

**VARALAKSHMI NIRANJAN MD, MBA, Dip ABLM, Dip ABOM
(Varalakshmi Venkatachalam until 2015)**

Clinical Associate Professor of Medicine, Stanford University, Palo Alto, CA
(Updated Dec 19, 2025)

Primary Care Physician, Obesity Medicine Physician, Lifestyle Medicine Physician, Certified Yoga Teacher, Author, Program Director SMILES (Stanford Metabolic health Intervention with Lifestyle Empowerment Support) in the division of Primary Care and Population Health, Stanford University,

SUMMARY OF PROFESSIONAL FOCUS

I am triple boarded in Internal Medicine, Obesity Medicine, Lifestyle Medicine and an Author, practicing physician with a primary focus on prevention and management of chronic diseases including Diabetes Mellitus, Hypertension, Obesity and Chronic Kidney Disease. I practice primary care and obesity medicine using the key principles of lifestyle medicine. I teach lifestyle medicine and weight management courses for medical students and residents at Stanford University. I have authored multiple books including a health education book with common medical diagnoses, e-book on Guide to Management of Obesity - a stepwise approach for providers, and an e-cookbook with plant-based soup recipes for weight loss. I have a special interest in global public health and have conducted a variety of health awareness and wellness camps in rural India.

• **EDUCATION**

- Sep 2008 - May 2010 **MBA**, Amherst School of Business, University of Massachusetts, MA
- Nov 1999 - Jan 2003 Internal Medicine Residency, University of Connecticut, Farmington, CT
- Aug 1989 - Jan 1995 **MBBS** Bachelor of Medicine and Bachelor of Surgery, Kilpauk Medical College, Chennai, India

• **ACADEMIC APPOINTMENTS**

- Jan 2025- Present Clinical Associate Professor of Medicine, Stanford University, Palo Alto, CA
- Sep 2025- Present Program Director – SMILES (Stanford Metabolic health Intervention with Lifestyle Empowerment Support)
- Sep 2022- Dec 2024 Associate Professor of Medicine, University of Connecticut School of Medicine, Farmington, CT
- Sep 2018 Aug 2022 Assistant Professor of Medicine, University of Connecticut School of Medicine, Farmington, CT
- March 2007- Sep 2018 Assistant Clinical Professor of Medicine, University of Connecticut School of Medicine, Farmington, CT (affiliated faculty from Saint Francis Hospital)

Sep 2003-March 2007	Assistant Professor of Medicine, University of Connecticut School of Medicine, Farmington, CT (affiliated faculty from Hartford Hospital)
Sep 2016- Sep 2018	Assistant Professor of Medicine, Frank H Netter MD School of Medicine, Quinnipiac University, North Haven, CT
Sep 2018- Dec 2024	Site Director, Ambulatory Block Clerkship, University of Connecticut School of Medicine, Farmington, CT
Feb 2003-2007	Ambulatory Director, Internal Medicine Residency, University of Connecticut School Medicine, Farmington, CT

• **PROFESSIONAL EXPERIENCE**

Jan 2025- Present	Primary Care Physician, Obesity & Lifestyle Medicine Physician, Founder of SMILES (Stanford Medical Intervention with Lifestyle Education Sessions), Stanford Healthcare, Palo Alto, CA
Sep 2025- Present	Supervisor and Mentor- Advanced Practice Provider Stanford Internal Medicine, Stanford Healthcare, Palo Alto, CA
Sep 2018- Dec 2024	Primary Care Physician, University of Connecticut, Farmington, CT
Aug 2008-Aug 2018	Founder, Primary Care Physician, West Hartford Internal Medicine LLC, West Hartford, CT
Sep 2015-Aug 2018	Regional Medical Director - Population Health, SFHCP, Hartford, CT
Sep 2016-Aug 2018	Founder, JEEVAN weight loss clinic, West Hartford, CT
June 2016- Aug 2018	Clinical Lead, Patient Centered Medical Home, West Hartford, CT
March 2007- Aug 2008	Academic Hospitalist, Saint Francis Hospital, Hartford, CT
June 2007- Aug 2008	Physician Champion-Patient Safety & Quality, St Francis Hospital, CT
Feb 2003- March 2007	Assistant Director, Ambulatory Care, Hartford Hospital, Hartford, CT
Feb 1998-Aug 1998	Senior House Officer Neonatology, University Hospital of Wales, UK
Aug 1997-Feb 1998	Senior House Officer Neonatal Medicine, Saint Mary's Hospital, UK
Feb 1997-Aug 1997	Senior House Office Pediatrics, Middleborough General Hospital, UK
Nov 1996-Feb 1997	Senior House Officer, Emergency Medicine, Old church Hospital, UK
Feb 1995- June 1996	Senior House Officer, The Hindu Employees Wellness Center, India

- **BOARD CERTIFICATIONS AND LICENSURE**

2025	American Board of Lifestyle Medicine
2003, 2013, 2023	American Board of Internal Medicine
2016	American Board of Obesity Medicine
Current	Connecticut State Medical Licensure (CT 041070)
Current	California Medical Board (C196905)

- **PROFESSIONAL SOCIETY ACTIVITIES**

The Obesity Society

2025-2026 Member

Society of General Internal Medicine

2020-2022 Membership Chair – New England Region

2003-Present Member

Obesity Medicine Association

2019-2022 Membership and Outreach Committee

2020-2022 Diversity and International Committee

2016-Present Member

American College of Physician

2025-2026 ACP Speakers Bureau

2006-2010 ACP Young Physicians Council - CT Chapter

2006-2010 Women in Medicine ACP Young Physicians Council

2006-2010 ACP Key Contact Program

2003-Present Member

American College of Lifestyle Medicine

2020-2024 Health Systems Council Founding Member
2019-Present Member

- **PROFESSIONAL CONFERENCE ACTIVITIES- REGIONAL & NATIONAL**

ACP National Meeting

2025 Judge poster session on research and clinical vignettes abstracts

ACP CT Chapter Annual Meeting

2020 Moderator SEP Module

2005 Scientific Abstract Reviewer

2005 Judge poster session on research abstracts

Society of General Internal medicine (SGIM)

2019- 2022 Scientific Abstract Reviewer- National and New England Regional Meeting

2004-2005 Clinical Vignette Reviewer – New England Regional Meeting

2005 Clinical Vignette Session- Moderator -New England Regional Meeting

Obesity Medicine Association (OMA)

2017- Present Mentor Mentee Program

- **STATE LEGISLATURE POLICY ADVOCACY**

OMA representative for Connecticut state advocacy on Medicaid coverage for anti-obesity medications- Bill 977 approved by General Assembly, July 2023.

