



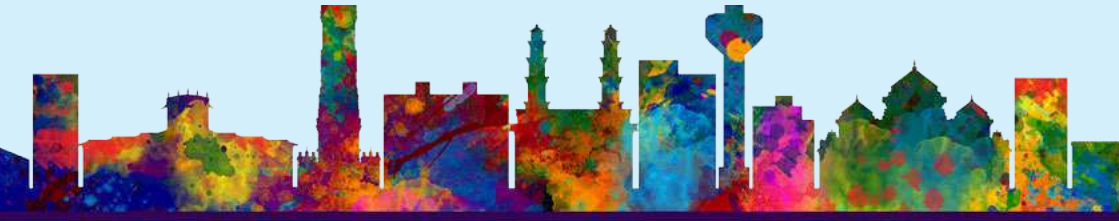
ISPAE

MIDTERM MEETING 2026

Scientific Programme

October | 24, 25 2026

Venue: Hyatt Regency, Ahmedabad



Organised By:
PEDIATRIC AND ADOLESCENT
ENDOCRINOLOGISTS' ASSOCIATION
- GUJARAT

Welcome Letter

Dear colleagues and friends,

On behalf of the Organising Committee, it gives us immense pleasure to warmly welcome you to the ISPAE Mid-Term Meeting being held in Ahmedabad, India's first UNESCO World Heritage City on 24th-25th October, 2026 at Hyatt Regency (Ashram Road).

The academic meetings of ISPAE have always provided a stimulating platform for learning and sharing knowledge and creating a bridge between research and its clinical applications. The scientific program is designed with a goal to focus on evidence based practice ensuring relevance both for experienced clinicians and young professionals.

As this is the first ISPAE meeting in Gujarat, we are particularly enthusiastic about extending the warmth of Gujarati hospitality and give you a glimpse of our world renowned vibrant culture, heritage and traditions. We are delighted to host this prestigious meeting at a venue that fosters academic excellence while offering comfort and easy accessibility.

We sincerely hope that your time in Ahmedabad will be academically enriching, professionally rewarding, and culturally memorable. We look forward to your active participation and wish you a pleasant and fulfilling stay.

With warm regards,

Dr. Sudha Rao
Organising Chairperson

Dr. Shalmi Mehta
Organising Secretary

ISPAE
MIDTERM MEETING 2026

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Dr. P Raghupathy

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Dr Banshi Saboo

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Dr. Ruchi Shah
Dr. Manoj Agrawal

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Dr. Riddhi Patel

Dr. Chetankumar Dave

Dr. Pinky Meena

Dr. Prachi Shah

LOCAL ORGANISING COMMITTEE

Dr. Om Lakhani

Dr. Mitul Jasani
Dr. Angelica Mehta

Dr. Nehal Patel

ISPAE
MIDTERM MEETING 2026

SCIENTIFIC COMMITTEE

Dr. Anurag Bajpai (Chair)

Dr. Abhishek Kulkarni

Dr. Hemchand Prasad

Dr. Rajni Sharma

Dr. Ruchi Shah

Dr. Ravindra Kumar

Dr. Saurabh Uppal

Dr. Sirisha Kusuma B

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Dr. Shaila Bhattacharyya

Dr. Ahila Ayyavoo

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Secretary

Dr. Angelica Mehta

WORKSHOP ON BASICS IN DIABETES

Time	Session				Faculty
9.00 – 9.10 am	Introduction – Importance of Education in the Management of Pediatric Diabetes				Dr. Anju Virmani Dr. Sirisha Kusuma Boddu
9.10 – 10.25 am	Interactive case-based discussion				Dr. Carine de Beaufort (ISPAD) Dr. Preeti Singh Sheryl Salis Moderators Dr. Anju Virmani Dr. Sirisha Kusuma Boddu
10.25 – 10.30 am	Transition to work stations and Tea break				
10.30 – 12.30 pm	Hands-on Work Stations (Each 25 minutes + 5 minutes transition)	All about Insulin	Blood glucose monitoring	Medical Nutrition Therapy	Emergencies and Miscellaneous
		Dr. Leena Priyambada	Dr. Santhosh Olety	Dr. Deepika Harit	Dr. Shaila Pachapure
		Chhavi Kohli Sirisha Mantha Anil Vedwal	Harsh Kohli Mehak Dhingra Shruti Arora	Savita Agarwal Natasha Vora Rachana Dalal	Aiswarya R Dr. Shuchy Chugh



