

In Collaboration With



21st - 23rd
August 2026



J W Marriott
Pune



THE SCIENCE OF BETTER DECISIONS.
Evidence. Judgement. Outcomes.

A meeting where evidence meets judgement.

SCIENTIFIC PROGRAM

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ACADEMIA UNLIMITED



MEET THE IDEC TEAM



Together, shaping the conversations that improve diabetes care.



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Organising Chairperson



Dr. Sanjay Agarwal
Organising Chairperson



Dr. Anand Deshpande
Technology Mentor



Dr. Sunder Mudaliar
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Dr. Shilpa Joshi
Chairperson – Nodal Update



Dr. Nitin Kapoor
Joint Organising Secretary



Dr. Amit Kumar Dey
Executive Board Member



Ten years. One vision. One community.

10th IDEC Young Committee
★
The Rising Stars!

Young minds. Fresh ideas. Shared purpose.



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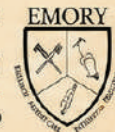
Building the next generation of diabetes leaders.

10th IDEC

INTERNATIONAL DIABETES
EXPERTS CONSORTIUM
— PUNE —



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— ∞ —
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★
DR. MONA DUGGAL

Director

Indian Council of Medical Research -
National Institute for Research
in Digital Health (ICMR-NIRDH)

IDEC MEDAL OF HONOUR

— 2026 RECIPIENTS —



★
DR. VIJAY PANIKAR

Diabetologist
Lilavati Hospital and
Research Center



★ TWO DISTINGUISHED JOURNEYS.
TWO MEDAL OF HONOUR ADDRESSES.
ONE CEREMONY NOT TO MISS. ★



SATURDAY

22ND

AUGUST 2026

📍 AT THE 10TH IDEC PUNE

USV - IDEC

10TH

IDEC

AWARDS FOR EXCELLENCE

CELEBRATING **EXCELLENCE**. HONORING **IMPACT**.

AT THE HANDS OF



Dr. Shashank Joshi
Padma Shree Awardee
Diabetologist & Endocrinologist



Dr. Banshi Saboo
Diabetologist
IDF Chair South East Asia



Dr. Rakesh Parikh
Diabetologist
Secretary General, RSSDI



JOIN US AS WE HONOR
THE CHANGE MAKERS
WHO CONTINUE TO
INSPIRE AND LEAD.



DATE
22ND AUGUST,
SATURDAY



TIME
7.30 PM



VENUE
INSPIRE HALL

Do be there for the ceremony!

USV-IDEC



IDEC Awards of Excellence

WE ARE PROUD TO PRESENT THE
★ IDEC AWARDEES FOR EXCELLENCE ★



EXCELLENCE IN EDUCATION

- ★ Dr Ashutosh Chaturvedi
- ★ Dr Inderashish Mukherjee
- ★ Dr Praveen (Prareen) Gangadhar
- ★ Dr Anchin Kalia



EXCELLENCE FOR OBESITY CARE

- ★ Dr Malay Parekh
- ★ Dr Ninad Gor
- ★ Dr Sunil Dewani
- ★ Dr Kshitij Kumar
- ★ Dr Alpina Sowani



EXCELLENCE IN COMMUNITY SERVICE

- ★ Dr Soumyaranjan Mohanty
- ★ Dr Saritha Kakani
- ★ Dr Aswin Surajit
- ★ Dr Meghanad Meher



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- ★ Dr Harshpreet Tuteja
- ★ Dr Sushil Patel
- ★ Dr Maulik Kinariwala
- ★ Dr Purvi Chawla
- ★ Dr Mayura Kale
- ★ Dr Priyanka Bhelonde



EXCELLENCE IN INNOVATION

- ★ Dr Yousuf Khan
- ★ Dr Aswin Mukundan
- ★ Dr Prashanth Sankar
- ★ Dr Anoosha Bhandarkar



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- ★ Dr Gaurav Kumar
- ★ Dr Ritu Johari



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- ★ Dr Varsha
- ★ Dr Sagar Biradar
- ★ Dr Deepak Kumar Das

- ★ Dr Surender Mittal
- ★ Dr Vijay Kumar (Bengaluru)
- ★ Dr Ami Sanghvi

CELEBRATING EXCELLENCE. INSPIRING IMPACT.
Congratulations to all our Awardees!



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— PLENARY SESSION —

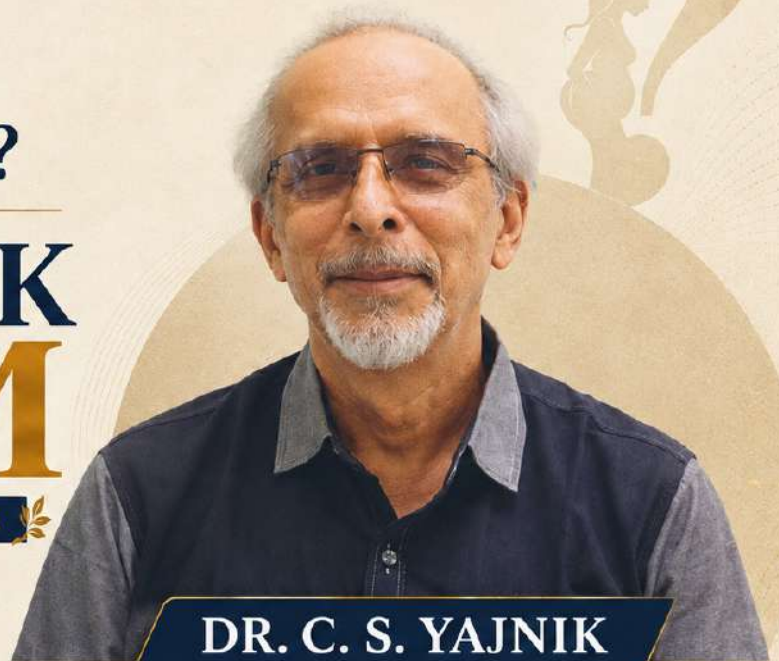
ARE WE ASKING
THE RIGHT
QUESTIONS?

RETHINK GDM

A NEW NARRATIVE BEGINS.

