seen. The current climate makes it harder for everyone, and for immigrants, for women, it can still feel heavier. But I am here. I graduated this year with my master's degree, a goal I set and reached, in a city where I knew no one, building a life from scratch with nothing but determination and the memory of every elder back home who ever told me to dream big.

That is the thing I want young women in Nepal to hold onto not just the success stories, but the in-between. The hard, quiet, unglamorous in-between where you are still figuring it out. I was lucky. I grew up surrounded by people who told me that the path was mine to choose. Not everyone has that. But if you are reading this and you have even one person in your corner, let that be enough to start.

Leaving that support behind is one of the hardest parts of building a life abroad. But I have learned that distance does not dissolve it. Those voices travel with you. And on the days when the data does not make sense and the job search feels endless and the culture still feels foreign after a decade I hear them. And I keep going.

**“Dream big and follow the path in life that you want”**

# ADYA LOHANI

National Accounts Pricing Analyst  
UniFirst Corporation

 UNITED STATES OF AMERICA

Adya Lohani is a Pricing Analyst at UniFirst Corporation with a background in Statistics and Economics from the University of Florida. She leverages data-driven insights to shape pricing strategy and translate complex analysis into clear business value.



## The Bottleneck Is No Longer Capability. It Is Imagination.

I graduated college in 2024, which puts me squarely in an interesting generational bracket. When my class started college in 2020, jobs in ICT, data, and computer science were the most in demand. Everyone wanted to go in. Students flooded into technology-adjacent programs, me included, drawn by the promise that the job market would be waiting for us on the other side.

Then, somewhere around our junior year, ChatGPT showed up.

At first, we were curious but not particularly alarmed. Our professors banned it outright, which as any college student will tell you, only made us want to understand it more. By early 2023, it was still unreliable enough that most of us genuinely did not believe it posed any real threat to careers in tech or data.

### By graduation, the story looked very different.

To be fair, it was not entirely AI's doing. There were broader economic forces at play. But the tech jobs that had seemed so untouchable in 2020 were, by 2024, among the most vulnerable. I was fortunate, I graduated with a job offer in my field, and I do not take that lightly. Many of my peers were not so lucky.

What that experience taught me is that technology has always been a moving target. Every decade or so, something comes along that reshapes the world and the people who thrive are not necessarily the most technically skilled. They are the ones who grow alongside the change rather than against it.

A common narrative today is that AI is coming for your job. I disagree, gently but firmly. AI will not replace every job, but people who understand it, adopt it, and use it effectively will have an advantage over those who do not. That distinction matters.

In my own role as a Pricing Analyst, I have brought meaningful optimizations simply by being willing to experiment. I always thought I was reasonably good at Excel. But what AI has done for me is close the gap between what exists in my head and what I can build. Ideas that would have taken days now take hours. In my personal life, I have built a financial tracker, a habit system, and on the sillier end of things, a declutter tracker for my home. None of these required a computer science degree. They required curiosity and a willingness to try.

That, I think, is the real skill of our generation. The world no longer exclusively rewards those who are the most technically proficient. It rewards those who can think creatively and imagine things worth building because the tools to build almost anything already exist. A few years ago, bringing an idea to life required knowing how to code or engineer it yourself. Today, if you can think and clearly articulate what you want, there is likely a tool that can get you there. The bottleneck is no longer capability. It is imagination.

And the quality of your thinking is shaped by everything you expose yourself to. Read widely; literature, history, philosophy, things that seem completely unrelated to technology. When you have a rich internal world to draw from, you ask better questions and make unexpected connections. AI is only as interesting as the person prompting it.

To the young women in Nepal considering careers in technology: the landscape is shifting, yes. But that is not a reason to hesitate. It is a reason to lean in with curiosity, creativity, and the confidence that your perspective is exactly what this moment needs.

**“All we have to decide is what to do with the time that is given us.” - Gandalf, Lord of the Rings**

# ALINA KARKI

Physics Lecturer

Eastern Washington University

 UNITED STATES OF AMERICA

Alina Karki is a Physics Lecturer at Eastern Washington University with a PhD in Materials Science. Her work reflects a strong commitment to science education, research, and fostering scientific curiosity in students.



## From Nepal to the Physics Lab: My Journey in STEM

From a young age, math and science were my passions. While my father dreamed of me becoming an engineer, I chose to follow my own path and majored in physics during my undergraduate studies. My family's eventual support became the bedrock of my career. Today, not only do I hold a PhD, but I also serve as a Physics lecturer at Eastern Washington University in the U.S. Looking back, I realize that my early curiosity was not merely a childhood hobby, but the beginning of my true calling.

In 2011, I moved to the U.S. to pursue my master's degree in physics at Ohio University. Stepping into an accelerator lab to conduct experiments with high-energy photons and nuclear reactions was a dream, but the transition was far from easy. Beyond the complexities of quantum physics, I faced the "hidden curriculum" of living abroad: homesickness, the weight of financial independence, and the challenge of managing a life entirely on my own. I quickly learned that survival in a foreign land isn't just about academic merit; it is about community. Building a cooperative circle of friends became my "home away from home," and, truly, we are not meant to navigate life's challenges in solitude.

One of the most profound realizations I had was the shift in educational culture. In my experience, physics education in Nepal often emphasizes rote learning and theoretical

derivation. In the U.S., I was suddenly thrust into an environment of constant engagement: frequent quizzes, seminar presentations, and active participation. As an introvert, I felt significant pressure to speak up. I had to learn that silence is not a virtue in a collaborative scientific environment. I realized that being punctual and disciplined with my schedule was not just about being a good student; it was the only way to keep from falling behind in a system that demands constant momentum.

My interest in physics was solidified when I moved beyond textbook derivations into the world of computational physics and hands-on application, such as visualizing equipotential regions or building an electric motor from scratch using only wire, magnets, and a battery. These moments of application showed me the gap in our traditional teaching systems. This is why I am now deeply committed to **active learning**. I want to move away from traditional, passive lectures and instead create curricula that force students to grapple with real-world problems. I want my students to see the wonder in the "adventure" of physics.

To the young women in Nepal who look at the global stage and wonder if they belong: **You do**. But you must prepare with intention. My journey taught me three essential pillars for success:

**"If you look at the global stage and wonder whether you belong, you do."**

# AMBIKA SHAKYA

PhD Student

University of Florida

 UNITED STATES OF AMERICA

Ambika Shakya taught physics in Nepal before earning her PhD at the University of Florida and joining Intel. She is passionate about encouraging more Nepali girls to pursue careers in science and technology while remaining deeply connected to her cultural roots.



## A Journey of Resilience, Innovation, and Empowerment

My name is Ambika Shakya, originally from Ombahal, Kathmandu, and I am currently living in the United States. Presently, I work as a Process Engineer at Intel Corporation, a position I have held for nearly four years. It is a profound honor to contribute to the development of Intel's most advanced and groundbreaking 18A process node technology and state-of-the-art packaging. The Intel 18A node, equipped with RibbonFET and PowerVia, symbolizes an unprecedented leap in transistor innovation. This technology delivers remarkable enhancements in performance per watt, ensures reliable processing within compact and scalable designs, and extends battery life through superior energy efficiency.

Throughout the past four years, I have cultivated a wealth of engineering expertise and analytical acumen. Additionally, I have learned the value of patience and composure in the face of demanding and high-pressure situations. The problem-solving skills and analytical foundation I established during my doctoral studies have been instrumental in my ability to tackle new challenges with confidence and resilience.

My doctoral research in experimental condensed matter physics was conducted at the University of Florida. Undertaking a PhD is not solely about acquiring technical and analytical proficiencies; it fosters comprehensive problem-solving abilities and personal growth. Previously, I completed a Master's degree in Science with a major in Physics from Tribhuvan University, Nepal. I dedicated

several years to teaching as a lecturer of Physics at Amrit Science Campus and St. Xavier's Campus. Deep within, I harbored the ambition to pursue a PhD, reasoning that if I possessed the eligibility and opportunity to further my education abroad, I should embrace it. In retrospect, this decision stands among the most rewarding in my life.

Balancing the roles of a mother to a toddler and a spouse to a graduate student, I undertook the challenge of entering a doctoral program. Graduate school posed many difficulties, yet it was through these trials that I discovered my true capabilities. I continuously stretched my boundaries and expanded my limitations, both academically and personally. Crucially, I developed invaluable skills in time management and stress management, competencies that have served me well throughout my career.

To every woman aspiring to achieve greatness, my message is this: never underestimate your potential. While imposter syndrome may at times cast doubt, remember that you possess extraordinary strengths. Our capacity to multitask, manage time, and navigate stress is unparalleled. Seize every opportunity to broaden your knowledge, transcend your limits, and strive for both financial and professional independence. Your determination and resilience are the pillars of your success. By embracing new challenges, you will shape a future defined by growth, empowerment, and accomplishment.

**“Every challenge you face is an opportunity to grow stronger, wiser, and more empowered than before. So, believe in your limitless potential.”**

# ANUSHREE SHAKYA

Senior Software Developer  
Cognizant Technology Solutions

 AUSTRALIA

Anushree Pradhan is a software engineer based in Sydney, Australia, with a strong interest in technology, continuous learning, and professional growth. Her journey reflects curiosity, adaptability, and resilience.



## From Self-Doubt to Software Development: A Journey of Persistence

Graduating in Nepal with a Bachelor's degree in Information Management gave me a foundational understanding of IT while sparking my interest in technology-driven solutions. During college, I was an average student and felt intimidated by programming. I believed coding was only for exceptionally intelligent people and feared it was not meant for me. At that time, my biggest dream was simply to leave Nepal, as I felt there were limited opportunities for young people. Australia or the US symbolised a better future and broader possibilities.

After graduation, with the help of my aunt, I joined an IT company in Nepal. She encouraged me to pursue programming, but out of fear, I chose marketing, assuming it would be easier. Soon, I realised marketing was not my strength either, especially the pressure of acquiring clients and generating revenue. Later, I got married and eventually moved to Australia.

In Australia, I worked in various roles such as nursing support, sales, and administration. While these jobs helped me survive, none gave me a sense of satisfaction because I lacked a specialised skill. Over time, I became fascinated by technology again-particularly beautiful websites, layouts, and interactive buttons. I wished I could at least learn basic coding and started exploring it as a hobby. My husband, who was a programmer, encouraged me, and I began learning simple coding concepts on my own.

This curiosity pushed me to join a paid internship program at a small IT company where I was the only intern and there were no other developers. I worked extremely hard, learning through trial and error. My dedication impressed my employer, who eventually started paying me. After a few years, I aspired to move beyond basic styling and focus on deeper software development. I applied to many companies, faced multiple interview rejections, and felt discouraged at times, but I never gave up. I kept learning, enrolled in online courses, and continued applying.

Eventually, I secured a role at a large IT consulting company, marking a turning point in my career. Since then, I have worked on complex consulting projects for organisations such as Amazon, major banks, and insurance companies. Today, I continue to grow as a software consultant, enjoying constant learning and challenge.

Looking back at the fear and self-doubt I once had, I realise that persistence, consistent hard work, and my determination to never give up played a major role in shaping my journey. Even when progress felt slow and confidence wavered, my pursuit of moving forward-one step at a time-made all the difference. This is the advice I now share with others: fear is natural, but perseverance and the pursuit of never giving up will always lead you forward.

**“Stay hungry, stay strong, stay focused. Pain is temporary, pride is forever”**

# BIBHUSHA PRADHAN

Quality Analyst Manager

NRG Energy

 UNITED STATES OF AMERICA

Bibhusha Pradhan is an IT leader with over a decade of experience across the energy and technology sectors. As Quality Assurance Manager at NRG Energy, she combines expertise in analytics, quality, and business intelligence to drive innovation and operational excellence.



## Beyond the Comfort Zone

Growing up in Nepal, I was surrounded by the world of technology in a way many were not as my mother was a Computer Engineer, a pioneer in her own right. Yet, despite having that powerful example at home, I never imagined I would follow in her footsteps. I saw my own path in mathematics, and to me, the world of IT felt like a daunting, separate universe. Looking back now, I realize that her influence and the resilience I witnessed in her career were quietly preparing me for the journey I am so proud to be on today.

My path was far from a straight line. As a student, I was fascinated by the logic of mathematics, which remained my primary focus through college. When I first encountered the tech world, I harbored a common misconception: that if I hadn't grown up coding, I didn't belong.

However, I "stumbled" into a role as a Quality Analyst, and a new world opened. I quickly learned two vital lessons: first, the IT sector is a diverse ecosystem that requires much more than just programming. It needs leaders, communicators, and problem-solvers. Second, technology is a learned skill; with the resources available today, it is never too late to adapt and thrive. With a subtle nudge and immense support from my parents, I dived into the field head-first and have not looked back since.

My professional journey at NRG Energy began over eleven years ago as a QA Analyst in Philadelphia. In those early days, my world was defined by test scripts and software defects. That role taught me that quality assurance isn't just about finding bugs; it's about building trust. If a system doesn't serve people effectively, it hasn't met its goal.

As I grew, so did my responsibilities. Moving into a Lead

role, I discovered a hidden strength: the ability to bridge the gap between technical teams and business stakeholders. Later, transitioning into a Business Analyst role gave me a completely new perspective, forcing me to balance operational needs with technical realities.

Today, as a Quality Assurance Manager, I oversee end-to-end testing strategies and manage complex migration projects. Working in the energy sector is especially meaningful right now; technology is the engine driving sustainable and customer-focused energy solutions. Being part of an industry evolving this rapidly keeps me motivated to continue learning every day.

This journey has not always been easy. Like many women in STEM, I have faced moments of self-doubt and the pressure of working in environments where we are still underrepresented. I've had to work harder to prove my capabilities, but those experiences forged my resilience. I learned that confidence grows through action, and leadership grows through consistency.

To young girls and women in Nepal who are eyeing a future in STEM: do not underestimate your potential. You do not need to have everything figured out on day one. What matters most is your willingness to step into the unknown.

I believe women belong in every space where decisions are made and innovation happens. I saw firsthand through my mother that women can build the systems of the future, and now I know there is a place for all of us in that space. The more diverse our voices are, the stronger and more inclusive our future becomes. For me, this story is still unfolding, and I carry with me the resilience and determination that began back home in Nepal.

**"Success is not final, failure is not fatal: it is the courage to continue that counts."**

# BINDRA SHRESTHA

Programming Project Manager

API group

 UNITED STATES OF AMERICA

Bindra Shrestha is a Programming Project Manager at API Group and a graduate of the University of Houston–Clear Lake. Her experience reflects strong leadership, project coordination, and technical expertise.



## An IT Nepali mother

When I was young, I aspired to join the medical field. However, it did not amaze me with the fact that I had to deal with people's suffering. I did not feel that strong to deal with these professional requirements. My interests grew towards helping my father in business. I thought I would get a business degree from the USA so I could stand up on my feet one day back home doing business and helping my family. While in the USA, I took many business-related classes and was excelling way good. I was one of the top students in class and not missing even challenging bonus questions. As I was doing long trial balances and balance sheets, I realized suddenly that I was not really enjoying what I was doing. I was in my early twenties at that time, and I made up my mind that if I was to do this for my life, I would be unhappy.

Computer Science was starting to become very popular as this field had more scopes, so I also decided to switch to computer science. I did not have any knowledge of computers and programming. The very first semester after switching, I registered for three different programming languages concurrently. This was one of the challenging times of my life. I cried almost half of the semester trying to learn these languages. I remember driving through the streetlights, all worried about how I could catch up and excel in learning all these languages. In the beginning, I was barely passing the tests. I worked hard, researched, sought help, and started to write everything I learned and finally towards midterm, I got the hang of these languages. I finally completed these languages successfully. That first semester was the rest of my learning curve and then climbed up the hills.

I competed for a student job as a Teaching Assistant and got it. The job not only helped me with monthly rent payment and expenses but also made me eligible for "in-state" tuition which was a lot more affordable than foreign tuition fees.

I graduated with a Master's in Computer Science Suma cum laude. Right after graduation, I was offered to teach at the same - University of Houston ClearLake as an adjunct professor. I continued teaching while I worked a full-time job as a QA tester and database related job at Tietronix software. Then an engineering firm Bei Engineer hired me full time as a programmer and also helped process H1 B visa. I worked here as a database administrator and web developer for five plus years and then finally moved to the current job at Api Group where I started as a Programmer level 1 and then moved to various levels in programming related areas and managing programming projects. Developed many projects including ERP development in C/AL

Besides career, I am a very happy wife married to Pramod Lal Shrestha and we have two beautiful kids - Luunivaa Maaya Shrestha and Brennan Lal Shrestha

I am thankful that during Nepal's earthquake of 2015, I was able to raise close to fourteen thousand in aids to victims through my workplace and contributions and helps from friends.

That's me - I started as a young girl exploring life and now, I am not only a proud mom and a wife but a proud Nepali woman in IT here in Houston, Texas.

**"Be good Do good - Late Satya Narayan Bahadur."**



# BIPULA KHATIWADA

Product Manager

Ticketek



Bipula Khatiwada is an engineer and technology leader with over 15 years of experience across leading organizations in Australia. She combines technical expertise with human-centered design to deliver strategic, innovative, and impactful solutions.

## From Biratnagar to Sydney: A Story of Resilience, Reinvention, and Unshaken Purpose

I was born and raised in Biratnagar, Nepal, in a home where education was not a choice but a way of life. My parents, both university professors, built a world grounded in discipline, curiosity, and intellectual rigor. My father, deeply passionate about science and technology, believed strongly that both my elder brother and I should pursue careers in tech. That early conviction quietly shaped the trajectory of my life.

When my brother left home to study engineering, I was still in school. His departure left a void but also created clarity. In that silence, I became more focused, more disciplined, and more determined to excel. I learned early that independence is often born from absence.

I moved to Kathmandu to study Computer Engineering at Kathmandu University. It was a formative yet confronting experience. In a class of 45 students, only 7 were women. I did not have the language at the time to fully interpret what that meant, but I learned to hold my ground, focus on my capability, and let results speak louder than presence. I graduated with strong academic performance, shaped not by comfort, but by persistence.

During my internship, I was awarded a scholarship to pursue a Master's degree at Chosun University in South Korea under the IITA program. That moment marked a turning point. Moving to Korea was my first true immersion into independence. I lived alone in a foreign country, navigated unfamiliar systems, and adapted to a culture vastly different from my own. It taught me endurance, emotional resilience, and the quiet strength required to rebuild yourself in unfamiliar terrain.

After completing my Master's, I began my professional journey in technology.

Within a year of my marriage, my husband and I moved to Australia. We arrived with ambition, but limited means. Sydney, one of the most expensive cities in the world, did not offer comfort but it demanded resilience. In the early months, I was unemployed, and we survived on a modest university stipend. It was a period defined by uncertainty and restraint, where every decision carried weight.

My husband's support became fundamental. He encouraged me not to compromise on direction, but to persist until I found the right role. In a new country without networks or familiarity, I spent countless hours refining applications, rewriting CVs, and learning how to position myself in an entirely new professional landscape.

There were moments that tested humility as much as patience, hosting

guests with mismatched cups because we were still building our life from scratch, or carefully measuring every expense in a city where everything felt out of reach. And yet, within that uncertainty, I found direction. Securing my first role in Australia was not just a milestone; it was validation that persistence eventually translates into opportunity.

Shortly after, life tested me in a far deeper way. My father, my strongest influence and a lifelong supporter of my journey, was diagnosed with leukemia. Within 28 days, he passed away. The speed of it was unimaginable. The loss was profound. At that moment, my workplace gave me unlimited compassionate leave. It was the first time I truly understood what humane leadership and empathy in organisations look like. I was able to return to Nepal, hold my family, and grieve without constraint. That experience permanently reshaped how I view work, people, and priorities.

### Life did not pause. I became a mother.

I took 8 months of maternity leave and returned to work part-time. During this time, my organisation underwent restructuring and redesigned its ways of working. Despite this, I was supported to return in a flexible capacity. That decision was transformative, it allowed me to remain present for my daughter while continuing to grow professionally.

Before COVID, I was working at Transport for NSW, where flexible work was emerging. When the pandemic hit, remote work became mandatory. What began as disruption became, for many women like me, a quiet revolution. Five years of remote and hybrid work redefined what balance could look like, especially for mothers navigating both professional ambition and household responsibility.

Through every phase; student, migrant, professional, mother, I have learned one truth repeatedly: you do not need perfect conditions to move forward. You need persistence, adaptability, and the courage to keep going even when the path is unclear.

Today, as I work in a field that has evolved from learning to code to collaborating with AI systems that generate code, I am constantly reminded that change is the only constant. Technology moves fast, but so do we.

My journey has never been about ease. It has been about endurance, reinvention, and choosing to keep going; again and again.

And if there is one belief I carry forward, it is this: challenges will come without permission, but so will the strength to move through them.

