



# ENDOCRINE SOCIETY OF INDIA

Invites you to

## MID-TERM ESICON 2025



4 Credit hours by PMC via circular No. PMC/CME/2025/1149



**01<sup>st</sup>**  
JUNE, 2025  
SUNDAY



**08:30** AM  
TO  
**05:30** PM



**Hyatt Regency,  
Chandigarh**

Dear Friends,

On behalf of the organizing committee, it is our privilege to welcome you to the **Mid-term ESICON 2025**, which will be held in the beautiful city of Chandigarh on 1<sup>st</sup> June 2025.

## Key Features of the Conference:



**Esteemed Speakers:** A remarkable lineup of renowned national faculty alongside dynamic young minds in endocrinology.



**Wide-Ranging Topics:** Covering metabolic health, obesity, diabetes, and endocrinology.



**Dynamic Formats:** A mix of didactic lectures, interactive panels, case-based discussions, and rapid-fire rounds.



**Latest Advances:** Exploring cutting-edge and latest breakthroughs in the field.



**Engaging Audience:** A vibrant and interactive audience for a truly immersive experience.

This conference promises to be a celebration of passionate and curious minds exploring the intricate world of endocrinology, diabetes, obesity, and metabolism. We sincerely invite you to join us at this event and contribute to its success. Your presence will reflect your commitment to improving the health and well-being of individuals worldwide.

We hope this conference will be intellectually enriching and personally rewarding, providing you with valuable insights, connections, and inspiration for the future.

Once again, welcome to the City Beautiful – and thank you for being part of this extraordinary event!

**Warm regards,**

**Lt. Gen (Dr.) Narendra Kotwal**  
Organizing Chairperson

**Dr. Gagan Priya**  
Organizing Secretary

**Dr. Sachin Mittal**  
Organizing Secretary

# ORGANIZING COMMITTEE



**Lt. Gen (Dr.) Narendra Kotwal**  
Organizing Chairperson



**Dr. Sanjay Kalra**  
Organizing Co-chairperson



**Dr. Sanjay Kumar Bhadada**  
Organizing Co-chairperson



**Dr. Gagan Priya**  
Organizing Secretary



**Dr. Sachin Mittal**  
Organizing Secretary



**Dr. Rajneesh Mittal**  
Organizing Co-Secretary



**Dr. Rohit Aggarwal**  
Scientific Chairperson



**Dr. Rama Walia**  
Scientific Chairperson



**Dr. Emmy Grewal**  
Scientific Secretary



**Dr. Ashu Rastogi**  
Scientific Secretary



**Dr. Rajat Gupta**  
Treasurer



**Dr. Anil Bhansali**  
Patron



**Dr. R. Muralidharan**  
Patron



**Dr. K. P. Singh**  
Patron



**Dr. Parminder Singh**  
Patron



**Dr. Vipin Talwar**  
Patron



**Dr. S. K. Mathur**  
Patron



**Dr. Pinaki Dutta**  
Patron

# YOUTH AMBASSADORS

- Dr. Pramila Dharmashaktu
- Dr. Mandeep Singla
- Dr. Manoj Kataria
- Dr. Neeraj Garg
- Dr. Soham Mukherjee
- Dr. Gaurav Palikhe
- Dr. Liza Das
- Dr. Rimesh Pal
- Dr. Mandeep Sharma
- Dr. Preyander Thakur
- Dr. Shivani Sidana
- Dr. Akanksha Gautam
- Dr. Robin Garg
- Dr. Jasmeet Kaur
- Dr. Suman Kotwal

# Mid-term ESICON 2025



1st Jun 2025



8:30 am – 5:30 pm



Hyatt Regency, Chandigarh

## Walkathon

Sunday, 5:30 am to 6:30 am

Sukhna Lake, Chandigarh

### Coordinator

Dr. Ashu Rastogi, Dr. Sachin Mittal, Dr. Shakun Chaudhary

## Poster presentation - 10:00 - 11:00 AM (Chenab 3 Hall)

### Coordinators for Poster Presentation

Dr. Shivani Sidana, Dr. Preyander Thakur, Dr. Shakun Chaudhary, Dr. Ankit Chhabra

