



ESTCON 2026

7th Annual Conference of Endocrine Society of Telangana

Date: 24th , 25th & 26th July 2026

Venue: Hotel Marigold, Hyderabad



WELCOME MESSAGE

It is with immense pleasure that we extend a warm welcome to all participants of the **ESTCON 2026**, the **7th Annual Conference of the Endocrine Society of Telangana**, to be held in the historic and culturally rich city of Hyderabad.

Organized under the esteemed banner of the Endocrine Society of Telangana, this conference brings together esteemed medical professionals, clinicians, researchers, and healthcare professionals from across the region and beyond. Our aim is to foster meaningful dialogue, present groundbreaking research, and advance the practice of medicine with a particular focus on endocrine health.

Set against the backdrop of Hyderabad's serene landscapes and vibrant traditions, this year's conference promises not only academic excellence but also an opportunity to connect, collaborate, and grow as a community.

We cordially invite you to join us for this prestigious event, and we look forward to your valuable participation in making ESTCON 2026 a resounding success.

Warm regards,

Organizing Committee,
ESTCON 2026 Hyderabad



Dr. Bipin K Sethi

President, EST &
Organizing Chairman



Dr. D Vijay Sheker Reddy

Hon. Secretary, EST



Dr. KD Modi

Treasurer, EST &
ESTCON2026



Dr. Beatrice Anne

Organizing Secretary



Dr. R Santosh

Organizing Co-Secretary



Dr. Sridevi Patnala

Organizing Co-Secretary

PATRONS



Dr. GC Reddy



Dr. RP Mathur

PRINCIPAL ADVISORS



Dr. Rakesh Sahay



Dr. D Vijay Shekher Reddy



Dr. RN Mehrothra



Dr. Prasun Deb



Dr. Raman Boddula

ORGANIZING TEAM



Dr. Bipin K Sethi

President, EST &
Organizing Chairman



Dr. D Vijay Sheker Reddy

Hon. Secretary, EST



Dr. KD Modi

Treasurer, EST &
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Dr. Beatrice Anne

