



# ENDOCRINE SOCIETY OF INDIA WE CARE 2026

(Women Endocrine Care)  
& ESI OBESITY WEEK

**PMC**

CREDIT HOURS  
APPLIED

**BLOCK  
— YOUR —  
DATES**



**07<sup>th</sup>  
MARCH** & **08<sup>th</sup>  
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.**

**CLICK HERE TO REGISTER**



# 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

## A C Ammini Hall (Amber 1)

TIME	TOPIC	FORMAT	SPEAKER	CHAIRPERSON
8:30 am - Registration				
8:50 am - Welcome Note: Rama Walia (Chandigarh)				
<b>Hall In charge (9 am-11 am): Shakun Chaudhary (Kangra), Rama Walia (Chandigarh)</b>				
<b>8:55-9:00 am - Flex your fabulous - Lakshmi Nalini Kopalle (Hyderabad)</b>				
<b>Session 1: Neuroendocrine Nexus: Her story</b> Convener: Robin Garg (Mohali)				
9:00-9:20 am	Sheehan's syndrome: long term considerations	Talk	Joe George (Kozhikode)	TBD
9:20-9:40 am	Lymphocytic hypophysitis in a young woman	Talk	Mythili A (Vizag)	TBD
9:40-10:00 am	ACTH dependent Cushing's disease in a woman with no identifiable lesion	Talk	Nisha Bhavani (Kochi)	TBD
<b>Session 2: Manthan Moment: The Stalled Sprint to Womanhood</b> Convener: Aneez Joseph (Kochi)				
10:00-10:45 am	Approach to a 16-year girl with short stature and delayed puberty	Panel discussion	<b>Moderator:</b> Lakshmi Nalini Kopalle (Hyderabad) Mohan T Shenoy (Trivandrum) <b>Experts:</b> Shaila Bhattacharya (Bengaluru) Madhavi Verpula (Hyderabad) SS Mangaraj (Bhubaneshwar) Eram Nahid (Delhi) Saurabh Arora (Ludhiana)	
<b>Hormone Hustle</b>				
10:45-11:00 am	The Puberty Puzzle	Interactive quiz	<b>Quiz masters:</b> SS Mangaraj (Bhubaneshwar) Madhavi Verpula (Hyderabad)	
<b>Hall in charge (11 am-1:20 pm): Rajneesh Mittal (Yamunanagar), Akanksha Gautam (Mohali)</b>				
<b>Session 3: Thyroid conundrums in women</b> Convener: Brij Teli (Rajkot)				
11:00-11:15 am	A case of subclinical thyrotoxicosis in a 65-y lady	Talk	Ashish Sehgal (Karnal)	TBD
11:15-11:30 am	A woman with TSH 3.4 undergoing IVF	Talk	Arundhati Dasgupta (Siliguri)	TBD
11:30-11:45 pm	A case of PTC diagnosed during pregnancy	Talk	H K Ganesh (Mangalore)	TBD

A C Ammini Hall (Amber 1)

