

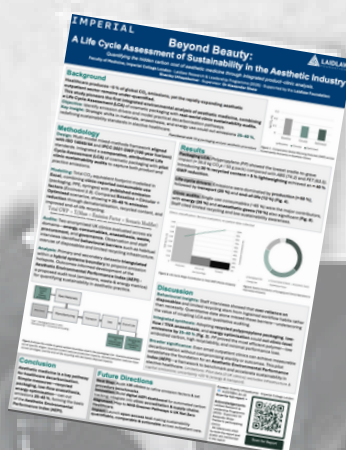
My Laidlaw Journey

the beginning

My journey as a Laidlaw Scholar began in my second year of medical school, driven by a desire to explore opportunities beyond the traditional medical curriculum. I wanted to develop as a researcher, leader and changemaker, bridging my passion for medicine with a broader interest in making a meaningful impact. Becoming a Scholar marked the start of a journey of discovery, growth and turning ambition into action.

research programme

My research project, Beyond Beauty: A Life Cycle Assessment of Sustainability in the Aesthetic Industry, explored the often-overlooked environmental impact of aesthetic medicine. Combining life cycle assessment of cosmetic packaging with sustainability audits of two UK clinics, I investigated key emissions sources and practical routes to decarbonisation. My findings suggested that targeted changes to materials, consumables, anaesthesia and energy use could reduce emissions by 25–40%, laying the groundwork for a proposed Aesthetic Environmental Performance Index (AEPI). This project taught me that meaningful change requires more than identifying a problem: it demands evidence, collaboration and practical solutions that work in real-world settings. Speaking with clinic staff showed me how everyday habits and systemic barriers shape sustainability, often as much as technical choices do. As a future doctor and leader, I learnt to approach challenges with curiosity, think beyond traditional boundaries and turn research into actionable change.



leadership in action

During my six-week experience in Indonesia, I undertook a Leadership in Action project at Bali Baby Home, initially planning structured activities and health education.

However, observing the children challenged my assumptions and taught me that meaningful service begins not with what we want to give, but with understanding what is genuinely needed. I redirected my efforts towards creating a child-development guide and activity cards for future volunteers, alongside practical improvements to the children's environment. My greatest lesson was discovering what it truly means to lead: not to have all the answers, but to ask better questions; not to impose solutions, but to listen; and not to seek recognition for impact, but to create change that continues beyond your own involvement. Working across cultural differences taught me humility, while adapting to unexpected challenges strengthened my resilience and initiative. I left Bali understanding that leadership is a responsibility rooted in empathy, integrity and service. It means recognising whose voices may be overlooked, questioning your own assumptions and having the courage to change direction when circumstances demand it. Ultimately, I learnt that the strongest leaders do not simply create change themselves; they empower others to carry it forward.

lesson in leadership:

Although unrelated to my Laidlaw project, visiting Hiroshima's Peace Memorial Museum profoundly shaped my perspective on leadership. It reminded me of the consequences of unchecked power and the responsibility younger generations carry to lead with integrity, empathy and critical thought. I carry these lessons into my own journey, striving to become a more conscious and responsible future leader.



IMPERIAL



beyond laidlaw

Being a Laidlaw Scholar has changed how I see my place in the world. I find myself increasingly questioning not just what I want to achieve, but who benefits from my actions, how my intentions extend beyond myself, and how I can use my opportunities to contribute to something greater. This mindset has already translated into action: I have joined medical charities and begun planning and organising health-promotion events, including exploring opportunities to represent organisations such as Bowel Cancer UK and raise awareness of the growing importance of early detection. I have grown enormously, yet I am equally aware of how much I still have to learn. For me, becoming a leader is not a destination, but an ongoing process of questioning, unlearning and becoming more intentional. Looking ahead, I hope to carry this mindset into my future as a doctor, researcher and leader: pursuing research that addresses meaningful problems, developing initiatives with lasting impact, and remaining open to perspectives beyond my own. My ambition is not simply to achieve personal success, but to use what I learn, create and become to make a meaningful difference to others.

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