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## **Aditi Nerurkar, M.D.**

**Mind-Body Medicine Physician**

**Co-Director, Clinical Clerkship in Community Engagement, Harvard Medical School**

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Dr. Aditi Nerurkar is a Harvard-trained, Mind-Body Medicine Physician with an expertise in the science of stress and resilience. She is Co-Director of the Harvard Medical School Clinical Clerkship in Community Engagement. She offers insights on building resilience, optimism, and well-being, while minimizing stress. She has been a speaker at the Forbes 30 Under 30 Summit and the Harvard Business School Women's Conference. She is a faculty member at Harvard Medical School in the Division of Global Health and Social Medicine.

Dr. Nerurkar's work has been featured in The Wall Street Journal, CNN, NPR, Oprah Magazine and ABC World News Tonight, as well as the Top Doctors issue of Boston magazine. Her research on doctors prescribing mind-body therapies and stress management counseling has been published in the Journal of the American Medical Association. It was also voted a top breakthrough in integrative medicine by the Huffington Post.

Prior to her current role at Harvard Medical School, Dr. Nerurkar was the Medical Director of the integrative medicine program at Harvard's Beth Israel Deaconess hospital which brought acupuncture, meditation, tai chi, and yoga into conventional medical care.

Dr. Nerurkar is a frequent medical correspondent, writer, and media personality. She was most recently the host of Arianna Huffington's mindful parenting program through Thrive Global. She writes a weekly resilience blog at [draditi.com](http://draditi.com) which has readership in 50 countries.