



TREND0 2020

A Digital Conference with a Difference
Emerging Trends in Endocrinology & Diabetes



December 4th, 5th, 6th, 2020

8th Annual Conference of the Endocrine Society
of Tamil Nadu & Puducherry

Click here to Register



OR

At- www.itindustries.live/trendo/register

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Email: trendopuducherry@gmail.com
trendo@itindustries.com

Mobile: +91 75986 78215

8th ANNUAL CONFERENCE OF ENDOCRINE SOCIETY OF TAMIL NADU AND PUDUCHERRY



Dear Colleague,

Warm greetings from Puducherry,

It is our proud privilege and pleasure to invite you to **TRENDO 2020**, the 8th Annual Conference of the Endocrine Society of Tamil Nadu and Puducherry, which will be held as a Digital conference this year on 4th - 6th December 2020, organized by our Puducherry Team. This year **TRENDO 2020** will be held on a virtual/digital platform in view of the **COVID-19** pandemic.

As you are aware, the field of Endocrinology and Diabetes is rapidly evolving and it would not be an exaggeration to say that it is a challenge to keep oneself updated with the latest developments. On behalf of the Organizing Committee, we promise that **TRENDO 2020** would definitely help you face this challenge, with meticulously planned scientific sessions covering all clinically relevant domains of diabetes and endocrinology with a right mixture of plenary lectures, symposia, interactive clinical case discussions and debates. We have invited distinguished faculties in the field from both India and abroad to make sure that every session would provide an unbiased opinion on the topic that would be highly valuable and practical.

With an interactive format, excellent national faculties and diverse topics covered, the conference presents an ideal learning opportunity for all doctors and postgraduates. Oral and poster presentation scientific sessions are included to encourage research and participation of postgraduates and physicians with interest, to showcase their research work on the digital platform.

This year **TRENDO 2020** will be held as a Digital conference on a virtual/digital platform. We expect around 2000 delegates, comprising of Physicians, Endocrinologists, Diabetologists, Gynecologists and General practitioners. The Organizing Committee will take maximum effort to make **TRENDO 2020** a memorable event for scientific content. The unique 3 day programme will cover day to day endocrinology, update on management of thyroid disorders, current controversies in diabetes, endocrinology of/in pregnancy, PCOS and pediatric endocrinology. Once again, we are glad to welcome you to **TRENDO 2020**, A Digital Conference.

Please do not hesitate to contact us if you have any queries through email:
trendopuducherry@gmail.com

Best Wishes and Regards

Dr. S. Vijaya Bhaskar Reddy
Organizing Secretary

Dr. Sadishkumar Kamalanathan
Joint Organizing Secretary

Dr. Krishna Seshadri
Organizing Chairman

Dr. Shriraam Mahadevan
Scientific Chair

8th ANNUAL CONFERENCE OF ENDOCRINE SOCIETY OF TAMIL NADU AND PUDUCHERRY

The Endocrine Society - Tamil Nadu and Puducherry

The Endocrine Society of Tamil Nadu and Puducherry was formed in 2013 with a view to spread awareness about the speciality to the public and to fulfil the need for a state level organisation for the speciality. The aims of the society are to unite all practicing physician endocrinologists qualified and trained or otherwise interested to work for the cause of Endocrinology and subjects with Endocrine disorders. The other aims are to propagate recent developments in the endocrine science through periodic conduct of conference and publish journals, newsletters or guidelines. To publish books for lay public, under and post graduate medical students and others.



TRENDO 2020 will also represent the 8th Annual Conference of the Endocrine Society of Tamil Nadu and Puducherry. It is conducted with a view to spread up to date evidence based knowledge in Endocrinology & Diabetes to Physicians, specialists with allied interest such as Gynecologists and Pediatricians and general practitioners.

