



NEWS LETTER

Quarterly issue (October to December)

Inspiration 2025



**ENDOCRINE
SOCIETY OF
INDIA**

#Issue 4

**Endocrine
Echoes:
Harmony of
Science and
Spirit**

The Pulse of Endocrinology:
Stories of Science and Spirit

Inspiring Melodies: Where
Endocrinology Meets Creativity

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Dear Colleagues,

It is with great pleasure that I extend my warm greetings as we present this edition of the ESI Newsletter. As endocrinologists, we are often immersed in the academic and clinical responsibilities that define our profession. However, beyond the realm of research papers and patient care lies another vital dimension of our identity—our nonacademic pursuits that reflect creativity, compassion, and the essence of being human.

This issue celebrates the rich, often underappreciated, tapestry of nonacademic endeavors by members of our endocrine community. Whether it's writing poetry, engaging in public health outreach, painting, mentoring young minds, or contributing to medical humanities, these activities nourish not only our spirit but also enhance our practice by keeping it empathetic and balanced. Particularly in the challenging socio-medical context of today's world, such contributions offer a broader perspective to healing and wellbeing.

Let us take pride in these expressions beyond the clinic and the classroom. They are reminders that while we manage hormones, we must also continue to honor the heart.

Warm regards,



Dr. Kaushik Pandit
President, Endocrine Society of India

A Memoir of Service: President, Endocrine Society of India

It has been my honour and privilege to serve as President of the Endocrine Society of India. Founded in 1971 at Mangaluru by a handful of pioneers, ESI has grown into a vibrant national community—uniting clinicians, scientists and educators—spreading endocrine awareness, advancing education, and elevating patient care across the country. I received this mantle conscious of the legacy entrusted to me, and I have tried to carry it forward with gratitude, discipline, and a spirit of seva.

Our journey this year has been about building on strength while opening new frontiers. We embraced the future with SAIL-ESI, integrating artificial intelligence into endocrinology to augment learning, clinical decision-support, and research. We addressed everyday needs through the ESI taxation webinar, demystifying practical issues faced by our members. We strengthened standards and bedside practice with the ESI Dynamic Endocrine Protocols and ESI Case Based Approach to Endocrine Disorders, and we celebrated scholarship with the publication of the ESI Textbook of Geriatric Endocrinology—a timely contribution to the care of our elders.

To turn collective intent into structured action, we constituted focused ESI Task Forces on Obesity, PCOS, Osteoporosis, Sports Endocrinology, Transgender and Diabetes and Pregnancy. In collaboration with partner societies, we advanced the ESI-OSSI guidelines on obesity, aligning Indian realities with global best practice. We also initiated work on a national White Paper on Endocrine Disrupting Chemicals, recognising the silent, intergenerational threat EDCs pose to human and planetary health.

Science must meet society. Alongside our academic endeavours, we sought to model a healthy, sustainable way of living: walkathons and sports activities to champion physical activity; and plantation drives at ESI academic events to affirm our duty to environmental stewardship. These were small acts with a large message—that endocrine health is inseparable from the ecosystems we inhabit.

None of this would have been possible without the steadfast support and guidance of our esteemed seniors and colleagues, and the energetic, wholehearted involvement of our younger members. You carried responsibilities with competence and humility; you turned ideas into programs; you turned programs into impact. I remain deeply thankful to each one of you.

ESI's story is far from complete. I am confident the Society will continue to launch nationally and socially relevant initiatives, deepen its global collaborations, and emerge as a globally impactful organisation—scientifically rigorous, ethically grounded, and compassionately led. May every ESI member find a professionally fulfilling and blissful life, and may our collective work bring healing to those we serve.

With reverence for our founders, gratitude for my peers, and faith in the next generation—I pass the baton forward.

Jai Hind.



Lt Gen (Dr.) Narendra Kotwal
Immed Past President, Endocrine Society of India

Powering Progress: ESI's Multicentric Research Grant Initiative

Dear Friends,

Greetings from the Secretariat.

I am sharing few updates regarding the Endocrine Society of India's Multicentric Grants. This is the 4th year of the same and ESI has given the grant to 5 institutes till now. In the year 2023, the Executive Committee decided to fund a project for collection of normative data to determine the androgen levels in Indian population in lieu of a multicentric research grant.

The details of the grants are summarized below:

S.No	Principal Investigator	Institute	Topic in Brief
1	Dr Sanjay K Bhadada	PGIMER	Genetic profile of Osteoporosis in Young
2	Dr S Kannan	Narayana	Triaging thyroid nodule with radiomics, mutation profile and molecular markers
3	Dr Sujoy Ghosh	IPGIMER	Cell free DNA concentration in Thyroid nodule evaluation
4	Dr Asha HS	CMC	Molecular characterization of PPGL
5	Dr Kalyani Sridharan	AIIMS, Rishikesh	NGS and urinary steroid profiling in 46 XY DSD

We require volunteers to participate in the normative data project, and all interested members are requested to send a message or mail to me.

The EC is further deliberating to provide dedicated time during ESICON every year for the investigators to present an update on the progress of multicentric grant-supported research work.

We eagerly look forward to receiving more grant applications in future to improve the endocrine research and care in our country.

Regards,

Hari



Dr. KVS Hari Kumar
Hon. Secretary, Endocrine Society of India

ESICON 2025 Highlights

The 54th Annual National Conference of the Endocrine Society of India (ESI) was held with great distinction at the ITC Royal Bengal, Kolkata, from the 4th–7th September 2025. The prestigious event was graciously hosted by the Endocrine Society of West Bengal (ESB) and witnessed the presence of >2000 delegates hailing from India and abroad.