*“The greatest glory in living lies not in never falling, but in rising every time we fall.” - Nelson Mandela*

# BISHMA TULADHAR

Research Associate

DFCI (Dana-Farber Cancer Institute)

 UNITED STATES OF AMERICA

Bishma Tuladhar is a Research Associate at the Belfer Center for Applied Cancer Science at Dana-Farber Cancer Institute. Her work focuses on translational cancer research and developing therapies for drug-resistant cancers with meaningful clinical impact.



## Overcoming Imposter Syndrome

One of the most difficult challenges in pursuing a career in the research industry or any professional path is overcoming imposter syndrome. When I first joined my lab, I felt completely overwhelmed. My colleagues seemed more experienced, more confident, and far more fluent in technical language. Many of those within my age group were already applying to PhD and MD programs, with clear, carefully mapped career paths. In comparison, I felt uncertain about my choices.

I found myself constantly measuring my progress against others and scrutinizing every experiment that did not go as planned. In academia and research, this pressure can feel especially intense. Achievements like publications, grants, and presentations are highly visible, while the struggles, failures, and doubts behind them often remain hidden. It created the illusion that everyone else was succeeding effortlessly while any achievement I had was a stroke of luck or goof timing.

Although I have not eliminated imposter syndrome, I have learned ways to manage it. One of the most important realizations came from simply talking to others. When I began opening up to colleagues and connecting with people across different labs, I discovered that many shared the same feelings of self-doubt. Moments of insecurity, especially during failure are not signs of inadequacy; they are a natural part of growth. By communicating with peers and mentors, I was able to normalize these experiences and feel less alone.

Another powerful shift came from changing how I spoke to myself. I realized I had been holding myself to

unrealistic standards of perfection. When I inevitably fell short, I would criticize myself harshly. This mindset did not make me better; it held me back. In fact, my fear of making mistakes often led to procrastination. I avoided tasks because I was afraid, they would not be perfect.

A turning point came when I decided to apply for a PhD during my first year on the job. I spent months in the application process, only to realize that pursuing a PhD at that time did not align with my goals. Initially, I was frustrated and angry with myself for not pursuing the pinnacle of education. But in hindsight, that experience was invaluable. It helped me clarify my priorities, recognize the importance of gaining work experience, and build confidence as a researcher. More importantly, it showed me that there is not just one path into the scientific research community.

Pursuing a degree in STEM is demanding, but for many Nepali women like us, additional barriers such as sexism, racism, and other forms of discrimination can make the journey even more challenging. These obstacles can deepen feelings of imposter syndrome, making it harder to trust our own abilities.

But it is important to remember this: you belong here. Your voice, your perspective, and your contributions matter. Opportunities exist, even if they are not always visible, and you are just as capable as anyone else of reaching them. The path may not always be straight forward, but you are the one who can define the trajectory and this process truly is a very inspiring and powerful aspect of life.

**“Always remember: You belong here, your voice, your perspective and your contributions matter.”**

# EEDA RIJAL

Graduate Research Assistant

University of South Florida

 UNITED STATES OF AMERICA



Eeda Rijal is an entrepreneur and AI product professional focused on empowering women through technology. Her experience includes leading products from concept to market, serving as CTO at Yarsa Tech, co-founding Soch Ware, and winning the Microsoft Imagine Cup 2018.

## Learning, Building, Becoming

I didn't start with a roadmap. Growing up in Nepal, I had to figure things out on my own, learning, building, and navigating a space where women in technology were still rare.

I began with small projects, teaching myself programming and building solutions for people around me. What started as curiosity gradually turned into entrepreneurship. I went on to co-found SochWare, a technology company focused on software development and consulting. Like many startups in Nepal, we began with limited resources but a strong willingness to learn and adapt. Over time, we built products, worked with clients, and carved out our place in the ecosystem.

Later, as Chief Technology Officer (CTO) of Yarsa Tech, I led the company from research to production. This went beyond technology. It involved manufacturing, operations, and bringing products to market. It shaped how I think about building, not just ideas, but systems that work in the real world.

A defining milestone in my journey was winning the Microsoft Imagine Cup 2018 in Artificial Intelligence with my team. It was a proud moment, but more importantly, it reinforced that innovation from Nepal can compete on a global stage.

Beyond business, I have always believed technology should serve society. During the COVID-19 pandemic, I co-founded Covid Connect Nepal, a volunteer-driven

initiative that helped people find hospital beds, oxygen, and critical medical support. We coordinated hundreds of volunteers across the country and collaborated with the government's Covid Crisis Management Center. It remains one of the most meaningful applications of technology I have experienced.

I have also been actively involved in empowering young girls in Nepal through technology education. Through workshops and local training, I have worked to help them see technology as something they can build and lead in, not just use.

Today, my work has expanded beyond Nepal. I am currently pursuing my Master's in AI and Business Analytics at the University of South Florida, where I also work in AI and cybersecurity research focused on governance and risk systems. As part of this, I have contributed to designing and delivering cybersecurity awareness training programs for government employees in Florida, helping improve understanding of digital risks and responsible technology use. Even as I grow in a global context, Nepal remains central to my identity and purpose.

For me, entrepreneurship is not just about building companies. It is about continuous growth, creating opportunities, and using knowledge to create meaningful impact. My journey is still evolving, but one thing remains constant. I will continue to build, learn, and contribute, both to Nepal and beyond.

**“Only you truly know yourself. The world only sees what you choose to show.”**

# EURIKA MASKEY

Technical Support Engineer

UKG

 AUSTRALIA

Eurika Maskey is a Technical Support Engineer at UKG based in Sydney. She is recognized for her problem-solving approach, adaptability, and commitment to delivering meaningful technical support.



## The Path That Found Me

My journey has been anything but conventional, and that's what makes it meaningful. I began my academic path in Nepal, where I completed my Bachelor's in Architecture at Kathmandu Engineering College. At the time, I had a clear vision for my future, one that looked very different from where I stand today.

Australia, in many ways, happened unexpectedly. Encouraged by my sister, I made the decision to move abroad for higher studies. I still remember how uncertain and skeptical I felt. I was not entirely sure if I was making the right choice or simply taking a leap too lightly. Looking back now, I realise that decision changed the course of my life in the best possible way. It was my first real step into the unknown, and it taught me courage before anything else.

Arriving in Sydney opened doors I did not even know existed. I grew more confident, independent, and open to new possibilities. It was here that I discovered my interest in the IT industry, an area I had never initially planned to pursue. The flexibility to redefine my path, along with the rapid growth of the industry, inspired me to pursue a Master of Information Technology, specialising in Business Analysis and Network Security, which I completed in 2021.

However, stepping into a completely new field came with its own challenges. Breaking into the IT industry as a newcomer was overwhelming. The competition was intense, and at times, it felt daunting to find my place. But persistence became my biggest strength. I stayed consistent, kept learning, and gradually built my confidence. During this time, I met incredible mentors and peers through my professional year program who guided and supported me, helping me better understand how to navigate the industry. Their influence played a significant role in shaping my career direction.

I began my professional career as a Service Desk Analyst at Tambla, a Workforce Management software company. What started as a foundational role soon became a steppingstone for growth. Coming from Nepal, this domain was entirely new to me. In my earlier experiences, I had not been exposed to structured systems for workforce scheduling, time tracking, or payroll. Moving to Australia made me realise how

critical and complex these systems are in ensuring fairness and efficiency in the workplace.

I developed an understanding of accurate rostering to ensure staff availability, tracking employee work hours to guarantee correct payments, and the role of workplace laws and awards in determining fair compensation. I also learned how strict payment timelines are regulated, where even delays can lead to legal consequences, and how organisations like the Fair Work Ombudsman help protect employees and ensure accountability. While these concepts were initially unfamiliar, I gradually became comfortable navigating this domain and understanding its broader impact. This experience not only strengthened my technical knowledge but also gave me a deeper appreciation of the systems that support fair and compliant workplaces.

Over time, I progressed into a consultant role within the same organisation, where I worked for nearly three years. This experience strengthened my technical skills, problem solving abilities, and stakeholder engagement, while also teaching me the importance of adaptability and continuous learning.

Today, I work as a Technical Support Engineer at UKG, operating in the space of workforce management, HCM, and payroll solutions. The scale, impact, and complexity of the work I do now are far greater, and it continues to challenge me to grow both professionally and personally.

When I look back, every step, whether planned or unexpected, feels like a small puzzle piece that has come together to create a bigger picture. From architecture to IT, from uncertainty to confidence, my journey reflects resilience, adaptability, and the willingness to take risks.

Outside of my professional life, I value connection, purpose, and balance. I enjoy spending time with my loved ones and engaging in activities that bring meaning to my life. These moments ground me and remind me of why I started this journey in the first place.

While my journey in IT is still unfolding, I am driven by how far I have come and motivated by how much more there is to achieve. Each experience has shaped me, and together, they form a story I am proud to continue building.

**“It does not matter how slowly you go as long as you do not stop’ by Confucius resonates deeply with me. I believe in showing up, trying, and giving my best because unless we take that step, we never truly know how far we can go.”**



# ICHCHHA KHATIWADA

Asia Regional Director

Ladies of Liberty Alliance

 UNITED STATES OF AMERICA

Ichchha Khatiwada is a leader and community builder dedicated to individual liberty, gender equality, and youth empowerment. As Asia Regional Director for Ladies of Liberty Alliance, she leads initiatives that strengthen women's leadership and social impact across the region.

## The Rebel Who Chose Her Own Road

I've always been a bit of a rebel, curious, stubborn, and never fully comfortable following the usual path. While everyone around me seemed to have things figured out, I was more interested in doing something different. I wanted to explore something people did not really understand, something that could truly be mine.

Like most students in Nepal, I chose science in my +2. It felt like the "right" thing to do. Deep down, I knew I wanted something more, something that involved people, ideas, and real impact. That's when I made one of the biggest decisions of my life: I switched to Development Studies for my bachelor's. And that changed everything for me.

While people around me were busy going on trips and enjoying small parties, I was usually on my laptop, searching for opportunities, applying to programs, and trying to figure things out on my own. I wasn't chasing fun; I was chasing growth. I worked with different organizations across Nepal, sometimes taking on multiple roles at once, learning everything the hard way. It wasn't always easy, but it shaped who I am today.

Working in Nepal teaches you things no textbook ever can. You learn how to deal with limited resources, how to be patient, and how to keep going even when no one notices

your effort. I questioned myself a lot. But instead of giving up, I kept pushing. That journey eventually led me to LOLA (Ladies of Liberty Alliance) and honestly, that changed my life. It was not just another organization; it was a space where I felt seen, heard, and valued. Today, I lead the Asia Region and work as a digital nomad, connecting with women from different age groups and from all over the world.

Coming from a country like Nepal and working globally can feel overwhelming. Suddenly, you are not just competing locally, you are competing with the whole world. But instead of letting that situation scare me, I used it as the motivation factor. I pushed myself to do better, to show up, and to prove that where you come from does not define your potential.

Now, I get to work with over 390 women from around the globe. Every conversation, every story inspires me to keep going and to keep growing. What means the most to me is that I now work in a space where women are genuinely supported and celebrated. Because I remember what it felt like to be in rooms where my ideas were shut down or ignored. That is the reason, I always encourage women around me to speak up, take space, and own their voice. We do not need permission to be heard. We just need more spaces where people actually listen.

**“You don't need a predefined path to build a meaningful life. Sometimes, the most defining thing you can do is simply have the courage to take a different road.”**

# Dr. JENISA SHRESTHA

Emergency Medicine Physician

## UNITED STATES OF AMERICA

Jenisa Shrestha is a physician committed to patient care grounded in empathy, integrity, and compassion. Her journey reflects resilience, adaptability, and a strong dedication to healthcare and community impact.



## Service, Resilience, and Purpose: A Physician's Story

My story begins in Nepal, where a humble upbringing and strong values laid the foundation for a life shaped by the belief that no dream is beyond reach. I spent my early twelve defining years at St. Mary's School, where the motto "Knowledge is Virtue" became more than words; it became a guiding principle in my life. Being educated in an all-girls school instilled in me confidence, discipline, and the understanding that women can lead with dignity, strength, and purpose.

Driven by a passion for science and a desire to serve others, I pursued my medical education at Nepal Medical College-Kathmandu University. My time in medical school was marked by both intellectual growth and emotional awakening. Witnessing the stark realities of healthcare disparities in Nepal left a lasting impression on me. These experiences deepened my empathy and strengthened my commitment to medicine as a means of service and advocacy.

With aspirations beyond borders, I made the life-changing decision to move to the United States. Leaving behind my home, family, and familiarity, I arrived with determination and the memories I carried in two suitcases. The transition was not easy. I navigated cultural differences, adapted to a new healthcare system, and faced moments of doubt while building my path from the ground up. Yet, these challenges became my greatest teachers, shaping my resilience, adaptability, and perseverance.

During my residency at McLaren Flint-Michigan State University, I grew not only as a physician but also as a leader. Serving as Chief Resident was a defining experience that allowed me to mentor peers, advocate for trainees, and contribute to a supportive learning environment. I was also honored to be elected twice as President of the Resident-Fellow Council, where I collaborated with hospital leadership to improve training experiences, promote wellness, and foster professional growth. These roles strengthened my voice and reinforced my commitment to advocating for both patients and physicians.

My dedication to service extended beyond the hospital walls. I participated in street medicine initiatives, volunteered in underserved communities, and provided care in free clinics for uninsured families. These experiences reminded me that I chose

medicine to serve those often overlooked with compassion and humility. Through my involvement with the Michigan Academy of Family Physicians, I also engaged in state-level advocacy, working with legislators to address healthcare access and workforce challenges.

I am grateful to have received recognition for my work, including "Family Medicine Resident Award for Advocacy" from the Association of Family Medicine Residency Directors and "Advocacy, Scholarly, and Leadership Award" from McLaren Family Medicine Residency Program. I was also humbled by the nomination for the "Michigan Family Medicine Resident of the Year Award" and the "AAFP Award for Excellence in Graduate Medical Education". Additionally, I had the privilege of being featured as a "Member of the Michigan Academy of Family Physicians in Winter 2024". These honors reflect not only my efforts but also the mentorship and support that have guided me throughout my journey.

I have since completed my Emergency Medicine Fellowship at the University of Tennessee and am now practicing as an Emergency Medicine Physician. Each day, I am reminded of the path that brought me here and the responsibility I carry to serve with integrity and compassion.

To every young girl in Nepal who dreams of a future in science, technology, or medicine, know your aspirations are valid and achievable. Along the way, you may encounter barriers shaped by society, geography, or circumstance, but do not let those limitations define you. Women belong in science and technology, not just as participants, but as leaders, innovators, and changemakers. Your voice matters. Your ideas matter. Dare to dream and remain steadfast in your purpose. I am shaped by my origins, yet equally by the possibilities unlocked when determination meets opportunity. If my journey can inspire even one young woman to pursue her dreams, then every step of this path has been worthwhile.

**"She turned every challenge into growth and every limitation into power. A woman empowered is a force that transforms not only her own life, but the lives she touches."**



# JUNU SHRESTHA

R&D Engineer

Broadcom, Inc

 UNITED STATES OF AMERICA

Junu Shrestha is a cybersecurity professional with extensive experience at Broadcom, Inc. Her career reflects expertise in networking and cybersecurity, supported by a strong commitment to lifelong learning and professional growth.

## Dreams Don't Expire: A Nepali Woman's Journey into Tech

I was born and raised in Kathmandu, Nepal, in a middle-class family. My father was the sole breadwinner, while my mother devoted herself to raising our family. Despite humble means, my parents made one bold choice that shaped our futures: they sent all three of their daughters to private school. It was a financial stretch, but they believed wholeheartedly that education was the path to independence and opportunity.

As a child, I dreamed of becoming a doctor. I studied with dedication, driven by my parents' sacrifices. But when the time came, my name never appeared on the medical school admission lists. Each failed attempt was heartbreaking. I questioned myself, wondering if my hard work would ever pay off.

Determined to move forward, I decided to explore new directions. Technology was beginning to make its mark, so I applied to an IT program in London but my visa was rejected. That rejection felt like another closed door. Still, my father refused to see me lose hope. He encouraged me to apply to Acme Engineering College, one of the few institutions still accepting students. I wasn't thrilled at first, many of my friends had joined more prestigious colleges yet that decision ultimately changed my life.

At Acme, I learned a valuable lesson: success isn't about where you start but how determined you remain. I stopped comparing myself to others and focused on building my own foundation. After completing my engineering degree, I moved to the United States with my husband, who was pursuing his PhD at the University of Kansas. While he studied, I prepared for the GRE, determined to continue my education and career in technology.

Our journey later brought us to California, the global hub of innovation and diversity. Once there, I was admitted to San José State University, where I pursued a Master's degree in Engineering with a focus on Networking. This opportunity marked a new beginning and further strengthened my

foundation in technology. During this time, I took my first U.S. job in a school cafeteria, serving food. It wasn't glamorous, but it taught me humility, adaptability, and the value of hard work. Soon after, I landed an internship at CBS News in San Francisco as a Security Analyst, an opportunity that reignited my confidence and passion for technology.

After we received our green cards, I secured my first full-time tech role at Brocade, a major turning point that launched my professional journey. From there, my career evolved through leading technology companies; Dell, Okta, Salesforce, and now Broadcom; where I continue to grow as an R&D Engineer focusing on Networking and Cybersecurity.

Along the way, I pursued higher education relentlessly, earning two master's degrees, one from San José State University and another from the University of California, Berkeley. Looking back, it amazes me how far the path has led from struggling to find a single college opportunity to graduate from one of the world's most prestigious universities.

My journey; from a middle-class family in Kathmandu to building a fulfilling career in Silicon Valley has taught me that perseverance outshines circumstance. Success is rarely linear, and every setback can become a stepping stone if you refuse to stop moving forward.

To every young Nepali girl dreaming of a career in STEM: don't measure your worth against someone else's progress. Your journey is your own, and your challenges are shaping you into who you're meant to become. Keep learning, keep believing, and never underestimate your potential.

Today, I'm grateful for the twists and turns that shaped my path along with my supportive husband, two wonderful children, and the chance to make an impact through technology. If there's one truth my story has reinforced, it's this: dreams don't expire when life gets hard -only when you stop believing in them.

**"I am not afraid of storms, for I am learning how to sail my own ship."**



# JYOTI SHRESTHA

Analyst Performance

Urban Utilities

 AUSTRALIA

Jyoti Shrestha is a seasoned professional with a strong academic foundation in MBA and MIT studies. Her career reflects leadership, accountability, and a consistent record of delivering meaningful results.

## Switch from Finance to Digital Portfolio

When I look back on my career, it doesn't feel like a straight path. It feels more like a journey shaped by curiosity, resilience, and a strong desire to make a meaningful impact.

I began my professional career in Nepal, working in the non-profit sector. Those early years were formative. I held finance roles where every dollar mattered, and accountability wasn't just a process, it was a responsibility to the communities we served. Over time, I moved into leadership roles, managing administrative and finance functions and supporting program delivery. This is where I learned how financial discipline can directly influence real-world outcomes.

Moving to Australia was a major turning point. It meant adapting to a new country, new systems, and a different professional culture. I also made a significant career shift from administration and finance into digital and technology.

I joined Queensland Health, where I began building experience in digital project and program management. I started in support roles and gradually took on more complex responsibilities, working across finance, reporting, and governance within large-scale digital programs.

As my experience grew, so did my interest in the bigger picture. I wanted to go beyond project delivery and better understand strategy, decision-making, and how organisations prioritise investments. This curiosity naturally led me into digital portfolio management.

Today, I work as an Analyst in the Digital and Technology portfolio space. I support strategy and performance across a portfolio of digital initiatives. My role includes budget planning and forecasting, trend analysis, governance and prioritisation support, and ensuring alignment between digital projects and strategic objectives. I also contribute to board and committee reporting, review business cases, and help coordinate portfolio management processes.

What I enjoy most is bringing structure and clarity to complexity. Whether it's consolidating reports, reviewing project documentation, or supporting prioritisation decisions, I know my work helps teams move forward with confidence.

Along the way, I have also worked within digital programs and program management offices, helping improve processes, strengthen project controls, and enhance project assurance. Accuracy and continuous improvement have always been central to my approach.

People often describe me as organised and detail-oriented. That comes from experience, when managing large budgets, tight deadlines, and multiple priorities, attention to detail is essential. Just as important to me is being approachable and supportive. I believe strong teams deliver the best results, and I value being someone others can rely on.

Education has played a key role in my journey. I completed a Master of Information Technology, majoring in Project Management, and a Master of Business Administration. These qualifications helped me bridge technical knowledge with business strategy. I've also gained certifications in IT service management and portfolio governance, strengthening my ability to work in complex digital environments.

