



கற்றைசைத் துறையும் அறிவு  
Endocrine Society  
Tamilnadu & Puducherry

# TRENDO 2026

*Emerging Trends in Endocrinology & Diabetes*



**14<sup>th</sup> Annual Conference of Endocrine Society of Tamil Nadu and Puducherry**

Dates : 19<sup>th</sup> Fri , 20<sup>th</sup> Sat & 21<sup>st</sup> Sun, June 2026 | Venue : Hotel Radisson, Salem



## Scientific Program

**ONLINE  
REGISTRATION**



**CONFERENCE SECRETARIAT :**

**Dr. A. Premkumar,**

Organising Secretary, TREND 2026

**DIAPLUS Multi-Speciality Hospital,**

255, Krishnammal Nagar, Fairlands, (Opp. Saradha College)  
Salem, Tamil Nadu - 636 016.

☎ 83441 81994, 88075 16046 ✉ [trendo2026slm@gmail.com](mailto:trendo2026slm@gmail.com)

<https://estn.co.in/Trendo2026/registration.php>

**Applied for  
6 CME  
Credit Points  
with TNMC**

Time	Topic	Moderator / Speaker
<b>SATURDAY, 20 JUNE 2026   08:45 A.M - 19:30 P.M   HALL-A</b> - Hall Co-ordinators : <b>Dr.Sathian &amp; Dr.Priyadharshini</b>		
08:45 - 09:00	<b>Inauguration &amp; Welcome Note</b>	
<b>09:00 - 10:00</b>	<b>THE YEAR IN DIABETES - Chairperson : Dr.S.Murthy, Dr.S.Sureshkanna, Dr.S.Sridhar</b>	
09:00 - 09:15	Next Generation GLP-1 and Dual/ Triple Agonists	Dr.Nivethitha Karthika, Madurai
09:15 - 09:30	Stem Cell Derived Islet Therapies	Dr.Prathosh Gangadhar TK, Calicut
09:30 - 09:45	Amylin in Diabetes	Dr.Manikandan.RM, Madurai
09:45 - 10:00	The Inhaled Insulin : Myth, Science and Future	Dr.Thiyagarajan.T, Coimbatore
<b>10:00 - 11:00</b>	<b>SMART DIABETES CARE - Chairperson : Dr.P.G.Sundraraman, Dr.J.A.Vasanthakumar</b>	
10:00 - 10:20	Predict, Prevent, Personalize: The AI-driven Future of Diabetes Care	Dr.Usha Ayyagari, Chennai
10:20 - 10:40	The Micro and Macroalbuminuria	Dr.Kumaravel.V, Madurai
10:40 - 10:50	DISCUSSION	
<b>10:50 - 11:00</b>	<b>TEA BREAK</b>	
<b>11:00 - 12:00</b>	<b>ESTN - DAS JOINT SYMPOSIUM - Chairperson : Dr.D.Ravishankar, Dr.S.R.Rangabhashyam, Dr.S.Irsath</b>	
11:00 - 11:20	Charcot Neuroarthropathy : Early Recognition, Imaging and Long-term Off-loading Strategies	Dr.Ashu Rastogi, Chandigarh
11:20 - 11:40	Evaluation of Newly Diagnosed Diabetes in a 25 Year Male	Dr.Mathew John, Trivandrum
11:40 - 12:00	A Patient with Non-Diabetic Hypoglycemia	Dr.Padala Ravi Kumar, Berhampur
