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I am a general practitioner currently working at CIWEC Hospital and Travel Medicine Center. I completed my entire medical training including a residency program in General practice and Emergency Medicine from the Institute of Medicine, Tribhuvan University in Kathmandu, Nepal. I have special interest in travel medicine, sports medicine, expedition medicine and highaltitude medicine and completed the Diploma in Mountain Medicine in Nepal in 2014 and currently serve as a faculty in the same course. I have been a member of the Mountain Medicine Society of Nepal from the first year of Medical School initially joining in the Journal Clubs. Since then, I have had the privilege of working as a volunteer doctor for Everest ER, a tent aid post at the Everest Base Camp for the spring climbing season of 2018. I have also worked as an expedition doctor on Lobuche East, Kilimanjaro as well as for multiple highaltitude trail races including the Manaslu and Mustang Trail races. My work at CIWEC provides me a unique position to be able to practice travel health issues including and not limited to high altitude travel. I have had the pleasure of presenting in few national and international conferences including the ISMM World Congress on Mountain Medicine 2018, 2021 as well as the World Extreme Medicine Conference 2021. I have also contributed to few publications in international peer-reviewed journal