If there's one quality that defines my career, it's adaptability. From non-profits in Nepal to government organisations in Queensland, and from finance to digital program and projects to digital portfolio, I have continually evolved. Throughout it all, my focus has remained the same: working with integrity, contributing meaningfully, and helping deliver outcomes that matter.

My professional journey is ongoing. There is always more to learn, more to improve, and more ways to make an impact and that's what motivates me every day.

**"Works sharpens you and gives purpose; Family gives meaning!"**

# KRIPA THAPA

Geospatial Solutions Specialist

Energy and Environmental Research Center (EERC)

 UNITED STATES OF AMERICA

Kripa Thapa is an advocate for women's leadership and greater participation in technology. Her work and interests reflect a strong commitment to expanding opportunities for future generations of women in STEM.



## Coordinates of Curiosity

Every step you take, you carry a unique pair of geographical coordinates. Every location is unique, and in many ways, your latitude and longitude are as personal an identifier as your citizenship or social security number, yet unlike them, they are never fixed. They evolve as we move, shift, and grow through different spaces and experiences. As a child, I used to clutch an atlas and lose myself staring at maps for hours, fascinated by how the world could be read through points, lines, and polygons. The science of “where” has stayed with me ever since, not just as data, but as a way of understanding life itself. Curiosity, to me, is the most universal equalizer.

That curiosity gradually shaped my academic path. I pursued an undergraduate degree in Environmental Science at Kathmandu University, which gave me a strong foundation in understanding natural systems and their interconnectedness. I was drawn to how environments function, how change unfolds across space, and how invisible patterns shape visible outcomes. After my undergraduate studies, I came to the United States for graduate school. At the University of Utah, I worked as a Teaching Assistant for an “Introduction to GIS course” with 60 students. In that classroom, something shifted. Helping students interpret spatial concepts and seeing them “read” data differently made me realize this was more than an academic interest; it was a career I wanted to build.

That moment led me deeper into Geographic Information Systems (GIS), where everything changed suddenly, patterns had location, and location had meaning. At Esri, I served thousands of clients globally as a Technical Support Analyst. This role gave me a front-row view into how GIS is applied across industries. I worked with users from diverse domains, helping them troubleshoot spatial workflows and translate complex geospatial problems into clear, actionable insights.

Currently, at the Energy and Environmental Research Center

(EERC), I work as a Geospatial Solutions Specialist on projects funded by the U.S. Department of Energy. In this role, I apply GIS in producing impactful data visualization products such as maps, web apps, and conducting spatial analysis that intersect at energy and environmental challenges. I am especially drawn to the translation process, turning complex spatial datasets into insights that are tangible and meaningful in the decision-making process.

Alongside my technical work, I serve as a Mentorship Coordinator at Women in Geospatial, a global platform that connects and empowers women in the field. This role is deeply meaningful to me because it reinforces something I have consistently observed: access to mentorship and representation can significantly change confidence, direction, and opportunity. Being part of this space allows me to help strengthen more inclusive pathways within the geospatial community.

My experiences across countries, institutions, and professional environments have shaped how I think and approach challenges. They have taught me adaptability, clarity under complexity, and the importance of staying grounded while working across global systems. More importantly, they have strengthened my commitment to contributing to spaces that value inclusion, collaboration, and shared growth.

I am particularly passionate about advancing women's participation and leadership in technology in Nepal. Not as a concept, but as a necessary shift in how innovation is shaped. When more diverse voices are present in technical spaces, the solutions we build become more complete, more grounded, and more human.

If I think of my journey as a geospatial chronicle, it is still unfolding. But it always returns to one belief: every “where” holds meaning, and every layer of data is ultimately a layer of story waiting to be understood.

“Ad astra per aspera” is a Latin phrase meaning “Through hardships to the stars.”



# LALITA BHETWAL

Lead IT Software Developer

Progressive Casualty Insurance

 UNITED STATES OF AMERICA

Lalita Bhetwal has built her career across diverse roles and currently works at Progressive Insurance. Her journey reflects resilience, adaptability, and a strong commitment to continuous learning.

## My Journey Through Courtesy, Courage and Growth

I am the youngest of seven daughters, with no brothers. My father worked for a private company, and my mother was a homemaker. Although my mother was illiterate, she deeply understood the power of education and strongly believed that her daughters deserved the best opportunities possible. Both of my parents were loving, supportive, and forward-thinking, and their belief in me laid the foundation for everything I've achieved.

From an early age, I was naturally drawn to science and technology. I attended four different schools while growing up and was always a strong student. That confidence encouraged me to choose science for my higher secondary education, and later I earned admission to Pulchowk Campus (I.O.E.) to study Electronics and Communications Engineering, one of the top engineering schools in Nepal.

At that time, I had never used a real computer. Before classes even started, I enrolled in a one-month course just to learn the basics, how to use Word, Excel, and PowerPoint. My engineering class had only about 12% female students, which was my first real exposure to how male-dominated the technology field can be. College was challenging, and I was surrounded by incredibly talented peers. It encouraged me to stretch myself, keep learning, and slowly build confidence in my problem-solving skills. Programming, especially, felt intimidating and was the hardest part of my studies at the time. Yet life had other plans, what once felt impossible eventually became my career, and I went on to become a software developer.

While my husband and I were in graduate school in the U.S., we welcomed our first child. Starting my first job while leaving my one-year-old at daycare was emotionally very difficult. Still, I chose not to step away from my career. With

teamwork, patience, and support from my husband, we found our rhythm.

My first job in the U.S. was at a medical startup, where I worked as a Principal Software Engineer and learned software development on the job. Things were going well until I was laid off while on maternity leave after having my twins. Being on an H-1B visa meant I had limited choices, so I pushed forward. With intense preparation, encouragement from my husband, and a lot of determination, I found another job within a month. Juggling newborn twins, learning new technologies, and working extra hours was incredibly challenging, but it paid off. I grew quickly and became a valued contributor, even though I was the only female programmer on the team and often felt isolated.

Later, I joined Sherwin-Williams as a Senior Software Developer, where I stayed for more than four years. Having a couple female colleagues and exposure to a modern, large-scale IT environment there made a huge difference. Still, I knew I wanted more growth, which led me to Progressive Insurance as a Lead Software Developer.

That move changed everything. Progressive's strong focus on people, diversity, mentorship, and growth has given me role models, confidence, and space to challenge myself. Being surrounded by supportive women has shown me how powerful representation and mentorship truly are.

Inspired by this belief, in 2018 I co-founded a Women Empowerment Committee within the Nepali community. Our goal is to create a safe, supportive platform where women can grow as leaders and support one another. Seeing the impact this work has had on other women continues to motivate me, and reminds me why lifting each other up matters so much.

**“When you do something, you should do it with your whole body and mind.” – Shunryu Suzuki**

# LUZALA TAMRAKAR

Digital Illustrator | 2D/3D Artist

 THAILAND



Luzala Tamrakar is studying Video Game Design in Raffles International College, Thailand. She completed her Bachelor's degree in Animation in the United States and later worked as a graphic designer before deciding to pursue her interest in game development. As a designer, she is particularly interested in different forms of digital art and how games create immersive worlds and meaningful player experiences.

## A Creative Path into Technology

My journey into technology did not begin with programming or engineering. It began with creativity.

Growing up in Nepal, I was always interested in art, visual storytelling, and digital media. This interest led me to pursue a Bachelor's degree in Animation in the United States. At that stage, I did not consider myself part of the technology field; I was focused on learning how to communicate ideas through design, animation, and visual storytelling.

After graduating, I worked as a graphic designer. While I enjoyed the creative side of the work, I became increasingly interested in creating interactive experiences rather than static visuals. Video games stood out to me because they combine storytelling, design, art, psychology, and technology in a way that allows people to actively engage with a world rather than simply observe it.

This interest eventually led me to Thailand, where I am currently studying Video Game Design. Moving abroad for a second time was both exciting and challenging. Entering a new country and a different field of study meant starting over in many ways. Coming from an animation background, I often found myself surrounded by people with different technical skills and experiences. At times, I questioned whether I had chosen the right path.

Over time, I came to appreciate the value of having a creative background in a technology-focused industry. Game development is highly collaborative and draws from many disciplines. Artists, designers, programmers, writers, and producers all contribute to shaping a player's experience. My background in animation gave me a foundation in visual communication and storytelling, which has helped me approach game design from a different perspective.

Through my studies, I have explored areas such as level design, user experience, game production, and visual design. Working on projects has taught me the importance of collaboration and adaptability. Every project presents new challenges, whether it involves designing gameplay systems, solving technical issues, or balancing creative ideas with practical limitations.

Like many students studying abroad, I have also faced challenges outside the classroom. Adjusting to new environments, managing academic expectations, and navigating uncertainty about future career opportunities are experiences that many international students can relate to. These experiences have encouraged me to become more independent and open to learning from unfamiliar situations.

One of the most important lessons I have learned is that careers do not always follow a straight line. My path from Nepal to the United States, from animation to graphic design, and eventually to game design in Thailand was not something I had planned from the beginning. Looking back, each step contributed skills and experiences that continue to shape the way I approach my work today.

For young girls in Nepal who are interested in technology, my advice is not to limit yourselves based on how you define the field. Technology includes space for creativity, design, storytelling, and many other forms of expression. You do not need to fit a specific mold to pursue opportunities in this industry. Being willing to learn, adapt, and explore different interests can often open doors that you did not expect.

I am still at the beginning of my journey in game design, but studying and working across different countries has shown me that growth often comes from being willing to step into unfamiliar environments and continuing to learn along the way.

**“Being willing to learn, adapt, and explore different interests can often open doors that you did not expect.”**

# MUSKAN SHRESTHA

PhD Student

Tufts University

 UNITED STATES OF AMERICA

Muskan Shrestha is a PhD student in Molecular Microbiology at Tufts University, where her research focuses on infectious diseases of the gut. Her background includes work on innovative diagnostics and treatments, reflecting a strong commitment to healthcare-focused research.



## Finding My Path in Science

As a microbiology researcher, my commitment to studying infectious diseases of public health significance is rooted in my upbringing in Nepal, where resource limitations and gender disparities often translate into inequities in healthcare access and outcomes, particularly for women. Witnessing these challenges firsthand sparked my early interest in infectious diseases and public health, along with a desire to better understand how scientific research can help reduce the burden of disease. Seeking research-intensive programs, I attended Mount Holyoke College in Massachusetts, USA, for my Bachelors, where I began my journey studying Chlamydia, a bacterium responsible for serious reproductive health complications in women. I examined how specific bacterial factors drive persistent infection and inflammation and contributed to vaccine development efforts.

This work showed me how research can move beyond the lab to address real-world health challenges. After graduating with a degree in biochemistry, I joined Tufts University to study Lyme disease, where I investigated how the immune system responds to infection and supported projects in diagnostics and vaccine development. I now pursue doctoral research focused on gut bacteria. While my work continues to evolve, I am drawn to questions that bridge fundamental microbiology and public health impact.

Along the way, I've been fortunate to learn from mentors

who challenged me to think critically, encouraged me to take risks, and supported my growth as a scientist. Their guidance has shaped not only my research skills but also my confidence in navigating new and unfamiliar spaces. Building a sense of community is just as important as academic and professional growth, especially when navigating life in a new country. Finding spaces where you feel seen and supported, whether through cultural groups, friendships, or mentorship networks, can make the experience of living in the diaspora far less isolating. For me, connecting with others who share similar backgrounds or experiences has provided both comfort and strength, helping me adjust while staying grounded in my identity. These communities not only offer support but also create opportunities for collaboration, growth, and belonging.

Science, for me, is an ongoing process of curiosity and discovery. To young women interested in STEM: you do not need to have a clear path from the start. Seek opportunities to learn, stay open to new experiences, and do not hesitate to ask questions.

**“Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.” - Marie Curie**

# NATASHA SHRESTHA

Software Developer

Cisco Systems Inc.



Natasha Shrestha works in cloud and virtualization technologies and brings over 15 years of experience in software development. Her career reflects innovation, problem-solving, and a strong commitment to lifelong learning.



## My Journey in Tech and Life

I am privileged to have come from a family who highly valued education for girls and had the means to let me and my sister pursue our dreams and aspirations. My mom always emphasized on how important it is for girls to be independent financially. And so, to achieve that, she made sure we focused hard on our studies.

With my interest in maths and science, I chose the field of Engineering and joined IOE, Pulchowk in 2002 to build my career in Electronics and Telecommunications. Until this point, being a woman posed no barricades to me. But rather, it opened more doors and at times offered unique opportunities like the Engineer's Wives Association Scholarships for Girls and Women In Technology Scholarship. All thanks to strong family support and changing social values in Nepal!

After my marriage, when I moved to Canada in 2010, I continued my career in software development in a cybersecurity firm. Many professions in Canada are regulated, meaning, they require the practitioners to hold license, certificate, or registration or gain local educational degrees. However, it was not the case with the Information and Technology field. My educational degree from Nepal and experience in developing software at D2Hawkeye were valued. I was immediately able to join the work force. This gave me a lot of confidence, and I was also proud to be financially contributing and supporting my new household in a foreign land.

The real challenge in my career came when my daughters were born and I had to balance home and work life. Canada has very good maternity and parental benefits. It allows parents to take up to 18 months of paid leave with partial compensation of regular salary and job security during the leave of absence. I realized how important it is for the state to provide a safety net for new mothers. With the option of parents sharing the paid leave, it promotes sharing of

childcare duties, strengthens the partnership between the new parents and helps with financial and mental wellbeing of the mother. For many, it is a time when mothers give up on their ambition or take a step down in their professional life. Taking a long maternity leave from work does affect the velocity and your trajectory at work. But having your priorities straight is equally important.

Whether it is from my parents or my husband, I always got their full support. With my husband always pushing me to perform better and sharing household duties equally left with me no excuse not to excel more in my career.

Today, I have more than 15 years of experience in this industry. Currently I am working for Cisco at its Ottawa office in cloud and virtualization technologies, designing Cloud Native(CN) applications. But being a mother, my daughter is always my first priority.

One important aspect in working in the IT industry is that you never stop learning new technologies. The tools and technologies we use are changing so fast and with the fast-developing Artificial Intelligence (AI) technology at our disposal, there is so much we can

achieve in a very short time. It will soon replace a lot of jobs but learning and using it to our advantage is what we can do best now.

With work and family life taking most of my bandwidth, my passion and hobbies have taken a back seat. As individuals, there is more that defines us than just work and family, and we should keep that alive. I believe we should not hesitate to go astray when something gains our interest or captures our attention, and we may as well find our passion in life. If one is passionate enough, and has the persistence and hard work, then passion can turn into a profession.

**“In challenging moments, let your priorities be guided by what truly matters to you.”**

# PABITA DHAKAL

Senior Solution Architect

Commonwealth Bank of Australia

 AUSTRALIA



Pabita Dhakal is a Senior Solution Architect at Commonwealth Bank of Australia with broad experience across IT roles. Her work reflects leadership, adaptability, and a strong commitment to technology-driven solutions.

## You Are the Architect of Your Own Journey

I am Pabita Dhakal, a Senior Solution Architect at the Commonwealth Bank of Australia. Building a career in a foreign country, in a role I once only dreamed of, is something I carry with both pride and gratitude.

Like many women in the diaspora, my journey has been shaped by change, uncertainty, and the courage to begin again.

When I first joined Commonwealth Bank, I started as an engineer. Over time, I explored different areas within IT and gradually moved toward the field I was most passionate about. That journey of discovery did not happen overnight, it required patience, persistence, and a willingness to step into the unknown.

What continues to inspire me in my work is that learning never stops. Each project brings new challenges and opportunities to create meaningful impact. That sense of growth and contribution gives me a deep sense of purpose.

Equally important to me is my role outside of work. I am a mother of two daughters, and I have always prioritised my family alongside my career. Balancing both has not been easy, especially while navigating life in a new country, but I have approached it with intention, discipline, and care.

One of the things I value most about working in Australia is the work culture. It is not overly hierarchical, and it allows space for individuals to grow at their own pace. There is flexibility to pause, shift direction, and redefine your path. For women in STEM, these opportunities matter. They create an environment where ambition and balance can coexist.

But the path to this point has not been simple.

I grew up in Nepal with a dream of becoming an electronics and communication engineer. After completing my I Sc., I pursued my engineering degree at Kathmandu University and began my career with the Nepal Electricity Authority. While that experience gave me a strong foundation, I knew I wanted to keep learning. This led me to pursue a master's degree in computer science at Asian Institute of Technology (Thailand) on a scholarship.

After my studies, I worked in both academic and banking sectors in Nepal. Life shifted after the birth of my first daughter. My husband and I decided that many in the diaspora will relate to

us. We chose to step outside our comfort zone, to explore new opportunities, and to build a future in a different part of the world. That decision brought us to Australia as skilled migrants.

Starting over in a new country was both exciting and uncertain. I did not have a clear roadmap, but I had determination. Before migrating, I earned an Oracle certification, which helped strengthen my confidence and professional identity.

Soon after arriving, I received a job interview opportunity with Infor Global Solutions. Within a month, I secured my first role in Australia as an IT consultant. I still remember that moment, it felt like a turning point. It may have looked like luck from the outside, but it was really the result of good preparation to capitalise the opportunity.

Balancing full-time work with raising a young child came with its challenges. However, with discipline, a positive mindset, and the support of my husband, I was able to move forward without losing sight of either my career or my family.

As my family grew and I welcomed my second daughter, my priorities evolved. During maternity leave, I reflected deeply on my career and recognised the need for balance while my children were still young. This led me to take on a Database Manager role within a local council.

That phase of my journey taught me an important lesson: growth is not always about moving upward, it is also about making choices that align with your life. At the same time, I knew I wanted to continue challenging myself. That clarity eventually led me back to a larger organisation Commonwealth Bank of Australia marking another milestone in my journey.

Looking back, my path has been shaped by resilience, learning, and the courage to adapt. It has not been linear, but it has been meaningful.

To women in the diaspora, especially those in STEM, my message is this: trust yourself, invest in your growth, and do not be afraid to take risks. Your journey may not follow a perfect path, but it is yours to shape.

You are the one steering your life and you can take it wherever you choose.

**“You are the author of your journey take risks, keep learning, and shape your path.”**



# PALEBI KANSAKAR

Clinical Laboratory Scientist

 UNITED STATES OF AMERICA

Palebi Kansakar is a laboratory professional dedicated to supporting patient care through scientific precision and compassion. Her work reflects a strong commitment to accuracy, service, and continuous growth in healthcare.

## Finding My Place in Science: My Journey as a Clinical Laboratory Professional

Moving to the United States as an international student was one of the biggest decisions of my life. I came with dreams, excitement, and a lot of uncertainty. Everything was new - the people, the education system, and the challenge of building a future far away from home. At times, it felt overwhelming, but deep inside, I knew I wanted to create a life connected to science and healthcare.

During my academic journey, I discovered the field of Clinical Laboratory Science, and it completely changed my perspective on healthcare. Before that, I never fully realized how much happened behind the scenes in a hospital laboratory. A single blood sample can help diagnose diseases, guide treatments, and even save lives. Knowing that laboratory professionals play such an important role in patient care inspired me deeply.

What makes this field even more exciting is the way health and technology work together. Today's laboratories are filled with advanced instruments, automation systems, and cutting-edge technology that make testing faster and more accurate than ever before. Every day, I learn something new; whether it is about molecular testing, data analysis, or the science behind disease detection. It is amazing to see how technology continues to transform healthcare, and being part of

that progress feels incredibly meaningful.

Of course, the journey was not always easy. Like many international students, I faced moments of homesickness, stress, and self-doubt. There were times when balancing studies, adapting to a new culture, and staying motivated felt difficult. But those experiences taught me resilience. They reminded me that growth often happens outside of our comfort zones.

Today, as a Clinical Laboratory Scientist, I feel proud of how far I have achieved. Even though patients may never meet the people working in the laboratory, our work matters every single day. Behind every test result is a team dedicated to helping doctors make the right decisions for patient care. That responsibility motivates me to continue learning and improving myself.

My journey has taught me that STEM careers are more than just science and technology; they are about curiosity, perseverance, and making a difference in people's lives. Looking back, I realize that every challenge I faced helped me grow not only with my career, but also as a person. Moving to a new country taught me independence, working in healthcare taught me responsibility, and the laboratory field showed me the incredible impact science can have on human lives. That journey continues to inspire me every day.

*"Progress is still progress, even when it feels slow."*

# PRABINA BHANDARI

Senior Business Program Manager

Microsoft Corporation

 UNITED STATES OF AMERICA



Prabina Bhandari is a technology leader and advocate for women in STEM whose international career has spanned Nepal, Japan, Singapore, Canada, and the United States. She is committed to inclusive leadership, mentorship, and creating meaningful impact through innovation.

## Embracing Change: A Journey of Growth, Purpose, and Balance

My journey is one defined by courage, resilience, and continuous transformation. Spanning continents and cultures, my story is not only about building a career in technology, but also about building a life with purpose. I share it to inspire other women, especially women in tech, to embrace change, overcome self-doubt, and believe firmly that they can lead, innovate, and thrive while honouring their personal lives.