TIME	TOPIC	FORMAT	SPEAKER	CHAIRPERSON
11:45-12:00 pm	25-y lady with Graves' disease planning pregnancy	Talk	Deep Dutta (Delhi)	TBD
<b>Hormone Hustle</b>				
12:00-12:15 pm	Interpretation of TFT quiz	Interactive quiz	<b>Quizmasters:</b> Ashish Sehgal (Karnal) Alankar Tiwari (Varanasi)	
<b>Session 4: Tirzepatide talks</b> <b>Convener: Saurabh Arora (Ludhiana)</b>				
12:15-12:35 pm	Obesity as a chronic disease	Talk	TBD	TBD
12:35-12:55 pm	SURMOUNT trials	Talk	TBD	TBD
12:55-1:15 pm	SURPASS trials	Talk	TBD	TBD
<b>1:15-1:20 - Flex your fabulous - Sowrabha Bhatt (Bengaluru)</b>				
<b>1:15-2:00 pm – Lunch</b>				
<b>Hall in charge (2 pm-4:15 pm): Abhilasha Jain (Kaithal), Jasmeet Kaur (Mohali)</b>				
<b>Session 5: Diabetes and Pregnancy: Closing the gaps in care</b> <b>ESI Diabetes in Pregnancy Task Force Initiative</b> <b>Convener: Kashish Gupta (Delhi)</b>				
2:00-2:15 pm	Preconception Care in women with pre-existing diabetes	Talk	Usha Sriram (Chennai)	TBD
2:15-2:30 pm	Early GDM: controversies to current consensus	Talk	Yashdeep Gupta (Delhi)	
2:30-3:00 pm	Insulin initiation and titration during pregnancy	Panel	<b>Moderator:</b> Prem Prakash Patidar (Jaipur) <b>Experts:</b> Ganesh HK (Mangalore) Yashdeep Gupta (Delhi) Sumana Kunuru (Hyderabad)	
<b>Session 6: Cardiometabolic care in women</b> <b>Convener: Ashok Kumar (Panipat)</b>				
3:00-3:15 pm	Circadian disruption and cardiometabolic risk in women	Talk	Sarita Bajaj (Prayagraj)	TBD
3:15-3:30 pm	Cardiometabolic syndrome as a PNIE disease	Talk	Vaishali Deshmukh (Pune)	

A C Ammini Hall (Amber 1)

TIME	TOPIC	FORMAT	SPEAKER	CHAIRPERSON
3:30-4:00 pm	CVD risk reduction in women with diabetes?	Panel	<b>Moderator:</b> Sweekruti Jena (Bhubaneshwar) <b>Experts:</b> Arpan Dev Bhattacharya (Bengaluru) Harpreet Gilhotra (Mohali) Shibba Thakkar (Ludhiana) Deep Dutta (Delhi)	
<b>Hormone Hustle</b>				
4:00-4:15 pm	Cardiometabolic Brain Teasers	Interactive quiz	<b>Quizmasters:</b> Kiran Pasam (Hyderabad)	
<b>Hall in charge (4:15 pm-6:30 pm): Arpit Garg (Patiala), Akshata Desai (Jalandhar)</b>				
<b>Session 7: Obesity care across the continuum</b> <b>ESI Obesity Task Force Initiative</b> <b>Convener: Shivani Sidana (Bathinda)</b>				
4:15-4:30 pm	ESI Guidelines on Management of Obesity	Talk	Nitin Kapoor (Vellore)	
4:30-4:50 pm	Weight management in PCOS – the clinical care pathway from nutrition to medication to operation	Duolog	Shehla Shaikh (Mumbai) Sambit Das (Bhubaneshwar)	Nalini Shah (Mumbai)
4:50-5:30 pm	Weight regain after bariatric surgery	Panel discussion	<b>Moderator:</b> R Santosh (Hyderabad) <b>Experts:</b> Aparna Govil Bhaskar (Mumbai) Deepak Khandelwal (Delhi) Muthukumaran J (Chennai) TBD	

A C Ammini Hall (Amber 1)

TIME	TOPIC	FORMAT	SPEAKER	CHAIRPERSON
<b>Session 8: The Catalyst Hour: Obesity Matters</b> <b>ESI Obesity Task Force Plenary Session</b> <b>Convener: Nitin Kapoor (Vellore)</b>				
5:30-6:00 pm	Medical management of obesity	Plenary	Prof Donna Ryan (USA)	Sanjay Kalra (Karnal) Kaushik Pandit (Kolkata) Usha Sriram (Chennai)
6:00-6:30 pm	Adolescent obesity in girls: Why is it more worrisome?	Plenary	Prof Nikhil Tandon (Delhi)	Sarita Bajaj (Prayagraj) Sarojini Dutta (Guwahati) KVS Hari Kumar (Hyderabad)
<b>Hormone Hustle</b>				
6:30-6:45 pm	The Obesity Challenge	Interactive quiz	<b>Quizmasters:</b> Shreya Sharma (Dehradun) TBD	
<b>6:45-7:30 pm: Inauguration</b>				

