

# Pragya Panta

Associate

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Pragya's practice focuses on civil litigation and criminal law.

## Pragya's Core Practices

Civil Litigation | Criminal Law

### Civil Litigation

Pragya represents individuals, businesses, and public entities in a wide array of disputes in state courts and arbitration proceedings. She has experience assisting with motions, discovery review, and case analysis across a range of matters.

### Criminal Law

Pragya assists BHGR's Criminal Law Group in representing clients in all stages of criminal proceedings, including pre-filing, discovery, trial sentencing, record sealing, expungement, appeals, and post-conviction matters.

### Education

**L.L.M. (U.S. Law), University of Colorado Law School**

**BBM-LLB, Kathmandu University School of Law**

At the Kathmandu University School of Law, Pragya was elected as Student Council Vice-President. She also participated in the Philip C. Jessup Moot Court (National Champion (2022); Top 90 International rounds), the US-Nepal Moot Court (2019), and the Bharat Raj Upreti Arbitration Moot Court (2018).

### Admissions

- Colorado

### Related Practices

- Litigation
- Criminal

### Languages

- English
- Nepali
- Hindi

## Associations

- Colorado Bar Association
- Colorado Women's Bar Association
- South Asian Bar Association of Colorado

## Publications + Presentations

Pragya Panta, *Trial by Media: Hindrance to Justice*, *Juris Centre Review*, Vol. 2, Issue 2, January 25, 2022.

Pragya Panta, *Media Needs to be Judicious*, *Lokantar News*, April 28, 2019,  
<https://english.lokaantar.com/news/detail/12995/>.

Pragya Panta, *Post Local Polls: Possibility of Magical Change Without Civility*, *República*, June 1, 2022,  
<https://myrepublica.nagariknetwork.com/news/post-local-polls-possibility-of-magical-change-without-civility>.

Pragya Panta, *Farmers by Day and Fighters by Night: A Study with Special Reference to Maoist Insurgency in Nepal*, *International Journal for Legal Research and Analysis*, ISSN [2582-6433], Volume 2, Issue 5, February 2022,  
<https://juriscentre.com/volume-2-issue-1/>.

## Out + About

Outside of the office, Pragya enjoys playing the sitar, dancing, celebrating Nepali festivals and spending time with family and friends.