The scientific program was meticulously crafted to encompass the entire spectrum of endocrinology, ranging from foundational basic science to latest advancements, clinical expertise, and innovative integration of artificial intelligence within the field. The conference featured an array of scholarly activities including



meet-the-professor sessions, keynote addresses, workshops, panel discussions, debates, and an extensive series of scientific presentations. The pre-conference workshops, conducted on the 4th September, offering hands-on experience, garnered widespread acclaim and were attended by hundreds of DM/DNB residents. The pre-conference day culminated with the ESI Endo PG Quiz, setting an engaging tone for the gathering.

ESICON 2025 was thoughtfully curated to serve as an unparalleled platform for scientific exchange,

showcasing the most recent progress in endocrinology. The comprehensive program was enriched by the participation of distinguished national faculty and 12 eminent international experts, thereby integrating global perspectives and pioneering insights into the multifaceted discipline of endocrinology. Nearly three hundred posters and paper presentations catalyzed vibrant discussions, sparked innovative ideas, and fostered opportunities for meaningful collaborations among attendees.





A highlight of the conference included the delivery of the PN Shah Oration by Dr. Pinaki Dutta, the Subhash Mukherjee Oration by Dr. Rama Walia, the MMS Ahuja Oration by Dr. Rishi Shukla, and the Presidential Oration by Lt Gen (Dr) Narendra Kotwal. Young endocrinologists exhibited remarkable research acumen through their presentations, contending for the prestigious AR Sheth Award. The inaugural ceremony, held on 5th September, was graced by the venerable Dr. Swapan Soren, Director of Health Services (DHS), West Bengal.

In addition to the academic grandeur, ESICON 2025 celebrated the rich cultural heritage of India through a specially curated cultural program entitled "Colors of India," themed "Hormonal Hindole." This artistic festivity beautifully intertwined the vibrancy of Indian



traditions with the dynamic spirit of endocrinology, thus offering an unforgettable evening of unity and creativity.

Heartiest congratulations are due to every member of the ESB for their exceptional dedication and effort in orchestrating the success of ESICON 2025. From seamless registration to captivating scientific sessions, from flawless logistics to enchanting cultural evenings, the triumph of this conference stands as a testament to the collective hard work and unwavering commitment of all involved.

Dr. Kaushik Biswas

ESI FOCUS - Diabetic Foot Workshop

The ESI FOCUS Diabetic Foot Workshop was conducted at Sapthagiri Medical College, Bangalore, on 10th August 2025, bringing together experts in the field for an intensive learning experience.

The workshop covered a broad spectrum of topics, including assessment of diabetic Foot, Charcot Foot diagnosis and management, radiology, wound care protocols and offloading techniques. The concept of "Foot Attack" was introduced to attach a sense of urgency and timely management for Limb Threatening Situations.

A key takeaway was that effective neuro-vascular examinations do not require sophisticated

equipment. Using simple clinical tools, clinicians can complete a foot assessment in 3-5 minutes, amidst a busy outpatient practice. Hands-on demonstrations included neurological and vascular examination techniques, along with practical sessions on callus shaving and nail clipping for students—an introduction to basics of podiatric care.



This program not only deepened knowledge but also highlighted practical, accessible approaches to diabetic foot care, a highly prevalent and oft neglected condition—helping pave the way for improved patient outcomes across the country.

Dr. Shreya Sharma

ESI FOCUS - Insulin Pump Workshop

Under the banner of the ESI FOCUS program, the Department of Endocrinology, Nizam's Institute of Medical Sciences (NIMS), Hyderabad hosted the National Insulin Pump Workshop for endocrinology trainees from across the country.

This first-of-its-kind program was designed to familiarize young endocrinologists with insulin pump therapy in type 1 diabetes. The morning sessions featured didactic lectures on pump principles, initiation, and troubleshooting strategies. The afternoon was devoted to hands-on real-time training in pump protocols and management.

A notable highlight was the Telangana Government's pioneering initiative to provide insulin pumps free of cost to children with type 1 diabetes—an innovative public health model that has already demonstrated measurable improvements in quality of life and long-term outcomes. Speaking on the occasion, Dr. KVS Hari Kumar, Hon. Secretary of ESI, remarked: "This collaboration between clinical excellence and government support exemplifies how innovation in diabetes care can be made both accessible and impactful."



Our commitment is to empower the next generation of endocrinologists through structured, high-quality training initiatives such as this workshop."

The program, spearheaded by Dr. Sumana

Kunnuru and Dr. Beatrice Anne, was highly commended by participants for seamlessly blending academic depth with practical experience, marking an important step in advancing equitable access to modern diabetes care in India.



Dr. Beatrice Anne, Hyderabad

ESI Satellite Symposium - Ayodhya

The ESI Satellite Symposium, held in the legendary city of Ayodhya on Sunday, 14th Sep 2025 focused on the theme “Unravelling the Enigma of Endocrine Disorders”. Twelve distinguished speakers from across the length and breadth of the country deliberated on the entire gamut of endocrine disorders in various formats – didactic lectures (Prolactinoma), panel discussions (Skeletal health and Pubertal disorders), symposia (Obesity, Thyroid disorders), case presentations (Hypoglycemia, Hirsutism, Short stature and Cushing’s syndrome). The deliberations were highly academic, educative and enlightening.

The meeting was attended by over 200 delegates including physicians, family practitioners, gynaecologists, paediatricians, orthopedicians, cardiologists, and medical trainees, from adjacent towns and districts. The Faizabad Diabetes Society, IMA Faizabad, UP Diabetes Association and Ayodhya



Medical College collaborated to ensure the success of this conference. A highlight of the conference was the enthusiasm of participants and trainee physicians, who were literally kept on their toes during the enthralling duologue on lifestyle modification for metabolic health.

