

# Leading from the frontline

## Revolution And Compassion In The Words Of Dr Neelam

Twisha Prasad, XII I &  
Arushi Soni, XII B, AIS Noida



Dr Neelam Mohan, advisor, NBE

Recipient of the prestigious BC Roy Award, Dr Neelam Mohan is a trailblazer in the field of liver transplantation, especially in paediatric care. She has pioneered paediatric liver transplantation in India, and as a distinguished academician and researcher, played a vital role in shaping global and national guidelines in paediatric gastroenterology and liver disease. Her vast expertise led her to establish India's first training programme in this super-specialisation, and she currently lends her invaluable insights as an advisor to the National Board of Examinations (NBE). She is also an outstanding orator, serving as associate editor of the esteemed journal *Transplantation*.

### Fulfilling dreams

Becoming a doctor was like fulfilling my father's dream. Although I was offered ophthalmology at AIIMS, I knew that paediatrics would be my chosen field. At the time, liver transplant was never heard of, but when I heard ex-PM Rajiv Gandhi say, "It's time for India to focus on transplants," something felt

right! That's when I decided to pursue paediatric gastroenterology. After completing my training at AIIMS, I went to the UK to specialise in liver transplantation. The happiest moment for me was when my effort to make a difference in this field was recognised with the prestigious BC Roy Award for developing a new branch of medicine, which is paediatric hepatology and liver transplant.

### Multi-tasking entrepreneur

I'm hugely inspired by Dr Abdul Kalam. When I was young, I had read his words, "A dream isn't something that you see in sleep; it is something that doesn't let you sleep." I took this message to heart, and it became a driving force for me. I can proudly say that the best results in liver transplant in the world have been at my centre, and I would credit this to the qualities that we have as women. We can not only micromanage, but we can also multi-task without losing our cool.

### Keeping cool

We have had many complicated cases, but I vividly recall one of a little boy, whose parents were extremely anxious as they had lost children before. The boy was suffering from hepatic encephalopathy, a condition where the liver can't process ammonia properly, causing it to build up in the blood and affect the brain. This made

## INTERVIEW



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the liver transplant even more challenging. To ensure that I did not miss any detail, I revised all the basics again and even trained myself further by travelling to the renowned Pittsburgh Children's Hospital in the UK. The surgery was unique as after we successfully transplanted the boy's liver, we used that same liver to save a little girl as well.

### Learning from life

I believe that we must enjoy the journey of life. While working towards our goals, we must remember that the process is as important as the destination. Also, one must stay true to one's nature as being good in your profession is not enough, one must also be humble and empathetic.

### Message for Amityans

Keep learning constantly to improve yourself, and try to give back to society in whatever field you choose. Always believe in yourself and keep your sight on your goals. Most importantly, don't be afraid to fail.

Arpita Chakraborty  
GT Network

The UK's decision to impose a ban on junk food advertisements before 9 PM has sparked a heated debate, touching on issues of public health, personal freedom, and economic implications. On one side, advocates for the ban highlight the growing concern about childhood obesity and the need to protect children from the harmful influence of unhealthy food advertising. On the other, critics argue that the ban undermines personal responsibility and limits consumer choice. Here's what Amityans have to say about the issue.

### Health > Freedom

In the fight against childhood obesity and related health issues, the UK's restriction on junk food advertisements before 9 PM is a crucial measure. By the time they enter elementary school, one in five children in England is considered obese; this figure rises to one in three by secondary school. The bombardment of junk food ads during prime viewing hours greatly contributes to this epi-



## Note: A Healthier Future Starts Before 9 PM

demic. By restricting these advertisements, society is sending a clear message: children's health takes precedence over corporate profits. Countries like Sweden have already seen notable success in reducing childhood obesity through similar bans. Moreover, this move could pave the way for a cultural shift towards healthier eating and a broader societal focus on well-being. Ul-

timately, prioritising the health of the nation's youth over short-term convenience is essential, and banning junk food ads before 9 PM is a prime step in that direction. [GT](#)

Kavya Gupta, AIS Vas 1, X C

### Freedom > Health

While the intentions behind the UK's ban on junk food advertisements may be well-

meaning, we must ask ourselves whether restricting ads is the most effective approach. Limiting advertising doesn't address the core issues of personal responsibility, consumer freedom, and economic impact. The ban implies that individuals, especially parents, cannot make informed decisions about their dietary choices, which is a flawed assumption. Furthermore, the move could stifle businesses in both the food and advertising industries, threatening jobs and economic growth. There is no definitive evidence that such restrictions significantly influence eating habits on a large scale. Instead, a more effective approach would be to focus on promoting access to healthier alternatives. Additionally, the ban could lead to unintended consequences, such as more sophisticated, harder-to-regulate marketing tactics. In essence, this policy restricts personal freedom, hampers businesses, and does little to resolve the underlying health concerns. [GT](#)

Yoshita Chug, AIS Vas 1, X A