

RSSDI
DC
2026 | Annual
Conference



Organised by:
RSSDI DELHI CHAPTER

21st ANNUAL CONFERENCE OF RESEARCH SOCIETY FOR THE STUDY OF DIABETES IN INDIA DELHI CHAPTER

**Theme: Translating Science into
Clinical Practice**

 **2nd August 2026** |  **Hotel Le Meridien, New Delhi**

WELCOME MESSAGE

Dear Esteemed Colleagues,

The Organising Committee of the **RSSDI Delhi Chapter** warmly invites you to the **21st Annual Conference of RSSDI Delhi Chapter on Sunday, 2nd August 2026, at Le Méridien New Delhi**. The conference will bring together the latest insights, emerging evidence, and practical approaches in diabetes care, with a focused scientific program addressing real-world clinical challenges and evolving treatment strategies

The meeting will also provide an excellent platform for interaction, networking, and exchange of ideas among peers and experts. We look forward to your presence and participation in making this conference a meaningful and successful gathering.

Warm regards

Organising Committee
RSSDI Delhi Chapter



Dr. Girish Khurana
Organising Chairman



Dr. V K Goyal
Scientific Chairman

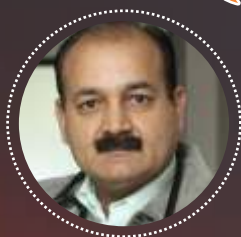


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Organising Secretary

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Organising Chairman



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Scientific Chairman



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Organising Secretary



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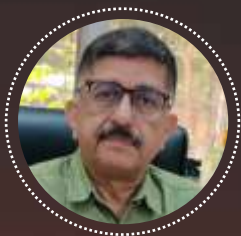
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EC Member



Dr. Amarpreet Riar



Dr. Amitabh Khanna



Dr. Amitesh Agarwal



Dr. Arvind Agarwal



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Dr. Kirti Soota



Dr. Manoj Rawat



Dr. Mayank Uppal



Dr. Meena Chhabra



Dr. Moonish Aggarwal



Dr. Navneet Gill



Dr. Pooja Relia



Dr. Princi Jain



Dr. Rajesh Kesari



**Dr. Ravinder P S
Makkar**



Dr. RM Chhabra



Dr. Seema Shahi



Dr. Sushil Chauhan

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2nd August 2026, Hotel Le Meridien, New Delhi

SCIENTIFIC PROGRAMME RSSDI DC 2026			
Sunday, 2nd August 2026, Hall- MMS Ahuja Hall			
Theme: Translating Science into Clinical Practice			
TIMING	TOPIC	SPEAKERS	CHAIRPERSONS
08:30am-09:00am	Registration		
09:00am-10:00am	PG QUIZ	<i>Dr. Mukesh Bhatia</i>	<i>Dr. Manisha Arora Dr. Amitabh Khanna</i>
10:00am-10:20am	Session: 1		
	When and How to Treat Prediabetes	<i>Dr. S Sengupta</i>	<i>Dr. Vivek Suman Dr. S K Chauhan Dr. Hemika Chawla</i>
10:20am-10:40am	Session: 2		
	Diabetes-Dementia Link and its clinical significance.	<i>Dr. Vinod Kumar</i>	<i>Dr. Geeta Duggal Dr. Hitesh Saraogi Dr. Jagdeep Chugh</i>
10:40am-11:00am	Session: 3		
	Role of Yoga in Diabetes	<i>Dr. SV Madhu</i>	<i>Dr. K S Chadha Dr. Aparna Agrawal Dr. Saurabh Srivastava</i>
11:00am-11:20am	Session: 4		
	Young Onset Diabetes: Beyond Type 2 – A Practical Clinical Approach	<i>Dr. Rajeev Chawla</i>	<i>Dr. Sandeep Garg Dr. R M Chhabra Dr. Rakesh Gupta</i>
11:20am-11:40am	Session: 5		
	Natural History of Fatty Liver Disease	<i>Dr. Anil Arora</i>	<i>Dr. Amitesh Agrawal Dr. Anuradha Gupta Dr. Ruchi Jain</i>
11:40am-12:00pm	Session: 6		
	Newer Trials in Pipeline In Diabetes	<i>Dr. Jugal Kishor Sharma</i>	<i>Dr. Anil Manchanda Dr. Anu Goswami Dr. Mohit Saran</i>
12:00pm-12:20pm	Session: 7		
	Redefining HFmrEF & HFpEF Care: Evidence from FINEARTS-HF Trial	<i>Dr. Aparna Jaswal</i>	<i>Dr. Rajesh Kumar Marya Dr. Subhash Saini Dr. Princi Jain</i>
12:20pm-12:40pm	Session: 8		
	Underrecognised Musculoskeletal Complications of Diabetes: What Every Clinician Should Know	<i>Dr. P D Rath</i>	<i>Dr. Sunil Attri Dr. Hemant Sharma Dr. Pankaj Gupta</i>
12:40pm-01:00pm	NATIONAL RSSDI PRESIDENT ORATION		
		<i>Dr. Anuj Maheshwari</i>	<i>Dr. Vinod Kumar Dr. S V Madhu Dr. Rajeev Chawla</i>
01:00pm-01:20pm	RSSDI DELHI CHAPTER CHAIRMAN ORATION		
		<i>Dr. Girish Khurana</i>	<i>Dr. Anuj Maheshwari Dr. Jugal Kishor Sharma Dr. Shalini Jaggi</i>