# AGENDA

Prof. R. J. Dash Hall - The Metabolic Conclave

Registration: 8:30 am

Time	Topic	Format	Speakers	Chairpersons
<b>Session 1: Diabetes Symposium – 9:00-10:00 am</b> Moderator – Dr. Parul Jain (Khanna)				
9:00-9:20 am	Sarcopenia and obesity	Talk	Dr. Muthukrishnan J. (Pathankot)	Dr. Kush Dev Jarial (Jammu) Dr. Neeraj Garg (Mohali)
9:20-9:40 am	Therapeutics in MASLD – an endocrine perspective	Talk	Dr. Chitra Selvan (Bengaluru)	Dr. S. K. Mathur (Chandigarh) Dr. Vandana Midha (Ludhiana)
9:40-10:00 am	Advancing Excellence: The Role of New Generation Insulins in Diabetes	Talk	Dr. Anil Bhansali (Chandigarh)	Dr. B. S. Bhatia (Chandigarh) Dr. Suman Kotwal (Jammu) Dr. Mohanjeet Kaur (Ludhiana)
<b>Session 2: Uncharted Territories In Metabolic Health – 10:00-11:00 am</b> Moderator – Dr. Atul Sharma (Jammu)				
10:00-10:20 am	Endocrine disruptors and metabolic health	Talk	Lt. Gen (Dr.) Narendra Kotwal (Panchkula)	Dr. Harbir Kaur Rao (Patiala) Dr. Sandeep Supehia (Pune)
10:20-10:40 am	Circadian rhythm and endocrine disorders	Talk	Dr. Indira Maisnam (Kolkata)	Dr. Monica Gupta (Chandigarh) Dr. Manisha Gupta (Mohali) Dr. Manish Thakur (Shimla)
10:40-11:00 am	Sleep and metabolic health: Beyond OSA	Talk	Dr. Ganapathi Bantwal (Bengaluru)	Dr. Yashdeep Gupta (Delhi) Dr. Manjeet Singh Trehan (Chandigarh) Dr. Manoj Kataria (Chandigarh)
11:00-11:10 am	Tea break			

### Session 3: Pregnancy And Diabetes – 11:10 am –12:10 pm Moderator – Dr. Shakun Chaudhary (Kangra)

11:10-11:30 am | Early GDM: what do we understand? | Talk | Dr. Yashdeep Gupta (Delhi)

Dr. Yash Bala (Chandigarh)  
Dr. Surinder Kaur Gambhir (Chandigarh)  
Dr. Bharti Joshi (Chandigarh)

11:30-11:50 am | GDM and type 2 diabetes in the mother – a window of opportunity | Talk | Dr. Nikhil Tandon (Delhi)

Dr. Seema Sharma (Chandigarh)  
Dr. Renu Chakraborty (Chandigarh)  
Dr. Sunaina Bansal (Mohali)

11:50 – 12:10 pm | Intergenerational impact of diabetes during pregnancy | Talk | Dr. Ankush Desai (Goa)

Dr. Rimmy Singla (Mohali)  
Dr. Preeti Jindal (Chandigarh)

### Session 4: Rapid Fire – Uncommon Forms Of Diabetes – 12:10-1:10 pm Moderator – Dr. Kush Dev Jarial (Jammu)

12:10-12:25 pm | A case of mitochondrial diabetes | Talk | Dr. Emmy Grewal (Mohali)

Dr. Rajeev Khanna (Amritsar)

12:25-12:40 pm | A case of diabetes with FCPD | Talk | Dr. Jugal Gadda (Mumbai)

Dr. Ramanbir Singh (Ludhiana)  
Dr. J. K. Mokta (Shimla)

12:40-12:55 pm | A case of diabetes with lipodystrophy | Talk | Dr. Rimesh Pal (Chandigarh)