- **JOURNAL REVIEWER**

2024-Present Reviewer of scientific articles for ‘Obesity Pillars’

2024-Present Reviewer of scientific articles for ‘Journal of Brown Hospital Medicine’

- **HOSPITAL COMMITTEES**

Stanford University, Palo Alto, CA

2025-Present	Steering Committee – Metabolic Disease Center
2025- Present	Weight Management/Lifestyle Medicine PCPH Leadership Committee
2025- Present	Weight Management/Lifestyle Medicine PCPH Committee
2025- Present	Faculty - Center for Asian Health Research and Education (CARE)
August 2025	Reviewer for weight loss protocol with GLP-1 – P&T Subcommittee,
June 2025	Reviewer for policy against using compounded GLP-1 – Pharmacy Services

University of Connecticut, Farmington, CT

2019-2022	Academic Merit Plan Appeals Committee
2003-2024	Internal Medicine Residency Program Recruitment committee
2019-2024	Internal Medicine Residency Wellness Committee
2005-2006	Internal Medicine Residency Operations Committee
2005-2009	Internal Medicine Residency Program Evaluation Committee

Trinity New England, Saint Francis Hospital & Medical Center, Hartford, CT

2016-2018	Prime Health Care Board of Directors
2016-2018	Road Map to Risk for ACO Operations Committee
2016-2018	Provider Alignment Committee
2016-2018	Care Model Work Group Committee
2007-2009	System Performance Improvement Committee
2007-2009	Patient Safety and Quality Committee

Hartford Hospital, Hartford, CT

2003-2006	Co-Chair, Ambulatory Quality and Research Committee
2003-2006	Co-Chair, Ambulatory Practice Sub-Committee
2003-2006	Board of Director Domestic Violence Prevention Program

2003-2006 Member- Ambulatory Leadership Committee

- **AWARDS AND SPECIAL RECOGNITIONS**

2025 MODEL (Mentorship, Opportunity, Development, Empathy & Leadership)

Recruited for 2025-2026 cohort of MODEL program in Stanford University

2021, 2022, 2023, 2024 CT Magazine TOP doctor, Internal Medicine

Nominated as best physician in their medical specialty by fellow physicians for four consecutive years.

2024 Excellence in Community Service

Awarded by Connecticut Association of Physicians of Indian Origin (CAPI) for the ongoing community outreach programs in United States and India

2022 Founding Member, Health Systems Council, ACLM

Inducted to be one of the founding members of Health Systems Council of the American College of Lifestyle Medicine.

2021 Fellow of the Obesity Medicine Association

Awarded by the Obesity Medicine Association as one of the highest honors for the member who demonstrates dedication and commitment to the clinical treatment of obesity and obesity-related diseases.

2021 LMRC Scholarship

Awarded by American College of Lifestyle Medicine to implement Lifestyle Medicine Residency Curriculum at University of Connecticut School of Medicine.

2021 200-Hour Multi-style Yoga Teacher Training

Awarded by World Peace Yoga School, Rishikesh, India, for meeting all standards set by Yoga Alliance, USA.

2020 Ahara Vihara Ayurveda Course Completion

Ahara Vihara- 16 weeks course on principles of Ayurveda to prevent lifestyle diseases, by SDJ Ayurvedalaya, Coimbatore, India

2019 Dr. Annemarie Sommer Scholarship

Awarded by ‘Walk with the Doc’ to establish ‘Walk with A Future Doc’ CT chapter to bring lifestyle medicine education in University of Connecticut School of Medicine.

2019 Excellence in Community Service

Awarded by Connecticut Association of Physicians of Indian Origin (CAPI) for the ongoing community outreach programs in United States and India.

2016 Saint Francis Faculty Fellow

Awarded by Saint Francis Care administrative and educational council in recognition of outstanding contributions to medical education.

2008 AIAMC Innovation Award

In recognition of innovative approaches to medical education which result in better patient outcomes.

2007 Fellow, American College of Physicians

Awarded by American College of Physicians for the clinical accomplishments, scholarly and teaching activities.

2007 Physician Champion

Nominated by Saint Francis Hospital & Medical Center for creating a national initiative to improve patient outcomes through improving graduate medical education.

2005 Stewart Hamilton Fellowship

Awarded by Capitol Area Health Consortium in to pursue healthcare management courses.

2005 People’s Choice Award

Best Poster on vaccination guidelines for Quality and Patient Safety Day, Hartford Hospital.

2002 Best Resident Poster

Best Poster for ‘A tale of two tumors’- Clinical vignette, Awarded by Society of General Internal Medicine Regional Meeting, Boston, MA.

- **GRANTS**

2025 Evaluating the Impact of Integrating Optimal Reflexive MASH Care Pathways Within the Electronic Health Record

Grant awarded to Dr. Paul Kwo, Principal Investigator, Division of Hepatology, Dr. Varalakshmi Niranjani, Co-Investigator, Dr. Kim H. Sun Division of Endocrinology, by The Kinetix Group, LLC.

2022 Food as Medicine Essentials Grant

Awarded to implement lifestyle Medicine and ‘Food as Medicine’ Essentials course to 1500 licenses including medical and ancillary staff at the University of Connecticut School of Medicine.

2022 Kaiser Grant

Awarded by Kaiser Award Committee to implement lifestyle medicine residency curriculum in Internal Medicine, Family Medicine, and Primary Care residency programs at the University of Connecticut School of Medicine.

