DOCUMENT 05 · FOR HEADS OF DEPARTMENT (HODS), RESEARCH DEANS & PG/PHD GUIDES

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#	READY-TO-LAUNCH DEPARTMENTAL RESEARCH PAPER TITLE	PRIMARY ALSM CAMPUS VARIABLES CAPTURED AUTOMATICALLY	TARGET JOURNALS & ACADEMIC CONGRESS
01	**Prevalence of the Indian "Thin-Fat" (TOFI) Sarcopenic Adiposity Phenotype Among Apparent Normal-BMI College Youth**	ICMR Asian-Indian BMI (`<23.0 kg/m²`), Waist-to-Height Ratio (`WHtR >= 0.50`), Visceral Fat Rating (1–30), Skeletal Muscle % & Metabolic Age Gap	*Indian Journal of Medical Research (IJMR) / Public Health Nutrition*
02	**Circadian Eating Windows, Late-Night Hostel Dinner Gaps, and Sub-Clinical Metabolic Risk**	24h Chrono-Plate Waking-to-Bedtime timestamps, Overnight Fasting Hours, Dinner-to-Sleep	*Nutrients / Journal of Circadian Rhythms*

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	(aNORMALy) in Health Sciences Students	Gap (<2h vs >=3h) & aNORMALy Cluster Score	
03	**Empty-Stomach Bed-Tea Tannin Exposure, Carb-on-Carb Meal Trios, and Fatigue/Brain-Fog Symptomatology in Young Indian Women**	Bed-Tea / Coffee Tannin Micronutrient-Blocker Flag, Protein-Anchored Meals (0–3), Carb-on-Carb Trio Alert & Symptomatology Fatigue Index	*Asia Pacific Journal of Clinical Nutrition*
04	**Associating the 7-Spoke Wheel of Life (Sleep, Stress & Relationships) with Qualitative Plate Architecture in Urban Indian Households**	7-Spoke Wheel of Life domain scores, 6-Metric Qualitative Plate Score (0–100), Vegetable Fiber Diversity % & Fermented Probiotic Support %	*Journal of Lifestyle Medicine / Frontiers in Nutrition*
05	**Impact of a 40-Hour Whole-Person Clinical Gurukulam (ALSM Campus) on Student Self-Health & Practitioner Empathy**	Baseline vs. 12-Week Student 6-Stage Health Spectrum shift, Qualitative Plate Score improvement & Level 3 E2A Mentor rubric scores	*BMC Medical Education* & **Holisticon (26 Dec) National Oral Presentation**

Dr. Suresh Kumar Vunnamatla, MBBS · Physician, Educator & Founder, ALSM (Since 2002)
ALSM Campus Institutional Ecosystem · alsmmed.com/campus · campus.alsmmed.com

Reversathon (25 Dec) & Holisticon (26 Dec) · **alsmmed.com**