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For enquiries:

The Endocrine Society - Tamil Nadu and Puducherry

Dr. Muthukumaran Jayapaul, MBBS MD (UK) MRCP (UK) CCT (Int Med & Endo)

Honorary Secretary

Email: muthukjayapaul@gmail.com

Web: www.estn.co.in

8th ANNUAL CONFERENCE OF ENDOCRINE SOCIETY OF TAMIL NADU AND PUDUCHERRY

TRENDO 2020 Team



Patrons



Dr.S. Murthy



Dr.P.G. Sundararaman



Dr.AK Das



Organising Chairman

Dr.Krishna G Seshadri



Organizing Secretary

Dr.S.Vijaya Bhaskar Reddy



Joint Organizing Secretary

Dr.Sadishkumar Kamalanathan



Scientific Chair

Dr.Shriram Mahadevan



Joint Scientific Chair

Dr.V.Kumaravel



Dr.Jayaprakash Sahoo



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Dr.R.Bharath



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Dr.D.B. Naik

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Dr.NK Narayanan
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8th ANNUAL CONFERENCE OF ENDOCRINE SOCIETY OF TAMIL NADU AND PUDUCHERRY

TRENDO 2020

International Faculty



Prof. William F. Young Jr.
MD

Tyson Family Endocrinology Clinical
Professor & Professor of Medicine
Mayo Clinic College of Medicine
Mayo Clinic, Rochester, Minnesota, USA



Prof. Michael F. Hollick
MD, PhD

Professor of Endocrinology
Director, Bone Health Care Clinic & Vitamin
D, Skin & Bone Research Laboratory
Boston University School of Medicine,
Boston, USA



Prof. Sangeeta R. Kashyap
MD

Professor of Medicine, Endocrinology,
Diabetes & Metabolism
Cleveland Clinic Lerner College of Medicine,
Cleveland, Ohio, USA



Dr Petros Perros
MD

Honorary Clinical Senior Lecturer,
Endocrinology, Newcastle University
Consultant Endocrinologist, Newcastle
Upon Tyne Hospitals NHS Foundation Trust
Newcastle upon Tyne, UK



Prof. Mark Gurnell
MBBS, PhD, FRCP

Professor of Clinical Endocrinology & Clinical Subdean
University of Cambridge School of Clinical Medicine
Clinical Lead for Pituitary and adrenal services,
Addenbrooke's Hospital
Chair of the UK Medical Schools Council Assessment
Alliance Board
University of Cambridge, UK

**8th ANNUAL CONFERENCE OF ENDOCRINE SOCIETY
OF TAMIL NADU AND PUDUCHERRY**

TRENDO 2020

International Faculty



Prof. Mark W J Strachan
MD, FRCP

Honorary Professor, Endocrinology,
University of Edinburgh
Consultant Physician in Diabetes,
Endocrinology and Acute Medicine
Western General Hospital, Edinburgh, UK
Editor "Davidson's Principles and Practice of Medicines"



Prof. Kareem Meeran
FRCP

Professor of Endocrinology
Deputy Director of Medical education and
Lead clinician for Endocrinology
Charing Cross Hospital, Imperial College
Healthcare NHS Trust, London UK



Prof. Gerard Conway
FRCP

Honorary Professor, Clinical Medicine,
Institute for Women's Health
University College of London Hospitals,
London, UK



Dr Veronique Nicolaou

Lecturer & Endocrinologist
Head, Gestational Endocrine Clinic,
Chris Hani Baragwanath Academic Hospital
University of the Witwatersrand, Johannesburg,
South Africa

8th ANNUAL CONFERENCE OF ENDOCRINE SOCIETY OF TAMIL NADU AND PUDUCHERRY

TRENDO 2020 National Faculty

Dr Adlyne	Dr Krishna Kumar	Dr Rammohan
Dr AK Das	Dr Krishna Shankar	Dr S Murthy
Dr Ameya Joshi	Dr Krishnan Swaminathan	Dr S Ramkumar
Dr Anand Annamalai	Dr Kumar Thulasidass	Dr S Sridhar
Dr Anand Kumar	Dr Kumaravel	Dr Sadish Kamalanathan
Dr Anand Moses	Professor Latha	Dr Sambit Das
Dr Anjali Sathya	Dr Lokesh	Dr Sangumani
Dr Arulprakash	Dr Leo Gunalane	Dr Sanjay Kalra
Dr Arun Kannan	Dr M Ravikiran	Dr Sathian
Dr Arun Vishwanath	Dr Madhusudhanan	Dr Senthil Kumar
Dr Aruna Chellaiya	Dr Manikandan	Dr Shanmugasundar G
Dr Asha HS	Dr Meher Prasad	Dr Sivan Arul Selvan
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Dr JS Kumar	Dr Rakesh Sahay	Dr. S. Vijaya Bhaskar Reddy
Dr Karthik	Dr Ramasubramanian	Dr Vivekanandan
		Dr Warun

