

**Chellaram Diabetes Institute**  
**International Diabetes Summit 2025**  
**7th to 9th March 2025**

**Day 1. Banting Hall**

**Workshop: Science and art of strength training in diabetes**

**Session 1: Strength Training and the Muscular System**

<b>Timings</b>	<b>Topics</b>	<b>Speaker</b>	<b>Chairperson</b>
9.15 – 9.45 am	Introduction to the workshop	Unnikrishnan A G	Vedavati Purandare, Rucha Mehta
09.45 - 10.00 am	What is strength training?	J Muthukrishnan	
10.00 – 10.15 am	Evidence for strength training in diabetes	Lakshmi Nagendra	
10.15 – 10.30 am	How to prescribe a muscle friendly diet	Sheryl Salis	
10.30 – 11.00 am	Panel discussion: energy and muscle – a diet demonstration	Sheryl Salis, J Muthukrishnan, Rutuja Mahajan, Lakshmi Nagendra, Rutuja Ainapure	

**Session 2: The Muscle Masterclass Training**

**Moderator:** Vishwas Walavalkar, Parjeet Kaur

<b>Timings</b>	<b>Topics</b>	<b>Speaker</b>
11.00 – 11.15 am	Case study: body composition in real world diabetes remission	Vedavati Purandare
11.15 – 11.40 am	Strength training demonstration in young: a demonstration	Prashant Bhalekar & Colleagues
11.40 – 12.05	Strength training in the elder lady: a demonstration	Vedavati Purandare & Colleagues

### Session 3: Medicine and the Muscle

#### Moderator:

Time	Topic	Speaker	Chairperson
12.05 – 12.30 pm	SARM and Sarcopenia – is there a emerging story?	Sanjay Kalra	J Muthukrishnan
12.30 – 1.00 pm	When not to prescribe or continue testosterone: a case based perspective.	Mathew John	Lakshmi Nagendra

#### 1.00 – 1.45 pm - Lunch

#### Diabetes: it is complicated

Time	Topic	Speaker
1.45 – 2.10 pm	Managing diabetes in medically complicated situations	Pankaj Shah
2.10 – 2.35 pm	Genetics, Gut microbiota, Mood and our diet	Victoria Tan
2.35 – 3.00 pm	Screening/autoantibody testing for Type 1 diabetes	Colin Dayan

#### 3.15 – 4.30 pm - Inauguration Program followed by Tea Break

#### Doing more with Prandial Insulin

Time	Topic	Speaker
4.30 – 5.05 pm	Bridging the Gaps in PPG Control with Insulin	Parjeet Kaur

#### Clinical Diabetology: Perspectives from UK

Time	Topic	Speaker
5.10 – 5.35 pm	The NHS Diabetes Type 2 Diabetes Remission Programme	Jonathan Valabhji

#### Precision Diabetes Care

Time	Topic	Speaker
5.40 – 6.15 pm	Precision Medicine and the Future of Diabetes Care	V Mohan

## **New Avenues and Approaches to Obesity Care**

Time	Topic	Speaker
6.20 – 6.45 pm	Obesity, GLP-1 and GLP	Esteban Jodar
6.45 – 7.10 pm	Tirzepatide in Obesity – a 2024 update	V Mohan
7.10 – 7.20 pm	Discussion	All

## **New Injectables for Glucose Control**

### **Chairperson:**

Time	Topic	Speaker
7.25 – 7.40 pm	Glargine U300	Krishna Seshadri
7.40 – 7.55 pm	Soliqua – Insulin-GLP, hybrid therapy: emerging concepts	Sanjay Kalra
7.55 – 8.10 pm	Soliqua – Clinical evidence into insulin – GLP combination	Awadhesh Kumar Singh
8.10 – 8.25 pm	Discussion	

## Day 1. Best hall

### **Symposium: Case Based Perspective in Diabetology**

#### **Session I: Cases of Secondary Diabetes**

Time	Topic	Speaker
9.30 - 9.50 am	Secondary diabetes remission post pheochromocytoma therapy	Ankur Sharma
9.50 - 10.10 am	Cocaine associated ketoacidosis in pancreatic diabetes	Prashant Bhalekar

#### **Session II: Clinical Diabetology: Case Based Practice Pearls**

Time	Topic	Speaker
10.15- 10.35 am	Post-bariatric hypoglycemia and its management	R Dharini
10.35 – 11.00 am	Approaching failed remission diets: a case series	V K Abichandani

#### **The MMRA Symposium**

Time	Topic	Speaker
11.05 – 11.20 am	Paradigm shift in screening and management of Cardio Renal complications with T2D	Sanjay Kalra
11.20 – 11.35 am	Pillar-based management of CKD in T2D & Role of Finerenone – Insights from FIDELITY	Deodutta Chafekar
11.35 – 11.50 am	Cardiac benefits of Finerenone across the CKD in T2D spectrum and Real-world evidence	Prashant Mishra
11.50 - 12.05 pm	Discussion	

