



Prabhat Rai

Nationality: Nepalese **Date of birth:** 25/10/1993 **Gender:** Male

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Home: Itahari Metropolitan, Sunsari, (Nepal)

ABOUT ME

I am a committed dairy farming professional with several years of hands-on experience in milking operations, herd health, feed management, and equipment maintenance. I thrive in fast-paced settings, maintain strong welfare and biosecurity standards, and consistently improve milk quality and operational efficiency. I am seeking a role where I can join a trusted organization that values my capabilities and integrity, and leverage my professional and technical skills from my past experiences.

EDUCATION AND TRAINING

High School (+2)

Nagarjuna Valley Academy

Country: Nepal

WORK EXPERIENCE

Himalaya Dairy Farm Nepal - HDFN – Kathmandu , Nepal

Dairy Farm Assistant

[07/2021 – 03/2026]

- Milking herd during milkings and ensuring proper parlor hygiene and equipment setup
- Feeding and watering livestock, monitoring intake and body condition
- Observing animals for signs of illness or injury and reporting to the supervisor
- Assisting with breeding programs, calving, and newborn calf care
- Maintaining herd health records, vaccination schedules, and treatment logs
- Cleanliness and sanitization of barns, milking parlors, pens, and equipment
- Basic maintenance and troubleshooting of farm equipment and machinery
- Managing manure, waste disposal, and yard cleanliness; maintaining biosecurity protocols
- Assisting veterinarians and farm technicians as needed
- Handling and moving livestock safely; maintaining calm, humane handling practices

G4S Security Services Pvt. Limited – Kathmandu , Nepal

Security Guard

[07/2017 – 06/2021]

- Monitor and patrol assigned areas to deter theft, vandalism, and unauthorized access
- Observe and report any suspicious or unsafe conditions; respond to incidents per protocol
- Check doors, gates, and alarms; control access points and log visitors
- Write clear incident reports, daily activity logs, and shift handovers
- Respond to emergencies (medical, fire, security) and coordinate with authorities
- Operate surveillance systems (CCTV) and alarm systems; follow escalation procedures
- Enforce site rules and safety regulations; manage crowd control if needed

Big Mart Supermarket – Kathmandu , Nepal

Sales Assistant

[05/2012 – 04/2017]

- Greet customers, answer questions, and help them locate products across departments.
- Restock shelves, merchandise displays, and rotate stock to keep the store tidy and inviting.
- Process transactions at the register, handle returns, and assist with price checks or discounts.
- Monitor aisles for hazards, report stockouts, and communicate shortages to supervisors.
- Maintain accurate signage, shelves, and promotional displays for ongoing sales.

Own Homestead – Nepal

Mixed Farmer

As my family is dependent on agriculture, I have been working as a farmer since my childhood.

Crop:

- Planting and harvesting crops.
- Applying fertilizers, pesticides, and herbicides as needed.
- Monitoring and adjusting irrigation systems.

Livestock:

- Feeding and caring for livestock, including providing water and food.
- Monitoring animal health and recognizing signs of illness or distress.
- Administering vaccinations and medications to livestock.

Organic:

- Implementing organic farming practices and principles.
- Maintaining organic certification standards.
- Using natural methods for controlling pests and weeds.

LANGUAGE SKILLS

Mother tongue(s): Nepali

Other language(s):

English

LISTENING B2 READING B2 WRITING C2
SPOKEN INTERACTION B2

Hindi

LISTENING C2 READING C2 WRITING C2
SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

HOBBIES AND INTERESTS

Outdoor, Physical, Food, Cooking, Nutrition, Wellness and Safety

JOB - RELATED SKILLS

Google Drive / Facebook / Zoom / Outlook / Social Media / Skype / Instagram / MS Word / MS Excel

- Animal handling and humane restraint
- Milking operations and parlor hygiene
- Monitoring herd health and body condition
- Feed management and ration preparation
- Basic livestock care (calves, breeding, calving)
- Biosecurity and sanitation practices
- Equipment operation and basic maintenance
- Record-keeping and data entry (health, vaccines, treatments)
- Safety compliance and PPE usage
- Problem-solving and troubleshooting on-farm tasks
- Communication and teamwork
- Time management in a fast-paced environment
- Knowledge of water quality and feed storage
- Manual dexterity and physical stamina

PASSPORT & OTHERS PERSONAL DETAILS

Passport Number : PA0279765

Date of Issue : 19 Apr 2022

Date of Expiry : 18 Apr 2032

Place of Issue : MOFA, Department of passport, Nepal

Father's Name : Ambar Bahadur Rai

Height : 161 CM

Weight : 80 KG

Driving Licence : A, B

REFERENCES

I declare that the details above are true and correct to the best of my knowledge and experience. References will be furnished upon request.