



WHERE PRACTICE MEETS SCIENCE

Debate-2026

23rd - 25th January 2026

ITC Grand Chola, Chennai



Scientific Program

Hall A

Saturday, 24th January 2026

09:00 – 09:40

WS 1: Measuring obesity and its outcomes

Breakfast available between 7:45 to 8:45 only for workshop registrations

Moderator:



Dr. Mohan K

Facilitators:



Dr. Aravind Sosale



Dr. Beatrice Anne



Dr. Vijay Bhaskar Reddy

09:40 – 10:10

DEBATE 1:

Should anti obesity drugs be a lifelong prescriptions?



09:40 – 09:47
Dr. Purvi Chawla

Yes



09:47 – 09:54
Dr. Sruti Chandrasekaran

No

09:54 – 10:03

Discussion & Audience View



10:03 – 10:10
Dr. Vijaykumar G

Balanced View

10:10 – 11:25

SS 1: Keynote Address

Chairperson: Dr. Rajendiran N, Dr. Sai Kandula



10:10 – 10:30
Dr. Abraham Oomman

KN 1: The Heart and Obesity: Known and Unknown



10:30 – 10:50
Dr. Awadhesh Kumar Singh

KN 2: CVOT in Obesity: A deep dive



10:50 – 11:10
Dr. Mathew John

KN 3: Are the off target benefits of NUSH hormone therapies a class effect and dose dependent?

11:10 – 11:25

Discussion

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11:25 – 12:45

SS 2: Muscle and its dysfunction in metabolic disease

Chairperson: Dr. Anbuchelvan Thirumarban



11:25 – 11:45

Dr. Kumaravel Velayutham

KN 4: The meat about muscle and its role in metabolic disease



11:45 – 12:10

Dr. Anand Kumar Annamalai

KN 5: Protein and muscle – Myth vs Evidence



12:10 – 12:30

Dr. Beatrice Anne

KN 6: Preserving muscle mass while losing fat – A primer

12:30 – 12:45

Discussion

12:45 – 13:30

TS 4: Obesity Symposia

Chairperson: Dr. Nandita Arun



12:45 – 12:50

Dr. Nandita Arun

Context



12:50 – 13:05

Dr. Chitra Selvan

Unravelling obesity: What, Why and How?



13:05 – 13:20

Dr. Manoj Chawla

Surmounting obesity: Going above thresholds

13:20 – 13:30

Discussion

13:30 – 14:15 | Lunch Break

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14:15 – 15:00

TS 5: Therapy Symposia 5

Chairperson: Dr. Shailaja Kale



14:15 – 14:20
Dr. Shailaja Kale

Context



14:20 – 14:35
Dr. Muthukumaran Jayapaul

Importance of early holistic management in T2DM



14:35 – 14:50
Dr. Beatrice Anne

SURPASS 2: Paving way to HbA1c and weight while being superior to GLP-1 RA's

14:50 – 15:00

Discussion

15:00 – 15:40

SS 3: Translational Research Symposia

Chairperson: Dr. Murthy S

Q & A Session: Bedside Questions, Bench Answers in Beta Cell Biology



Dr. Nikhil R Gandasi



Dr. Rohit N Kulkarni

15:40 – 16:20 CCS 2: Approach to new onset Diabetes in the young adult

Moderator:



Dr. Vijay Bhaskar Reddy

Panelists:



Dr. Ranjit Unnikrishnan



Dr. Sruti Chandrasekaran



Dr. Kumaravel Velayutham

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Hall A

Saturday, 24th January 2026

16:20 – 17:00

DEBATE 3: Is 5.6 the new 6.5?



16:20 – 16:33

Dr. Anand Kumar Annamalai

Definitely



16:33 – 16:46

Dr. Ameya Joshi

Not so fast



16:46 – 17:00

Dr. Jayashree Gopal

Balanced View

17:00 – 17:55

TS 9: Therapy Symposia 9

Chairperson: Dr. Bharat Bhushan Kukreja, Dr. Manotosh Sutradhar



17:00 – 17:15

Dr. Prabhakar D

Are all beta blockers the same?



17:15 – 17:30

Dr. Ameya Joshi

Positioning T3 in clinical care



17:30 – 17:45

Dr. Vimal M V

Optimizing Glycaemic Control: Evidence with interchangeable insulin glargine

17:45 – 17:55

Discussion

17:55 – 18:50

TS 10: Therapy Symposia 10



17:55 – 18:10

Dr. Narayanan N K

Applicability of premix insulin in T2DM – Case based discussion



18:10 – 18:25

Dr. Jayashree Gopal

Clearing the air around inhaled insulin



18:25 – 18:40

Dr. Vijaykumar G

Disease modifying outcomes: From Glucose control to metabolic protection

18:40 – 18:50

Discussion

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Saturday, 24th January 2026

18:50 – 19:45

TS 11: Therapy Symposia 11



18:50 – 19:05
Dr. Nandita Arun

A powerhouse approach to T2DM



19:05 – 19:20
Dr. Usha Ayyagari

Vision of managing T2DM with CKD: The prevention continuum



19:20 – 19:35
Dr. Geetha Lakshmi

Memory that matters: Glimepirides enduring impact on glycemic control

19:35 – 19:40

Discussion

19:45 – 20:30

KN 9: Special Lecture



19:45 – 20:30
Dr. Chithra Madhavan

Temple Architecture of South India

20:30 | Dinner and Close for the day

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Hall B

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09:00 – 09:40

WS 2: MASLD

Breakfast available between 7:45 to 8:45 only for workshop registrations

Moderator:



Dr. Usha Ayyagari

Facilitators:



Dr. Mathew John



Dr. Bhavana Sosale



Dr. Manoj Chawla

09:40 – 10:10

DEBATE 2: The first medication for most patients with diabetes should be SGLT2i or GLP1-RA



09:40 – 09:47
Dr. Gowrishanker R

Absolutely



09:47 – 09:54
Dr. Rajesh R P

Certainly Not

09:54 – 10:03

Discussion & Audience View



10:03 – 10:10
Dr. Balamurugan R

Balanced View

10:10 – 11:10

TS 1: Therapy Symposia 1



10:10 – 10:25
Dr. Anjana R M

The Continuing relevance of SU's in clinical care



10:25 – 10:40
Dr. Jayashree Gopal

Time to rethink metabolic care from liver angle: TZD based therapies are back?



10:40 – 10:55
Dr. Nanditha Arun

SGLT2i as first line therapies to manage T2DM: Should we embrace

10:55 – 11:10

Discussion

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11:10 – 11:50

TS 2: Panel Discussion

Advancement in Diabetes specific nutrition:
Elevating standard of care in diabetes management

Panelists:



Dr. Anjana R M



Dr. Sruti Chandrasekaran



Dr. Usha Ayyagari

11:50 – 12:50

TS 3: Diabetes & Obesity Symposia



11:50 – 12:10
Dr. Mathew John

The power of one: Semaglutide as the first choice for T2D and diabetes



12:10 – 12:30
Dr. Awadhesh Kumar Singh

One molecule, many wins: Sugars, scales, organs and lives

12:30 – 12:50

Discussion

12:50 – 13:30

CCS 1: Dyslipidemia conundrums

Moderator:



Dr. Selvapandian P

Panelists:



Dr. Kumaravel Velayutham



Dr. Narasingan S N



Dr. Prabhakar D



Dr. Shriram Mahadevan

13:30 – 14:15 | Lunch Break

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14:15 – 15:00

TS 6: Therapy Symposia 6

Chairperson: Dr. Murthy S



14:15 – 14:28
Dr. Periyandavar I

The novel duo with a special focus on Empagliflozin and Linagliptin



14:28 – 14:40
Dr. Vijaya Bhaskar Reddy

Aggressive control with novel triple therapy that is Glimepiride + Metformin and Sitagliptin



14:40 – 14:52
Dr. Narayanan N K

Empa-Sita combination - Benefits beyond glycemic control

14:52 – 15:00

Discussion

15:00 – 15:40

TS 7: Therapy Symposia 7



15:00 – 15:15
Dr. Krishna G. Seshadri

iGlar Lixi: A SOLID approach to break treatment complexity



15:15 – 15:30
Dr. Vijayakumar G

The evidence for continuum for second generation basal Insulin

15:30 – 15:40

Discussion

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Scientific Program

Hall B

Saturday, 24th January 2026

16:00 – 19:45

TS 8: Obesity Master Class 2.0

16:00 – 16:15

Welcome & Introduction

16:15 – 16:30

Quiz

Session 1: Obesity in Motion – Moderated by Dr. Venkataraman S



16:30 – 16:50

Dr. Anand Kumar Annamalai

Redefining Obesity Care in India: Guidelines, Diagnosis and Management



16:50 – 17:10

Dr. Shunmugavelu M

Pre-intervention phase: Starting the conversation with people living with Obesity



17:10 – 17:30

Dr. Krishna G. Seshadri

Understanding How we Eat, Move & Behave

17:30 – 17:45

Break

Session 2: Obesity Clinical Quick Fire: Connecting the Dots: Case based perspectives on obesity comorbidities – Moderated by Dr. Shunmugavelu M



17:45 – 17:57

Dr. Vijayakumar G

Obesity and T2D



17:57 – 18:09

Dr. Arun N

Obesity and MASLD



18:09 – 18:21

Dr. Vinod Kumar B

Obesity and CVD



18:21 – 18:33

Dr. Meenakshi Sundaram

Obesity and Women Health



18:33 – 18:45

Dr. Balamurugan S

Perspective of Bariatric Surgeon

18:45 – 19:00

Panel Discussion

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Hall B

Saturday, 24th January 2026

19:00 – 19:45

TS 8: Obesity Master Class 2.0

Session 3: Obesity Clinical Context – Moderated by Dr. Venkataraman S

19:00 – 19:30
All Faculty

What! Who! How! In Obesity: Frequently Asked Questions

19:30 – 19:40

Post CME-Quiz

19:40 – 19:45

Conclusion

19:45 | Join Hall A

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Hall A

Sunday, 25th January 2026

09:00 – 09:40

WS 3: Tips & Tricks in using GLP1-RA in clinical care

Breakfast available between 7:45 to 8:45 only for workshop registrations

Moderator:



Dr. Balaji Chidambaram

Facilitators:



Dr. Aravind Sosale



Dr. Venkataraman S



Dr. Jayashree Gopal

09:40 – 10:30

SS 4: Aging and Longevity Symposia

Chairperson: Dr. Anand Moses, Dr. Kannan N



09:40 – 09:55
Dr. Jayashree Gopal

KN 11: Is age a number? Understanding chronological and biological age



09:55 – 10:10
Dr. Deepak K Saini

KN 12: It's a mitochondrial world



10:10 – 10:25
Dr. Krishna G. Seshadri

KN 13: Are NUSH hormones the new elixir of longevity

10:25 – 10:30

Discussion

10:30 – 10:45 | Break

10:45 – 11:35

PP 1: Pot-pourri

Chairperson: Dr. Boochandran T S



10:45 – 11:05
Dr. Bhavana Sosale

Anti diabetics and the eye: A status review



11:05 – 11:25
Dr. Mohan V

Saroglitazar (Lipaglyn) in Diabetes, Fatty Liver and Dyslipidemia – Setting 3 Targets in One Shot

11:25 – 11:35

Discussion

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11:35 – 12:15

TS 12: Therapy Symposia 2



11:35 – 11:47
Dr. Nanditha Arun

Unlocking the secret: Semaglutide transforming the weight loss landscape



11:47 – 11:59
Dr. Shashank R Joshi

Unmatched and undisputed: Semaglutide role in obesity and cardiovascular outcomes



11:59 – 12:11
Dr. J J Mukherjee

Beyond the dual hype: Semaglutide leads the way in CKM story

12:11 – 12:15

Discussion

12:15 – 13:05

SS 6: Keynote Address

Chairperson: Dr. Shantaram D, Dr. Narasingan S N



12:15 – 12:35
Dr. Mohan V

KN 14: Lean diabetes: A continuum of T2DM (and not a distinct entity)



12:35 – 12:55
Dr. Shashank R Joshi

KN 15: The intersection of quantum science and metabolism

12:55 – 13:05

Discussion

13:05 – 13:15

PH: PRIMER Honors

Chairperson: Dr. Aravind Sosale, Dr. Krishna G Seshadri, Dr. Sanjay Reddy



13:05 – 13:15
Dr. Narasingan S N

PRIMER Honors

13:15 – 13:45

OR: K M Prasanna Kumar Oration

Chairperson: Dr. Aravind Sosale, Dr. Sridhar Sundararajan



13:00 – 13:30
Dr. Rohit N. Kulkarni

A glimpse into the journey of a physician-scientist

13:45 | Lunch and Close of the Conference

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WS 4: Glucose intolerance in early pregnancy

Breakfast available between 7:45 to 8:45 only for workshop registrations

Moderator:



Dr. Lakshmi R H

Facilitators:



Dr. Vidhya Rajeev
Jahagirdar



Dr. Anjana R M



Dr. Uma Ram



Dr. Muthukumaran
Jayapaul

09:40 – 10:10

KN10: Keynote Address

Chairperson: Dr. Sridhar Sundararajan



09:40 – 10:10
Dr. Uma Ram

The impact of obesity on Obstetric outcomes

10:10 – 10:50

CCS 3: Thyroid autoimmunity and dysfunction in subfertility and pregnancy outcomes

Moderator:



Dr. Leelavathy
Kandaswamy

Panelists:



Dr. Chitra Selvan



Dr. Usaha Ayyagari



Dr. Srinagesh V



Dr. Usha Vishwanath

10:50 – 11:05 | Break

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11:05 – 11:35

DEBATE 4:

Metformin should no longer be recommended in pregnancy



11:05 – 11:12
Dr. Srinagesh V

You are joking



11:12 – 11:19
Dr. Chitra Selvan

Absolutely



11:19 – 11:35
Dr. Shanmugam A

Balanced View



Dr. Usha Vishwanath

11:35 – 12:40

SS 5: Obesity Fertility and Pregnancy

Chairperson: Dr. Murthy S, Dr. Rajalakshmi V



11:35 – 11:55
Dr. Leelavathy Kandaswamy

The impact of obesity on female infertility



11:55 – 12:15
Dr. Muthukumaran Jayapaul

The impact of obesity on male subfertility



12:15 – 12:35
Dr. Vidhya Jagirdar

Transgenerational imprinting in obese pregnancies

12:35 – 12:40

Discussion

12:40 | Join Hall A

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