12:00 - 12:10	DISCUSSION	
<b>12:10 - 12:40</b>	<b>PRESIDENTIAL ORATION - Chairperson : Dr.Vijaya Bhaskar Reddy.S</b>	Dr.Muthukumaran Jayapaul, Chennai
<b>12:40 - 13:20</b>	<b>Dr.KANNAN &amp; Dr.RASTOGI ORATION</b>	
	<b>Chairperson : Dr.Muthukumaran Jayapaul, Dr.Vijaya Bhaskar Reddy.S</b>	Dr.Nihal Thomas, Vellore
<b>13.20 - 14.20</b>	<b>LUNCH</b>	
14:20 - 14:50	<b>PLENARY SESSION 1 - Chairperson : Dr.Sakthivel Sivasubramanian</b>	
	Urban, Rural and Tribal Diabetes: Heterogeneity of Risk and Models of Care in India	Dr.Sanjay Kalra, Karnal
<b>14:50 - 16:00</b>	<b>CLINICAL CASE SEMINAR - Chairperson : Dr.Rajkumar, Dr.S.Nagarajan, Dr.M.Kumar Raja</b>	
14:50 - 15:10	Primary Hyperparathyroidism in India : From Florid Symptomatic Disease to Normocalcemic Hyperpara	Dr.Sanjay Badada, Chandigarh
15:10 - 15:30	Remission of T2DM from Trials to Guidelines	Dr.KVS Harikumar, Hyderabad
15:30 - 15:50	De-escalation in Diabetes: When more Treatment is Harmful	Dr.SriNagesh V, Hyderabad
15:50 - 16:00	DISCUSSION	
<b>16:00 - 16:30</b>	<b>PLENARY SESSION 2 - Chairperson : Dr.P.Velayutham</b>	
	Gut Microbiome-Hormone Cross Talk	Dr.Krishna Seshadri G, Chennai
<b>16:30 - 17:30</b>	<b>MICRO LABS SYMPOSIUM</b>	Dr.Geethalakshmi, Chennai
	MICRO LABS	Dr.Adlyne Reena Asirvatham, Chennai
<b>17:30 - 18:30</b>	<b>NOVO NORDISK SYMPOSIUM</b>	
17:30 - 17:50	Single Pathway T2DM Therapy for Multi-dimensional Clinical Benefits.	Dr.Jayashree Gopal, Chennai
17:50 - 18:10	The Hidden Variables in Today's Semaglutide Choice: What Should Clinicians Look For?	Dr.Suresh Damodharan, Coimbatore
18:10 - 18:30	Protein Engineering for Reduced Insulin Burden : The Advent of Icodec	Dr.Arpan Dev Bhattacharya, Bengaluru
<b>18:30 - 19:30</b>	<b>GBM IN HALL B</b>	
<b>19:30 onwards</b>	<b>INAUGURATION followed by DINNER</b>	
<b>SATURDAY, 20 JUNE 2026   09:00 A.M - 18:30 P.M   HALL-B</b> - Hall Co-ordinators : <b>Dr.M.Senthilraja &amp; Dr.Palanivel</b>		
<b>09:00 - 10:00</b>	<b>THE YEAR IN ENDOCRINOLOGY - Chairperson : Dr.Prasadh Rao, Dr.Arul, Dr.B.Sivasubramaniam</b>	
09:00 - 09:15	Thyroid - Newer Therapies for Thyroid Orbitopathy	Dr.Narayanan N K, Chennai
09:15 - 09:30	Adrenal - Modified-Release Glucocorticoid Replacement in Adrenal Insufficiency	Dr.Sivan Arul Selvan S, Vellore
