

Curriculum Vitae

Nidhi Gupta, M.D.

OFFICE ADDRESS: KAP Pediatric Endocrinology
Phreedom Foundation
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OFFICE PHONE: 615-857-5110

CURRENT POSITION:

Founder and CEO

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

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 – Pediatric Endocrinology Society (PES), Member
Present

07/2014 – Endocrinology Society, Member
12/2023

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

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

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

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

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

PROFESSIONAL ACTIVITIES

01/2018 – PES Website and Social Media Committee, Member
05/2024 (Involved with revising and updating the PES website, besides other responsibilities)

01/2018 – PES Social Media Team, Member
05/2024 (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 – 12/2022	PES Diabetes Special Interest Group (SIG), Member
09/2018 – 02/2022	Director, Cystic Fibrosis Endocrinology and Diabetes Clinic Department of Pediatrics Ian M. Burr Division of Pediatric Endocrinology and Diabetes Monroe Carell Jr. Children's Hospital at Vanderbilt, Nashville, TN
07/2019 – Present	Maulana Azad Medical College Alumni Association of North America (MAMCOAANA), Executive Committee Member
09/2020 – 05/2024	Chair, Pediatric Endocrinology Society's Adrenal Special Interest Group (SIG)
10/2020- 02/2022	Successful implementation of Clinic-to-Clinic telemedicine endocrine and diabetes clinic at Vanderbilt Children's Hospital, Clarksville, TN location
07/2021 – 02/2022	Collaborator, Multidisciplinary Adrenoleukodystrophy Clinic, Monroe Carell Jr. Children's 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 - Present	Digital Wellness Coach, Franklin, TN 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
01/2025	TN Symposium for Online Health and Safety, Nashville. Sponsor. https://youtu.be/A-SUE-nmDrQ?si=u36xnhl_6qjnBDM3

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 th Annual Scientific and Clinical Congress of American Association of Clinical Endocrinologists (AACE), Orlando, Florida
2017	Outstanding Abstract Award at the 99 th Annual Meeting of the Endocrine Society, Orlando, Florida
2017	Pediatric Endocrinology Society Travel Award at the 10 th 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- 04/2012	Research Collaborator Division of Endocrinology, Diabetes and Nutrition Mayo Clinic, Rochester, MN
03/2018- 09/2019	Research Collaborator Division of Pediatric Endocrinology Mayo Clinic, Rochester, MN

TEACHING ACTIVITIES

A. Educational Materials for Patients

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| 2012 | <ul style="list-style-type: none"> Designed handouts for:
Congenital adrenal hyperplasia
Congenital hypothyroidism
Isolated growth hormone deficiency
Graves' disease
Hashimoto's thyroiditis <p>Children's Hospital of Michigan, Detroit, Michigan</p> |
| 08/2016 | <ul style="list-style-type: none"> Diabetes and Body Shape: Why does it matter? <p>Article for EmPower magazine, published by American College of Endocrinology for patient education</p> <p>https://www.empoweryourhealth.org/magazine/vol8_issue3/diabetes-and-you</p> |
| 01/2018 | <ul style="list-style-type: none"> Pediatric Endocrine Society Patient Education Handouts:
Hindi Translation of 24 educational handouts |
| 01/2019 | <ul style="list-style-type: none"> Pediatric Endocrine Society Patient Education Handouts:
Hindi Translation of educational handouts on Transgender health |
| 02/2021 | <ul style="list-style-type: none"> The National Adrenal Diseases Foundation (NADF) pamphlet for Pediatric Adrenal Insufficiency: Expert Review |
| 09/2021 | <ul style="list-style-type: none"> Pediatric Endocrine Society Patient Education Handouts:
Hindi Translation of 10 educational handouts |
| 05/2023 | <ul style="list-style-type: none"> ReConnect: Digital Wellness Curriculum for individuals and families |