#### **New Concepts in Diabetes Care**

Time	Topic	Speaker
12.10 - 12.25 pm	Dietary approaches to Fatty Liver	Sonal Chandalia
12.25 - 12.45 pm	Insights into non hypoglycaemic triple drug combinations	Dakshata Padhye
12.45 - 1.05 pm	Interaction of Ayurveda and Indian Culture with Modern Medicine	Hemraj Chandalia
1.05 – 1.20 pm	Discussion	

**1.20 – 2.00 pm: Lunch**

## The Promise of Cardio-renal-metabolic Care

Time	Topic	Speaker
2.00 – 2.20 pm	Optimizing cardio-renal metabolic care: patient centric perspective	Ameya Joshi
2.20 - 2.50 pm	Finerenone + SGLT2i or Finerenone vs SGLT2i - which is better?	Ajay Kumar
2.50 - 3.10 pm	SURMOUNT-ing Obesity: Tirzepatide in Focus	Krishna Seshadri
3.10 – 3.25 pm	Discussion	

## Inauguration Program followed by Tea Break

**3.25—4.30 pm**

### The Annual CGM Lecture

Time	Topic	Speaker
4.30 - 4.55 pm	AGP in clinical practice: 3 illustrative cases	Manoj Chawla

## Managing Obesity as a Chronic Disease

Time	Topic	Speaker
5.00 – 5.15 pm	STEPping up obesity care with Semaglutide 2.4 mg	Sreerang Godbole
5.15 – 5.30 pm	SELECTing outcomes beyond weight loss	Rajesh Badani
5.30 – 5.45 pm	ESSENCE of addressing the metabolic impact of MASH* in people living with obesity	Ajay Duseja
5.45 – 6.00 pm	Discussion	

## New Evidence in Diagnosis and Therapy

Time	Topic	Speaker
6.05 – 6.30 pm	Advanced lipoprotein profile testing in Diabetes	Vinaya Simha
6.30 – 6.55 pm	CKD in diabetes : learnings from EMPA Kidney	J J Mukherjee

### **Clinical Diabetology**

Time	Topic	Speaker
7.00 – 7.30 pm	Perioperative optimisation of diabetes	Mimi Chen

### **The Clinician-Patient-Laboratory Interface**

Time	Topic	Speaker
7.35 – 7.55 pm	Clinical Utility of NT-proBNP Biomarker for assessing cardiac risk in T2DM	Ameya Joshi
7.55 – 8.15 pm	Transforming Diabetes Care with Digital Tools: Benefits and Insights	Om Lakhani
8.15 – 8.25 pm	Discussion	

## **Day 2. Banting Hall**

### Insulin Therapy Beyond Prescription: A Workshop

Time	Topic	Speaker
8.00 - 8.15 am	Beyond the basics: Unlocking precision in Insulin Injection	Harshal Ekatpure
8.15 – 8.30 am	Managing Insulin on the go: Smart tips for travel	Vedavati Purandare
8.30 – 8.45 am	Setting and we adjusting of basal and bolus insulin for bolus control	Om Lakhani
8.45 – 9.00 am	Discussion	

### Cardiovascular Medicine: Changing Trends

Time	Topic	Speaker
9.00 - 9.25 am	A three step approach for treatment of patients with worsening Heart failure	Abhay Khode
9.25 - 9.50 am	Changing trends in lipid management	Sunil Sathe

### What is new about SGLT2i ?

Time	Topic	Speaker	Moderator
9.55 - 10.15 am	SGLT2i unplugged: Know anything and everything	Awadhesh Kumar Singh	
10.15 – 10.35 am	Panelist	Ajay Kumar Uday Phadke	
10.35 – 10.40 am	Discussion		

### A Silver Lining for Type 1 Diabetes

Time	Topic	Speaker
10.45 - 11.10 am	Immunotherapy and beta cell preservation in Type 1 diabetes	Colin Dayan

### Frontiers in Diabetes

Time	Topic	Speaker
11.15 - 11.40 am	Is prevention of microvascular complications still a priority?	Kamlesh Khunti
11.40 - 12.05 pm	The utility of the Endobarrier device in management of patients with diabetes	Russell Drummond

## Diabetes, Lipids and Vascular Care

Time	Topic	Speaker
12.10 - 12.30 pm	Lipoprotein(a): Clinical Scenarios And Practical Tips	Ajit Mullasari
12.30 – 12.50 pm	Advances in limb salvage for critical limb ischemia in diabetic patients	Bryan Yan
12.50 – 1.00 pm	Discussion	