09:30 - 09:45	Liver - Resmetirom in MASH	Dr.Praveen Ramachandra, Bengaluru
09:45 - 10:00	Gonad - Crinicerfont – Oral CRF1 Receptor Antagonist For CAH	Dr.Ravikiran.M, Chennai
<b>10:00 - 11:00</b>	<b>ENDOCRINE TESTING - Chairperson : Dr.Vijayakumar, Dr.Govindharaj, Dr.Rajkumar</b>	
10:00 - 10:20	Evaluating Adrenal Gland Function	Dr.Bharath.R, Chennai
10:20 - 10:40	Interpretation of Discordant Thyroid Function Tests	Dr.H K Ganesh, Mangaluru
10:40 - 11:00	Evaluation of Pituitary Function and Interpretation of Tests	Dr.Ganapathi Bantwal, Bengaluru
<b>11:00 - 12:00</b>	<b>PITUITARY &amp; THYROID SYMPOSIUM - Chairperson : Dr.Indhumathi, Dr.Raghupathi.L, Dr.Deepak Anand,</b>	
11:00 - 11:20	Managing the Empty sella - Clinical Entity or Radiological Curiosity?	Dr.Nitin Kapoor, Vellore
11:20 - 11:40	Myths & Facts - Diet & Thyroid	Dr.Joe George, Kozhikode
11:40 - 12:00	Thyroid Nodules - Newer Insights	Dr.Subramanian Kannan, Bengaluru
12:00 - 12:10	DISCUSSION	
<b>12:10 - 13:20</b>	<b>ORATION at Hall A</b>	
<b>13:20 - 14:00</b>	<b>LUNCH</b>	
<b>14:00 - 14:30</b>	<b>Plenary Session 3 - Chairperson : Dr.Jayaprakash Sahoo</b>	
	Endocrinology of Digital Life	Dr.Arpan Dev Bhattacharya, Bengaluru
<b>14:30 - 15:00</b>	<b>Plenary Session 4 - Chairperson : Dr.Arun Kannan</b>	
	Endocrinology of Happiness	Dr.Shriraam Mahadevan, Chennai
<b>15:00 - 15:45</b>	<b>CLINICAL CASE SEMINAR : Moderator: Dr.Priyadarshini.R, Erode</b>	<b>Panelists : Dr.Asha.H.S, Dr. Sridhar,</b>
	A 40 Year-old Male with Aches and Pain with Low Phosphorus	Dr.Jayaprakash Sahoo, Dr.Suresh Prabhu, Dr.Sadishkumar
<b>15:45 - 16:30</b>	<b>WORKSHOP : Moderator : Dr.Vidhya Rajeev Jahagirdar, Coimbatore</b>	<b>Panelist : Dr.S.Murthy,</b>
	A Case of Young T2DM, Rapid Weight Gain, High Blood Pressure & Acanthosis Nigricans	Dr.Rajaganesan B, Dr. Rabindranath, Dr.A.S.Senthil Velu, Dr.A.Premkumar
<b>16:30 - 17:30</b>	<b>Eli Lilly Symposium - Chairperson : Dr. Anil Bhansali</b>	
16:30 - 16:50	Beyond GLP-1 RAs : Mounjaro-A Class of its Own	Dr.Narayanan N K, Chennai
16:50 - 17:10	Decoding Mounjaro's Superior results Vs Semaglutide.	Dr.Anand Kumar Annamalai, Madurai
17:10 - 17:30	Panel Discussion	

