

Pragya Panta

Associate

pragya.panta@bhgrlaw.com



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

Personal Injury

Pragya represents clients in personal injury matters, including medical malpractice, premises liability, dog bite, and other negligence-based claims. She assists with drafting complaints, preparing demands, conducting legal research, and analyzing cases across a range of tort matters, with a growing focus on personal injury litigation.

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 prefiling, discovery, trial sentencing, record sealing, expungement, appeals, and post-conviction matters.

Education

LL.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.