

## Curriculum Vitae

**Nidhi Gupta, M.D.**

**OFFICE ADDRESS:** KAP Pediatric Endocrinology  
Phreedom Foundation  
400 Sugartree Ln, Suite 520  
Franklin, TN 37064

**OFFICE PHONE:** 615-857-5110

### **CURRENT POSITION:**

Founder and CEO

- KAP Pediatric Endocrinology: [www.kapendocrine.com](http://www.kapendocrine.com)
- Phreedom Foundation (Ungrip Devices. Grip Life): [www.reconnect.expert](http://www.reconnect.expert)
- INSPINAR (Inspirational Seminar): A biweekly podcast, <https://reconnect.expert/inspinar>

400 Sugartree Ln, Suite 520  
Franklin, TN 37064

### **EDUCATION**

07/2002- 02/2008	MBBS, Bachelor of Medicine and Bachelor of Surgery Maulana Azad Medical College (MAMC), University of Delhi, New Delhi, India
03/2007- 07/2007	Clinical rotations at Brigham & Women's Hospital, Boston, Children's Hospital, Boston, Texas Children's Hospital, Houston and Yale-New Haven Hospital, New Haven (4 weeks each)
03/2008- 03/2009	Research Scholar Diabetes Foundation, New Delhi, India
04/2009- 04/2010	Research Fellowship Division of Endocrinology, Diabetes and Nutrition Mayo Clinic, Rochester, MN
09/2010- 08/2013	Residency in General Pediatrics Children's Hospital of Michigan, Detroit, MI
07/2014- 08/2017	Fellowship in Pediatric Endocrinology Mayo Clinic, Rochester, MN
09/2015- 07/2017	Diploma, Clinical and Translational Science Mayo Clinic, Rochester, MN

### **LICENSURE AND CERTIFICATION**

Educational Commission for Foreign Medical Graduates, certified (2008-present)  
Michigan Medical License (07/01/2010 - 06/30/2014)  
Wisconsin Medical License (07/30/2013 – 10/31/2015)

Minnesota Medical License (01/11/2014 – 10/31/2017)  
Tennessee Medical License (04/11/2018 – Present)  
American Academy of Pediatrics, Board Certified in General Pediatrics (10/2013 – Present)  
American Academy of Pediatrics, Board Certified in Pediatric Endocrinology (11/2017 – Present)

### **ACADEMIC APPOINTMENTS**

09/2013-  
06/2014            Pediatric Hospitalist  
                         Gundersen Health System, La Crosse, WI

03/2015 -  
08/2017            Assistant Professor of Pediatrics  
                         Mayo Clinic College of Medicine, Rochester, MN

8/1/2018 –  
02/25/2022        Assistant Professor of Pediatrics  
                         Department of Pediatrics  
                         Ian M. Burr Division of Pediatric Endocrinology and Diabetes  
                         Monroe Carell Jr. Children’s Hospital at Vanderbilt  
                         Nashville, TN

### **PROFESSIONAL ORGANIZATIONS**

09/2014 –  
Present            Pediatric Endocrinology Society (PES), Member

07/2014 –  
12/2023            Endocrinology Society, Member

05/2016 –  
Present            Maulana Azad Medical College Alumni Association of North America (MAMCOAANA),  
                         Executive Committee, Member

09/2019 –  
Present            American Association of Physicians of Indian Origin (AAPI), Member

01/2022 –  
12/2023            American Association of Clinical Endocrinology, Member

01/2021 -  
Present            Tennessee Women in Medicine (TWM), Member

01/2022 -  
Present            Tennessee Women in Medicine (TWM), Board of Directors

### **PROFESSIONAL ACTIVITIES**

01/2018 –  
Present            PES Website and Social Media Committee, Member  
                         (Involved with revising and updating the PES website, besides other responsibilities)

01/2018 –  
Present            PES Social Media Team, Member  
                         (Responsible for reviving and managing presence of PES on the social media)

