



Varalakshmi Niranjani, MD, MBA, Dip ABLM, Dip ABOM

Clinical Associate Professor, Medicine - Primary Care and Population Health

 Curriculum Vitae available Online

CLINICAL OFFICE (PRIMARY)

- **Stanford Internal Medicine**

211 Quarry Rd Rm 302

3rd Fl

Palo Alto, CA 94304

Tel (650) 498-9000 **Fax** (650) 725-7078

Bio

BIO

Dr. Varalakshmi Niranjani is triple boarded in Internal Medicine, Obesity Medicine, Lifestyle Medicine and an Author, practicing with Stanford healthcare.

Dr. Niranjani practices obesity medicine and lifestyle medicine. Her clinical focus is on prevention and management of chronic diseases including Diabetes Mellitus, Hypertension, Obesity and Chronic Kidney Disease. She is the Founder and Program Director of Cardio metabolic and Lifestyle Medicine program called SMILES - Stanford Metabolic Intervention with Lifestyle Empowerment Support Group.

She is the clinical lead for the ICDP (Improvement Capability Development Program), a joint venture between the Department of Quality for Stanford Healthcare and the Stanford School of Medicine on the management of obesity. She is also the clinical lead for VBC (Value based care) project on MASLD (Metabolic Associated Steatotic Liver Disease) Dr. Niranjani has a special interest in global public health and has conducted a variety of health awareness and wellness camps in rural India.

Dr. Niranjani was the Regional Medical Director of population health for Saint Francis Healthcare Partners in Hartford, Connecticut before joining Stanford University. In her administrative role, she led many projects to improve patient safety and quality. Her research interests include ways to facilitate the teaching of lifestyle medicine, for which she received a Kaiser grant. She also received Food as Medicine Essentials Grant to implement Lifestyle Medicine education for the medical and ancillary staff at the University of Connecticut. She conducts workshops nationwide to teach primary care providers how to manage obesity with lifestyle interventions and medications. She also wrote a guidebook that offers a step-by-step approach for providers to help their patients manage obesity.

Dr. Niranjani has published her work in many peer-reviewed journals, including International Journal of Clinical Practice, Obesity Pillars, and Journal of General Internal Medicine. She is a reviewer for Obesity Pillars and Journal of Brown Hospital Medicine and has presented her work at professional meetings and conferences nationwide. In addition, she has authored several books and e-books, including a health education book and an e-cookbook of vegetarian soups for weight loss.

Dr. Niranjana is a fellow of the American College of Physicians and the Obesity Medicine Association. She is also a member of the American College of Lifestyle Medicine and Society of General Internal Medicine.

CLINICAL FOCUS

- Internal Medicine
- Obesity

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Medicine - Primary Care and Population Health

ADMINISTRATIVE APPOINTMENTS

- Program Director, SMILES- Cardio Metabolic Program -Stanford University, (2025- present)

HONORS AND AWARDS

- Connecticut Top Doctor in Internal Medicine, Connecticut Magazine
- Dr. Annemarie Sommer Scholarship, Walk With a Doc
- Excellence in Community Service, Connecticut Association of Physicians of Indian Origin
- Faculty Fellow Award, Trinity Health of New England, Saint Francis Hospital
- Innovation Award, Alliance of Independent Academic Medical Centers
- Lifestyle Medicine Residency Curriculum Scholarship, American College of Lifestyle Medicine
- People's Choice Award for Best Poster, Quality and Patient Safety Day, Hartford Hospital
- Physician Champion, Trinity Health of New England, Saint Francis Hospital
- Poster Award - Best Resident Poster, Society of General Internal Medicine Regional Meeting
- T. Stewart Hamilton, MD, Fellowship, Capital Area Health Consortium

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, American College of Lifestyle Medicine (ACLM) (2019 - present)
- Fellow, Obesity Medicine Association (OMA) (2016 - present)
- Fellow, American College of Physicians (ACP) (2003 - present)
- Member, Society of General Internal Medicine (SGIM) (2003 - present)