WORKSHOP ON OBESITY

Time	Session	Faculty
9.00 – 9.05 am	Introduction	Dr. Sudha Rao
9.05 – 9.20 am	Epidemiology and current scenario of Obesity in children	Dr. Narayan Gaonkar (UNICEF)
9.20 – 9.35 am	An Approach to a child with obesity	Dr. Vaman Khadilkar
9.35 – 10.05 am	Genetic forms of obesity Syndromic obesity Hypothalamic obesity	Dr. Madhura Joshi Dr. Manpreet Sethi Dr. Soundaram Karthik
10.05 – 10.20 am	Lifestyle Management in Pediatric Obesity	Dr. Vandana Jain
10.20 – 10.35 am	Pharmacological Management of obesity	Dr. Anurag Bajpai
10.35 – 10.50 am	Tea break	
10.50 – 11.20 am	Moderator – Dr. Sudha Rao Debate 1 – Lifestyle management versus Pharmacological Management Debate 2 – Pharmacological Management versus Bariatric Surgery	Dr. Hemchand Prasad vs Dr. Om Lakhani Dr. Rucha Mehta vs Dr. Manish Khaitan
11.20 – 12.20 pm	Case capsules – Co morbidities in Obesity	
	1. Non Alcoholic fatty liver disease	Dr. Aayush Gupta
	2. Hypertension	Dr. Ankita Maheshwari
	3. Menstrual irregularity	Dr. Mudita Dhingra
	4. Dyslipidemia	Dr. Kavitha Sakamuri
	5. Obstructive sleep apnea	Dr. Namratha Upadhya
	Concluding remarks	Dr. Sudha Rao

WORKSHOP ON ADVANCES IN DIABETES

Time	Session	Faculty
9.00 – 9.10 am	Introduction: Why Diabetes Care had to change – The journey from Numbers to Intelligence	Dr. Shaila Bhattacharyya
9.10 – 9.25 am	Continuous Glucose Monitoring Seeing the Invisible: Principles and Types of Continuous Glucose Monitoring	Dr. Tushar Godbole
9.25 – 9.40 am	Insulin Pump Technologies Understanding pump technologies and automation	Dr. Ganesh Jevalikar
9.40 – 9.55 am	Advanced Hybrid Closed Loop 780 G and Advanced hybrid closed loop systems	Dr. Abhishek Kulkarni
9.55 – 10.10 am	The Future of Diabetes Technology	Dr. Pratik Shah
10.10 – 10.25 am	Optimal settings in 780G – Case discussion (Sponsored by Medtronic)	Dr. Ruchi Shah
10.25 – 10.40 am	Q and A	
10.40 – 11.00 am	Tea break	
11.00 am – 12.30 pm	Hands on stations –	
	CGMS - Devices and its software - Interpretation of CGMS Pumps - Devices and its software - How to initiate a pump	Table 1 a Dr. Shankar Kanumakala Dr. Ayesha Ahmad Table 1 b Dr. Shaila Bhattacharyya Dr Medha Mittal Table 2 a Dr. Pratik Shah Dr. Aniket Kumbhojkar Table 2 b Dr. Meena Mohan Dr. S Kannan

DAY 1 - 24TH OCTOBER, 2026

Time	Session	Faculty
1.30 pm	Welcome	Dr Shalmi Mehta
Session In Charge - Dr. Zalak Shah		
1.40 - 2.30 pm	Plenary lectures	Chairpersons Dr. Ravindra Kumar Dr. Banshi Saboo
a	Transition of care from Pediatrics to Adulthood in Type 1 Diabetes	Dr. Carine de Beaufort (ISPAD)
b	Future of Care in Type 1 Diabetes	Dr. Pratik Shah
2.30 - 3.10 pm	Recent Advances in Diabetes and Obesity	Chairpersons Dr. Shaila Bhattacharyya Dr. Sandhya Kondpalle
1	Automated Insulin Delivery – How to use Minimed 780G in the very young with Type 1 Diabetes (Sponsored by Medtronic)	Dr. Akanksha Parikh
2	Adolescent Obesity in the GLP-1 Era- From Weight Management to Cardiometabolic Disease Prevention (Sponsored by Novo Nordisk)	Dr. Anurag Bajpai
Session In Charge - Dr. Manoj Agrawal		
3.10 - 4.10 pm	Year in Review	Chairpersons Dr. Anju Seth Dr. Anuradha Khadilkar
a.	Autoimmune Associations in Type 1 Diabetes	Dr. Jayati Jhala
b.	Management of Hypoglycemia	Dr. Swati Kanodia
c.	Clinical decision support in Type 1 Diabetes, Use of AI and Apps	Dr. Diksha Shirodkar
d.	Non-insulin treatment for T1D	Dr. Arpita Bhriguvanshi
e.	Non-Injectable insulin	Dr. Rachana Keshwani



Time	Session	Faculty
4.10 – 4.30 pm	Tea Break	
4.30 – 5.15 pm	Diabetes beyond Type 1 and Type 2	Chairpersons Dr. Leena Priyambada Dr. Amarnath Kulkarni
a.	Neonatal Diabetes	Dr. Ravindra Kumar
b.	Monogenic Diabetes	Dr. Santhosh Olety
c.	Drug induced Diabetes	Dr. Rakesh Kumar
Session In Charge – Dr. Ruchi Shah		
5.15 – 5.40 pm	Kaun Banega Knowledgepati Quiz Master- Dr. Nikhil Shah	Panelists Dr. P S N Menon Dr. Vandana Jain
5.45 – 6.30 pm	Oration Changing Landscape in Type 1 Diabetes over the last 5 decades	Dr. Aspi Irani Chairpersons Dr. Sudha Rao Dr. Anju Virmani
6.30 – 7.15 pm	Inaugural Ceremony	
7.15 – 8.00 pm	GBM	