B. Diabetes Teaching for Patients

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| 07/2014 –
08/2017 | <p>Hypoglycemia, physical activity, sick day, ongoing diabetes management, acute and chronic complications
Mayo Clinic, Rochester, MN</p> |
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C. Teaching Skills Workshop

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| 01/2015 | <p>Master Class: Teaching Skills Workshop
Mayo Clinic, Rochester, MN</p> |
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D. Education of Residents

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| 08/2014 | <p>Presentation: General Pediatrics Board review: Section on Endocrinology
Mayo Clinic, Rochester, MN</p> |
| 08/2016 –
08/2017 | <p>Pediatric Endocrinology Bimonthly Quiz for Pediatric Residents
Mayo Clinic, Rochester, MN</p> |
| 03/2017 | <p>Presentation: Pediatric Endocrinology Emergencies</p> |

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 - 02/2020	Garima Chopra, Visiting medical student, Vanderbilt University Medical Center, Nashville, TN Pediatric Endocrinology clinical rotation Matched for residency at St. Louis University, MO
10/2020 - 02/2022	Aarushi Rohila, Undergraduate student, Vanderbilt University, Nashville, TN Pediatric Endocrinology clinical rotation
09/2022 – 12/2022	Aditi Jindal, High School Senior, Ravenwood High School, Nashville, TN Observership in KAP Pediatric Endocrinology clinic
07/2024 – 12/2024	Abhisri Singh, High School Senior, Ravenwood High School, Nashville, TN Observership in KAP Pediatric Endocrinology clinic

RESEARCH GRANTS AWARDED

07/2012- 07/2013	<ul style="list-style-type: none"> Co-Investigator: Assessment of knowledge of children and their parents regarding their endocrine diagnosis: Impact of educational intervention <p>Children's Research Center of Michigan (CRCM) small grant program (\$10,000), Detroit, MI</p>
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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. <u>Poster</u> 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. <u>Oral</u> 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. <u>Poster</u> presentation at The American Association of Clinical Endocrinologists' 25 th 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. <u>Oral</u> Presentation at the 99 th 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. <u>Poster</u> Presentation at the 10 th 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 10th 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 10th 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 100th 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) 35th 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
- 08/2024 **Gupta N**. Empowering Mental Health Providers to Diagnose and Treat Digital Addiction. Continuing Education Session for Mental Health Marketing Conference, Franklin, TN.
- 02/2025 **Gupta N**. Digital Wellness: Boosting Productivity and Focus in the Era of Digital Distraction. White Coat Investors Annual Conference, San Antonio, Texas. Webinar
- 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 - 50th 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, Pitttock 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/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/MnnJI1zY59Y>
- 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>

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| 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=RH05nAJ57K4 |
| 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/jlVv55BivJU?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 |
| 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 th 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.
11/2024	Seminar at Metro Nashville Public School's Every Student Known Summit: Reclaim your Time and Attention: Be the Driver of Your Own Life.
02/2025	Lecture at Massey College of Business at Belmont University, Nashville, TN: Reclaim your Time and Attention: Be the Driver of Your Own Life.
02/2025	Lecture at Ravenwood High School HOSA Club, Brentwood, TN: Reclaim your Time and Attention: Be the Driver of Your Own Life.
02/2025	Seminar and Workshop at Franklin School District: Reclaim your Time and Attention: Be the Driver of Your Own Life, and Tweak Your Tech
02/2025	Invited panelist at the 4 th National Roundtable on Online Child Safety at the US Capitol, Washington DC https://www.youtube.com/watch?v=rMbOtWaGDfI
03/2025	Seminar at Ensworth School, Nashville: Does Screen Time End in Scream Time? Parenting in the Digital Era
04/2025	Guest speaker on podcast Scrolling to Death with Nicki Reisberg
04/2025	Guest speaker on podcast Healthy Screen Habits with Hillary Wilkinson
05/2025	Seminar at Ensworth Middle School, Nashville: Reclaim your Time and Attention: Be the Driver of Your Own Life

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

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