Varudhini Reddy, MD is an AMA member who graduated from Ross University School of Medicine (RUSM) in Barbados. In 2020, she won the RUSM Alumni Humanitarian Award, which is awarded to a RUSM alumnus who devotes their life to serving populations in need across the globe and making an impact well beyond the treatment of their patients.

Dr. Reddy was born and raised in Hockessin, Delaware. She earned her Bachelor of Science in Cell and Molecular Biology with a minor in psychology from the University of Delaware. She earned her Doctorate of Medicine from the Ross University School of Medicine. She also competed on a national Bollywood dance team, University of Delaware Kamaal Dance, throughout college.

While working in highly underserved communities throughout medical school, both inside and outside the U.S., she found a passion for working with those with mental health issues and advocating for those in need. Following medical school, she noticed the stigma, even among health care professionals, in addressing opioid addiction in Delaware. She saw the need for an organization that would work directly with the medical community to decrease the stigma and better educate medical professionals using evidence-based medicine. She co-founded the Delaware Addiction Project, a non-
profit organization, where she has networked amongst stakeholders, state lawmakers, administrators, police troopers and victims and their families to build this organization and spread the mission.

She is also a recipient of the 2019 She’s On Her Way Award, sponsored by the Delaware Commission for Women; recognizing young female leaders in the Delawarean community. Through her non-profit work, she found a passion for leading and advocating for other’s needs in the medical community. She plan to pursue a position in legislation so that she can become involved in public policy health care decisions that affect a wider range of patients.