8th ANNUAL CONFERENCE OF ENDOCRINE SOCIETY OF TAMIL NADU AND PUDUCHERRY

Day 1: 4th December, 2020, Friday
Hall A- 03.45 - 9.00 pm

Rapporteur:
Dr. Rajesh Rajendran

3.45 - 4.00pm			
INAUGURATION			
Time	Topic	Speaker/Panelists	Chairpersons/ Moderator
TFTs, Hypothyroidism & Thyroxine symposium (Unrestricted educational grant by GSK)			
04.00 - 04.30 pm	Thyroid function tests: What, When, How?	Dr. M. Ravikiran, Chennai	Dr. Velayutham
05.00 - 06.00 pm	Panel discussion: Thyroxine replacement therapy: Practical aspects	Dr. P G Sundaraman, Dr. G.Vignesh, Dr. Anjali Sathya	Moderator: Dr. Velayutham
Hyperthyroidism & thyroid/comorbidities			
05.30 - 06.00 pm	Sub-clinical thyroid diseases	Dr. Petros Perros, UK	Dr. Sathian Dr. Geethalakshmi
06.00 - 06.30 pm	Thyroid vigilance	Dr. Sanjay Kalra	
Hyperthyroidism & thyroid/comorbidities (Unrestricted educational grant by Abbott India Ltd)			
06.30 - 07.00 pm	Anti-thyroid drugs: How much & how long?	Dr. Shanmugasundar G	Dr. Manikandan Dr. Kumar Thulasidass
07.00 - 07.30 pm	Thyroid & diabetes	Dr. Arulprakash, Tuticorin	
Thyroid Clinics			
07.30 - 08.00 pm	Thyroid: Myths & facts	Dr. Muthukumaran Jayapaul, Chennai	Dr. Narayanan Dr. Dhalapathy
08.00 - 08.30 pm	Clinical snippets in thyroid: From the Expert's file	Professor. Mark Gurnell, UK	
08.30 - 09.00 pm	Controversies in the management of thyroid cancer	Professor. Nihal Thomas, Vellore	

8th ANNUAL CONFERENCE OF ENDOCRINE SOCIETY OF TAMIL NADU AND PUDUCHERRY

Day 1: 4th December, 2020, Friday
Hall B- 04.00 - 9.00 pm

Rapporteur:
Dr. Sathian

Time	Topic	Speaker	Chairpersons/ Moderator
Diabetes : Classification to clinical approach			
04.00 - 04.30 pm	Clustering in diabetes: Indian perspective	Dr. Senthil Kumar, Coimbatore	Dr Arun Kannan Dr. Sangumani
04.30 - 05.00 pm	Approach to young-onset diabetes	Dr. Asha HS, Vellore	
Infections & Inflammation			
05.00 - 06.00 pm	Panel discussion : COVID 19 & diabetes	Dr. S. Sridhar, Chennai, Dr. Vivekanandan (JIPMER) Dr Vengadkrishnan (SRMC)	Dr. Sruthi Chandrasekharan, Chennai
06.00 - 06.30 pm	Inflammation and diabetes	Dr. R. Srinivasan, Coimbatore	Dr. Sruthi Chandrasekaran
07.00 - 07.30 pm	Vaccines in diabetes	Dr. Ramasubramian, Chennai	
Diabetes Clinics			
07.00 - 07.30 pm	NAFLD in type 2 diabetes: Screening and management	Professor. Mark Strachan, UK	Dr. A. K. Das Dr. Suresh Prabhu
07.30 - 08.00 pm	Approach to the patient with diabetic foot ulcer	Dr. Ashu Rastogi	
08.00 - 08.30 pm	Treatment of type 2 diabetes in a patient with obesity	Dr. Sangita Kashyap, USA	Dr. Anand Moses Dr. Prem Kumar
08.30 - 09.00 pm	Empowering Cardio-Renal-Metabolic Risk Reduction with SGLT-2 inhibition in T2DM: From Evidence to Practice	Dr. Ganpathy Bantwal, Bengaluru	