- **TEACHING ACTIVITIES**

Graduate Education – Residency and Fellowship at Stanford University

2026- Present	Preceptor, Elective rotation Weight Management, Family Medicine Residency, Stanford University
2026 -Present-	Preceptor- SIMS- Stanford Immersion Medicine Series Stanford University
2025-Present	Preceptor, Continuity clinic, Internal Medicine Residency, Stanford University
2025- Present	Mentor – COMET fellow program, Stanford University

Graduate Education – Residency and Fellowship at University of Connecticut School of Medicine

2021-2024	Lifestyle Medicine Residency Curriculum –Director and Core Clinical Faculty for Internal Medicine, Primary Care & Family Medicine residency programs
2018-2024	Preceptor Internal Medicine Residency-Ambulatory Block and Office Based Medicine
2018-2024	Preceptor Internal Medicine Residency- Obesity Clinic
2018-2024	Preceptor Endocrine Fellows- Obesity Clinic
2022-2023	Preceptor, Internal Medicine Residency- Resident Continuity Clinic
2019- 2023	Professional and Personal Development Session for Internal Medicine Residency- workshop on healthy eating & meal preparation.
2006-2007	Preceptor Internal Medicine Residency- Hospitalist rotation
2003-2005	Site Director and Preceptor Ambulatory Block, Hartford Hospital, Internal Medicine Residency

2003-2005 Course Director, Curriculum on Women's Health, Internal Medicine Residency

2003-2005 Course Director, Coding & Billing, Internal Medicine Residency

Medical School Education at University of Connecticut School of Medicine

2018- 2024 Site Director, Preceptor- Ambulatory Medicine Clerkship

2018-2024 Course Director -Independent Learning Activity - Weight Management

2009-2024 Preceptor -Student Continuity Practice (SCP/CLIC)

2023-2024 Faculty Advisor- Lifestyle Medicine Interest Group

2019-2023 Content Expert- Obesity Medicine, CORe -1

2019-2022 Primary Facilitator- VITAL 1.2 Social Determinants of Health

2019-2023 Faculty Advisor- Walk with the Future Doc, CT chapter

2020 Kick Off Rotation-Pre-Clerkship, Nutrition and Wellness Lecture

Medical School Education at Quinnipiac University

2016-2018 Preceptor- Continuity Clinic, Quinnipiac University

Undergraduate Education at University of Connecticut, Storrs

2023-2024 Mentor, Faculty Advisor- Lifestyle Medicine Interest Group

2018-2024 Faculty Mentor- Undergraduate students of Pre-Med track

2005-2006 Preceptor and Mentor for Summer Student Fellowship Program, Trinity College

• RESEARCH PROJECTS

2025- Present Evaluating the Impact of Integrating Optimal Reflexive MASH Care Pathways Within the Electronic Health Record
Co-Investigator
IRB- 81535 Approval Period: 08/12/2025 - 07/31/2026

2025- Present Validation of NOURISH Project's Culturally Tailored Meals on Postprandial Glycemic Response Using Continuous Glucose Monitoring: A Quantitative and Qualitative Study - Co-Investigator
IRB-78525

- **CONTINUOUS QUALITY IMPROVEMENT PROJECTS**

Stanford University

2025-2026	FY26 Key Initiatives Design and implement a cardiometabolic program leveraging coordinated approach with clinicians, dieticians, certified health coaches/educators and clinical pharmacists
2025-2026.	FY26 ICDP (Improvement Capability Development Program) Launching a multidisciplinary team-based Obesity and Cardiometabolic Program in Primary Care and complete 100 new patients visit from entire PCPH division in the program
PC- PEP- FY26 Fall	Spreading SMILES- Expanding Access to Weight Management
2025-2028	Wait time for Weight appointments- SMILES Quality initiative
2025	Weight Management in Primary Care- Providers attitudes and knowledge base assessment- Survey

University of Connecticut School of Medicine

2020-2022	Pre-visit planning to close the care gaps in primary care practice.
2019-2022	Effect of 5% weight loss in obesity clinic in obesity associated medical conditions.
2016-2018	Evaluation of counselling session on effective weight loss in the obesity clinic.

- **CAPSTONE PROJECTS - University of Connecticut School of Medicine**

2022-2023	Faculty Advisor and PI- A pilot study of the effect of patient-physician language discordance on weight loss-related outcomes in adult patients with obesity and overweight in physician supervised weight management clinics in Connecticut. Student- Marina Spinelli MS3
2019-2022	Faculty advisor and PI -Development of a newly developed educational tool to aid Pediatric providers with infant nutritional counseling and its assessment in terms of parent nutrition knowledge and dietary behavior changes, Student-Keanna Chang MS3

• BIBLIOGRAPHY

PEER REVIEWED JOURNAL ARTICLES

1. Sannidhi D, Abeles R, Andrew W, Bonnet JP, Vitale K, **Niranjan V**, Gulati M, Pauly K, Moran R, Alexander L, et al. Lifestyle Medicine for Obesity in the Era of Highly Effective Anti-Obesity Treatment. *Nutrients*. 2025; 17(14):2382. <https://doi.org/10.3390/nu17142382>
2. **Niranjan Varalakshmi**, Wu H, Niranjan A, 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 (AJLM)* Volume 19 issue 1 suppl March 2025.
3. Ramesh P.R, Krishnan P, Prabhu S, Srinivasan V, **Niranjan Varalakshmi**, Diagnosis and Management of Metabolic Dysfunction- Associated Steatotic Liver Disease in South Asians- A Clinical Review, *Obesity Pillars*, Oct 2024, doi.org/10.1016/j.obpill.2024.100142
4. **Niranjan Varalakshmi**, Ozimek Jennifer Case Report of a Female Western India Vegetarian with Obesity, *Obesity Pillars*, Oct 2024, doi.org/10.1016/j.obpill.2024.100137
5. **Niranjan Varalakshmi** Why I love being a PCP- Poem published in Society of General Internal Medicine Forum February 2023 ([SGIM Forum - SGIM Forum Newsletter](#))
6. Bays Harold Edward, Shrestha Amardeep, **Niranjan Varalakshmi**, Khanna Monu, Kambhamettu Lalitha, *Obesity Pillars* roundtable: Obesity and South Asians, *Obesity Pillars*, Vol 1, 2022, <https://doi.org/10.1016/j.obpill.2021.100006>
7. Zeng F, Shames B, Appel E, **Niranjan Varalakshmi**, Mortensen E, Maheshwari. N, Bilateral sciatic hernias in an elderly woman successfully managed with robotic surgery: A case report and literature review, *International Journal of Surgery Case Reports*, Volume 86, 2021, <https://doi.org/10.1016/j.ijscr.2021.106333>
8. **Niranjan Varalakshmi**, Sliwinska A, Chen F, Ramanan S, Maheshwari N, Wu H. Lessons learnt from a single physician-led weight loss program in primary care setting. *Int J Clin Pract*, 16 Sept 2021 75: e14535. <https://doi.org/10.1111/ijcp.14535>
9. **Niranjan Varalakshmi** -Innovative way to create physician supervised weight loss program in primary care office setting –Abstracts from the 2019 Annual Meeting of the Society of General Internal Medicine -*Journal General Internal Medicine* 34, 99–867 2019. <https://doi.org/10.1007/s11606-019-05007-5>
10. **Venkatachalam, Varalakshmi**, D'Attilio, Karen, Lewis, Ann, Acevedo, Myrtha. Anticoagulation in Ambulatory Care: An Evidence-Based Review of the Literature. *Prof Case Manag*.12(2):106-111, 2007. [doi:10.1097/01.PCAMA.0000265345.47268.bd](https://doi.org/10.1097/01.PCAMA.0000265345.47268.bd)
11. **Venkatachalam Varalakshmi**, Web Based Interactive Dermatological and Fundoscopic curriculum for Internal Medicine Residents. *Scientific Abstracts J Gen Intern Med* 21,188-189,2006 <https://doi.org/10.1111/j.1525-1497.2006.00469.x>