01:20pm-02:00pm	Inauguration		
02:00pm-02:30pm	Lunch		
02:30pm-02:50pm	Session: 9		
	From Glucose Data to Action: Understanding CGM and AGP in every day practice	Dr. Dheeraj Kapoor	Dr. A K Kaushik Dr. Sandeep Miglani Dr. Inder Kasturia
02:50pm-03:10pm	Session: 10		
	Navigating Gestational Diabetes: From Detection to Delivery	Dr. Shalini Jaggi	Dr. Jyotsna Gupta Dr. Shubhangi Dubey Bhardwaj Dr. Archana khurana
03:10pm-03:30pm	Session: 11		
	Beyond Diabetic Nephropathy: Recognizing Non-Diabetic Kidney Disease in Patients with Diabetes"	Dr. Vikram Kalra	Dr. Amit Baweja Dr. L H Ghotekar Dr. Sunil Massand
03:30pm-03:50pm	Session: 12		
	The Cancer–Metabolic Syndrome Axis: Mechanisms, Clinical Implications, and Prevention Strategies	Dr. Shina Goyal	Dr. Mayur Mayank Dr. Anil Bali Dr. Harvinder Singh
03:50pm-04:10pm	Session: 13		
	The Evolving Landscape of Insulin: Novel Formulations and Future Directions	Dr. Meena Chhabra	Dr. Arvind Aggarwal Dr. Rakesh Sood Dr. S P Kalra
04:10pm-04:30pm	Session: 14		
	Emerging Oral Therapies in Type 2 Diabetes: Focus on Imeglimin and Lobeglitazone	Dr. V K Goyal	Dr. Moonish Aggarwal Dr. Kirti Soota Dr. Gunjan Agarwal
04:30pm-04:50pm	Session: 15		
	How to manage Diabetesity in clinics - pearls for practice	Dr. BM Makkar	Dr. Alok Joshi Dr. Yogender Gupta Dr. G S Sahney
04:50pm-05:00pm	Tea Break		
05:00pm-06:00pm	Obesity Symposium: Moderator: Dr. Anoop Mishra		
05:00pm-05:20pm	Foundation of obesity biology and dual-agonist Therapy	Dr. Anant Nigam	Dr. Pankaj Aneja Dr. Suresh Mittal Dr. Vinay Rastogi
05:20pm-05:35pm	Integrating evidence into clinical practice	Dr. Rajesh Rajput	
05:35pm-05:50pm	Case Discussion: Real World experience with Mounjaro	Dr. Vipul Gupta	
05:50pm-06:00pm	Q&A		
06:00pm-06:30pm	Panel Discussion: Moderator: Dr. Gautam Sharma		
	AI and technology in diabetes care and research	Dr. Hanish Gupta Dr. Mudit Sabharwal	Dr. RPS Makkar Dr. Paras Gangwal Dr. NN Jha
06:30pm-06:50pm	Keynote Address		
	Preparing a woman with diabetes for pregnancy	Dr. Sunil Gupta	Dr. Girish Khurana Dr. V K Goyal Dr. Vipul Gupta
06:50pm-07:10pm	Valedictory		
07:10pm-07:45pm	AGBM		
07:45pm onwards	Musical Evening and Gala Dinner		