Time to challenge assumptions.
Time to change outcomes.
Time to **rethink** GDM.

PLENARY TALK YOU
CAN'T AFFORD TO MISS!



DR. C. S. YAJNIK

A MASTER RESEARCHER.
A VISIONARY. A GAME CHANGER.

SATURDAY | **22ND** | AUGUST 2026
— 10TH IDEC PUNE —

10th IDEC

INTERNATIONAL DIABETES
EXPERTS CONSORTIUM

— PUNE —

• SPECIAL 1-HOUR SYMPOSIUM •

SECOND ORBIT

Taking Your Practice Beyond You

How to scale your hospital or practice exponentially —
without exponentially increasing the time you spend.

Dr. Anand Deshpande

Founder, Chairman and Managing Director
of **Persistent Systems**



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SATURDAY,
22 AUGUST 2026



1:15 – 2:15 PM



HARMONY HALL
JW MARRIOTT PUNE

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EXPERTS CONSORTIUM

— PUNE —

THE SCIENCE OF BETTER DECISIONS.
Evidence. Judgement. Outcomes.



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DR. NITIN KAPOOR'S
**GRAND
SCIENTIFIC**
Quiz

FASTEST
FINGER.
SHARPEST
MIND.

TEST YOUR **CLINICAL ACUMEN**.
THINK FAST. WIN BIG.



**EXTREMELY
ATTRACTIVE
CASH PRIZES**
FOR THE BRIGHTEST
& THE FASTEST FINGERS!

**FASTEST
FINGER FIRST**
SCIENTIFIC KNOWLEDGE.
SPEED. STRATEGY. YOU.

SATURDAY

22

AUGUST 2026

WATCH THIS SPACE. | **DON'T MISS IT!**

10th IDEC

INTERNATIONAL DIABETES
EXPERTS CONSORTIUM

• PUNE •



IDEC
ACADEMIA UNLIMITED



10^{Years}

OF IMPACT &
INSPIRATION

• 5 FOCUSED WORKSHOPS •

DEEPER LEARNING. EXPERT GUIDANCE. REAL IMPACT.



SATURDAY, 22ND AUGUST 2026

	WORKSHOP	MENTORS	TIME	VENUE
1	 MANUSCRIPT WRITING WORKSHOP	Dr. Nitin Kapoor	8:00 – 9:00 AM (60 MINUTES)	WORKSHOP HALL FIRST FLOOR
2	 EXERCISE AS A PRESCRIPTION WORKSHOP	Dr. Rucha Mehta Dr. J. S. Kumar	8:00 – 9:00 AM (60 MINUTES)	WORKSHOP HALL FIRST FLOOR



SUNDAY, 23RD AUGUST 2026

	WORKSHOP	MENTORS	TIME	VENUE
3	 LITERATURE RESEARCH WITH AI	Dr. Amit Kumar Dey	8:00 – 9:00 AM (60 MINUTES)	INSPIRE HALL
4	 GLP-1 SPECIFIC NUTRITION WORKSHOP	Shilpa Joshi, RD	8:00 – 9:00 AM (60 MINUTES)	WORKSHOP HALL FIRST FLOOR
5	 DIABETES FOOT WORKSHOP	Dr. Dakshata Padhye Dr. Amit Nighate	8:00 – 9:00 AM (60 MINUTES)	WORKSHOP HALL FIRST FLOOR

— LEARN. COLLABORATE. TRANSFORM. —



22ND & 23RD
AUGUST 2026



8:00 AM – 9:00 AM
(60 MINUTES)



JW MARRIOTT
PUNE

10th IDEC

INTERNATIONAL DIABETES
EXPERTS CONSORTIUM

PUNE

• FOCUSED WORKSHOP •

MANUSCRIPT WRITING WORKSHOP

The IDEC Publication Sprint

From womb (Idea) to tomb (Published Paper)



Learn a step-wise algorithm
to write a paper



Practical research tips for funding,
collaboration, team work and
research grants



A hands-on workshop to guide you
from idea to submission



Will cover a step wise
algorithm to write a paper



Designed for researchers
at all career stages



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Dr. Nitin Kapoor

MBBS, MD(Med), DM(Endo),
Post Doc Fellowship(Endo),
PhD(University of Melbourne)

✕ Professor and Head (Unit 1),
Dept. of Endocrinology,
Diabetes and Metabolism,
Christian Medical College,
Vellore

✕ Honorary Scientist
The Non communicable disease &
The Implementation science unit,
Baker Heart and Diabetes Institute,
Melbourne, Australia

WHAT MAY BE YOUR THEME OF RESEARCH INTEREST?



Recent Advances



Public Health
interventions



Clinical Case Study



Psychological
Health in Obesity



Diet and Nutrition



Gut Microbiota



Scan to
register



SATURDAY
22ND
AUGUST 2026



8:00 – 9:00 AM
(60 MINUTES)



WORKSHOP HALL
FIRST FLOOR

JW MARRIOTT PUNE

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FOCUSED WORKSHOP

EXERCISE AS A PRESCRIPTION

*We prescribe exercise.
But do we know how?*



ASSESS

Know your patient.
Know their starting
point.



PRESCRIBE

Right dose.
Right type.
Right intensity.



PERSONALISE

Individualise for
goals, limitations,
comorbidities.

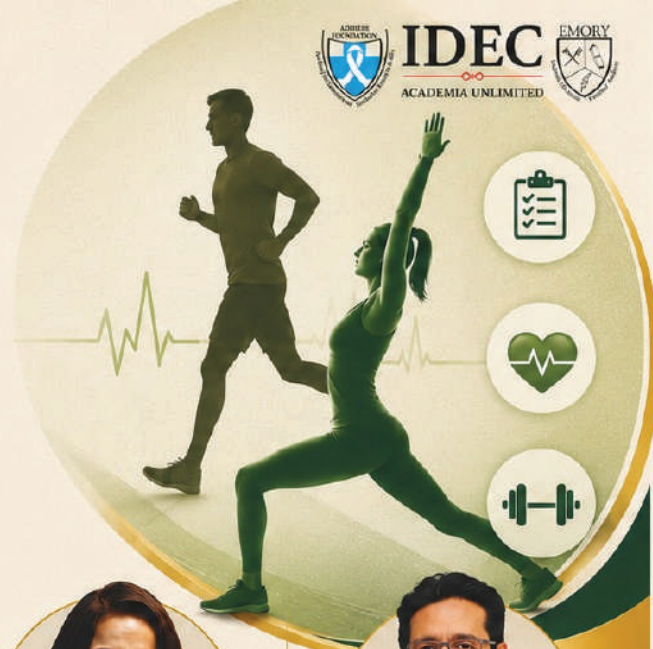


PROGRESS

Track. Tweak.
Sustain.
Celebrate results.



