



HONOURING EXCELLENCE IN HEALTHCARE

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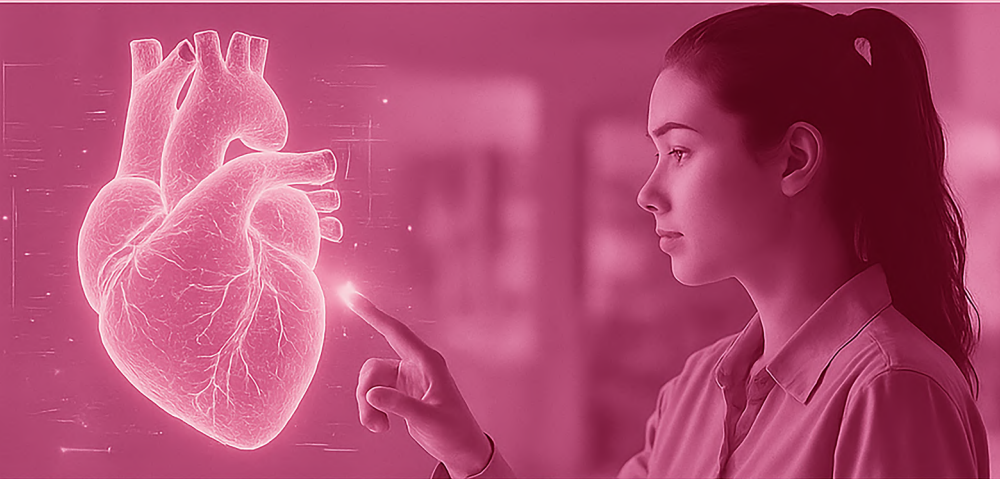
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Caring for widows around the world

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# The WELCOME NOTE

## Celebrating Health with Purpose



In an era of growing health challenges, from rising chronic disease to global disparities in health equality it's more important than ever to recognise those working tirelessly to improve lives.

That's why we launched the Global Health Awards here in the mother of Parliaments to honour individuals and organisations driving real, lasting impact in healthcare.

We believe recognition is a powerful tool. These awards are not simply about celebration, they are about amplifying innovation, fostering collaboration, and inspiring others to lead with compassion, courage, and integrity.

Each category has been carefully selected to reflect the evolving landscape of global health, including areas such as community outreach, digital innovation, and ethical leadership.

This year's recipients represent the breadth and diversity of global health excellence. The very best of the best. not just hospitals, top doctors and professionals from all over the world. But also, organisations which stand out for their commitment to holistic, person-centred care.

Our goal is to make the Global Health Awards more than an event. We aim to create a seamless platform for shared learning, visibility, and recognition, especially for those working in underserved settings or leading quietly behind the scenes.

As organisers, we are humbled by the response to this first edition. The quality of nominations, the dedication of our judges, and the energy of our partners reaffirm the need for events like this.

We look forward to growing this initiative in the years to come and continuing to shine a light on those shaping the future of global health, one community at a time.

With best wishes,  
S.K Sahu  
Chairman, WBR Corp UK Limited



# The HOST OF THE NIGHT



## Kashmira Sunni

Kashmira is a multi-award-winning actor, model, presenter, and choreographer, with a foundation in both Ballet and Indian Classical and Folk dance, having begun her training at the age of three.

Her passion for the arts led her to pursue an early career in performance, where her work across stage, television, and film earned her recognition and an invitation to Mumbai. There, she continued to expand her repertoire in Bollywood, Indian television, and theatre.

Upon returning to the UK, Kashmira founded KASHAK Arts, a performing arts company specialising in Indian Folk and Semi-Classical dance, with a strong emphasis on movement and authenticity. A pioneer in her field, she was the first UK artist to perform the traditional Rajasthani Kalbeliya dance style.

Kashmira's company has performed for high-profile audiences including the High Commissioner of India and Prime Minister Narendra Modi. Her portfolio spans from major events such as the London 2012 Olympic Games Opening Ceremony to more intimate, homegrown productions.

