



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

8

PMC CREDIT
HOURS
VIDE ORDER NO
4569-4570



07th & 08th
MARCH 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)				
Hall In charge (9 am-11 am): Shakun Chaudhary (Kangra), Rama Walia (Chandigarh)				
8:55-9:00 am - Flex your fabulous - Lakshmi Nalini Kopalle (Hyderabad)				
Session 1: Neuroendocrine Nexus: Her story Convener: Robin Garg (Mohali)				
9:00-9:20 am	Sheehan's syndrome: long term considerations	Talk	Joe George (Kozhikode)	Deepak Bandhu (Chandigarh)
9:20-9:40 am	Lymphocytic hypophysitis in a young woman	Talk	Mythili A (Vizag)	Mandeep Singla (Chandigarh)
9:40-10:00 am	ACTH dependent Cushing's disease in a woman with no identifiable lesion	Talk	Nisha Bhavani (Kochi)	Parul Singhal (Kashipur) Mohan T Shenoy (Trivandrum)
Session 2: Manthan Moment: The Stalled Sprint to Womanhood Convener: Alankar Tiwari (Varanasi)				
10:00-10:45 am	Approach to a 16-year girl with short stature and delayed puberty	Panel	Moderator: Lakshmi Nalini Kopalle (Hyderabad) Mohan T Shenoy (Trivandrum) Experts: Shaila Bhattacharya (Bengaluru) Madhavi Verpula (Hyderabad) SS Mangaraj (Bhubaneshwar) Eram Nahid (Delhi) Saurabh Arora (Ludhiana)	
Hormone Hustle				
10:45-11:00 am	The Puberty Puzzle	Quiz	Quiz masters: SS Mangaraj (Bhubaneshwar) Madhavi Verpula (Hyderabad)	
Hall in charge (11 am-1:20 pm): Rajneesh Mittal (Yamunanagar), Akanksha Gautam (Mohali)				
Session 3: Thyroid conundrums in women Convener: Brij Teli (Rajkot)				
11:00-11:15 am	Subclinical thyrotoxicosis in a 65-y lady	Talk	Ashish Sehgal (Karnal)	Harbir Kaur Rao (Patiala)
11:15-11:30 am	A woman with TSH 3.4 undergoing IVF	Talk	Nilakshi Deka (Guwahati)	Pooja Mehta (Chandigarh) Rama Walia (Chandigarh)
11:30-11:45 am	A case of PTC diagnosed during pregnancy	Talk	H K Ganesh (Mangalore)	Ravikant Behl (Chandigarh) Naval Bansal (Mohali)
11:45-12:00 pm	25-y lady with Graves' disease planning pregnancy	Talk	Deep Dutta (Delhi)	Savita Kumari (Chandigarh)
Hormone Hustle				
12:00-12:15 pm	Cracking the code for TFTs	Quiz	Quizmasters: Ashish Sehgal (Karnal) Alankar Tiwari (Varanasi)	

A C Ammini Hall (Amber 1)