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DR. RUCHA MEHTA



DR. J. S. KUMAR



FROM SCIENCE TO SWEAT.
FROM ADVICE TO
A REAL PRESCRIPTION.



SATURDAY
22ND
AUGUST 2026



8:00 – 9:00 AM



WORKSHOP HALL
FIRST FLOOR

JW MARRIOTT PUNE

LEARN. PRESCRIBE. TRANSFORM LIVES.

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EXPERTS CONSORTIUM

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FOCUSED WORKSHOP

LITERATURE SEARCH WITH AI



Smarter Search. Better Evidence. Stronger Research.

THIS WORKSHOP WILL HELP YOU



SEARCH
Smarter with AI
tools



FILTER
What matters.
Faster.



ANALYSE
Key insights
instantly



SYNTHESISE
Evidence with
greater clarity



SAVE TIME.
Focus on what
truly matters



Dr. Amit Kumar Dey



USE **AI** TO FIND.
YOUR **JUDGEMENT** TO DECIDE.
YOUR **EXPERTISE** TO ADVANCE.



SUNDAY
23RD
AUGUST 2026



8:00 – 9:00 AM



INSPIRE HALL

JW MARRIOTT PUNE

RESEARCH BETTER. WRITE SMARTER. PUBLISH STRONGER.

10th IDEC

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FOCUSED WORKSHOP

GLP-1 SPECIFIC NUTRITION

Evidence. Expertise. Everyday Practice.



Nutritional Management of
GLP-1 Therapy Side Effects



Maintenance of **Muscle Mass**
during GLP-1 Therapy



Resetting the **Gut Microbiome**
during GLP-1 Therapy

YOU WILL LEARN



Evidence-backed
nutrition strategies
for GLP-1 therapy



Practical solutions
for side effect
management



Optimise outcomes
while preserving
muscle & gut health

ABOUT THE MENTOR

- ✓ Director,
Diet and Health Centre
- ✓ Practicing Dietician,
Diabetes Educator
- ✓ Vice President 2019-2021
Indian Dietetic Association
- ✓ Hon Secretary – All India Association
of Advancing Research in Obesity (2017-2022)
- ✓ Master Trainer –
"Diabetes Conversation Maps"



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10^{Years}
OF IMPACT &
INSPIRATION



MENTOR

Shilpa Joshi, RD

Diet and Health Centre



SUNDAY
23 RD
AUGUST 2026



8:00 – 9:00 AM
(60 MINUTES)



WORKSHOP HALL
FIRST FLOOR

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REGISTER NOW

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EXPERTS CONSORTIUM

PUNE

FOCUSED WORKSHOP

DIABETES FOOT WORKSHOP

MASTER THESE SIX CLINICAL SKILLS

1



RECOGNITION OF HIGH-RISK FOOT

Identify and assess
patients who need
urgent care.

2



LIVE DEMONSTRATION OF PODIATRY MACHINES

- Biothesiometer
 - Doppler
 - Podiatscan
- Hands-on. Practical.
Real-time.

3



INTERPRETATION OF REPORTS & CASE DISCUSSIONS

Understand reports.
Discuss real cases.
Take better decisions.

4



PRESCRIPTION OF FOOTWEAR & INSOLES

Choose the right
footwear and custom
insoles for every
patient.

5



DO'S & DON'TS: KEY POINTS IN FOOT EDUCATION

Educate with clarity.
Empower every
patient.

6



HOW TO SET UP A DIABETES FOOT CLINIC

Practical steps to
build an effective,
sustainable clinic.



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MISSION

0% AMPUTATION RATE
SAVE FEET. SAVE LIMBS. CHANGE LIVES.



Dr Dakshata Padhye

Diabetologist, MD
Diabetic Foot Specialist
Mumbai



Dr Amit Naghate

Diabetologist
Diabetic Foot Specialist
Ch. Sambhaji Nagar

YOU WILL LEARN



Evidence-backed
nutrition strategies
for GLP-1 therapy



Practical solutions
for side effect
management



Optimise outcomes
while preserving
muscle & gut health

ABOUT THE MENTOR

- ✓ Director,
Diet and Health Centre
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Diabetes Educator
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- ✓ Master Trainer –
“Diabetes Conversation Maps”



SUNDAY
23RD
AUGUST 2026



8:00 – 9:00 AM
(60 MINUTES)



WORKSHOP HALL
FIRST FLOOR

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For 2 Nights / 3 Days packages
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IMPORTANT DATES

- 📅 Title Partner Registration
Opens
- 📅 Conference Dates
21 – 23 August 2026
- 📍 Venue
JW Marriott, Pune

21ST – 23RD AUG 2026



NOT A CONFERENCE.

THREE EXPERIENCES. ONE UNFORGETTABLE JOURNEY.



21 – 23 AUGUST 2026 FRIDAY – SUNDAY	JW MARRIOTT PUNE	ENDOCRINOLOGISTS, PHYSICIANS PRACTICING OBESITY MEDICINE & HEALTHCARE PROFESSIONALS	REGISTRATION OPENS: 9:15 AM PROGRAM: 10:00 AM – 6:00 PM
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SCAN TO REGISTER OR VISIT idecpune.com/register	REGISTER SOON LIMITED SEATS
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Contact Us:



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10th INTERNATIONAL DIABETES EXPERTS CONSORTIUM PUNE

21ST – 23RD AUG 2026

MASTER THE SCIENCE OF OBESITY

ADVANCED CERTIFICATION 2026

For clinicians already beyond the basics

A one-day advanced certification designed for clinicians already beyond the basics, bringing together the latest evidence, practical decision-making and international perspectives in obesity medicine.



