

Bio: Dr. Nidhi Gupta

Dr. Nidhi Gupta is a pediatric endocrinologist, TEDx speaker, and internationally recognized expert on digital wellness. An award-winning researcher and author of more than 100 publications, she is committed to restoring life-technology balance in every home and addressing the growing crisis of screen-induced loneliness and health disorders across all ages.

Her journey into digital wellness began in 2014, when a series of personal and clinical observations led her to question the increasingly co-dependent *relationship* forming between humans and smart devices. She noticed a paradox: although we are more digitally connected than ever, people feel increasingly disconnected from themselves and from one another.

In 2019, Dr. Gupta founded the Phreedom Foundation (*Ungrip Devices. Grip Life*), a nonprofit with a mission to empower lives, one family and one screen at a time. The foundation helps individuals, families, and professionals reclaim their time, attention, and purpose—not just by reducing screen use, but by reawakening joy and presence in their offline life.

Her research has linked digital overuse to sleep issues, anxiety, burnout, obesity, and attention fragmentation, positioning her as a trusted voice in the global conversation on technology and health. Through retreats, coaching, school partnerships, and corporate workshops, Dr. Gupta has inspired a growing movement toward intentional living.

Her much-anticipated book, *Calm the Noise* is the natural extension of her work—a personal and scientific guide to calming the digital noise. This is not just a book about screen time, but a wake-up call for adults to lead by example.

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Phreedom Foundation (non-profit 501c3 organization)

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Dr. Gupta's TEDx talk:

Youtube: <https://youtu.be/jIVv55BivJU>

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

F O U N D A T I O N

UNGRIP DEVICES. GRIP LIFE

