



ENDOCRINE SOCIETY OF INDIA
WE CARE 2026
(Women Endocrine Care)
& ESI OBESITY WEEK

PMC

CREDIT HOURS
APPLIED

**BLOCK
— YOUR —
DATES**



**07th
MARCH** & **08th
MARCH**



**Radisson
RED Mohali,
Chandigarh**

Women carry worlds within themselves & move through hormonal tides - puberty, pregnancy, menopause. Each transition shaping not just her health, but the generations that follow.

Yet, her needs are too often unseen.

**THIS INTERNATIONAL WOMEN'S DAY,
let's stand together to honor her journey & champion
better health for every woman.**

Nutritionists Brochure

ORGANIZING COMMITTEE



Dr. Sarita Bajaj

ORGANIZING CHAIRPERSON



Dr. Gagan Priya

ORGANIZING SECRETARY



Dr. Emmy Grewal



Dr. Rama Walia

SCIENTIFIC CHAIRPERSONS



Dr. Pramila Dharmashaktu



Dr. Akanksha Gautam

SCIENTIFIC SECRETARIES



Dr. Akshata Desai



Dr. Abhilasha Jain

ORGANIZING JT SECRETARY



Dr. Liza Das



Dr. Shivani Sidana

SCIENTIFIC JT SECRETARY



Dr. Shakun Chaudhury



Dr. Abhilasha Jain

TRAVEL COMMITTEE



Dr. Shweta Bhandari



Dr. Savita Jain



Dr. Nisha Dahiya

WELCOME & HOSPITALITY COMMITTEE



Dr. Jasmeet Kaur



Dr. Isha Arora



Dr. Alka Bishnoi

REGISTRATION & CERTIFICATES COMMITTEE

NATIONAL ADVISORS



Dr. Sanjay Kalra



Dr. Shehla Shaikh



Dr. Kaushik Pandit



Dr. KVS Hari Kumar



Dr. Nitin Kapoor
Org Secy, ESI Obesity Week

REGIONAL ADVISORS

Dr. Parminder Singh

Dr. Rajeev Khanna

Dr. Sanjay Bhadada

Dr. Vipin Talwar

Lt Gen Dr Narendra Kotwal

Dr. Sameer Aggarwal

Dr. Rajneesh Mittal

Dr. Pinaki Dutta

Dr. Rajat Gupta

Dr. Sachin Mittal

Dr. Ashu Rastogi

Dr. Deepak Khandelwal

KEY ATTRACTIONS

01

Women-focused themes in endocrinology, diabetes, obesity and metabolism

02

Endocrine challenges across a woman's lifespan: puberty, pregnancy, menopause

03

ESI Obesity Week Symposium

04

The Catalyst Hour:
Keynote lectures

05

Manthan Moments:
High-energy panel discussions

06

Hormone Hustle:
Interactive audience quiz sessions

07

Shakti Samvaad:
Interactive Workshops

08

International participation

09

Oral and Poster presentations

10

Stride of Shakti:
WalkHERthon

11

Balle Balle Fitness:
Activity session

NUTRITIONISTS ARE INVITED TO SUBMIT ABSTRACTS FOR POSTER PRESENTATIONS

LAST DATE OF SUBMISSION 31ST JAN 2026

8th March 10:00-11:30 Am

Attractive Prizes:

Posters: Rs 3000/- for 1st prize, Rs 2000/- for 2nd prize and Rs 1000/- for 3rd prize

Abstract submission guidelines:

- Abstracts must be within a word limit of 250 words and should follow a structured format – Introduction, Methods, Results, Discussion and Conclusion. Tables, figures or graphs are not permitted in the abstract.
- Provide the name, contact information and email id of the presenting author, and names of all coauthors. Affiliation should not be mentioned in the abstract.
- A confirmation email of selected abstracts will be shared by 15th Feb, with guidelines on the presentation format and a link to upload the final presentation before 28th Feb 2026.
- No changes will be permitted after submission.
- A certificate of participation and awards will be given only to the presenting author.
- Acceptance of the abstract is based solely on the discretion of the oral papers committee.
- Registration will be complimentary for selected abstracts only for the presenting author.

**For Queries, please contact:
Dr Anshu Malik
(7888548700)**

Poster committee:

1. Dr Anshu Malik
2. Dr Vijay Budhwar
3. Dr Ashok Kumar



**Scan Qr to submit
your abstracts**



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SCIENTIFIC PROGRAMME

Workshop Hall: Jasper, Sunday 8th March 2026

TIME	THEME	FORMAT	ENDOCRINOLOGIST	NUTRITIONIST
Hall in charge (9-11:30 am): Abhilasha Jain (Kaithal), Savita Jain (Ludhiana)				
Shakti Samvad 1: Diet in Type 1 Diabetes				
9:30-10:30 am	Healthy eating in type 1 diabetes	Panel	Shaila Bhattacharya Kalpana Dash TBD	TBD
10:30-11:30 am - Poster presentation				
Category 1: DM/DrNB Endocrinology Moderators: Akanksha Gautam, Siddharth Arora Judges: Rajat Gupta, Saptarshi Bhattacharya, Beatrice Anne, Lakshmi Nagendra				
Category 2: MD Medicine Moderators: Ankit Chabbra, Kashish Gupta Judges: Sahana Shetty, Liza Das, Kiran Pasam, Robin Garg				
Category 3: Nutritionists Moderators: Anshu Malik, Vijay Budhwar Judges: Sunetra Mondal, Vanishri Ganakumar, Kush Dev Jarial, TBD				
Hall in charge (11:30-3:00 pm): Alankar Tiwari (Lucknow), Anshu Malik (Delhi)				
Shakti Samvad 2: Nutrition with newer anti-obesity medications				
11:30-12:30 am	Nutrition with newer AOMs	Panel	Nitin Kapoor Aparna Govil Bhaskar Atul Sharma	TBD
Shakti Samvad 3: Nutrition in pregnancy				
12:30-1:30 pm	Nutrition in pregnancy with diabetes	Panel	Naincy Purwar Vijay Budhwar TBD	TBD
Shakti Samvad 4: Nutrition and sports				
2:00-3:00 pm	Nutritional needs in sportswomen	Panel	Jaideep Khare Akhila Bhandarkar Ashok Kumar	Anshu Malik TBD

Registration Tariff

CATEGORY	AMOUNT
Delegates Dieticians	1500/-

Email : wecareindia@gmail.com



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