In addition to her artistic career, Kashmira is also a dedicated Senior Manager in the NHS. She leads the Graduate Management Training Scheme for London, a programme designed to develop the next generation of healthcare leaders by fast-tracking graduates into non-clinical roles, all with the ultimate aim of improving patient care.

Kashmira's unique blend of artistic excellence and public service leadership continues to inspire both on and off the stage.



Department  
of Health &  
Social Care



Rt Hon Wes Streeting MP  
Secretary of State for Health and Social Care



## Rebuilding the NHS: Back on Its Feet, Better Than Before

With our Plan for Change, the NHS is firmly on the road to recovery. Since the general election, we have made significant progress across the health service. We have recruited an additional 1,700 GPs to the frontline, expanding the capacity of our primary care network. We have delivered 3.6 million extra appointments for planned care, far exceeding our promise of 2 million within the first year. We have also diagnosed an additional 187,000 suspected cancer patients on time, ensuring quicker access to treatment and better outcomes.

For the first time in 17 years, we have managed to reduce NHS waiting lists in the month of April. In fact, waiting lists have now fallen to their lowest level in two years. Overall, we have cut waiting lists by nearly a quarter of a million patients. Every one of those individuals taken off the waiting list represents a life no longer held back by pain, and in some cases, freed from disability. These are real outcomes, made possible by the tough decisions and committed action of this government.

It has fallen to this government to rebuild the NHS for all of us, and we are rising to that challenge. We are starting where the need is greatest. We have deployed expert clinical teams to hospitals across the country, targeting areas most affected by staff shortages and sickness absence. These teams are helping hospitals to cut waiting times faster and, crucially, are getting people back to health and back to work.

We are also delivering on our manifesto promise to end "dental deserts" by incentivising dentists to work in underserved areas through enhanced payments, restoring access to basic dental care for communities long left behind. The ambition of our 10-year plan is bold and transformative: we aim to give NHS patients the same convenience, power, and choice currently enjoyed by private patients. We want to shift the NHS from being only reactive to becoming proactive, personalised, and patient-led.

Fortunately, technology offers us a unique opportunity to democratise healthcare. It can empower individuals with the tools and access to manage their own care, just as easily as they manage shopping or banking online. Technology can and should be the great leveller in our health system. But let us be clear, a failure to modernise risks this generation walking away from the NHS. First, they will opt out of its services. Then, they may question why they are asked to pay ever-increasing taxes for a system that no longer meets their needs. We cannot afford to let that happen. We expect the best from our health service because we expect it for ourselves. That is why we are determined to restore, reform, and future-proof the NHS, to get it back on its feet and ensure it delivers for every patient, now and for generations to come.



## THE LOOMBA FOUNDATION

*Caring for widows around the world*

# Empowering Widows Through Healthcare

The Loomba Foundation's Mission at the Global Health Awards 2025



Shrimati Pushpa Wati Loomba...Inspiration

In a world where over 285 million widows face economic hardship, social exclusion, and a lack of access to basic rights, the work of The Loomba Foundation stands as a beacon of hope and transformation. Founded by Lord Raj Loomba CBE in memory of his mother, who was widowed at the age of 37 in India, the Foundation has, for nearly three decades, championed the rights and welfare of widows and their children across the globe.

This year, The Loomba Foundation has been chosen as the charity partner of the Global Health Awards 2025, an event that not only celebrates medical excellence but also aims to foster inclusive, community-focused healthcare development. Through this partnership, the Foundation seeks to raise both awareness and funds for a powerful new initiative: Empowering widows through nursing education.

The Loomba Foundation's latest campaign focuses on enabling widows, many of whom are left with no income, limited education, and few prospects, to become trained as General Duty Assistants in healthcare. By providing scholarships, vocational training, and mentorship, the Foundation hopes to offer the marginalised widows and their youth, not just a livelihood, but a pathway to dignity, purpose, and financial independence.

