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Young Punjabi-Sikh doctor raised in remote NSW receives inaugural Award

A junior doctor of Punjabi-Sikh heritage, who grew up on a farm in remote NSW and went on to study Medicine in India, has received the inaugural Rural Doctors Association of Australia (RDAA) Rural Doctor in Training of the Year Award for 2023.

Dr Mandeep Kaur was presented with the Award at the Rural Medicine Australia (RMA23) conference dinner in Hobart on Friday night.

“Mandeep is the perfect example of someone who grew up rurally, and plans to return to rural Australia to work as a doctor in the future” **RDAA President, Dr RT Lewandowski, said.**



“Raised on her immigrant family’s vineyard in Hillston, NSW – nearly 700 kilometres from Sydney – Mandeep knew early on that a career in Medicine was for her.

“After undertaking her medical studies in India (her family’s country of origin), she trained as a junior doctor at Wagga Wagga Base Hospital before moving to St Vincent’s Hospital in Sydney in 2021 to commence Basic Physician Training.

“Throughout her junior doctor years, Mandeep has been a tireless advocate for improving access to healthcare for rural Australians.

“She has helped develop a remote Rheumatology telehealth service for the Riverina region – making it much easier for patients to be able to access the additional specialist care they need without having to travel long distances – and she hopes this service ultimately may be able to be rolled out more widely across rural and remote Australia.

“Additionally, she was a key contributor behind various initiatives to support the wellbeing of junior doctors – support that was particularly required during the peak years of the COVID pandemic, when it was often difficult for junior doctors to access consistent face-to-face training.

“Mandeep has also organised numerous initiatives to boost rural health research capacity, including the Murrumbidgee Regional Research Symposium that was held last year at Wagga.

“Her efforts as a junior doctor saw her named Resident of the Year at Wagga Wagga Base Hospital in 2020.

“While her passion is cardiology, Mandeep is committed to a career in Rural Generalism, and will undoubtedly be welcomed with open arms by any rural community she calls home in the future.”

Dr Kaur said: “I’m really grateful to the RDAA for this award – I feel so honoured! I love Rural Medicine because of the breadth of clinical medicine you practice and the difference you can make while becoming a part of the community. Growing up in Hillston, I’ve always been aware of the challenges that rural patients can face, but value the opportunity to help those who often don’t have the same access to care as those in the city.”

Dr Mandeep Kaur is available for interview.

A photo of Mandeep is available by [clicking here](#).

A photo of Mandeep at the Awards night (holding her Award certificate) is available on request.

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