INTERNATIONALLY ACCREDITED
ADVANCED CERTIFICATION

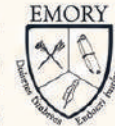
Jointly Awarded By



International
Diabetes
Federation
South-East Asia



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9 ADVANCED MODULES



1. Advanced-Level
Assessment



2. Choosing the
Right AOM



3. GLP-1 Therapy
& the Fertility
Window



4. Bariatric-Level
Weight Loss



5. The Oral
GLP-1
Revolution



6. Pre- &
Post-Bariatric
Surgery Care



7. The NAION
Signal –
Safety Update



8. The Lean
Mass
Conundrum



9. Monogenic
Obesity

⌚ 20 minutes each, after a 50-min basics recap



21 AUGUST 2026
FRIDAY



JW MARRIOTT
PUNE



ENDOCRINOLOGISTS, PHYSICIANS
PRACTICING OBESITY MEDICINE &
HEALTHCARE PROFESSIONALS



REGISTRATION: 09:15 AM
PROGRAM: 10:00 AM –
05:00 PM



EXCLUSIVELY FOR

Endocrinologists, Physicians practicing Obesity Medicine
and Healthcare Professionals with prior obesity knowledge.



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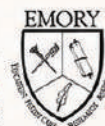


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21ST – 23RD AUG 2026



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MASTER LIFESTYLE MODIFICATION

ADVANCED CERTIFICATION 2026



INTERNATIONALLY
ACCREDITED
ADVANCED CERTIFICATION

Jointly Awarded By



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International
Diabetes
Federation
South-East Asia

For clinicians already beyond the basics

A one-day advanced certification designed for clinicians already beyond the basics, bringing together the latest evidence and practical strategies for effective lifestyle counselling in obesity care.

8 LIFESTYLE MODIFICATION MODULES



1.
Protein
Beyond the RDA



2.
Intermittent Fasting &
Time-Restricted
Eating



3.
Exercise Timing &
the Glucose Curve



4.
The Ultra-Processed
Food Question



5.
Sleep as a
Metabolic Organ



6.
Behaviour Change
Beyond Willpower



7.
Alcohol &
Metabolic Medicine



8.
Deprescribing
Diet Advice

⌚ 20 minutes each, after a 50-min basics recap



21 AUGUST 2026
FRIDAY



JW Marriott
Pune



EXCLUSIVELY FOR

Endocrinologists, Physicians practicing
Obesity Medicine and Healthcare
Professionals with prior obesity knowledge.



Registration: 9:15 AM
Program: 10:00 AM –
6:00 PM



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10th

INTERNATIONAL
DIABETES EXPERTS
CONSORTIUM, PUNE



21st - 23rd
August 2026



JW Marriott
Pune



REGISTRATION & INFORMATION



REGISTRATION PACKAGES (NON RESIDENTIAL)

Day 1 Courses

1. Lifestyle Modification Advanced Certification -INR 1000 + GST
2. Advanced Certification in Obesity -INR 1000 + GST

CATEGORY	EARLY BIRD (Till 20 Aug 2026)	REGULAR & SPOT (After 20 Aug 2026)
Delegate	Rs. 4500 + 18% GST = Rs. 5,310/-	Rs. 12000 + 18% GST = Rs. 14,160/-
P G Student	Rs. 1000 + 18% GST = Rs. 1,180/-	Rs. 2000 + 18% GST = Rs. 2,360/-
Accompanying Person	Rs. 4000 + 18% GST = Rs. 4,720/-	Rs. 9500 + 18% GST = Rs. 11,210/-
International Delegates	USD 25 + 18% = USD 29.5	USD 50 + 18% = USD 59
Professors (Govt. Med Colleges)	Rs. 1250 + 18% GST = Rs. 1,475/-	Rs. 2500 + 18% GST = Rs. 2,950/-
Professors (Private Med Colleges)	Rs. 2500 + 18% GST = Rs. 2,950/-	Rs. 5000 + 18% GST = Rs. 5,900/-
Defense Personnel	No fee	No fee

PACKAGE INCLUDES

- Conference Registration Fees
- Conference Lunches 21st, 22nd & 23rd August 2026
- Gala Dinner on 22nd & 23rd August 2026
- Conference Kit & Entry to Trade Area
- Applicable GST charges
- Workshops complimentary for all registered delegates
(non-conference delegates: ₹ 1,000 + 18% GST per Workshop)

SCAN TO REGISTER



OR VISIT

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ACCOMMODATION (RESIDENTIAL PACKAGES)

For 2 Nights / 3 Days packages
at JW Marriott, Pune.

Please visit our website
or scan the QR Code.



IMPORTANT DATES



Title Partner Registration
Opens



Conference Dates
21 - 23 August 2026



Venue
JW Marriott, Pune

CONFERENCE SECRETARIAT



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10th

INTERNATIONAL
DIABETES EXPERTS
CONSORTIUM, PUNE



21st - 23rd
August 2026



JW Marriott
Pune



REGISTRATION & PAYMENT



Complete your registration and join us in Pune.

PAYMENT DETAILS



ACCOUNT NAME : Adhere Foundation



ACCOUNT NO. : 50100198633400



IFSC CODE : HDFC0000039



BANK NAME : HDFC Bank



BRANCH : 9/2, Kalpataru Gardens,
Boat Club Road,
Pune 411001,
Maharashtra, India



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DAY 1 | FRIDAY 21ST AUGUST 2026

PVR HALL - OBESITY MANAGEMENT SCHOOL

Hall in charge: Dr. Anshool Sanghavi

Mentors: Dr. Nitin Patankar, Dr. Nitin Kapoor, Dr. Neeta Deshpande, Dr. Sanjay Agarwal