12. **Venkatachalam, Varalakshmi.** 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* volume 19, 147 2004
https://doi.org/10.1111/j.1525-1497.2004.S1006_1.x
13. **Venkatachalam, Varalakshmi** A tale of Two Tumors - *J Gen Intern Med.*17 Suppl 1:27-76 2002. doi:10.1046/j.1525-1497.17.s1.9.x (Page 76)
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1495151/pdf/jgi_abs.pdf
14. **Venkatachalam, Varalakshmi.** Destiny More than Geography- Connecticut Medicine. Oct; 68(9): 588. 2004 PMID: 15532440
15. **Venkatachalam Varalakshmi,** Idowu A, Jeevan S. Spinal tumor: a diagnostic lesson. *J Accident Emergency Medicine.* May15 (3):199. 1998 doi: 10.1136/emj.15.3.199. PMID: 9639190

- **BOOKS**

1. **Niranjan Varalakshmi** - Soup a day keeps the Doctor Away - Vegetarian soups for weight loss- e-cookbook with nutritional information
https://www.amazon.com/SOUP-DAY-Keeps-Doctor-Away-ebook/dp/B079NPQPRH/ref=sr_1_1?dchild=1&keywords=varalakshmi+niranjan&qid=1611586393&sr=8-1
2. Fernandez G, **Niranjan Varalakshmi,** Mag S, Yamartino K- e-book-Guide to management of Obesity- A stepwise approach for primary care physicians.
3. **Niranjan Varalakshmi** -Nalam Vazha - A book on health education in Tamil, Indian language.
4. **Niranjan Varalakshmi** Vaazhakai Oru Payanam- Life is a journey- A book of poems about the emotions and experiences of life in Tamil.
5. **Niranjan Varalakshmi-** Atmanandalahari- A book of poems based on the philosophy of Oneness with a focus on finding the basis of life, combining medicine and spirituality.
6. **Niranjan Varalakshmi-** Chinmaya Chintamani- A book of poems based on the ultimate reality of human existence.
7. **Niranjan Varalakshmi-** Raft of Values – Pearls of Wisdom from Bhagavad Gita- A book of poems based the twenty essential values described in chapter 13 of Bhagavad Gita.
8. **Niranjan Varalakshmi-** Navaratri Navaratnah – Nine Jewels of Inner strength- A book of poems on the important inner values for Self-inquiry

- **PERSONAL AND PROFESSIONAL WEBSITE AND BLOGS**

Personal website for all my literary work including translation of ancient Sanskrit literature

1. <https://atmanandalahari.com/>

Blogs for weight loss and wellness

1. <http://jeevanweightloss.blogspot.com/?view=classic>

Blogs for Personal growth and wellness

1. <http://mana-vasanai.blogspot.com/2009/02/mana-vasanai-fragrance-of-mind.html>
2. <http://aanmegappasi.blogspot.com/?view=flipcard>
3. <https://atmanandalahari.com/blog-on-advaita-english>

Blog posts for National Organizations

1. <https://obesitymedicine.org/how-to-workout-at-home/>
2. <https://dpmfoundation.org/category/dpm-travel-blog/>

Podcast for spiritual wellness

1. <https://atmanandalahari.podbean.com/>

• ONLINE EDUCATIONAL MODULES

1. Khan N, **Niranjan V**, Patel M, Kiazand M, Sheer Joy A, Obesity Management in the Primary care setting GIMLearn- Society of General Internal Medicine online learning platform for practicing primary care physicians. Jan 2025 (www.sгим.org/course/obesity-management-in-the-primary-care-setting)
2. Cunegundo Vergara, **Varalakshmi Venkatachalam**, Niranjan Sankaranarayanan, Fei Wang, Valori Banfi, Perioperative Management of Chronic Kidney Disease, PIER(Physician Information and Education Resource) ACP Online Module, 2/28/2006.
3. **Niranjan Varalakshmi** Medical columnist for a community magazine Thendral (in Tamil), published from California and distributed throughout North America- 2003-2017. <http://www.tamilonline.com/thendral/authorindex.aspx?ai=6&page=1>

• ORAL PRESENTATIONS

International

1. **Niranjan V**, Evolving landscape of obesity and metabolic health, Future of Medicine 2.0 - Excel and Educate 2025, International Medical Conference, Dr.M.G.R. Medical University, Chennai, Tamil Nadu, India, Oct 2025
2. **Niranjan V**, Niranjan S, A Thali of troubles- Cardio Kidney Metabolic Health Workshop, Risk to Remedy – A clinical feast on CKM through Lifestyle Medicine, Future of Medicine 2.0 - Excel and Educate 2025, International Medical Conference, Dr.M.G.R. Medical University, Chennai, Tamil Nadu, India, Oct 2025
3. **Niranjan V**, Lifestyle Medicine in the era of GLP-1- The changing landscape of obesity and metabolic health, Obesity Conference, Narayana Health, Bengaluru, India, Aug 2025 (Webinar)

4. **Niranjan V**, The changing landscape of obesity management in the global perspective, Professor R. Subramaniam Endowment lecture, Madurai Medical College, India, Feb 2024
5. **Niranjan V**. Obesity- Pathophysiology & Management, Kilpauk Medical College Alumni Association - Share & Learn educational program, Virtual, Kilpauk Medical school, India, July 2020
6. **Niranjan V**. Running an obesity clinic as an internist, Obesity Conference, Narayana Health, Bengaluru, India, Feb 2020

