

Wellbeing and Resilience:

Dr Umakant Dave (MBE, MD, DNB (Gastro), PGCE, FRCP, FAcadMed)

Is a consultant physician/ gastroenterologist in Swansea, UK and an Honorary Senior Lecturer in Swansea University. He is an expert endoscopist and a national trainer.

He has established a charity with two colleagues to enhance endoscopy training in Bangladesh. He has particular passion for training and the wellbeing of doctors and other healthcare workers. He has been teaching mindfulness in Swansea Medical School (2016 onwards) and has run many mindfulness and wellbeing study days/ sessions for healthcare workers in the UK and internationally.

He is a vice-president of Welsh Association of Gastroenterology and Endoscopy (WAGE) and will take over as a president in October '24. His "Wellbeing" work was recognized by the Royal College of Physician (2020). He was awarded MBE in queen's jubilee celebration for the contributions to NHS (2022).