As the Organising Chairperson of the conference and on behalf of the Scientific Chairpersons – Dr R Santosh and Dr Saptarshi Bhattacharya, I would like to extend my gratitude to the Lt Gen Dr Narendra Kotwal, Dr KVS Hari Kumar and Dr Kaushik Pandit for this opportunity.



Dr. Sarita Bajaj, Prayagraj

Where Science meets Music: In Conversation with Prof Ravinder Goswami

Prof Ravinder Goswami, MD, DM, FNA, FASc, FNASc, FAMS is Professor at Department of Endocrinology, All India Institute of Medical Sciences, New Delhi. He was the former Sub-Dean Research, AIIMS. Among the several awards and honors to his credit, he is the only endocrinologist in India to have been bestowed the prestigious Shanti Swarup Bhatnagar award by the Government of India. Renowned for his pathbreaking research in metabolic bone disease, hypoparathyroidism and vitamin D deficiency with over 80 publications and many prestigious awards, we were intrigued to find he had a softer musical side to him.

Here is an excerpt of a tete-a-tete with him:

You are a leading endocrinologist and researcher. What drew you to this field?

My interest began with the hormonal complexities of the human body. Over the years, conditions like vitamin D deficiency and hypoparathyroidism in India became central to my research. Understanding the intricacies of these disorders has been my focus over the decades. Particularly intriguing for me was my work on basal ganglia calcification in hypoparathyroidism.

And yet, you are also passionate about music. How did it begin?



Like many, I grew up learning under the guidance of Saraswati Ji – a symbol of not just academic learning but art as well. It took me a little while to realize that she encouraged not only reading and writing, but also music. Music, like science, demands discipline, precision, and lifelong learning.

Can science and music truly coexist in a busy academician's life?

Absolutely! Science is my primary passion – what I live for. But music is my space for reflection and joy. With a bit of structure, there's always time to nurture both.

What would you tell young scientists about following their passions?

Respect both paths. Science isn't lesser than music, and music doesn't distract from science. If your foundation is strong in science, music or other art forms can enrich your journey.

https://en.wikipedia.org/wiki/Ravinder_Goswami

Follow the video links to watch the science maestro in musical action:

<https://www.youtube.com/watch?v=qUujpYQ9mic>

<https://www.youtube.com/watch?v=qUujpYQ9mic>

*Hums and Hues**Creative outlets in Clinical world*

The Endocrinologist's mind dances between hormones and hints, cut-offs and cascades, chasing whispers in lab values, decoding the silent signals of the body's deepest messengers. We live in the language of feedback loops and finely tuned algorithms. It's a cerebral symphony, precise, and endlessly fascinating but also exhausting. And the mind that spends its days drawing connections must, eventually, disconnect. This is where art enters, not as escape, but as balance. Amid the science of healing, art and music gently remind us of the quiet strength and delicate beauty of the human spirit. Art allows the scientific mind to wander freely to express instead of explain. Whether its painting,



**Dr Sanjay Saran – playing
Guitar for 10 years**

what often feels unspeakable, a voice to feelings that may be hard to express aloud. For those of us trained to observe every feedback mechanism in the body, art becomes our own feedback loop, one that restores, rather than regulates.

This quarter, we celebrate the many hues and hums of our colleagues, who paint with hormones by day and with watercolours or ragas by night. Their dual fluency in science and soul serves as a reminder that healing isn't always linear, and that understanding the human body is enriched by also understanding the human experience.

writing, music or any other form of artistic expression, creativity allows our conscious mind to step aside for subconscious mind to take control. Creativity is not just an art, it also sharpens our

perception and infuses our scientific practice with compassion. Each day unfolds like a canvas painted with the raw hues of human experience, from the quiet triumphs of healing to the piercing sorrow of loss and everything in between. To carry such emotional weight is both a privilege and a burden. Creative expression gives shape to



**Dr Archana Juneja –
performing Bharatnatyam
for 7 years.**



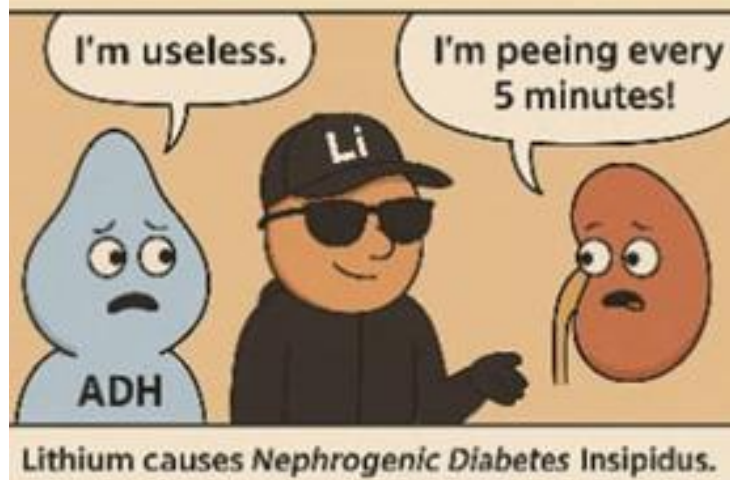
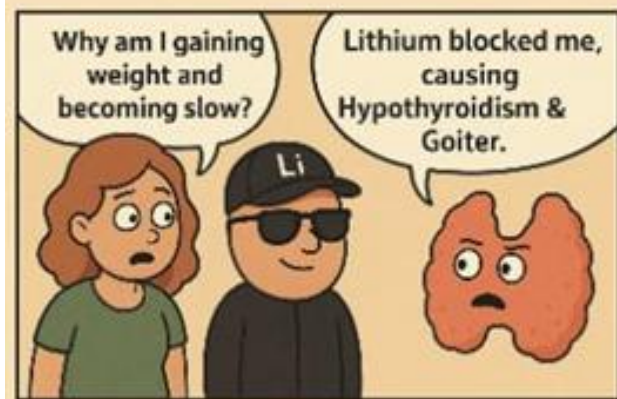
**Dr Sweekruti Jena – training in
Hindustani Classical music for 3.5 years**