Dr. Shivani Singla (Patiala)  
Dr. Deepanjali Sharda (Panchkula)

12:55-1:10 pm | A case of secondary diabetes due to endocrinopathy | Talk | Dr. Saurabh Arora (Ludhiana)

Dr. Vivek Malhotra (Ambala)

1:10-1:40 pm

#### Inauguration

CHIEF GUEST: Dr. Dharminder Nagar (Managing Director, Paras Health)



1:40-2:10 pm

#### Lunch



### Session 5: Obesity Symposium – 2:10-3:05 pm Moderator – Dr. Akanksha Gautam (Chandigarh)

2:10-2:25 pm | Science of Obesity and Cross - Connection with Type 2 Diabetes | Talk | Dr. Rajneesh Mittal (Yamunanagar)

Dr. K. P. Singh (Mohali)

2:25-2:40 pm | SURPASS: How Tirzepatide is superior to GLP1Ra | Talk | Dr. Vipin Talwar (Jalandhar)

Dr. B. S. Bhatia (Chandigarh)  
Dr. Subhash Verma (Mohali)

2:40-2:55 pm | SURMOUNT-ing Obesity with Tirzepatide | Talk | Dr. Ashu Rastogi (Chandigarh)

Dr. Naval Bansal (Mohali)

2:55-3:05 pm | Panel discussion | -

**Moderator:**  
Dr. Anil Bhansali (Chandigarh)

### Session 6: Cardio-Renal-Metabolic Health – 3:05-4:20 pm Moderator – Dr. Mandeep Sharma (Chandigarh)

3:05-3:25 pm | The Art of Cardio-Kidney-Metabolic Health: A SOULful Perspective on Oral Semaglutide | Talk | Dr. Sanjay Kalra (Karnal)

Dr. Gyaneshwar Maini (Chandigarh)  
Dr. Ajay Budhwar (Amritsar)


3:25-3:45 pm | Approach to diabetic dyslipidemia | Talk | Dr. Rohit Aggarwal (Patiala)

Dr. Aniketa Sharma (Nahan)  
Dr. Melinda Gupta (Mohali)

3:45-4:05 pm	Approach to hypoglycemia in a person without diabetes	Talk	Dr. Deepak Khandelwal (Delhi)	Dr. Vishal Jaura (Jalandhar) Dr. Puneet Kumar (Chandigarh) Dr. Gurpreet Singh Babra (Mohali)
4:05-4:20 pm	Role of Finrenone in cardiorenal protection in diabetes	Talk	Dr. Sanjay Kalra (Karnal)	Dr. Raka Kaushal (Mohali) Dr. Amit Sharma (Mohali) Dr. Manish Singla (Chandigarh)
<b>Session 7: Potpourri – 4:20 – 5:30 pm</b> <b>Moderator – Dr. Robin Garg (Mohali)</b>				
4:20-4:35 pm	Judicious use of vitamin D in clinical practice	Talk	Dr. Sunil Mishra (Dehradun)	Dr. Naveen Mittal (Ludhiana) Dr. Manjeet Singh Trehan (Chandigarh)
4:35-4:50 pm	Management of Postprandial hyperglycemia	Talk	Dr. Sachin Mittal (Chandigarh)	Dr. Nitin Gupta (Amritsar) Dr. Tejnoor Singh (Chandigarh)
4:50-5:30 pm	The insulin conversation and insulin technique (ICON)	Panel	<b>Moderator:</b> Dr. Ashu Rastogi (Chandigarh)	<b>Panelists:</b> Dr. Naveen Mittal (Ludhiana) Dr. Ashu Kumar (Panipat) Dr. Akanksha Gautam (Mohali)