- 01/2018 – PES Education Committee, Member  
12/2022 (Responsible for translating patient education materials in Hindi and propagating it via social media and PES website, besides other responsibilities)
- 01/2018 – PES Diabetes Special Interest Group (SIG), Member  
12/2022
- 09/2018 – Director, Cystic Fibrosis Endocrinology and Diabetes Clinic  
02/2022 Department of Pediatrics  
Ian M. Burr Division of Pediatric Endocrinology and Diabetes  
Monroe Carell Jr. Children’s Hospital at Vanderbilt, Nashville, TN
- 07/2019 – Maulana Azad Medical College Alumni Association of North America (MAMCOAANA),  
Present Executive Committee Member
- 09/2020 – Chair, PES Adrenal Special Interest Group (SIG)  
Present
- 10/2020- Successful implementation of Clinic-to-Clinic telemedicine endocrine and diabetes clinic  
02/2022 at Vanderbilt Children’s Hospital, Clarksville, TN location
- 07/2021 – Collaborator, Multidisciplinary Adrenoleukodystrophy Clinic, Monroe Carell Jr. Children’s  
02/2022 Hospital at Vanderbilt, Nashville, TN
- 06/2022 ReCONNECT Atlanta (3 Hour Workshop): Created and led the workshop to raise awareness about Life Technology Balance, Atlanta, GA
- 09/2022 ReCONNECT Nashville (3 Hour Workshop): Created and led the workshop to raise awareness about Life Technology Balance, Nashville, TN
- 10/2022 - Digital Wellness Coach, Franklin, TN  
Present <https://www.coachdrgupta.com>
- 09/2023 Unplug to ReConnect – Digital Reset Retreat for families. Natchez Trace State Park, TN:  
Creation, leading and execution
- 07/2024 Movie Screening and Expert Q&A: Childhood 2.0  
Green Hills YMCA, Nashville, TN

## HONORS AND AWARDS

- 2000 National Talent Search Examination (NTSE) scholarship by the National Council for Educational Research and Training (NCERT), India for entire period of formal education
- 2002 99th percentile in All India Medical School Entrance examination among 200,000 students
- 2007 Nominated for Lt. Governor’s Rolling Trophy for best all-rounder in medical school
- 2007 Nominated for Col. Vidya Rattan Sehgal M.D. Award for all-round performance in final year medical school, sports & extra-curricular activities

- 2008            Graduated top 5% of the class in medical school
- 2012            Nominated for Neonatology Clinical Excellence Award for PL 2-3 in pediatric residency
- 2013            Winner, Annual Sheldon Brenner Resident Research Competition
- 2016            Mayo Clinic Quality Fellow: Silver Level Certification
- 2016            Young Investigator Award (first place) at the 25<sup>th</sup> Annual Scientific and Clinical Congress of American Association of Clinical Endocrinologists (AACE), Orlando, Florida
- 2017            Outstanding Abstract Award at the 99<sup>th</sup> Annual Meeting of the Endocrine Society, Orlando, Florida
- 2017            Pediatric Endocrinology Society Travel Award at the 10<sup>th</sup> International Meeting of Pediatric Endocrinology Society, Washington DC
- 2020            Pediatric Endocrinology Society 2020 Volunteer of the Year Award, Communications/Website/Social Media Committee (2020): Identified by peers as being a super volunteer

**SCIENTIFIC REVIEWER**

Journals

Pediatrics in Review

PlosOne

Pediatrics

Hormone Research in Paediatrics

Abstracts

The Pediatric Endocrine Society's Annual Meeting (2019, 2020, 2021, 2022, 2023)

**RESEARCH COLLABORATOR POSITIONS**

- 04/2010-        Research Collaborator  
04/2012        Division of Endocrinology, Diabetes and Nutrition  
                  Mayo Clinic, Rochester, MN
- 03/2018-        Research Collaborator  
09/2019        Division of Pediatric Endocrinology  
                  Mayo Clinic, Rochester, MN

