



15th Annual Conference of
Research Society for the Study of Diabetes in India (UP Chapter)

RSSDIUPCON 2026

THEME DIABETES ACROSS VARIOUS LIFE STAGES - CHALLENGES AND OPPORTUNITIES

13th - 15th March 2026, Hotel Royal Heritage, Ayodhya



SCIENTIFIC PROGRAMME

Hall-A | 13th March 2026 | Friday

Time	Session/Topic	Speakers
06:00-08:00 PM	PRE- CONFERENCE CME	
08:00-09:00 PM	GBM	

Hall-A | 14th March 2026 | Saturday

Time	Session/Topic	Speakers
08:00-09:00 AM	Session: 1 Free Paper Session Judge: Amitesh, Saurabh Srivastava, Anubha Srivastava Coordinator: Manish Kumar Verma	
09:00-10:00 AM	Session 2: SYMPOSIUM - Management of Diabetes in Special Situations Chairpersons:	
09:00-09:15 AM	Travelling long distance	Dr. Aashish Gautam
09:15-09:30 AM	Obese Diabetic	Dr. Prabhat Agarwal
09:30-09:45 AM	Acute medical illness	Dr. Prahlad Chawla
09:45-10:00 AM	Diabetes in work place	Dr. Abhishek Arun
10:00-11:00 AM	Session 3 - PLENARY SESSION 1 "Approach to case of YOUTH ONSET DIABETES" Clinical, Biochemical and differences in management strategies in brief Chairpersons:	
10:00-10:12 AM	T1DM and LADA	Dr. Rishi Shukla
10:12-10:24 AM	T2DM in Young	Dr. Rakesh Kumar
10:24-10:36 AM	Monogenic Diabetes	Dr. Arun Pandey
10:36-10:48 AM	T5DM	Dr. Manoj Srivastava
10:48-11:00 AM	Pancreatic Diabetes	Dr. Hemali Jha
11:00-11:15 AM	Discussion	
11:15-11:40 AM	Session 4: Debate 1 Chairpersons:	
11:15-11:25 AM	1hour post prandial blood glucose assessment better than 2hour (For)	Dr. Arvinda Jagdeesha
11:25-11:35 AM	1hour post prandial blood glucose assessment better than 2hour (Against)	Dr. Anil Virmani
11:35-11:40 AM	Rebuttal 2 min each	
11:40-12:00 PM	Session 5: Chairman's Oration Chairpersons:	
		Dr. Narsingh Verma
12:00-12:50 PM	Session 6: PLENARY SESSION 2 Diabetes in Geriatric Population Chairpersons:	
12:00-12:20 PM	Targets of Glycemic Therapy	Dr. Atul Kulshrestha
12:20-12:40 PM	Choice of OHAs in older population	Dr. Sunil Gupta
12:40-01:00 PM	Primordial Prevention – A rational approach to control Diabetes Explosion	Dr. N. K. Soni

01:00-02:00 PM	Lunch	
02:00-02:20 PM	Session 7: Prof Sarita Bajaj Oration	
	Chairpersons:	
		Dr. Sujoy Ghosh
02:20-03:20 PM	Session 8: EXPERT TALK – Pathophysiology of T2DM new insights	
	Chairpersons:	
02:20-02:40 PM	Environmental pollutants and T2DM	Dr. Alope Gupta
02:40-03:00 PM	Mitochondrial dysfunction in T2DM	Dr. Rajesh Keshari
03:00-03:20 PM	Role of intestinal Microbiota in T2DM	Dr. Arvind Gupta
03:20-03:40 PM	Session 9: Prof D. K. Hazra Oration	
	Chairpersons:	
		Dr. A. K. Gupta
03:40-04:05 PM	Session 10: Debate 2	
	Chairpersons:	
03:40-03:50 PM	Bariatric Surgery VS Pharmacotherapy in Morbid obesity (For)	Dr. Mahendra Narwaria
03:50-04:00 PM	Bariatric Surgery VS Pharmacotherapy in Morbid obesity (Against)	Dr. N. K. Singh
04:00-04:05 PM	Rebuttal 2 min each	
04:05-05:05 PM	Session 11: Newer Drugs in the Horizon - 10 Commandments in 10 mts	
	Chairpersons:	
04:05-04:15 PM	RESMETIROM - Hope for patients of MASH	Dr. Nishant Kanodia
04:15-04:25 PM	ICODEC Insulin	Dr. Sudhir Jha
04:25-04:35 PM	AFREEZA – Inhaler insulin	Dr. Varesh Nagrath
04:35-04:45 PM	Weekly DPP IV Inhibitors	Dr. Jigyasu Singh
04:45-04:55 PM	Newer anti-obesity drugs in pipeline	Dr. Shivam Verma
04:55-05:05 PM	Teplizumab - Role in Clinical Practice	Dr. J. K. Sharma
05:05-06:05 PM	Session 12: Controversies in Diabetes	
	Chairpersons:	
05:05-05:20 PM	Artificial sweeteners -Kabhi Haan Kabhi Na!	Dr. K. N. Manohar
05:20-05:35 PM	Approach to a case of asymptomatic Bacteriuria in Diabetes	Dr. Lotika Purohit
05:35-05:50 PM	Ketones in urine- Friends or Foe?	Dr. Bijay Patney
05:50-06:05 PM	SGLT2i should be the first line treatment in T2DM!	Dr. Deepak Bhagchandani
06:30-07:30 PM	Inauguration	
08:00 PM Onwards	Gala Dinner	