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Theme: Translating Science into Clinical Practice

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SCIENTIFIC PROGRAMME RSSDI DC 2026			
Sunday, 2nd August 2026, Hall- Vishvanathan Hall			
Theme: Translating Science into Clinical Practice			
TIMING	TOPIC	SPEAKERS	CHAIRPERSONS
08:30am-09:00am	Registration		
09:00am-10:00am	PG QUIZ		
10:00am-10:15am	Session: 1		
	Challenges in Managing Diabetes in Older Adults	<i>Dr. Hitesh Punyani</i>	<i>Dr. SK Aggarwal Dr. APS Riar Dr. Seema Shashi</i>
10:15am-10:30am	Session: 2		
	Postprandial Hyperglycemia: Why it Matters and How to Manage it	<i>Dr. Deepak Gargi Pande</i>	<i>Dr. Anil Vardani Dr. Sunil Kohli Dr. Dheeraj Diwan</i>
10:30am-10:50am	Session: 3		
	THE CKM SYNDROME a clinical prospective	<i>Dr. Atul Luthra</i>	<i>Dr. Rakesh Pandit Dr. Alpna Chugh Dr. Puneet Khanna</i>
10:50am-11:10am	Session: 4		
	Hypoglycaemia: Recognition, Prevention, and Management-current strategies	<i>Dr. Anupam Prakash</i>	<i>Dr. G S Kohli Dr. Gautam Datta Dr. Ashish Khattar</i>
11:10am-11:25am	Session: 5		
	Perioperative Diabetes Management: Improving Surgical Outcomes	<i>Dr. Deepak Gupta</i>	<i>Dr. Navneet Gill Dr. Kshitij Kumar Dr. Chander Kant Laheriya</i>
11:25am-11:40am	Session: 6		
	Optimising Hyperglycemia Management During Acute Illness and Hospitalization	<i>Dr. Vijay Arora</i>	<i>Dr. Bhavnish Sabharwal Dr. Sunil Bakshi Dr. Anil Gomber</i>
11:40am-12:00pm	Session: 7		
	IGlarLixi : A SOLID approach to Break Treatment Complexity	<i>Dr. Amit Rastogi</i>	<i>Dr. Ravi Pathak Dr. Anupama Khanna Dr. Jai Khullar</i>
12:00pm-12:20pm	Session: 8		
	Common Pitfalls in Diabetes Management: Recognition, Prevention, and Practical Solutions	<i>Dr. Ashok Taneja</i>	<i>Dr. Komal Sukhija Dr. Subhash Giri Dr. Pawan Goyal</i>
12:20pm-12:40pm	Session: 9		
	The Silent Complication: Diabetic Autonomic Neuropathy–Early Recognition, Diagnosis, and Management in clinical practice	<i>Dr. Amit Gupta</i>	<i>Dr. Ram Babu Dr. AS Ghai Dr. Pulin Gupta</i>
12:40pm-01:00pm	NATIONAL RSSDI PRESIDENT ORATION IN MMS AHUJA HALL		
01:00pm-01:20pm	RSSDI DELHI CHAPTER CHAIRMAN ORATION IN MMS AHUJA HALL		
01:20pm-02:00pm	Inauguration (MMS Ahuja Hall)		
02:00pm-02:30pm	Lunch		