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Dr. R Santosh

Organizing Co-Secretary



Dr. Sridevi Patnala

Organizing Co-Secretary

SCIENTIFIC TEAM



Dr. K. Neelaveni
Scientific Chairperson



Dr. KVS Hari Kumar
Scientific Co-Chairperson



Dr. Lakshmi Nalini K
Scientific Secretary



Dr. Chandhana Merugu
Scientific Co-Secretary



Dr. Jayaditya Ghosh
Member



Dr. Madhavi Verpula
Member



Dr. Sridevi Paladugu
Member

CORE ORGANIZING TEAM



Dr. Krishna Reddy



Dr. Padmanabha Verma



Dr. Kiran Kumar Pasam



Dr. Srinivas Sidduri



Dr. Ellareddy Chinthala



Dr. Surendra Prasad G



Dr. H. Babul Reddy



Dr. Ganesh



Dr. Nayanatara V



Dr. Shravan A



**Dr. Samantha
Sathyakumar**



Dr. Srinivas K



Dr. Prudwiraj S



**Dr. Anand Chandrakant
Sonwane**

TRANSPORT COMMITTEE



Dr. Prudhwiraj S



Dr. Kiran Kumar Pasam



Dr. Ellareddy Chinthala



Dr. R Santosh

AUDIO VISUALS COMMITTEE



Dr. Padmanabha Varma



Dr. Krishna Reddy T



Dr. Surendra Prasad G



Dr. Beatrice Anne

FOOD COMMITTEE



Dr. Sumana Kunnuru



**Dr. Samantha
Sathyakumar**



Dr. Shravan A

MEMENTO COMMITTEE



Dr. Nayanatara V



Dr. Srinivas K



Dr. Ganesh

REGISTRATION COMMITTEE



Dr. H. Babul Reddy



Dr. D. Amulya Reddy



Dr. Srinivas Sidduri



Dr. Sreedevi Patnala

TGMC CREDIT POINTS



Dr. R Santosh



**Dr. Anand Chandrakant
Sonwane**

SCIENTIFIC PROGRAMME

Date : 25th July 2026 | Venue : Osmania General Hospital

Workshop 1 : Thyroid Ultrasound		
Time	Session	Faculty / Activity
8:00 AM – 8:15 AM	Minimally Invasive Thyroid Interventions - Recent guidelines and patient selection	Dr. Siddhartha Chakravarthi
8:15 AM – 8:30 AM	The Bethesda System in Real-Life Practice	Dr. Michelle De Padua
8:30 AM – 9:00 AM	Practical Thyroid Ultrasound: Beyond the Basics	Dr. Subramanian Kannan
9:00 AM – 10:00 AM	Hands-on Session	Question-and-Answer Session and Hands-on Demonstration
Workshop 2 : DEXA Workshop		
Time	Session	Faculty / Activity
10:00 AM – 10:20 AM	Body composition analysis by DEXA	Dr. Rimesh Pal
10:20 AM – 10:40 AM	BMD interpretation, followup, common pitfalls	Dr. Shreya Sharma
10:40 AM – 11:30 AM	Hands-on Session	Question-and-Answer Session and Demonstration

Note : Working Tea will be serve between (09:30am - 10:30am) Workshop 1 & Workshop 2

Workshop Incharge



Dr. K. Neelaveni



Dr. Sridevi Paladugu

SCIENTIFIC PROGRAMME

Day 1 : 25th July 2026 (Hall A)

TIME	TOPIC	SPEAKER
13:00 - 13:50	Lunch	
13:50 - 14:00	Welcome Address	
14:00 - 15:25	Session 1 Chairperson : Dr. R.N. Mehrotra, Dr. Bipin Sethi K Moderator - Dr. Kiran Kumar Pasam	
14:00 - 14:20	Phenotyping Obesity for Better Management	Dr. Lakshmi Lavanya A.
14:20 - 14:40	Exercise Prescription in a Busy OPD	Dr. Sambit Das
14:40 - 15:00	Antiobesity Medications - The Good Bad and The Ugly	Dr. Shriram Mahadevan
15:00 - 15:25	Panel Discussion : Obesity - Will, Wont and Therapy	Dr. R.N. Mehrotra Dr. Bipin Sethi K Dr. R Santosh
15:30 - 16:55	Session 2 Chairperson : Dr. Udai Lal, Dr. Jayesh shah Moderator - Dr. Bhoomika	
15:30 - 15:50	Hypoglycemia in Vulnerable Patients	Dr. Mythili Ayyagari
15:50 - 16:10	De-escalating Insulin Treatment	Dr. Surendra Prasad
16:10 - 16:30	Time in Range - One Size Doesn't Fit All	Dr. Sreedevi Patnala
16:30 - 16:55	Debate : Remission of Diabetes - Realistic Goal or Temporary Effect?	Dr. Sumana Kunnuru VS Dr. Krishna Reddy T
17:00 - 18:20	Session 3 Chairperson : Dr. Prasun Deb, Dr. Rakesh Sahay Moderator - Dr. Surendra Prasad G	
17:00 - 17:20	MASLD Screening Protocols in Clinic	Dr. Gagan Priya
17:20 - 17:40	Decoding Fibroscan - Indications & Interpretation	Dr. Rajeev Kasliwal
17:40 - 18:00	Gender Dimorphism in MASLD	Dr. Usha Sriram
18:00 - 18:20	Panel Discussion : Lean MASLD	Dr. Prasun Deb Dr. Rakesh Sahay Dr. Amit Goel
18:25 - 18:55	Session 4 Zydus Symposium	
18:25 - 18:40	MASLD : The Emerging Global Metabolic Disorder (Zydus)	Dr. Madhavi Verpula
18:40 - 18:55	Mitochondrial Dysfunction in Diabetes (Zydus)	Dr. Jayaditya Ghosh
19:00 - 19:20	Inauguration	
19:20 - 20:00	Dr. N Sudhakar Rao Memorial Lecture Topic : Endocrine Disruptors Speaker : Dr. LT Gen Narendra Kotwal	Chairperson : Dr. RP Mathur Dr. GC Reddy
20:00 onwards	Banquet Dinner	

SCIENTIFIC PROGRAMME

Day 1 : 25th July 2026 (Hall B)

