

# DIBYA BUDHA MAGAR

Tuen Mun, New Territories, Hong Kong

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## PROFILE SUMMARY

Motivated and compassionate Year 3 Bachelor of Social Sciences (Honours) student in Psychology at The Education University of Hong Kong, specializing in Educational Psychology. Deeply committed to promoting mental health awareness and emotional well-being through the lens of education. Recognized for academic excellence, leadership, and community engagement. Passionate about using psychological knowledge to support inclusive learning, empower youth, and advocate for mental health literacy in schools and communities.

## EDUCATION

<b>The Education University of Hong Kong (EdUHK)</b>	Hong Kong
B.Soc.Sc. (Hons) in Psychology – Educational Psychology Concentration (Year 3)	2025–Present
<b>University of Wollongong College Hong Kong (UOWCHK)</b>	Hong Kong
Associate Degree in Social Sciences (Applied Psychology) – Distinction, GPA: 3.82	2022–2025
<b>Yan Ping Industrial &amp; Commercial Association Lee Lim Ming College (YPICA LLMC)</b>	Hong Kong
HKDSE Graduate	2021

## EXPERIENCE

<b>Oolaa Group of Restaurants</b>	2023–Present
<i>Service Staff</i>	<i>Hong Kong</i>
– Delivering high-quality customer service in a fast-paced hospitality environment, ensuring efficient and courteous interactions with guests.	
– Collaborating with kitchen and front-desk teams to manage food orders, maintain smooth service flow, and support daily operations.	
<b>Kiddi Kids Yuen Long</b>	2021–2022
<i>Part-time English Tutor</i>	<i>Hong Kong</i>
– Taught English to children aged 2–12 through interactive lessons focusing on phonics, vocabulary, and reading comprehension.	
– Developed creative teaching methods that enhanced engagement and improved student confidence in language learning.	

## AWARDS & SCHOLARSHIPS

<b>• Amber Foundation EMPOWER Scholar</b>	2025–2026
Selected as one of Hong Kong's emerging women leaders for participation in EMPOWER by The Amber Foundation. Engaging in workshops on networking, confident communication, career development, and mentorship from senior women professionals.	
<b>• SPSS Outstanding Performance Scholarship (OPS)</b>	2024–2025
Awarded under the HKSAR Self-financing Post-secondary Scholarship Scheme (SPSS) by the Education Bureau of Hong Kong. Recognizes outstanding academic achievement, leadership, and community commitment among students in self-financed post-secondary programmes.	
<b>• UOWCHK Academic Excellence Award</b>	2023–2024
Presented for exceptional academic performance during the academic year, following nomination by the Programme Leader.	
<b>• Zubin Foundation Women's Scholarship</b>	2023–2024
Recognized by The Zubin Foundation for leadership potential, resilience, and academic merit. Supported the pursuit of higher education and community engagement among women from underrepresented backgrounds.	
<b>• Dean's List (3×), University of Wollongong College Hong Kong</b>	2022–2025
Earned for maintaining exceptional academic standing over multiple semesters.	

## VOLUNTEER & COMMUNITY INVOLVEMENT

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- **CareBox Distribution Initiative**, The Zubin Foundation 2024  
Assisted with community outreach and distribution of essential care boxes to underprivileged families during the pandemic. Promoted empathy-driven engagement and awareness of social welfare issues among youth volunteers.
- **Promotion of Palliative Care & Advance Directives**, CUHK 2022  
Contributed to public awareness campaigns promoting advance care planning and end-of-life care education.
- **YACHA Training Programme**, CUHK Nethersole School of Nursing 2022  
Engaged in youth leadership training emphasizing empathy, communication, and service for elderly and vulnerable populations.
- **Covid-19 Awareness Campaign**, The Hong Kong Polytechnic University 2022  
Collaborated with student volunteers to promote community health literacy and hygiene practices during the pandemic.

## LEADERSHIP & VOLUNTEERING

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- **Goalkeeper, Jianlibao Women's Football Team & Joint Nepalese Women's Football Club** 2025–Present  
Representing the teams in competitions, fostering teamwork, resilience, and discipline.
- **Prefect & Humanities Society Treasurer**, YPICA Lee Lim Ming College 2019–2021  
Managed academic events and upheld discipline and leadership responsibilities.

## PROFESSIONAL DEVELOPMENT & TRAINING

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- **Youth Mental Health First Aid (YMHFA) Course**, UOW College Hong Kong 2024  
Completed a 14-hour certified training jointly organized by UOW College Hong Kong and The Mental Health Association of Hong Kong. Developed practical skills in supporting adolescents experiencing mental health challenges, early intervention, and crisis response.
- **Youth Mental Health First Aid (MHFA) Course**, The Mental Health Association of Hong Kong 2022  
Completed a 12-hour certified course focused on recognizing and responding to mental health challenges among youth and adults. Strengthened empathy, crisis management, and psychological first aid skills.
- **Introduction to Psychology**, Yale University (Coursera) 2022  
Completed an accredited online course on foundational psychological theories, research methods, and human behavior.

## CERTIFICATIONS & SKILLS

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- **Soft Skills:** Communication, leadership, adaptability, empathy, teamwork.
- **Technical Skills:** SPSS, Microsoft Office, data analysis, report writing, presentation design.
- **Languages:** English (Fluent), Hindi (Fluent), Urdu (Fluent), Nepali (Fluent); Chinese (Cantonese) – Moderate proficiency.