



ASHOK REGMI

CONTACT

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Burdubai-Meenabazar , uae

EDUCATION

2016

SHREE SHANTI UCCHAMABHI
SCHOOL

- 10th Pass

SKILLS

- Time management skills.
- Attention to detail.
- Interpersonal skills.
- Flexibility.
- Housekeeping hard skills.
- Public Relations
- Teamwork
- Time Management
- Leadership
- Effective Communication
- Critical Thinking

LANGUAGES

- Nepali (Fluent)
- Hindi (Fluent)
- English (Basic)

PROFILE

I am an enthusiastic, self-motivated, reliable, responsible and hard working person. I am a mature team worker and adaptable to all challenging situations. I am able to work well both in a team environment as well as using own initiative. I am able to work well under pressure and adhere to strict deadlines.

WORK EXPERIENCE

CCC (Qatar)

2018-2024

Warehouse Helper

- Assist with the loading and unloading of trucks and containers.
- Receive and process incoming stock and materials.
- Pick and fill orders from stock.
- Organize and maintain inventory and storage areas.
- Inspect and verify incoming and outgoing products for accuracy and quality.

ASHOUR CONTRACTING (Qatar)

2013- 2018

Warehouse helper

- Assist with the loading and unloading of trucks and containers.
- Receive and process incoming stock and materials.
- Pick and fill orders from stock.
- Organize and maintain inventory and storage areas.
- Inspect and verify incoming and outgoing products for accuracy and quality.

Sumy Pharmaceuticals (Nepal)

2010-2013

Warehouse Helper

- Pack, weigh, and label completed items for shipment or storage.
- Follow all company guidelines regarding packaging.
- Keep complete records of all materials that go through the warehouse.
- Maintain a clean work area.

DECLARATION

I hereby declare that all the information given above is true and correct to the best of my knowledge