Time	Category	Topic	Speaker	Chairperson
09:00 – 09:30	Registration	Registration & Welcome Desk		
09:30 – 09:45	Module	Obesity Basics 1- A Recap	Dr. Vimal Pahuja	
09:45 – 10:00	Module	Obesity Basics 2 - A Recap	Dr. Dhruvi Hasnani	
10:00 – 10:10	Opening	Welcome & orientation — how the School and the Quiz work	Dr. Nitin Patankar, Dr. Nitin Kapoor, Dr. Neeta Deshpande	
10:12 – 10:32	Module 1	Adipose Tissue as a Diseased Organ: The Personal Fat Threshold, Ethnicity, and the Biology of Weight Regain	Dr. Mudit Sabharwal	
10:34 – 10:54	Module 2	Selecting Anti-Obesity Pharmacotherapy: Matching the Molecule to Comorbidity, Contraindications, and Safety Signals	Dr. Arvind Gupta	
10:56 – 11:16	Module 3	The Deprescribing Cascade: De-escalating Co-medications as the Weight Comes Off	Dr. Nitin Kapoor	
11:18 – 11:38	Module 4	Cardio-Renal Monitoring During Weight Loss: Interpreting a Rising Creatinine and Writing Sick-Day Rules	Dr. Shambo Samajdar	
11:40 – 12:00	Break	Coffee Break		
12:00 – 12:20	Module 5	The Gut and Liver in Obesity Therapy: Altered Drug Absorption, MASLD Staging, and Post-Bariatric Surveillance	Dr. Smitha Bhat	
12:22 – 12:42	Module 6	Drug-Induced Weight Gain: Managing Psychotropic and Neurological Contributions to Obesity	Dr. Sanhita Walawalkar	
12:44 – 13:04	Module 7	Fertility, Thyroid, and Bone in Weight Loss: Endocrine Decisions Within a Narrow Window	Dr. A G Unnikrishnan	
13:06 – 13:26	Module 8	Surgical Fitness in Obesity: BMI Thresholds, Sleep-Disordered Breathing, and Perioperative Incretin Management	Dr. Ritu Johari	

Time	Category	Topic	Speaker	Chairperson
13:26 – 14:15	Break	Bento Lunch		
14:15 – 14:35	Module 9	Obesity in the Older Adult: Sarcopenic Obesity, Creatinine Interpretation, and Bone Protection	Dr. Nitin Patankar	
14:37 – 14:57	Module 10	Syndromic and Monogenic Obesity: Recognising Genetic Phenotypes and Targeting the Melanocortin Pathway	Dr. Supratik Bhattacharya	
14:59 – 15:19	Module 11	Obesity and Cancer: Shared Mechanisms, Risk Reduction, and Survivorship	Dr. L. Sreenivasa Murthy	
15:21 – 15:41	Module 12	Adolescent Obesity: Assessment, Pharmacotherapy, and the Transition to Adult Care	Dr. Aravinda Jagadeesha	
15:41 – 16:01	Break	Tea Break		
16:01 – 16:05	Quiz	Instructions · speed scoring · one practice question		
16:07 – 17:54	Quiz	QUALIFYING ROUND — 54 vignette MCQs, expert rationale for all four options		Dr. Vedvati Purandare, Dr. Suresh Shinde, Dr Rajesh Patil, Dr Anshool Sanghavi
17:56 – 18:05	Quiz	Final leaderboard · top five called to the stage		
18:07 – 18:37	Quiz	FINAL SHOWDOWN — 5 finalists, scores reset		Dr Neeta Deshpande
18:39 – 18:49	Quiz	Results declared · sudden death if tied		
18:51 – 19:21	Prize Distribution	Prize Distribution & Closing Remarks		

DAY 1 | FRIDAY 21ST AUGUST 2026

PVR HALL - LIFESTYLE MEDICINE SCHOOL

Hall in charge: Dr Yash Shah

Mentors: Dr Nitin Patankar, Dr Sanjay Agarwal, Dr Neeta Deshpande, Shilpa Joshi

Time	Category	Topic	Speaker	Chairperson
09:55 – 10:25	Registration	Registration & Welcome Desk		
10:27 – 10:42	Module	Lifestyle Basics 1 - A Recap	Dr. Ajoy Tiwari	
10:44 – 10:59	Module	Lifestyle Basics 2 - A Recap	Mrs. Sneha Raje	
11:01 – 11:11	Opening	Welcome & orientation — how the School and the Quiz work	Shilpa Joshi, Dr. Nitin Patankar, Dr. Neeta Deshpande	
11:13 – 11:33	Module 1	Protein Requirements Beyond the RDA: Dose, Distribution, and the Renal Ceiling in Indian Diets	Mrs. Shilpa Verma	
11:35 – 11:55	Module 2	Intermittent, Religious, and Therapeutic Fasting: Separating Time-Restricted Eating, Ritual Fasts, and Diabetes Remission	Dr. Surjadeep Sengupta	
11:57 – 12:17	Module 3	The Aerobic Exercise Prescription: Dose, Intensity, and Meal-Timing for Glycaemic Control	Dr. Vinay Dhandhanania	
12:19 – 12:39	Module 4	Food Quality Beyond Calories: Ultra-Processed Foods, Energy Density, and the Food Matrix	Prof Dr. Rita Patil	
12:41 – 13:01	Break	Coffee Break		
13:03 – 13:23	Module 5	Sleep as a Metabolic Lever: Duration, Regularity, Apnoea, and Shift Work	Dr. A. Bhavtharani	
13:25 – 13:45	Module 6	Non-Adherence as a Diagnosis: Working Up the Barriers Behind "Poor Motivation"	Dr. J.S.Kumar	
13:47 – 14:07	Module 7	Alcohol and Cardiovascular Risk: Dismantling the J-Curve and the "Protective Drink"	Dr. Ketan Pakhale	
14:09 – 14:29	Module 8	Deprescribing the Diet: Reconciling Years of Accumulated Food Restrictions and Rebuilding the Plate	Geeta Dharmatti	
14:31 – 15:20	Break	Bento Lunch		