Empowering widows to enter the healthcare profession offers multiple, far-reaching benefits. Firstly, it gives them a chance to rebuild their lives through stable employment in a respected field. In many cultures, widows face stigma and are pushed to the margins of society. A trained widows career not only counters that narrative but places them in the heart of community care, transforming them from invisible to indispensable.

Secondly, this empowerment extends to their families. With a steady income, these women can provide education, healthcare, and improved living conditions for their children, breaking the cycle of poverty and dependence. They become role models within their communities, demonstrating resilience and the power of second chances.



From a broader perspective, addressing healthcare worker shortages, especially in under-resourced regions, is a global priority. Trained widows as GDA contributes directly to strengthening primary healthcare systems, improving maternal and child health outcomes, and expanding the reach of preventive care. It aligns with the United Nations Sustainable Development Goals, particularly those focused on gender equality, decent work, and health and well-being.

The Global Health Awards 2025 offers a timely and influential platform to amplify this mission. As global healthcare leaders gather to recognise innovation and excellence, they also stand witness to a call for compassion-driven impact. Attendees and supporters will have the opportunity to contribute directly to The Loomba Foundation's campaign, helping to sponsor the education and training of widows and their youths.



The partnership between The Loomba Foundation and the Global Health Awards exemplifies how recognition and responsibility can go hand in hand. It is a reminder that true health equity must include social justice, where the empowerment of one woman can uplift a family, a community, and a healthcare system.

# Support a Widow Transform her Future With just £50

Empower a Widow or their youth  
with Skills in Healthcare Sector

- Delivers hands-on training for essential health care roles
- Opens doors to employment in hospitals, clinics, and local health facilities
- Restores dignity and ensures income stability for women-led families
- Disrupts generational cycles of poverty and dependence



*Your donation will lift a Life  
"Contribute to Dignity for a life"*



**THE LOOMBA FOUNDATION**  
Caring for widows around the world

Contact for More Information:  
[safdar@theloombafoundation.org](mailto:safdar@theloombafoundation.org)  
[www.theloombafoundation.org](http://www.theloombafoundation.org)



# The CHARITY AUCTIONEER



## Nitin Ganatra

Nitin Ganatra has enjoyed a distinguished and wide-ranging career as an actor in the UK, working across theatre, television, and film. His early stage work includes a leading role in Salman Rushdie's *Haroun and the Sea of Stories* at the National Theatre and Sam Mendes' acclaimed production of *To the Green Fields Beyond* at the Donmar Warehouse.

On screen, Nitin has collaborated with celebrated directors such as Tim Burton (*Charlie and the Chocolate Factory*, *Wednesday*), Andrew Stanton (*3 Body Problem*), and Gurinder Chadha (*Bride and Prejudice*, *Mistress of Spices*). His television credits span genres, with performances in *Sweetpea* (Sky), *Mr Big Stuff* (Sky), and *Changing Ends* (ITV), showcasing his versatility in both comedy and drama. He has shared the screen with renowned actors including Johnny Depp, Aishwarya Rai, Om Puri, Anupam Kher, Donald Sutherland, and Ray Winstone.

Beyond acting, Nitin is also an accomplished visual artist. He returned to his first passion, painting, and has quickly earned acclaim for his emotive and narrative-driven work. He has appeared on *Portrait Artist of the Year* and *Painting Birds with Jim and Nancy* (Sky), and held his first exhibition at 54 The Gallery in Mayfair. His first solo show, supported by Tony Matharu and Integrity International, took place at St James's Park and featured both paintings and photography. The exhibition was widely covered, including a feature on BBC News and *The One Show*.

Nitin was awarded an OBE for his contributions to drama and serves as an ambassador for The King's British Asian Trust.

His next major exhibition will take place this September at the London Art Exchange, where nearly 100 of his paintings will be shown under one roof—an event not to be missed.