**TEACHING ACTIVITIES**

**A. Educational Materials for Patients**

- 2012
- Designed handouts for:  
Congenital adrenal hyperplasia  
Congenital hypothyroidism  
Isolated growth hormone deficiency  
Graves' disease  
Hashimoto's thyroiditis
- Children's Hospital of Michigan, Detroit, Michigan
- 08/2016
- Diabetes and Body Shape: Why does it matter?
- Article for EmPower magazine, published by American College of Endocrinology for patient education
- [https://www.empoweryourhealth.org/magazine/vol8\\_issue3/diabetes- and-you](https://www.empoweryourhealth.org/magazine/vol8_issue3/diabetes- and-you)
- 01/2018
- Pediatric Endocrine Society Patient Education Handouts:  
Hindi Translation of 24 educational handouts
- 01/2019
- Pediatric Endocrine Society Patient Education Handouts:  
Hindi Translation of educational handouts on Transgender health
- 02/2021
- The National Adrenal Diseases Foundation (NADF) pamphlet for Pediatric Adrenal Insufficiency: Expert Review
- 09/2021
- Pediatric Endocrine Society Patient Education Handouts:  
Hindi Translation of 10 educational handouts
- 05/2023
- ReConnect: Digital Wellness Curriculum for individuals and families

### **B. Diabetes Teaching for Patients**

- 07/2014 – 08/2017
- Hypoglycemia, physical activity, sick day, ongoing diabetes management, acute and chronic complications  
Mayo Clinic, Rochester, MN

### **C. Teaching Skills Workshop**

- 01/2015
- Master Class: Teaching Skills Workshop  
Mayo Clinic, Rochester, MN

### **D. Education of Residents**

- 08/2014
- Presentation: General Pediatrics Board review: Section on Endocrinology  
Mayo Clinic, Rochester, MN
- 08/2016 – 08/2017
- Pediatric Endocrinology Bimonthly Quiz for Pediatric Residents  
Mayo Clinic, Rochester, MN

- 03/2017      Presentation: Pediatric Endocrinology Emergencies  
Mayo Clinic, Rochester, MN
- 12/2018      Presentation: General Pediatrics Board review: Section on Endocrinology  
Vanderbilt Children's Hospital, Nashville, TN
- 03/2021      Presentation at Resident Noon Conference, Department of Pediatrics, Vanderbilt  
University Medical Center, Nashville, TN  
Topic: Approach to a Child with Short Stature

**E. Education of Fellows**

- 06/2014      Presentation: HbA1c goals in T1DM: 2014 Position Statement of ADA
- 09/2014      Presentation: Thyrotoxicosis
- 12/2014      Presentation: Approach to a child with short stature
- 01/2015      Presentation: Could it be all about "brown fat"?
- 07/2015      Presentation: Neonatal Diabetes
- 09/2015      Presentation: Subclinical hypothyroidism: To treat or to not treat?
- 10/2015      Presentation: Adrenocortical tumors
- 11/2015      Presentation: Aromatase inhibitors in growth
- 01/2016      Presentation: Lipodystrophy
- 06/2016      Presentation: Endocrine emergencies
- 07/2016      Presentation: Screening for complications in T1DM
- 09/2016      Presentation: IgG4-related hypophysitis
- 10/2016      Presentation: Growth attenuation therapy
- 11/2016      Presentation: Waist circumference Quality Improvement project: An Update
- 12/2016      Presentation: Dietary guidelines for Americans 2015-2010
- 02/2017      Presentation: Gut: An atypical endocrine organ
- 06/2017      Presentation: Diabetes Technology: Past, Present and Future (Part I and Part II)

**MENTEES**

- 02/2019 –      Kyle Gavulic, Undergraduate student, Vanderbilt University, Nashville, TN  
04/2019      Pediatric Endocrinology clinical rotation

01/2020 - Garima Chopra, Visiting medical student, Vanderbilt University Medical Center,  
02/2020 Nashville, TN  
Pediatric Endocrinology clinical rotation  
Matched for residency at St. Louis University, MO

10/2020 - Aarushi Rohila, Undergraduate student, Vanderbilt University, Nashville, TN  
02/2022 Pediatric Endocrinology clinical rotation

09/2022 – Aditi Jindal, High School Senior, Ravenwood High School, Nashville, TN  
12/2022 Observership in KAP Pediatric Endocrinology clinic