TIME	TOPIC	FORMAT	SPEAKER	CHAIRPERSON
Session 4: Manthan Moments: Menopausal Transition Convener: Saurabh Arora (Ludhiana)				
12:15-1:00 pm	Long-term cardiometabolic considerations after menopause	Panel	Moderator: Manash Baruah (Guwahati) Experts: Ankur Ahuja (Mohali) Pramila Dharmashaktu (Panchkula) Sreedevi Patnala (Hyderabad) Shakun Chawdhary (Tanda)	
Hormone Hustle				
1:00-1:15 pm	Cracking the Code for Menopause	Quiz	Quizmasters: Khushboo Agarwal (Vellore) Antresa Jose (Parumala)	
1:15-1:20 - Flex your fabulous - Sowrabha Bhat (Mangalore)				
1:15-2:00 pm – Lunch				
Hall in charge (2 pm-4:15 pm): Abhilasha Jain (Kaithal), Jasmeet Kaur (Mohali)				
Session 5: Diabetes and Pregnancy: Closing the gaps in care ESI Diabetes in Pregnancy Task Force Initiative Convener: Kashish Gupta (Delhi)				
2:00-2:15 pm	Preconception Care in women with pre-existing diabetes	Talk	Usha Sriram (Chennai)	Umesh Jindal (Chandigarh)
2:15-2:30 pm	Early GDM: controversies to current consensus	Talk	Yashdeep Gupta (Delhi)	Lavleen Sodhi (Mohali) Sanjay Saran (Jaipur) Ritambhara Bhalla (Chandigarh)
2:30-3:00 pm	Insulin initiation and titration during pregnancy	Panel	Moderator: Prem Prakash Patidar (Jaipur) Experts: Ganesh HK (Mangalore) Yashdeep Gupta (Delhi) Sumana Kunnuru (Hyderabad)	
Session 6: Cardiometabolic care in women Convener: Naincy Purwar (Jaipur)				
3:00-3:15 pm	Circadian disruption and cardiometabolic risk in women	Talk	Sarita Bajaj (Prayagraj)	J K Mokta (Shimla) Parminder Singh (Ludhiana)
3:15-3:30 pm	Cardiometabolic syndrome as a PNIE disease	Talk	Vaishali Deshmukh (Pune)	Subhash Verma (Chandigarh) Vishal Bhambri (Chandigarh)
3:30-4:00 pm	CVD risk reduction in women with diabetes?	Panel	Moderator: Sweekruti Jena (Bhubaneswar) Experts: Arpan Dev Bhattacharya (Bengaluru) Harpreet Gilhotra (Mohali) Neelam Dahiya (Chandigarh) Abhilasha Jain (Kaithal)	

A C Ammini Hall (Amber 1)

TIME	TOPIC	FORMAT	SPEAKER	CHAIRPERSON
Hormone Hustle				
4:00-4:15 pm	Cardiometabolic Brain Teasers	Quiz	Quizmasters: Kiran Pasam (Hyderabad)	
Hall in charge (4:15 pm-6:30 pm): Arpit Garg (Patiala), Akshata Desai (Jalandhar)				
Session 7: Obesity care across the continuum ESI Obesity Task Force Initiative Convener: Shivani Sidana (Bathinda)				
4:15-4:30 pm	ESI Guidelines on the Management of Obesity	Talk	Nitin Kapoor (Vellore)	Nalini Shah (Mumbai) B S Bhatia (Chandigarh) V K Arya (Chandigarh) Richa Goyal (Patiala)
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 (Bhubaneswar)	
4:50-5:30 pm	Weight regain after bariatric surgery	Panel	Moderator: R Santosh (Hyderabad) Experts: Aparna Govil Bhaskar (Mumbai) Archana Juneja (Mumbai) Deepak Khandelwal (Delhi) Muthukumaran J (Chennai) Naveen Mittal (Ludhiana)	
Session 8: The Catalyst Hour: Obesity Matters ESI Obesity Task Force Plenary Session Convener: Nitin Kapoor (Vellore)				
5:30-6:00 pm	Medical management of obesity	Plenary	Donna Ryan (USA)	Sanjay Kalra (Karnal) Lt Gen Narendra Kotwal (Panchkula) Kaushik Pandit (Kolkata) Usha Sriram (Chennai)
6:00-6:30 pm	Adolescent obesity in girls: Why is it more worrisome?	Plenary	Nikhil Tandon (Delhi)	Sarita Bajaj (Prayagraj) Sarojini Duttachoudhury (Guwahati) K P Singh (Mohali) KVS Hari Kumar (Hyderabad)
Hormone Hustle				
6:30-6:45 pm	The Obesity Challenge	Quiz	Quizmasters: Shreya Sharma (Dehradun)	
6:45-7:30 pm: Inauguration				

Rosalyn Yalow Hall (Amber 2)