## Rosalyn Yallow Hall (Amber 2)

TIME	TOPIC	FORMAT	SPEAKER	CHAIRPERSON
8:50 am - Welcome Note: Emmy Grewal (Mohali)				
<b>Hall in charge (9 am-11:15 am): Pramila Dharmashaktu (Panchkula), Sandeep Mittal (Mohali)</b>				
8:55-9:00 am - Flex your fabulous - Parjeet Kaur (Gurugram)				
<b>Session 1: Sarcopenia &amp; Obesity in Women</b> <b>ESI Obesity &amp; Bone Health Task Forces Joint Initiative</b> <b>Convener: Khushboo Aggarwal (Vellore)</b>				
9:00-9:15 am	What is sarcopenic obesity?	Talk	TBD	TBD
9:15-9:30 am	Diagnosis of sarcopenia	Talk	Shehla Shaikh (Mumbai)	TBD
9:30-10:00 am	Managing sarcopenia during treatment with anti-obesity medications	Panel	<b>Moderator:</b> Lakshmi Nagendra (Mysuru) <b>Experts:</b> Vanishri Ganakumar (Belagavi) Preyander Thakur (Bilaspur) Sowrabha Bhat (Bengaluru)	
<b>Session 2: The PCOS Hour</b> <b>Convener: Sandeep Mittal (Chandigarh)</b>				
10:00-10:15 am	Lean PCOS	Talk	K Neelaveni (Hyderabad)	TBD
10:15-10:30 am	Adolescent PCOS	Talk	Saptarshi Bhattacharya (Delhi)	TBD
10:30-11:00 am	Manthan Moments: An interdisciplinary approach to PCOS	Talk	<b>Moderator:</b> Tejal Lathia (Mumbai) <b>Experts:</b> Bharti Kalra (Karnal) Beena Bansal (Gurugram) TBD	
<b>Hormone hustle</b>				
11:00-11:15 am	PCOS Poppers	Interactive quiz	<b>Quizmasters:</b> Suman Kotwal (Jammu) TBD	

Rosalyn Yallow Hall (Amber 2)

TIME	TOPIC	FORMAT	SPEAKER	CHAIRPERSON
<b>Hall in charge (11:15 am-1:1:20 pm): Shweta Bansal (Bathinda)</b>				
<b>Session 3: Advances in Pharmacotherapy</b> Convener: Alka Bishnoi (Hisar)				
11:15-11:30 am	Integrated management of diabetes and obesity	Talk	Sunetra Mondal (Kolkata)	TBD
11:30-11:45 am	The role of Finrenone in cardiorenal risk reduction	Talk	Sanjay Kalra (Karnal)	TBD
11:45-12:00 am	Premixed insulins	Talk	Saurabh Arora (Ludhiana)	TBD
12:00-12:15 pm	TBD	Talk	TBD	TBD
<b>Session 4: Osteoporosis in Women</b> Convener: Jaspreet Singh (Jammu)				
12:15-12:35 pm	Premenopausal osteoporosis in a 40-y lady	Talk	Jayshree Swain (Bhubaneshwar)	TBD
12:35-12:55 pm	Sequential treatment in postmenopausal osteoporosis	Talk	Belinda George (Bengaluru)	TBD
<b>Hormone hustle</b>				
12:55-1:15 pm	Her Bone Health Drill	Interactive Quiz	<b>Quizmasters:</b> Shinjan Patra (Kalyani) Suman Kotwal (Jammu)	
1:15-1:20 pm – Flex your fabulous –Shreya Sharma (Dehradun)				
<b>1:20-2:00 pm – Lunch</b>				
<b>Hall in charge (2-5 pm): Alka Bishnoi (Hisar), Nisha Dahiya (Rohtak)</b>				
<b>Session 5: Thyroid Dilemmas across a Woman's Lifespan</b> Convener: TBD				
2:00-2:15 pm	Uncontrolled TSH in a woman on 150 mcg LT4	Talk	Deepak Khandelwal (Delhi)	TBD
2:15-2:30 pm	Adjunct T3 in a symptomatic woman with normal TSH on LT4	Talk	Rajat Gupta (Panchkula)	TBD
2:30-3:00 pm	Approach to thyrotoxicosis during pregnancy	Panel	<b>Moderator:</b> Rajneesh Mittal (Yamunanagar) <b>Experts:</b> Kush Dev Jarial (Jammu) Abhamoni Baro (Guwahati) Preyander Thakur (Bilaspur)	