PROFESSIONAL EDUCATION

- Board Certification, American Board of Lifestyle Medicine , Lifestyle Medicine (2025)
- Board Certification: Obesity Medicine, American Board of Obesity Medicine (2017)
- Board Certification: Internal Medicine, American Board of Internal Medicine (2003)
- Residency: University of Connecticut Dept of Internal Medicine (2003) CT
- Medical Education: Kilpauk Medical College (1995) India

LINKS

- My Website: <https://vniranjana.com/>
- Blog on weight loss tips: <https://jeevanweightloss.blogspot.com/?view=classic>
- How to do exercise at home: <https://obesitymedicine.org/how-to-workout-at-home/>

- Soup A Day - Keeps the Doctor Away- 30 Vegetarian Soups for Weight Loss- e book: https://www.amazon.com/SOUP-DAY-Keeps-Doctor-Away-ebook/dp/B079NPQPRH/ref=sr_1_3?dib=eyJ2ljojMSJ9.HmnvbxQAVQm3SJr1UbL2XN2xRqoNr1yoVTlwSxDjzr18liagPflfZelaUl-SPIm.6T5cpZmstvrQhzeZcWHgswiNePyLte6M_3PmsyVzKzKU&dib_tag=se&keywords=varalakshmi+niranjana&qid=1741967889&s=books&sr=1-3
- Health Education articles in Tamil Language: <https://www.tamilonline.com/thendral/channels/health/health.aspx?Page=1>
- Literary work (Poems and Articles) in Tamil and English including translation of ancient Sanskrit literature: <https://atmanandalahari.com/>

Publications

PUBLICATIONS

- **Low to moderate alcohol intake is not associated with increased liver stiffness or cardiometabolic risk in MASLD: a cross-sectional analysis from NHANES 2017-2018.** *Scandinavian journal of gastroenterology*
Altinbas, A., Biran, L., Ashkenazi, A., Lou, W., Niranjana, V.
2026; 1-6
- **Raft of Values: Pearls of Wisdom from Bhagavad Gita (A book of poems on twenty essential values described in chapter 13)**
Niranjana, V.
2025
- **Obesity Management in the Primary care setting**
Kahn, N., Niranjana, V., Patel, M., Kiazand, M., Joy, A.
Society of General Internal Medicine (GIMLearn).
2025
- **Using machine learning to predict the attendance of patients for follow-up visits in a lifestyle medicine based obesity clinic.** *American Journal of Lifestyle Medicine*
Niranjana, V., Wu, H., Niranjana, A.
2025; 19 (Mar/April)
- **Diagnosis and management of metabolic dysfunction- associated steatotic liver disease in South Asians- A clinical review.** *Obesity pillars*
Ramesh, P. R., Krishnan, P., Prabu, S., Srinivasan, V., Niranjana, V.
2024; 12: 100142
- **Case report of a female western Indian vegetarian with obesity.** *Obesity pillars*
Niranjana, V., Ozimek, J.
2024; 12: 100137
- **Chinmaya Chintamani (A book of poems in English on the philosophy of ultimate reality of human existence)**
Niranjana, V.
2023
- **Why I love being a PCP- Poem**
Niranjana, V.
SGIM Forum - SGIM Forum Newsletter. Feb .
2023
- **Obesity Pillars Roundtable: Obesity and South Asians.** *Obesity pillars*
Bays, H. E., Shrestha, A., Niranjana, V., Khanna, M., Kambhamettu, L.
2022; 1: 100006
- **Atmanandalahari (A book of poems in English based on the philosophy of oneness- Advaita Vedanta)**
Niranjana, V.
2022
- **Lessons learnt from a single physician-led weight loss programme in primary care setting.** *International journal of clinical practice*
Niranjana, V., Sliwinska, A., Chen, F., Ramanan, S., Maheshwari, N., Wu, H.
2021; 75 (10): e14535
- **Bilateral sciatic hernias in an elderly woman successfully managed with robotic surgery: A case report and literature review.** *International journal of surgery case reports*