Time	Topic	Moderator / Speaker
17:30 - 17:50	<b>Sanofi Symposium - Chairperson : Dr.S.P.Sathish Kumar</b> Basal Insulin-GLP1 RA Synergy: Translating Evidence into practice	Dr.Aruna Chelliah, Madurai
17:50 - 18:10	<b>Bayer Symposium - Chairperson : Dr.P.Rudreshwar</b> Diabetes, CKD and HF: Improving Outcomes with Finerenone	Dr.Prem Narayanan, Palakkad
18:10 - 18:30	<b>Zydus Symposium - Chairperson : Dr.J.Thiyagarajan</b> Targeting Cellular Bioenergetics in Diabetes : Clinical Role of Imeglimin	Dr.Chandrasekar S, Chennai
18:30 - 19:30	<b>GBM in Hall B</b>	
<b>SUNDAY, 21 JUNE 2026   09:00 A.M - 17:00 P.M   HALL-A</b> - Hall Co-ordinators : <b>Dr.Sathian &amp; Dr.Priyadharshini</b>		
09:00 - 10:10	<b>FERTILITY, HORMONES AND THE MODERN WOMEN</b> <b>Chairperson : Dr.N.Gnana Sanker, Dr.Anitha Somasundaram, Dr.Sudha</b>	
09:00 - 09:20	HRT through an Endocrine Lens	Dr.Nisha Bhavani, Kochi
09:20 - 09:40	Galactorrhea in a 25 year old Women - Evaluation and Management	Dr.Anil Bhansali, Chandigarh
09:40 - 10:00	Ovarian reserve and the Endocrine Milieu	Dr.Jayashree Gopal, Chennai
10:00 - 10:10	DISCUSSION	
10:10 - 11:50	<b>GESTATIONAL ENDOCRINOLOGY - Chairperson : Dr.G.Prakash, Dr.Rekha Rajesh, Dr.Sudha, Dr.Saravanakumar</b>	
10:10 - 10:35	Precision Gestational Diabetes - Opportunities for Stratified Treatment Approach	Dr.Shehla Shaikh, Mumbai
10:35 - 11:00	A 35 Year old Female with Obesity, PCOS & Secondary Infertility	Dr.Sameer Aggarwal, Delhi
11:00 - 11:20	Early GDM - Should We Treat ?	Dr.Felix Jebasingh, Vellore
11:20 - 11:40	Elevated TSH in Pregnancy - Whom to Treat ?	Dr.Anish Behl, Mysuru
11:40 - 11:50	DISCUSSION	
11:50 - 12:30	<b>CLINICAL CASE SEMINAR : Moderator : Dr.Geethalakshmi, Chennai</b> A Woman with Hirsutism	<b>Panelists : Dr.Mohan T Shenoy, Dr.Dhavashree V, Dr.Vani Pujari, Dr.Sundararaman.PG, Dr.Vignesh, Dr.Nisha Bhavani</b>
12:30 - 13:00	Post-Menopausal Osteoporosis: <b>Chairperson : Dr.G.Jayamala</b> How should Physicians and Gynaecologists approach it?	Dr.Lakshmi Nagendra, Mysuru
13:00 - 14:00	<b>LUNCH</b>	
14:00 - 15:00	<b>From ADA to OPD - Chairperson : Dr.M.G.Uvaraj, Dr.Marimuthu, Dr.Sreekumar</b>	
14:00 - 14:15	A 60 year old T2DM male with Hypoglycemic Unawareness	Dr.Anantharaman R, Bengaluru
14:15 - 14:30	A T2DM Patient with Serum Creatinine of 1.5 and PDR	Dr.P.Velayudham, Coimbatore
14:30 - 14:45	A 60 Year old Female with Insensate Foot and Callous Ulcer	Dr.Suresh Prabhu, Coimbatore
14:45 - 15:00	DISCUSSION	
15:00 - 16:15	<b>ENDOCRINE POTPOURRI - Chairperson : Dr.M.Balaji, Dr.P.Ravikumar, Dr.Thulasi N, Dr.S.Palanivel</b>	
15:00 - 15:15	A Woman with Low Libido	Dr.Mahesh D.M, Bengaluru
15:15 - 15:30	Fragility Index	Dr.Mohan T Shenoy, Trivandrum