## Prof. N. P. Kochupillai Hall: - The Endocrinology Conclave

Registration: 8:30 am

Time	Topic	Format	Speakers	Chairpersons
<b>Session 1: Pituitary And Adrenal Symposium – 9:00-10:00 am</b> <b>Moderator – Dr. Sandeep Gupta (Mohali)</b>				
9:00-9:20 am	Sheehan's syndrome – long-term comorbidities	Talk	Dr. Pinaki Dutta (Chandigarh)	Dr. Indira Maisnam (Kolkata) Dr. Sandeep Supehia (Pune) Dr. Vijay Budhwar (Pathankot)
9:20-9:40 am	Primary hyperaldosteronism: an overlooked entity	Talk	Dr. R. Santosh (Hyderabad)	Dr. Mandeep Sharma (Chandigarh) Dr. Suneet Verma (Chandigarh) Dr. Nisha Dahiya (Rohtak)
9:40-10:00 am	Adrenal insufficiency during critical illness	Talk	Dr. Sameer Aggarwal (Rohtak)	Dr. Jugal Gadda (Mumbai) Dr. Shivani Sidana (Bathinda) Dr. Akshata Desai (Jalandhar)
<b>Session 2: Pediatric And Adolescent Endocrinology – 10:00-11:00 am</b> <b>Moderator: Dr. Ankit Chhabra (Mohali)</b>				
10:00-10:20 am	17-year boy with delayed puberty	Talk	Dr. Joe George (Kozhikode)	Dr. Saniya G. Aggarwal (Mohali) Dr. Rajesh Gera (Panchkula)
10:20-10:40 am	7-year girl with thelarche	Talk	Dr. Sri Nagesh (Hyderabad)	Dr. Chitra Selvan (Bengaluru) Dr. Kanchi Khurana (Chandigarh) Dr. Mudita Dhingra (Kurukshetra)
10:40-11:00 am	Adolescent PCOS	Talk	Dr. Ashraf Ganie (Srinagar)	Dr. Gurinder Bhatia (Chandigarh) Dr. Pragma Goel (Chandigarh)
11:00-11:05 am	<b>Tea break</b>			

**Session 3: Thyroid Symposium – Rapid Fire 11:05 am –12:05 pm**  
**Moderator – Dr. Abhilasha Jain (Kaithal)**

11:05-11:20 am	A case of uncontrolled TSH on 150 mcg levothyroxine	Talk	Dr. Preyander Thakur (Bilaspur)	Dr. Ashraf Ganie (Srinagar) Dr. Rajesh Jain (Jalandhar) Dr. Ranjana Bhatt (Bathinda)
11:20-11:35 am	A case of Graves' disease with cold nodule	Talk	Dr. KAV Subramaniam (Vizag)	Dr. Gursaran Sidhu (Ludhiana) Dr. J. K. Mokta (Shimla) Dr. Parvinder Chawla (Chandigarh)
11:35-11:50 am	A case of amiodarone induced Thyrotoxicosis	Talk	Dr. Abhay Sahoo (Bhubaneswar)	
11:50-12:05 pm	A case of 30-year lady with TSH 4.1 with recurrent miscarriages	Talk	Dr. Mohan T. Shenoy (Trivandrum)	

**Session 4: Osteoendocrinology – 12:05-12:50 pm**  
**Moderator – Dr. Isha Arora (Ludhiana)**

12:05-12:20 pm	Postmenopausal osteoporosis: Clinical assessment	Talk	Dr. Ameya Joshi (Mumbai)	Dr. Bharti Goel (Chandigarh) Dr. Rakesh Goyal (Ludhiana) Dr. Kamna Nagpal (Chandigarh)
12:20-12:35 pm	Postmenopausal osteoporosis: pharmacological management	Talk	Dr. Nitin Kapoor (Vellore)	Dr. Ashit Syngle (Chandigarh) Dr. Akanksha Nigam (Chandigarh) Dr. Rohit Kapoor (Amritsar)
12:35-12:50 pm	Approach to PTH-dependent hypercalcemia with no visible lesion	Talk	Dr. Sanjay Kumar Bhadada (Chandigarh)	Dr. Satbir Kaur (Mohali) Dr. Sumit Jain (Chandigarh) Dr. Perna Goyal (Ludhiana)