TIME	TOPIC	FORMA T	SPEAKER	CHAIRPERSON
8:50 am - Welcome Note: Emmy Grewal (Mohali)				
Hall in charge (9 am-11:15 am): Pramila Dharmashaktu (Panchkula), Sandeep Mittal (Mohali)				
8:55-9:00 am - Flex your fabulous - Parjeet Kaur (Gurugram)				
Session 1: Sarcopenia & Obesity in Women ESI Obesity & Bone Health Task Forces Joint Initiative Convener: Khushboo Agarwal (Vellore)				
9:00-9:15 am	What is sarcopenic obesity?	Talk	Arundhati Dasgupta (Siliguri)	A P Sanwaria (Chandigarh) Kanchan Kewalramani (Mumbai) Ganesh HK (Mangalore) Gayatri Ghanekar (Mumbai)
9:15-9:30 am	Diagnosis of sarcopenia	Talk	Shivani Sidana (Bathinda)	
9:30-10:00 am	Managing sarcopenia during treatment with anti-obesity medications	Panel	Moderator: Lakshmi Nagendra (Mysuru) Experts: Vanishri Ganakumar (Belagavi) Preyander Thakur (Bilaspur) Sowrabha Bhat (Mangalore)	
Session 2: The PCOS Hour Convener: Sandeep Mittal (Chandigarh)				
10:00-10:15 am	Lean PCOS	Talk	K Neelaveni (Hyderabad)	Vineet Nagpal (Chandigarh) Nitasha Gupta (Chandigarh) Bharti Kalra (Karnal)
10:15-10:30 am	Adolescent PCOS	Talk	Saptarshi Bhattacharya (Delhi)	
10:30-11:00 am	An interdisciplinary approach to PCOS	Panel	Moderator: Tejal Lathia (Mumbai) Experts: Bharti Kalra (Karnal) Reetu Hooda (Rohtak) Priyanka Krishna (Patna)	
Hormone hustle				
11:00-11:15 am	PCOS Poppers	Quiz	Quizmasters: Suman Kotwal (Jammu)	
Hall in charge (11:15 am-1:20 pm): Shweta Bansal (Bathinda)				
Session 3: Advances in Pharmacotherapy Convener: Alka Bishnoi (Hisar)				
11:15-11:30 am	Integrated management of diabetes and obesity	Talk	Sunetra Mondal (Kolkata)	Mary John (Ludhiana) Mahak (Mohali) Deepthi Arora (Chandigarh)
11:30-11:45 am	The role of Finrenone in Cardiorenal Risk Reduction	Talk	Sanjay Kalra (Karnal)	

Rosalyn Yalow Hall (Amber 2)

TIME	TOPIC	FORMAT	SPEAKER	CHAIRPERSON
11:45-12:00 am	Applicability of premix insulin in T2DM management - case-based discussion	Talk	Saurabh Arora (Ludhiana)	Vijay Kumar Harjai (Chandigarh) Suneet Verma (Chandigarh) Aniketa Sharma (Nahan)
12:00-12:15 pm	Interpreting the AGP report: the comprehensive way to use CGM	Talk	Sanjay Kalra (Karnal)	
12:15-12:30 pm	Impact of herpes zoster on patients with diabetes mellitus and its prevention	Talk	Sandeep Mittal (Mohali)	
Session 4: Osteoporosis in Women Convener: Jaspreet Singh (Jammu)				
12:30-12:50 pm	Premenopausal osteoporosis in a 40-y lady	Talk	Jayshree Swain (Bhubaneswar)	Saptarshi Bhattacharya (Delhi) Shanujeet Kaur (Chandigarh) Shivani Singla (Patiala)
12:50-1:10 pm	Sequential treatment in postmenopausal osteoporosis	Talk	Belinda George (Bengaluru)	
Hormone hustle				
1:10-1:25 pm	GDM Brainwaves and Bylanes	Quiz	Quizmasters: Sumana Kunnuru (Hyderabad) Brij Teli (Rajkot)	
1:15-1:20 pm – Flex your fabulous –Shreya Sharma (Dehradun)				
1:20-2:00 pm – Lunch				
Hall in charge (2-5 pm): Alka Bishnoi (Hisar)				
Session 5: Thyroid Dilemmas across a Woman's Lifespan Convener: Rashi Aggarwal (Mumbai)				
2:00-2:15 pm	Uncontrolled TSH in a woman on 150 mcg LT4	Talk	Deepak Khandelwal (Delhi)	Harbir Kaur Rao (Patiala) Manisha Gupta (Mohali) Monica Gupta (Chandigarh)
2:15-2:30 pm	Adjunct T3 in a symptomatic woman with normal TSH on LT4	Talk	Rajat Gupta (Panchkula)	
2:30-3:00 pm	Approach to thyrotoxicosis during pregnancy	Panel	Moderator: Rajneesh Mittal (Yamunanagar) Experts: Kush Dev Jarial (Jammu) Abhamoni Baro (Guwahati) Preyander Thakur (Bilaspur)	