The Doodle Desk

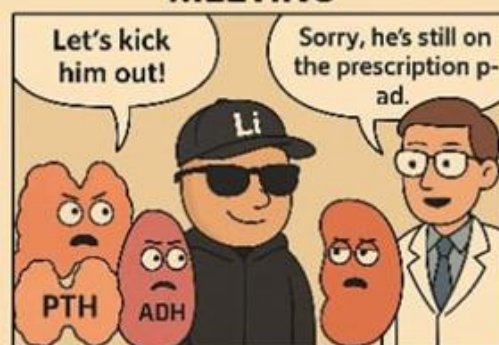
LITHIUM: THE ENDOCRINE TROUBLEMAKER

One psych med, three hormonal disasters.

Meet Lithium: New kid at Hormone High



ENDOCRINE COUNCIL MEETING



Endocrine chaos in his wake, yet his place remains—for sanity's sake.



Dr. Kashish Gupta, Delhi

*Prof. Padma Menon:**A Life Dedicated to Endocrinology, Education, and Empathy*

Dr. Padma Menon is a renowned endocrinologist and academician with a distinguished career spanning several decades. She served as Professor and Head of Medicine at LTMG Hospital before taking on the pivotal role of Professor and Head of Endocrinology at KEM Hospital and GS Medical College, Mumbai.



Widely respected for her clinical expertise in thyroid, pituitary, adrenal, and metabolic disorders, Dr. Menon has been instrumental in shaping endocrinology training in India. Her legacy includes mentoring generations of postgraduate students, advancing diagnostic and therapeutic practices, and maintaining an unwavering commitment to patient care. Known for her clarity, focus, and compassion, Dr. Menon remains an inspiring figure in the Indian medical community.

When you look back, what were some of the most difficult situations you faced, and how did you overcome them?

One of the toughest decisions was choosing to move as Head of Endocrinology to KEM Hospital and GS Medical College, while I was already serving as Professor and Head of Medicine at LTMG Hospital. It was a defining moment—but easy to overcome because I deeply loved Endocrinology.

How did you balance your physical, mental, and spiritual well-being?

The most challenging phase was when my son was young. Like many mothers, I felt guilty about not giving him enough time. But I was fortunate to have strong family support. I stayed focused on what truly mattered and avoided distractions. It always pained me to see patients waiting for long hours—I would put myself in their shoes and feel their frustration.





What is your go-to de-stressing mantra?

Music and long walks. Talking things out with my husband and father helped clear my mind—but I always made my own decisions. That gave me clarity and confidence.

What moments brought you the most happiness and satisfaction?

The time spent with postgraduate students—those effortless, engaging discussions brought immense joy. And now, seeing our students excel, often surpassing me, gives me the greatest sense of fulfilment.

What message would you like to share with the younger generation in Endocrinology?

Never stop learning—and that includes embracing technology that enhances our work.

One sentence that defines you?

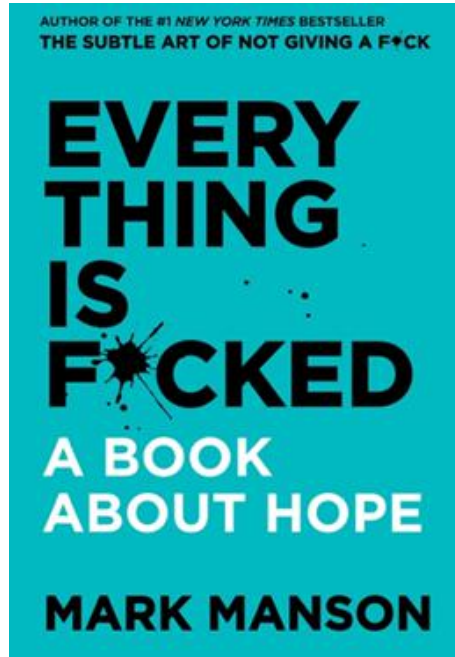
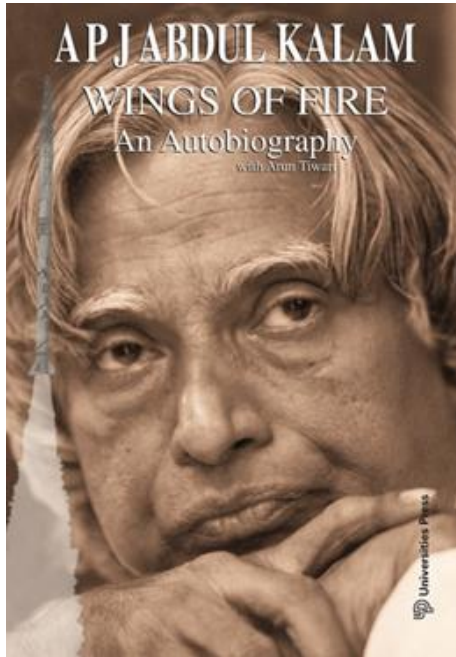
An incurable optimist.