# *The* AWARDS CATEGORIES



**HOSPITAL OF  
THE YEAR**

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**SURGEON OF  
THE YEAR**

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**EXCELLENCE IN  
COMMUNITY MEDICINE**

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**LIFETIME  
ACHIEVEMENT**

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**GENERAL PRACTITIONER (GP)  
OF THE YEAR**

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**HOME CARE PROVIDER  
OF THE YEAR**

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**CARE HOME  
OF THE YEAR**

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**GLOBAL HEALTHCARE ICON  
IN CARDIAC SCIENCES**

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**COMMUNITY IMPACT  
AWARD (INDIA)**

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**PUBLIC HEALTH  
CHAMPION AWARD (INDIA)**

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**EXCELLENCE IN MEDICAL  
ONCOLOGY & CANCER CARE**

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**EXCELLENCE IN PUBLIC  
HEALTH COMMUNICATION**

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**OUTSTANDING ACHIEVEMENT  
IN COMMUNITY OUTREACH**

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**NURSE OF  
THE YEAR**

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## List of Honourees

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### Lifetime Achievement Award

#### The Rt Hon. the Lord Darzi OM KBE

Lord Ara Darzi is a globally respected surgeon, innovator, and health policy leader whose contributions have significantly advanced

modern healthcare systems and surgical practices. Born in Iraq and of Armenian descent, Lord Darzi moved to the UK where he trained as a surgeon and became a pioneer in minimally invasive and robotic surgery. He holds the Paul Hamlyn Chair of Surgery at Imperial College London and has authored hundreds of scientific papers, shaping the future of surgical innovation and patient safety.

In 2007, Lord Darzi was appointed as a Health Minister in the UK government, where he led a landmark review of the NHS. His report, "High Quality Care for All," introduced a patient-centred approach, promoted clinical leadership, and laid the foundation for quality improvement and innovation in healthcare delivery. He also championed the creation of Academic Health Science Centres in the UK.

Lord Darzi has served as Director of the Institute of Global Health Innovation and continues to influence health policy on both national and international levels. Knighted in 2002 and made a life peer in 2007, Lord Darzi remains a leading voice in global health, committed to ensuring healthcare systems deliver safe, effective, and compassionate care for all.

### Hospital of the year

#### Cleveland Clinic London

Cleveland Clinic London is part of a global health system that ranks among the world's top hospitals because of their focus on clinical excellence,



safety and patient outcomes. Their hospital in Belgravia opened in 2022 as the most state-of-the-art in London, with a broad range of clinical services and core focus on cardiac, neurological, orthopaedic and digestive disease services. They also offer fast access to care at their outpatient centres in the Harley Street Health District and City of London.

They have a passion for delivering outstanding care and an embedded culture of innovation, research and education. Doctors work in teams, with a multidisciplinary approach that brings different clinical perspectives to each patient's care, and a focus on clinical outcomes to ensure continuous improvement. This collaboration ensures that every step of the patient journey is optimised for clinical and service excellence. They aim to provide patients with compassionate, high-quality, integrated care, enabled by technology, and focus on measurable quality through their multi-disciplinary, doctor-led approach.



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### Surgeon of the year

#### **Dr Chinmay Gupte, FRCS, PhD, MA, MBChB**

Chinmay Madhukar Gupte is an Indian-born English orthopaedic surgeon/scientist and former cricketer.



He specialises in treating sports and arthritis-related knee conditions, particularly ACL and meniscus injuries. An Associate Professor at Imperial College London, his research group has advanced outcomes in knee surgery and pioneered the use of AI and simulation in orthopaedic training. He co-developed the globally adopted lateral tenodesis technique for ACL reconstruction. Chinmay is an executive member and honorary treasurer of the British Association for Surgery of the Knee. He has contributed to national bodies including the Royal College of Surgeons of England, Health Education England, the National Institute for Health Research, and NICE.

A graduate of Pembroke College, Oxford, Chinmay captained the Oxford University cricket team and represented Combined British Universities, MCC, and county teams. He scored over 2,200 runs for Oxford, including five centuries, and was the first Indian-born captain of its first-class side since the Nawab of Pataudi. Inspired by his father Madhukar Gupte's recovery from injury, Chinmay pursued medicine over cricket, earning a PhD from Imperial in 2004. In 2012, he became the first Indian-born president of the Royal Society of Medicine Orthopaedics Section and later joined the MCC Committee, co-leading a research partnership with Imperial to revise cricket laws.



