

APPLIED
FOR CREDIT
HOURS
BY RMC

13TH ANNUAL ENDO-DIACON 2026

(Endocrine-Diabetes-Obesity Update)

From Bench to Bedside-Practice Pearls

 17th–18th January 2026

 Hotel Ramada Udaipur

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



Dr. D. C. Sharma

Chairman & C.E.O,
MMS The Endocrine and Diabetes
Research trust, Udaipur



Dr. S. K. Sharma

Chairman & C.E.O,
Diabetes Welfare Society,
Jaipur

ORGANISED BY



RAJ-RSSDI



IACM-Udaipur
Chapter



APM-Udaipur
Chapter



Udaipur Orthopaedic
Society



Udaipur OBS, And
GYNEC. SOCIETY



Indian Academy
Of Pediatrics

ACADEMIC PARTNERS



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 "**13th Annual-Endo-Diacon 2026**"
Scheduled to be held on 17th-18th 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

Chairman & C.E.O
MMS The Endocrine and Diabetes
Research trust, Udaipur



Dr. S. K. Sharma

Chairman & C.E.O
Diabetes Welfare Society, Jaipur

PATRONS



Dr. K.K. Pareek
Chairman RAJ-RSSDI
& Past President API-India



Dr. B.S. BOMB
President
API-Udaipur Chapter



Dr. D.C. Kumawat
Secretary
API-Udaipur Chapter

DAY & TIMINGS

17th 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 : 18th 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

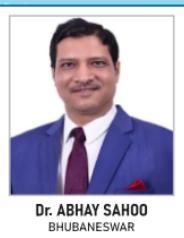
11.35 am - 11.50 am	Childhood Obesity.
11.50 am - 12.10 pm	Approach to Ambiguous Genitalia.
12.10 pm - 12.30 pm	A 6-year-old Girl Presenting with Breast Enlargement - Approach to Precocious Puberty.
12.30 pm - 12.40 pm	Discussion.

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



Dr. ABHAY SAHOO
BHUBANESWAR



Dr. ALPESH GOYAL
Bhopal



Dr. ANAND MEENAWAT
JODHPUR



Dr. ANIL BHANSALI
CHANDIGARH



Dr. ARPANDEV BHATTACHARYYA
BANGALORE



Dr. ATUL DHINGRA
SRI GANGANAGAR



Dr. DC SHARMA
UDAIPUR



Dr. DEEP DUTTA
DELHI



Dr. DEEPAK KHANDELWAL
DELHI



Dr. ERAM NAHID
DELHI



Dr. JAY CHORDIA
UDAIPUR



Dr. MANASVINI BHATT
DELHI



Dr. MONA DHINGRA
UDAIPUR



Dr. PUNEET SAXENA
JAIPUR



Dr. RAHUL SAHLOT
UDAIPUR



Dr. RAJESH KHADGAWAT
DELHI



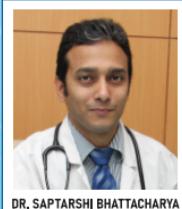
Dr. RK SHARMA
UDAIPUR



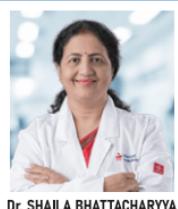
Dr. SAMEER AGRAWAL
ROHATIK



Dr. SANDEEP KANSARA
UDAIPUR



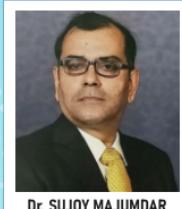
Dr. SAPTARSHI BHATTACHARYA
DELHI



Dr. SHAILA BHATTACHARYA
BANGALORE



Dr. SK SHARMA
JAIPUR



Dr. SUJOY MAJUMDAR
KOLKATA



Dr. VINEET SURANA
DELHI



Dr. VINOD BOKADIA
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.