## RESEARCH GRANTS AWARDED

07/2012- • Co-Investigator: Assessment of knowledge of children and their parents regarding  
07/2013 their endocrine diagnosis: Impact of educational intervention

Children's Research Center of Michigan (CRCM) small grant program (\$10,000),  
Detroit, MI

## PRESENTATIONS

### International

04/2010 **Gupta N**, Goel K, Kumar P, Pandey RM, Vikram NK, Wasir JS, Misra A. Predictive Equations for Estimation of Body Composition in healthy Asian Indians, with DEXA and MRI as Standard Methods. Poster presentation at the Arteriosclerosis, Thrombosis and Vascular Biology Annual Conference, Chicago. Arterioscler Thromb Vasc Biol June 2007; 27:e112 (abstract P431)

10/2010 **Gupta N**, Mundi MS, Koutsari C, Kemp B, Jensen MD. Regional Free Fatty Acid Uptake Assessed By Positron Emission Tomography in Humans: Pilot and Feasibility Studies. Oral presentation at The Obesity Society's 2010 Annual Scientific Meeting, San Deigo, CA

05/2016 **Gupta N**, Asi N, Farah W, Almasri J, Barrionuevo P, Alsawas M, Wang Z, Ahmed A, Nolasco G, Elmusharaf M, Murad H. Clinical manifestations and management of non-HIV related lipodystrophy. Poster presentation at The American Association of Clinical Endocrinologists' 25<sup>th</sup> Annual Meeting, Orlando, FL

04/2017 **Gupta N**, Rivera M, Novotny P, Rodriguez V, Bancos I, Lteif A. Adrenocortical carcinoma in children: A clinico-pathologic analysis of 41 patients at Mayo Clinic from 1950-2016. Oral Presentation at the 99<sup>th</sup> Annual Meeting of the Endocrine Society, Orlando, FL

09/2017 **Gupta N**, Tebben PJ. Short stature without hypertrichosis cubiti: Atypical phenotype of Wiedemann-Steiner syndrome with a novel nonsense KMT2A (MLL) mutation. Poster Presentation at the 10<sup>th</sup> International Meeting of the Pediatric Endocrine Society, Washington DC

09/2017 **Gupta N**, Lteif A, Creo A, Iqbal A, Schwenk WF, Pittock S, Tebben PJ, Hansen J, Heyrman M, Spee R, Scanlan-Hanson L, Kumar S. Improved frequency of waist circumference measurement and utilization of waist-to-height ratio in cardiometabolic risk

counselling among children: A Quality Improvement Initiative. Poster Presentation at the 10<sup>th</sup> International Meeting of the Pediatric Endocrine Society, Washington DC

- 09/2017 **Gupta N**, Rivera M, Novotny P, Rodriguez V, Bancos I, Lteif A. Adrenocortical carcinoma in children: A clinico-pathologic analysis of 41 patients at Mayo Clinic from 1950-2016. Poster Presentation at the 10<sup>th</sup> International Meeting of the Pediatric Endocrine Society, Washington DC
- 03/2018 Wadams HD, **Gupta N**, Tebben PJ. Onset of Pituitary Hormone Deficiencies in Optic Nerve Hypoplasia: A Temporal Trend Analysis of 33 Children at Mayo Clinic. Poster Presentation at the 100<sup>th</sup> Annual Meeting of the Endocrine Society, Chicago, IL
- 10/2018 **Gupta N**, Gregory SW, Deyle DR, Tebben PJ. Three Patient Kindred with a Novel Phenotype of Osteogenesis Imperfecta Type IV due to a COL1A1 Variant. Poster Presentation at the 2018 Annual Meeting of the American Society for Bone and Mineral Research (ASBMR), Montreal, Canada
- 07/2019 **Gupta N**. Is it Normal? Pediatric Endocrinology Potpourri. CME Presentation at Maulana Azad Medical College Alumni Association of North America (MAMCOAANA) 35<sup>th</sup> Annual Convention, Chicago, IL
- 04/2022 **Gupta N**. Wireless Mobile Device Addiction and Well-being: A Review of Literature and Recommendations from the Phreedom Initiative. Poster Presentation at the 2022 Annual Meeting of the Pediatric Endocrine Society (held virtually).
- 05/2022 **Gupta N**. Wireless Mobile Device Addiction and Obesity: Understanding the Neuroscience, Implications and Interventions. E-Poster Presentation at the 2022 Annual Meeting of the American Association of Clinical Endocrinology, San Diego, CA
- 06/2022 **Gupta N**. Wireless Mobile Device Overuse and Obesity: Understanding the Neuroscience, Implications and Interventions. Rapid Fire and Poster Presentation at the 2022 Annual Meeting of the Endocrine Society, Atlanta, GA
- 06/2022 **Gupta N**. Wireless Mobile Device Overuse and Obesity: Understanding the Neuroscience, Implications and Interventions. Oral Presentation at the Endo Obesity News Conference at the 2022 Annual Meeting of the Endocrine Society, Atlanta, GA  
[https://youtu.be/L5067wxP\\_9I](https://youtu.be/L5067wxP_9I)
- 08/2024 **Gupta N**. Empowering Mental Health Providers to Diagnose and Treat Digital Addiction. Continuing Education Session for Mental Health Marketing Conference, TN.

