



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
Co-ordinator: Dr. Akanksha Verma, Dr. Narendra Nath Pandey, Dr. Shashi Kumar Verma		
06:00-08:00 PM	PRE- CONFERENCE CME	
	Chairpersons: Dr. F. B. Singh, Dr. Nanak Saran, Dr. S. K. Pathak, Dr. V. K. Gupta, Dr. N. N. Panday	
06:00-06:25 PM	Outcome of Diabetes and Cardiovascular Patients with Semaglutide.	Dr. Ajay Kumar Shukla
	Chairpersons: Dr. Piyush Gupta, Dr. Priyanka Gupta, Dr. R. K. Banudha, Dr. R. S. Panday	
06:25-06:50 PM	Case Based Learning in Persistent Gastrointestinal Symptoms, in IBS, IBD and Gastroparesis	Dr. Ram Pratap Singh
	Chairpersons: Dr. Ashutosh Upadhyay, Dr. Divakar Verma, Dr. Afroz Khan, Dr. Saif	
06:50-07:15 PM	Managment of HTN to H F role of Dapaglifozin ...	Dr. Ajay Kumar
	Chairpersons: Dr. Arvind Kumar, Dr. Saurabh Jaiswal, Dr. Shashikant Shukla, Dr. Vimlesh Kumar Verma	
07:15-07:40 PM	GDM	Dr. Shalini Chauhan

Hall-A | 14th March 2026 | Saturday

Time	Session/Topic	Speakers
Co-ordinator: Dr. Akansha Verma, Dr. Ajay Kumar, Dr. Subham Prakesh, Dr. Saksham Bhatiya		
08:00-10:00 AM	Registration & Breakfast	
09:00-10:00 AM	Session 1: SYMPOSIUM - Management of Diabetes in Special Situations	
	Chairpersons: Dr. Ajoy Tewari, Dr. Adiitya Gupta, Dr. B. B. Singh, Dr. Rajesh Pandey, Dr. Rajesh Gupta	
09:00-09:15 AM	Travelling long distance	Dr. P. K. Gupta
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
10:00-11:15 AM	Session 2 - PLENARY SESSION 1 "Approach to case of YOUTH ONSET DIABETES" Clinical, Biochemical and differences in management strategies in brief	
	Chairpersons: Dr. Prabhat Agarwal, Dr. Raju Srivastava, Dr. Sunil Bansal, Dr. Vidya Sagar Ram	
10:00-10:15 AM	T1DM and LADA	Dr. Rishi Shukla
10:15-10:30 AM	T2DM in Young	Dr. Rakesh Kumar
10:30-10:45 AM	Monogenic Diabetes	Dr. Arun Pandey
10:45-11:00 AM	T5DM	Dr. Manoj Srivastava
11:00-11:15 AM	Pancreatic Diabetes	Dr. Hemali Jha
11:15-11:40 AM	Session 3: Debate 1	
	Chairpersons: Dr. Anirudh Mukherjee, Dr. Manoj Srivastava, Dr. Nanak Saran, Dr. S. M. Tripathi	