Dr. Shehla Shaikh

A Book that Changed my Life

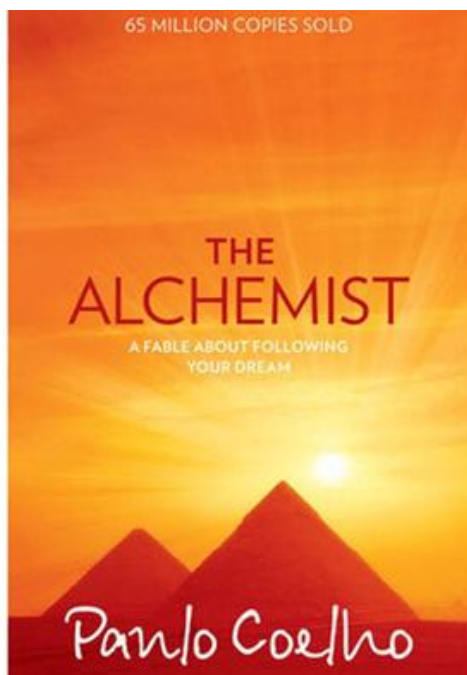
We asked a few of our young colleagues to share a book that changed their life—excluding the usual suspects like DeGroot and Williams, of course! The results? A refreshingly diverse lineup of literary favorites. Dive in and enjoy the inspiration!



Dr. Ravindranath Reddy, Kurnool

“What is life but a mixture of unsolved problems, ambiguous victories and amorphous defeats?”

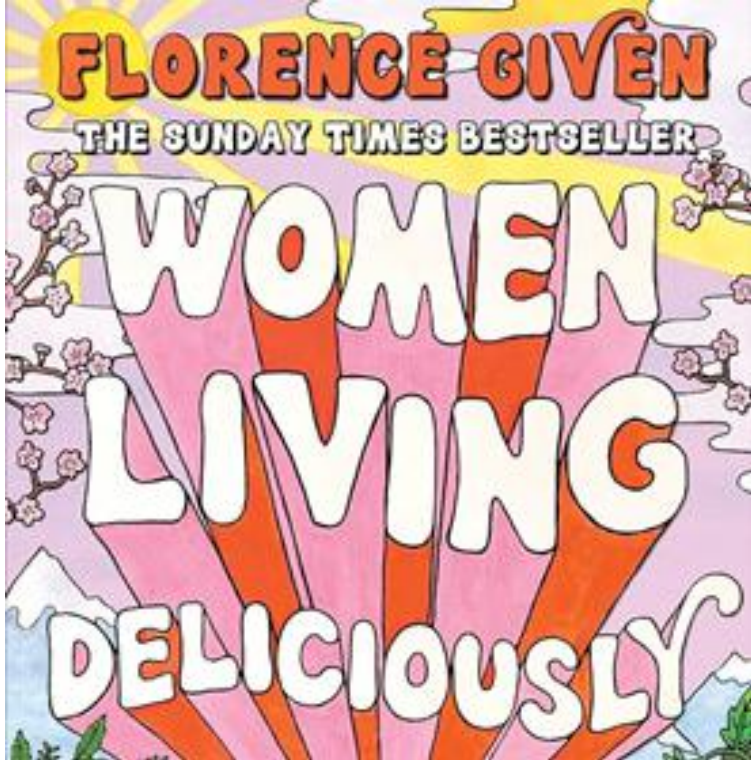
“We are inconsequential cosmic dust, bumping and milling on a tiny blue speck. We imagine our own importance. We invent our purpose – we are nothing.”



Dr. Preeti Namjoshi, Mumbai

In a world adrift in chaos and uncertainty, The Alchemist has pacified me time and again, to believe in destiny. When I first read the book as a naïve 20-year-old, the story seemed too simple to be true. However, the wisdom whispered on its pages allowed me to perceive how the smallest of decisions made today aligned perfectly in the greater scheme of things in my future.

“Tell your heart that the fear of suffering is worse than the suffering itself.” – has soothed my overwhelmed soul through the carnage of COVID-19, the perils of self-doubt and self-pity and the past 13 years of pre-exam jitters!



Dr. Alka Bishnoi, Hisar

“Awe is in the small moments of life that are so beautiful they break us out of our routine and leave us feeling connected to everything in a way that transcends language. Call it wonder. Call it awe. Call it sacred. Whatever you want. That warm, hair-raising, spine-tingling, fuzzy, chill-inducing feeling in our bodies in the “presence of something vast” is an emotion that brings us into the moment. Since the beauty of the thing we’re appreciating commands our total focus on it, we forget our life stories and anxieties. For a moment, we are just blissfully here. Experiencing awe reminds each of us of our place in the world, but more significantly, it reminds us how insignificant we are. Awe makes our problems in life seem smaller. In the sunlight that reflects on the ripples of the ocean, in hearing a transcendent piece of music, we are able to not just understand but viscerally FEEL that we are a mere and insignificant speck, contributing to the web of connection in the vastness of human life.”

Dr. Shreya Sharma, Dr. Vimal MV

My dreams as a budding endocrinologist

Our editorial team was tasked to ask our young colleagues about their hopes, aspirations and dreams as young endocrinologists. We found some exciting perspectives we would love to share with you.

My dreams in Endocrinology

Endocrinology to me is the study of the body's sacred rhythms. Hormones are like the unseen mantras that sustain life's balance – silent, precise and profound. Just as in the Bhagavad Gita, Bhagwan Sri Krishna speaks of Yoga as balance in action, endocrinology can be considered its biological expression – harmony of form, function and spirit.