Rosalyn Yalow Hall (Amber 2)

TIME	TOPIC	FORMAT	SPEAKER	CHAIRPERSON
Session 6: Prolactin troubles Convener: Parul Singhal (Kashipur)				
3:00-3:15 pm	Pitfalls in prolactin estimation	Talk	Pramila Kalra (Bengaluru)	Dulani Kottahachchi (Sri Lanka)
3:15-3:30 pm	Refractory prolactinoma in a woman	Talk	Jayshree Gopal (Chennai)	Rimmy Singla (Mohali) Seema Sharma (Chandigarh)
3:30-3:45 pm	Case of hyperprolactinemia in a woman with no visible adenoma	Talk	Muthukumaran J (Chennai)	Parampreet Kaur Ghuman (Chandigarh)
Hormone hustle				
3:45-4:00 pm	Prolactin Puzzles	Quiz	Quizmasters: Antresa Jose (Parumala)	
Hall in charge (4-5 pm): Mandeep Sharma (Chandigarh)				
Session 7: Manthan Moment: 3Ps of pregnancy care in diabetes ESI Diabetes in Pregnancy Task Force Initiative Convener: Parul Jain (Khanna)				
4:00-4:45 pm	3 Ps of Pregnancy Care in Diabetes: preconception, pregnancy and postpartum	Panel	Moderators: Shanmugasundar G (Chennai) Sunetra Mondal (Kolkata) Experts: Sameer Aggarwal (Rohtak) Sanjay Saran (Jaipur) Yashbala (Chandigarh) Vidhya Rajeev Jahagirdar (Coimbatore) Harmandeep Kaur (Gurugram)	
Hormone Hustle				
4:45-5:00 pm	Her Bone Health Drill	Quiz	Quizmasters: Suman Kotwal (Jammu) Shinjan Patra (Kalyani)	
Session 8: Newer drugs Convener: Parul Singhal (Kashipur)				
5:00-5:15 pm	MASLD: Role of saroglitazar - A Dual PPAR Agonist	Talk	Arundhati Dasgupta (Siiguri)	Joura Vishal (Jalandhar) Jagpal Pandher (Chandigarh)
5:15-5:30 pm	Imeglimin: A powerhouse approach to type 2 diabetes	Talk	Shehla Shaikh (Mumbai)	Parvinder Chawla (Mohali) Satinder Bhatia (Chandigarh)
5:30 pm – Sessions in A C Ammini Hall				

Shanti M Shahani Hall (Jasper)