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 4: Prof D. K. Hazra Oration	
	Chairpersons: Dr. Ajoy Tiwari, Dr. K. K. Tripathi, Dr. K. S. Mishra, Dr. Virendra Singh	
	Pitfalls in the Management of thyroid Disorder	Dr. A. K. Gupta
12:00-01:00 PM	Session 5: PLENARY SESSION 2 Diabetes in Geriatric Population	
	Chairpersons: Dr. Ashish Srivastava, Dr. Jalees Fatima, Dr. Jyoti Verma, Dr. Pankaj Kumar Singh, Dr. S. K. Pathak	
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 6: Prof Sarita Bajaj Oration	
	Chairpersons: Dr. Narsingh Verma, Dr. Subodh Jain, Dr. Sanjay Singh	
		Dr. Sujoy Ghosh
02:20-03:20 PM	Session 7: EXPERT TALK – Pathophysiology of T2DM new insights	
	Chairpersons: Dr. Jyoti Pankaj, Dr. P. K. Gupta, Dr. Ritu Karoli, Dr. S. K. Gautam, Dr. Sanjay Singh	
02:20-02:40 PM	Environmental pollutants and T2DM	Dr. Aloke Gupta
02:40-03:00 PM	Mitochondrial dysfunction in T2DM	Dr. Rajesh Kesari
03:00-03:20 PM	Role of intestinal Microbiota in T2DM	Dr. Arvind Gupta
03:20-03:40 PM	Session 8: Chairman's Oration	
	Chairpersons: Dr. N. K. Soni, Dr. Sanjay Arora, Dr. Sunil Bansal, Dr. Varesh Nagrath	
		Dr. Narsingh Verma
03:40-04:05 PM	Session 9: Debate 2	
	Chairpersons: Dr. Abhisek Kumar, Dr. Ashutosh Upadhyay, Dr. B. L. Kanojia, Dr. Mridu Singh, Dr. R. K. Banudha	
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 10: Newer Drugs in the Horizon - 10 Commandments in 10 mts	
	Chairpersons: Dr. Aditya Gupta, Dr. Abhinav Chaudhary, Dr. Jaspreet Singh, Dr. R. S. Panday, Dr. S. K. Kalra	
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 11: Controversies in Diabetes	
	Chairpersons: Dr. Amitesh Agarwal, Dr. N. K. Verma, Dr. R. B. Singh, Dr. Saurabh Pandey, Dr. Supriya Thadani	
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
06:05-06:20 PM	CVOT Trials in Emerging Cardiometabolic Disorders	Dr. L. Sreenivasa Murthy

06:30-07:30 PM	Inauguration	
08:00 PM Onwards	Gala Dinner	
Hall-B 14th March 2026 Saturday		
Time	Session/Topic	Speakers
Co-ordinator: Dr. Adarsh Kumar Sonkar, Dr. Shashi Kumar Verma, Dr. Pankaj Kumar		
08:00-09:00 AM	Registration & Breakfast	
10:00-11:00 AM	Session 1 -SYMPOSIUM - Nutrition in Diabetes	
	Chairpersons: Dr Rajesh Kesari, Dr. R. P. N. Singh, Dr. Ritesh Modi, Dr. Rohit Bagat, Dr. Sudhir Kumar	
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 2: Ten Pearls in Ten mts	
	Chairpersons: Dr. Abhijeet Gupta, Dr. Gaurav Singh, Dr. Prahlad Chawla, Dr. S. M. Diwedi, Dr. V. K. Chaudhary	
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 Goel
11:40-11:50 AM	Vaccination in Diabetes population	Dr. Anubha Srivastava
11:50-12:00 NOON	Clinical Diagnosis of MASLD	Dr. Neelesh Kapoor
12:00-01:00 PM	Session 3: Workshop - AI in diabetes care	
	Chairpersons: Dr. Kuldeep Kumar, Dr. Manoj Kumar, Dr. Rajneesh Verma, Dr. Raj Kishore Singh	
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. Aditya Priya
01:00-02:00 PM	Lunch	
02:00-03:00 PM	Session 4: CGM Symposium	
	Chairpersons: Dr. Aparajita Mishra, Dr. V. B. Jindal, Dr. Kavita Gupta, Dr. N. K. Singh, Dr. Neeraj Verma, Dr. (Col). Subir Mukherjee	
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 5: Insulin Workshop	
	Chairpersons: Dr. Hemali Jha, Dr. Nilesh Singh, Dr. Pankaj Kumar Singh, Dr. Roli Bansal	
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 6: Mixed Bag	
	Chairpersons: Dr. Mukesh Rana, Dr. Satish Kumar, Dr. Saurabh Srivastava, Dr. Vivek Sachan	
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	Exercise: The Most Beneficial but Neglected Medicine	Dr. Col M. K. Garg
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-C | 14th March 2026 | Saturday

Time	Session/Topic	Speakers
------	---------------	----------

Co-ordinator: Dr. Akash Gupta, Dr. Neha Rai, Dr. Shashikant Shukla

08:00-09:00 AM	Registration & Breakfast	
----------------	--------------------------	--

09:00-10:00 AM	Session: 1 Free Paper Session	
	Judges: Dr. Amitesh Agarwal, Dr. Anubha Srivastava, Dr. Saurabh Srivastava, Dr. Seema Singh, Dr. Vineeta Tewari	

10:00-11:00 AM	Session 2: PG Quiz Stage 1	
	Coordinator: Dr. Priyanka	
	Quiz Masters: Dr. Arvind Kumar, Dr. Nishant Kanodia, Dr. Sabhia, Dr. Vimlesh Kumar Verma	