02:30pm-03:00pm	Ethical Committee		
	Legal issue in medical practice "Current perspective"	Dr. Rajesh Kesari	Dr. A C Shukla Dr. Sarbani Datta Dr. Umesh Mittal
03:00pm-03:20pm	Session: 10		
	Tipping the scales towards CV benefits in obesity. Management with innovator semaglutide	Dr. Ashwani Mehta	Dr. VS Issar Dr. Sudhir Khetrapal Dr. Alpana Bhatnagar
03:20pm-03:40pm	Session: 11		
	Engineering for reduced insulin burden :The advent of Icodec	Dr. Anupam Biswas	Dr. Anjali Nakra Dr. D K Chauhan Dr. AK Malhotra
03:40pm-04:00pm	Session: 12		
	Beyond the hype: Why innovator Semaglutide's proven legacy sets the gold standard in obesity management	Dr. Kunal Chawla	Dr. Ajay Gupta Dr. Ajay Yadav Dr. Parineeta Kaur
04:00pm-04:15pm	Session: 13		
	PMOS and Diabetes: Understanding the Metabolic Link Across a Woman's Lifespan	Dr. Pooja Relia	Dr. Rajeev Bhatnagar Dr. I J Kalra Dr. Nitin Kura
04:15pm-04:30pm	Session: 14		
	Fasting, Feasting, and Diabetes:: Challenges and Clinical Solutions	Dr. Amit Sharma	Dr. Mayank Uppal Dr. J Rawat Dr. Mithilesh Kumar Singh
04:30pm-04:50pm	Session: 15		
	Flu & Shingles in India: Rethinking Adult Immunization	Dr. Atul Gogia	Dr. M S Mahar Dr. Manoj Rawat Dr. Kartikeya Kohli
04:50pm-05:00pm	Tea Break		
05:00pm-06:15pm	Workshop on Diabetic Foot	Dr. Ravi Mahajan Dr. Bharat Kotru	Dr. Govind Bisht Dr. Ashok Damir Dr. Sanjay Verma Dr. Sandeep Suri
06:15pm-06:50pm	FREE PAPERS	Dr. Amit Sharma Dr. Pooja Khosla	
06:50pm-07:10pm	Valedictory		
07:10pm-07:45pm	AGBM		
07:45pm onwards	Musical Evening and Gala Dinner		

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REGISTRATION FORM

Please Fill in **BLOCK LETTERS**

(*It is important that you provide an email & mobile number so that future communications can be sent to you via SMS/ e-mail)

Title: Prof. ☐ Dr. ☐ Mr. ☐ Ms. ☐ Mrs. ☐

Gender: Male ☐ Female ☐

First Name*: _____ Last Name: _____

Institute/ Hospital: _____ Designation: _____

Postal Address: _____

City: _____ State: _____ Pin: _____

Country: _____ RSSDI Membership No.*: _____

MCI No: _____ Mobile*: _____

E-mail*: _____

* Mandatory for Registration

REGISTRATION FEE

(Tick the amount which is applicable & enclose)

Category	Till 15 th July 2026	16 th July 2026 to 25 th July 2026	On-Spot
Members	☐ COMPLIMENTARY	☐ COMPLIMENTARY	☐ 5310 (4500+18% GST)
Non Members	☐ 7670 (6500+18% GST)	☐ 10030 (8500+18% GST)	☐ 11210 (9500+18% GST)
PG Students/ Resident	☐ COMPLIMENTARY	☐ COMPLIMENTARY	☐ 5310 (4500+18% GST)

* PG Student/ Resident should attach a certificate from their Head of Department/ Institution.
Registration fee is including 18% GST

I am enclosing herewith a Cheque/ Demand Draft no. _____ dated ____/____/____
of Rs. _____ (in words: _____) only
drawn on bank _____ in favour of "RSSDI Delhi Chapter"
payable at Delhi to Conference Secretariat.