My dream is to practice this science not only as a healer of disease, but a guide back to wholeness. The world faces a tide of lifestyle-driven disorders – obesity and metabolic diseases. The answer lies within – in mindful living, conscious nourishment, purposeful movement, and inner stillness. Through my clinic, research and public engagement, I aspire to create a bridge where evidence-based care meets timeless wisdom and patients feel not just treated, but transformed. My vision is of communities where health is a shared Dharma and where each individual recognizes their role in sustaining their own well-being through – Aahaar, Vihaar and Vichaar.



Dr. Brij Teli, Rajkot

Health is not mere absence of disease: it is the alignment of body, mind and spirit with the rhythm of life. In healing the body's inner orchestra, we touch something greater – the music of life itself. And what better science than Endocrinology to manifest it!

Why I chose Endocrinology: When God Points the Way

In my second year of post-graduation, I chose hypoglycemia in type 2 diabetes as the topic for my thesis. As I read in-depth about the subject, I began to realize that so much of it related to the role of hormones. I thought I would get my hands on the Williams Textbook of Endocrinology but forgot about it. Nearly a year later, I found myself holding the book in my hands. I still remember that moment – the weight of the book, the fresh smell of the pages – and a strong feeling that it was meant to reach me.

I began reading it every day, spending hours in the library and getting drawn into it. The way each hormone plays such an essential role, so perfectly placed in God's design of the human body filled me with awe. The balance, the precision – it felt like witnessing divine craftsmanship through science. By then, I knew Endocrinology would be my path. It is no coincidence that the one question I remember from my first-year MBBS Physiology viva which I proudly answered was the definition of a hormone.

It felt as though the Creator had whispered my path into existence – one hormone, one page, one moment at a time!



**Dr. P Veechika Annapureddy,
Hyderabad**

Majuli Island: The Beating Heart of Assamese Culture

Majuli, often referred to as the soul and cradle of Assamese civilization, is the world's largest inhabited river island, nestled in the tempestuous waters of the Brahmaputra River in Assam. Covering over 400 sq.km at present, though much reduced from its original size due to riverine erosion, Majuli stands as a living testament to Assam's vibrant traditions, spiritual legacy, and natural splendor.

A Seat of Assamese Culture: For more than five centuries, Majuli has remained the cultural capital of Assam. This island is synonymous with the Neo-Vaishnavite movement, which began in the 15th and 16th centuries under the visionary saint-reformer Srimant Sankardev and his disciple Madhavdev. They introduced the unique system of Satras (Vaishnavite monasteries) on Majuli, turning the island into a center for learning, arts, religious discourses, and socio-cultural reform. These Satras—many of which survive to the present day—have nurtured and preserved Sattriya dance, devotional theatre known as Bhaona, distinctive music, hand-crafted masks, and artisanal traditions.



Each Satra is more than just a monastery; it is an institution dedicated to knowledge, performance, and community service, making Majuli a living museum of Assamese identity. The monks, or Bhakats, are custodians of ancient skills—mask making, boat building, and classical arts, blending devotion with creativity. Festivals, such as the Raas Mahotsav, bring the island alive with music, dance, and communal revelry, encapsulating the spirit of Assam.

Rooted in the 16th-century Neo-Vaishnavite movement led by Srimanta Sankardev, the masks are integral to the island's renowned Bhaona theatrical performances. Crafted mostly from bamboo, cane, potter's clay, cotton cloth, and natural colours, these masks bring alive characters from Hindu mythology—gods, demons, animals, and more. The Natun Samaguri Satra is renowned for this craft, and the artisans' techniques have been handed down through generations, keeping the tradition vibrant and relevant.





Majuli is also home to the Mising tribe, who is the majority tribal group in the area. Their vibrant festival, Ali-Ai-Ligang, is another highlight in the area. Their residences, which are built on stilts to avoid the area's frequent floods, are also worth experiencing.

Natural Beauty and Ecology: Majuli's charm extends beyond its cultural treasures. The landscape is a mosaic of lush paddy fields, dense bamboo groves, wetlands, water bodies, and humble villages perched on stilts.



The island is a haven for bird lovers, with more than 200 species of birds—including rare migratory species like the greater adjutant stork and Siberian crane—frequenting its tranquil shores.

The exquisite beauty that one can experience near the Kamalabari Ferry Ghat would blow anyone's mind away.

Majuli is not just an island but the soul of Assam—an enduring symbol of harmony between man, culture, and nature. It stands as a beacon of resilience, creativity, and spiritual vitality. For those seeking to understand the essence of Assamese heritage, a journey to Majuli is both a pilgrimage and a revelation.

Dr Kaushik Pandit & Purushottam Chatterjee

When wildlife meets a curious eye: snapshots by our talented budding star!



Photos taken in Tadoba-Andhari Tiger Reserve, Maharashtra and Pench Tiger Reserve, Madhya Pradesh



Dr. Shinjan Patra

Moments of Stillness

"Nature is painting for us, day after day, pictures of infinite beauty." – John Ruskin



Dr. Sunil Misra, Dehradun

When food speaks - unravelling India's linguistic legacy

Language possibly originated in Africa 100,000–200,000 years ago and has been a distinguishing feature of our species. Approximately 7,000 languages are spoken today, with shared words or word origins pointing to ancient trade, colonial encounters, and modern diaspora movements. Several gastronomic terms from the Indian subcontinent have found a place in kitchens and restaurants across the planet, reflecting our interactions with our global brethren.