## Agonism-Inhibitors Therapy with Medications

Time	Topic	Speaker
1.05 - 1.30 pm	PPAR and DPP4: Diabetes care with an agonist-inhibitor combination!	Ajay Kumar

**1.30– 2.30 pm: Lunch**

## The Annual Thyroid Symposium

Time	Topic	Speaker
2.30 - 2.45 pm	Managing subclinical Hypothyroidism – illustrative case studies	Subhankar Chowdhury
2.45 – 3.00 pm	Choosing the right patient end dose for T3 therapy	Manoj Chadha
3.00 – 3.15 pm	Hypothyroidism and Cardiovascular disease – a clinical perspective	Archana Juneja
3.15 – 3.30 pm	Discussion	

## Frontiers in Clinical Care

Time	Topic	Speaker
3.35 - 3.55 pm	Hypoglycemia in people without diabetes	Russell Drummond
3.55 – 4.15 pm	Dietary manipulation in Irritable bowel syndrome and GERD.	Victoria Tan
4.15 – 4.35 pm	MASLD and role of Dual PPAR agonist	Om Lakhani
4.35 – 4.50 pm	Discussion	

## Special Session

Time	Topic	Speaker
4.55 - 5.20 pm	IglarLixi	Uday Phadke

### **Keynote lecture**

Time	Topic	Speaker
5.25 - 5.45 pm	Exploring GLP-1RAs Beyond Glycemic Control: Cardio-Kidney-Metabolic Benefits	JJ Mukherjee
5.45 – 6.05 pm	Degludec: Setting the Standard in Basal Insulin Therapy	Om Lakhani

### **New Ideas in Diabetes Management**

Time	Topic	Speaker
6.10 - 6.30 pm	Managing Type 2 diabetes in young person	Mimi Chen
6.30 – 6.50 pm	When is Type 1 Diabetes secondary?	C B Sanjeevi
6.50 – 7.00 pm	Discussion	

### **Insulin-Incretin Symposium**

Time	Topic	Speaker
7.05 - 7.25 pm	Do GLP-1RAs hold the promise of becoming the next standard of care in diabetes and cardiovascular disease management?	Kalyan Kumar Gangopadhyay
7.25 - 7.45 pm	Innovative Alchemy: Transforming Diabetes Therapy with IDegAsp Co-formulation	Ajay Kumar

## **Day 2. Best hall**

### **Ketosis and Diabetes**

Time	Topic	Speaker
9.00 - 9.20 am	Adolescent obesity: a clinical perspective	Purvi Chawla
9.20 - 9.40 am	Ketosis prone diabetes	Ashutosh Pakale
9.40 – 9.55 am	Discussion	

### **Unique Experiences from UK and India**

Time	Topic	Speaker
10.00 - 10.25 am	New models of diabetes care- learning from UK	Kamlesh Khunti
10.25 – 10.55 am	Sulphonylurea – the longest serving class of Oral Antidiabetic Drugs	Mathew John

### **Three Topics on Therapeutic Diabetology**

Time	Topic	Speaker
11.00 – 11.15 am	Heart failure, Hemoglobin and SGLT2 is there an emerging story	C K Ponde
11.15 – 11.30 am	Prandial glucose control with insulin - clinical pearls	Rajiv Kovil
11.30 – 11.45 am	Harnessing the Gliflozin and Glitazone synergy in clinical practice	Krishna Seshadri
11.45 – 12.00 pm	Discussion	

### **The Thyroid Masterclass**

Time	Topic	Speaker
12.05 - 12.30 pm	Hypo thyroidism	Usha Sriram

### **Diabetic Foot: A Clinical Perspective**

Time	Topic	Speaker
12.30 – 12.55 pm	Esmolol Therapy for Diabetic Foot Ulcer	Rajesh Kesavan
12.55 – 1.20 pm	Diabetic foot disease and associated mortality in England	Jonathan Valabhji

**1.20 pm: Lunch**

### Keynote Lecture:

Time	Topic	Speaker
2.00 – 2.25 pm	Imeglinin in clinical practice: a novel, dualistic approach	Krishna Seshadri

### Advances in CVD care

Time	Topic	Speaker
2.30 – 2.50 pm	New treatment in lipid management	Sunil Sathe
2.50 – 3.10 pm	Out of Hospital, not out of risk: A real world perspective in Indian Clinical settings (Heart failure management)	Rahoul Sawant
3.10 – 3.15 pm	Discussion	

### Weight loss and the GLP-GIP Synergy

Time	Topic	Speaker
3.20 – 3.35 pm	The rise of GIP-from Biology to Medicine	Anant Nigam
3.35 – 3.50 pm	Early Weight Loss: Transforming the T2D Path with Tirzepatide	JJ Mukherjee
3.50 – 4.15 pm	SURPASS: Paving the Way to Target HbA1c & Weight	Santosh Ramakrishnan
4.15 – 4.20 pm	Discussion	