15:30 - 15:45	Diabetic Pulmopathy	Dr.Srinivasan R, Coimbatore
15:45 - 16:00	Approach to MODY	Dr.Anwar Hussain, Vellore
16:00 - 16:15	Diagnosing Peripheral Artery Disease in Diabetes	Dr.Ramamohan M V, Nellore
16:15 - 17:00	<b>VALEDICTION</b>	
<b>SUNDAY, 21 JUNE 2026   09:00 A.M - 17:00 P.M   HALL-B</b> - Hall Co-ordinators : <b>Dr.M.Senthilraja &amp; Dr.Palanivel</b>		
9:00 - 10:15	<b>HORMONES, KIDNEYS &amp; IONS - Chairperson : Dr.S.Palanivel, Dr.Bharathiraja, Dr.Daranendran</b>	
09:00 - 09:15	Refractory Hypokalemia - Endocrinologist Perspective	Dr. Sunil Kumar Kota, Berhampur
09:15 - 09:30	Evaluation of Hyponatremia in an In-Patient Setup	Dr.Shanmugasundar G, Chennai
09:30 - 09:45	Polyuria - How to Approach ?	Dr.Warun Kumar, Ramanathapuram
09:45 - 10:00	A Young Female with Carpopedal Spasm	Dr.Vijaya Bhaskar Reddy S, Puducherry
10:00 - 10:15	DISCUSSION	
10:15 - 10:50	<b>CLINICAL CASE SEMINAR : Moderator : Dr.Sruthi Chandrasekaran, Chennai</b> Peri-operative Endocrinology	<b>Panelist : Dr.Sivan Arul Selvan, Dr.Sridhar, Dr.Mehar Prasad, Dr.Dhalapathy Sadacharan, Dr.Vimal, Dr.Sunilkumar Kotta</b>
10:50 - 12:00	<b>ENDOCRINOLOGY IN TROPICS - UNIQUE CHALLENGES &amp; LOCAL REALITIES</b> <b>Chairperson : Dr.Priyanka, Dr.Kulandaivel, Dr.A.P.Nandhakumar</b>	
10:50 - 11:10	Fragility fractures and bone mass in rural India	Dr.Thomas V Paul, Vellore
11:10 - 11:30	Hypopituitarism in Tropics	Dr.Pramila Kalra, Bengaluru
11:30 - 11:50	TB and Endocrinology	Dr.Sridhar S, Madurai
11:50 - 12:00	DISCUSSION	
12:00 - 13:00	<b>DIABETIC FOOT WORKSHOP : Moderator : Dr.Nivethitha Karthika</b>	<b>Panelist : Dr.V.Balaji, Dr.R.Balamurugan, Dr.Felix Jeba Singh, Dr.Karthikeyan M.A, Dr.M.Senthil Raja, Dr.Sathian</b>
13:00 - 14:00	<b>LUNCH</b>	
14:00 - 15:00	<b>INTER DISCIPLINARY ENDOCRINOLOGY - Chairperson : Dr.Sathian Raghavan, Dr.M.Senthil Raja, Dr.Rameez Raja</b>	
14:00 - 14:15	Hyperaldosteronism in 2026	Dr.Kripa Elizabeth Cherian, Vellore
14:15 - 14:30	Nuclear Imaging in Endocrinology	Dr.Jayaprakash Sahoo, Puducherry
14:30 - 14:45	The Eye in Endocrinology	Dr.Sadishkumar, Puducherry
14:45 - 15:00	DISCUSSION	
15:00 - 15:30	<b>DEBATE : Graves' disease at the Cross roads: Radioiodine First or Antithyroid Drugs First?</b> <b>Moderator : Dr.A.Premkumar, Salem</b>	<b>Dr.Anand Kumar Annamalai, Madurai Dr.Krishnan Swaminathan, Coimbatore</b>
15:30 - 16:10	<b>SESSION : Chairperson: Dr.S.Palanivelrajan, Dr.T.Pannerselvam</b>	
15:30 - 15:45	Evaluation of Diabetic Autonomic Nerve Function	Dr.Prasadh Rao, Chennai
15:45 - 16:00	An Incidental Adrenal Mass - What to do ?	Dr.Dukhabandhu Naik, Puducherry
16:00 - 16:10	DISCUSSION	
16:15	<b>VALEDICTION in Hall A</b>	