Signature

Bank Details of RSSDI Delhi Chapter 2026:

Account Name: RSSDI Delhi Chapter

A/C No: 3223101003024

IFSC CODE: CNRB0003223

Name of Bank: CANARA BANK

Branch: A-6/5, Paschim Vihar, New Delhi-110064

GST Details: 07AAAAR1259B1ZY

REGISTRATION GUIDELINES

- RSSDI membership number is mandatory for registration in membership category.
- Bank charges for online net banking and credit/debit card actual charges will be applicable as per the transaction method and charges defined by your bank for online transactions.
- Registration fees include admission to the scientific halls, trade exhibition, inaugural function, lunch and delegate kit.
- Provide us your updated email id & mobile number. As it will be used for the registration receipt and other conference communication.
- Organizing committee shall not be liable in any form in case of changes in date / venue due to unforeseen reasons.
- Conference organizers are not responsible for postal delays / failure of delivery by post or failure of electronic communication.
- It is mandatory for all delegates to carry their photo id (government approved) for smooth registration procedure.
- It is mandatory to submit HOD Letter/ PG certificate to avail the registration in PG category.

CANCELLATION & REFUND

- Requests for cancellation for refunds must be made in writing or through e-mail.
- Request must be sent to conference secretariat.
E-mail: rssdidc2026@gmail.com
- No refund of registration fee will be provided for cancellation request received after 30th June 2026.
- 50% of the registration would be deducted as processing charges and rest will be refunded one month after conference completion.

Please send duly filled Registration form along with Cheque or DD in favour of "RSSDI Delhi Chapter" payable at Delhi to Conference Secretariat:

For office use only

Receipt No.: _____

Registration No.: _____

**RSSDI
DC Annual
2026 Conference**



CONFERENCE SECRETARIAT:

Gupta Ultrasound & Heart Care Centre

A-4/22, Paschim Vihar New Delhi-110063

Mob: +91 9953702661

E-mail: rssdidc2026@gmail.com

Web: www.rssdidc.com

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RESEARCH SOCIETY FOR THE STUDY OF DIABETES IN INDIA DELHI CHAPTER**

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Abstract Submission Form

The abstract should be submitted online by 25th July 2026
Kindly fill the form in CAPITAL LETTERS

Title: Prof. ☐ Dr. ☐ Mr. ☐ Ms. ☐ Mrs. ☐

Presenting Author's Name*: _____

Gender: Male ☐ Female ☐ Year of Passing MBBS: _____

Address* _____

City: _____ State: _____ Pin: _____ Country: _____

Phone (O): _____ Mobile*: _____

E-mail*: _____

Institution Affiliated: _____

Type of Presentation: Oral ☐ Poster ☐

(* Mandatory field)

*Conf. Regn. No.

Instructions:

1. Title font size– 12pt
2. Author font size– 11pt, the presenting author's name should be first.
3. Text to be type, written in black, using time roman font– 10pt, single space.
4. Number of words should not exceed 300.
5. Registration is mandatory for abstract submission.
6. Space provided for poster presentation will be 4ft x 3ft.(height x width)
7. RSSDI Delhi Chapter 2026 will not consider the abstracts sent by post.
8. From the approved abstracts, best six will be considered for oral presentation. Rest all will be for poster presentation.
9. In both the groups, there will be awards for 1st, 2nd & 3rd position.

Topics

❖ ***Any topic related to diabetes and metabolic disorders is acceptable for paper or poster presentation.***

Abstract

PRESENTING AUTHOR'S NAME: _____

AUTHOR FOR CORRESPONDENCE : _____

CO AUTHOR'S NAME (1): _____ (2): _____

(3): _____ (4): _____ (5): _____

INSTITUTIONS AFFILIATED: _____

TOPIC: _____

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RSSDI DC Annual 2026 Conference



CONFERENCE SECRETARIAT:

Gupta Ultrasound & Heart Care Centre

A-4/22, Paschim Vihar New Delhi-110063

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Web: www.rssdidc.com



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