I was born and raised in Kathmandu, Nepal, where I earned my degree in Computer Engineering in 2001. Driven by curiosity and ambition, I moved to Japan to pursue a master's degree. Japan's technological advancement and efficiency captivated me, but the transition was far from easy. Language barriers, cultural norms, and daily life challenges tested me deeply. Nonetheless, Japan became my first true teacher. It taught me discipline, patience, and the value of persistence, lessons that have stayed with me throughout my career in technology.

My journey continued through Singapore and Canada, with each country shaping me in unique ways. In Singapore, I learned to think boldly and creatively in fast-moving, innovative environments. In Canada, I experienced inclusivity, empathy, and people-centered leadership. Each chapter not only strengthened my technical ability but expanded my worldview, helping me to grow as a leader who values diversity, collaboration, and lifelong learning.

Today, I proudly call Washington State, USA, my home. Joining Microsoft allowed me to combine my passion for technology with meaningful impact. As a woman in tech

and an immigrant, I have learned to navigate complex environments with confidence, balancing my Nepalese humility with the assertiveness often needed in American workplaces. Leadership, for me, means showing up authentically, advocating for inclusion, and creating space for others to succeed.

Beyond my professional life, I am also a mother of two teenagers, my greatest teachers and motivation. Balancing a demanding career with parenting has been one of my most rewarding challenges. There are days filled with meetings, deadlines, homework discussions, and late-night conversations about dreams and values. Parenthood has strengthened my empathy, sharpened my prioritization, and reminded me daily that success is not just professional achievement but the ability to be present, grounded, and intentional at home.

Community impact has always been central to my journey. Through involvement in Nepalese organizations and global initiatives such as Free the Children Japan and Quantum Learning Lab, I have worked to uplift others. Being recognized with the Advocacy Award at the Mrs. Grand USA International Pageant empowered me to amplify my voice on women's empowerment and financial independence.

Our stories matter. They remind us of and the next generation of women in tech that challenges are steppingstones, not limitations. When we embrace our full identities, we create impact that extends far beyond ourselves.

**“It matters not what someone is born, but what they grow to be” -Albus Dumbledore**



# PRAGATI KANSAKAR

Member

American Society for Clinical Laboratory Scientists

 UNITED STATES OF AMERICA

Pragati Kansakar is passionate about medical science, lifelong learning, and personal growth. Her outlook reflects curiosity, resilience, and a balanced, forward-looking perspective.

## My Professional and Personal Triumph

Growing up in Nepal, with limited access to advanced healthcare, I witnessed firsthand challenges that accompany medical shortages and outdated technology. I often saw how delayed diagnoses and limited laboratory resources affected patients and families in my community. Those experiences made me realize how essential accurate and timely medical testing is in saving lives and improving healthcare outcomes.

Those early experiences planted in me a desire to bridge this gap and contribute to a field where science meets service. That calling ultimately led me to pursue and achieve my degree in Medical Technology after moving to the United States. Transitioning from Nepal to the U.S. marked a defining chapter of my life. Leaving behind my family, familiar surroundings, and cultural comfort was not easy. Yet, each challenge became a lesson in resilience and personal growth. Adapting to a new educational system and environment required courage, patience, and determination.

I learned to ask questions without hesitation and seek mentorship actively. I was ready to face any challenge that came across my path. The U.S. education system prioritized not only memorization but also critical thinking, which pushed me to connect theory with real-world medical outcomes. This approach transformed the way I viewed healthcare and strengthened my ability to solve problems under pressure.

The clinical internship was the most transformative phase of

my education. Working in a multicultural environment with professionals from many backgrounds reminded me that healthcare knows no borders. Every interaction taught me the importance of teamwork, compassion, and communication in delivering quality patient care. I received tremendous support from mentors who encouraged me to pursue continuing education, attend seminars, and eventually consider certification through the American Society for Clinical Pathology (ASCP). Over time, I transitioned from a hesitant learner to a confident contributor in the lab. Each step not only expanded my skills but also reaffirmed the global importance of laboratory medicine.

Beyond the science, living in the U.S. also taught me leadership and cultural awareness. I learned how diversity can strengthen collaboration and inspire innovation in healthcare settings. More than an academic milestone, this journey taught me perseverance, adaptation, and the belief that education can bridge nations.

Earning my degree in Medical Technology stands as both a professional and personal triumph. It represents the sacrifices I made, the obstacles I overcame, and the commitment I carry toward serving others through healthcare.

My story is a reminder that one's origins do not limit possibility; rather, they can serve as the strongest foundation for reaching beyond borders and transforming purpose into practice.

“Dream Big!”



# PRASHAMSA KC

Master's degree in Food Industry

University of Almeria



Prashamsa KC holds a Master's degree in Food Industry from the University of Almería and contributed to a European Space Agency collaboration in Paris on sterilized food pouches for space missions. Her work reflects a strong blend of scientific innovation and practical application in food technology.

## Biotech and Beyond

My journey in STEM began with a deep curiosity to understand functioning of living organisms. From an early stage, I was fascinated by the biological mechanisms behind life, health, and the natural world. This curiosity led me to pursue a Bachelor's degree in Biology at Sorbonne University in Paris, where I built a strong foundation in life sciences and developed a deeper understanding of living systems.

As I progressed in my studies, I became increasingly interested in how biology could be applied beyond theory to solve real-world challenges. I wanted to explore how scientific knowledge could be transformed into innovation, practical solutions, and technologies that respond to today's needs. This naturally guided me toward biotechnology, and I continued my studies in Biotechnology Engineering at Sup'Biotech in Paris.

Through biotechnology, I discovered the connection between science, innovation, and industry. I learned how biological principles can be applied in fields such as health, pharmaceuticals, food safety, sustainability, environmental solutions, and industrial processes. This path allowed me to see science not only to understand life, but also as a tool to improve it.

I later pursued a Master's degree in Food Industry at the University of Almería, which helped me connect my background in biology and biotechnology with applied industrial challenges. This experience allowed me to explore food quality, safety, process development, and innovation from a more practical perspective, while strengthening my interest in projects that use science to respond to current societal needs.

A major step in my professional journey was my experience in a renowned French company, where I worked on the development of sterilized food pouches for space food applications, in connection with a project related to the European Space Agency. This project was especially meaningful because the meals were designed for the mission of French ESA astronaut Sophie Adenot, one of the few French women astronauts, and were based on gastronomic creations by Anne-Sophie Pic, the world's most Michelin-starred female chef. My role was to help transform a gastronomic dish into a sterilized food pouch that could meet the strict technical, microbiological, and safety requirements of spaceflight.

My project focused on thermal stabilization methods for prepared meals, with the goal of ensuring microbiological safety while preserving taste, texture, visual quality, and overall sensory experience. This experience allowed me to work at the intersection of microbiology, biotechnology, sterilization, pasteurization, food quality, packaging constraints, and

consumer acceptance. It showed me how complex it can be to adapt a high-quality dish to an extreme environment while maintaining both safety and pleasure.

Working on space food was particularly meaningful because it showed me how applied science can contribute to innovative and demanding fields. Space food must be safe, stable, practical, nutritious, and enjoyable, while also meeting strict constraints linked to preservation, transport, and use in space. Through this project, I realized that innovation is not only about creating something new, but also about adapting science to solve complex real-world challenges while keeping the human experience at the center.

As a Nepali woman who grew up and studied in France, my journey in STEM has also made me aware of the importance of representation. In many scientific and professional environments, I was often surrounded mostly by men, and rarely by women from South Asian backgrounds. Working on a major project related to space food and the European Space Agency was therefore especially meaningful to me. I felt proud to contribute to such an innovative field and, in a way, to represent Nepali women in STEM.

I was also very proud to see that this space food project placed women at the center: from the astronaut for whom the meals were designed, to the chef who created them, and to the women contributing behind the scenes to make the project possible. This experience reminded me that visibility matters, especially for young women who may not often see people from similar backgrounds in scientific, technological, or space-related fields.

For me, STEM represents curiosity, creativity, and impact. My path from biology to biotechnology, and then to applied industrial science, has shown me that biotechnology can open doors to many different sectors, whether in pharmaceuticals, food, health, or the environment. In the future, I would like to work in biotechnology more broadly, on projects that challenge me to innovate and develop solutions for current issues facing society.

To young women in Nepal who aspire to pursue careers in STEM, I would say: do not be afraid if your path is not clear from the beginning. Curiosity is already a powerful starting point. Stay open to opportunities, ask questions, seek mentors, and believe that your background and perspective are valuable. Being a woman in science can come with challenges, but it also brings strength, purpose, and the possibility to inspire others.

# PRAYETNAA KANSAKAR

Electrical Engineer

Stantec Consulting

 CANADA

Prayetnaa Kansakar is an Electrical Engineer specializing in Electrical, Instrumentation, and Controls systems within the water and wastewater sector. Her work reflects technical excellence and a commitment to sustainable infrastructure and community impact.



## Led by Curiosity

My journey through engineering started with an inkling more than a clear plan. I did not know exactly where it would lead, but I knew I wanted to try. Looking back, that decision to follow curiosity and keep going through uncertainty is what made the journey worth it.

I studied Electrical Engineering at the University of British Columbia in Vancouver, Canada. Growing up, I was always curious and open to many different paths, but I had not really narrowed down what I wanted to do. It was still vivid until my final year of high school when engineering came onto my radar. That was when I started to explore it more, doing more research and learning about different paths within engineering, and that approach is what eventually led me here.

The first two years of university were a period of adjustment. Engineering was more challenging than I expected, and there were moments where I struggled and questioned myself. I was learning how to study effectively, how to manage a heavy workload, and honestly, whether I belonged in the program.

However, in my third year, I decided to work smarter, not just harder, and learnt to start trusting myself more. That was the turning point where I genuinely felt like, maybe I can do this.

During these years, having a support system made the biggest difference. Family support played an essential part of my journey. I was also part of the Nepalese

Student Association, which helped me stay connected to my culture. Being around other Nepali students, even from different programs, created a sense of familiarity and grounding.

As I started to gain more confidence in myself, I also became more intentional about exploring different areas of engineering. My first internship was in the semiconductor industry, where I was introduced to lean manufacturing, process optimization, and data analysis. My second was in the water and wastewater sector within a municipality, where I saw how engineering connects directly to communities and real infrastructure. Both experiences helped me understand what kind of impact I wanted to contribute to.

Today, I am an Electrical Engineer in the engineering consulting industry, working in the water and wastewater sector on Electrical, Instrumentation, and Controls systems. I have really enjoyed being part of work that supports essential services for communities.

In all, if you are even slightly curious about STEM, I would say give it a try. You do not need to have everything figured out. Trust yourself, build a support system, and take the chance. You are more capable than you think, and sometimes that one decision changes everything.

“Believe you can and you’re halfway there.”

# PRIYA PALLAVI

Lead Site Reliability Engineer

Broadridge Financial Solutions

 UNITED STATES OF AMERICA



Priya Pallavi is a Lead Site Reliability Engineer with over eight years of experience across technology and financial services. She specializes in building reliable, scalable systems and is committed to mentorship and supporting women in technology.

## Redefining My Path: From Small-Town Roots to Tech Leadership

I grew up in a small village called Gotham near Rajbiraj, Saptari, Nepal. Even as a child, I quietly questioned the boundaries around me. I often wondered why girls were raised to believe they did not fully belong to their parents' home, only to later enter another home where they were still seen as outsiders.

During my early childhood, I spent several formative years with my maternal grandparents in Bihar, India. In Grade 4, I decided to change my name to "Pallavi Priya." Those early reflections shaped my understanding of identity and belonging and inspired in me a strong desire for independence and financial self-reliance.

My education began at a public school before I later attended private and boarding schools in Rajbiraj. My father worked at a bank, and my mother was a public-school teacher. After completing my SLC with strong academic results, I moved to Kathmandu for higher studies. While affordability was not an issue, social expectations and fear often create invisible barriers for daughters. It was my uncle who convinced my family to let me go. I was admitted to NIST in Lainchaur and that move marked the true beginning of my independent journey.

Kathmandu, however, was overwhelming. Living in a hostel, I struggled with homesickness and adjusting to a highly competitive environment. For the first time, my grades suffered, and I felt a loss of direction. I had once dreamed of becoming a doctor, but gradually I realized that path was no longer right for me. At one of the most uncertain points in my life, things unexpectedly changed direction. My maternal uncle informed me about computer engineering entrance exams and encouraged me to apply.

I appeared for the exams and, to my surprise, secured a strong rank along with a scholarship. What began as an uncertain decision became a defining one. I enrolled in Computer Engineering at NCIT and gradually began to see the depth and possibilities within technology. During my final year of engineering, I also got married. My husband was already based in the United States, and his support helped me successfully complete my education.

After moving to the United States, I took time to adjust to a new environment and phase of life. During this period, I also adapted my name again, going by "Priya Pallavi," as many people found "Pallavi" difficult to pronounce. It felt like another step in balancing identity with adaptability.

I began my career in the technology industry in the financial sector, working with companies such as M&T Bank, Aetna, and Morgan Stanley. The engineering education I received in Nepal became the foundation for my professional growth in the United States. As my career progressed, I faced another major decision during pregnancy due to health concerns and chose to step away from work to focus on motherhood. That phase of life was deeply meaningful but provided me time to reflect my aspirations. I realized I wanted to work not only for financial independence but also for my own identity.

After taking time away, I prepared with determination and successfully re-entered the workforce as a Software Engineer at Broadridge Financial Solutions, a global fintech company. As our family grew, my husband and I made conscious decisions to balance both career and family responsibilities. During the COVID-19 pandemic, he stepped away from his job to support our family, allowing me to continue focusing on my professional journey.

Over time, I transitioned into Site Reliability Engineering and advanced into a Lead Site Reliability Engineer role, taking on greater technical and leadership responsibilities. At Broadridge, I serve as a Chapter Lead for the Lead for Next (LFN) Associate Network, where I contribute to building a culture of mentorship, collaboration, and continuous learning. I am also actively involved in the Women in Technology (WIT) network, supporting initiatives that empower women to grow and lead in technology.

Looking back along with more than eight years of experience in the technology industry, my journey has not been linear. It has been shaped by uncertainty, unexpected choices, pauses, and comebacks. From a small town in Nepal to building a career in the global technology industry, every step required resilience, adaptability, and the courage to keep moving forward even when the path was unclear.

I would not have come this far without the support of my parents, uncle, brother, husband, and children, all of whom played an important role in my journey.

If there is one thing I have learned, it is this: you do not need to believe in a path from the beginning for it to become meaningful. Sometimes growth begins with doubt. What matters is staying open, continuing forward, and allowing yourself to redefine what is possible.

**“You don’t have to have it all figured out to move forward just the courage to take the next step.”**

# RANJU PANT

Senior Solutions Architect , Satellite Systems

Nbn Co Limited

 AUSTRALIA

Ranju Pant is a Senior Solution Architect specializing in satellite systems with over 17 years of experience in telecommunications. Her work reflects deep expertise in connectivity, service delivery, and network innovation.



## From Curiosity to Connection: My Journey in Satellite Communications

As someone who naturally gravitated toward fixing things at home, choosing engineering after Grade 12 felt like a natural path. I was fortunate to receive a scholarship to study Electronics and Telecommunication Engineering at the Institute of Engineering (IOE), Pulchowk Campus. My parents were always supportive and entrusted me for making my own decisions.

After completing my bachelor's degree, I briefly worked at Mero Mobile (now Ncell) before earning a scholarship to pursue a master's degree in Telecommunications at the Asian Institute of Technology (AIT) in Thailand. Following my postgraduate studies, I joined the Internet Education and Research Laboratory in Bangkok as a researcher. There, I worked on designing and deploying temporary mobile networks for emergency situations. That experience truly opened my eyes to how powerful technology can be, especially when it is used in critical situations to save lives.

I then joined Thaicom Public Company Limited where I stepped into the fascinating world of satellite communications. There, I had the opportunity to work on IPSTAR, the world's first high-throughput satellite, which delivered broadband services across the Asia-Pacific region. This role gave me valuable experience working with large, complex systems as well as the opportunity to collaborate with customers from different parts of the world.

In 2013, I moved to Australia, determined to continue my career in satellite communications. When I applied for a role at NBN Co, Australia's national broadband network provider, the advertised position required expertise in a different domain within satellite communications. Rather

than seeing this as a barrier, I used the interview to highlight my strengths, adaptability, and genuine passion for the field. That conversation led to an opportunity better aligned with my experience, allowing me to continue growing in the industry. This experience reinforced an important lesson for me: opportunities do not always come in the way we expect, but persistence and self-belief can help shape the path forward.

Over the past 13 years at NBN Co, I have had the privilege of contributing to Australia's broadband satellite network. From the early design, build and test phases to developing robust solutions that meet evolving customer and business needs, my focus has always been on ensuring the network delivers reliable and meaningful outcomes for the people who depend on it.

My journey at NBN Co has also taken me to various locations across Australia, giving me the opportunity to experience its diversity. Working in a multicultural organisation has broadened my perspective, teaching me to value different viewpoints and approach challenges with greater openness and creativity.

I have genuinely enjoyed my work and the contributions I have been able to make. While building a career and raising a family in a new country can seem daunting, the support of my husband and flexible work arrangements have made the journey both manageable and deeply rewarding.

To women considering a career in ICT: be courageous, stay persistent, and believe in your abilities. Technology needs diverse voices, ideas, and perspectives, and there is a place for you to make a real difference.

**“It always seems impossible until it's done.”**

# RASHMI SATYAL

Business Architecture Specialist

Accenture

 UNITED STATES OF AMERICA

Rashmi Satyal works in data engineering at Accenture, where she designs data pipelines that transform raw information into actionable business insights. Her work reflects precision, analytical strength, and strategic thinking.



## Own Your Narrative

Growing up in Kathmandu, I was not the kind of child who dreamed of Silicon Valley. I was just a curious student who, one day in school, was given an assignment to build something in HTML using a marquee tag. Watching those words scroll across the screen, knowing that I had made that happen with code, lit something up in me. That small moment of seeing code translate into something tangible and alive was all it took. I had found my thing.

Years later, that same curiosity carried me across the world. Moving to Fargo, North Dakota to pursue a Master's in Computer Science was the first time I had ever lived away from home. For many Nepali women who travel abroad with a goal, that is not an entirely unfamiliar story, but living it is something else entirely. Fargo was far from Kathmandu in every sense. The winters were brutal, the landscape was flat and vast, and everything from grocery shopping to fixing things around my apartment was suddenly my responsibility alone. Learning to set up a three-way light bulb or change a spark plug in my car may not sound like milestones, but they were. They were quiet reminders that I could figure things out, one small skill at a time.

What made the journey bearable, and often joyful, was the people around me. I was fortunate to have family in the US, aunts, uncles, and cousins, who provided a steady emotional anchor even from a distance. And beyond family, the Nepali community in Fargo became my family away from home. When you live so far from the people you love, you learn to build your own family, not connected by blood, but by shared struggles, shared food, and shared laughter. That support system was invaluable, and I carried it with me even as I grew more confident in standing on my own.

I graduated with my Master's in Computer Science in 2021 and went on to build a career in data engineering at Accenture, where I am based in Denver, Colorado today. My work involves sitting with clients, understanding their data, and building pipelines that turn raw, scattered information into something meaningful, something that helps businesses make better decisions. With every project, I get to add real value to someone's work. That never gets old.

But perhaps the most important lesson my career has taught me has nothing to do with data or pipelines. It is about narrative. As a woman in a male-dominated field, I learned early that I needed to be in control of how I was perceived. The moment I allowed my gender to become the headline, I risked letting others decide what that meant, whether I belonged, whether I was capable. So, I made a conscious choice to lead with my skills, my work, and my results. In my experience, the workplace in the US has felt more equal than what I encountered earlier in my career in Nepal. But that does not mean I became complacent. I stayed focused, stayed curious, and kept adding to my skillset, the small things that quietly add up to something much larger.

To the young girls in Nepal who are curious about technology but wonder if they truly belong, you do. Do not wait for permission. Learn the small things. Fix the light bulb. Change the spark plug. Write the HTML. Each small skill you build is a brick in something only you can construct. Lead with what you know and what you can do. Your gender is part of who you are, but it does not define what you are capable of. Own your narrative, and the rest will follow.

**"If skill could be gained by watching, every dog would become a butcher."**



# RESHA SHRESTHA

Startup



Resha Shrestha is a Senior Software Engineer specializing in artificial intelligence and scalable software systems. She focuses on translating AI research into production-ready applications through innovation, collaboration, and purposeful leadership.

