What single unheralded change has made the most difference in your field in your lifetime?

“The internet. We are now communicating at a rate never previously possible. Online GP groups are forming and effecting change at a national level. Low morale across primary care in general means that more people are taking matters into their own hands.”

What was your earliest ambition?

To get a man to run across the TV screen, get into a rocket, and fly off. My dad was convinced that IT was the future, so he bought a BBC Micro 32K in the mid-1980s. At age 5 I learnt that typing exactly what was written in the programming section of the BBC Micro handbook made something happen on the screen. It was so primitive, yet still amazing. The rocket program took me all day to enter, and when I finally pressed “Return” a small man ran across the screen and got into a boxy red rocket that lifted off. Then the screen went black, and “Bad command” flashed up—but I was pleased that I’d at least seen the man run into the rocket and take off.

Who has been your biggest inspiration?

My wife, Balraj Sidhu. She is kind, fun, hardworking, and generous. Her personal academic journey is very inspiring.

What was the worst mistake in your career?

Not doing enough research on a practice I worked in after obtaining my CCT [certificate of completion of training] as a GP. High staff turnover is particularly telling.

What was your best career move?

Becoming a GP. Healthcare has so much room for innovation that it’s possible for creative clinicians to push for less paperwork.

What personal ambition do you still have?

To have more control over my time.

What, if anything, are you doing to reduce your carbon footprint?

A gold kara (bracelet) given to me by my father in law before I got married last year.

What poem, song, or passage of prose would you like mourners at your funeral to hear?

Spontaneous words from people I love.

What is your most treasured possession?

To my parents, for seeming always to be so busy. They worked incredibly hard to give us opportunities in life, and I’m stretched out on a deckchair, getting an Indian head massage while the waves break gently on the sand.

What book should every doctor read?

Transpersonal Development: the Dimension Beyond Psychosynthesis by Roberto Assagioli.

What, if anything, are you doing to reduce your carbon footprint?

Relaxed, ambitious, hopeful.

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