National

7. Patel M, Khan N, **Niranjan V**, Kiazand M, Sheer Joy A. Demystifying Obesity Medicine for primary care physicians, Clinical workshop- Invited by American College of Physicians (ACP) Internal Medicine Meeting 2026, April 16, 2026, San Francisco, CA
8. **Niranjan V**, Her Health Matters- From Menarche to Menopause- Invited speaker for Neythri Global Community of South Asian Professional Women, Webinar, Jan 22, 2026.
9. Patel, M, Khan N, **Niranjan V**, Kiazand M, Sheer Joy. A, Treating Obesity First: Teaching a different model of chronic disease management in continuity clinic, SGIM National Meeting, May 15, 2025, Florida.
10. Niranjan V, Remya Meethal Veetil, Barriers to obesity management in primary care and opportunities for improvement, findings from Stanford IM clinical survey, First Annual National, undergraduate Research conference, Brown University, April 12, 2025, Rhode Island.
11. Patel M, Khan N, **Niranjan V**, Kiazand M, Sheer Joy A. Demystifying Obesity Medicine for primary care physicians, Clinical workshop- American College of Physicians (ACP) Internal Medicine Meeting 2025, April 5, 2025, New Orleans, LA.
12. Khan N, **Niranjan V**, Patel M, Kiazand M, Sheer Joy A. Demystifying Weight Management for primary care physicians, Oral workshop- Society of General Internal Medicine Annual Meeting Colorado, May 2023
13. Khan N, **Niranjan V**, Patel M, Kiazand M, Sheer Joy A. Demystifying obesity medicine for primary care physicians, Oral workshop- Society of General Internal Medicine Annual Meeting Orlando, April 2022
14. **Niranjan V**, Food is Medicine- Benefits of Plant based Nutrition and basics of Ayurvedic Principles- Arsha Vidya Gurukulam, Pennsylvania, Dec 2021
15. **Niranjan V**, Fufei C, Maheshwari N, Wu H. Lifestyle interventions for effective weight loss in Primary Care, American College of Lifestyle Medicine National Meeting, Virtual, Oct 2020.
16. **Niranjan V**. Food is Medicine, JKYog Health education Webinar, Virtual, JK Yog, Virginia, April 2020

Regional

17. Chiang F.K, Brown, A, Quach L, Phadke. A, Chiang K. K, **Niranjan V**, Effective Communication in the age of digital health information overload, Clinical workshop, SGIM Southwest Regional Meeting, New Mexico, January 24, 2026.
18. **Niranjan V**, Klimovich J, The changing landscape of obesity management, American College of Physicians CT chapter scientific meeting, Aqua Turf Club, Plantsville, Connecticut Oct 2023.
19. Alkhairw H, **Niranjan V**. Khan N, Mroz, M -The Preceptor's Guide to treating obesity in the Clinic, Oral workshop, Society of General Internal Medicine Mid Atlantic Regional Meeting, Virtual, Oct 2022
20. **Niranjan V**, Khan N, Alkhairw H. Debunking the misconceptions of obesity in primary care-strategies to overcome obesity bias and advocate for obesity in the community, Oral workshop, Society of General Internal Medicine Mid Atlantic Regional Meeting, Virtual, Oct 2021
21. **Niranjan V**. Juan Salazar, Raina Sinha, Shailendra, Upadhyay -Panel Discussion Lessons from the Global South – Decolonizing Global Health – Virtual Symposium, Connecticut Children Medical Center, CT, May 2021
22. **Niranjan V**, Lifestyle Medicine- Lessons learnt from ancient times to adopt in the modern era- Connecticut Tamil Sangam Webinar, CT, March 2021
23. **Niranjan V**. When a pandemic and an epidemic collide, Obesity & Covid-19 Grand Rounds, Middlesex Hospital, Middletown, CT, Jan 2021
24. **Niranjan V**. Krishnaswamy P, Lakshminarayanan S, Covid-19 Health Education Webinar, Connecticut Tamil Sangam, Virtual, CT, April 2020
25. **Niranjan V**. Management of Obesity in clinical practice, Grand Rounds, Backus Hospital, Norwich, CT, Dec 2020
26. **Niranjan V**. Dual degrees in Medicine, Student National Medical Association, Region VII Medical Education Conference, Farmington, CT, Nov 2019
27. **Niranjan V**, Gorusu M, Niranjan S, Aithal K. Stay Strong and Live Long, Panel Discussion, Sangam Connecticut, New London, CT, May 2019
28. **Niranjan V**. Adiposity based chronic disease & its ramifications, Connecticut Association of Physicians of Indian Origin, Meriden, CT, June 2017
29. **Niranjan V**. Web based curriculum on Women's Health for Internal Medicine Residents, Society of General Internal Medicine Regional Meeting, Boston, MA, Nov 2005
30. **Niranjan V**. A Tense Skin Bubble- Clinical Vignette, Society of General Internal Medicine Regional Meeting, Boston, MA, Nov 2005
31. **Niranjan V**. Too much protein & too little urine- clinical vignette, Society of General Internal Medicine Regional Meeting, Farmington, CT, Nov 2003

Local

32. **Niranjan V**, Brown. A, SMILES through the Lion's Gaze- Looking back to lead forward, Presentation at the Division Meeting, Primary Care and Population health, Department of Medicine, Stanford, University, Jan 9, 2026
33. **Niranjan V**, Tis the Season for Precision Obesity- Phenotype Driven Interventions for Obesity - A Roadmap for Primary care Providers, CME, Division of Primary Care and Population Health, Stanford University, CA, Dec 11, 2025.
34. **Niranjan V**, Dronamraju, D- All things Liver, Management of GI disorders in Primary care setting: GI-PCP conference, Stanford University, CA, Oct 4, 2025.
35. **Niranjan V**, Pillars of Weight Management for MASLD, LEAP- Liver Education and Awareness Program, Stanford University, Aug 1, 2025.
36. **Niranjan V**, Weight loss- All you need to know- Spring into wellness series- Urban League of Greater Hartford, Aeroponic Tower Garden, UConn Just us Moving Program, Hartford, CT, May 30, 2024
37. **Niranjan V**, ABCD of Obesity - Health education for community – UConn Health JUMP/Health Café- UConn Health Connecticut Convergence Institute, Hartford, CT, Oct 20, 2022.
38. Patel M, **Niranjan V**, Khan Noor, Kiazand M, Sheer Joy A, Demystifying pharmacotherapy of obesity for primary care physicians' oral workshop- Project ECHO Obesity in Primary Care – UConn Health Virtual, CT, Aug 2022
39. **Niranjan V**, Practical considerations of prescription of anti-obesity medications - Division Meeting, Division of General Internal Medicine, UConn Health, Farmington, CT, Aug 2022
40. **Niranjan V**, Management of obesity beyond the differences in ethnicity – Endocrinology Intercity Grand Rounds, University of Connecticut, Virtual, CT, Feb 2022
41. **Niranjan V**, Obesity in Primary care- educational session for Office Based Medicine track, Internal Medicine Residency program, University of Connecticut, Virtual, CT, Jan 2022
42. **Niranjan V**, Obesity and Reproductive Health – Education session to manage obesity among women for reproductive endocrinology fellows and faculty, University of Connecticut, Virtual CT, Dec 2021
43. **Niranjan V**, Food is Medicine –Healthy Eating and Nutrition for Teens and Adults – Health Career Opportunity program parental seminar, University of Connecticut, Virtual, CT Dec 2021
44. **Niranjan V**, Overview of Obesity Management for Urban Service track – Conference with Urban Service track medical students – University of Connecticut, Virtual, CT, June 2021
45. **Niranjan V**. How to use food as medicine, Urban League of Greater Hartford, Virtual, CT September 2020