## My Journey: Navigating STEM and Tech Across Borders

My journey into the global STEM landscape didn't start with a clear roadmap; it started with a single question: **"How far can my curiosity take me?"** Leaving my home country to pursue a career in technology was more than just a job change, it was a total recalibration of how I solve problems and define "home."

### Knowledge and experiences

I completed my A-Level from college in the United Kingdom. I did my Bachelor degree in Computer Science and Engineering from an engineering college in Karnataka, India. I did certificate course on IBM Mainframe, Microsoft Certified Professional in Web Application Development using C#.Net, International Software Quality Test Analyst certificate by ISTQB, Software Quality Test Analyst certificate by Computer Society of India. This wider knowledge in IT gave me the opportunity to work in IT companies in India. My main purpose to work in India was to gain good experience working in IT industries. I worked in IT companies from small scale to multinational companies in India.

My technical role got enhanced as I gained experience that helped me to explore new professional avenues. I worked at client offices at different locations - Oregon, New Jersey in the USA. I worked at a client office in Sydney, Australia. I have worked in multiple IT domains like e-commerce, money exchange, tour & travel, finance, medicine etc. I worked as a technical lead in IT companies in Malaysia for almost two years. I worked in the IT field in Nepal from 2018. By providing jobs to 1-2 freelancers, I developed an online booking website for renting vehicles and hiring drivers. It was a good opportunity for me to share my knowledge with IT developers in Nepal.

I frequently attend programs organized by WIIT, ICT, IEEE etc. I have received training certificates on Artificial Intelligence, Generative AI from IIT Kanpur. I have received a certificate on Machine Learning offered by HarvardX. My Artificial Intelligence related paper titled "A Modular RAG-Based Chatbot Framework for Grounded Technical Diagnostics and Automated Customer

Support" got accepted by "6th International Conference on Artificial Industry and Industrial Technology Applications" organized by IEEE AIITA 2026. Currently, one of the projects I am working on is for Caregivers - a comprehensive Web Portal Information System designed to empower caregivers with safety tools and reporting mechanisms with integrated AI Chabot.

### My learning and technical insights:

**Culture Meets Code** : When I first landed abroad, I expected the technical challenges to be the hardest part. I was wrong. The real learning curve was the **cultural architecture** of the workplace. No matter where you are, Tech is the ultimate bridge.

**Systems Without Borders**: Working in an international hub shifted my engineering philosophy. When you work in IT abroad, you are no longer managing local silos; you are managing global uptime.

The Ethics of Innovation: Working abroad exposes you to how different societies view privacy, AI ethics, and automation.

**Operational Scale**: I moved from thinking about "server maintenance" to "infrastructure as code." When your team is spread across three continents, you learn that **automation is the only way to maintain sanity**.

### The "Continuous Integration" of a Career

The journey through STEM abroad is rarely a straight line. It's a series of iterations, much like the software we build. There are "bugs" in the relocation process, "latency issues" in adjusting to new lifestyles, and constant "version updates" to my professional identity.

While the technical stack - the routers, the codebases, the cloud providers might look familiar, the perspective I've gained from looking out a different window every morning is irreplaceable. I am no longer just an engineer; I am a **global citizen of tech**.

**"Navigating STEM across borders taught me that while science helps us understand the world, the journey gives us the perspective to change it."**



# Dr. RISHIKA JAISWAL

Dental Intern

M. S. Ramaiah Dental College & Hospital



Rishika Jaiswal completed her bachelor's degree in dentistry from M.S Ramaiah University of Applied Sciences in Bangalore. Her journey reflects creativity, cultural depth, and a strong commitment to learning and personal growth. She is looking forward to shaping her path where she can combine her skills and serve people.

## Between Distance and Determination

So to say, I never imagined I would one day find myself on the other side of a dental chair.

It began with the naïve certainty of a ten-year-old girl, inspired by her aunt, a well-established gynaecologist. "I want to become a doctor when I grow up," I had declared, unaware that this simple sentence would mark not just a fleeting childhood dream, but the genesis of the most defining journey of my life. From that moment on, it ceased to be just my dream; it became our, shared and nurtured by my parents and me.

I studied at D.A.V. until the fifth grade, an average student with fragile academic foundations. A transition to an ICSE convent school in Bangalore altered everything. For the next two years, I was not learning as much as I was struggling to stand shoulder to shoulder with peers who seemed far more prepared. It was not just academics, it was belonging. There is a peculiar dissonance in being placed in an environment that does not feel carved out for you. It takes time to adjust, to recalibrate your sense of self. I experienced both ends of that spectrum, being bullied for not fitting in, and paradoxically, being treated differently simply because I was an NRI.

Thirteen years ago, communication was not as effortless as it is today. Living miles away from my parents, a single monthly phone call became my most cherished indulgence. Life transformed from being reminded to unpack my lunchbox

after school to meticulously noting down fragments of my days in a notebook, waiting to compress an entire month into one brief conversation. Gradually, my diaries became more intimate companions than my parents; they knew versions of me that distance did not allow my family to see.

After my tenth grade, in pursuit of that long-held dream, I enrolled in an integrated residential program. Initially, there was resentment, perhaps even quiet anger. While my friends opted

for commerce and arts, I was stepping into yet another cycle of hostels and relentless academic rigor. But within a week, I was consumed by it. The intensity of medical preparation was overwhelming. The dream of becoming a doctor began to feel tangible, yet paradoxically distant. Somewhere along the way, the purpose shifted, it became less about service and more about proving that I was capable.

Just when life seemed to be settling into a rhythm, it fractured.

The pandemic arrived, and like everyone else, I bore its weight too, though in my own isolating way. Confined to a paying guest accommodation, far from home, I continued preparing for entrance exams within the suffocating stillness of four walls. What unsettled me most was not just the isolation, but the uncertainty, when would I be able to go home!? If at all?

People around me celebrated the unexpected gift of time with their families. I, on the other hand, could count on one hand the number of words I spoke in an entire day. It was during this time that I realized how easily we take for granted the simple reassurance that we can return home whenever we wish.

When I finally saw my mother again, it felt almost cinematic, you know like a reunion borrowed from a film.

But life, once again, had more to test.

A few months into the quieter phase of the pandemic, my mother was admitted to the ICU with a brain haemorrhage. In moments like these, ambition begins to feel fragile. I found myself questioning everything, was staying away from family truly worth it, when life itself offered no guarantees?

Eventually, I secured a dental seat at a reputed institution. From there, it became a journey of discipline, refining my skills, striving for academic excellence, and slowly building competence.

Today, I stand as a dental intern, still ascending, still learning, still becoming.

**"Growth often begins in discomfort"**

# RITIKA POKHREL

Business Architecture Manager

Accenture Inc



Ritika Pokhrel is a Business Architecture Manager at Accenture Inc, Canada with 14 years of international IT experience across Nepal, the UK, and Canada. Her expertise spans solution architecture, data analytics, and business transformation, supported by a strong results-driven approach.

## From Chitwan to Global Tech Leadership: My Journey Through STEM

I am originally from Chitwan, Nepal, and my career in technology has been shaped by curiosity, persistence, and a commitment to continuous growth. I completed my Computer Engineering degree at Kathmandu Engineering College, where I first discovered how powerful technology can be in solving real-world problems. That foundation set the stage for a career that has taken me across continents and into leadership roles I once only imagined.

I began my professional journey at Yomari Nepal as an Associate Software Developer. It was there that I learned to navigate complex systems, collaborate with diverse teams, and build solutions that balanced both technical precision and business needs. Yomari gave me my first exposure to enterprise-level challenges, and it opened doors to consulting opportunities that broadened my perspective early in my career. I had the chance to work with clients such as Oracle in the United States and MAKRO in Thailand, experiences that pushed me to adapt quickly, understand global business environments, and strengthen my technical versatility.

In 2022, I moved to the UK to join Logic Information Systems, a transition that marked a significant step in my international career. Working in the UK allowed me to deepen my expertise in retail technology, enterprise systems, and large-scale transformation programs. A year later, I transitioned to Logic Canada, continuing to expand my experience across markets and industries. These roles helped me refine my ability to bridge technical and business domains; an ability that would become central to my leadership path.

Today, I serve as a Business Architecture Manager at Accenture Canada. In this role, I lead both onshore and offshore teams, guiding complex initiatives in data integration, analytics, and enterprise transformation. My experience

across data analytics, ETL orchestration, and enterprise POS platforms has given me a robust foundation in solution architecture and end-to-end business transformation. I work closely with clients to understand their strategic goals, translate them into actionable technology roadmaps, and ensure that our teams deliver solutions that are scalable, efficient, and aligned with long-term business value.

What I enjoy most about my work is the intersection of people, process, and technology. Leading global teams has taught me the importance of communication, empathy, and clarity, especially when navigating fast-moving projects and diverse stakeholder expectations. I take pride in creating environments where teams feel supported, empowered, and motivated to bring their best ideas forward.

As a woman who has built a STEM career across Nepal, the UK, and Canada, I understand the challenges and opportunities that come with stepping into spaces where representation is still evolving. My journey has been shaped by mentors, colleagues, and leaders who believed in my potential, and I'm committed to paying that forward. I want young women especially those from underrepresented backgrounds to see that a career in technology is not only possible, but full of pathways that can take them around the world and into roles where they can influence meaningful change.

From Chitwan to Kathmandu, from Nepal to the UK and now Canada, my story is one of growth, resilience, and the belief that every step forward creates new possibilities. I hope my journey encourages the next generation of girls in STEM to pursue their ambitions boldly and trust that their skills can take them further than they ever imagined.

**“Your starting point never defines your limits - your curiosity, courage, and consistency do.”**

# SADHANA JAMKATEL

Vice President

SHPE (Society of Hispanic Professional Engineers)

 UNITED STATES OF AMERICA



Sadhana Jamkatel is a first-generation Nepali Computer Science student with experience in DevOps and software engineering internships. Her work reflects a strong commitment to building meaningful technology solutions with purpose and impact.

## For the Girl Who Doesn't Know Yet

She went through a lot. But she had resilience. And she had faith.

My parents raised me in Nepal with humble means but a full heart. When the opportunity came to study in the United States, they let me go, not because it was easy, but because of their faith. Faith in God, and faith in me. That was their gift. On the hardest days, when I did not know how I was going to make it, I borrowed their faith until I could find my own.

I came here with nothing mapped out. I did not know what a first-generation student was until college told me I was one. I did not know how banking worked, what to do when your account goes negative, or how to write a resume that got noticed. I knew nothing. So, I looked for answers, for resources, for people whose stories looked a little like mine. And slowly, I figured it out.

I started early. That was the one thing I promised myself. Freshman year, before I felt ready, I was applying for internships, attending conferences, joining organizations. I got rejected a lot. There were moments I genuinely asked myself, am I worth it? Am I smart enough for this? But I always came back to the same answer. I love this. I want this. And I am going to make space for myself in this field whether someone invites me in or not.

Every rejection taught me something. I reflected, rebuilt, and came back stronger each time. I worked on my technical skills, learned to network with intention, and attended the Grace Hopper Celebration as a Kamala Scholar, one of only 100 women selected nationwide, fully funded, surrounded by women who reminded me we belong here.

People connected with me because I was authentic. I

showed up as a first-gen Nepali girl figuring it out in real time, and that honesty brought the right people to me.

Eventually someone saw what I had. I secured my first internship as a DevOps engineering intern. Walking in, I was the only woman on my team. The space was male dominated, and the intimidation was real. But I learned something important, the more I spoke up, the more I shared my ideas, the more confident I became. I had a mentor who believed in me when I was still doubting myself. I worked hard, listened, learned, and earned recognition not because I was the only woman in the room, but because of the skill and effort I brought every single day. This summer I am joining Aeropay as a software engineering intern, more prepared and more myself than ever.

To the girl in Nepal wondering if tech is for her, you don't need permission. You don't need the perfect background. Tech is one of the rare fields where your ideas can reach the entire world from your laptop, from your room, from wherever you are. Being a woman in tech is not a weakness. It is your superpower.

My parents are still in Nepal. They cannot celebrate every small win with me in person. But they believed in me enough to let me go. That faith, quiet and steady from thousands of miles away, is still what holds me together on the hardest days.

Start early. Do not wait until you feel ready.

Faith, hard work, and the decision to begin will carry you further than luck ever could.

I went through a lot but still made it.

So can you.

“The best way to predict the future is to create it.” – Peter Drucker

# SADHANA SHARMA

Team Lead of AI and Data Science

Texas Children's Hospital

 UNITED STATES OF AMERICA

Sadhana Sharma leads a Data Science team at the forefront of technological innovation. Her leadership reflects vision, resilience, and a strong commitment to building solutions that address complex challenges and create meaningful impact.



## The Journey of Curiosity and Passion

I was born and raised in Nepal over 40 years ago. I still remember the day in fourth grade when I saw a computer for the first time, something I had only seen in pictures. It was a simple black-and-white desktop running DOS, with no internet or modern features, yet it completely captivated me towards it. I believed it held answers to everything, and my curiosity only grew.

I pursued that curiosity by studying Computer Science in high school, followed by a Bachelor's in Computer Engineering and a Master's in Computer Science. Today, I serve as a Team Lead in the AI and Data Science team at Texas Children's Hospital in the U.S., where my passion for learning continues to evolve.

Beyond technology, I have a deep love for Nepali literature. Teaching and facilitating the teachers to teach Nepali language, culture, and literature to second-generation Nepali children, is a work that is especially meaningful to me. I live in the U.S. with my husband and two children.

My professional journey would not come this far, if I did not have my parents supporting me at every step and encouraging me to chase my dreams; if I did not have my teachers who took time to answer my questions and inspire me in every possible way; if I did not have the continued support from my husband and my kids and if I did not have the amazing mentors who shaped my future and successful identity furthermore. I am very thankful to each and every one of you.

"I believe in compassion and humility no matter what you do in the professional field. A quote that I try to live by is "Therefore, focusing on righteousness (dharma) and self-control, treat others as you treat yourself." - a quote from Mahabharat.



# SAGELY KAYASTHA

Claims Assist Specialist

RAC Insurance

 PERTH, WESTERN AUSTRALIA

Sagely Kayastha is a Claims Assist Specialist at RAC Insurance with a strong interest in artificial intelligence and emerging technologies. Her work reflects analytical strength, empathy, and a commitment to encouraging more young Nepali women to pursue technology.

## More Than Code, A Journey of Becoming

My journey in technology began long before I understood what software development or artificial intelligence even meant. As a young girl growing up in Nepal, I was the child who was endlessly fascinated by computers, mobile phones, and any small electronic device I could get my hands on. I still remember the excitement of pressing buttons, exploring settings, and discovering that these tiny machines could do what I asked them to do. The idea that a simple command from a human could make technology respond felt almost magical to me. That curiosity was not just a phase it became the beginning of a lifelong passion.

That passion led me to pursue my Bachelor of Information Technology, majoring in Software Development, at Southern Cross University in Australia. Moving abroad for education was exciting, but it also came with moments of uncertainty, homesickness, self-doubt, and learning how to build confidence in completely new environments. Every challenge taught me resilience, independence, and the courage to keep moving forward.

During my studies, I realised technology was not just about writing code it was about bringing ideas to life. Seeing

something I built work, solve a problem, or make someone's life easier gave me a sense of purpose I cannot fully describe. That feeling still drives me today.

Currently, I work as a Claims Specialist at RAC Insurance, where I manage claims end-to-end from first lodgement through to final resolution. It is a demanding and fast-paced role that requires attention to detail, empathy, and strong decision-making, and I take pride in handling complex cases from start to finish. I loved supporting people during difficult moments in their lives. While my role may not be a traditional software role, it has helped me develop empathy, communication, leadership, and problem-solving skills. At the same time, I continue building apps, experimenting with ideas, and staying connected to the technical world that first inspired me.

What excites me most today is the incredible rise of artificial intelligence and emerging technologies. I love exploring how AI can make work smarter, improve customer experiences, and turn creative ideas into real solutions. I actively apply these technologies in both my everyday work and personal side projects.

**“Dream boldly, learn endlessly, build fearlessly”**

# SAMANATA PRADHAN

Student

Embry-Riddle Aeronautical University

 UNITED STATES OF AMERICA

She is a senior at Embry-Riddle Aeronautical University, pursuing a double major in Aeronautical Science (Fixed Wing) and Aviation Business Administration. Driven by a passion for aviation and innovation, she is building expertise at the intersection of flight operations and aviation management while preparing to contribute to the future of the global aviation industry.



## Wind beneath my wings

I am a senior at Embry-Riddle Aeronautical University, pursuing a double major in Aeronautical Science (Fixed Wing) and Aviation Business Administration. After graduating high school from India, I moved to the United States to pursue my dream of becoming a pilot and building a career in aviation. I am currently an instrument-rated commercial pilot, working on my certified flight instructor rating. Upon graduation, I plan to work as a flight instructor and pursue a Master's degree in Safety Science. My professional goal is to become a commercial airline pilot while continuing to expand my knowledge of aviation safety, leadership, and operational excellence. In the long term, I hope to return to Nepal and contribute to improving aviation safety and compliance by bringing back the experience and expertise I gain from working in the global aviation industry. To me, aviation represents far more than simply flying an aircraft. It reflects the remarkable possibilities created by science, technology, communication, and safety systems working together seamlessly.

One of the earliest moments that truly shaped my perspective was when my aunt became the first woman in our family to learn how to drive and buy her own car. I still remember the feeling of pride I felt watching her challenge expectations. As I grew older, I began to understand that ideas about what women "can" or "cannot" do were often rooted in societal stereotypes rather than reality. Seeing her independence gave me the confidence to believe that perhaps one day, I too could pursue a career in aviation. Flying represented freedom, adventure, and possibility.

Beyond academics and flight training, I actively seek opportunities to grow as a leader and contribute to my campus community. Through organizations such as the International Student Association, the Professional Asian Pilots Association, and Women in Aviation, I have worked to create more inclusive spaces on campus while supporting fellow international students and fostering a sense of belonging. Volunteering at

events like Girls in Aviation Day and Girls in STEM Day has been especially meaningful, as it has allowed me to encourage and inspire young girls to pursue careers in fields where women remain underrepresented.

While parts of my journey are visible, the depth of the struggle, discipline, and self-growth behind it is often not fully understood. While incredibly rewarding, it was demanding in ways I did not fully understand until I experienced it firsthand. Balancing flight training with academics, leadership roles, work responsibilities, and life far from home has required constant resilience. There have been moments of self-doubt and fear. And at times, as one of the few women in the industry, often made me feel like I had to work twice as hard to prove that I belonged.

I realize that these struggles are not barriers, but experiences that help define who I am today. It has taught me courage, humility, and the importance of continuing forward even when things feel uncertain. Aviation has pushed me far beyond my comfort zone, but it has also helped me grow in ways I never imagined. I still have so much to learn, and that excites me. I want to continue growing not only as a pilot, but also as a leader, mentor, and individual.

My family and friends have been my greatest support system through this journey, constantly encouraging me, believing in my goals, and standing by me through every challenge and achievement. Their unwavering support has given me the strength and motivation to keep pursuing my dreams.

I believe representation matters deeply because sometimes all it takes is seeing one woman challenge expectations to realize that new possibilities exist. For me, that person was my aunt, whose courage and independence inspired me to dream beyond societal limitations. I hope that one day I can be that source of inspiration for someone else.

**"Some of us have great runways already built for us. If you have one, take off. But if you don't have one, realize it is your responsibility to grab a shovel and build one for yourself and for those who will follow after you."**

# SAMITA NEUPANE

Technology Project Manager

NBN Co.



Samita Neupane is a Technical Project Manager with over 18 years of experience in telecommunications across Nepal and Australia. Her background in network design, optimization, and large-scale technology delivery reflects strong leadership and practical impact.

## Building Connectivity That Matters: My Career in Telecommunications

Curious about technology from an early age, I have built a career that blends technical expertise with a deep belief in the power of human connection. Today, as a Technical Project Manager with nearly two decades of experience in telecommunications, I am also a proud mum and a partner to my supportive husband, roles that keep me grounded and shape how I lead and collaborate.

My story began in Nepal at Institute of Engineering (IOE), Pulchowk, where I studied Electronics & Communication Engineering. What started as a simple curiosity on how networks bring people closer across distances, soon evolved into a lifelong passion. Over the years, I built my expertise in RF planning, design, and optimization across generations of technology, from 2G to 5G. Yet, it was never just about the technology; it was about the lives it touches.

In my early career at Ncell in Nepal, I had the opportunity to contribute to transformative national programs such as the Everest 3G rollout. Moreover, supporting network recovery after the devastating 2015 earthquake truly defined my life purpose. It helped families reconnect, communities rebuild, and people find reassurance when they needed it most. That experience continues to shape my perspective and purpose.

Seeking new challenges, I moved to Australia and joined Ericsson, contributing to large-scale 4G and 5G rollout programs. Working across diverse teams and cultures strengthened my belief that great outcomes are built not just on technology, but on trust, collaboration, and shared purpose.