Rosalyn Yallow Hall (Amber 2)

TIME	TOPIC	FORMAT	SPEAKER	CHAIRPERSON
<b>Session 6: Prolactin troubles</b> Convener: Vijay Budhwar (Pathankot)				
3:00-3:15 pm	Pitfalls in prolactin estimation	Talk	TBD	TBD
3:15-3:30 pm	Refractory prolactinoma in a woman	Talk	Jayshree Gopal (Chennai)	TBD
3:30-3:45 pm	Case of hyperprolactinemia in a woman with no visible adenoma	Talk	Muthukumaran J (Chennai)	TBD
<b>Hormone hustle</b>				
3:45-4:00 pm	Prolactin Puzzles	Interactive quiz	<b>Quizmasters:</b> Aneez Joseph (Ernakulam) Arpit Garg (Patiala)	
<b>Hall in charge (4-5 pm): Ashu Rastogi (Chandigarh), Mandeep Sharma (Chandigarh)</b>				
<b>Session 7: Manthan Moment: 3Ps of pregnancy care in diabetes</b> <b>ESI Diabetes in Pregnancy Task Force Initiative</b> Convener: Parul Jain (Khanna)				
4:00-4:45 pm	3 Ps of Pregnancy Care in Diabetes: preconception, pregnancy and postpartum	Panel	<b>Moderators:</b> Shanmugasundar G (Chennai) Sunetra Mondal (Kolkata) <b>Experts:</b> Sameer Aggarwal (Rohtak) Jaideep Khare (Bhopal) Harmandeep Kaur (Gurugram) TBD	
<b>Hormone Hustle</b>				
4:45-5:00 pm	GDM brainwaves and bylanes	Interactive Quiz	<b>Quizmasters:</b> Sumana Kunnuru (Hyderabad) Brij Teli (Rajkot)	
<b>5:00 pm – Sessions in A C Ammini Hall</b>				

Shanti M Shahani Hall (Jasper)

TIME	WORKSHOP THEME	FORMAT	FACULTY
<p><b>Hall in charge (9:30 am-11:30 am): Rajat Gupta (Panchkula), Isha Arora (Ludhiana)</b></p>			
<p><b>Shakti samvad 1: Financial planning for doctors</b>  <b>Convener: Abhamoni Baro (Guwahati)</b></p>			
9:30 am -10:30 am	Financial planning for doctors – tips and tricks	Open house	<p><b>Moderator:</b>  Sameer Aggarwal (Rohtak)</p> <p><b>Faculty:</b>  Arpan Dev Bhattacharya (Bengaluru)  Vaishali Deshmukh (Pune)  Tejal Lathia (Mumbai)</p>
<p><b>Shakti samvad 2: Work-Life Balance</b>  <b>Convener: Neelam Pandey (Delhi), Sweekruti Jena (Bhubaneshwar)</b></p>			
10:30-11:30 am	Work-life balance for doctors	Open house	<p><b>Moderators:</b>  Beena Bansal (Gurugram)</p> <p><b>Faculty:</b>  Sarojini Dutta (Guwahati)  Sarita Bajaj (Prayagraj)  Nalini Shah (Mumbai)  Usha Sriram (Chennai)</p>
<p>11:30 am-2:30 pm - TBD</p>			
<p><b>Hall in charge (2-4:30 pm): Soham Mukherjee (Chandigarh), TBD</b></p>			
<p><b>Shakti samvad 3: Speaker skills development</b>  <b>Convener: Radhika Jindal (Delhi)</b></p>			
2:30-5:30 pm	Speaker skills training	Hands-on training	<p><b>Moderator:</b>  Sanjay Kalra (Karnal)</p> <p><b>Faculty:</b>  Shehla Shaikh (Mumbai)  KVS Hari Kumar (Hyderabad)  Belinda George (Bengaluru)  Sambit Das (Bhubaneshwar)</p>
<p><b>5:00 pm – Sessions in AC Ammini Hall</b></p>			

