



Press Release

Immediate Release

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London Doctor Named Medical Leader of the Year for Outstanding Work in Mental Health

A London-based doctor has been recognised nationally for his outstanding contribution to mental health care, after being named Medical Leader of the Year at an awards ceremony.

Organised by Cygnnet Health Care, one of the UK's largest independent providers of specialised mental health services, the Medical Leader of the Year award celebrates a doctor who has demonstrated and contributed to medical leadership.

Dr Ajay Bhatnagar, Regional Medical Director for Cygnnet Health Care services across London, including Cygnnet Hospital Beckton and Cygnnet Lodge Lewisham, received the accolade in recognition of his exceptional leadership and commitment to improving the lives of people struggling with mental illness.

Dr Bhatnagar said: "Being named Medical Leader of the Year is a deeply humbling honour. I firmly believe that effective leadership begins with building a happy and empowered team. I am grateful to work alongside colleagues whose passion, dedication, and leadership in their own right make achievements like this possible."

The award was presented by Lord Kamlesh Patel of Bradford OBE, Senior Independent Board Director at Cygnnet Group.

Praising Dr Bhatnagar's contribution, Lord Patel said: "He consistently demonstrates a deeply patient-centred approach and profound compassion in all his interactions. His self-awareness allows him to connect empathetically with both patients and colleagues."

Lord Patel also highlighted Dr Bhatnagar's willingness to go above and beyond, adding: "A notable example of his commitment is his immediate response to review a collapsed patient in the community while on leave, showcasing dedication beyond standard expectations. As an experienced clinician and respected medical educator at King's Medical School, he continuously refines his expertise and shares his knowledge, setting a benchmark for lifelong learning."

Dr Bhatnagar, who joined Cygnnet in 2009 as a Consultant Psychiatrist, has built a career dedicated to supporting patients and developing services across London. His leadership has played a vital role in achieving consistently high performance at

Cygnet Hospital Blackheath and Cygnet Lodge Lewisham, as well as supporting staff to pursue specialist training and career development.

Alongside his role at Cygnet, he is a Fellow of the Royal College of Psychiatrists, a Senior Honorary Clinical Lecturer with King's College London, and a medical member of the first tier mental health tribunal service. He also continues to work in the Adult ADHD service, demonstrating his dedication across a wide range of mental health specialisms.

Cygnet CEO Dr Tony Romero congratulated Dr Bhatnagar, saying: "These awards are a testament to the achievements of our dedicated doctors and their teams. Their motivated, compassionate, and value-driven approach makes a profound difference in the lives of our service users and residents."

Dr Jon Van Niekerk, Group Clinical Director at Cygnet, added: "Each winner represents the very best of our values, colleagues who embody compassion, creativity and resilience in their daily work. I know these stories will inspire all of us to continue striving for safer, more relational, and more hopeful mental health care."