At NBN Co, I began as a Network Engineer in Fixed Wireless RAN Design, helping deliver connectivity to communities across Australia, particularly in regional and remote areas. Today, as a Technical Project Manager, I focus on bringing people, technology, and ideas together to deliver meaningful outcomes at scale.

Balancing a fulfilling career with family life remains central to who I am. It keeps me grounded and reminds me that connection goes beyond networks, it lives in everyday moments with the people who matter most.

“Nail the Basics-Everything Else Falls Into Place”

# SAMITA R. POKHREL

ServiceNow Developer

Hydro Tasmania

 AUSTRALIA



Samita R. Pokhrel is an experienced IT professional with a strong background in ServiceNow and IT operations. Passionate about solving complex challenges and improving business processes, she enjoys driving efficiency through technology while continuously learning and adapting to emerging innovations.

## Engineering to IT - My Journey of Reinvention

My journey into technology has been anything but linear. It began in 2001, when I completed my engineering degree, full of excitement but with little idea of where the path would eventually lead me. Like many early career engineers, I was focused on building a strong technical foundation and learning how things worked in the real world.

My first role with NEA gave me exactly that. Over three years, I learned not just the technical side of engineering, but also how to navigate workplace challenges, collaborate with others, and adapt when things did not go as planned. Those early lessons stayed with me and shaped how I approached every opportunity that followed.

A turning point in my journey came when I decided to pursue a Master's degree in Electrical and Computer Engineering in the United States, which I completed in 2010. Moving countries and stepping into a new academic environment was both exciting and challenging. It pushed me out of my comfort zone and helped me grow in confidence, independence, and perspective. I was not just learning advanced technical concepts, I was learning how to think differently.

After graduation, I moved Australia and found myself at another crossroads. Technology was evolving rapidly, and I knew I needed to evolve with it. That is when I chose to transition from engineering to IT. It was not

always easy starting fresh in a new domain, but it was one of the most rewarding decisions I made.

In 2016, I received the ABC Women in Broadcast Engineering award. This was a deeply meaningful moment for me. It felt like recognition not just for my work, but for the risks I had taken and the persistence I had shown along the way. It also strengthened my belief in the importance of representation and encouraged me to keep pushing forward.

Between 2016 and 2018, I had the opportunity to work with organisations like ABC, DXC, and TasNetworks. Each role brought new challenges and learning experiences. I worked with different teams, systems, and technologies, and slowly built confidence in my ability to adapt and contribute to diverse environments.

In 2018, I joined Hydro Tasmania as a ServiceNow Developer, where I continue to work today. This role has allowed me to truly find my space in technology. I enjoy building solutions that make processes smoother and more efficient, and it is incredibly satisfying to see the impact of my work in everyday operations.

Looking back, my journey has been shaped by stepping into the unknown, embracing change, and continuously learning. It has not always been straightforward, but each experience has added to who I am today. I am proud of how far I have come, and I am excited about where this journey will take me next.

“Growth begins the moment we are willing to adapt.”

# SANAM SHILPAKAR

Critical Facility Engineer

Equinix Australia Pty Ltd

 AUSTRALIA

Sanam Shilpakar is guided by values of compassion, resilience, and social progress. She is committed to inspiring young people, especially girls, to pursue their aspirations with confidence.



## My Journey in Technology: From Curiosity to Courage

Growing up in a middle-class family in Kathmandu, I was always curious, outspoken, and eager to question the world around me. My parents encouraged me to think independently and stand up for what I believed was right. My father admired my confidence, while my mother became my greatest inspiration. Through her resilience, dedication, and quiet strength, she taught me one of life's most valuable lessons: no matter how difficult life becomes, never stop moving forward.

As a student, I was naturally drawn to mathematics and problem-solving. I chose Physics and Mathematics over Biology in higher secondary school and later pursued Electronics and Communication Engineering. At that time, I did not fully understand where this path would lead me. Like many students, I followed a direction that society viewed as successful. Over time, however, I discovered a genuine passion for technology and innovation.

I grew up during a remarkable period of technological transformation. The internet was still new, emails were replacing handwritten letters, and platforms such as Hotmail Messenger and Skype allowed people to communicate across the world in ways that once seemed impossible. Before that, communication depended mainly on landline telephones, and even cordless phones felt advanced. Internet speeds were slow, but the ability to connect instantly with someone thousands of miles away felt revolutionary.

As I continued my engineering studies, I witnessed technology evolve rapidly. I saw the transition from pagers to mobile phones, from keypad devices to smartphones that transformed everyday life. Search engines, online learning platforms, video communication, and smart technologies began reshaping society. I was equally fascinated by the evolution of televisions from black-and-white screens to internet-connected smart TVs, and by the shift from traditional film cameras to digital photography and smartphone cameras. Observing these advancements strengthened my interest in telecommunications, which later became my engineering specialization.

After graduation, I joined a multinational telecommunications company, where I gained valuable industry experience and learned the importance of professionalism, teamwork, and continuous

learning. Yet I wanted to challenge myself further and explore new opportunities. That desire led me to make one of the boldest decisions of my life; moving to Australia.

Starting over in a new country was far from easy. I faced uncertainty, rejection, and moments of self-doubt while applying for countless jobs. Eventually, I secured my first role in a global data centre company as a DC Customer Operations Engineer. Adapting to a new industry, culture, communication style, and workplace environment was overwhelming at first. Although English was spoken everywhere, the accents, systems, and professional expectations felt unfamiliar.

However, every challenge became an opportunity to grow. Through determination, adaptability, and a willingness to keep learning, I gradually rebuilt my confidence and progressed into the role of Critical Facility Infrastructure Engineer. My journey taught me that growth rarely happens inside comfort zones. It happens when we take risks, learn from failures, and continue believing in ourselves even during uncertain times.

As women, we often balance multiple responsibilities; career ambitions, family expectations, personal commitments, and societal pressures. Despite these challenges, women possess extraordinary resilience, intelligence, compassion, and strength. When we continue learning, support one another, and refuse to give up, we can overcome barriers that once seemed impossible.

Today's generation is growing up in a world shaped by rapid technological advancement. Artificial intelligence, automation, and digital transformation are changing how we live and work. These technologies hold immense power to solve problems, create opportunities, and connect people globally. At the same time, innovation must be used responsibly and ethically.

To the next generation of girls entering science, engineering, and technology: never underestimate your potential. Your ideas, your voice, and your dreams matter. Stay curious, continue learning, ask questions, and never fear failure. Every challenge teaches something valuable. The future of technology needs creativity, empathy, intelligence, and leadership; and the world needs more girls courageous enough to believe in themselves.

**“Courage to learn, strength to adapt, and belief in yourself can turn every challenge into opportunity.”**

# SANGEETA BADE

Bioanalytical Scientist

Meso Scale Diagnostics LLC.

 UNITED STATES OF AMERICA

Sangeeta Bade is a Bioanalytical Scientist at Meso Scale Diagnostics LLC. with more than 14 years of experience in research and analytical laboratory environments. Her expertise spans clinical and non-clinical studies supporting pharmaceutical, biotechnology, and academic research.



## The Power of Persistence

I was born in a small town in the Bhaktapur District of Nepal, where my childhood was filled with big dreams and a deep respect for education. I worked hard throughout my primary and secondary school years, always knowing that my future would be connected to science, medicine, or engineering, even if the exact path was not clear yet.

I completed my BSc in Biochemistry from Purvanchal University, Nepal. Although I considered myself an average student during my undergraduate years, my persistence and determination pushed me to apply for graduate programs in the United States. With positivity and persistent efforts, I was accepted into the Biochemistry and Molecular Biology graduate program at Southern Illinois University Carbondale, where I received a research assistantship and full scholarship. In 2009, I came to the U.S., a moment that marked the beginning of a new chapter filled with challenges and growth.

Adjusting to a new education system, cultural environment, and life abroad was not easy, but I persevered. I completed my M.S. degree in 2011 and moved to Boston, Massachusetts, to search for a job during the recession. After applying to hundreds of positions and attending dozens of interviews, I finally landed my first role at the Dana-Farber Cancer Institute, Harvard Medical School. I was in a lab of highly renowned Principal Investigator in the field of cancer. I remain deeply grateful to my first supervisor for opening the door to a world of scientific career. Working in breast cancer research, I learned techniques in cell lines and various biology techniques. After around three years of hard work, I got authorship as a second author in a publication.

My next role took me to Children's Hospital in Washington, DC. Having interned in the pathology department at Kathmandu Model Hospital during my undergraduate years, I had always

wanted experience in a hospital setting, and my time at Dana-Farber and Children's National fulfilled that aspiration.

My third job was at the National Institutes of Health (NIH) in Bethesda, Maryland. During my daily train commute to DC, I used to imagine attending a seminar at NIH. Eventually, I not only visited for a career seminar but also for an interview and secured a position as a research associate. NIH felt like an ocean of research, filled with passionate scientists who never complained about their work. I assisted researchers studying Rhinovirus (common cold virus) and Influenza virus, also gained firsthand experience with clinical samples shipped from around the world. I got authorship on a couple of publications thanks to the supportive supervisors.

After years in academic research, I transitioned to my current role at Meso Scale Diagnostics, fulfilling my long-term goal of working in the biotech industry. As a bioanalytical scientist, I oversee study planning, data analysis, and report preparation for pharmaceutical, biotech, and academic clients involved in clinical and preclinical research. I've gained insight into various phases of drug development and approval. During the COVID-19 pandemic, for example, our team tested samples for vaccine development. This role has strengthened my confidence, leadership skills, and ability to manage projects, delegate tasks, and lead meetings both internally and with clients.

I am thankful for the support of my parents and family, who gave me wings to fly; my teachers, who guided me at every stage; my spiritual master (Guru), who gave me strength during difficult times; and my husband, who has stood by me through every challenge.

I encourage girls to dream and walk their path with courage. Success is not only measured by academic or professional achievements, but also by the ability to lead a balanced, meaningful, and content life.

“Dare to dream.”

# Dr. SEEBA SHUKLA

Dental Assistant

Zahnarztpraxis an der Viktoriastrasse

 GERMANY



Seeba Shukla is a Nepali dentist based in Germany who approaches new environments with resilience, consistency, and a commitment to continuous growth. She remains strongly connected to her Nepali identity while embracing global learning opportunities.

## From Nepal to Germany: Journey of Patience, Persistence, and Purpose

Growing up in Nepal, I always knew I wanted a profession where I could directly impact people's lives. Dentistry felt like the perfect path, a combination of science, precision, and compassion. What I did not foresee, however, was that this path would take me far beyond my home country, into a completely new world filled with challenges that would test not just my skills, but my resilience and identity.

Moving to Germany as a dentist was both a dream and a shock. I arrived with years of study, dedication, and clinical experience, believing that hard work alone would be enough to continue my profession. But reality quickly set in. I realized that being qualified in one country does not automatically open doors in another. Instead, I found myself starting again navigating a complex system, unfamiliar language, and a very different culture.

The language barrier was one of the biggest challenges I faced, as German, especially in the medical field, demands precision and clarity, and as a dentist, effective communication is essential for understanding patients, explaining procedures, and building trust. In the beginning, even simple conversations felt overwhelming, often leading to self-doubt and frustration, but I gradually improved through consistent effort, turning language learning into a symbol of my determination. At the same time, adapting to cultural differences in Germany's structured, detail-oriented, and highly regulated professional environment required me to step out of my comfort zone, embrace new clinical standards, and develop a more confident and direct style of communication.

The most challenging part of my journey has been the

process of obtaining a dental license in Germany. It is long, rigorous, and often emotionally draining. Despite my qualifications, I had to go through multiple steps; language certifications, document verification, exams, and practical assessments. There were times when the process felt endless, when progress seemed slow, and when I questioned if all the effort would pay off. But this experience taught me the true meaning of patience. Not everything happens quickly, and success is not always immediate.

Living in Germany has transformed me in ways I never expected. Beyond dentistry, I have grown as an individual. I have become more independent, adaptable, and confident. I have learned how to rebuild my career from the ground up, how to navigate a new healthcare system, and how to create a sense of belonging in a foreign land while still holding onto my Nepali roots.

To the young girls in Nepal who aspire to pursue careers abroad, especially in healthcare or technology, I want to say this: your dreams are valid, no matter how distant they may seem. The journey will not be easy. You will face challenges mainly language barriers, cultural adjustments, and moments of doubt. But these challenges are not meant to stop you; they are meant to shape you.

Today, as a Nepali dentist living in Germany, I am still on this journey. I am still learning, still growing, and still working toward my goals. But I carry with me a deep sense of purpose and pride. Every challenge I have faced has made me stronger, and every step has brought me closer to where I want to be.

**When life gets hard, just think; "it's just a phase."**

# SEEMA DHITAL

Lead Software Engineer

JPMorgan Chase & Co.

 UNITED STATES OF AMERICA

She is a Lead Software Engineer at JPMorgan Chase & Co., where she collaborates across teams to solve complex challenges and deliver meaningful outcomes through technology. Beyond her professional work, she is passionate about travel and values exploring diverse cultures and perspectives around the world.



## From a Small Town in Nepal to Global Tech: A Journey of Courage and Growth

I was born and raised in Tulsipur, Dang, a place that shaped my early values of resilience and determination. As the eldest child in my family, I carried both responsibility and aspiration from a young age. Pursuing higher education meant stepping beyond familiar boundaries, and I became the first in my family to leave home and travel alone to Kathmandu, the city of opportunity for my studies. That transition was both exciting and intimidating. Naturally reserved and shy, I initially found it difficult to speak up or engage confidently with others. However, those early challenges became the foundation for my personal growth. Over time, I learned to adapt, communicate, and find my place in a new environment.

I completed my undergraduate degree in Electronics and Communication Engineering from Kathmandu Engineering College, Kalimati. During my academic journey, I was one of only three female students in a class of around fifty. Being in such a male-dominated environment presented its own set of challenges, especially at a time when the presence of women in the IT and engineering sectors was even more limited than it is today. Despite this, the experience strengthened my confidence and determination to succeed in a field where women were underrepresented.

I began my professional career in Nepal as a Network Engineer at Channel Nepal. Soon after, I transitioned into software development, working as a PHP and Joomla Developer. While I gained valuable experience, I felt a

persistent desire to expand my knowledge and grow further in my field.

Driven by this ambition, I moved to the United States, often regarded as a land of opportunity to pursue higher education. I earned my master's degree in Computer Science from Troy University, Alabama. This experience not only enhanced my technical expertise but also broadened my global perspective and strengthened my independence. Following my graduation, I began working as a Web Developer at Vistana Signature Experiences and later continued my career at RBFCU. Over the years, I have steadily advanced in my profession, taking on greater responsibilities and leadership roles.

Currently, I serve as a Lead Software Engineer at JPMorgan Chase & Co., where I contribute to building impactful technological solutions. Alongside my professional journey, I embrace one of the most meaningful roles in my life, that of being a mother. Raising a toddler while managing a demanding career has taught me the importance of balance, resilience, and prioritization.

Looking back, my journey from a shy young girl in Tulsipur to a technology professional in a global organization has been shaped by perseverance, continuous learning, and the courage to step beyond comfort zones. Being one of the few women in my field early on was challenging, but it also became a source of strength, motivating me to push boundaries and pave the path for others.

**“It is failure that gives you proper perspective on success.”**

# SHIRAM KSHETTRI

Product Manager

Aize

 NORWAY

Shiram Kshettri is a Product Manager with a background in UX and Interaction Design, specializing in design systems and platform engineering. Based in Norway at Aize, she builds scalable digital products that effectively connect design, engineering, and user experience.



## Beyond Boundaries and Definition

Careers are rarely linear, and mine has been shaped by exploration, transitions, and the courage to step into the unknown. Growing up in Nepal, I did not have a clearly defined path into technology, but I was always curious about how ideas come to life and how they can create meaningful impact.

My academic journey first took me to Sweden, where I pursued a degree in Liberal Arts with a focus on literature and digital media. This experience shaped my ability to think critically, communicate clearly, and approach problems with curiosity. These skills later became just as important as technical expertise.

After completing my studies, I returned to Nepal and began working as a Visual and Web Designer. While this gave me a strong foundation in digital design, it also helped me realize that I was more interested in understanding users and solving meaningful problems than simply creating visual outputs.

This realization became a turning point when I moved to Norway to pursue a degree in Interaction Design at Westerdals Oslo ACT. Adapting to a new country and culture was both challenging and rewarding. It required grit, resilience, and a growth mindset, but it also expanded my perspective and helped me grow both personally and professionally.

During my internship at Good Morning, I got my first real taste of working life in a product environment and learned how teams collaborate to turn ideas into real world solutions.

Working at Oraku became an important stepping stone in my journey. Being part of a startup environment gave me hands on experience across different parts of product building, from design to collaboration with engineering and exposure to product decisions. It helped me become more adaptable, take ownership, and navigate ambiguity.

These experiences eventually led me to Aize, where I continued to grow as a UX designer before transitioning into product management. Over time, I became more interested

in understanding why products are built and how they create value for users.

Today, I work at the intersection of design, engineering, and product, focusing on design systems and platform engineering. I build scalable foundations that enable teams to deliver consistent and high-quality products while keeping user experience at the core. My multidisciplinary background allows me to connect perspectives, communicate effectively, and approach problems holistically.

Throughout my journey, moving from Nepal to Sweden and then to Norway has shaped how I navigate challenges and embrace different cultures. Each step has helped me grow into my strengths while reminding me that growth is continuous. I am constantly learning, evolving, and pushing myself to improve.

As a Nepali woman in ICT, I am deeply aware of the importance of representation. Technology is shaping the future, and it is important that more women step into this space not only as participants but as creators and leaders. I hope my journey encourages others to pursue this path with confidence and curiosity.

I have also learned that we are often limited by the roles we are assigned. My journey from liberal arts to design, from design to product, and across countries has shown me the value of exploring beyond those boundaries.

“A jack of all trades is a master of none, but oftentimes better than a master of one” is a perspective that resonates deeply with me. Growth comes from curiosity, resilience, and the willingness to evolve. When we create our own path and commit to continuous learning, we open ourselves to opportunities to bring value in unexpected ways. My journey continues to be an adventure shaped by learning, change, and the drive to build products that make people’s lives easier and to inspire others to believe that their path, no matter how unconventional, is worth exploring.

“A jack of all trades is a master of none, but oftentimes better than a master of one.”

# SHRADDHA KHADKA

Co-Founder

Bhash Tech Inc.

 UNITED STATES OF AMERICA

Shraddha Khadka is an edtech entrepreneur and founder of BHASHA TECH Inc., as well as the creator of the Bhasha app, an AI-powered language learning platform. Her work focuses on reducing language barriers and advancing more inclusive, accessible education.



## Language as Opportunity: My Journey to Empower Millions

I was born and raised in Nepal, where I first experienced how deeply language can shape opportunity. Growing up, I saw talented and hardworking individuals held back, not by lack of ability, but by limited access to English education. English was not just a subject in school; it was a gateway to confidence, better jobs, and global connection. This realization stayed with me and ultimately shaped the direction of my journey.

Driven by a desire to expand my horizons, I moved to the United States to pursue higher education. Like many immigrants, I experienced firsthand the challenges of adapting to a new environment; navigating academics, communication, and everyday life in a second language. Even with formal education, I realized that conversational confidence is something many people struggle to build. This gap between knowing English and speaking it fluently became increasingly clear to me.

With a background in business analytics and a passion for problem-solving, I began thinking about how technology could address this issue on a scale. I wanted to create something practical, accessible, and impactful, especially for adults who often don't have the time or resources to attend traditional classes. That vision led me to found BHASHA TECH Inc. and build the Bhasha app, an AI-powered language learning platform designed specifically for Nepali speakers around the world.

The goal of Bhasha is simple but powerful: to help people speak English with confidence. Unlike traditional learning methods that focus heavily on grammar and memorization, Bhasha emphasizes real-life conversational skills. It allows

users to practice speaking in everyday scenarios; whether it's introducing themselves, attending a job interview, or having casual conversation. By integrating AI, we can provide personalized, interactive learning experiences that adapt to each user's pace and needs.

What makes this journey especially meaningful to me is the community it serves. Many Nepali immigrants across the globe face similar challenges; feeling hesitant to speak, lacking confidence, or struggling to integrate fully into their environments. Through Bhasha, I aim to empower these individuals, giving them not just language skills, but the confidence to express themselves, pursue opportunities, and feel a sense of belonging.

Building this platform has not been without challenges. From developing the product to reaching users and refining the experience, every step has required resilience, learning, and adaptability. However, seeing the impact; users gaining confidence, engaging more actively, and improving their communication has made the journey incredibly rewarding.

At my core, I am driven by a mission to bridge language barriers through technology. I believe that education should be accessible, practical, and empowering. As I continue to grow Bhasha, my goal is to expand its reach, enhance its capabilities, and help even more people unlock opportunities through language.