TIME	WORKSHOP THEME	FORMAT	FACULTY
Hall in charge (9:30 am-11:30 am): Rajat Gupta (Panchkula), Isha Arora (Ludhiana)			
Shakti samvad 1: Financial planning for doctors Convener: Abhamoni Baro (Guwahati)			
9:30 am -10:15 am	Financial planning for doctors – tips and tricks	Open house	Moderator: Sameer Aggarwal (Rohtak) Faculty: Arpan Dev Bhattacharya (Bengaluru) Vaishali Deshmukh (Pune) Tejal Lathia (Mumbai)
Shakti samvad 2: Work-Life Balance Convener: Neelam Pandey (Delhi), Sweekruti Jena (Bhubaneshwar)			
10:15-11:00 am	Work-life balance for doctors	Open house	Moderators: Savita Jain (Ludhiana) Faculty: Sarojini Duttachoudhury (Guwahati) Sarita Bajaj (Prayagraj) Usha Sriram (Chennai)
Hall in charge (11:00-2:00 pm): Savita Jain (Ludhiana)			
OBESITY WORKSHOP Convener: Sweekruti Jena (Bhubaneshwar), Vanishri Ganakumar (Belagavi)			
TIME	TOPIC	SPEAKER	CHAIRPERSONS
11:00-11:15 am	Obesity in India	Deep Dutta (Delhi)	Savita Kapila (Mohali) Rashi Aggarwal (Mumbai) Nidhi Bhardwaj (Chandigarh) Gayatri Ghanekar (Mumbai)
11:15-11:30 am	Obesity is a chronic disease	Alka Bishnoi (Hisar)	
11:30-11:45 am	How does obesity compromise overall health	Manash Baruah (Guwahati)	
11:45-12:00 pm	Q & A	Shweta Bansal (Barthinda)	Satbir Kaur (Mohali) Parvinder Chawla (Mohali) Puneet Kumar (Chandigarh) Inderpreet Kaur Dardi (Patiala)
12:00-12:15 pm	Guidelines in management of obesity	Akshata Desai (Jalandhar)	
12:15-12:30 pm	Diagnosing Obesity: Going Beyond BMI	Parjeet Kaur (Delhi)	
12:30-12:45 pm	Treatment approaches for Obesity Management	Aishwarya Krishnamurthy (Delhi)	
12:45-1:00 pm	Q & A	Pramila Kalra (Bengaluru)	

Shanti M Shahani Hall (Jasper)

TIME	TOPIC	SPEAKER	CHAIRPERSONS
1:00-1:15 pm	Bias and Stigma in Obesity	Nilakshi Deka (Guwahati)	Mona Shah (Baroda) Asha Kiran (Chandigarh) Kanchi Khurana (Chandigarh) Divanshee Sharma (Mohali)
1:15-1:30 pm	Obesity and Type 2 Diabetes	Monika Goyal (Delhi)	
1:30-1:45 pm	Obesity and Women Health	Priyamvada Tyagi (Delhi)	
1:45-2:00 pm	Q & A	Akanksha Gautam (Mohali)	
Hall in charge (2-5:00 pm): Soham Mukherjee (Chandigarh)			
Shakti samvad 3: Speaker skills development - 2:00-4:30 pm Convener: Radhika Jindal (Delhi), Alankar Tiwari (Varanasi) Moderator: Sanjay Kalra Faculty: Shehla Shaikh (Mumbai), KVS Hari Kumar (Hyderabad), Belinda George (Bengaluru), Sambit Das (Bhubaneshwar) Registrations for this session are closed			
Clinical Trials: Changing Landscape Convener: Alankar Tiwari (Varanasi)			
4:30-5:00 pm	The Changing Landscape of Clinical Trials over Time	Discussion	Pragati Kumari (Chandigarh) K P Singh (Chandigarh)
Sessions in A C Ammini Hall			

A C Ammini Hall (Amber 1)