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- Zeng, F., Shames, B., Appel, E., Varalakshmi, N., Mortensen, E., Maheshwari, N.
2021; 86: 106333
- **Bilateral sciatic hernias in an elderly woman successfully managed with robotic surgery: A case report and literature review** *International Journal of Surgery Case Reports*
Niranjana, V., Zeng, F., Shames, B., Appel, E., Mortensen, E., Maheshwari, N.
2021; 86
 - **Innovative way to create physician supervised weight loss program in primary care office setting** *Journal General Internal Medicine*
Niranjana, V.
2019
 - **Soup a day keeps the Doctor Away**
Varalakshmi, N.
2018
 - **Vaazhkai Oru Payanam (Life is a Journey- A book of poems in Tamil)**
Niranjana, V.
2017
 - **Nalam Vazha- Medical Column in Tamil**
Niranjana, V.
Thendral Magazine. 2003-2017.
2017 ; Nalam Vazha
 - **Nalam Vazha (A book on health education in Tamil)**
Niranjana, V.
2015
 - **Anticoagulation in ambulatory care: an evidence-based review of the literature.** *Professional case management*
Venkatachalam, V., D'Attilio, K., Lewis, A., Acevedo, M.
2007; 12 (2): 106-11
 - **Web based interactive dermatological and fundoscopic curriculum for internal medicine residents**
Venkatachalam, V.
SPRINGER.2006: 188-189
 - **Perioperative Management of Chronic Kidney Disease**
Vergara, C., Venkatachalam, V., Sankaranarayanan, N., Wang, F., Banfi, V.
American College of Physicians PIER(Physician Information and Education Resource) ACP Online Module.
2006
 - **Destiny--more than Geography!** *Connecticut medicine*
Venkatachalam, V.
2004; 68 (9): 588
 - **Educating the next generations on Diabetes Care- How are we doing? - A Report on Quality Assessment of Diabetes Mellitus in an Ambulatory practice of a teaching hospital** *Journal of General Internal Medicine*
Venkatachalam, V.
2004
 - **A tale of two tumors.**
Venkatachalam
BLACKWELL PUBLISHING INC.2002: 76
 - **Spinal tumour: a diagnostic lesson.** *Journal of accident & emergency medicine*
Varalakshmi, V., Idowu, A., Jeevan, S.
1998; 15 (3): 199

PRESENTATIONS

- The changing landscape of obesity management in the global perspective - Madurai Medical College, India (January 25, 2024)
- Obesity- Pathophysiology & Management (July 18, 2020)
- Running an Obesity Clinic as an Internist - Obesity Conference, Narayana Health, Bengaluru, India (February 14, 2020)
- Teaching a different model of chronic disease management in continuity clinic - SGIM National Meeting (May 15, 2025)
- Demystifying Obesity Medicine for primary care physicians, Clinical workshop - American College of Physicians (ACP) National Meeting (April 5, 2025)
- Demystifying Weight Management for primary care physicians, Clinical workshop - Society of General Internal Medicine Annual Meeting (May 11, 2023)
- Demystifying obesity medicine for primary care physicians, Oral workshop - Society of General Internal Medicine Annual Meeting (April 15, 2022)
- Benefits of Plant based Nutrition and basics of Ayurvedic Principles- Dec 2021 - Arsha Vidya Gurukulam (December 29, 2021)
- Lifestyle interventions for effective weight loss in Primary Care - American College of Lifestyle Medicine National Meeting (October 23, 2020)
- Food is Medicine, Virtual, - JKYog Health education Webinar (April 18, 2020)
- When a pandemic and an epidemic collide, Obesity & Covid-19 - Grand Rounds, Middlesex Hospital (January 6, 2021)
- Management of Obesity in clinical practice - Grand Rounds, Backus Hospital, Norwich, CT (December 16, 2020)
- Stay Strong and Live Long, Panel Discussion, - Sangam Connecticut, New London, CT, May 2019
- Adiposity based chronic disease & its ramifications - Connecticut Association of Physicians of Indian Origin, May 2017
- Dual degrees in Medicine - Student National Medical Association, Region VII Medical Education Conference, Nov 2019