46. **Niranjan V**, Evans M. Motivational Interviewing in Obesity-Professional and Personal Development session, Internal Medicine Residency, University of Connecticut, Virtual, CT, July 2020
47. **Niranjan V**, Hughes C, Lakshminarayanan S, Silverman A. Medical Care in low resource area- Panel Discussion, Global Health Symposium, University of Connecticut, Storrs, CT, Mar 2020
48. Niranjan S, **Niranjan V**. Experience of kidney disease screening camps in India, Global Health Careers Night- UConn Health, Farmington, CT, Nov 2019
49. **Niranjan V**. Obesity – One size doesn't fit all, Division Meeting, Division of General Internal Medicine, UConn Health, Farmington, CT, Aug 2019
50. **Niranjan V**. Obesity- Physician supervised weight loss program initiative, Division Chief's Meeting, St. Francis Hospital & Medical Center, Hartford, CT, Nov 2017
51. **Niranjan V**. Cultural, religious, personal beliefs & traditions surrounding birth, Symposium, Saint Francis Hospital and Medical Center, CT, 2008
52. **Niranjan V**. How to make posters and oral presentations? Workshop, University of Connecticut, Internal Medicine Residency Program, Farmington, CT, Sep 2006.
53. **Niranjan V**. Guidelines for vaccinations in adult ambulatory practice, Quality Council Meeting, Hartford Hospital, CT, Aug 2005
54. **Niranjan V** The cross-cultural perspective in domestic violence screening, Hartford, Hospital, Hartford, CT, June 2002
55. **Niranjan V** From Guliston lecture to Grand Rounds, CPC Grand Rounds, Hartford, Hospital, Hartford, CT, Oct 2001.

- **POSTER PRESENTATIONS- PEER REVIEWED**

- **International**

1. Niranjan S, **Niranjan V**, Gopinath D Assessing Kidney Disease Burden in Rural India with screening camps. ISN World Congress Nephrology, Feb 2025, New Delhi, India

- **National**

2. **Niranjan V**, Remya Meethal Veetil, Barriers to obesity management in primary care and opportunities for improvement, First Annual National, undergraduate Research conference, Brown University, April 12, 2025, Rhode Island
3. **Niranjan V**, Wu H, Niranjan A, -Using artificial intelligence model to predict the attendance of patients for follow up in lifestyle medicine-based obesity clinic, Annual Lifestyle Medicine conference, Orlando, Florida, Oct 2024
4. Wu H, **Niranjan V**, Duenas- Bianchi L -Role of Lifestyle Medicine Interest group (LMIG) Community Based Wellness Events in Understanding Community Preferences of Lifestyle Change Intentions, Annual Lifestyle Medicine conference, Orlando, Florida, Oct 2024

5. Natchiappan N MS3, **Niranjan V**, Niranjan S - Reproducibility and Effectiveness of KEEP modeled screening for CKD in low-income countries, National Kidney Foundation Spring Clinical Meeting, Long Beach, California, May 2024
6. Peters J, Duenas- Bianchi L, Wu Helen, **Niranjan V**. How Food Insecurity May Impact Attitudes on Dietary Change in a High-risk Community. American College of Lifestyle Medicine Annual meeting, Colorado, October 2023
7. Hundal J, Wu Helen, **Niranjan V**. Participant Expectations and Lifestyle Change Intentions: Evaluating Wellness Events - American College of Lifestyle Medicine Annual meeting, Colorado, October 2023
8. Hundal J, Becker. E, Possick Z, Maheshwari N, **Niranjan V**. A powerful tool for closing the knowledge gap and improving patient care by lifestyle medicine curriculum, Society of General Internal Medicine Annual Meeting Colorado, April 2023
9. Spinelli. M, **Niranjan V**. A pilot study of the effect of patient-physician language discordance on weight loss related outcomes in adult patients with obesity and overweight attending physician-supervised weight management clinic in New England. Society of General Internal Medicine Annual Meeting Colorado, April 2023
10. Sliwinska A, Ramanan S, **Niranjan V**, Wu H, Fufei C, Maheshwari N. The weight of Time:- Achievements and challenges of a Physician-led program in a primary care setting, American College of Clinical Endocrinologists, National Meeting, Virtual, May 2021
11. **Niranjan V**, Fufei C, Maheshwari N, Wu H. Lifestyle interventions for effective weight loss in primary care, American College of Lifestyle Medicine, National Meeting, Virtual, Oct 2020
12. Nallu R, **Niranjan V**, Wu, H, Fufei C, Maheshwari. Obesity and weight loss in a clinical population in a primary care setting Success & Lessons, American College of Clinical Endocrinologists, National Meeting, Virtual, Oct 2020
13. **Niranjan V** Innovative way to create physician supervised weight loss program in primary care office setting Society of General Internal Medicine, National Meeting Washington DC, May 2019
14. **Niranjan V** Joint Efforts Encompassing Variety of strategies in Adiposity and Nutrition (JEEVAN) Obesity management in private practice, Obesity Medicine Association National Meeting, San Antonio, Texas, May 2017
15. **Niranjan V** Breaking down the barriers: Medical resident comfort level with central venous catheter site selection - Alliance of Independent Academic Medical Centers, National Meeting, Florida, March 2008
16. **Niranjan V** Web based interactive dermatological and fundoscopic curriculum for Internal Medicine residents, Accreditation Council for Graduate Medical Education, National Meeting, Texas Feb 2008
17. **Niranjan V** Factors associated with decreased osteoporosis screening in renal transplant recipients, National Kidney Foundation Annual National meeting, Washington DC, May 2005