TIME	TOPIC	FORMAT	SPEAKER	CHAIRPERSON
Hall in charge (9-11:15 am): Rama Walia (Chandigarh), Antresa Jose (Parumala)				
Session 1: Diabetes in Women - A Gendered Approach Convener: S Palanivel (Nammakal)				
9:00-9:20 am	Youth onset type 2 diabetes in adolescent girls	Talk	Sunil Mishra (Dehradun)	B L Bhardwaj (Chandigarh) Dalip Gupta (Chandigarh) Gyaneshwar Maini (Chandigarh) Manjeet Singh Trehan (Chandigarh)
9:20-9:40 am	Diabetes pharmacotherapy through the gender lens	Talk	Kaushik Pandit (Kolkata)	
9:40-10:00 am	Contraception in women with high metabolic risk	Duolog	Radhika Jindal (Delhi) Khushboo Agarwal (Vellore)	
Session 2: Pregnancy Challenges in Adrenal Disorders Convener: Sree Kumar (Erode)				
10:00-10:20 am	Management of adrenal insufficiency during pregnancy	Talk	KVS Hari Kumar (Hyderabad)	Viveka Jyotsna (Delhi) Ekawali Gupta (Chandigarh) Prerna Goyal (Ludhiana)
10:20-10:40 am	Pregnancy in a woman with 21-hydroxylase deficiency	Talk	V Sri Nagesh (Hyderabad)	Mohanjeet Kaur (Ludhiana) Jasneet Kaur (Chandigarh) Shaveta Gupta (Mohali)
10:40-11:00 am	Pheochromocytoma and pregnancy	Talk	Manasvini Bhatt (Delhi)	Anulekha Mary John (Kochi) Sanjay Kumar Goyal (Patiala) Deepti Singh (Chandigarh)
Hormone Hustle				
11:00-11:15 am	The Adrenal Challenge	Quiz	Quizmaster: Akhila Bhandarkar (Mangalore)	
Hall in charge (11:15 am - 1:25 pm): Pramila Dharmashaktu (Panchkula), Khushboo Agarwal (Vellore)				
Session 3: Semaglutide in Women - One Molecule, Multiple Outcomes Convener: Sagarika Mukherjee (Kolkata)				
11:15-11:30 am	The Power of One: Semaglutide as First Line Agent for Diabetes and Diabetes Care in Women	Talk	Ipsita Mishra (Cuttack)	S K Mathur (Chandigarh) Rajeev Khanna (Amritsar) Sachin Verma (Chandigarh)
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	Moderator: Sagarika Mukherjee ((Kolkata) Experts: Ipsita Mishra (Cuttack) Parjeet Kaur (Delhi)	

A C Ammini Hall (Amber 1)

TIME	TOPIC	FORMAT	SPEAKER	CHAIRPERSON
Session 4: GDM: A Window into the future ESI Diabetes in Pregnancy Task Force & SAFES Initiative Convener: Sidharth Arora (Amritsar)				
12:15-12:50 am	Intergenerational impact of GDM and maternal obesity	Panel	Moderator: Basavaraj G S (Bengaluru) Experts: Kalpana Dash (Raipur) Lt Gen Narendra Kotwal (Panchkula) Vipin Talwar (Jalandhar) Dulani Kottachchi (Sri Lanka) Preeti Jindal (Chandigarh) Kamakshya Shah (Nepal)	
12:50-1:10 pm	Prevention of diabetes after GDM pregnancy	Talk	Abhay Sahoo (Bhubaneswar)	Sandeep Suri (Hisar) Raminderpal Singh Sibia (Patiala) Gursaran Sidhu (Ludhiana)
Hormone Hustle				
1:10-1:25 pm	Diabetes in Pregnancy Dilemmas	Quiz	Quizmasters: Arpit Garg (Patiala)	
Lunch – 1:40-2:00 pm				
Hall in charge (2-4 pm): Emmy Grewal (Mohali), Jasmeet Kaur (Mohali)				
Session 5: Insulin Diaries Convener: Sanya Gupta (Chandigarh)				
2:00-2:20 pm	Insulin motivation in real world setting	Role play	Rajeev Khanna (Amritsar) Parul Jain (Khanna)	Ashit Syngle (Chandigarh) Anju Batra (Mohali) Gurpreet Singh Dang (Patiala)
2:20-2:40 pm	iGlarLixi: A SOLID approach to Break Treatment Complexity	Talk	Sameer Aggarwal (Rohtak)	Rajesh Chauhan (Chandigarh)
2:40-3:00 pm	Quest for improving postprandial glucose control: Role of ultra-rapid Lispro	Talk	Sachin Mittal (Chandigarh)	Milinda Gupta (Chandigarh)
Session 6: Potpourri Convener: Akanksha Gautam (Mohali)				
3:00-3:30 pm	The Invisible Load: "Who Cares for the Caregiver" Role of men in creating supportive ecosystem for women doctors	Panel	Moderator: Akanksha Gautam (Mohali) Experts: Ramanbir Singh (Ludhiana) Naval Bansal (Chandigarh) Sachin Mittal (Chandigarh)	
3:30-4:00 pm	Calcium and vitamin D supplementation in postmenopausal women	Panel	Moderator: Soham Mukherjee (Chandigarh) Experts: Liza Das (Chandigarh) Neeraj Garg (Mohali) Sidharth Arora (Amritsar)	
4:00 pm – Final vote of thanks				