# TRENDO 2026 PRE-CONFERENCE OBESITY SYMPOSIUM




**Kindly Note : Separate Registration is Mandatory For Attending This Pre-conference Obesity Symposium.**

**FRIDAY, 19 JUNE 2026 | 14:00 P.M -20:00 P.M | HALL-A** Hall Co-ordinators : **Dr.Arul Nathan, Dr.Anitha Somasundharam**

Time	Topic	Moderator / Speaker
14:00 - 14:40	<b>REGISTRATION</b>	
14:40 - 15:00	<b>WELCOME ADDRESS - Course Director : Dr.Nitin Kapoor, Vellore</b>	
15:00 - 16:30	<b>OBESITY SYMPOSIA 1 - Chairperson : Dr.Kumaravel.V, Dr.Abirami, Dr.Arulnathan, Dr.Vijaya Bhaskar Reddy.S</b>	
15:00 - 15:20	Obesity 2026: Epidemiology, Endotypes and the "Adiposopathy" Concept	Dr.Anjali Sathya, Chennai
15:20 - 15:40	Neuroendocrine Regulation of Appetite and Weight: From Hypothalamus to Gut Hormones	Dr.Basavaraj, Bangalore
15:40 - 16:00	Genetics, Epigenetics and Developmental Origins of Obesity	Dr.Arun Viswanath, Tirunelveli
16:00 - 16:20	Obesity and Endocrine Comorbidities: PCOS, Hypogonadism, Thyroid and Cushingoid States	Dr.Durairaj Arjunan, Coimbatore
16:20 - 16:30	<b>DISCUSSION</b>	
16:30 - 18:10	<b>OBESITY SYMPOSIA 2 - Chairperson : Dr.C.Krishnakumar, Dr.S.Karthikeyan, Dr.Ravikannan, Dr.M.Senthil Raja</b>	
16:30 - 16:50	Cardiometabolic Burden: NAFLD/MAFLD, Sleep Apnea and CV Risk in Obesity	Dr.Joel Franklin, Nagercoil
16:50 - 17:10	Clinical Assessment and Phenotyping: Visceral, Sarcopenic and "Metabolically Healthy" Obesity	Dr.Rajesh Rajendran, Chennai
17:10 - 17:25	Laboratory evaluation for patients with obesity	Dr.Raghuraman, Madurai
17:25 - 17:40	Nutrition Strategies with Evidence: High-Protein, Low-Carb, Mediterranean and Meal Replacements	Dr.R.Arul Prakash, Tuticorin
17:40 - 18:00	Physical Activity and Exercise Prescription: What Actually Works in Real-World Clinics	Dr.Vidhya Rajeev Jahagirdar, Coimbatore
18:00 - 18:10	<b>DISCUSSION</b>	
18:10 - 20:00	<b>OBESITY SYMPOSIA 3 - Chairperson : Dr.Nitin Kapoor, Dr.S.Priyadharshini, Dr.Ganapathy Bantwal</b>	
18:10 - 18:30	Obesity management: Anti Obesity medications and Role of Bariatric surgery	Dr.Vimal MV Calicut
18:30 - 18:50	Recognising Hidden Cardiometabolic Risks in Obesity: Focus on MASLD and CV Disease	Dr.R.Senthilkumar, Coimbatore
18:50 - 19:10	Managing Obesity in Special Population	Dr.Adlyne Reena Asirvatham, Chennai
19:10 - 19:30	Act Early & Think Holistically in the treatment of T2DM	Dr.T.Thiyagarajan, Coimbatore
19:30 - 19:50	Redefining T2DM care through Weight Reduction	Dr.Sruthi Chandrasekaran, Chennai
19:50 - 20:10	<b>DISCUSSION</b>	
20:10	<b>DINNER</b>	

## REGISTRATION DETAILS

Category	Upto 30 <sup>th</sup> April 2026	Upto 31 <sup>st</sup> May 2026	Spot Registration
Delegate	₹ 4000	₹ 6000	₹ 10000
Post Graduate	₹ 2500	₹ 4000	₹ 6000
<b>NEFT Transfer :</b>	A/c. Name : <b>THE ENDOCRINE SOCIETY</b> Current Account No. : <b>6233468324</b>		Bank : <b>Indian Bank</b> IFSC Code : <b>IDIB000R076</b>

  
 UPI ID : [endocrinesociety@indianbk](mailto:endocrinesociety@indianbk)

## Trendo 2026 - Organising Team

**Organising Chairman**

**Dr. P. Velayutham**

**Organising Secretary**

**Dr. A. Premkumar**

**Scientific Chairman**

**Dr. Kumaravel. V**

**Scientific Secretary**

**Dr. Sathian Raghavan**

**Finance Secretary**

**Dr. M. Senthil Raja**

**Organising Committee**

**Dr. S.Palanivel**

**Dr. S.Raghuram**

**Dr. R.Priyadharshini**

**Dr. A.Arulnathan**

**Dr. Anitha Somasundharam**

**Dr. Durairaj Arjunan**

## OFFICE BEARERS - Endocrine Society of Tamilnadu & Puducherry

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**Dr. Muthukumaran Jayapaul**

**Vice President**

**Dr. Jayashree Gopal**

**Vice President**

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**Dr. Geethalakshmi**

**Dr.Jayaprakash Sahoo**



Book-Post



# TRENDO 2026

14<sup>th</sup> Annual Conference  
of Endocrine Society of Tamil Nadu and Puducherry

## Scientific Program

To

ONLINE  
REGISTRATION



19<sup>th</sup> Fri, 20<sup>th</sup> Sat & 21<sup>st</sup> Sun, June 2026

Venue : Hotel Radisson, Salem

Applied for  
6 CME  
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with TNMC

Conference Secretariat

**Dr. A. Premkumar**, Organising Secretary, TRENDO 2026  
DIAPLUS Multi-Speciality Hospital,

255, Krishnammal Nagar, Fairlands, (Opp. Saradha College) Salem, Tamil Nadu - 636 016.

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