This is more than just a business for me; it is a purpose rooted in my own experiences and a commitment to creating meaningful, lasting impact.

“Growth takes time - trust the process.”



# SHRASTA TULADHAR

Registered Nurse

Opal Healthcare

 AUSTRALIA

Shrasta Tuladhar is a Registered Nurse working in Aged care and Hospital in Sydney. She has completed Diploma and Bachelors in Nursing. She is passionate about helping people in need and this field has helped her gain confidence and self gratification.

## Journey to My Passion

When I first came to Australia, my main goal was to study Information Technology and build a successful career in the IT industry. Having studied IT-related subjects in Nepal, I believed I was prepared for the academic expectations in Australia. However, after beginning my course, I gradually realised that the education system, course structure, assessment methods, and practical expectations were very different from what I had experienced back home.

In Nepal, much of my learning had been based on theory, memorisation, and guided classroom teaching. In contrast, the Australian education system required a much higher level of independent learning, practical application, research, problem-solving, and critical thinking. Adjusting to this new environment was extremely challenging. The subjects were more advanced than I had expected, and I was not fully prepared for the level of technical knowledge, programming, project work, and self-directed study required.

As the course became increasingly difficult, I began to feel overwhelmed and uncertain about whether IT was truly the right long-term career path for me. This experience encouraged me to reflect deeply on my strengths, interests, and future goals. I realised that although IT is a valuable and rewarding field, my genuine passion lay in a career where I could work closely with people, support them directly, and make a meaningful difference in their lives.

I have always enjoyed helping people, listening to their problems, and being there for others during difficult times. Because of this, I decided to transition from IT into nursing.

Unfortunately, my journey into nursing was not straightforward. When I first enrolled in a nursing college in Australia, I faced a very difficult situation in which I was misled and lost around \$12,000. This became a major financial and emotional setback for me. This setback cost

me nearly two years and deeply affected my education, confidence, and future aspirations. Arriving in a new country and facing such an experience was incredibly stressful, especially while trying to rebuild my career path and adapt to a completely different environment.

Despite these challenges, I refused to give up. Instead of allowing this setback to define me, I remained focused on my goal of becoming a nurse. I enrolled in another university so that I could properly continue my nursing studies and build a stable future in the healthcare field. This decision reminded me how committed I am to this career change and how determined I am to move forward despite the obstacles I have faced.

Nursing feels far more aligned with my personality, values, and long-term aspirations. It is a profession built on care, compassion, patience, communication, and responsibility. I want to build a career where my work has a direct and positive impact on individuals, families, and the wider community. The opportunity to support patients, assist healthcare professionals, and contribute to people's wellbeing gives me a strong sense of purpose and fulfilment.

Changing my career path from IT to nursing was not an easy decision, and my journey has included academic, financial, and personal challenges. However, these experiences have made me more resilient, mature, and determined. They have taught me that choosing a career should not be based solely on opportunities or external expectations, but also on personal interest, passion, ability, and commitment.

My transition into nursing is the result of genuine self-reflection, personal growth, and a strong desire to help others. Today, I am fully committed to becoming a nurse and contributing positively to the healthcare sector and the community around me.

**“A winner is a dreamer who never gives up”**



# SHREEJU MAGAJU

Computer Science Graduate

University of North Texas

 UNITED STATES OF AMERICA

Shreeju Magaju is a Computer Science graduate, professional emcee, and content creator whose journey has been shaped by leadership and community engagement. Her experience spans student leadership, international representation, and hosting large-scale events with confidence and purpose.

## I Was Never Just One

I didn't grow up calling myself "a girl in tech." I was just a girl who loved patterns, numbers, and the quiet satisfaction of things making sense. Math felt natural. Logic felt like a language I already understood. From a young age, I found myself drawn to it, without fully realizing where it would lead.

The first time I noticed something was different came when we had to choose between computers and accounts in school. I did not overthink it. I chose what I liked. But when I looked around, something stood out.

In our cohort of 120 students, divided into three sections, the other sections had many girls. However, in the computer section, there were only 9 girls out of 40 students. I did not have the language to explain it then, but I felt it. The difference. The imbalance. The quiet question of why.

Even later, in high school, the pattern continued. The number of girls in physics and computer-related classes remained low. It was not something people talked about, but it was there. And without fully realizing it, I was learning what it meant to stay in spaces where you are not the majority.

But I stayed.

Not because I was trying to prove anything, but because I genuinely enjoyed it. There was something about solving problems, understanding systems, and making sense of complexity that kept pulling me back.

I often think back to the moment when I participated in a Girls in ICT presentation contest and won. I was awarded by then Honorable Minister for Communication and Technology. At the time, it felt like a proud achievement. But looking back, it meant something more. It was one of the first moments where I saw myself in that space, not as someone out of place, but as someone who belonged.

There was a time when I almost chose a completely different

path. I was drawn to communication, to people, to express myself. For a moment, I thought I had to choose between logic and voice, between numbers and people.

But the truth was, I was never just one thing.

That realization followed me as I moved to the United States to pursue Computer Science at the University of North Texas. It was not an easy transition. I was navigating a new country, a new system, and a completely new version of independence. But I leaned into it. I graduated with a 4.0 GPA, but more than that, I built resilience and self-belief.

And somewhere along the way, I found my voice.

That same voice I once hesitated to trust has now taken me to stages in front of over 6,000 people. Today, I also work as a professional emcee and content creator, connecting with people, telling stories, and bringing energy to moments that matter.

For a long time, I thought these two sides of me did not belong together. But now, I see them as one. I am not just someone who understands technology. I am someone who can communicate it, connect it, and bring it to life.

If I had to answer who I am, I would not start with a title.

I am someone who stayed.

Stayed with what I loved, even when it felt unfamiliar.

Stayed in rooms where I was not the majority.

Stayed long enough to realize that I did not need permission to be there.

If there is one thing I have learned, it is that you do not need to see many like you to become one.

And maybe that is what this journey has been about all along, not just finding my place, but choosing not to leave it.

**"You don't have to choose just one version of yourself."**

# SHREYA PRADHAN

Assistant Project Coordinator

Asia-Pacific Telecommunity (APT)



Shreya Pradhan is an ICT professional with over 12 years of international experience in digital technologies, information management, and project coordination. As Assistant Project Coordinator at the Asia-Pacific Telecommunity in Bangkok, she supports digital cooperation and inclusive transformation across the region.

## My Journey:

### Driving Digital Transformation in the Global Digital Landscape

The transformational changes created by technology have profoundly guided my journey in ICT for the past decade, shaping my skills, perspectives, and professional growth. My experience in the digital sector has shown me how technology brings positive changes to people's lives, strengthens regional collaboration, and generates new opportunities for innovation and development. The digital transformation process is currently changing how societies operate, economies develop, and governments provide services. The global digital environment continues to change because of rapid technological progress, increased network access, and changing user needs.

However, digital transformation goes far beyond simple adoption of new technologies. This requires a fundamental shift in how institutions operate, create value, and engage citizens and relevant stakeholders. From strengthening digital infrastructure to promoting trust in emerging technologies, ICT professionals play a crucial role in ensuring that the digital future is secure, inclusive and resilient.

#### Advancing Regional Digital Cooperation

In today's interconnected world, no nation can advance its digital transformation independently. Regional collaboration serves as a vital element that enhances innovation development, connectivity improvement, and digital economy expansion. Through partnerships and international dialogue, nations can enhance their digital infrastructure, expand Internet access, build digital skills, and harmonize policies on data protection, cybersecurity, and digital trade, thereby enabling cross-border digital services and fostering regional innovation.

Young innovators need digital education resources, technology hubs, and startup ecosystem investments to develop their entrepreneurial skills and create new economic opportunities. The difficulties of regional cooperation arise from multiple factors, including variations in technological readiness, differences in regulatory frameworks, and increasing cybersecurity threats.

Addressing these issues requires strong governance, coordinated policies, and continued engagement among governments, international organizations, telecom industries, and academia. Through collective

commitment and cooperation, regional digital initiatives can help countries build inclusive and resilient digital ecosystems that support the development goals.

#### Promoting Digital Literacy to Bridge the Digital Divide

While digital transformation creates vast opportunities, it also highlights a persistent global challenge: the digital divide. The ICT sector has shown me that limited digital infrastructure, together with inadequate digital skills training, prevents people and communities from participating fully in the digital economy. Some developing areas maintain their access restrictions because they face three major obstacles such as poor Internet connectivity, expensive Internet services, and a lack of digital educational resources. To close this gap, we need to expand our infrastructure development efforts while improving our digital literacy programs.

To develop mechanisms for fighting computer crimes, governments, regulators, industrialists, educational institutions, private sectors, and international organizations need to come together. By investing in digital education and capacity building, we can ensure that the benefits of technological advancement are shared more inclusively.

#### Looking Ahead

***Digital transformation is not an overnight revolution, but a gradual journey shaped by evolving technologies and human adaptability.***

Over time, innovation and curiosity have enabled people to embrace new ways of living and working. Digital education and skills development, which people from all age groups need for digital participation, are equally important. Digital transformation requires both technological and social transformation, which creates new possibilities and changes human learning, working, and socializing methods.

Through international cooperation, responsible innovation and inclusive policies will become more essential as digital technologies progress from artificial intelligence to new digital platforms. My journey in the ICT sector continues to reaffirm the importance of people-centered digital transformation. The three areas of regional collaboration, together with digital trust and security development and digital literacy expansion, will help us create a digital future that is both innovative and accessible to all.

**“Digital Transformation is not only about technology, but also about empowering people, strengthening cooperation, and creating opportunities for societies to thrive in an increasingly connected world.”**



# SMITA RAITHORE

Analytical Research Manager

Symrise Inc.

 UNITED STATES OF AMERICA

Smita Raithore works as an Analytical Research Manager, leading a Chemistry Analytical Laboratory for a global flavors and fragrances manufacturer. Beyond her professional role, her passion for food has inspired her travels and broadened her global outlook. She believes in the importance of compassion, human connection, and collective responsibility toward one another.

## Struggles are our Friends - Lets Embrace Them!

Growing up as one of four daughters in Bhaktapur during the 90s, I faced societal expectations for a son in the family. Despite this, we were fortunate that our parents supported us fully and we got every opportunity to get ahead in our lives. Their encouragement helped me realize that self-worth is not determined by others' opinions, but by our own values and effort. No one can bring us down unless we decide to do that to ourselves. As we have crossed the quarter of this century, I am very glad to see such gender biases comparatively lessened in our society, although not eliminated. Nonetheless, any challenges and self-doubt can be overcome through hard work, ongoing learning, and perseverance. The results are rewarding both professionally and personally. While my family cheered me on from the start, my husband's unwavering support has been essential, especially living away from home.

While I am uncertain about rebirth or past lives, I know this life is mine to shape. In 2002, studying abroad was not typical for girls in my community, but despite

discouragement, I pursued it, becoming the first in my family to do so. With limited resources, I secured a full scholarship to the U.S. Initially I wanted to give myself an opportunity to explore a field that was completely new to me, and to make sure that I would not choose something just because of what was expected of me. So, I started my undergraduate journey with a Business Administration major but soon I realized that indeed my heart lies in the Science and Technology arena. Consequently, I graduated top of my class with a B.S. in Biochemistry and a minor in Chemistry.

My journey has taught me life is about exploring passions. I discovered Flavor Chemistry by chance, and spent five years earning my Doctorate. During this period, I learned about the wonderful world of Flavors at a molecular level but more importantly developed skills in perseverance, collaboration, and leadership. Now, my role extends beyond managing my lab. I mentor future scientists and support Nepal's youth to grow to their fullest potentials.

**“The bond of our common humanity is stronger than the divisiveness of our fears and prejudices.”**

# Dr. SNEHA KANSAKAR

NMC and ADC registered Dentist

 AUSTRALIA

Dr. Sneha Kansakar holds a Master of Public Health from the University of Wollongong and achieved Australian Dental Council certification in 2023. Now practicing as a general dentist in Adelaide, she is committed to preventive, patient-centered care and continuous professional development.



## From Survival to Selfhood

I expected migration would test my skill and intelligence. But instead, it tested my identity.

Before moving to Australia for my master's degree, I was a practicing dentist in Nepal. I had my degree, reputation, many years of experience and hard work to my credit. But migrating to another country has a way of humbling you. Suddenly, my professional identity, which formed a large part of who I was, felt misplaced somewhere between two countries.

### There is a quiet grief in starting again.

During that period, I worked in healthcare as an enrolled nurse in a public hospital through the COVID-19 Pandemic. When the world felt uncertain, I was also coming to terms internally with the uncertainty in my own life. I was trying to build a different career, adapt to a new culture, raise a neurodiverse child and hold onto those parts of me that felt like they were dissolving away under these new responsibilities.

Working as a nurse in healthcare transformed me. It taught me to consider patients not merely as cases, but as individuals with choices, voices, fears and dignity. I came from a healthcare culture where decisions were often made for patients, so learning patient centred care in Australia changed the way I understood compassion. I learnt that good healthcare was not only about knowledge and treatment but also about listening, autonomy and humanity.

### Motherhood changed me too.

I had no village abroad. Raising a neurodiverse child forced me to learn patience, advocacy and the harsh reality that every child experiences the world differently. There were moments I questioned myself if I was doing enough or doing it right. Navigating therapies, appointments, school systems without the support of extended family felt overwhelming. It taught me

to value small victories. It made me softer in some ways but resilient in others.

Eventually, I found my way back into dentistry after clearing the rigorous dental registration process in Australia. The exams were draining, demanding and deeply isolating. As a dental student in Nepal, I had my mother look after me as I prepared for exams. But here, I was myself a mother with responsibilities. Balancing work, finances, motherhood and migration all tested me in ways I never imagined before. There were many moments of exhaustion and self-doubt.

Dentistry today is rapidly evolving with digital innovation and technology. Digital scanners, imaging and modern workflows have changed patient care and treatment modalities. Being able to work in this era feels especially meaningful because of all the hard works and efforts to reach this destination.

Returning to the profession felt like returning to the part of myself I had fought so hard not to lose.

But I returned differently. With more resilience, deeper compassion and greater empathy.

Looking back, my journey wasn't just about progression in my career. It was about building my identity again, reinvention, resilience and learning to hold onto hope even during the most uncertain seasons of life.

Every role I have held, be it a dentist, student, nurse, migrant, mother has shaped the professional I have become today.

To all the young girls in Nepal pursuing careers in healthcare, science and technology, do not be afraid if your journey doesn't pan out the way you imagined. Growth is not always linear. Sometimes strength is not extraordinary. Sometimes strength is in finding courage to begin again and again, even when life seems uncertain without losing hope in yourself.

Dreams are important but expect detours along the way.

“A girl should be two things: who and what she wants.” Coco Chanel



# SUNIVA SHRESTHA

Graphic Designer

Imagine Exhibitions

 UNITED STATES OF AMERICA

Originally from Dholahiti, Lalitpur, Suniva Shrestha currently works in Atlanta, USA, as a Graphic Designer. Through creativity and visual storytelling, she brings ideas to life while continuing to build her career in the global design landscape.

## Bridging Imagination and Technology: My Journey as Graphic Designer

I am a young Graphic Designer currently working with Imagine Exhibitions in Atlanta, Georgia, USA. My journey into design began long before I ever imagined it as a career. As a child, I was naturally drawn to painting and designing dresses. It was not something I questioned or analyzed, it simply felt like a part of who I was. Colors, shapes, and forms became my language for understanding and expressing the world around me. Whether I was sketching quietly at home or experimenting with textures and ideas, art was a constant presence throughout my early years.

As I grew older, my passion for creativity deepened. I became more aware of how visuals could influence emotions, guide attention, and tell stories without words. However, I never considered that this creative path could connect with STEM. To me, STEM was a completely separate field, one associated with science, technology, engineering, and mathematics, disciplines often seen as technical, rigid, and unrelated to artistic expression.

My perspective changed when my sister, who was studying in the United States, encouraged me to explore an educational path that combined design with STEM. At first, I found the idea difficult to understand. How could creativity and technology coexist? Yet, this suggestion opened my mind to a possibility I had never considered before: that innovation often happens where disciplines overlap.

I did my Bachelors in Arts, Graphic Designing the Savannah College of Art and Design, Atlanta, USA where it became a turning point in my journey. There, I discovered that design is far more than aesthetics. It is rooted in problem-solving, critical thinking, research, and innovation, all fundamental principles of STEM education. Through coursework and projects, I learned to approach creativity with structure and purpose. I studied user experience, digital interfaces, concept development, and prototyping, all of which required analytical thinking and technical skills alongside artistic vision.

This experience taught me the true importance of STEM education.

STEM is not limited to laboratories, coding, or engineering systems, it is a mindset that encourages curiosity, experimentation, and solution-oriented thinking. It teaches individuals how to analyze challenges, test ideas, and create meaningful solutions that can improve lives and industries. In design, these skills are essential. Every layout, interface, and experience must be built with both functionality and human-centered thinking in mind.

STEM education also plays a critical role in preparing students for an increasingly technology-driven world. As industries continue to evolve, the ability to combine creativity with technical knowledge is becoming more valuable than ever. STEM equips students not only with practical skills but also with adaptability, collaboration, and resilience; qualities necessary for solving the complex challenges of the future.

Today, as a designer at Imagine Exhibitions, I apply the principles of STEM every day. My role is not simply to create visually engaging designs, but to develop thoughtful solutions that shape how people interact with spaces, information, and stories. Whether designing exhibition layouts or crafting immersive visual experiences, I rely on research, collaboration, and strategic thinking to deliver meaningful outcomes.

Looking back, STEM became an integral part of my journey in ways I could never have predicted. It broadened my understanding of design, opened doors to new opportunities, and showed me the power of interdisciplinary learning. I believe STEM education is essential not only for aspiring scientists and engineers, but also for creative thinkers who want to make an impact. It empowers individuals to bridge imagination with innovation, transforming ideas into real-world solutions.

By embracing STEM education, students from all backgrounds can develop the tools to shape the future, no matter where their passions begin.

**“Creativity becomes powerful when guided by knowledge, and STEM gives it the direction.”**

# SWETA SHRESTHA

Electronic Engineer

 FINLAND

Sweta Shrestha is an Electronics Engineer with specialization in internet protocols and works as an IT professional. Alongside her career, she balances motherhood and family responsibilities, demonstrating commitment to both professional excellence and personal growth.



## A Journey of Curiosity, Learning, and Growth

When I look back at my journey, I realize that my interest in technology began long before I chose engineering as a field of study. It began with curiosity, wonder, and the feeling that technology could make the world suddenly feel smaller, faster, and full of possibility.

I studied Electronics Engineering, later moved abroad to pursue my master's degree, and I have been working in the IT field ever since. I was fortunate that I was encouraged and was able to pursue the subjects that genuinely interested me.

One of my earliest memories of being truly amazed by information technology goes back to the days when access to a personal computer and internet was still in early days in Nepal. My father brought home a personal computer at a time when that itself felt special. I remember writing an email to a friend of mine who was studying in the United States. What amazed me most was not just that I could send a message across the world, but that I received a reply within a few minutes. At a time when normal postal mail was still the usual way of communicating and people had to wait for weeks for letters to arrive, this felt almost unbelievable. That moment stayed with me. It made me feel that information technology was not just useful, it was transformative. It could change how we connect, how we learn, and how we experience the world.

We have come a long way since then, and we are still learning. That, to me, is one of the most exciting things about this field. No matter how much progress has already happened, there is always something new to discover, improve, and create.

Many girls in Nepal may be interested in science, engineering, or technology but may hesitate to take that step. Sometimes the hesitation does not come from lack of talent, but from uncertainty. Is this field too difficult? Is it only for men? Will I belong there?

I want to say clearly: yes, you belong there.

Engineering and IT are still male-dominated fields, not just in

Nepal but even in developed countries. However, the gap is decreasing, and more women are entering these professions, contributing meaningfully, and taking on leadership roles.

Personally, I did not face major hardship in pursuing engineering field. I had interest, encouragement, and the opportunity to continue learning. That may not be everyone's experience, and I recognize that. But I share my story to show that it is possible to enter this field with confidence, curiosity, and purpose. Sometimes the most important thing is simply to trust your interest and allow yourself to follow it.

Working in IT taught me that learning never stops. That may sound challenging, but it is also what makes the field so alive. Technology grows, and if we stay curious, we grow with it.

Information technology is not only about machines, software, or code. At its heart, it is about solving real life problems. It is about improving how people live and work. It is about building better systems, better communication, better access, and better opportunities. For that reason, technology needs diversity. It needs different voices, perspectives, and ideas.

To every girl in Nepal who is considering science, engineering, computer studies, or IT: do not underestimate yourself. You do not need to know everything before you begin. You only need to be willing to learn, to ask questions, and to keep going.