The term **'curry'**, derived from Tamil 'kari' (spiced sauce), entered English in the 16th century via Portuguese traders ('caril') and was popularized during British colonial rule. In Southeast Asia, it evolved into 'kaeng kari' (Thai) and 'kari' (Malay/Indonesian), adapted to local cuisines. Variants like 'kerrie' (Dutch) and 'curry' (French, German, Spanish) reflect its global reach through trade and colonisation.



Sugar, from Sanskrit 'śarkarā' (candied sugar), traces India's sugarcane domestication (c. 4000 BCE). It spread to Persian ('shakar'), Arabic ('sukkar'), Greek ('sákcharon'), Latin ('saccharum'), and European languages like English ('sugar') and French ('sucre'), reflecting trade routes to the Middle East and Europe.

The word **'rice'** comes from the Old French 'ris', which traces back to the Latin 'oryza', borrowed from the Greek 'órūza'.

The Greek term likely originated from an ancient Indo-Iranian word, possibly related to the Sanskrit 'vr̥hi' or Avestan 'vr̥zi', both meaning 'rice'. Rice was a staple crop in ancient Asia, particularly India and China, before reaching Europe via Persia and the Mediterranean.

The spice 'pepper' originates from the Old English 'piper', which traces back to the Latin 'piper'. This Latin term was borrowed from the Greek 'pipéri', likely derived from the Sanskrit 'pippali', referring to the long pepper plant. The word entered English through Germanic languages, influenced by Latin trade routes and the spice's prominence in ancient commerce.



Indian fruits have spread their sweetness worldwide in a linguistic sense as well. The word 'orange' comes from the Old French 'orange', which derives from the Arabic 'nāranj', itself from the Persian 'narang', and ultimately from the Sanskrit 'naranga'. The term initially referred to

the fruit, with the color being named later using the fruit's vibrant hue as a reference point. This linguistic journey reflects the fruit's spread through trade routes from South Asia to Europe. The word 'mango' originates from the Tamil word 'māṅgā'. When Portuguese traders arrived in India, they adopted this word, initially as 'manga'. The English word 'mango' is derived from this Portuguese term, with the first known use in English dating back to the 16th century.



There are interesting resemblances between Sanskrit words and the Peruvian Quechuan tongue, pointing to a link between Aryan and South American cultures. The Sanskrit word for **soup** is 'supa', while the corresponding Quechuan term is 'chupe'. Similarly, **liquor** is called 'soro' by the Peruvians and 'sura' in Sanskrit. Likewise, both Old Dravidian and Sumerian/Akkadian languages of 3000 BCE refer to **sesame oil** as 'ell' or 'enn', which in turn bears resemblance to the Latin 'oleum'.

The world has been a global village from the days of yore as evidenced by India's influence on monikers for edibles across the world. Tapping into

this realm might reveal yet unseen treasures reflecting human interaction over the ages.

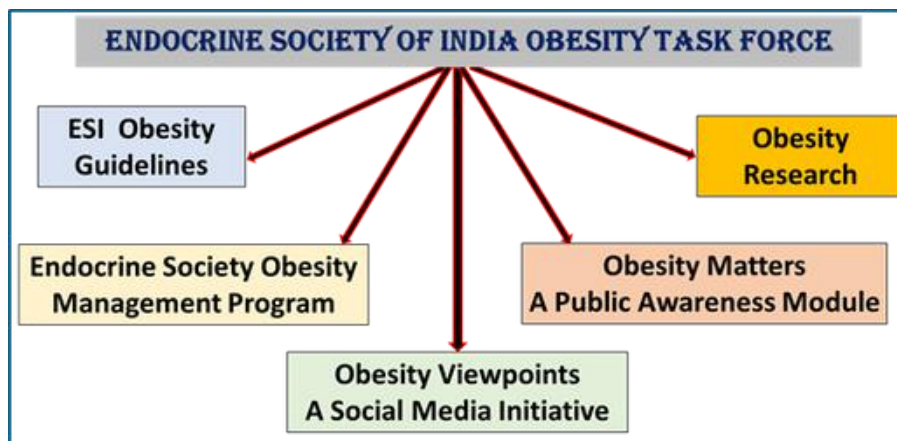


Dr. Soumik Goswami, Kolkata

ESI Obesity Task Force

The Endocrine Society of India Obesity Task Force planned activities across 5 broad domains, all of which have been successfully initiated and are running well.

1. Update on ESI Obesity Guidelines: The previous guidelines were published in the Indian Journal of Endocrinology and Metabolism in 2022. However, with the availability of highly effective anti-obesity medications, these were updated in August 2025.



2. Obesity Viewpoints: A social

media initiative of ESI has been launched, where infographics for public based on the ESI

Indian J Endocrinol Metab. 2022 Jul-Aug;26(4):295-318. doi: 10.4103/2230-8210.356236. Epub 2022 Sep 16. ESI Clinical Practice Guidelines for the Evaluation and Management of Obesity In India Madhu S V¹, Kapoor Nitin², Das Sambit³, Raizada Nishant⁴, Kalra Sanjay⁵, (on behalf of Endocrine Society of India) Affiliations + expand PMID: 36185955 PMCID: PMC9519829 DOI: 10.4103/2230-8210.356236 Old -Published in Aug 2022	GUIDELINES ESI Clinical Practice Guidelines for the Evaluation and Management of Obesity in India – An Update (2025) Madhu, Sri Venkata¹, Kapoor, Nitin², Das, Sambit³, Raizada, Nishant⁴, Kalra, Sanjay⁵ Author Information@ Indian Journal of Endocrinology and Metabolism 29(4):p 355-365, Jul-Aug 2025. DOI: 10.4103/ijem.ijem_680_25 New -Published in Aug 2025
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Clinical Practice Guidelines will be regularly posted via the social media handles of ESI

Instagram	Facebook	Twitter
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3. Obesity Matters: A monthly ESI Facebook Live program for public awareness has been launched, where leading endocrinologists from India discuss common myths related to obesity in a simple language.