### Excellence in Community Medicine

#### **Dr Dominie McConnell, MBChB BSc MRCGP**

Dr Domine McConnell is a dedicated General Practitioner working in Leicester, with a special interest in diabetes care and public health. She delivers compassionate,

patient-centred care in a diverse community and is known for her commitment to empowering patients in managing their health. Beyond her clinical role, Dr McConnell has made significant contributions to diabetes policy and education. She chaired and spoke at the 2018 International Diabetes Summit at the House of Commons, organised by the All-Party Parliamentary Group for Diabetes. There, she presented on integrated care models like the "Leicester Diabetes Village," highlighting her support for multidisciplinary approaches inspired

Dr McConnell became a trustee of the Silver Star Diabetes Charity in 2015. As part of her work with the charity, she developed the Diabetes Logbook, a practical tool to support patients in tracking and understanding their condition. She continues to advise the organisation on medical issues. Her leadership bridges frontline care and policy, championing holistic, team-based strategies to improve outcomes for those living with chronic diseases.

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### Nurse of the year

#### Venessa Sturt

Venessa is an experienced neonatal nurse with over 20 years in the neonatal intensive care unit, inspired by the dedicated team who cared for her own preterm babies.

Since qualifying as an Advanced Neonatal Nurse Practitioner (ANNP) in 2013, she has worked across maternity and neonatal services in a hybrid clinical and leadership role. Venessa brings deep expertise in neonatology, with a strong foundation in clinical excellence, education, and service development. She has led innovative improvements in care, developed advanced practice pathways, and contributed to national policy and network frameworks. With an MSc in Advanced Practice, she actively engages in governance, research, and teaching, reflecting her commitment to lifelong learning. As Clinical Lead for Transitional Care (TC), Venessa has introduced impactful initiatives to improve care quality and family experience in TC and postnatal settings.

A passionate advocate for family-integrated care, Venessa presents nationally and internationally and currently chairs both the ANNP Network and TC Forum. Most recently, she has contributed to an NHS England-commissioned inquiry into maternity and neonatal care, reviewing cases and helping shape both national recommendations and meaningful feedback to families; aiming to support healing and closure in their journey from conception to parenthood.

### General Practitioner of the year

#### Dr Deepen Patel, MBBS BSc MRCGP

Dr Deepen Patel is a highly respected General Practitioner and Partner at Pinn Medical Centre in Pinner, Middlesex, known for his unwavering



commitment to patient care, innovation, and community engagement. A graduate of Barts and The London School of Medicine, Dr Patel also holds a degree in Biomedical Science, with a focus on stem cell genetics. His clinical interests span paediatrics, psychiatry, and musculoskeletal medicine, enabling him to offer a holistic and personalised approach to care.

At Pinn Medical Centre, Dr Patel has played a transformative role, both clinically and operationally. He has introduced AI-driven systems to enhance access and efficiency and leads multidisciplinary teams that ensure high standards across reception, admin, and clinical services. As a GP trainer and Course Convenor for the Central Middlesex VTS scheme, he is actively shaping the future of primary care. Dr Patel also serves as an Executive Board Member for his Primary Care Network, leading service development across a wider population. He is the driving force behind initiatives like The Pinn Piper magazine and local health fairs, promoting preventative care and health education.



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### Outstanding Achievement in Community Outreach

#### Parkinson's Centre for Integrated Therapy

Parkinson's disease is a degenerative brain condition affecting 1 in 37 people, a prevalence that is set to nearly double by 2065.



Prof David Wilkinson

People living with the condition struggle to access treatment when they need it, often finding it reactive rather than pro-active, piecemeal and too drug-oriented. To address this problem, 18 months ago Prof David Wilkinson founded and launched a clinical, research and education centre for the management of Parkinson's disease – the first of its kind anywhere in the world. Our Centre, called the Parkinson's Centre for Integrated Therapy ([www.pcit.org.uk](http://www.pcit.org.uk)), brings essential clinical therapies within easy reach.