The world of information technology is still changing, and there is space in it for many more women. If my journey shows anything, it is that a simple moment of curiosity can become the beginning of a lifelong career. From the wonder of receiving a reply to an email within minutes, to building a career in IT, the journey has been both meaningful and inspiring.

Information technology has already transformed so much, and it will continue to do so. We are still learning, still building, and still discovering what is possible. I hope more girls in Nepal choose to be part of that future.

**“You do not need to know everything before you begin. You only need to be willing to learn, to ask questions and to keep going.”**

# TEJITA RAJBHANDARI

Engineering Manager

Looped Solutions

 UNITED STATES OF AMERICA

Tejita Rajbhandari is an Engineering Manager at Looped Solutions, leading teams that build mobile and web applications focused on safety and meaningful impact. Her work supports technology solutions in the domestic violence sector, and she also serves on the Committee for Victim Tech Reform.



## Where This Path Led Me

My journey into tech began in 2016, when I moved to the United States to pursue my bachelor's degree. Little did I know that this path would lead me to the forefront of building technology in the domestic violence space. Like many students, I arrived with a plan but not yet a calling. I initially chose to study International Business, but it did not take long for me to realize that it was not where my curiosity or passion lived. I had always been drawn to STEM, so I switched to Information Systems and then again to Computer Science, where I finally found my place.

There were still a handful of girls in my classes then but even at that stage, we were outnumbered.

In 2018, I attended the Grace Hopper Celebration as a scholar. For the first time, I was surrounded by over 20,000 women in tech. It was powerful, it showed me what was possible and made me feel like I belonged.

But when I returned to campus, reality looked different. Each year, I noticed fewer women in my computer science classes. Some of my friends, despite being capable, switched to other majors because they felt intimidated or out of place. By the time I reached my senior year, I was the only woman graduating in computer science from my batch.

That could have been discouraging but instead, it became my motivation. I was determined not just to stay, but to thrive. I made the Dean's List all four years and graduated with the Academic Excellence Award in Computer Science and the Inspiration for the Next Generation Award.

Beyond academics, some of my most defining moments came from stepping into spaces where I felt like I did not belong. I joined a robotics club where I was often the only woman, and despite self-doubt, I kept showing up. I later became Vice President of Outreach, leading robotics workshops for Girl Scouts, engaging communities through STEM initiatives, and even teaching robotics internationally. Seeing young girls light

up when they saw someone like them in tech was a reminder of how powerful representation can be.

Alongside my studies, I worked as a STEM tutor, peer mentor, and later as a lab assistant in the Computer and Information Science department.

After graduating, I began my career as a software engineer and have since grown into an Engineering Manager at Looped Solutions.

Today, I work in the domestic violence space, developing technology that helps the violence survivors connect with advocates safely and discreetly. Our tools include disguised access points that allow individuals to seek help without alerting their abusers.

This mission is deeply personal. I was born into domestic violence and grew up in constant fear. In many cultures, including ours, these experiences remain unspoken, where protecting reputation often comes before protecting people. That silence keeps survivors trapped.

That is why I am committed to building technology that lowers the barrier to seeking help because the hardest step is often the first.

### To the next generation of Nepali girls in tech:

There will be moments when you feel like you do not belong in the room.

Stay anyway.

There will be times when you doubt yourself.

Keep going anyway.

Because your presence matters more than you realize.

You are not just building a career, you are shaping a future where more girls will see themselves in you and believe, "If she can do it, so can I."

**"If she can do it, so can I."**

# URNA KANSAKAR, Ph.D.

Research Associate

CUNY School of Medicine

 UNITED STATES OF AMERICA



Urna Kansakar is a biomedical researcher with expertise in biomedical engineering and a strong focus on complex human diseases. During her postdoctoral training at Albert Einstein College of Medicine, she led multidisciplinary research and contributed to more than 70 peer-reviewed publications.

## Stepping Into the Unknown: My Journey in Science

I did not grow up with a clear roadmap to a career in science. What I had instead was curiosity, a persistent desire to understand how things work and how science could improve lives. When I chose to study Biomedical Engineering at the College of Biomedical Engineering and Applied Sciences (CBEAS) in Nepal, the only program of its kind at the time, it felt like stepping into the unknown. It was new, unconventional, and not many people around me fully understood what it meant. Yet that uncertainty excited me.

Studying in Nepal came with challenges. Resources were limited, and opportunities for scientific exposure were still developing. There were moments when I questioned whether I had made the right choice. But those experiences also built resilience. I learned to seek knowledge beyond the classroom, ask questions fearlessly, and persist even when answers were not easily available.

As I completed my undergraduate degree, I realized my journey could not stop there. If I truly wanted to grow in this field, I needed to step beyond the boundaries of what was available to me. That realization led me to pursue a PhD in Biomedical Engineering in the United States - a decision that required me to leave behind everything familiar and begin again in a completely new environment.

Moving abroad was not only an academic transition; it was deeply personal. It meant adapting to a new culture and building a support system from scratch. My PhD journey was filled with both setbacks and breakthroughs. There were long days in the lab, failed experiments, and moments of self-doubt, but also moments of discovery that reminded me why I had started. Over time, those struggles became opportunities for growth. I learned how to think independently, design meaningful research, and contribute to science in ways that could make a real difference.

That journey eventually led me into postdoctoral research, where I focused on critical health challenges such as heart failure and aging. During my training at Albert Einstein College of Medicine, I led complex research projects and contributed to more than 70 peer-reviewed publications while maintaining a strong commitment to scientific rigor and integrity. I was also honored to be awarded prestigious postdoctoral fellowships from the American Heart Association and the National Institutes of Health, opportunities that once seemed beyond reach. In addition, I received travel grants that enabled me to present my research at international conferences.

I grew up believing there were only a few career paths people talked about, mostly becoming a doctor or an engineer. I had no idea that biomedical research and scientific discovery even existed as possibilities. Discovering this world reshaped my understanding of what was possible.

Today, as a Research Associate at CUNY School of Medicine, I focus on heart failure and aging, areas that deeply impact human health and quality of life. Alongside research, I have expanded into regulatory science and quality systems, earning certification in Regulatory Writing. These milestones reflect years of persistence, learning, and growth.

But beyond degrees and publications, what I carry most is the journey, the courage to begin, the resilience to continue, and the belief that I could belong in spaces that once felt out of reach.

To young women in Nepal aspiring toward science or technology: do not let limited exposure define your dreams. Some of the most meaningful paths are the ones you do not yet know exist. Stay curious, ask questions, and explore beyond what feels familiar. Your background does not limit your future. Growth begins with uncertainty, and courage is built step by step.

**“Research is what I’m doing when I don’t know what I’m doing!”**

# ZUTIMA TULADHAR

Project Manager in Research

Northwestern University

 UNITED STATES OF AMERICA

Zutima Tuladhar is a Research Project Manager at Northwestern University in Chicago, Illinois. With academic background in Psychology and Data Science, she brings an interdisciplinary perspective spanning the social sciences, neuroscience, business, and technology.



## The Power of Not Self-Rejecting Yourself

My story in the United States began in 2017, when I moved from Nepal to Connecticut to pursue a bachelor's degree in psychology. I later completed a master's degree in data science. I have always been fascinated by the human brain and behavior, and over time that curiosity deepened into an understanding of neuroplasticity, the brain's ability to change through our experiences and actions. What once felt like a scientific idea became deeply personal: identity is not fixed; what we do repeatedly shapes who we become.

Moving abroad as a teenager was both exciting and disorienting. I was thousands of miles from home, in classrooms filled with unfamiliar faces, cultures, and expectations. My education in Nepal had been largely theoretical, while the US academic environment emphasized applied thinking, use of data and taught me the analytical skills I required. At first, I felt like I was catching up. But gradually, I realized I was not behind, I was merely adapting to a different way of thinking. I still am.

That transition to US classrooms taught me something important: growth is less about knowing everything and more about staying in the room long enough to learn. One of the biggest barriers I encountered was not external, but it was internal self-rejection. Before ever trying, I questioned if I belonged in certain spaces, whether I was prepared enough, whether others

were more qualified. But I slowly learned that most opportunities are not lost because of lack of ability, they are lost because we step out mentally before we take a chance on us physically.

If you reject yourself, you never give yourself the chance to grow into the opportunity, your dream job or dream life.

Today, I work as a Project Manager in research at Northwestern University in Chicago, IL for the Department of Medical Social Sciences. I contribute to a large-scale research initiative studying environmental influences on health outcomes with a focus on cognitive health across children and adults.

Expertise is not a fixed status, it is built through curiosity, repetition and persistence therefore if I could go back in time and share some advice to myself and others, it would be this: track your progress intentionally, because what you constantly engage with becomes what you strengthen. Develop a growth mindset, especially when things seem unfamiliar. Learn about neuroscience, not only because it is fascinating, but it deeply connects to how we learn, adapt and solve problems in fields like data science and technology. From everyday objects to complex systems, everything began as an idea someone decided to pursue. Believe in yourself and your ability to learn anything.

“The World is a Museum of Passion Projects” - John Collison, Founder of Stripe

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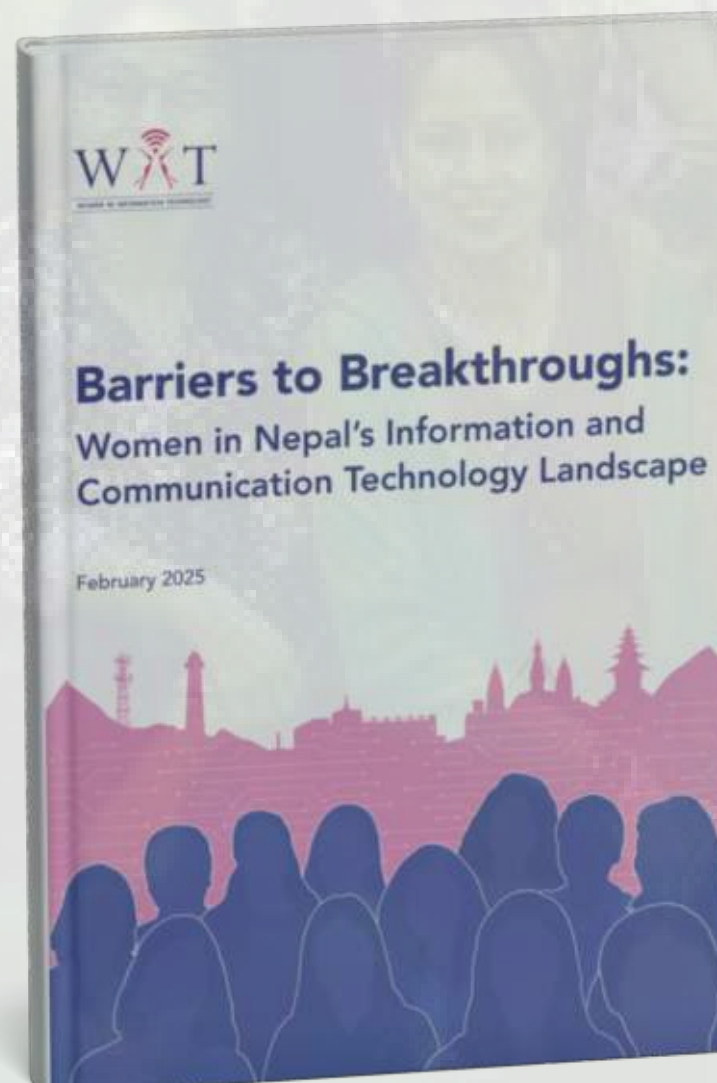
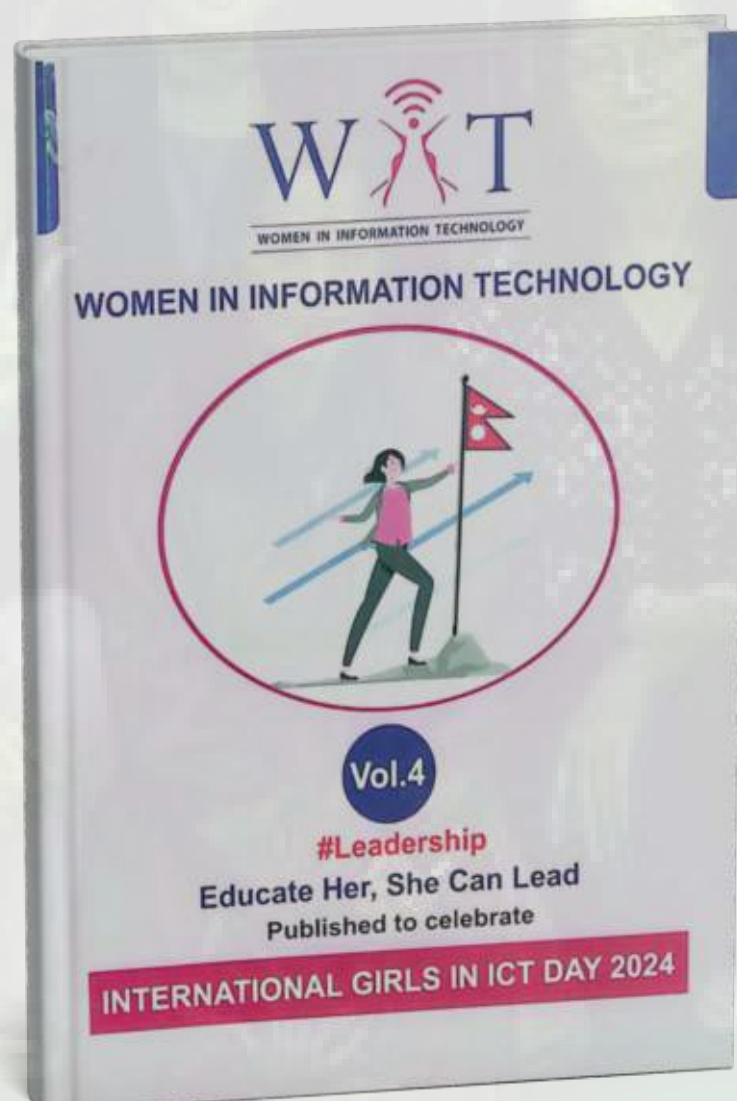
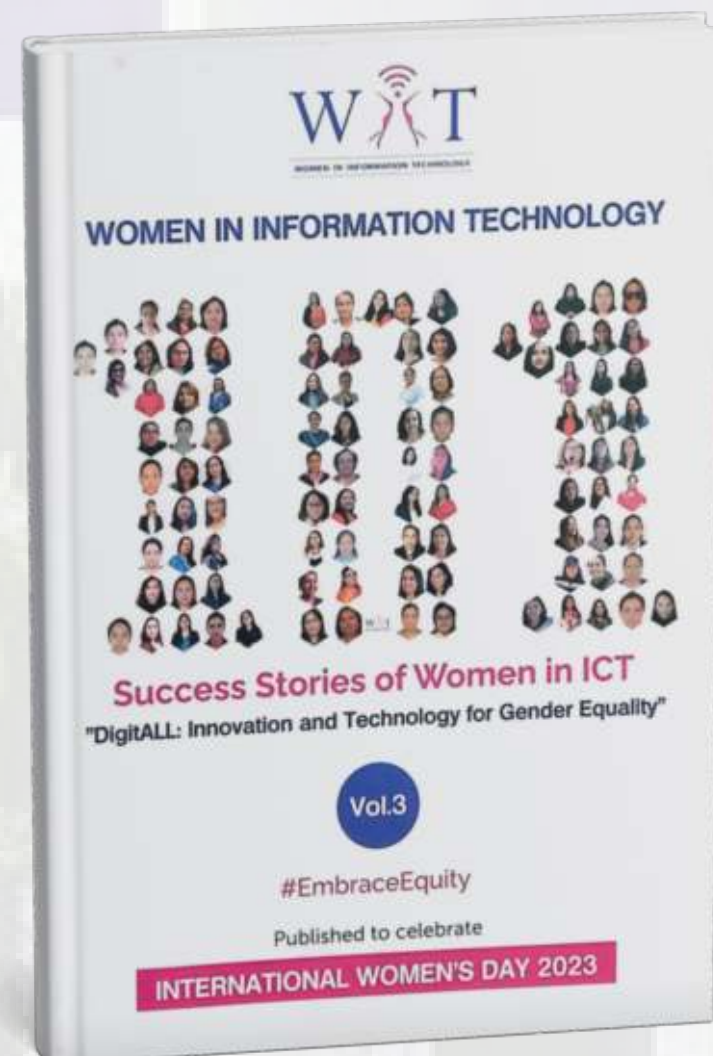
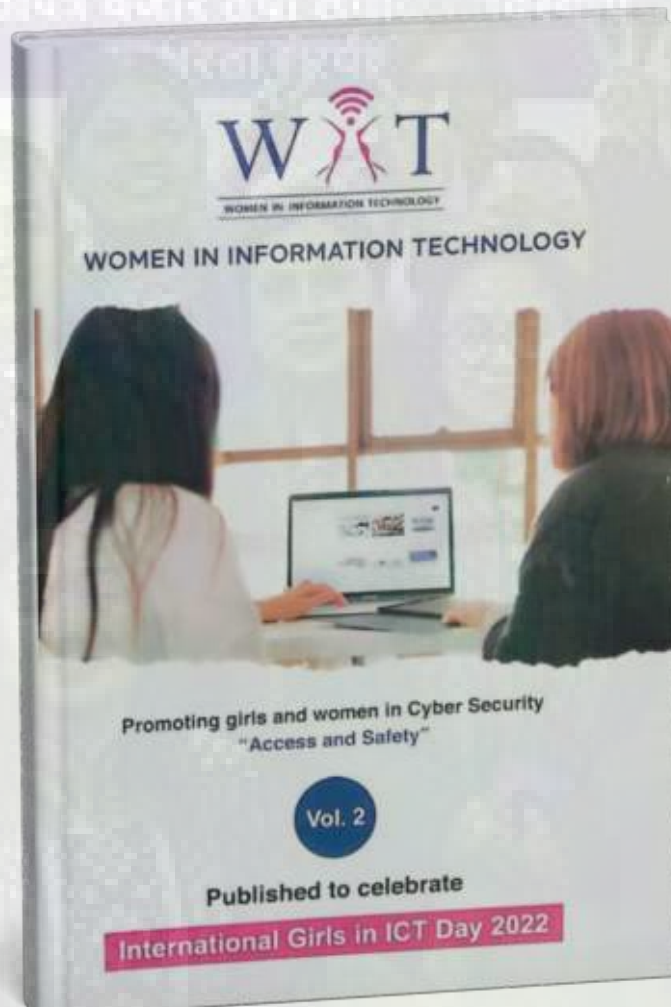
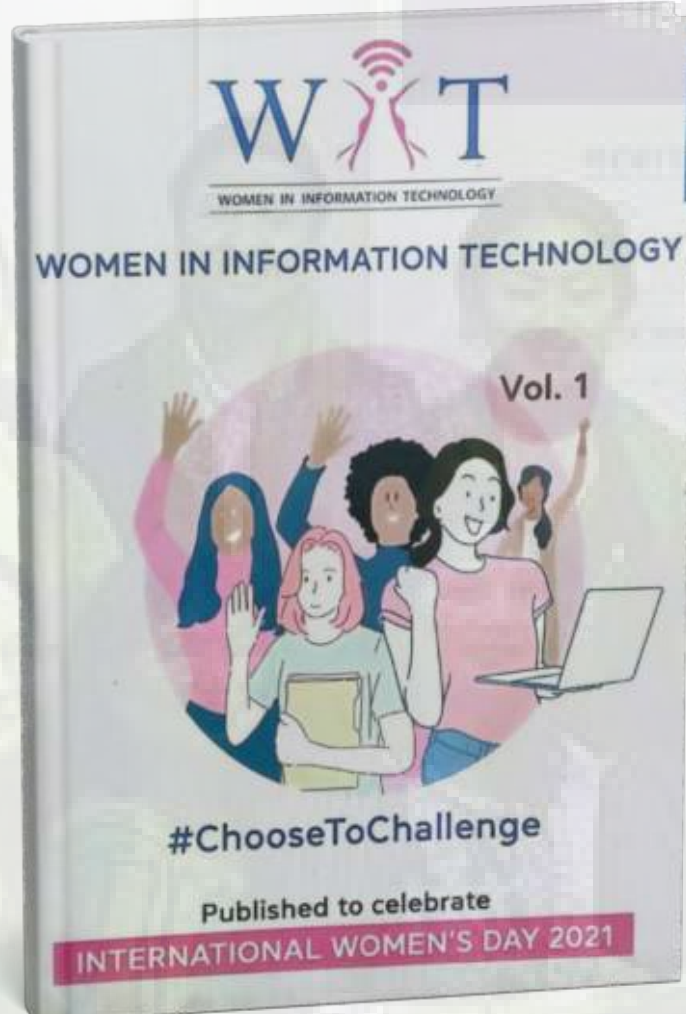
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