TIME	TOPIC	SPEAKER
13:00 - 14:00	Lunch	
13:50 - 14:00	Welcome Address	
14:00 - 15:20	Session 5 Chairperson : Dr. Lily Rodrigues, Dr. Raghu Ramulu Moderator - Dr. Divya	
14:00 - 14:20	Catching the Missing Adrenal Insufficiency	Dr. Saba Memon
14:20 - 14:40	Duologue : Adrenal Incidentaloma : A Guide to Work Up and Referral	Dr. Sandeep Devireddy Dr. Anish Kolly
14:40 - 15:00	Hyperaldosteronism: What, When and How- Indian Persepective	Dr. Sumayya Abdul Kalam
15:00 - 15:20	Approach to Polyuria	Dr. Rahul Valsaraj
15:25 - 16:45	Session 6 Chairperson : Dr. D. Vijay Sheker Reddy, Dr. Neelaveni K Moderator - Dr. Alekhya	
15:25 - 15:45	Panel Discussion : Budget Diabetes - Diabetes in Resource Poor Settings	Dr. D. Vijay Sheker Reddy Dr. Beatrice Anne Dr. Neelaveni K
15:45 - 16:05	Debate : Non - Nutritive Sweeteners in Diabetes Mellitus	Dr. Anand Sonawane VS Dr. Anudeep Gaddam
16:05 - 16:25	Prevention of Nephrocalcinosis in MX of Chronic Hypocalcemia	Dr. Samantha Sathyakumar
16:25 - 16:45	Immunization Protocols for PwD	Dr. Srinivas Sidduri
16:50 - 18:40	Session 7 : Industry Symposium Moderator - Dr. Pratyusha	
16:50 - 17:10	Herpes Zoster in Diabetes Patients : A Discussion with Real World Evidence (GSK)	Dr. Bipin K Sethi
17:10 - 17:30	Beyond GLP - 1RAs : Mounjaro - A Class of its own (Eli Lilly)	Dr. KD Modi
17:30 - 17:45	Decoding Mounjaro's Superior Results VS Semaglutide (Eli Lilly)	Dr. Neelaveni K
17:45 - 18:00	Panel Discussion	Moderator : Dr. Beatrice Anne Panelists : Dr. KD Modi Dr. Neelaveni K
18:00 - 18:20	Modulating Early PPG Excursions and the 4 hour glycaemic trajectory. (CIPLA)	Dr. Padmanabha Verma
18:20 - 18:40	Clearing the air around Inhaled Insulins (CIPLA)	Dr. Kiran Kumar Pasam
19:00 - 19:20	Inauguration (Hall A)	
19:20 - 20:00	Dr. N. Sudhakar Rao Memorial Lecture (Hall A) Topic : Endocrine Disruptors Speaker : Dr. LT Gen Narendra Kotwal	Chairperson : Dr. RP Mathur Dr. GC Reddy
20:00 onwards	Banquet Dinner	

SCIENTIFIC PROGRAMME

Day 2 : 26th July 2026 (Hall A)

TIME	TOPIC	SPEAKER
09:00 - 10:25	Session 8 Chairperson : Dr. Kalyan Chakravarthy, Dr. H. Babul Reddy Moderator - Dr. Sandhya	
09:00 - 09:20	Protecting Bone in the era of Antiobesity Pharmacotherapy in Postmenopausal Women	Dr. Chitra Selvan
09:20 - 09:40	Should Vitamin D Deficiency be Aggressively Treated ?	Dr. Rajan Palui
09:40 - 10:00	Recent Insights into Pregnancy and Lactation Associated Osteoporosis	Dr. Muthukumaran Jayapaul
10:00 - 10:25	Panel Discussion : Bone Turnover Markers Hype or Hope	Dr. Sudhakar Reddy Dr. Kalyan Chakravarthy Dr. H. Babul Reddy
10:30 - 11:55	Session 9 Chairperson : Dr. Jayanthi Reddy, Dr. Tarakeshwari Moderator - Dr. Laxman	
10:30 - 10:50	PCOS to PMOS - Why the Name Change?	Dr. Kranti Khadilkar
10:50 - 11:10	Endocrine Strategies in Management Instead of MX of POI	Dr. Sailaja A
11:10 - 11:30	Hyperprolactinemia - When to Worry / When Not To	Dr. Jayashree Gopal
11:30 - 11:55	Panel Discussion : Clinical Implications of Mody in Pregnancy	Dr. KD Modi Dr. Lakshmi Nalini K Dr. Raman Boddula
12:00 - 13:25	Session 10 Chairperson : Dr. Bipin K Sethi, Dr. Vasant Kumar Moderator - Dr. Srujana	
12:00 - 12:20	Indeterminate Thyroid Cytology : When to Intervene?	Dr. Sweekruti Jena
12:20 - 12:40	Thyroid in Pregnancy (Abbott)	Dr. Smitha Nalla
12:40 - 13:00	Thyrotoxic Periodic Paralysis	Dr. Jayashree Swain
13:00 - 13:25	Duologue : Abnormal Thyroid Function Tests. What to Do? Case Based	Dr. Vrinda Agrawal Dr. Datta Reddy Aakiti
13:30 - 13:45	Valedictory Function	
13:45 onwards	Lunch Follows	

