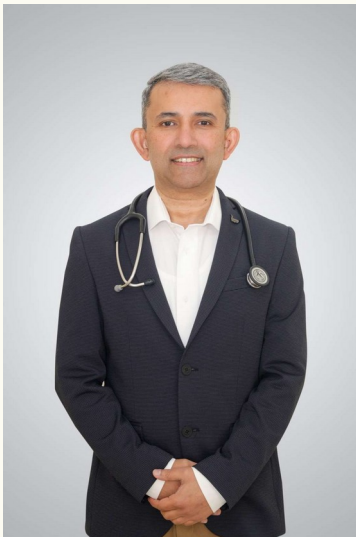




Dr Niraj Gopinath

Wellness · Longevity · Healthspan

CLINICIAN PROFILE

WELLNESS · LONGEVITY · HEALTHSPAN

Dr Niraj Gopinath

MD, FRCA, FFPMRCA · Director, Wellness and Longevity

Modern medicine helped us live longer. The next work is to live those years healthier. Dr Gopinath spent about twenty years in the United Kingdom, including consultant work at University Hospitals of Leicester, then returned to build a hospital-based Wellness & Longevity Centre — medical science, mental health, nutrition, movement and mind-body work in one personalised programme.

Director, Wellness and Longevity

Sri Madhusudan Sai Institute of Medical Sciences and Research

Sathya Sai Grama, Muddenahalli — 30 minutes from Bengaluru International Airport

Live healthier. For longer.

The Wellness & Longevity Centre is hospital-based, not a stand-alone spa. Dr Niraj Gopinath works with Dr Shruti Niraj, consultant clinical psychologist (doctorate in clinical psychology, twenty years in mental health including the NHS; HCPC and British Psychological Society). Psychiatry, nutrition, physiotherapy and yoga sit in the same plan. One person. One team. One personalised programme.

Four lines of work: regulation (sleep, stress, recovery), restoration (modifiable physical, metabolic and psychological factors), resilience (capacity to adapt to illness and ageing), and sustenance (keeping healthier habits over time). Assessment first. Programme second.

500+

Mental-health conditions

250+

Chronic diseases

Two programmes

About 1 week · about 4 weeks

What he sees patients for

Families come across a continuum: living with chronic illness, mental-health difficulty, brain-health worry, or simply wanting healthier remaining years. You do not need to be unwell to begin.

Healthspan	The years spent in good health and function — not only a longer life. Sleep, energy, mood, metabolism and the brain are assessed together
Chronic conditions	Fatty liver, psoriasis, fibromyalgia, rheumatoid arthritis, chronic fatigue and other long illness that has not settled with ordinary care
Mental well-being	Anxiety, depression, chronic stress, burnout, sleep difficulty, OCD and PTSD — psychology sits in the same plan
Brain health	Dementia, Parkinson's disease and neurological rehabilitation. The aim is to keep thinking and moving for longer
Healthy ageing	You do not need to be unwell to begin. Prevention and healthier remaining years sit on the same continuum

The programme

Assessment. Advanced profiling where needed. Multidisciplinary review. A personalised plan. Then measure, review and refine. The plan may draw on medical optimisation, mental wellness, ACT and compassion-focused or trauma-focused therapies, nutrition, movement, yoga and breath work, and genomics where clinically useful. About one week for mental well-being; about four weeks when the physical-health rebuild needs more time on campus.



Why families can feel steady in his care

► Twenty-five years, then this centre

MD, FRCA, FFPMRCA. About twenty years in the United Kingdom, including consultant practice at University Hospitals of Leicester. Named in Stanford's top 2% of scientists, 2024. More than seventy international peer-reviewed papers.

► Hospital-based, not a short wellness stay

Medical oversight, a coordinated team, baselines where they matter, and continuity after you leave. Not everyone receives the same programme.

► Psychology in the same room

Dr Shruti Niraj — doctorate in clinical psychology, twenty years in mental health including the NHS, HCPC and BPS. EMDR and trauma work, CFT, ACT and CBT sit beside the medical plan.

Credentials

Present appointment	Director, Wellness and Longevity · MD, FRCA, FFPMRCA Sri Madhusudan Sai Institute of Medical Sciences and Research (SMSIMSR), Sathya Sai Grama, Muddenahalli
Earlier practice	Consultant in Anaesthesia, University Hospitals of Leicester NHS Trust, United Kingdom About twenty years of practice in the UK
Recognition	Stanford top 2% scientists, 2024 70+ international peer-reviewed publications
Centre	Wellness & Longevity Centre with Dr Shruti Niraj (clinical psychology) Personalised programmes — about one week or about four weeks Hospital-based medical, psychological, nutrition and movement work
Approach	Regulation · Restoration · Resilience · Sustenance Science-driven, clinically integrated, personalised, measurable
Team around the plan	Physicians · Clinical psychologists · Psychiatrists Nutrition · Physiotherapy · Yoga and mindfulness Other specialists on campus as required

A short note on coming to clinic

Bring a plain account of sleep, energy, mood and what you can no longer do easily — and any medicines or scans you already have. Say whether you can stay about one week or about four. The first visit is an assessment and a written plan. This note is to help you choose a doctor. It is not a substitute for a consultation.

Sri Madhusudan Sai Institute of Medical Sciences and Research

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Near Kempegowda International Airport, Bengaluru — about 30 minutes' drive

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