The care is integrated, wholistic and person-centred with a focus on self-management and empowerment. Well-being activities, including arts and crafts, dancing and singing, ensure that people not only receive the clinical therapies that they need, such as neuro-physiotherapy and counselling, but the wider enrichment and social opportunities that they want. We host cutting-edge research to better understand and treat Parkinson's disease, and our educational programmes train the next generation of healthcare practitioners and scientists in our novel, community-based model of care. We are now translating our unique blueprint to people living with other incurable brain conditions who have similar unmet needs.



### Homecare Provider of the year

#### Aum Care Group

Aum Care Group stands as a leading force in North West London's healthcare sector, driven by an unwavering commitment to compassionate, culturally sensitive care

for the elderly and young adults with learning disabilities and mental health challenges. Founded on principles of integrity, respect, and dignity, Aum Care Group's leadership is deeply engaged on the front lines, actively listening to families, empowering staff, and ensuring every individual receives personalised, high-quality support. In recent years, the organisation has achieved remarkable growth, securing critical domiciliary care contracts, including in Ealing borough, and forging trusted partnerships with local authorities.

Aum Care Group's diverse, multilingual workforce reflects the rich multicultural fabric of its clients, enabling truly tailored care that breaks down barriers of stigma and language. The 2024 launch of Aum Foundation CIC exemplifies its bold vision to tackle social isolation, champion unpaid carers, and drive wellbeing initiatives beyond traditional care settings. Facing immense sector challenges, from the COVID-19 crisis to complex commissioning demands, Aum Care Group has demonstrated exceptional resilience, innovation, and leadership.

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### Excellence in Medical Oncology & Cancer Care

#### Dr. P S Dattatreya MBBS, MD, DM, DNB

Dr. Palanki Satya Dattatreya is a distinguished medical oncologist based in Hyderabad, currently practicing at Renova Soumya Cancer Centre, Secunderabad.

With over two decades of clinical experience, he brings deep expertise across a wide range of cancer types and treatment approaches. He began his medical journey with an MD in Paediatrics from N.H.L. Municipal Medical College and Sheth K.M. School of Post-Graduate Medicine and Research, Ahmedabad. He later earned a DM in Medical Oncology from the Gujarat Cancer and Research Institute, where he also completed a three-year residency. Dr. Dattatreya has previously served as a consultant at the Indo-American Cancer Institute and Omega Hospital, Hyderabad.

His clinical focus spans hematologic malignancies, breast and lung cancer, head and neck tumours, GI and GU tract cancers, including ovarian cancer, bone and soft tissue sarcomas, malignant brain tumours, and paediatric oncology. His holistic approach and patient-first mindset continue to inspire trust among patients and peers alike. Through his work, he remains committed to improving cancer outcomes and advancing oncology care in the region.

### Global Healthcare Icon in Cardiac Sciences

#### Dr. B Durgaprasad Reddy MBBS, MS, Mch

Dr. Durgaprasad Reddy is a symbol of excellence in cardiac surgery. With over 26 years of experience and 15,000+ surgeries, his impact on India's



cardiothoracic landscape is profound. From intricate congenital heart procedures to heart-lung transplants, his clinical mastery is matched by groundbreaking innovations, like the globally recognised single-patch closure for AV canal defects.

As Director of Vydehi and Dalvkot Wound Care Centre, Dr. Reddy blends surgical skill with research and compassion. Honoured by the Ministry of Health (India), Times Health Excellence, and Maharashtra Gaurav Samman, his work is driven by purpose, not praise. Beyond the operating room, his contributions to society are immense, over 1,600 free health camps, donations of heart valves, clean water systems, and infrastructure development in rural areas. A respected academic, he trains young surgeons, speaks at global forums, and advances cardiac care through teaching and publications. Dr. Reddy isn't just saving lives; he's building a legacy of healing and hope. His work reflects a healthcare vision where precision meets purpose, and where service to humanity remains the highest calling.



