

# SUJAN SILWAL

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## PROFILE:

Motivated Construction Management student with a strong background in Civil Engineering. Proven success in project coordination, site management, structural design, and material handling. Committed to enhancing project efficiency through innovative solutions. Seeking a co-op opportunity to apply skills and gain industry experience.

## HIGHLIGHTS OF QUALIFICATIONS:

- Managed project timelines, documentation, and team coordination for successful project delivery.
- Prepared detailed cost estimates, performed quantity take-offs, and managed budgets to optimize costs.
- Proficient in AutoCAD, Revit, and Excel for drafting, design, and data analysis.
- Experienced in surveying with Auto Level, Theodolite, Total Station, and DGPS.
- Proficient in managing RFIs, RFQs, change orders, bid documents, and as-built drawings, ensuring accurate and timely submissions.
- Strong troubleshooting and problem-solving skills in engineering solutions.
- Excellent interpersonal and communication skills for clear stakeholder communication.
- Knowledgeable in advanced tools: Leica LIDAR Rail Trolley Scanner, Leica Total Station, Leica Levelling Machine, and Leica DGPS System.
- Proficient in MS Project and Primavera P6 for scheduling and management.
- Knowledgeable of safety regulations, such as OHSA, WHMIS, and Ontario Building Code.
- Holds a valid Ontario G-Class Driver's License.

## TECHNICAL SKILLS:

AutoCAD | Revit | RS Means | Bluebeam | Primavera Risk | MS Project | MS Visio | MS Excel | MS Word | MicroStation | MS PowerPoint | PROCORE | SAP2000 | Civil 3D | Smart Road | Arc GIS | ETABS | SW DTM | SketchUp

## EDUCATION:

**Conestoga College, Waterloo, ON**

*Post Graduate Certificate in Construction Management*

**Jan 2024 - Present**

**Kathmandu Engineering College, Tribhuvan University, Nepal**

*Bachelor of Engineering in Civil Engineering*

**Dec 2016 - Nov 2020**

## PROFESSIONAL EXPERIENCE:

**N.R. Construction & Suppliers Pvt. Ltd.- Kathmandu, Nepal**

**Sep 2022-Dec2023**

**Project Coordinator**

- Led diverse construction projects (24-story commercial, 22-unit residential colony, LEED-certified 250-bed hospital) with a total budget of CAD 9.1 million. Responsibilities included design, analysis, cost estimation, reporting, site monitoring, and meeting project goals and regulations.
- Provided technical engineering information and interpretation of plans, detail sheets, and specifications for contractors.
- Achieved 20% efficiency gains and saved CAD 1 million through streamlined management and supervision.
- Maintained accurate and up-to-date shop drawings, tracked the status of RFI's, obtained quotations for notices of change, updated and assembled as-built documents.

- Led value engineering initiatives on a 24-story commercial project, driving a 7% increase in company revenue (estimated CAD 637k).
- Facilitated smooth communication and documentation using Procore and industry-standard software.

### **Line Work Architects - Kathmandu, Nepal**

**Nov 2021-Aug 2022**

#### **Civil Engineer**

- Managed 5 residential housing, 3 commercial building projects, and a 5000-capacity International Convention Center with a total budget of CAD 1 million. Responsibilities: design, analysis, cost estimation, fieldwork, and reporting.
- Achieved 95% budget alignment, saving CAD 237,000 annually through precise cost estimation. Awarded "Team Player."
- Created and revised construction drawings using MicroStation V8 for the Company's internal standards.
- Utilized 3D modeling to develop material handling plans, ensuring precise and efficient construction logistics for architectural projects.
- Reported accurate labor quantities for cost reports and monitored material ledgers to ensure sufficient project resources.

### **D. Construction and Suppliers Pvt. Ltd- Kathmandu, Nepal**

**Oct 2020-Oct 2021**

#### **Project Engineer**

- Led 57+ residential building projects from planning to execution, ensuring on-time and on-budget completion.
- Managed project safety (HSE) daily and ensured subcontractor contract compliance.
- Maintained daily site report logs with progress and damage/condition photographs for client submissions, ensuring accurate project documentation.
- Acted as a liaison between field trades and design engineers for problem resolution and information flow.
- Oversaw project quality (QA/QC) by participating in material testing and reviewing plans & samples.
- Boosted company growth by onboarding 38 new clients and facilitating communication.
- Consistently exceeded expectations, achieving company goals and receiving over 2x performance bonuses.

### **TRAINING/CERTIFICATIONS:**

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- Worker Health and Safety Awareness
- Supervisor Health and Safety Awareness
- Workplace Hazardous Materials Information System (WHMIS)
- Accessibility for Ontarians with Disabilities Act (AODA) Training
- First Aid-CPR/AED
- Certificate in Working in Height

### **VOLUNTEER EXPERIENCE:**

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#### **Volunteer, Grand River Chapter, Professional Engineers Ontario (PEO)**

**March 2024 – present**

- Organized and participated in engineering-related educational events, such as the Knex bridge-building Event and technical symposium, resulting in a 20% increase in student engagement and interest in engineering.

#### **Volunteer, Project Management Institute (PMI)-Canada Technology Triangle (CTT)**

**March 2024 – present**

- Enhanced event marketing by creating 23 impactful social media posts, designing 15 promotional materials, and reaching out to 33 potential participants and sponsors, contributing to a 15% increase in event attendance.

#### **Volunteer, Habitat for Humanity, Waterloo**

**March 2024- Present**

- Assisted with construction projects, including framing, installing drywall, and roofing. Developed strong teamwork and communication skills while adhering to safety protocols on the job site.