## A C Ammini Hall (Amber 1)

TIME	TOPIC	FORMAT	SPEAKER	CHAIRPERSON
<b>Hall in charge (9-11:15 am): Rama Walia (Chandigarh), Antresa Jose (Parumala)</b>				
<b>Session 1: Diabetes in Women - A Gendered Approach</b> Convener: TBD				
9:00-9:20 am	Youth onset type 2 diabetes in adolescent girls	Talk	Sunil Mishra (Dehradun)	TBD
9:20-9:40 am	Diabetes pharmacotherapy through the gender lens	Talk	Kaushik Pandit (Kolkata)	TBD
9:40-10:00 am	Contraception in women with high metabolic risk	Duolog	Radhika Jindal (Delhi) Khushboo Aggarwal (Vellore)	TBD
<b>Session 2: Pregnancy Challenges in Adrenal Disorders</b> Convener: TBD				
10:00-10:20 am	Management of adrenal insufficiency during pregnancy	Talk	KVS Hari Kumar (Hyderabad)	TBD
10:20-10:40 am	Pregnancy in a woman with 21-hydroxylase deficiency	Talk	Sri Nagesh (Hyderabad)	TBD
10:40-11:00 am	Pheochromocytoma and pregnancy	Talk	Manasvini Bhatt (Delhi)	TBD
<b>Hormone Hustle</b>				
11:00-11:15 am	The Adrenal Challenge	Interactive quiz	<b>Quizmaster:</b> Akhila Bhandarkar	
<b>Hall in charge (11:15 am - 1:25 pm): Pramila Dharmashaktu (Panchkula), Khushboo Aggarwal (Vellore)</b>				
<b>Session 3: Semaglutide in Women - One Molecule, Multiple Outcomes</b> Convener: TBD				
11:15-11:30 am	The Power of One: Semaglutide as First Line Agent for Diabetes and Diabesity Care in Women	Talk	Ipsita Mishra (Cuttack)	Rajeev Khanna (Amritsar) TBD
11:30-11:45 am	Unlocking the Secret: Semaglutide transforming the Weight Loss Landscape in women across the Lifespan	Talk	Parjeet Kaur (Delhi)	
11:45-12:15 pm	Beyond the Dual Hype: Semaglutide's Role in Obesity, Cardiovascular, Renal and Liver Outcomes	Panel	<b>Moderator:</b> Sagarika Mukherjee ((Kolkata)) <b>Experts:</b> Ipsita Mishra (Cuttack) Parjeet Kaur (Delhi)	

## A C Ammini Hall (Amber 1)

TIME	TOPIC	FORMAT	SPEAKER	CHAIRPERSON
<b>Session 4: GDM: A Window into the future</b> <b>ESI Diabetes in Pregnancy Task Force &amp; SAFES Initiative</b> <b>Convener: Sidharth Arora (Amritsar)</b>				
12:15-12:50 am	Intergenerational impact of GDM and maternal obesity	Panel	<b>Moderator:</b> Basavaraj (Bengaluru) <b>Experts:</b> Kalpana Dash (Raipur) Vipin Talwar (Jallandhar) Dulani Kottachchi (Sri Lanka) Kamaksya Shah (Nepal) TBD	
12:50-1:10 pm	Prevention of diabetes after GDM pregnancy	Talk	TBD	TBD
<b>Hormone Hustle</b>				
1:10-1:25 pm	Diabetes in Pregnancy Dilemmas	Interactive quiz	<b>Quizmasters:</b> Antresa Jose (Parumala) Atul Sharma (Jammu)	
<b>Lunch – 1:40-2:00 pm</b>				
<b>Hall in charge (2-4 pm): Emmy Grewal (Mohali), Jasmeet Kaur (Mohali)</b>				
<b>Session 5: Insulin Diaries</b> <b>Convener: TBD</b>				
2:00-2:30 pm	Insulin motivation	Role play	Rajeev Khanna (Amritsar) Parul Jain (Khanna)	TBD
2:30-2:45 pm	Ultra-rapid insulins	Talk	Sachin Mittal (Chandigarh)	TBD
2:45-3:00 pm	TBD	Talk	TBD	TBD
<b>Session 6: Understanding MASLD in women</b> <b>Convener: TBD</b>				
3:00-3:15 pm	TBD	Talk	TBD	TBD
3:15-3:30 pm	TBD	Talk	TBD	TBD
3:30-4:00 pm	TBD	Duolog	TBD	TBD
<b>4:00 pm – Final vote of thanks</b>				