Hall-B | 14th March 2026 | Saturday

Time	Session/Topic	Speakers
08:00-09:00 AM	Session: 1	
09:00-10:00 AM	Session 2: PG Quiz	
	Quiz Master:	
10:00-11:00 AM	Session 3 -SYMPOSIUM - Nutrition in Diabetes	
	Chairpersons:	
10:00-10:15 AM	Non-Religious Fasting in Diabetes	Dr. Shivani Bansal
10:15-10:30 AM	Nutritional management of CKD in Diabetes	Dr. Poonam Tiwari

10:30-10:45 AM	Nutritional management of MASLD	Dr. Kiran Soni
10:45-11:00 AM	Nutritional management of Sarcopenia	Dr. Smita Singh
11:00-12:00 NOON Session 4: Ten Pearls in Ten mts		
Chairpersons:		
11:00-11:10 AM	Hypoglycemia management	Dr. Anil Upadhyay
11:10-11:20 AM	Pedal Edema in Diabetes	Dr. Veerendra Singh
11:20-11:30 AM	Common errors in diabetes Prescription	Dr. Abhishek Srivastava
11:30-11:40 AM	Fallacies of HBA1C	Dr. Rajeev Goyal
11:40-11:50 AM	Vaccination in Diabetes population	Dr. Anubha Srivastava
11:50-12:00 NOON	Clinical Diagnosis of MASLD	Dr. Neelesh Kapoor
Hal		
12:00-01:00 PM Session 5: Workshop - AI in diabetes care		
Chairpersons:		
12:00-12:20 PM	Application of AI in clinical Prescription/EMR	Dr. Sushil Yadav
12:20-12:40 PM	AI to prepare PPTs, Presentations and publications	Dr. Firdous Shaikh
12:40-01:00 PM	HANDS ON WORKSHOP ON AI	Dr. Adity Priya
01:00-02:00 PM Lunch		
02:00-03:00 PM Session 6: CGM Symposium		
Chairpersons:		
02:00-02:15 PM	SMBG in era of CGM	Dr. Rishi Shukla
02:15-02:30 PM	INSULIN PUMP – From Basic to Beyond	Dr. Saurabh Mishra
02:30-02:40 PM	CGM in special setting Pregnancy and ICU	Dr. Sachin Mishra
02:40-02:50 PM	Insulin pump in GDM	Dr. Manisha Gupta
02:50-03:00 PM	CGM and INSULIN PUMP-HAND`S ON	Mrs. Meena Srivastava
03:00-04:30 PM Session 7: Insulin Workshop		
Chairpersons:		
03:00-03:30 PM	Insulin and Insulin devices	Dr. Hamid Ashraf
03:30-04:30 PM	Case based Presentations (Basal Insulin , Basal Bolus Therapy, and Premix Based Therapy)	Dr. Pankaj Agarwal
04:30-06:00 PM Session 8: Mixed Bag		
Chairpersons:		
04:30-04:45 PM	Stress and Diabetes	Dr. Subhash Kumar
04:45-05:00 PM	ILD and Diabetes how to manage	Dr. Veerottam Tomar
05:00-05:15 PM	Echocardiographic findings in T2DM	Dr. Sajid Ansari
05:15-05:30 PM	Amplify TIR study	TBD
05:30-05:45 PM	Diabetes and sports	Dr. Abhinav Verma
05:45-06:00 PM	Subclinical Hypothyroidism When to Treat	Dr. Alankar Tiwari
06:30-07:30 PM Inauguration (Hall - A)		
8:00 PM Onwards Gala Dinner		
Hall-A 15th March 2026 Sunday		
Time	Session/Topic	Speakers
08:00-09:00 AM	Free Paper Session	
09:00-10:00 AM Session 1: Expert Talk - Glycemic Management in Perioperative and critical care settings		
Chairpersons:		
09:00-09:15 AM	Preoperative management of Diabetes	Dr. Kartik Munichudappa

