

# 13<sup>TH</sup> ANNUAL ENDO-DIACON 2026

APPLIED  
FOR CREDIT  
HOURS  
BY RMC

(Endocrine-Diabetes-Obesity Update)

From Bench to Bedside-Practice Pearls

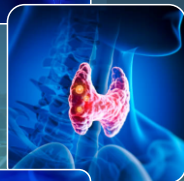


**17<sup>th</sup>-18<sup>th</sup> January 2026**



**Hotel Ramada Udaipur**

Rampura Circle, Kodyat Main Rd, Eklavya  
Colony, Udaipur, Rajasthan 313031



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ORGANISED BY



**Dr. S. K. Sharma**

Chairman & C.E.O,  
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## WELCOME MESSAGE

Dear Colleagues,

It is our privilege and honour to extend a cordial invitation and warm welcome to all of you in the medical fraternity to attend **"13<sup>th</sup> Annual-Endo-Diacon 2026"** **Scheduled to be held on 17<sup>th</sup>-18<sup>th</sup> January 2026, at Hotel Ramada, Udaipur.**

As You are aware Endocrine Disorders like Thyroid disorders, Diabetes Mellitus, Obesity, Metabolic bone disease and Hormone related sexual dysfunctions are common in clinical practice which mandates a proper approach. At the same time pituitary, adrenal and other hormone related disorders are sometimes diagnosed very late in the clinical course. So, timely diagnosis and proper treatment is mandatory to save lives and prevent morbidity.

In these scientific sessions learned faculty from across the country will translate recent advances in scientific research to guide better patient care.

Looking forward for your esteemed presence to this scientific feast.



**Dr. D. C. Sharma**

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API-Udaipur Chapter



## DAY & TIMINGS

17<sup>th</sup> January (Saturday) 2026 - Day 1

### REGISTRATION & LUNCH

12:30 pm to 01:45 pm

### WELCOME

01:45 pm to 02:00 pm

### SCIENTIFIC PROGRAMME

02:00 pm to 08:30 pm

## PROPOSED SCIENTIFIC PROGRAMME

### Session -1 Diabetes Mellitus

- 02.00 pm - 02.15 pm Transforming Type 2 Diabetes Mellitus Management Through Enhanced Glycemic Control and Weight Loss.
- 02.15 pm - 02.30 pm Finrenone: will it be a Game Changer? Renal and CV Protection in Type 2 Diabetes.
- 02.30 pm - 02.45 pm Redefine the Peak: Setting New Expectations for Type 2 Diabetes Management with Tirzepatide.
- 02.45 pm - 03.00 pm The Evidence Continue for 2nd Gen Basal Insulin.
- 03.00 pm - 03.15 pm Discussion.

### Session -2 Post Prandial Glucose in Diabetes Mellitus

- 03.15 pm - 03.30 pm Quest for Improving Post Prandial Glucose Control - Role of Ultra Rapid Lispro.
- 03.30 pm - 03.45 pm iGlarLixi: A SOLID Approach to Break Treatment Complexity.
- 03.45 pm - 04.00 pm AGIs in Current Era of Diabetes Management.
- 04.00 pm - 04.15 pm Clearing The Air Around Inhaled Insulin.
- 04.15 pm - 04.30 pm Discussion.
- 04.30 pm - 05.00 pm Tea Break.

### Session - 3 Endocrinology and Thyroid

- 05.00 pm - 05.20 pm A 30-year-old Woman Presents with Hypertension and Hypokalemia - Approach.

- 05.20 pm – 05.40 pm A 30-year-old Woman Presents with the Recurrent Hypoglycemia - An Approach.
- 05.40 pm – 06.00 pm Thyroid: Myths and Misconceptions in Daily Practice.
- 06.00 pm – 06.15 pm Discussion.

#### **Session - 4 Symposium - Metabolic Bone Disease**

- 06.15 pm – 06.35 pm Spectrum of Metabolic Bone Disease - An Introduction.
- 06.35 pm – 06.55 pm Osteoporosis: Whom to Screen and How to Screen.
- 06.55 pm – 07.15 pm Interpretation of DEXA- Beyond T score.
- 07.15 pm – 07.35 pm Pharmacotherapy of Osteoporosis in 2026.
- 07.35 pm – 07.55 pm Special Situations in Osteoporosis.
- 07.55 pm – 08.30 pm Panel Discussion.

**GALA DINNER - 08:30 pm Onwards**

**Day 2 : 18<sup>th</sup> January (Sunday) 2026**

#### **SCIENTIFIC PROGRAMME**

09:00 am to 02:00 pm

#### **Session- 1 Obesity Symposium**

- 09.00 am – 09.15 am Obesity: Beyond BMI- Pathophysiology, Phenotype and Cardiometabolic Risk.
- 09.15 am – 09.30 am Clinical Evaluation of Obesity.
- 09.30 am – 09.45 am Metabolically Healthy Vs Unhealthy Obesity: Myths or Reality?
- 09.45 am – 10.00 am Obesity and its Complications: NAFLD, T2DM, Sleep Apnea and Cardiovascular Diseases.
- 10:00 am – 10:10 am Discussion.

10.10 am - 10.25 am	Obesity in Special Populations: Adolescents, Elderly and Women with PCOS.
10.25 am - 10.40 am	Lifestyle Therapy that Works: Evidence -Based Nutrition, Physical Activities and Behavioral Interventions.
10.40 am - 10.55 am	Pharmacotherapy of Obesity from Orlistat to GLP1/ GIP Agonists.
10.55 am - 11.10 am	Tirzepatide: Redefining the Magnitude of Weight Loss
11.10 am - 11.25 am	Weight Regain After Weight Loss: Biology, Prevention and Management.
11.25 am - 11.35 am	Tea and Discussion.

### **Session - 2 Pediatric Endocrinology**

11.35 am - 11.50 am	Childhood Obesity.
11.50 am - 12.10 pm	Approach to Ambiguous Genitalia.
12.10 pm - 12.30 pm	A 6-year-old Girl Presenting with Breast Enlargement - Approach to Precocious Puberty.
12.30 pm - 12.40 pm	Discussion.

### **Session - 3 Reproductive Endocrinology and Fertility**

12.40 pm - 01.00 pm	Hypothalamic -Pituitary- Gonadal (HPG) Axis Disorders and Infertility.
01.00 pm - 01.20 pm	Male Hypogonadism and Infertility.
01.20 pm - 01.40 pm	Female Endocrine Disorders and Infertility: Endocrinologist-Gynecologist Interface.
01.40 pm -02.00 pm	Unexplained Infertility: Endocrine Clues Often Missed.

**LUNCH - 02:00 pm Onwards**

## EMINENT NATIONAL & STATE FACULTY



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UDAIPUR

# Udaipur Attractions

Udaipur is known as one of the most enchanting and colorful cities in India. Surrounded by the Aravali Mountains, it is a city of tranquil lakes, sprawling gardens, majestic forts, beautiful palaces, and intricately carved temples. In 1559 A.D. Maharana Udai Singh Ji moved the capital of Mewar from the ancient city of Chittorgarh and founded the city of his dreams, Udaipur. Indulge in the beauty of the City of Lakes while attending the summit.