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Day 2: 5th December, 2020, Saturday
Hall A- 09.00 am - 12.30 pm

Rapporteur:
Dr. Sathian

Time	Topic	Speaker	Chairpersons/ Moderator
Imaging in Endocrinology			
09.00 - 09.30 am	Nuclear Imaging:	Dr Thirumurthy	Dr. Madhusudhanan, JIPMER Dr. Meher Prasad, Chennai
09.30 - 10.00 am	USG thyroid: for endocrine physicians	Dr Subramanian Kannan	
10.00 - 10.30 am	Pituitary & Adrenal imaging	Dr Rajeshwaran, SRMC	
Challenging Cases in Endocrinology/Learning from Mistakes			
10.30 - 11.00 am	Pituitary / Adrenal	Dr. Krishna Shankar	Dr. P G Sundarraman Dr. Naik
11.00 - 11.30 am	Thyroid / Parathyroid	Dr. Dhalapathy	
Pandemic Di- stress to De-stress			
11.30 am - 12.00 pm	Stress management for doctors	Dr Rajesh R, Chennai	Dr Muthukumar Jayapaul
12.00 - 12.30 pm	Coping strategies for chronic disease patients	Dr. Jaya Prakash	

8th ANNUAL CONFERENCE OF ENDOCRINE SOCIETY OF TAMIL NADU AND PUDUCHERRY

Day 2: 5th December, 2020, Saturday
Hall B- 09.00 am - 12.00 pm

Rapporteur:
Dr. Ravi Kiran

Time	Topic	Speaker	Chairpersons. Moderator
Glucometrics			
09.00 - 09.15 am	HbA1c vs Time In Range (TIR)	Dr. Sathian	Dr. Dhiraj Jain, Puducherry Dr. Kumaravel, Puducherry
09.15 - 09.30 am	SMBG: Clinical utility	Dr. Sivan Arul Selvan	
09.30 - 09.45 am	CGMS: When, What, How?	Dr. Felix JebaSingh	
09.45 - 10.00 am	Discussion		
Nutrition Workshop			
10.00 - 10.15 am	Diet terminologies: Demystified	Dr Geethalakshmi	Dr. Usha Aiyagiri,
10.15 - 10.30 am	Calorie counting	Dr. Anjali Sathya	
10.30 - 10.45 am	Role of diabetes specific nutrition formulae in diabetes care	Dr Manikandan	
10.45 - 11.00 am	Discussion		
How to read a scientific article: Workshop: Dr Karthik, Om Lakhani			
11.00 - 11.30 am	Statistics for physicians	Dr. Om Lakhani	Dr. Anand Kumar
11.30 am -12.00 pm	Analysing a scientific paper	Dr. Karthik	

8th ANNUAL CONFERENCE OF ENDOCRINE SOCIETY OF TAMIL NADU AND PUDUCHERRY

Day 2: 5th December, 2020, Saturday
Hall C- 12.00 - 03.00 pm

12.00 – 03.00 pm

ORAL PAPER PRESENTATIONS

Day 2: 5th December, 2020, Saturday
Hall A- 02.30 - 04.00 pm
INDUSTRY SESSIONS

Rapporteur:
Dr. Naik

Time	Topic	Speakers	Chairpersons/ Moderator
PRODUCT THEATRE (MSD)			
02.30 – 03.00 pm	Getting the most out of gliptins in Indian patients	-	-
INDUSTRY SYMPOSIUM – NOVARTIS (3-4 pm)			
03.00 – 04.00 pm	Novartis Industry symposium	-	-

Day 2: 5th December, 2020, Saturday
Hall B- 02.30 - 04.00 pm
INDUSTRY SESSIONS

Time	Topic	Speakers	Chairpersons/ Moderator
PRODUCT THEATRE (BOEHRINGER INGELHEIM)			
02.30 - 03.00 pm	Case based outlook to optimize SGLT2i/DPP-4i FDC in T2DM managements	-	-
INDUSTRY SYMPOSIUM – MICRO LAB (3-4 pm)			
03.00 - 03.30 pm	Early Intensive Rx for T2 DM	Dr. Vignesh	Dr. Shanmugasundar
03.40 – 04.00 pm	Modern SUs and CV safety	Dr. Prem Kumar	

