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Your Health

We as a community are at high risk of developing long-term health conditions, such as heart disease and diabetes. In fact, the risk of heart disease is up to 50% higher in South Asians than in the White British population in the UK. Also, South Asian people make up to just 4 % of the total UK population, but account for an estimated 8% of all diagnosed cases of diabetes.

However, we have a better chance of beating the odds through small changes in our day-to-day routines.

That's why we've created "Tamari Tabiyat – Your Health"

We are a group of young doctors and dentists whose collective goal is to raise awareness about tackling these conditions through education. We want to encourage people to become the healthiest and happiest versions of themselves and live to 100 years as our elders say.

Our Team



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Currently working in A&E in East London
Graduated from University of Southampton 2020
Aspiring GP with Special Interest in Women's Health



Dr Ravi Joshi MBBS
Currently working in community medicine in Nottingham
Graduated from St. Georges University of London 2020
Aspiring GP with Special Interest in Sports and Exercise Medicine



Dr Devan Thanki MD
Currently working in A&E in East London
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