



Dr. Ashok Kumar Jhingan

Senior Director - BLK-Max Centre for Diabetes,
Thyroid, Obesity & Endocrinology
BLK-Max Super Speciality Hospital, New Delhi

Dr. Ashok Jhingan is a renowned name in the field of Endocrinology. He has devoted himself to the cause of reversing the rising incidences of Diabetes in Indian population, with selfless voluntary service to trigger a shift in mindset (habits & attitude) of general masses towards Diabetes.

Academics:

- M.B.B.S
- M.D. (Medicine)
- M.A.M.S.
- F.I.C.A.
- FIA.M.S.

Work Associations:

- Presently working as Senior Director at BLK-Max Super Speciality Hospital, New Delhi
- Nominated as Government Nominee for 2 terms in Morarji Desai Institute for Yoga & Naturopathy
- President - Diabetes Education & Research Foundation, New Delhi.

Awards / Accomplishments:

- Dr. Ashok Jhingan has made India proud by creating 3 individual Guinness World Records
 - Highest number of Diabetic Retinopathy screening
 - Highest number of Diabetic Nephropathy screening
 - Highest number of Diabetic Neuropathy screening
- Largest Blister Pack Mosaic on November 19, 2016: as a part of team

Areas of Interest:

- Diabetes Care & Management (Endocrinology)

He undertook many initiatives with deep commitment and passion by focusing on the concept of “Prevention and Management Diabetic through Life Style Modifications & Self Care” and for changing the general perception of society which considers Diabetes as a social stigma. Few of them are:

- Prevention and Management of Diabetes
- Early Detection of Obesity & Diabetes in Schools
- Awareness about Diabetes & How to Prevent It
- Eradication of Diabetes as a Social Stigma
- Adoption of Socio-economically poor Type-1 Diabetic Patients for Treatment

These initiatives benefitted lacs of people besides attracting attention of various healthcare authorities and medical associations across the globe. Consequently, Dr. Jhingan continues to receive recognition/accolades/invitations from various associations of different countries for presenting result of his studies and his unique initiatives.