## **National**

- 10/2009 **Gupta N**, Goel K, Shah P, Misra A, Rastogi K, Pandey RM, Vikram NK. Improvement in Health-Related Knowledge and Behavior of Asian Indian School Children After Intensive Educative Intervention – A Comparative Analysis with Parents and Teachers. Accepted for oral presentation. American Academy of Pediatrics National Conference and Exhibition. Published online at:  
<http://aap.confex.com/aap/2009/webprogram/Paper6640.html>



- 03/2010 **Gupta N**, Mundi MS, Nielsen S, Basu R, Jensen MD. Splanchnic extraction of insulin is different in men and women. Poster presentation. Joint AHA Conference - 50<sup>th</sup> Cardiovascular Disease Epidemiology and Prevention - and - Nutrition, Physical Activity, and Metabolism, San Francisco, CA
- 10/2015 **Gupta N**, Zidan M, Moltz KC, Adhikari A, Buggs-Saxton C, Zidan HJ, Abushanab D, Lteif A, Edwin CM. Development and validation of a targeted Pediatric Endocrine Knowledge Assessment Questionnaire (PEKAQ): Impact of PEKAQ intervention study. Oral Presentation at American Academy of Pediatrics National Conference and Exhibition, Washington, DC. Pediatrics Feb 2016, 137 (Supplement 3) 57A

### **Regional**

- 09/2015 **Gupta N**, Zidan M, Moltz KC, Adhikari A, Buggs-Saxton C, Zidan HJ, Abushanab D, Lteif A, Edwin CM. Development, validation and impact of a targeted Pediatric Endocrine Knowledge Assessment Questionnaire. Poster presentation at the Delivery Science Summit, Rochester, MN
- 03/2017 **Gupta N**, Lteif A, Creo A, Iqbal A, Schwenk WF, Pittock S, Tebben PJ, Hansen J, Heyrman M, Spee R, Scanlan-Hanson L, Kumar S. Improved frequency of waist circumference measurement and utilization of waist-to-height ratio in cardiometabolic risk counselling among children: A Quality Improvement Initiative. Poster presentation at the 2017 Mayo Clinic Quality Conference, Rochester, MN