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### Public Health Champion Award (India)

#### Reckitt – Dettol Banega Swasth India Campaign

Reckitt's Dettol Banega Swasth India (BSI) is one of India's largest and longest-running public health campaigns, continuously active for over a decade.



Launched in 2014, BSI was envisioned to go beyond infrastructure and catalyse a national movement around hygiene behaviour change, rooted in the belief that hygiene is the foundation of good health, and must be a right, not a privilege. The programme championed sustained, science-backed behaviour change through school-based education, grassroots mobilisation, innovative public awareness, and strategic multi-sector partnerships. Today, BSI is a household name, with interventions that have transformed health and hygiene literacy across India.

It has become a platform for national and global leadership, representing India's voice on hygiene at the World Economic Forum, COP summits, and G20 conversations. At the World Economic Forum, the programme unveiled Dettol's #BanegaSwasthIndiaPledge on health and hygiene, a movement aimed at achieving the vision of Viksit Bharat @ 2047. The pledge was endorsed by prominent dignitaries who committed to the cause of a cleaner, healthier, and climate-conscious world. The launch of 'Hygieia For Good Hygiene' - AI-Powered WhatsApp Bot, too made its international debut at Davos drawing in dignitaries to engage and spread the wider message of hygiene globally.



### Community Impact Award (India)

#### Reckitt – Campaign for Self Care for New Moms and Kids Under 5

Reckitt operates with a strong sense of ownership, care, and innovation, driven by its purpose to protect,

heal, and nurture in pursuit of a cleaner, healthier world. The company's purpose-led initiatives go beyond conventional approaches, focusing on long-term impact, community empowerment, and scalable solutions to address pressing public health challenges. In India, Reckitt is committed to supporting national development goals, aiming to improve hygiene, sanitation, self-care, and child health as part of the vision for a developed nation by 2047. Its initiatives are built on a foundation of innovation, collaboration, and evidence-based impact measurement, ensuring that quality healthcare and hygiene become accessible rights, not

Trusted globally for its scientific integrity and execution excellence, Reckitt has earned confidence through consistent delivery and purpose-driven leadership. With a diverse team of over 40,000 people from 125 countries, the company reflects the communities it serves. Through its globally recognised brands, strategic partnerships, and community programmes, Reckitt sells approximately 30 million products daily, reinforcing its role in global well-being.

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## Excellence In Public Health Communication

### Dr Aseem Malhotra MBChB, MRCP

Dr Aseem Malhotra is a multi award winning NHS trained Consultant Cardiologist and the Chief Medical Advisor

to MAHA Action in the United States. He has served as honorary council member to the Metabolic Psychiatry Clinic at Stanford University school of medicine California from 2019–2023, Visiting Professor of evidence based medicine at the Bahiana school of medicine and public health from 2018–2023 and was Founding member and President of the Public Health Collaboration until 2023. He is a founding member of Action on Sugar and was the lead campaigner highlighting the harm caused by excess sugar consumption in the United Kingdom, particularly its role in type 2 diabetes and obesity. He is also considered the lead campaigner behind the introduction of low carbohydrate diet as an option for managing type 2 diabetes in UK dietary guidelines. In 2015 he helped co-ordinate the Choosing Wisely campaign by the Academy of Medical Royal Colleges as lead author in a BMJ paper to highlight the risks of overuse of medical treatments. In the same year he became the youngest member to be appointed to the board of trustees of UK health think tank, The King's Fund that advises government on health policy.

Aseem is a frequent expert commentator in print and broadcast media and he has written scores of articles for a number of publications including the BMJ, British Journal of Sports Medicine, BMJ Open Heart, JAMA Internal Medicine, Prescriber, The Pharmaceutical Journal, European Scientist, The Guardian and Observer, BBC online, Huffington Post, The Daily Mirror, Daily Mail, The Daily Telegraph and the Washington Post.

