

Sahara Shrestha

Associate

Washington, D.C.

sahara.shrestha@troutman.com

D 202.274.1941



OVERVIEW

Sahara represents clients in the hydropower, natural gas, and electric utility sector before the Federal Energy Regulatory Commission (FERC) and the D.C. Circuit. She advises hydropower clients on all aspects of FERC licensing and compliance under the Federal Power Act, as well as issues arising under other federal statutes, including the Clean Water Act, National Environmental Policy Act, National Historic Preservation Act, and Endangered Species Act. Sahara also advises natural gas clients in certificate proceedings and compliance matters, and advises electric utility clients on transmission, interconnection, and market design issues. She is a regular contributor to the firm's [Washington Energy Report](#) and [Hydropower Report](#).

Sahara is committed to serving the D.C. area through pro bono work and currently serves as pro bono ambassador at the firm's D.C. office. She is an active volunteer with the DC Volunteer Lawyer's Project to assist domestic violence survivors. Sahara is also an active volunteer with Rising for Justice and received the Donald J. Ridings, Jr. Award for Service in 2024 for her dedication.

AWARDS

- High Honors, Capital Pro Bono Honor Roll, D.C. Access to Justice Commission and the D.C. Bar Pro Bono Center (2024-2025)

TOP AREAS OF FOCUS

- [Energy](#)
- [FERC](#)
- [Hydropower](#)

PROFESSIONAL/COMMUNITY INVOLVEMENT

- Volunteer, D.C. Volunteer Lawyer's Project
- Volunteer, D.C. Rising for Justice
- Volunteer, D.C. Mid-Atlantic Innocence Project

- Energy Bar Association
- National Hydropower Association
- Northwest Hydroelectric Association

EDUCATION AND CERTIFICATIONS

EDUCATION

- George Mason University Antonin Scalia Law School, J.D., *magna cum laude*, 2022, *George Mason Law Review*; Moot Court; Society for Environmental and Energy Law
- Virginia Tech, B.S., *summa cum laude*, 2019, environmental policy and planning
- Virginia Tech, B.A., *summa cum laude*, 2019, philosophy; Phi Beta Kappa

BAR ADMISSIONS

- District of Columbia

LANGUAGES

- Nepali
- Newari

SPEAKING ENGAGEMENTS

- Guest lecturer, “Hydropower Law Overview,” GW Law, September 17, 2025.
- Speaker, “[Regulatory Hot Topics in Water Power](#),” NHA Water Power Week 2025, April 2, 2025.
- Speaker, “FERC Hydropower License Amendment Framework and Legislative Solutions,” Northwest Hydroelectric Association Annual Conference, Seattle, WA, February 2025.
- Speaker, “FERC Regulatory Framework for Off-Site Mitigation at Hydropower Projects,” Clean Currents, Portland, OR, October 2024.
- Guest lecturer, Energy Law, George Mason University Antonin Scalia Law School, 2022.

PUBLICATIONS

- Co-author, “[FERC Issues Draft Revised Cybersecurity Guidance for Hydropower Projects \(Section 9.0\)](#),” *Troutman Pepper Locke*, May 5, 2026.
- Co-author, “[FERC Issues Notice of Proposed Rulemaking to Conform to EPA’s Recent CWA 401 Rule](#),” *Troutman Pepper*, June 4, 2024.
- Co-author, “[High-Level Summary of FERC Order No. 1920 on Transmission Planning and Cost Allocation](#),” *Troutman Pepper*, May 21, 2024.
- Co-author, “[Troutman Pepper Summary of FERC Order No. 2023-A on Generator Interconnections](#),” *Troutman Pepper*, March 28, 2024.
- Co-author, “[Troutman Pepper Summary of FERC Order No. 2023 on Generator Interconnection Reform](#),” *Troutman Pepper*, August 2, 2023.
- Co-author, “[FERC Establishes Revised Accounting Rules to Address Renewables, Storage, and RECs](#),” *Troutman Pepper*, July 14, 2023.
- Co-author, “[FERC Issues Final Rule Establishing Incentive Rate Treatment for Eligible Cybersecurity](#)”

Investments,” *Troutman Pepper*, May 9, 2023.

- Author, “Nature, Nurture, or Neither?: Liability for Automated and Autonomous Artificial Intelligence Torts Based on Human Design and Influences,” *29 Geo. Mason L. Rev.* 375, 2021.