### **Local**

- 05/2017 Department of Pediatrics Grand Rounds, Mayo Clinic, Rochester, MN  
Presentation: When Rare is Not so Rare: 1. Lipodystrophy 2. Adrenocortical Carcinoma
- 08/2017 Invited speaker, Division of Pediatric Endocrinology, Yale University School of Medicine, New Haven, CT  
My Journey in Medicine: A scenic route
- 08/2017 Invited speaker, Division of Pediatric Endocrinology, Duke University, Durham, NC  
My Journey in Medicine: A scenic route
- 10/2017 Invited speaker, Division of Pediatric Endocrinology, University of Louisville, Kentucky  
My Journey in Medicine: A scenic route.
- 12/2017 Invited speaker, Ian M. Burr Division of Pediatric Endocrinology and Diabetes  
Monroe Carell Jr. Children's Hospital at Vanderbilt, Nashville, TN  
My Journey in Medicine: A scenic route.
- 04/2019 Endocrine Grand Rounds, Division of Diabetes, Endocrinology and Metabolism, Department of Medicine, Vanderbilt University Medical Center, Nashville, TN  
Presentation: Adrenocortical Tumors: A Clinical Spectrum in Children and Adults
- 02/2020 Division Conference, Division of Pediatric Endocrinology and Diabetes, Vanderbilt University Medical Center, Nashville, TN  
Presentation: Endocrine Care in Cystic Fibrosis: Era of Highly Effective Modulator Therapy

- 03/2021 Resident Noon Conference, Department of Pediatrics, Vanderbilt University Medical Center, Nashville, TN  
Presentation: Approach to a Child with Short Stature
- 02/2022 Endocrine Grand Rounds, Division of Diabetes, Endocrinology and Metabolism, Department of Medicine, Vanderbilt University Medical Center, Nashville, TN  
Presentation: Why should an Endocrinologist (adult/peds) care about screentime (their own/that of their patients)?

## **SPEAKING ENGAGEMENTS**

- 11/2021 Wellbeing – feeling addicted to your phone. Guest speaker at the Podcast hosted by The British Medical Journal. November 15, 2022.  
<https://tinyurl.com/WellbeingThe-BMJNidhi-Gupta>
- 01/2022 What Kind of Relationship Do You Have with Your Wireless Mobile Devices? Guest speaker at the Podcast, The Daily Huddle.  
<https://fb.watch/axK1mHV3On/>
- 06/2022 ReCONNECT Atlanta (3 Hour Workshop): Conceptualized and led the workshop to raise awareness about Life Technology Balance, Atlanta, GA  
[https://youtu.be/r\\_VwmslDdew](https://youtu.be/r_VwmslDdew)  
<https://youtu.be/baQJVZle3uA>
- 06/2022 What is Addictive and Sucks your Productivity all day? Guest speaker at the Podcast, The Daily Huddle.  
<https://youtu.be/ZFIMfWj8V5Q>
- 09/2022 Weapons of Mass Distraction. Guest speaker at the Podcast hosted by Switch4Good.  
<https://youtu.be/AWIEcQRlc2w>
- 09/2022 ReCONNECT Nashville (3 Hour Workshop): Conceptualized and led the workshop to raise awareness about Life Technology Balance, Nashville, TN  
<https://youtu.be/MnnJl1zY59Y>
- 09/2022 Weapons of Mass Distraction: The Dumbing and Disconnecting Effects of Smartphones. Guest speaker at the Podcast How It's Done: A Podcast for Curious Marketers  
<https://lnns.co/9fieFboZaMI>
- 09/2022 Feeling Addicted to Your Phone? Discover the Magic of Life-Technology Balance. Grand-rounds presentation at Department of Pediatrics, University of Texas, San Antonio
- 11/2022 Wireless Mobile Device Addiction and Diabetes: Discover the Magic of Life-Technology Balance. Presenter and panelist at the Dorothy Marie Kinnard Foundation (DMKF)'s 2022 Lunch and Learn: Let's talk about Diabetes event, Nashville, TN  
<https://www.youtube.com/watch?v=CcTmPOjHrc8>
- 01/2023 Life-Technology Balance: ReConnect with Health, Joy and Efficiency. Invited speaker at Ensworth Parent Association's educational event, Nashville, TN