Rosalyn Yalow Hall Amber 2)

TIME	TOPIC	FORMAT	SPEAKER	CHAIRPERSON
8:00-9:00 am: Oral papers Moderators: Shivani Sidana (Bathinda), Shakun Chaudhary (Kangra) Judges: Chitra Selvan (Bengaluru), Jayshree Swain (Bhubaneswar), Lakshmi Nalini Kopalle (Hyderabad), Rajneesh Mittal (Yamunanagar), Shinjan Patra (Kalyani)				
Hall in charge (9 am - 11 am): Isha Arora (Ludhiana), Akhila Bhandarkar (Mangalore)				
Session 1: Pediatric Endocrinology Convener: Isha Arora (Ludhiana)				
9:00-9:20 am	Hypocalcemia in a 5-year girl	Talk	Ritesh Aggarwal (Bhubaneswar)	Anulekha Mary John (Kochi) Rama Walia (Chandigarh) Mudita Dhingra (Kurukshetra)
9:20-9:40 am	Evaluation of a 5-yr girl with obesity	Talk	Vijay Bhaskar Reddy (Puducherry)	
9:40-10:00 am	Approach to 8-y girl with menarche	Talk	Soumik Goswami (Kolkata)	
Session 2: Advances in Pharmacotherapy - Tirzepatide Convener: Suman Kotwal (Jammu)				
10:00-10:15 am	SURPASSing standards of care in T2D	Talk	Neeru Gera (Delhi)	Vandana Midha (Ludhiana) Bharti Aggarwal (Ludhiana) Ajay Budhwar (Amritsar) Ranjana Bhatt (Bathinda)
10:15-10:30 am	SURMOUNTing Obesity: Going above Thresholds	Talk	Anil Bhansali (Chandigarh)	
10:30-10:45 am	Early Experience on Tirzepatide: An Indian Perspective	Talk	Ashu Rastogi (Chandigarh)	
10:45-11:00 am	Q & A	Panel	Sunil Mishra (Dehradun)	
Hall in charge (11 am - 1:20 pm): Neelam Pandey (Delhi), Jaspreet Singh (Jammu)				
Session 3: Manthan Moment: Trans-diaries Convener: Ananda Chakraborty (Mohali)				
11:00-11:45 am	Treatment considerations in male to female transgender	Panel	Moderator: Sruti Chandrasekharan (Chennai) Panelists: Viveka Jyotsna (Delhi) Pramila Kalra (Bengaluru) Chitra Selvan (Bengaluru) B K Waraich (Chandigarh) Sumedha Banerjee (Chandigarh)	
Hormone Hustle				
11:45-12:00 am	Transgender Puzzles	Quiz	Quizmaster: Neelam Pandey (Delhi) Shinjan Patra (Kalyani)	

