TENZIN PHUNTSOK

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EDUCATION

Baruch College, *Bachelor of Business Administration in Computer Information Systems - Cybersecurity* *Expected May 2027* GPA: 3.6/4.0 - Awards: Dean's List - *Relevant Coursework: IT Audit, Computer Networking, Cybersecurity, Database Management System, Ethical Hacking, Systems Analysis and Design, AI for Business and Responsible Use*

WORK EXPERIENCE

NYS Department of Health, *Cybersecurity Analyst intern,* New York, NY Jul 2026 - Present

- Conducted 25+ risk assessments across vendor integrations, organizational systems, and networks, calculating risk scores, evaluating threat exposure, and delivering remediation recommendations to reduce compliance risk and strengthen security posture
- Developed and led a Cybersecurity Awareness Month initiative featuring 5 interactive webinars for 100+ attendees, covering emerging threats such as AI-generated phishing and vishing to strengthen organization-wide security awareness
- Analyzed a dataset of 2,500+ users across legacy and new MDM platforms to identify unsupported devices, gaps in enrollment, and migration risks, generating a report with actionable recommendations to support the MDM transition

Cybersecurity Reach Foundation, *Threat Research Intern – Dark Web & Emerging Threats,* New York, NY Jun 2025 - Present

- Track **25+ dark web leak sites and forums** using OSINT tools to generate actionable threat intelligence reports
- Identified an attack campaign tied to an emerging CVE via Wazuh honeynet dashboards, escalating findings for incident response
- Investigated phishing campaigns across emails, URLs, and domains; developed scenarios and reports to strengthen security awareness

NYC Department of Health and Mental Hygiene, *IT support Intern,* New York, NY Jan 2026 - Jun 2026

- Resolved 125+ IT service tickets regarding network and software issues with a 98% success rate, ensuring HIPAA compliance and maintaining accurate IT asset documentation
- Executed mobile device upgrades for 20 nurses' work phones as part of a department-wide project, performing secure data backups, OS updates, and application configuration to ensure continuity of clinical operations
- Provided clear technical guidance to healthcare staff, supporting hands-on use of new applications and improving adoption

Metropolitan Transportation Authority (MTA), *Technology Analyst Intern,* New York, NY Jan 2026 - Feb 2026

- Built a Power BI workflow using nodes and a Python application to automate rainfall data collection from multiple public data sources
- Synthesized key precipitation metrics into Excel/Power BI-ready outputs for climate resilience analysis

Metropolitan Transportation Authority (MTA), *Property Damage Intern,* New York, NY Jun 2025 - Aug 2025

- Conducted cybersecurity risk assessment for Law/Torts Department, identifying compliance gaps and recommending protections
- Processed 600+ documents for 50+ claimants, improving claims handling efficiency by 145% via a centralized database

PROJECTS

Cybersecurity Blog - phuntsoksnet.com Aug 2024 - Present

- Publish hands-on cybersecurity projects, including **SIEM on Azure(Microsoft Sentinel)** and **AWS IAM** for cloud resources

Kintsugi GRC - *Project Coordinator* Jun 2026 – Aug 2026

- Led control mapping across HiTRUST, HIPAA, NIST SP 800-53, NIST CSF 2.0, and PCI DSS for a team-built open-source GRC tool, managing stakeholder alignment, scope clarifications, and dependencies throughout development

LEADERSHIP EXPERIENCE & ACTIVITIES

NYC Tech Talent Pipeline -Cybersecurity Apprenticeship Jun 2026 – Aug 2026

- Executed 20+ cybersecurity labs and 10+ incident response scenarios across threat analysis, risk assessment, and SOC workflows, working alongside 20+ professionals in red team, blue team, and governance functions to build enterprise-scale defense experience

ISACA Cybersecurity Club, *Technology Associate* Nov 2024 – Present

- Placed 5th of 32 teams in the 2025 National ISACA Case Study Competition, delivering a 3-year CyberArk PAM strategy with 24 KPIs and AI-driven risk mitigation; organized cybersecurity workshops, CTFs, and managed club communications platforms

Baruch College, *Technology Leadership Development Program* May 2025 – May 2026

- Selected as 1 of 35 students for a year-long program; presented at the Accenture Case Study Challenge and completed workshops with Google, Bloomberg, and AWS in data analytics, software engineering, and technology consulting

TECHNICAL SKILLS & CERTIFICATES

Security & Networking: Wazuh, Splunk, Microsoft Sentinel, Wireshark, OSINT, Active Directory, KQL
Programming & Databases: Python, SQL, Linux
Cloud & Workflows: AWS EC2, Microsoft Azure, Git/GitHub, Power Automate, n8n, Microsoft 365
Certifications: CompTIA Security+ | Google Cybersecurity Certificate | CodePath Cybersecurity Program

LANGUAGES & INTERESTS

Languages: Tibetan(Fluent), Hindi(Basic) **Interests:** Tibetan Gorshey Dancing, Basketball, Fixed Gear Biking