01:00-02:00 PM	Lunch	
----------------	-------	--

06:30-07:30 PM	Inauguration (Hall - A)	
----------------	-------------------------	--

8:00 PM Onwards	Gala Dinner	
-----------------	-------------	--

Hall-A | 15th March 2026 | Sunday

Time	Session/Topic	Speakers
------	---------------	----------

Co-ordinator: Dr. Akansha Verma, Dr. Ajay Kumar, Dr. Subham Prakesh, Dr. Saksham Bhatiya

08:00-09:00 AM	Registration & Breakfast	
----------------	--------------------------	--

09:00-10:00 AM	Session 1: Expert Talk - Glycemic Management in Perioperative and critical care settings	
	Chairpersons: Dr. Amit Kumar, Dr. K. K. Mishra, Dr. Pratibha Gupta, Dr. S. B. Singh	

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: Dr. Atul Kulshrestha, Dr. D. P. Verma, Dr. M. K. Pandey, Dr. N. K. Soni	

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: Dr. A. K. Tandon, Dr. Arti Singh, Dr. K. S. Mishra, Dr. Yogendra Yadav	

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. Alope Gupta, Dr. Narsingh Verma, Dr. Varesh Nagrath	
		Dr. Anuj Maheshwari
12:05-01:05 PM	Session 5: Mixed Bag	
	Chairpersons: Dr. Ashish Gopal, Dr. Ashwani Kansal, Dr. Dawood Ansari, Dr. Nishant Kanodia	
12:05-12:25 PM	MASLD – clinical approach	Dr. Ajoy Tewari
12:25-12:45 PM	Cognitive dysfunction in Diabetes	Dr. Subodh Jain
12:45-01:05 PM	IMEGLIMIN -A power house approach to T2DM	Dr. Hridish Narayan Chakravarti

01:05-01:30 PM	Valedictory Function	
01:30-02:30 PM	Lunch	

Hall-B | 15th March 2026 | Sunday

Time	Session/Topic	Speakers
Co-ordinator: Dr. Adarsh Kumar Sonkar, Dr. Shashi Kumar Verma, Dr. Pankaj Kumar		
08:00-09:00 AM	Registration & Breakfast	
10:00-11:00 AM	Session 1: Diabetes Foot Workshop	
	Chairpersons: Dr. (Col). D. K. Shukla, Dr. Naresh Rajpal, Dr. Naresh Naushran, Dr. Praveen Chawla, Dr. Shivendra Sinha	
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: Dr. Anil Upadhyay, Dr. Bharat Kalra, Dr. Manju Pandey, Dr. Mukulesh Gupta, Dr. Shweta Bhardwaj	
11:00-11:20 AM	Pathophysiology of obesity	Dr. Deepak Yagnik
11:20-11:40 AM	GLP RA Analogues Extra Glycemic Benefits	Dr. Rakesh Sahay
11:40-12:00 NOON	Recent guidelines for Obesity	Dr. Rutul Gokulani
12:00-01:30 PM	Session 3 : Emerging Issues	
	Chairpersons: Prof. Amit Sharma, Dr. Jaiprakash, Dr. Mohan Jha, Dr. Rajesh Gupta, Dr Virendra Verma	
12:00-12:15 PM	Metformin and B12 deficiency -Myth or Reality	Dr. Namita Parikshit 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
01:05-01:30 PM	Valedictory Function (Hall - A)	
01:30-02:30 PM	Lunch	

Hall-C | 15th March 2026 | Sunday

Time	Session/Topic	Speakers
Co-ordinator: Dr. Shubham Prakash, Dr. Neha Rai		

08:00-09:00 AM	Registration & Breakfast
09:00-10:00 AM	Session: 1 E- Poster Session
	Judges: Dr. Abha Gupta, Dr. Nisha Maheshwari, Dr. Piyush Gupta, Dr. Sabiha, Dr. Smita, Dr. Sonal
10:00-11:00 AM	Session 2: PG Quiz Stage 2
	Coordinator: Dr. Priyanka
	Quiz Masters: Dr. Amitesh Kumar Aggarwal, Dr. Arvind Kumar, Dr. Nishant Kanodia
01:05-01:30 PM	Valedictory Function (Hall - A)
01:30-02:30 PM	Lunch