

Bio: Dr. Nidhi Gupta

Dr. Nidhi Gupta is a physician, TEDx speaker, and a digital wellness coach in Nashville, TN. She is an award-winning researcher and author of over 100 peer-reviewed articles, book chapters and essays.

Dr. Nidhi Gupta completed her medical school at Maulana Azad Medical College, New Delhi, India; pediatric residency at Children's Hospital of Michigan, USA and pediatric endocrinology fellowship at Mayo Clinic, Rochester MN, USA. Upon graduating, she was an Assistant Professor of Pediatrics at Vanderbilt University Medical Center for 4 years. She is now the founder and CEO of her pediatric endocrinology practice, KAP Pediatric Endocrinology, which is rooted in patient education and personalized healthcare.

In 2020, driven by her personal and professional experiences, Dr. Gupta launched Phreedom Foundation (Ungrip Devices. Grip Life), a 501c3 non-profit organization to empower lives, one family and one screen at a time.

Dr. Gupta has created a robust digital wellness program, ReConnect, that empowers families, students, professionals, healthcare providers, and teams with a deep understanding of wireless mobile device (smartdevice) addiction. She shares practical tools to prevent and/or mitigate this behavior, improve mindfulness, and boost productivity.

In her research, she has found that without having families and teams trained on the impact of tech on the brain, they are underperforming in an environment where they have all the tools they need to grow.

She aspires to bring life-technology balance to each home and workplace, thereby relieving the looming health crisis of mental health disorders and loneliness in the world.

Dr. Gupta lives in Nashville with her family. She enjoys yoga and spending time with her children.

Company:

Phreedom Foundation (non-profit 501c3 organization)

Job title:

Founder and CEO

Email:

connect@phreedom.net

Phone:

507-250-6295

Websites:

www.reconnect.expert

www.kapendocrine.com

<https://www.coachdr Gupta.com>

Dr. Gupta's TEDx talk:

Youtube: <https://youtu.be/jlVv55BivJU>

Social:

Facebook: <https://www.facebook.com/profile.php?id=61558386911892>

LinkedIn: <https://www.linkedin.com/in/nidhi-gupta-018719231/>

YouTube: <https://www.youtube.com/channel/UC8PDjE9DhKIGT1Xv3eMvv6A>



PHREEDOM

FOUNDATION

UNGRIP DEVICES. GRIP LIFE

