



DR. ABHIJIT BHOGRAJ

Consultant - Endocrinologist Diabetes and Thyroid

Qualification

MD Internal Medicine | DM Endocrinology

Overview

As the number of diabetic people increases, with almost 537 million people currently afflicted by this disease, the name of Dr. Abhijit Bhograj spells a sigh of relief. Moreover, people afflicted with kidney-related ailments find one name in their treatment dossiers, and that is, Dr. Bhograj. His dedication to health-related problems stemming from diabetes and thyroid has been remarkable. Presently he is employed in Manipal Hospitals, Hebbal, Bengaluru as a consultant endocrinologist for the last 7 years and 3 months. His compassion towards the underprivileged is evident because he has dedicated 16 years to serving people from rural areas. Moreover, he holds the credibility of being on the board of directors for Sensai Healthcare Inc. Also, he is a co-founder of 7Sugar. This telehealth-integrated digital therapeutics company focuses on personalised diabetes care by using various AI-based tools and modern video conferencing and consultation avenues. He has been practicing his skills in diabetes and endocrinology with a specialisation in thyroid treatment. He has been a renowned speaker in national and international forums. He has been actively involved, from discussions about Hypoglycemia during post-COVID scenarios to

fasting restrictions. No wonder he is considered one of the best endocrinologists in Hebbal, Bangalore. Dr. Bhograj also held forums related to keeping a healthy heart and stressing on the use of the 6 Ss, Sleep, Stress (No Stress), Smoking (Quit smoking), Spirit (Quit drinking), Salt (minimise salt intake), and Sugar (quit sugar). He had the honour of receiving the ET Doctors Day Inspiring Endocrinologist Award in the year 2019, thus adding an accolade worth his skill set and capacity. He is known as an expert in handling complex issues related to patient management. Moreover, some also say that he is a keen thinker and a lover of the art of making food and dietetics. Dr. Bhograj is a multilinguistic personality with command over four regional languages, Tamil, Telugu, Malayalam, and Kannada. This knowledge has helped him provide services to every remote corner of villages. His reach toward all types of people of different linguistic and social strata has gained him widespread recognition and acceptance. He can be described as a cosmopolitan medical practitioner with the expertise to treat with a smile and compassion. Dr. Bhograj is an expert in treating glands secreting bitter enzymes with a sweet touch.

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](#)