He is a pioneer of the lifestyle medicine movement in the UK and has had feature articles written about him in the New York Times, The Guardian, The Telegraph, The Healthcare Leader and the Lancet medical journal. In 2018 he was ranked by software company Analytica as the number 1 doctor in the world influencing obesity thinking. In 2016 he was named in the Sunday Times Debrett's list as one of the most influential people in science and medicine in the UK in a list that included Professor Stephen Hawking.



*Dear Aseem,*

Thank you for your leadership, integrity and courage in this fist fight to save humanity.

*Your friend and admirer*

**Robert Kennedy Jr**

*United States Secretary of Health and Human Services*



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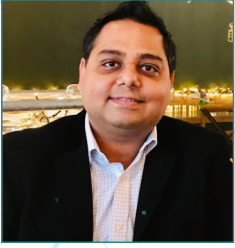
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# The Silent Struggles of a Neonatal Intensive Care Doctor



*“ Inside the NICU, every breath is a battle, and behind the machines, a doctor fights just as hard. ”*

**By Dr. Ajay Kumar, MBBS, MD, MRCPCH, NHS UK**

With over 16 years of experience in tertiary-level newborn care within the NHS, I've had the privilege, and the burden, of caring for some of the most fragile lives imaginable. From babies born at 22 weeks gestation to those weighing just 378 grams, the journey of neonatal care is marked by awe-inspiring miracles and heartbreaking realities.

In the quiet intensity of a Neonatal Intensive Care Unit (NICU), doctors and specialist nurses work in harmony to manage the medical needs of critically ill newborns. Our patients come to us too early, too small, and too vulnerable, facing complications such as immature lungs, congenital anomalies, infections, and trauma from birth. Every decision we make is urgent, deeply calculated, and fraught with consequences. The room for error is almost non-existent.

What makes neonatal care particularly challenging is its unpredictability. A baby showing signs of stability in the morning can face life-threatening complications by evening. Despite our expertise, we are constantly humbled by outcomes we cannot fully control. This uncertainty takes a deep emotional toll on the entire team.



Yet beyond clinical expertise, we serve as communicators and counsellors. Parents enter the NICU overwhelmed by grief, fear, and loss of control. We must help them navigate complex medical conditions and uncertain outcomes, often delivering news that changes their lives forever. The emotional responses vary, shock, denial, anguish, and we must meet each with empathy, clarity, and calm.

The ethical challenges are equally profound. With extremely premature babies, decisions about resuscitation, prolonged intensive care, or end-of-life care are deeply personal and emotionally charged. These are not black-and-white scenarios but delicate negotiations between medical possibilities, parental hopes, and long-term quality of life.

Overlaying all this is a system under pressure. Staffing shortages, long shifts, and the relentless administrative load stretch teams to their limits. During the peak of the COVID-19 pandemic, I worked full shifts without food or water, haunted by concerns for my own young family. Still, we carried on, motivated by our duty to care.

And yet, there are moments that remind us why we do this. A baby breathing independently after weeks on a ventilator. A family holding their child for the first time. A smiling toddler returning for a visit, once a fragile newborn, now thriving. These moments, though brief, give us strength to continue.

Being a neonatal intensive care doctor is not just a profession; it is a calling. It demands precision, compassion, resilience, and immense emotional strength. As a society, we must acknowledge not only the complexity of this role but also the personal cost it carries. In supporting our NICU teams, we uphold the dignity and hope of every life they fight to protect.





PRESENTS

A photograph of the U.S. Capitol building in Washington, D.C., taken at sunset. The sky is a mix of orange, red, and blue. The building's dome and classical architecture are visible. The image is framed by a large blue diamond shape with a yellow border, which contains the event title. There are also yellow arrow icons pointing outwards from the diamond's corners.

# GLOBAL ACHIEVERS SUMMIT & AWARDS 2025 *Ceremony*



OCTOBER 29, 2025



CAPITOL HILL, WASHINGTON DC,  
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