- 02/2023 Does Your Organization have a Digital Wellness Officer? Guest speaker at the Podcast, The Daily Huddle. <https://www.youtube.com/watch?v=RHo5nAJ57K4>
- 03/2023 Digital Addiction: An Interview with Dr. Nidhi Gupta, Phreedom: Ungrip Devices. Grip Life. Podcast: To Your Health by Dr. Jim Morrow  
<https://www.youtube.com/watch?v=ME9CumCN29E>
- 03/2023 My Journey in Medicine: A Scenic Route. Ravenwood High School, Brentwood, TN, WISE Club (Women in Science and Engineering)
- 04/2023 TEDx Tullahoma: How to cure the unspoken addiction that impacts all ages.  
<https://youtu.be/IVv55BivJU?si=ZwU6W-mCaf2C0W8R>
- 05/2023 Recognizing Digital Addiction. Guest speaker at the Podcast, Login to Yourself, with Sascha Bosio <https://youtu.be/GeyMRzjPp2g?si=GSJrW6hk4yUZzqnI>
- 06/2023 Nomophobia in Healthcare Professionals. Guest Interview with Dr. Aakanksha Singh (lead author on GRRSP's Global 3-P study on Nomophobia):  
<https://youtu.be/VWi60z2ES1A?si=Vi4uCRX7OQpPWfqc>
- 07/2023 Digital Wellbeing for better Work and Life: Boosting Productivity and Focus in the Era of Digital Distraction. Seminar at "Friday Unlocked" for > 300 employees of Unicredit Bank, Italy
- 08/2023 Keynote, JDRF Type 1 Nation Summit, Nashville, TN  
Trust: Building, Nurturing, Keeping
- 09/2023 Three (3) critical mistakes to avoid when parenting in social media age. Guest speaker at the Podcast, The Daily Huddle
- 10/2023 Recognizing Digital Addiction. Guest speaker at the Podcast, The Tech Reset, with Forest Bronzan
- 10/2023 Three Tips to Boost your Productivity in the Digital Age. Guest speaker at Executive Table Talk with Ana Smith  
[https://www.youtube.com/live/uDpDR7sVuTY?si=RGmjxi\\_hQR25VEiA](https://www.youtube.com/live/uDpDR7sVuTY?si=RGmjxi_hQR25VEiA)
- 10/2023 Keynote, St. Paul's School, Concord, NH. Reclaim your Time and Attention: Be the Driver of Your Own Life.  
<https://www.sps.edu/news/finding-screen-life-balance>
- 12/2023 Keynote, TN Women in Medicine Annual Meeting, Nashville, TN. Discover the Magic of Life-Technology Balance: Boost Joy, Peace & Focus
- 01/2024 Today in Nashville, WSMV Channel 4. Introduction to Tweak Your Tech Series.  
<https://www.wsmv.com/video/2024/01/26/dr-nidhi-gupta-talks-tweaking-your-tech-series/>
- 02/2024 Camplight: A podcast for Digital Detox by Forest Bronzan. Guest speaker: The mash-up of endocrine disorders and technology overuse.

- 03/2024 Webinar: Discover the Joy of Parenting Screenagers, for the parents of J.T. Moore Middle School, Nashville, TN
- 03/2024 Keynote at J.T. Moore Middle School, Nashville, TN (6-8<sup>th</sup> grade). Reclaim your Time and Attention: Be the Driver of Your Own Life.
- 04/2024 Lecture at Indian Institute of Technology (IIT, New Delhi): Discover the Magic of Digital Wellbeing: Reclaim your time and attention.