Time	Category	Topic	Speaker	Chairperson
15:22 – 15:42	Module 9	Smoking Cessation and Post-Quit Weight Gain: Why the Mortality Benefit Wins	Dr. Bijay Patni	
15:44 – 16:04	Module 10	Rewiring the Stress Response: Rational Emotive Behaviour Therapy (REBT) and Mind-Body Lever	Dr. Balamurugan	
16:06 – 16:10	Quiz	Instructions · speed scoring · one practice question		
16:12 – 18:04	Quiz	QUALIFYING ROUND — 54 vignette MCQs, expert rationale for all four options		Dr. Manasi Harale, Dr. Kundan Khamkar, Shilpa Joshi, Dr Yash Shah
18:06 – 18:15	Quiz	Final leaderboard · top five called to the stage		
18:17 – 18:25	Break	Tea Break		
18:25 – 18:55	Quiz	FINAL SHOWDOWN — 5 finalists, scores reset		Shilpa Joshi
18:57 – 19:07	Quiz	Results declared · sudden death if tied		
19:09 – 19:40	Prize Distribution	Prize Distribution & Closing Remarks		



DAY 2 | SATURDAY 22ND AUGUST 2026

Time	Category	Venue	Topic	Mentors
08:00 – 09:00	Workshop	1 st Floor	Exercise Workshop	Dr. Rucha Mehta, Dr. J. S. Kumar
08:00 – 09:00	Workshop	1 st Floor	Manuscript Writing	Dr Nitin Kapoor

DAY 2 | SATURDAY 22ND AUGUST 2026

INSPIRE HALL

Hall in charge: Dr Anshool Sanghavi

Time	Category	Topic	Speaker	Panelists / Experts	Chairperson/s
09:15 – 09:32	Panel Discussion	The Complications That Don't Look Like Complications	Moderator : Dr. Ketan Pakhale	Panelists : Dr. Abhishek Raha, Dr. Manisha Gupta, Dr. Narayan Deogaonkar	
09:34 – 09:51	Clinical Maze	Started Nine Months Late — Then a Cancer Scare	Dr. Shefali Karkhanis	Dr. Aniket Joshi	
09:53 – 10:10	Clinical Maze	So Pleased With the Sugar, We Forgot the Ankles	Dr. Anil Kumar Virmani	Dr. Suresh Purohit	
10:12 – 10:29	Clinical Maze	His Cheapest Tablet Keeps Sending Him to Casualty	Dr. Vipul Chavda	Dr. Pramod Umarji	
10:31 – 10:48	Clinical Maze	A Decade of Perfect Control — For the Wrong Disease	Dr. Alpna Sowani	Dr. Vipul Chavda	
10:50 – 11:07	Lecture	The Diabetes Weight Penalty — Why the Same Drug Does Less	Dr. Supratik Bhattacharya		Dr. Dileep Mane
11:09 – 11:29	Inauguration	Inauguration			
11:29 – 11:49	IDEC Honour Lecture	IDEC Medal of Honour — Honour Lecture	Dr Vijay Panikar		
11:49 – 12:09	IDEC Honour Lecture	IDEC Medal of Honour — Honour Lecture	Dr Mona Duggal		Dr Sanjay Agarwal
12:13 – 12:43	Plenary	Rethink GDM	Dr. C.S. Yajnik		Dr. Neeta Deshpande

DAY 2 | SATURDAY 22ND AUGUST 2026

INSPIRE HALL

Hall in charge: Dr Anshool Sanghavi

Time	Category	Topic	Speaker	Panelists / Experts	Chairperson/s
12:45 – 13:15	Break	Lunch			
13:17 – 13:37	Symposium: Comprehensive Metabolic Care	Optimizing T2D Care with Innovator Semaglutide: Start Right, Start Strong	Dr Malay Parekh		
13:37 – 13:57		The Rise of Oral GLP-1 Therapy: What Oral Semaglutide Means for the Future?	Dr Pratap Jethwani		
13:57 – 14:17		From MASH Activity to Fibrosis Impact: The Clinical Benefit Journey of Innovator Semaglutide 2.4 mg (r- DNA)	Dr Nitin Patankar		Dr Rajesh Patil
14:19 – 14:36	Clinical Maze	The Drug His Own Chart Called Dangerous	Dr. Tejas Shah	Dr. R Kiwalkar	
14:38 – 14:55	Lecture	Trial Evidence: Wins and Misses	Dr. Pratap Jethwani		Dr. Anu Gaikwad
14:57 – 15:14		We Chose the Safest Drug We Had. Then Her Skin Blistered.	Dr. Farazhussain Bohari	Dr. Pravin Kalyankar	
15:16 – 15:33		From Components to Core: Lobeglitazone Add-On for Insulin Resistance in Metabolic Syndrome	Dr. Ashu Rastogi		Dr. Supriya Lankepillawar
15:35 – 15:52	Clinical Maze	The Surgery Fixed Her Diabetes. It Also Changed What One Drink Does.	Dr. Anchin Kalia	Dr. Panktee Shah	
15:54 – 16:11	Panel Discussion	Whose Patient Is This?	Moderator : Dr. Nitin Patankar	Panelists : Dr. Aniket Inamdar, Dr. Sanjay Agarwal, Dr. Nitin Kapoor	
16:13 – 16:30		Addressing the Driver: ASI in Aldosterone mediated Hypertension	Dr. Om Lakhani		Dr. Rahul Dhope
16:32 – 16:47	Break	Coffee Break			

Time	Category	Topic	Speaker	Panelists / Experts	Chairperson/s
16:49 – 17:06	Clinical Maze	Fixed One Axis — and the Other One Moves	Dr. Mayur Agarwal	Dr. Yogesh Kadam	
17:08 – 17:25		iGlarLixi as a first injectable, simplifying real world clinical practice	Dr. Shreerang Godbole		Dr. Aniruddha Tongaonkar
17:27 – 17:44	Clinical Maze	The Drug Nearly Killed Her — and It's Working	Dr. Lotika Purohit	Dr. Rajesh Patil	
17:46 – 18:03		Linagliptin and Dapagliflozin combination for optimum diabetes care: Defining its role in the GLP-1 RA era	Dr. Rushikesh Dighe		Dr. Abhay Mane
18:05 – 18:22	Duologue	Diabetes Remission: Promise Kept, or Promise Oversold?	Dr. Vimal Pahuja, Dr. Bharat Saboo		Dr. Vipul Chavda
18:24 – 18:41		Original rDNA Semaglutide: Unique, unmatched solution for managing cardio-metabolic risk	Dr. Rucha Mehta		Dr. Suresh Dange
18:43 – 19:00		Clinical Utility of SU and its combinations in the glucocentric era.	Dr. Vinayak Harale		Dr. Poonam Shah
19:02 – 19:19	Duologue	Weight or Glucose?	Dr. Rutul Goklani, Dr. Dhruvi Hasnani		Dr. Manisha Gupta
19:21 – 19:38	Lecture	Worse Than a Number: Neuro-Sociological Friction and Pathophysiological Amnesia in Recurrent Hypoglycemia	Dr. Puneet Saxena		Dr. Naresh Munot
19:40 – 20:00	Common	Award Ceremony			
20:02 – 20:17	Quiz	Dr Nitin Kapoor's Quiz			

