ISPAE MIDTERM MEETING 2026

BASICS & BEYOND

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. Chetankumar Dave

Dr. Prachi Shah

Dr. Riddhi Patel

Dr. Pinky Meena

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Dr. Om Lakhani

Dr. Mitul Jasani

Dr. Nehal Patel

Dr. Angelica Mehta

ISPAE
MIDTERM MEETING 2026

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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

WORKSHOP COORDINATORS

Dr. Anju Virmani | Dr. Shaila Bhattacharyya | Dr. Ahila Ayyavoo

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WORKSHOP ON BASICS IN DIABETES

24th October, Saturday, 9:00 am to 12:30 pm.

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** **Moderators** Dr. Santhosh Olety (Each 25 minutes + 5 minutes transition)	

All about Insulin	Blood glucose monitoring	Medical Nutrition Therapy	Emergencies and Miscellaneous
Dr. Deepika Harit Chhavi Kohli Sirisha Mantha Anil Vedwal	Dr. Leena Priyambada Harsh Kohli Mehak Dhingra Shruti Arora	Dr. Kavita Gupta Savita Agarwal Natasha Vora Rachana Dalal	Dr. Shaila Pachapure Aiswarya R Dr. Shuchy Chugh

WORKSHOP ON OBESITY

24th October, Saturday, 9:00 am to 12:30 pm.

Time	Session	Faculty
9.00 - 9.05 am	Introduction	Dr. Ahila Ayyavoo
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

24th October, Saturday, 9:00 am to 12:30 pm.

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 - 9.30 am	**Continuous Glucose Monitoring** Seeing the Invisible: Principles and Types of Continuous Glucose Monitoring	Dr. Tushar Godbole
9.30 - 9.50 am	**Insulin Pump Technologies** Understanding pump technologies and automation	Dr. Ganesh Jevalikar
9.50 - 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** –	
	1. **CGMS** a. Devices and its software	**Table 1 a** Dr. Shankar Kanumakala Dr. Ayesha Ahmad
	b. Interpretation of CGMS	**Table 1 b** Dr. Shaila Bhattacharyya Dr Medha Mittal
	2. **Pumps** a. Devices and its software	**Table 2 a** Dr. Pratik Shah Dr. Aniket Kumbhojkar
	b. How to initiate a pump	**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***	

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. Dhwani Raithatha	**Judges** Dr. Aspi Irani Dr. Carine de Beaufort Dr. Sudha Rao Dr. Margaret Zacharin
10.00 - 10.40 am	**Endocrine Conundrums**	**Chairpersons** 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	Dr. Quynh-Nhu Nguyen
c.	Growth Hormone therapy in non GHD conditions *(Sponsored by Sun Pharma)*	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. Mahesh Maheshwari Dr. Riaz I.
Session In Charge - Dr. Chetan Dave		
12.30 - 1.05 pm	**Plenary lectures**	**Chairpersons** Dr. Varuna Vyas Dr. Siddhnath Sudhanshu
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
	Prize Distribution	
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 Pediatrician should know**	**Chairpersons** Dr. Jhankhna Sanghavi (AOP Gujarat) Dr. Mitul Jasani (AOP Ahmedabad)
a.	Menstrual irregularity	Dr. Vijay Jaiswal
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. 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	

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