Rosalyn Yalow Hall Amber 2)

TIME	TOPIC	FORMAT	SPEAKER	CHAIRPERSON
Session 4: Sports Endocrinology in Women Convener: Shivani Sidana (Bathinda)				
12:00-12:15 pm	RED-S in Female Athletes	Talk	Beatrice Anne (Hyderabad)	Sunaina Bansal (Mohali)
12:15-12:30 pm	Menstrual dysfunction and its impact on Sports Performance	Talk	Sahana Shetty (Manipal)	Supriya Bajaj (Ludhiana) Ruchika Singla (Mohali)
12:30-12:45 pm	Anabolic steroid misuse in women athletes	Talk	Jaideep Khare (Bhopal)	Vikas Bhutani (Chandigarh)
12:45-1:00 pm	Managing type 1 diabetes in female athletes	Talk	Muthukrishnan J	Sandeep Chhatwal (Chandigarh) G Ranjeeth Kumar (Chandigarh)
Hormone Hustle				
1:00-1:15 pm	Sportswomen of India	Quiz	Quizmasters: Naincy Purwar (Jaipur) Mandeep Sharma (Chandigarh)	
Session 5: MASLD in children Convener: Shivani Sidana (Bathinda)				
1:15-2:00 pm	MASLD in Children: A Call to Action	Panel	Moderator: Manoj Kataria (Chandigarh) Experts: Rakesh Goyal (Ludhiana) Shweta Bansal (Bathinda) Rajesh Jain (Ludhiana) Manish Thakur (Shimla)	
Lunch: 1:50 pm				

Workshop Hall: Jasper

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	Moderator: Sanya Gupta (Chandigarh) Experts: Shaila Bhattacharya (Bengaluru) Kalpana Dash (Raipur) Sonia Gandhi (Mohali) Parul Singhal (Kashipur)	
10:30-11:30 am - Poster presentation				
Category 1: DM/DrNB Endocrinology Moderators: Akanksha Gautam (Chandigarh), Siddharth Arora (Amritsar) Judges: Rajat Gupta (Panchkula), Saptarshi Bhattacharya (Delhi), Beatrice Anne (Hyderabad)				
Category 2: MD Medicine Moderators: Kashish Gupta (Delhi) Judges: Sahana Shetty (Manipal), Liza Das (Chandigarh), Kiran Pasam (Hyderabad), Robin Garg (Mohali)				
Category 3: Nutritionists Moderators: Anshu Malik (Delhi) Judges: Vanishri Ganakumar (Belagavi), Kush Dev Jarial (Jammu), Sonia Gandhi (Chandigarh)				
Hall in charge (11:30-3:00 pm): Alankar Tiwari (Varanasi), Anshu Malik (Delhi)				
Shakti Samvad 2: Nutrition with newer anti-obesity medications				
11:30-12:30 pm	Nutrition with newer AOMs	Panel	Moderator: Nitin Kapoor (Vellore) Experts: Aparna Govil Bhaskar (Mumbai) Akhila Bhandarkar (Mangalore) Ananda Chakraborty (Mohali) Parag Agrawal (Mumbai)	
Shakti Samvad 3: Nutrition in pregnancy				
12:30-1:30 pm	Nutrition in pregnancy with diabetes	Panel	Moderator: Naincy Purwar (Jaipur) Experts: Mandeep Singla (Chandigarh) Harleen Bakshi (Chandigarh) Vasudha Bansal (Chandigarh) Ambica Tandon (Lucknow)	
Shakti Samvad 4: Nutrition and sports				
2:00-3:00 pm	Nutritional needs in sportswomen	Panel	Moderator: Anshu Malik (Delhi) Experts: Rimesh Pal (Chandigarh) Jaideep Khare (Bhopal) Ashok Kumar (Panipat) Anupreksha Rastogi (Zirakpur)	