8 pm onwards	Dinner followed by Cultural Night - Utsav- The Celebration Night	
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DAY 2 - 25TH OCTOBER, 2026

Time	Session	Faculty
Session In Charge - Dr. Pinky Meena		
8.00 - 9.00 am	Poster presentation	
Session In Charge - Dr. Riddhi Patel		
9.00 - 10.00 am	Oral paper presentation Moderators Dr. Vibha Yadav Dr. Dhvani Raithatha	Judges Dr. Aspi Irani Dr. Carine de Beaufort Dr. Sudha Rao Dr. Margaret Zacharin
10.00 - 10.40 am	Endocrine Conundrums	Chairpersons Dr. Atul Gupta Dr. Richa Arora
a.	Refractory Rickets	Dr. Lokesh Sharma
b.	Monogenic Lipid Disorders	Dr. Sarah Mathai
c.	Diabetes Insipidus	Dr. Rajesh Joshi
Session In Charge - Dr. Prachi Karia Shah		
10.40 - 11.40 am	Growth Hormone Symposium	Chairpersons Dr. Vaishakhi Rustagi Dr. Hriday De
a.	Advances in Growth Hormone Therapy (Sponsored by Pfizer)	Dr. Vaman Khadilkar
b.	Transition from Childhood to Adulthood - Managing those with GH deficiency (Sponsored by Sun Pharma)	Dr. Quynh-Nhu Nguyen
c.	Growth Hormone therapy in non GHD conditions	Dr. Leenatha Reddy
d.	Growth Hormone therapy in SGA (Sponsored by Novo Nordisk)	Dr. Saurabh Uppal
11.45 am - 12.00 pm	Tea break	



Time	Session	Faculty
12.00 – 12.30 pm	Panel discussion on Neonatal Emergencies Moderator Dr. Hemchand Prasad	Panelists Dr. Veena Nair Dr. Hari Mangtani Dr. Vijay Jaiswal Dr. Riaz I.
Session In Charge – Dr. Chetan Dave		
12.30 – 1.05 pm	Plenary lectures	
12.30 – 12.50pm	Newer Modalities of therapy in Pediatric Osteoporosis	Dr. Margaret Zacharin
12.50 – 1.05 pm	Genetic testing in Pediatric Endocrinology	Dr. Vijaya Sarathi
1.05 – 1.50 pm	Release of ISPAE guidelines	Chairpersons Dr. PSN Menon Dr. Anurag Bajpai
	a. Congenital hypothyroidism	Dr. Ravindra Kumar
	b. Disorders of Sexual Differentiation	Dr. Rajni Sharma
	c. Type 1 Diabetes	Dr. Saurabh Uppal
1.50 – 2.20 pm	Lunch break	



Time	Session	Faculty
Session In Charge - Dr. Chirantap Oza		
2.20 - 2.40 pm	AAP KI ADALAT Early Surgery in DSD Should we or should we not?	Moderator Dr. Sarah Mathai In Favour of Dr. Ajinkya Patil Against Dr. J. Dhivyalaksmi
2.40 - 3.25 pm	Endocrine Beyond Diabetes - what every Pediatriician should know	Chairpersons Dr. Varuna Vyas Dr. Siddhnath Sudhanshu
	a. Menstrual irregularity	Dr. M. Vijayakumar
	b. Thyroid swelling	Dr. Poornima R.N.
	c. Congenital Adrenal Hyperplasia	Dr. Rahul Jahagirdar
3.25 - 3.55 pm	Panel discussion on Pubertal disorders Moderator - Dr. Archana Arya Dayal (Sponsored by BSV)	Panelists Dr. Mahesh Maheshwari Dr. H. N. Vani Dr. Pradeep Kumar Dr. Nikhil Lohiya
3.55 - 4.45 pm	Clinical Approach to a Case of	Chairpersons Dr. Nehal Patel (AOP Gujarat) Dr. Angelica Mehta (AOP Ahmedabad)
	a. Gynaecomastia	Dr. Anshika Singh
	b. Undescended Testis	Dr. Koushik Urala
	c. Micropenis	Dr. Sowjanya GT
	d. Recurrent fractures	Dr. Sajili Mehta
	e. Polyuria	Dr. Pavithra Nagaraj

4.45 pm	Vote of thanks	Dr. Shalmi Mehta
	Tea	



AMAZING AHMEDABAD & GLORIOUS GUJARAT





ISPAE

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&
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