### Diabetes and Obesity – Special Situations

Time	Topic	Speaker
4.25 - 4.55 pm	Diabetes Specific Nutrition 2024	Rucha Mehta
4.55 – 5.25 pm	Management of obesity in pregnancy	Rebecca Reynolds

### The Basal GLP-1 Therapies

Time	Topic	Speaker
5.30 - 5.55 pm	Basal Plus approach	Banshi Saboo

### Indo-UK Session on Endocrinology

Time	Topic	Speaker
5.55 – 6.25 pm	Managing diabetes in a person after transplantation	Pankaj Shah

6.25 – 6.50 pm	Adrenal insufficiency: a 2025 update	Ragini Bhake
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### **Frontiers in Diabetes and Endocrinology**

Time	Topic	Speaker
6.55 - 7.20 pm	Non-obese type 2 diabetes – is it a form of lipodystrophy?	Vinaya Simha
7.20 - 7.45 pm	MASLD in type 1 diabetes	Sanjay Agarwal
7.45 - 8.15 pm	Emergencies in diabetes and endocrinology – case based approach	Mohan Shenoy

### **Day 3, Banting Hall**

#### **Symposium on Diabetes, Endocrinology and Women's Health**

##### **Thyroid Disorders in Pregnancy**

Time	Topic	Speaker
9.00 - 9.30 am	Introduction to the symposium	Unnikrishnan A G
9.30 - 10.00 am	Hypothyroidism in pregnancy	Beatrice Anne

##### **Dysbiosis and GDM: Novel Research from India**

Time	Topic	Speaker
10.05 - 10.35 am	Dysbiosis in GDM – a clinical perspective	Sanjay Gupte

##### **Unique Aspects of Diabetes in Pregnancy**

Time	Topic	Speaker
10.40 - 11.00 am	Pre-pregnancy glycemic management in type 2 DM	Vinaya Simha
11.00 – 11.20 am	Potential challenges of type 1 diabetes in pregnancy	Rebecca Reynolds
11.20 – 11.30 am	Discussion	

##### **Case discussion: Diabetes in Pregnancy**

Moderator: Ragini Bhake

Time	Topic	Panellist
11.30 - 12.15 pm	Case presentation by Ragini Bhake	Sanjay Gupte, Aarti Nimkar, Sruti Chandrasekaran, Vedavati Purandare

##### **The Prolactin Hormone in Health and Disease**

Time	Topic	Speaker
12.20 - 12.50 pm	Prolactin - Physiology, Pathophysiology, Pitfalls and Treatment	Russell Drummond

##### **Pregnancy Endocrinology**

Time	Topic	Speaker
12.55 – 1.25 pm	Endocrine complications of pregnancy	Rebecca Reynolds

1.30 pm - Valedictory function

2.00 pm Lunch

### Day 3, Best Hall

#### **The Chellaram Diabetes Institute Annual Technology Symposium**

**Moderator:** Vedavati Purandare, Rutuja Mahajan

Time	Topic	Speaker/Panellist
8.30 - 8.45 am	<b>How to apply a CGM sensor correctly</b>	Nikita Sarkar, Pooja Kamthe
8.45 – 9.15 am	Demonstration of different CGMs and Pumps	Nupur Lalwani, Manish Bothale Nikita Sarkar Pooja Kamthe

#### **The Practical Insulin Workshop**

Time	Topic	Speaker
9.20 – 9.35 am	CGM in ICU – what could go wrong?	Rajesh Javherani
9.35 – 9.50 am	Injection techniques – what is wrong	Sudeep Jain
9.50 – 10.05 am	Clinical impact of insulin thermostability – international data from India	Sanket Pendsey
10.05 – 10.20 am	Discussion	

#### **Forgive, Forget and Automate: Special Session**

Time	Topic	Speaker
10.25 – 10.40 am	The Key Principles of Pumping Insulin	Varsha Jagtap
10.40 – 10.55 am	Algorithm Driving Insulin Delivery	Sharvil Gadve
10.55 – 11.10 am	AID Milestone: A Milestone on the Road to Insulin Independence	Jothydev Kesavadev
11.10 – 11.25 am	Conversation Straight from the Heart	Panel discussion

#### **Keynote lecture**

Time	Topic	Speaker
11.30 – 12.00 pm	The use of C-peptide testing in clinical practice	Colin Dayan

## Of Technology and Beyond

Time	Topic	Speaker
12.05 – 12.30 pm	Acarbose in modern days of diabetes management	Shailaja Kale
12.30 – 12.55 pm	LADA: what is current	C B Sanjeevi
12.55 – 1.20 pm	Self-monitoring of blood glucose – a 2025 perspective	Sruti Chandrasekaran

1.30 pm - Valedictory function

2.00 pm Lunch