18. **Niranjan V** The quality of health care delivery of diabetes mellitus in an indigent and predominantly Hispanic population, Society of General Internal Medicine National Meeting, Chicago, IL May 2004

Regional

19. Su Z, Senthil.S, Chiang K Sheih T, **Niranjan. V**, Unlocking MASLD A Triple Key Approach with FIB 4, Fibrous scan and EHR clinical Pathways in Primary Care, Poster presentation, SGIM Southwest Regional Meeting, New Mexico, January 24, 2026.
20. **Niranjan V** Prevention is better than cure- A report on coronary care admissions in academic teaching institution, Society of General Internal Medicine Regional Meeting, Boston, MA Nov 2007
21. **Niranjan V** Educating the next generation on Diabetes Care-How are we doing? Society of General Internal Medicine Regional Meeting, Boston, MA Nov 2004
22. **Niranjan V** A Terrible Tan”- Clinical vignette, Society of General Internal Medicine Regional Meeting, Farmington CT Nov 2003.
23. **Niranjan V** A tale of two tumors”- Clinical Vignette, Society of General Internal Medicine Regional Meeting, Boston, MA, Nov 2002

Local

24. Remya Meethal Veetil, Kate Tanawattanacharoen, **Niranjan V**, SMILES at SIM - A Quality Improvement Initiative to Bridge the Gap in Weight Management within Primary Care, SMCI Quality Improvement Symposium, Stanford University, May 15, 2025
25. Peters J, Duenas- Bianchi L, Wu Helen, **Niranjan V**. How Food Insecurity May Impact Attitudes on Dietary Change in a High-Risk Community -Annual Symposium & Poster Session of Truth, Racial Healing & Transformation (TRHT) UConn Health, Farmington, April 2024.
26. Hundal J, Wu Helen, **Niranjan V**. Participant Expectations and Lifestyle Change Intentions: Evaluating Wellness Events- Annual Symposium & Poster Session of Truth, Racial Healing & Transformation (TRHT) UConn Health, Farmington, April 2024.

- **COLUMNIST – THENDRAL MAGAZINE**
Health Education Articles

Thendral is a magazine in Tamil, Indian language published from California, Bay Area circulated all over the country. Health education articles published from 2004-2017 in this magazine. Translation of titles of those articles listed below.

1. Stop the Heart Attack! - April 2004
2. Syndrome X- May 2004
3. It is not a big hell, only a kidney! -June 2004
4. The sweetless sugar-July 2004
5. Prevention is better than cure -Aug 2004

6. Thyroid Disorders - Sep 2004
7. FAD diets - Analysis - Oct 2004
8. Current news in the medical world- Nov 2004
9. A walk through in Primary care clinic- Dec 2004
10. Definite to happen; but difficult to go through- Menopause- Jan 2005
11. Common diseases of the winter- Feb 2005
12. Exercise- not a foe, but friend- March 2005
13. Depression – A dreadful disease- April 2005
14. Facts about Breast Cancer- May 2005
15. Food Pyramid- June 2005
16. A broken dream- Miscarriage -July 2005
17. Travel Medicine- Aug 2005
18. Precautions for a long flight- Sep 2005
19. The dance of the stomach acid - Oct-2005
20. Avian flu -Nov 2005
21. A Physician – Scientist or a businessman? - Dec 2005
22. Plan in advance -Advanced Directives – Jan 2006
23. Domestic Violence -Feb 2006
24. Heart Disease in Women- March 2006
25. Advances in cardiovascular Diseases- April 2006
26. Spring Allergies - May 2006
27. Unwanted guest- Food Poisoning-June 2006
28. Intolerable incontinence- July 2006
29. Poison Ivy- Aug 2006
30. The microbe that can kill- E. Coli -Oct 2006
31. Myths and facts about Diabetes Mellitus – Nov 2006
32. Disorders of the Intestine-Dec 2006
33. Stop Smoking! - Jan 2007
34. Childhood Obesity- Feb 2007
35. Let us prevent paralysis- March 2007
36. Fit and straight spine and painless joints- Apr 2007
37. Latest updates in Medicine- May 2007
38. Different types of Arthritis- June 2007
39. Sleepless eyes- Insomnia- July 2007
40. Heat exhaustion and Heat Stroke- Aug 2007
41. Kidney Stones- Sep 2007
42. Hypoglycemia- Oct 2007
43. Community Acquired Pneumonia- Nov 2007
44. Anger Management- Dec 2007
45. Diseases of the old age- Feb 2008
46. Swallowing difficulties - April 2008
47. American Healthcare system- Challenges and changes- May 2008
48. Hyperparathyroidism- June 2008
49. Diseases of the bone- July 2008
50. Tips to live up to 100 years- Aug 2008
51. Different causes of Neuropathy- Sep 2008
52. What to eat and how much to eat? – Oct 2008
53. A Silent Killer- Hypertension- Nov 2008
54. Common healthcare barriers for immigrants- Dec 2008
55. New Year resolutions for healthy living- Jan 2009
56. “I am allergic to this food’- Feb 2009