**Session 5: Pipeline drugs – 12:50-1:10 pm**  
**Moderator – Dr. Mandeep Sharma (Chandigarh)**

12:50-1:10 pm	STEPping up obesity care with Semaglutide 2.4 mg	Talk	Dr. Saptarshi Bhattacharya	Dr. Ravi Kant Behl (Chandigarh) Dr. G. P. Malik (Chandigarh) Dr. Sidharth Arora (Amritsar)
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**1:10-1:40 pm** | **Inauguration in Hall 1**



**1:40-2:10 pm** | **Lunch**



**Session 6: Reproductive Symposium – 2:10-3:10 pm**  
**Moderator – Dr. Alka Bishnoi (Hisar)**

2:10-2:30 pm	30 y lady with PCOS and difficulty in conceiving	Talk	Dr. Shehla Shaikh (Mumbai)	Dr. Pooja Mehta (Chandigarh) Dr. Nitasha (Chandigarh) Dr. Ekawali (Chandigarh)
2:30-2:50 pm	25 y lady, microprolactinoma not responding to dopamine agonists	Talk	Dr. Jayshree Swain (Cuttack)	Dr. Japleen Kaur (Chandigarh) Dr. Satinder Kaur Bhatia (Chandigarh) Dr. Shanujeet (Chandigarh)
2:50-3:10 pm	Reproductive health in females with AI SCH: an endocrine perspective	Talk	Dr. Medenica Sanja (Montenegro)	Dr. Shweta Gupta (Chandigarh) Dr. Nupur Sharma (Chandigarh) Dr. Bhavna Aggarwal (Panchkula)

**Session 7: Reproductive Symposium – 3:10–4:10 pm**  
**Moderator – Dr. Jaspreet Singh (Jammu)**

3:10–3:30 pm	Use and abuse of anabolic steroids	Talk	Dr. R. Muralidharan (Chandigarh)	Dr. Sandeep S. Chhatwal (Chandigarh) Dr. Vijay Kumar Harjai (Chandigarh)
3:30–3:50 pm	Endocrine perspectives in male Infertility	Talk	Dr. Vimal M. V. (Kozhikode)	Dr. Rajesh Chauhan (Chandigarh) Dr. Jagpal Pandher (Chandigarh)
3:50–4:10 pm	Erectile dysfunction: a practical approach	Talk	Dr. Sanjay Saran (Jaipur)	Dr. Gaurav Palikhe (Chandigarh) Dr. Deepak Bandhu (Chandigarh)

**Session 8: Mixed Basket – 4:10–5:30 pm**  
**Moderator: Dr. Arpit Garg (Patiala)**

4:10–4:30 pm	Role of T3 in the management of hypothyroidism	Talk	Dr. Parminder Singh (Ludhiana)	Dr. N. P. Singh (Chandigarh) Dr. Sachin Verma (Mohali) Dr. Anju Batra (Mohali)
4:30–5:00 PM	CPC	Case discussion	Dr. Kavyanjali (Chandigarh)	Dr. Uma Nahar (Chandigarh) Dr. Anil Bhansali (Chandigarh) Lt. Gen (Dr.) Narendra Kotwal (Panchkula) Dr. Rama Walia (Chandigarh)
5:00–5:30 pm	Interpretation of unusual thyroid function tests	Panel	<b>Moderator:</b> Dr. Ashish Sehgal (Karnal)	<b>Panelists:</b> Dr. Mandeep Singla (Chandigarh) Dr. Arpit Garg (Patiala) Dr. Liza Das (Chandigarh)

**Delegates Registration**

**INR 4000**

**Accompanying Member fees**

**INR 2500**

**PG/ Student Registration**

**INR 1500**

**Conference Secretariat**

**Dr. Gagan Priya**  
 Organizing Secretary  
 9878607939

**Dr. Sachin Mittal**  
 Organizing Secretary  
 9876899958

**Bank Details:**

Account Name – ENDOCRINE SOCIETY OF INDIA  
 Account Number – 34101585482  
 Bank Name – State Bank of India  
 IFSC – SBIN0003608