4. Endocrine Society Obesity Management Program: A train-the-trainer program for endocrinologists with the objective to empower endocrinologists is planned, with the first meeting scheduled for 5th October 2025 at Mumbai. 50 endocrinologists in phase 1 will then train 20 endocrinologists each in their region.

Program ESOP (Endocrine Society Obesity management Program)

ESI OBESITY MANAGEMENT-HCP CAPACITY BUILDING PROGRAM

5. Endocrine Research: ESI joined has planned a joint venture with the Obesity Surgery Society of India to prepare a joint guideline and also embark on obesity research together. A landmark meeting was held in New Delhi on 29th June. Research has begun in two domains: Obesity Stigma and Obesity Digital Technology.

Join our **LIVE** on **OBESITY MATTERS**

TOPIC
Overweight and obesity : prevalence, causes and consequences

Speakers:
 Dr. Nitin Kapoor (Convener)
 Dr. Sarita Bajaj (Patron)
 Dr. R. Santosh (Convener)
 Dr. Narendra Kotwal (Expert Panelist)
 Dr. PK Jabbar (Expert Panelist)
 Dr. Sachin Mittal (Moderator)

THURSDAY 16th January 4.30 pm

FOR UPDATES: @endocrinesocietyindia
FOR FEEDBACK: @endocrinesocietyindia

ENDOCRINE SOCIETY TASK FORCE MEMBERS

Convener - Dr Nitin Kapoor and Dr Santosh R.



Abhamoni Baro Agarwal, AG Unnikrishnan, Altamash Shaikh, Ambrish Mithal, Ana Soraya Monterio, Aprajita Pradhan, Beatrice Anne, Bindu Kulreshta, Chitra Selvan, Gagan Priya, Hemant Phatale, Indira Maisnam, Jaideep Khare, Kaushik Pandit, Khushboo Agarwal, KVS Harikumar, Lakshmi Nagendra, Mohan T Shenoy, Nalini Kopalle, Narendra Kotwal, Nishant Raizada, Nitin Kapoor, Parjeet Kaur, Prem Narayanan, R Bharath, Radhika Jindal, Rajesh Rajput, Rama Walia, Sachin Mittal, Sailesh Lodha, Sambit Das, Sandeep Julka, Sanjay Kalra, Santosh R, Saptarshi Bhattacharya, Sarita Bajaj, Shehla Shaikh, Sujoy Ghosh, Sunil Kota, Sunil Misra, Sushil Jindal, SV Madhu, Tejal Lathia (ESI Obesity task force Members in alphabetical order)



Dr. Nitin Kapoor, Vellore

Event Calendar: October 2025-January 2026

DATE	CONFERENCE NAME	LOCATION
12th Oct 25	ESI Satellite Symposium	Nellore
26th Oct 25	ESI FOCUS: Sports Endocrinology	Jaipur
25-26th Oct 25	ISBMR	Mysuru
25-26th Oct 25	Diabetes Dialogues	Trivandrum
30th Oct-2nd Nov 25	OESCON	Bhubaneshwar
1st Nov 25	HIM-Endocon	Shimla
1-2nd Nov 25	ESTCON	Hyderabad
23rd Nov 25	ESI Satellite Symposium	Kota
29-30th Nov 25	Endocrine Update	Rohtak
5th Dec 25	SCOPE	Virtual
14th Dec 25	CONCORDE	Hyderabad
3-4th Jan 26	MESCON	Gwalior
10-11th Jan 26	MAHA-Endocon	Nasik
10-11th Jan 26	25th International Symposium on Diabetes	Mumbai
18th Jan 26	MENDOS Update	Kozhikode
24-25th Jan 26	MAGNA Update	Hyderabad
23-25th Jan 26	DEBATE	Chennai

Empathy at 8 pm

By 8 PM, the OPD becomes a blur. You've smiled, explained, reassured, diagnosed, and prescribed – again and again. And then another patient walks in, expecting the same empathy you began your day with. But all you feel is exhaustion.

A young colleague voiced this recently – and I wanted to pause and say, **thank you for saying it out loud!**

We talk often about empathy, but rarely about **sustainable empathy** – the kind that doesn't leave you burnt out or broken.

Here's what I've learnt over time:

- **Define your limits.** My limit is 40 patients and 6 PM. Yours might be 30. Or 100. Whatever it is, honor it. You cannot pour from an empty vessel.
- **Buy time when needed.** It is okay to write a few investigations and say, "I'd like to assess this more carefully once the results are in. Let's meet again in the morning." It gives you breathing room and tells the patient they matter.
- **Prioritize self-care and microbreaks.** Even brief moments between patients – a deep breath, a stretch, a walk to the wards a cup of tea – can recharge your empathy. These small pauses keep your care genuine and protect you from emotional exhaustion.
- **Lean on trusted friends.** Sharing your day's weight with someone who listens – without judgement or solutions – can be a powerful release. Venting in safe spaces not only lightens your burden but renews your energy to face the next day with clarity.

No guilt, no heroism. Just grace – for others, **and for yourself!**

Because it isn't just about what we achieve, but how gently we sustain ourselves through this journey. **Empathy is not a finite resource – it grows when shared, and it lasts when nurtured!**

Write to us with your suggestions and let's have more honest conversations.
Happy reading!



Dr. Gagan Priya