8th ANNUAL CONFERENCE OF ENDOCRINE SOCIETY OF TAMIL NADU AND PUDUCHERRY

Day 2: 5th December, 2020, Saturday
Hall A- 04.00 - 09.00 pm

Rapporteur:
Dr. JP Sahoo

Time	Topic	Speaker	Chairpersons/ Moderator
Diabetes guidelines & HTN			
04.00 - 04.30 pm	RSSDI-ESI 2020 guidelines: How to use the therapeutic wheel?	Dr. Rakesh Sahay	Dr. Vamsie Mohan, Chennai Dr. Suryanarayan JIPMER
04.30 - 05.00 pm	Hypertension in diabetes: An update	Dr. Leo Gunalane	
05.00 - 05.45 pm	Dr Kannan & Dr Rastogi Oration: Community Endocrinology	Dr M S Seshadri, Retd Professor Dept of Endocrinology CMC Vellore	Dr A K Das Dr S Murthy Dr S Sridhar
05.45 - 06.30 pm	Presidential Oration: "Patient connect charter for Endocrinology"	Dr Krishna Seshadri	
06.30 - 07.00 pm	DEBATE: Can SGLT-2i replace Metformin as drug of first choice in T2DM?	Yes: Dr. Kumaravel No: Dr. Krishnan Swaminathan	Dr. S. Murthy
Nuts & Bolts in diabetes			
07.30 - 08.00 pm	m-Health in diabetes	Dr. N.K.Narayanan, Apollo	Dr. Manikandan Dr. Palaniappen
08.00 - 08.30 pm	Forgotten complication of diabetes	Dr. Sambit Das	
INSULIN SYMPOSIUM			
08.00 - 8.30 pm	Insulin initiation & titration in T2DM: An Indian perspective	Dr. JJ Mukherjee	Dr. Anand Moses Dr. J S Kumar
08.30 - 9.00 pm	Newer basal insulin analogues: Is the jury still out or verdict reached?	Dr. Anand Kumar Annamalai, Madurai	
09.00 - 10.00 pm	GBM (General Board Meeting)		

8th ANNUAL CONFERENCE OF ENDOCRINE SOCIETY OF TAMIL NADU AND PUDUCHERRY

Day 2: 5th December, 2020, Saturday
Hall B- 04.00 - 09.00 pm

Rapporteur:
Felix Jeba Singh

Time	Topic	Speaker	Chairpersons/ Moderator
04.00 - 04.30 pm	Adrenal insufficiency: Update on etiology & management	Professor. Karim Meeran, UK	Dr. Balamurugesan, JIPMER Dr. Lokesh, MGMC, Puducherry
04.30 - 05.00 pm	Hypopituitarism: Indian perspective	Dr. Suresh Damodharan	
05.00 - 05.45 pm	ORATION in Hall A		
05.45 - 06.30 pm	ORATION in Hall A		
06.30 - 07.00 pm	Intermittent fasting Vs Daily calorie restriction for weight loss	Debate Dr. Nitin / Dr. Sunil Kota	Dr. Leo Gunalane, Puducherry
07.00 – 7.30 pm	Spontaneous hypoglycemia	Dr. S. Ram Kumar, Chennai	Dr Adlyne
07.30 - 08.30 pm	Approach to suspected Cushing's syndrome: Panel discussion	Moderator: Dr. Adlyne Panelists: Dr. PG Sundarraman, Dr Warun, Dr. Anjali Sathya	
8.30 - 09.00 pm	Practical Approach to the adrenal incidentaloma	Professor William Young, USA	Dr D.B. Naik Dr Uma Devi