09:15-09:30 AM	In major surgeries	Dr. Chakkarai Muralidharan
09:30-09:45 AM	In ICU and CCU cases	Dr. Vinay Shelar
09:45-10:00 AM	During Delivery and Labor	Dr. Priti Kumar
10:00-11:00 AM Session 2: Take away from recent guidelines		
Chairpersons:		
10:00-10:20 AM	ACC /AHA guidelines on HTN2025	Dr. Sunil Bansal
10:20-10:40 AM	ADA Standards of Care 2026	Dr. Pratap Jethwani
10:40-11:00 AM	Beyond the Physical Sexual act-The Forgotten Erotic Brain in Diabetes	Dr. Deepak Jumani
11:00-11:45 AM Session 3: State of Art Lectures		
Chairpersons:		
11:00-11:15 AM	AR Sircar Oration	Dr. G Vijay Kumar
11:15-11:30 AM	Circadian Disruption and Beta cells	Dr. Kamlakar Tripathi
11:30-11:45 AM	Functional food in T2DM	Dr. Akash Singh
11:45-12:05 PM Session 4: Presidential Address		
Chairpersons:		
		Dr. Anuj Maheshwari
12:05-01:30 PM Session 5: Mixed Bag		
Chairpersons:		
12:05-12:20 PM	Muscle, Mind and Metabolism -Holistic approach to diabetes	Dr. Supratik Bhattacharya
12:20-12:35 PM	MASLD – clinical approach	Dr. Ajoy Tewari
12:35-12:50 PM	Cognitive dysfunction in Diabetes	Dr. Subodh Jain
12:50-01:10 PM	IMEGLIMIN -A power house approach to T2DM	Dr. Hridish Chakravarti
01:10-01:25 PM	Fatty Liver -Role of Saroglitazar	Dr. Amit Rastogi
01:25-01:30 AM	Discussion	
01:30-02:00 PM Valedictory Function		
02:00-03:00 PM Lunch		
Hall-B 15th March 2026 Sunday		
Time	Session/Topic	Speakers
08:00-10:00 AM	PG Activities	
09:00-10:00 AM Posters and Platforms		
Judge:		
Coordinator:		
10:00-11:00 AM Session 1: Diabetes Foot Workshop		
Chairpersons:		
10:00-10:15 AM	Early Detection and Clinical Signs	Dr. Dheeraj Kishore
10:15-10:30 AM	Medical Management	Dr. A. P. S. Suri
10:30-10:45 AM	Surgical Management	Dr. Harsha Vardhan
10:45-11:00 AM	Preventive Strategies	Dr. Sandeep Suri
11:00-12:00 NOON Session 2: Obesity Workshop		
Chairpersons:		
11:00-11:15 AM	Pathophysiology of obesity	Dr. Deepak Yagnik
11:15-11:30 AM	GLP RA Analogues Extra Glycemic Benefits	Dr. Rakesh Sahay
11:30-11:45 AM	Semaglutide vs Tirzepatide – How to choose?	Dr. Saqib Ahmed Khan

11:45-12:00 NOON	Recent guidelines for Obesity	Dr. Rutul Gokulani
12:00-01:30 PM	Session 3 : Emerging Issues	
	Chairpersons:	
12:00-12:15 PM	Metformin and B12 deficiency -Myth or Reality	Dr. Namita Mahalle
12:15-12:30 PM	Emerging Trends to treat Insulin Resistance	Dr. Ram Raghvendra Singh
12:30-12:45 PM	Non Insulin Pharmacotherapy in T1DM	Dr. Kanahiya Agarwal
12:45-01:00 PM	Pharmacotherapy of Pre Diabetes	Dr. A. Muruganathan
01:00-01:15 PM	Use of FINERENONE in Diabetic Nephropathy	Dr. Mukulesh Gupta
01:15-01:30 PM	Management of Drug induced Diabetes	Dr. Saurabh Srivastava
01:30-02:00 PM	Valedictory Function	
02:00-03:00 PM	Lunch	