



Dr. Sandesh Lamsal (डा. सन्देश लम्साल)

Medical Doctor

About Me

A prominent figure cum **doctor** from Nepal, who has made a distinct mark in various fields such as social media, medicine, sports, and social work. Born on August 17, 1994, in the Dang district of Nepal, I have garnered fame as a **Nepalese internet celebrity** due to my innovative content on multiple social media platforms and remarkable achievements in my public, professional, social, and personal life.

Contact



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Kathmandu, Nepal

Education

Higher Secondary Education

Tulsi Higher Secondary English School
Tulsipur-05, Dang, Nepal
2011 - 2013

MD

1SPBGMU
L'va Tolstogo str. 6-8, Saint Petersburg, Russia
2014 - 2021

Skills

Doctor:	MD
Social Media:	Nepalese Internet Celebrity
Sports:	II Dan Blackbelt in Taekwondo
Social Work:	International Volunteer
Writing:	Author in various National Newspapers

→ Professional Summary

In the relentless pursuit of knowledge, I, Dr. Sandesh Lamsal, undertook a noteworthy educational expedition that unfolded amidst the scenic landscapes of Tulsi Higher Secondary English School in Tulsipur, Dang. It was within this esteemed institution that I laid the foundational stones of my intellectual journey, ultimately culminating in the successful completion of my higher secondary education in the year 2013. Driven by an insatiable thirst for knowledge and a fervent ambition, I crossed geographical borders to enroll in the prestigious Pavlov First Saint Petersburg State Medical University in St. Petersburg, Russia.

From the year 2014 to 2021, I navigated a challenging yet profoundly fulfilling trajectory towards the attainment of an MD. This academic odyssey not only augmented my understanding of the medical field but also immersed me in a diverse and globally recognized academic milieu. My journey stands as a testament to an unwavering commitment to excellence, seamlessly blending a modest inception with an international crescendo.

→ Achievements

- **Representative of Nepal: St. Petersburg and Leningrad Region (2015 - 2021)**
 - Served as a diplomatic representative, promoting Nepali interests and fostering cultural exchange in Russia.
- **Medical Volunteer: FIFA Confederation Cup 2017 and FIFA World Cup 2018**
 - Provided vital medical and bilingual support during two prestigious international football events.
- **MD (Equivalent to MBBS): Russian Federation (Under the scholarship of The Russian Government)**
 - Awarded a scholarship by the Russian government for the MD course, showcasing academic excellence.
- **Taekwondo: II Dan Black Belt - 2018, World Taekwondo (Kukkiwon)**
 - Attained a significant level of expertise in Taekwondo, recognized internationally.
- **Organizer: Various social programs promoting Nepali culture, tradition, and tourism**
 - Led initiatives to showcase and celebrate Nepali heritage on international platforms.
- **Published Author on National Newspapers: Multiple health-related articles covering diverse topics on Online Khabar, myRepublica, Rato Pati, Naya Yougbohd National Daily etc.**
 - Published informative articles on various national and international newspapers, addressing crucial issues related to socio-political, and healthcare issues.
 - Demonstrated a commitment to public health education through in-depth and insightful writings.

→ Social Works

- **Mastermind and Speaker:**
 - **Event:** Conceived and orchestrated "Nepal-Fest: Nepalese Culture Charity Festival" - 2016, St. Petersburg, Russia.
 - **Impact:** Kindled hope and raised funds for the rehabilitation of schools in Nepal ravaged by the earthquake of 2015.
- **FIFA Confederation Cup 2017**
 - **Event:** Provided healing touch and bilingual aid during FIFA Confederation Cup 2017 in St. Petersburg, Russia.
 - **Impact:** Illuminated the arena with benevolence, delivering support to patrons.
- **FIFA World Cup 2018**
 - **Event:** Offered medical succor and bilingual support during FIFA World Cup 2018 in St. Petersburg, Russia.
 - **Impact:** Illuminated the arena with the light of compassion, providing aid to patrons.
- **Philanthropy through Dr. Sandesh Lamsal Foundation:**
 - **Social Welfare Initiatives:**
 - Provided educational resources for underprivileged children.
 - Conducted health awareness programs and free medical check-ups.
 - Created sustainable employment opportunities through local business collaboration.
 - Engaged in environmental initiatives for a greener community.
 - Ongoing commitment to projects uplifting the community and fostering positive impact.

Clinical experiences

- **Tulsipur City Hospital Pvt. Ltd.** 2022 - 2023
 - Tulsipur-05, Dang, Nepal
- **Rapti Provincial Hospital** 2023 - 2024
 - Tulsipur-05, Dang, Nepal

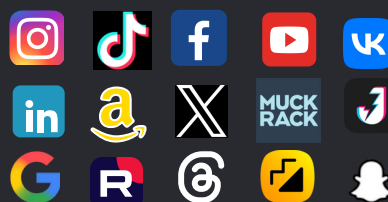
→ Social Media Presence



Instagram Trailblazer:

- First Nepalese Doctor and Influencer to hit 1 million followers.
- Diverse content: Transitions, acting, sports, photo modeling, health, fitness, and lip-sync videos.

Verified Across Platforms:



Style Recognition:

- Acknowledged as one of the Most Stunning Nepali Men.
- Captivating posts and striking photographs enhance personal brand image.