8th ANNUAL CONFERENCE OF ENDOCRINE SOCIETY OF TAMIL NADU AND PUDUCHERRY

Day 3: 6th December, 2020, Sunday
Hall A- 09.00 am - 01.45 pm

Rapporteur:
Dr. Adlyne

GYNE- ENDOCRINOLOGY- ESTN- OGSP (FOGSI) JOINT SYMPOSIUM			
Time	Topic	Speakers	Chairpersons/Moderator
09.00 - 09.30 am	Approach to primary amenorrhea	Dr. Jayashree Gopal, Chennai	Dr. Chitra (OG) Dr. Geethalakshmi
09.30 - 10.00 am	Debate: Myoinositol for PCOS: Hope or hype?	Dr. Swaramya (Hope) Vs Dr. Chitra Selvan (Hype)	
10.00 - 10.30 am	Menopause: From pause to play	Dr. Usha Sriram	Dr Vidhya J
10.30 - 11.30 am	Panel discussion: Fertilinology Sub fertility cases: Thyroid, Obesity, Prolactin, Diabetes	Dr. Anjali Sathya Dr. Krishna Shankar Dr. Dash Professor. Latha	
PREGNANCY			
11.30 am- 12.00 pm	Diabetes in pregnancy: Update on management	Dr. Usha Ayyagari	Dr. Haritha Dr. Sruthi
12.00 - 12.30 pm	Management of thyroid dysfunction in pregnancy	Dr. Veronique Nicolau, South Africa	
PCOS Update			
12.30 - 01.00 pm	Plenary: PCOS: Update for 2020	Professor. Gerad Conway, UK	Professor. Papa Dr. Anand Kumar
01.30 - 01.45 pm	Valedictory function		



8th ANNUAL CONFERENCE OF ENDOCRINE SOCIETY OF TAMIL NADU AND PUDUCHERRY

Day 3: 6th December, 2020, Sunday
Hall B- 09.00 am - 01.15 pm

Rapporteur:
Dr. Vignesh

Time	Topic	Speaker	Chairpersons/ Moderator
Bone			
09.00 - 09.30 am	Vitamin D-lemma	Prof. Michael Hollick, USA	Dr. S. Sridhar, Chennai Dr Krishan Kumar, Puducherry
09.30 - 10.00 am	Bone health assessment for general practitioners	Dr. Thomas Paul, Vellore	
10.00 - 10.30 am	Bisphosphonates Vs Teriparatide for Rx of osteoporosis	Dr. Ameya Joshi Dr. Suresh Prabhu	Dr. S. Sridhar, Chennai
Electrolyte disorders			
10.30 - 11.30 am	Electrolyte disorders in endocrine diseases: Panel discussion	Moderator: Dr. Rammohan Panelists: Dr. Kumar Thulasidass, Dr. Aruna Chellaiya Dr. Manikandan	Dr. Rammohan, Vellore
Adolescent Endocrinology			
11.30 - 12.00 Noon	Approach to short stature	Dr. S Ramkumar, Chennai	Dr. Kumaravel.V, Dr. Narayanan,
12.00 - 12.30 pm	Adolescent obesity: How to tackle in current pandemic situation?	Dr. Bharath Ramji	
12.30 - 01.00 pm	Delayed puberty	Dr. Arun Vishwanath	
01.00 - 01.15pm		Valedictory function (Hall A)	



8th ANNUAL CONFERENCE OF ENDOCRINE SOCIETY OF TAMIL NADU AND PUDUCHERRY

The Endocrine Society - Tamil Nadu and Puducherry

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Memberships & Subscriptions

Full membership - Physician with a post graduate qualification in Endocrinology and/or trained in Endocrinology - Life membership Rs. 10,000/- only, entry fee Rs.1000/-

Associate members - Physicians and Basic science students who do not meet the above requirements but are interested in Endocrinology Rs.10,000/- only as life membership & entry fee Rs.1000/-

Student members - Medical and Basic science students undergoing post-graduate courses in Endocrine or other related sciences Rs.3000/- for the period of current studentship with an entry fee Rs.250/- only

Corporate membership - Institutions and industries interested in the advancement of Endocrinology - Rs.1,00,000/- only with an entry fee of Rs.1000/- only.

Current Office-Bearers

President: Dr G. Krishna Seshadri, Chennai

Vice Presidents: Dr Shriraam Mahadevan & Dr Suresh Damodharan

Secretary: Dr. Muthukumaran Jayapaul, Chennai

Treasurer: Dr. Bharath. R, Chennai

For enquiries:

Dr. Muthukumaran Jayapaul, MBBS MD (UK) MRCP (UK) CCT (Int Med & Endo)

Honorary Secretary

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