57. Knee pain- March 2009
58. Seasonal allergies- April 2009
59. Height loss caused by Osteoporosis-May 2009
60. Common Skin diseases- June 2009
61. Let us have some sunshine- July 2009
62. Pacemaker that paces your rhythm- Aug 2009
63. The flu that makes the world shiver- H1N1- Sep 2009
64. Health Insurance Reform in America- A perspective- Oct 2009
65. The right way to decrease portion size- Nov 2009
66. The overactive bladder - Jan 2010
67. Preventive care with vaccination for adults Feb 2010
68. Jet lag related health issues- March 2010
69. The joint that hurts- April 2010
70. Painless Bleeding- May 2010
71. Kidneys are small, but troubles are large- July 2010
72. Hypothyroidism- Sep 2010
73. Irritable bowel Syndrome- Oct 2020
74. Urinary Tract Infections- Nov 2010
75. A Day in the Doctor's office- Dec 2010
76. Winter annoyances- Jan 2011
77. Ten Healthy Commandments for the New Year- Feb 2011
78. Bone Marrow Transplantation – March 2011
79. Shingles- April 2011
80. Oral Contraceptives- May 2011
81. Endometriosis- June 2011
82. Let us prevent cancer- July 2011
83. Tick Borne Disease- Aug 2011
84. Different types of Cough-Sep 2011
85. Heart disease among South Asians- Oct 2011
86. Cognitive Decline of the aging- Nov 2011
87. Anorexia Nervosa and Bulimia Nervosa- Dec 2011
88. How to stop smoking? -Jan 2012
89. Salt and water balance- March 2012
90. Sleep Apnea- April 2012
91. Food Plate and Food Pyramid- May 2012
92. Bariatric Surgery- June 2012
93. Migraine Headaches- July 2012
94. Attention Deficit and Hyperactive Disorder (ADHD)- Aug 2012
95. Hepatitis C- Sep 2012
96. Influenza Flu – Oct 2012
97. Tachycardia- Nov 2012
98. Gallstones- Dec 2012
99. Good vision is our mission- Jan 2013
100. Sinusitis -Feb 2013
101. Gout- March 2013
102. Back Pain-April 2013
103. Acne- May 2013
104. Spice for Health- June 2013
105. Depression and Anxiety- July 2013
106. Rice is Nice- Aug 2013
107. Neuropathy- Sep 2013

108. Sleep Disorders- Oct 2013
109. Cataract- Dec 2013
110. Holiday healthy eating -Jan 2014
111. The guest that departs- Menopause- Feb 2014
112. Decrease blood pressure to increase lifespan- March 2014
113. Genetic versus environmental risk factors- April 2014
114. Burns that can cause wounds- May 2014
115. Prostate disorders- June 2014
116. Vegetarian sources for protein -July 2014
117. Food sources for Vitamins- Oct 2014
118. Ebola Virus outbreak- Nov 2014
119. Spinal stenosis – Dec 2014
120. Bronchitis and Pneumonia – Jan 2015
121. Anemia – Feb 2015
122. Hard Facts to believe- March 2015
123. Organ transplantation- April 2015
124. Pregnancy related medical issues- May 2015
125. Constipation -June 2015
126. Nose bleeds- July 2015
127. Travel Precautions – Aug 2015
128. Stroke- Sep 2015
129. Vitamin D Deficiency – Oct 2015
130. Common Vaccination for adults- Dec 2015
131. Flood Borne Diseases- Jan 2016
132. Lymphoma- Feb 2016
133. Breast cancer- March 2016
134. Significance of Sleep- April 2016
135. High Altitude Syndrome- May 2016
136. Acid reflux – June 2016
137. Osteoarthritis- July 2016
138. Diabetes Among Asians- Aug 2016
139. Alzheimer’s Disease- Sep 2016
140. Eight Principles of Healthy Eating- Oct 2016
141. Mental Health Disorders among Teenagers- Nov 2016
142. Preventive care for everyone- Dec 2016
143. Irritable Bowel Syndrome - Jan 2017
144. Stop the Diabetes – Feb 2017
145. Mindfulness- Mar 2017
146. How much calcium to consume? – April 2017

● **GLOBAL HEALTH PROJECTS**

1. Global Health Outreach and establishment of satellite center for cancer patients- Cachar Cancer Hospital, Assam, India April 2023
2. Ahara –Global health project for providing nutrition for Cachar Cancer Center Hospital in collaboration with Kilpauk Medical School Alumni
3. Sigaram- kidney disease screening projects, organized and conducted wellness medical camps in multiple villages in rural India- 2017, 2019, 2024.

4. Wellness Medical Camp for Women - Organized and conducted wellness medical camp for rural women in Tamilnadu, Tiruvannamalai, India with a nonprofit organization, July 2017.
5. Disaster Relief Camp- Organized and conducted an emergency flood relief medical camps Chennai Tamilnadu, India, 2015.
6. Annual Medical Camp- Participated and provided health education and medical service to South Asians with no medical insurance in Vallabdhram Temple, Newington, Connecticut, 2010-2012.
7. KEEP- Kidney Early Evaluation Program-Participated in multiple KEEP programs organized by National Kidney Foundation to detect kidney disease early in underserved communities of CT, 2003-2010.

- **PUBLIC SERVICE ACTIVITIES**

1. Health and Wellness Day at Elizabeth Park July 2022 - Participated in the health and wellness day at Elizabeth Park with UConn Internal Medicine and Family Medicine residents to educate and create awareness about cancer screening and heart healthy lifestyle practices.
2. Walk With the A Future Doc –Biweekly walks with doctors, patients, and medical students Faculty advisor for UConn chapter of National movement to engage community in lifestyle changes. <https://walkwithadoc.org/join-a-walk/locations/uconn/>
3. JUMP- Just Us Move Program- Volunteer, Advisor, health education for community with Tower Garden, UConn Health Connecticut Convergence Institute and Aetna
4. Monthly seminars on lifestyle changes- free community lectures in the fitness centers at the Jewish Community Center & Saint Francis Hospital and Medical Center, 2016-2018
5. Volunteer and Core Committee member of Aim For Seva Hartford Chapter - A nonprofit organization which provides education for tribal children in rural India. <https://aimforsevausa.org>
6. Member- Board of Directors –SNEHA- A network for South Asian women to provide support against domestic violence -2016-1019 <https://www.sneha.org/>
7. Member- Board of Directors- Tamilnadu Foundation USA 2016-2019 – a nonprofit organization that helps with rural education and healthcare in Tamilnadu, India. <https://tnfusa.org/>
8. Public Speaker/ Emcee – Multiple cultural and charity events, participated in debates and Television programs

- **MEDIA INTERVIEWS**

1. WNPR CT- Web interview – Access to weight loss injectables remains limited for the most needy in the US, Yale study finds. Nov 1, 2024
<https://www.ctpublic.org/news/2024-11-01/ozempic-wegovy-availability-cost-yale-study>

2. NBC CT April 7, 2021
[Walking Offers Physical, Mental Health Benefits – NBC Connecticut](#)

3. WNPR CT Talk show with Lucy Nalapathanchil April 8, 2021
[Rethinking How We Talk About Obesity | Connecticut Public Radio \(wnpr.org\)](#)

- **LANGUAGES**

Fluent English and Tamil, Moderate- Hindi