## Rosalyn Yallow Hall Amber 2)

TIME	TOPIC	FORMAT	SPEAKER	CHAIRPERSON
<b>8:00-9:00 am: Oral papers</b>				
<b>Moderators:</b> Shivani Sidana (Bathinda), Shakun Chaudhary (Kangra) <b>Judges:</b> Lakshmi Nalini Kopalle (Hyderabad), Rajneesh Mittal (Yamunanagar), Shinjan Patra (Kalyani), TBD				
<b>Hall in charge (9 am - 11 am): Isha Arora (Ludhiana), Akhila Bhandarkar (Mangalore)</b>				
<b>Session 1: Pediatric endocrinology</b> Convener: TBD				
9:00-9:20 am	Hypocalcemia in a 5-year girl	Talk	Ritesh Aggarwal (Bhubaneshwar)	TBD
9:20-9:40 am	Evaluation of a 5-yr girl with obesity	Talk	Vijay Bhaskar Reddy (Puducherry)	TBD
9:40-10:00 am	Approach to 8-y girl with menarche	Talk	Soumik Goswami (Kolkata)	TBD
<b>Session 2: Manthan Moments: Menopausal transition</b> Convener: Suman Kotwal (Jammu)				
10:00-10:45 am	Long-term cardiometabolic considerations after menopause	Panel	<b>Moderator:</b> Archana Juneja (Mumbai) <b>Experts:</b> Neelam Dahiya (Chandigarh) Ankur Ahuja (Mohali)	
<b>Hormone Hustle</b>				
10:45-11:00 am	Cracking the Code for Menopause	Interactive quiz	<b>Quizmasters:</b> Khushboo Aggarwal (Vellore) Antresa Jose (Parumala)	
<b>Hall in charge (11 am - 1:20 pm): Neelam Pandey (Delhi), Jaspreet Singh (Jammu)</b>				
<b>Session 3: Manthan Moment: Trans-diaries</b> Convener: TBD				
11:00-11:45 am	Treatment considerations in male to female transgender	Panel	<b>Moderator:</b> Sruti Chandrasekharan (Chennai) <b>Panelists:</b> Viveka Jyotsna (Delhi) TBD	
<b>Hormone Hustle</b>				
11:45-12:00 am	Transgender Puzzles	Interactive quiz	<b>Quizmaster:</b> Neelam Pandey (Delhi) Shinjan. Patra (Kalyani)	

Rosalyn Yallow Hall Amber 2)

TIME	TOPIC	FORMAT	SPEAKER	CHAIRPERSON
<b>Session 4: Sports Endocrinology in Women</b> Convener: Nisha Dahiya (Rohtak)				
12:00-12:15 pm	RED-S in Female Athletes	Talk	Beatrice Anne (Hyderabad)	TBD
12:15-12:30 pm	Menstrual dysfunction and its impact on Sports Performance	Talk	Sahana Shetty (Mangalore)	TBD
12:30-12:45 pm	Anabolic steroid misuse in women athletes	Talk	Sanjay Saran (Jaipur)	TBD
12:45-1:00 pm	Managing type 1 diabetes in female athletes	Talk	Muthukrishnan J	TBD
<b>Hormone Hustle</b>				
1:00-1:20 pm	Fun quiz – sportswomen of India	Interactive quiz	<b>Quizmasters:</b> Naincy Purwar (Jaipur) Mandeep Sharma (Chandigarh)	
<b>Lunch: 1:20-2:00 pm</b>				

## Workshop Hall: Jasper

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