DAY 2 | SATURDAY 22ND AUGUST 2026

HARMONY HALL

Hall in charge: Dr Yash Shah

Time	Category	Topic	Speaker	Panelists / Experts	Chairperson/s
09:12 – 09:29	Special Lecture	The Buzzword Autopsy: What Survives the Evidence	Dr. Vaishali Deshmukh		Dr Vimal Pahuja
09:31 – 09:48	Clinical Maze	The HbA1c Fell Four Points — Then He Saw Floaters	Dr. Debomallya Bhuyan	Dr. Sujata Khatal	
09:50 – 10:07	Clinical Maze	The HbA1c Everyone Trusted and the Meter Nobody Did	Dr. Sanjib Medhi	Puneet Saxena	
10:09 – 10:26	Lecture	Yoga and Pranayama in Diabetes	Dr. Rakesh Sahay		Dr. Arun Kamble
10:28 – 10:48	NODAL Session	Beyond Macronutrients: Almonds as a dietary intervention for Glycaemia and Cognition in Prediabetes.	Dr Seema Gulati		Shilpa Joshi
10:50 – 11:07	Clinical Maze	Her Third Genital Infection This Year — Still Worth the Kidney Protection?	Dr. Subhajyoti Ghosh	Dr. Kapil Borwake	
11:09 – 11:29	Inauguration	Inauguration (Inspire Hall)			
11:29 – 11:49	IDEC Honour Lecture	IDEC Medal of Honour — Honour Lecture (Inspire Hall)			
11:49 – 12:09	IDEC Honour Lecture	IDEC Medal of Honour — Honour Lecture (Inspire Hall)			
12:13 – 12:43	Plenary	PLENARY (Inspire Hall)			
12:45 – 13:15	Break	Lunch			
13:17 – 14:12	Symposium + Panel	SECOND ORBIT	Dr. Anand Deshpande	Panelists: Dr. Bharat Saboo, Dr. Rutul Goklani, Dr. Neeta Deshpande	
14:14 – 14:31	Clinical Maze	Saving Her Lungs, Spiking Her Sugars	Dr. Sonika Lamba	Dr. Ketan Pakhale	

Time	Category	Topic	Speaker	Panelists / Experts	Chairperson/s
14:33 – 14:48	Symposium: Reframing Obesity Management	Obesity as a Chronic Disease: Beyond the BMI Paradigm	Dr Mayur Agarwal		Dr Nitin Patankar
14:48 – 15:03		One Disease, Many Organs: The Silent Progression from Fat to Organ Dysfunction	Dr Vinayak Harale		
15:03 – 15:18		The Incretin Advances: Mono-agonism to Dual Agonism in Obesity — Clinical Implications	Dr Yogesh Kadam		
15:18 – 15:33		Putting It All Together: Integrating Evidence into Practice (Panel) · Concluding Remarks	Dr Nitin Patankar		
15:35 – 15:52	Clinical Maze	Her Fourth Deliberate DKA This Year: Insulin First or Psychiatry First?	Dr. Roopam Chaudhary	Dr. Ashwini Joshi	
15:54 – 16:11		Evidence Continuum for second generation basal insulin	Dr. Mohan Magdum		Dr. Krishna Gopal Agarwal
16:13 – 16:30	Clinical Maze	Weight, Glucose, Fertility Fixed. Then She Was Pregnant.	Dr. Swati Shrivastava	Dr. Shailaja Kale	
16:32 – 16:47	Break	Coffee Break			
16:49 – 17:06	Duologue	FACT & OVERREACT — "Nature's Ozempic": the Berberine Boom	Dr. Akash Kumar Singh and Dr. Girish Khurana		Dr. Sonali Bhojane
17:08 – 17:25		Redefine CKD Care- Managing Hyperkalaemia, Enable GDMT	Dr. Shriniwas Ambike		Dr. Anuja Kukarni
17:27 – 17:44		Hypertension Beyond Control: Addressing the Heart-Brain-Kidney Continuum	Dr. G. P. Ratnaparkhi		Dr. Manoj Naik
17:46 – 18:03		Synergistic Fortitude: How Complementary mechanisms outlast monotherapy	Dr. Mohan Magdum		Dr. Gauri Damle
18:05 – 18:22	Clinical Maze	A Textbook Win — Until Day 11	Dr. Mangesh Tiwaskar	Dr. Deepak Das	
18:24 – 18:41		Stronger Together: Glimepiride with Modern OADs	Dr. Shiva Mohan		Dr. Kiran Runwal
18:43 – 19:00		Fatty Liver (MASLD) and beyond: Role of Saroglitazar 'A Dual PPAR Agonist'	Dr. Sanjay Agarwal		Dr. Liteen Patil, Dr. Isha Agarwal
19:02 – 19:19	Lecture	Refining AI Search and Preventing Hallucinations	Dr. Alok Modi		Dr. Rajendra Mane

Time	Category	Topic	Speaker	Panelists / Experts	Chairperson/s
19:21 – 19:38	Lecture	The Circadian Underclass: Neurological Burnout, Structural Poverty, and Left-Shifted Metabolism	Dr. Nitin Patankar		Dr. Paritosh Gangwal
19:40 – 20:00	Common	Award Ceremony			
20:02 – 20:17	Quiz	Dr Nitin Kapoor's Quiz			