## PUBLICATIONS

### Full length, peer-reviewed, original articles

1. Goel K, **Gupta N**, Misra A, Poddar P, Pandey RM, Vikram NK, Wasir JS. Predictive Equations for Body Fat and Abdominal Fat with DXA and MRI as Reference in Asian Indians. **Obesity (Silver Spring)**. 2008 Feb; 16(2):451-6. PMID: 18239658
2. Misra A, Alappan NK, Vikram NK, Goel K, **Gupta N**, Mittal K, Bhatt S, Luthra K. Effect of supervised progressive resistance-exercise training protocol on insulin sensitivity, glycemia, lipids, and body composition in Asian Indians with type 2 diabetes. **Diabetes Care**. 2008 Jul; 31(7):1282-7. PMID: 18316394
3. Chadha DS, **Gupta N**, Goel K, Pandey RM, Kondal D, Ganjoo RK, Misra A. Impact of Obesity on the Left Ventricular Functions and Morphology of Healthy Asian Indians. **Metab Syndr Relat Disord**. 2009 April; 7(2):151-8. PMID: 19284312
4. Vikram NK, Pandey RM, Misra A, Goel K, **Gupta N**. Factor analysis of the metabolic syndrome components in urban Asian Indian adolescents. **Asia Pac J Clin Nutr**. 2009; June 18(2):293-300. PMID: 19713191
5. Narang R, Chadha DS, Goel K, Mishra S, Bajaj N, Sharma S, **Gupta N**, Bahl VK. Screening coronary angiography prior to surgery in rheumatic valvular heart disease – a study of 2188 patients. **Journal of Heart Valve Disease**. 2009 July; 18(4):455-462. PMID: 19852152.
6. Goel K, Misra A, Vikram NK, Poddar P, Wasir JS, **Gupta N**. Subcutaneous abdominal adipose tissue is associated with the metabolic syndrome in Asian Indians independent of intra-abdominal and total body fat. **Heart**. 2010; Apr; 96(8):579-83. PMID: 20357386
7. **Gupta N**, Shah P, Goel K, Misra A, Rastogi K, Vikram NK, Kumari V, Pandey RM, Kondal D, Wasir JS, Bhardwaj S, Gulati S. Imbalanced dietary profile, anthropometry and lipids in urban Asian Indian adolescents and young adults. **J Am Coll Nutr**. 2010 Apr; 29(2):81-91. PMID: 20679142
8. **Gupta N**, Shah P, Misra A, et al. Improvement in nutrition-related knowledge and behavior of urban Asian Indian school children: findings from MARG intervention study. **Br J Nutr**. 2010 Aug;104(3):427-36. PMID: 20370939
9. Gupta DK, Shah P, Misra A, Bharadwaj S, Gulati S, **Gupta N**, Sharma R, Pandey RM, Goel K. Secular trends in prevalence of overweight and obesity from 2006 to 2009 in

urban Asian Indian adolescents aged 14-17 years. **PLoS ONE**. 2011 Feb 23; 6(2):e17221. PMID: 21383840

10. Misra A, Shah P, Goel K, **Gupta N**, et al. High Burden of Obesity and Abdominal Obesity in urban Indian School children: A Multi-centric study of 38296 children. **Ann Nutr Metab**. 2011 Jul 14; 58(3):203-211. PMID: 21757894
11. **Gupta N**, Goel K, Shah P, Misra A. Childhood obesity in developing countries: Epidemiology, Determinants and Prevention. **Endocr Rev**. 2012 Feb; 33(1):48-70. PMID: 22240243
12. Jensen MD, Nielsen S, **Gupta N**, Basu R, Rizza RA. Insulin clearance is different in men and women. **Metabolism**. 2012 Apr; 61(4):525-30. PMID: 22000585
13. **Gupta N**, Jensen MD. Clinical effects of high fat meals and weight gain due to high-fat feeding. **International Journal of Obesity Supplements**. 2012 Dec;2(Suppl 2):S51-5. PMID 27152154
14. **Gupta N**, Shah P, Nayyar S, Misra A. Childhood Obesity and the Metabolic Syndrome in Developing Countries. **Indian J Pediatrics**. 2013 Mar;80 Suppl 1:S28-37. PMID 23334584
15. Gulati S, Misra A, Colles SL, Kondal D, **Gupta N**, Goel K, Bansal S, Misra M, Madkaikar V, Bharadwaj S. Dietary intakes and familial correlates of overweight/obesity: a four cities study in India. **Ann Nutr Metab**. 2013 May 62(4):279-90. PMID 23689065
16. **Gupta N**, Daoud M, Moltz KC, Adhikari A, Buggs-Saxton C, Zidan HJ, Abushanab D, Lteif A, Edwin CM. Development of Pediatric Endocrine Knowledge Assessment Questionnaire (PEKAQ): Impact of PEKAQ intervention study. **J Clin Res Pediatr Endocrinol**. 2016 Dec 1;8(4):411-418. PMID: 27353948
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