



Deepesh Ale Magar

Date of birth: 09/03/2004 | **Nationality:** Nepalese | **Gender:** Male |

Phone number: (+977) 9742499030 (Mobile) | **Email address:**

aledeepesh21@gmail.com | **Facebook:** [facebook.com](https://www.facebook.com) |

WhatsApp Messenger: For instant messaging to work as intended |

Address: Pasang Lhamu Marg, Ward no. -10, Nepalgunj, Nepal (Home)

● ABOUT ME

- Ability to communicate effectively, make appropriate decisions, and self-motivate.
- Ability to work within a team setting and create an environment where all are valued and work together cohesively.
- Knowledge and in-depth understanding of food health and safety regulations.
- Ability to demonstrate exceptional time management and organization skills.
- Ability to prepare food using a wide range of kitchen ingredients and equipment.

● WORK EXPERIENCE

10 September 2025 to present.

KITCHEN ASSISTANT-SWASTIK COTTAGE GARDEN & RESTAURANT NEPALGUNJ, NEPAL

17 January 2025 to 08 September 2025.

KITCHEN ASSISTANT-SIDDHARTHA COTTAGE RESTAURANT NEPALGUNJ, NEPAL

- Ensure high quality of food and beverages safety standard followed.
- Monitor food temperatures and quality throughout the cooking process.
- Plate meals according to recipes and presentation standards.
- Ensure kitchen is properly stocked with necessary items.

● EDUCATION AND TRAINING

17/07/2019 – 15/06/2021 Nepalgunj, Nepal

SECONDARY SCHOOL (+2) PASSED BRIGHTLAND College

Website www.brightlandcollege.edu.np

● LANGUAGE SKILLS

Mother tongue(s): **NEPALI**

Other language(s): **ENGLISH / HINDI**

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	A2	A2	A2	A2	A2

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