

**DR. ABHIJIT BHOGRAJ**

Consultant - Endocrinologist Diabetes and Thyroid

**Qualification**

MD Internal Medicine | DM Endocrinolgy

## Overview

Dr. Abhijit Bhograj is an experienced endocrinologist in Bangalore. He is currently practising as a Consultant - Endocrinology at Manipal Hospital, Doddaballapur, Bangalore. With years of dedicated service at Manipal Hospital, Dr. Bhograj has become a trusted name in the field of endocrinology. His clinical expertise lies in diagnosing and managing a wide spectrum of hormonal disorders, with a strong focus on diabetes, thyroid dysfunction, and metabolic syndromes. As diabetes continues to rise globally, his patient-centric and evidence-based approach offers hope to those affected. Dr. Bhograj combines his medical acumen with technological innovations, especially digital therapeutics, to deliver personalised care plans that improve long-term outcomes. Dr. Bhograj holds vast experience in handling complex endocrine conditions. His interests extend across thyroid disorders, obesity, adrenal gland issues, and pituitary imbalances. He is well-regarded for his thorough evaluations, logical treatment strategies, and empathetic communication. With a strong academic foundation and extensive participation in national and international conferences, he contributes actively to research and public health awareness. He has been invited

to speak on various platforms, covering topics from hypoglycaemia in post-COVID patients to the challenges of fasting in chronic conditions. His ability to simplify medical information and empower patients to take control of their health has been widely appreciated. As a digital health innovator, Dr. Bhograj co-founded 7Sugar, a telehealth-integrated platform that uses AI-based tools for personalised diabetes management. This initiative reflects his commitment to blending clinical care with modern healthcare delivery methods. By integrating smart monitoring systems with virtual consultations, he ensures timely interventions and encourages adherence to treatment plans. His role on the board of Sensai Healthcare Inc. further strengthens his contributions to digital therapeutics in India. He actively advocates for lifestyle modifications, which he encapsulates into his well-known "6 Ss" principle: Sleep, Stress, Smoking, Spirit, Salt, and Sugar, focusing on a balanced lifestyle as a preventive tool against lifestyle diseases. His workshops and public forums on heart health, diabetes control, and preventive endocrinology have helped educate countless individuals and families. Dr. Bhograj’s excellence in endocrinology was recognised when he received the ET Doctors Day Inspiring Endocrinologist Award in 2019. His practice revolves around clinical excellence and includes a deep-rooted passion for nutrition and dietary science. Thanks to his blend of clinical skill and holistic care, patients often find his consultations informative, comforting, and motivating. Fluent in Tamil, Telugu, Malayalam, and Kannada, Dr. Abhijit Bhograj ensures seamless communication with patients from diverse linguistic backgrounds. His multilingual proficiency enhances patient trust, especially in rural and underserved communities, making him a preferred endocrinologist across varied demographics.

### Field of Expertise

- Diabetes
- Thyroid

## Languages Spoken

- Kannada
- English
- Telugu
- Hindi
- Tamil
- Malayalam

## Awards & Achievements

- ET Doctors Day Inspiring Endocrinologist Award.

## Talks & Publications

- Faculty Speaker For national and International forums over 10 publications.
- Now, doctors see post-COVID hypoglycaemia among patients - Dr. Abhijit Bhograj, Consultant Endocrinology, Manipal Hospital Hebbal; Dr. Sharda A, Consultant Endocrinologist, Manipal Hospital Millers Road. Click Here
- Who should not fast? By Dr. Abhijit Bhograj, Consultant Endocrinologist, Manipal Hospital Hebbal, Bengaluru.Click Here
- What a happy heart? Have these 6Ss in control Sleep, Stress, Smoking, Spirit, Salt, and Sugar - Dr. Abhijit Bhograj, Consultant Endocrinology, Manipal Hospital Hebbal.Click Here
- Dr. Abhijit Bhograj on "Eat Smart, Control Diabetes" in THE WEEK. Click Here
- Dr. Abhijit Bhograj on Walk for 3 minutes, sit for 30: Why this New Intermittent Activity Plan can Control Blood Sugar Levels | The Indian Express. Click Here

- Dr. Abhijit Bhograj on Lean Diabetes: Obesity is not the only cause of diabetes, even lean people are at risk. Click Here
- Dr. Abhijit Bhograj on What happens to the body when you give up sugar for a month? | MSN | Tittle Press. Click Here
- Manipal Hospitals Hebbal: Dr. Abhijit Bhograj on Can Type-2 Diabetes Cause Altered Brain Structure? Doctor Shares Risks and Management Tips | Only My Health. Click Here
- Manipal Hospitals Hebbal: Dr. Abhijit Bhograj on How to manage diabetes during the monsoon? Here are some easy tips | Daily Hunt. Click Here
- Manipal Hospitals Hebbal: Dr. Abhijeet Bhograj on Onam sweets: What are dos and don'ts to keep your blood sugar levels in check | The Indian Express. Click Here
- Manipal Hospitals Hebbal: Dr. Abhijit Bhograj on Managing diabetes in men: Tips for fathers | The Times of India. Click Here