

UConn HEALTH

Department of Health Career Opportunity Programs
Aetna Health Professions Partnership Initiative

Doctors Academy Parental Seminar Series
Guest Speaker: Varalakshmi Niranjani, MD, MBA, FOMA, FACP

Topic: Healthy Eating and Nutrition
“Food is Medicine”

Date: December 9, 2021

Time: 6 - 7:30 p.m.

Virtual Presentation: Cisco WebEx Access Website



Varalakshmi Niranjani, MD, MBA, FOMA, FACP, is a diplomat of the American Board of Obesity Medicine, an assistant professor of Medicine in the Division of Internal Medicine and a primary care physician at the University of Connecticut. Her practice is located on Kane Street, West Hartford, CT.

Dr. Niranjani went to medical school in India and was trained further in the United Kingdom and then in the United States. She is a board certified internist. She is also board certified in obesity medicine. She practices obesity medicine one day a week in her primary care practice. Dr. Niranjani mentors medical students, internal medicine residents, and endocrine fellows in her obesity clinic. She is the course director for medical students on the topic of weight management. She created a lifestyle medicine track for residents and recently launched Project ECHO for obesity in primary care to educate primary care providers nationwide on ‘how to effectively manage obesity in primary care’.

Dr. Niranjani has presented about obesity management in various regional and national meetings. She is an active member of Society of General Internal Medicine, Obesity Medicine Association and American College of Lifestyle Medicine. She also serves on various committees for these organizations. Her main interest is to prevent and manage obesity by lifestyle interventions. She also gives talks on healthy eating and nutrition in the community on a regular basis. She is a writer, medical columnist and a blogger. She had published a few books including health education books and an e-cookbook called ‘Soup a day- Keeps the doctor away’.