



Punam Gurung

Agriculture Worker

I am **Punam Gurung**, my date of birth is **Aug 25 1988**, and I was born in **Tanahun**.

I am a dedicated and hardworking individual with a strong commitment to delivering excellent results in the role of **Agriculture Worker**.

In previous positions, I have successfully contributed to the overall success of the team. I believe in maintaining a friendly and professional demeanor and always strive to provide the best service possible. I am eager to bring my skills and experience to a new opportunity where I can continue to grow and make a positive impact. Whether working independently or as part of a team, I am committed to achieving excellence and supporting the goals of my employer.

Certifications

- -Assistant Beautician (Dec 2021 – Dec 2022) United Technical Training Educational Pvt. Ltd. Affiliated with the Council for Technical Education and Vocational Training (CTEVT) Completed a 1-year course with 82%

IELTS & PTE

- IELTS Passed: no
- PTE Passed: no

Education

- **School Level** at Shree kyamin kot Higher Secondary School, Tanahun, Nepal (1996 - 2004)

Experience

- **Agriculture Farmer** at Self Employed (Own Farm) (2024 - Present)
 - Growing and harvesting crops efficiently • Raising and caring for livestock health • Maintaining and repairing farm equipment • Managing farm expenses, sales, and records • Implementing pest control and soil management practices • Ensuring farm cleanliness and safety protocols
- **Farmer** at Mahakali Agro Agriculture Farm, Tanahun Byas, Nepal (2020 - 2023)
 - Planting, watering, and harvesting crops • Feeding, caring for, and monitoring livestock health • Operating and maintaining farm tools and machinery • Applying fertilizers and pesticides as needed • Keeping farm records and reporting issues • Ensuring cleanliness and organization of the farm
- **Farmer** at Self Employed (Own Farm) (2005 - 2019)
 - Clearing and preparing land for cultivation • Choosing and purchasing seeds, fertilizers, and livestock • Setting up irrigation and water management systems • Building basic farm structures like coops, sheds, or fences • Learning and applying pest and disease control methods

Skills

- Fruits Picking
- Harvesting
- Packing and Labeling
- Planting
- Seedling

Hobbies

- Dancing
- Cooking
- Listening to music
- Travelling

Driving License

- Yes- (Category K- Scooter)