DAY 3 | SUNDAY 23RD AUGUST 2026

Time	Category	Venue	Topic	Speaker	Panelists / Experts	Chairperson/s
08:00 – 08:15	Workshop: GLP-1 Specific Nutrition	1 st Floor	Nutritional Management of GLP-1 Side Effects	Richa Shukla		Archana Ainapure, Ruchi Kutiyala
08:15 – 08:30			Maintenance of Muscle Mass During GLP-1 Therapy	Ambika Nair		
08:30 – 08:45			Resetting the Gut Microbiome During GLP-1 Rx	Arti Bhalerao		
08:45 – 09:00			Panel Discussion		Richa Shukla, Ambika Nair, Arti Bhalerao, Shilpa Joshi	
08:00 – 09:00	Workshop : Diabetes Foot Workshop	1 st Floor		Dr Dakshata Padhye, Dr Amit Naghate		
08:00 – 09:00	Workshop : Literature Search with AI	Inspire Hall		Dr. Amit Kumar Dey		



DAY 3 | SUNDAY 23RD AUGUST 2026

INSPIRE HALL

Hall in charge: Dr Anshool Sanghavi

Time	Category	Topic	Speaker	Panelists / Experts	Chairperson/s
09:19 – 09:36		Clearing the Air Around Inhaled Insulin	Dr. Rajiv Kovil		Dr. Ravindra Sethiya
09:38 – 09:55		OSA & Resistant Hypertension	Dr. Mahesh Shah		Dr. Rohan Kate
09:57 – 10:14	Lecture	The New Metabolic Framework	Dr. Shashank Joshi		Dr. Archana Sarda
10:16 – 10:33	Lecture	Diabetes and Sexual Health	Dr. Shalini Jaggi		Dr. Silki Pandey
10:35 – 10:52	Keynote	The Case We Close Too Early — Youth-Onset Type 2 Diabetes	Dr. Banshi Saboo		Dr. Nitin Kapoor
10:54 – 11:11	Clinical Maze	Her Waist Came Down Sixteen Centimetres. Her Thighs Came Down One.	Dr. Paramesh Shamanna	Dr. Mayura Kale	
11:13 – 12:13	Panel Discussion	Adult Type 1 Diabetes: From Conventional Care to the Technology Era	Moderator: Dr. Archana Sarda	Panelists: Dr. Banshi Saboo, Dr. Manisha Gupta	
12:15 – 12:45	Break	Lunch			
12:47 – 13:07		Protein Engineering for Reduced Insulin Burden: The Advent of Icodec	Dr. Dakshata Padhye		Dr. Vineet Rao
13:09 – 13:26	Lecture	Newer and Practical Aspects of Bariatric Procedures — What an Obesity Physician Should Know	Dr. Kedar Patil		Dr. Dakshata Padhye
13:28 – 13:45		Imeglimin — A Powerhouse Approach for Type 2 Diabetes Mellitus	Dr. Neeta Deshpande		Dr. Anshool Sanghavi
13:47 – 14:04		The Diabetic Liver in the Incretin Era: Advances in MASLD from Screening to treatment	Dr. Dakshata Padhye		Dr. Mayura Kale
14:06 – 14:23	Clinical Maze	Two Years of Protecting Her Bones. She Became Osteoporotic Anyway.	Dr. Rajeev Chawla	Dr. Amit Walimbe	
14:25 – 14:50	Valedictory	Valedictory Function			

DAY 3 | SUNDAY 23RD AUGUST 2026

HARMONY HALL

Hall in charge: Dr Yash Shah

Time	Category	Topic	Speaker	Panelists / Experts	Chairperson/s
09:15 – 09:26	Nutrition Symposium	Emotional Eating, Food Addiction, and Nutritional Counseling	Rima Rao		Shilpa Shirole, Trupti Rasal
09:26 – 09:37		Circadian Nutrition and Metabolic Health	Mansi Patel		
09:37 – 09:48		Role of Anti-Inflammatory Diets in Metabolic Diseases	Eileen Candy		
09:48 – 10:00		Panel Discussion		Rima Rao, Mansi Patel, Eileen Candy, Shilpa Joshi	
10:02 – 10:19	Panel Discussion	Which Blood Value Makes You Stop?	Moderator: Dr. Purvi Chawla	Panelists : Dr. Ami Sanghavi, Dr. Mayura Kale, Dr. Rajesh Kesari	
10:21 – 10:38	Clinical Maze	The Risk Her Operation Created and Our Follow-Up Never Asked About	Dr. P.C. Manoria	Dr. Hitesh Sarogi	
10:40 – 10:57	Clinical Maze	We Knew Exactly What She Had — and We Were Still Treating the Wrong Disease	Dr. Gaurab Bhaduri	Dr. Yash Shah	
10:59 – 11:16	Clinical Maze	Three Days of Correct Treatment. The Gap Never Closed.	Dr. Reema Kashiva	Dr. Amit Naghate	
11:18 – 11:35	Clinical Maze	He Told Us Three Weeks Before the Bus Rolled	Dr. BK Singh	Dr. Rakesh Parikh	
11:37 – 11:54	Clinical Maze	His Optic Discs Came Back Crowded. He Flies for a Living.	Dr. Anuj Maheshwari	Dr. Neelam Redkar	
11:56 – 12:13	Clinical Maze	Two Specialists, Both Right. And Forty Hours Nobody Chose.	Dr. N.K. Singh	Dr. Rahul Dhope	
12:15 – 12:45	Break	Lunch			

Time	Category	Topic	Speaker	Panelists / Experts	Chairperson/s
12:47 – 13:04	Clinical Maze	Four Years Steady — Then His Liver Turned on Him	Dr. Purvi Chawla Moderator : Dr. Isha Agarwal	Dr. Isha Agarwal	
13:06 – 13:23	Clinical Maze	Fasted by the Book — Still a Full Stomach.	Dr. Ami Sanghavi	Dr. Ketan Pakhale	
13:25 – 13:42	Clinical Maze	The Label Said Diabetes. Nobody Checked His Eyes.	Dr. Rajesh Kesari	Dr. Rakesh Parikh	
13:44		Programme continues in Inspire Hall			



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