SCIENTIFIC PROGRAMME

Day 2 : 26th July 2026 (Hall B)

TIME	TOPIC	SPEAKER
09:00 - 10:20	Session 11 Chairperson : Dr. Raman Boddula, Dr. Santosh R Moderator - Dr. Akhila	
09:00 - 09:20	Debate : Exercise vs Exercise Mimetics	Dr. Nayantara Vasireddy Dr. Rohini
09:20 - 09:40	Ethical and Legal Implications of AI in Endocrine Care	Dr. Ella Reddy
09:40 - 10:00	Duologue : Telemedicine in Endocrine Practice - The Present and the Future	Dr. Vidya Tickoo Dr. Naseemuddin
10:00 - 10:20	Duologue : Managing Brittle Diabetes - Monitoring and Management	Dr. Sangeetha S Dr. Prudwiraj S
10:25 - 11:45	Session 12 Chairperson : Dr. Srikrishna Surampudi, Dr. RSV Srikrishna Moderator - Dr. Sindhuja	
10:25 - 10:45	T1D - The Anxious Parent and the Nonchalant Kid	Dr. Sridevi Paladugu
10:45 - 11:05	Height 124 cm in a 12 Year Old Girl	Dr. Vivek Kyatham
11:05 - 11:25	Evaluation of an Obese Child	Dr. Ganesh Namani
11:25 - 11:45	Complications of Diabetes Mellitus - When to Seek Expert Opinion?	Dr. Shravan Kumar
11:50 - 13:10	Session 13 : Industry Symposium Moderator - Dr. Sumana	
11:50 - 12:10	The Dream is Reality: The Era of the Fully Closed-Loop Pancreas (Medtronic)	Dr. R. Santosh
12:10 - 12:25	Peptide Engineering Evolution: From Recombinant DNA to Precision Chemical Synthesis. (Torrent)	Dr. Lakshmi Nalini K
12:25 - 12:40	Tried, True and Today : The Intact Relevance of Modern SUs and Metformin (USV)	Dr. Chandhana Merugu
12:40 - 12:55	Beyond Glycemic Control : Expanding Role of Insulin Analogues (Lupin)	Dr. Rakesh Sahay
12:55 - 13:10	iGlarLixi: A SOLID approach to Break Treatment Complexity (Sanofi)	Dr. R.N. Mehrotra
13:30 - 13:45	Valedictory Function	
13:45 onwards	Lunch Follows	

REGISTRATION TARIFF

Category	Registration Upto 30 th June	On Spot Registration
DELEGATE	INR 3,000	INR 5,000
ACCOMPANYING PERSON	INR 2,000	INR 2,500
PG STUDENT	INR 800	INR 1,000

SCAN TO REGISTER



Conference Secretariat

Dr. Bipin Kumar Sethi

Rd Number 1, Green Valley, Banjara Hills,
Hyderabad, Telangana 500082, India

Professional Conference Organizer



Sikh Rd, Uma Nagar Colony, Sikh Village, Secunderabad, Telangana 500009.

Email: shyame@confrexglobal.com

Ph: +91 812111 8508



BLOCK YOUR DATES

ESTCON 2026

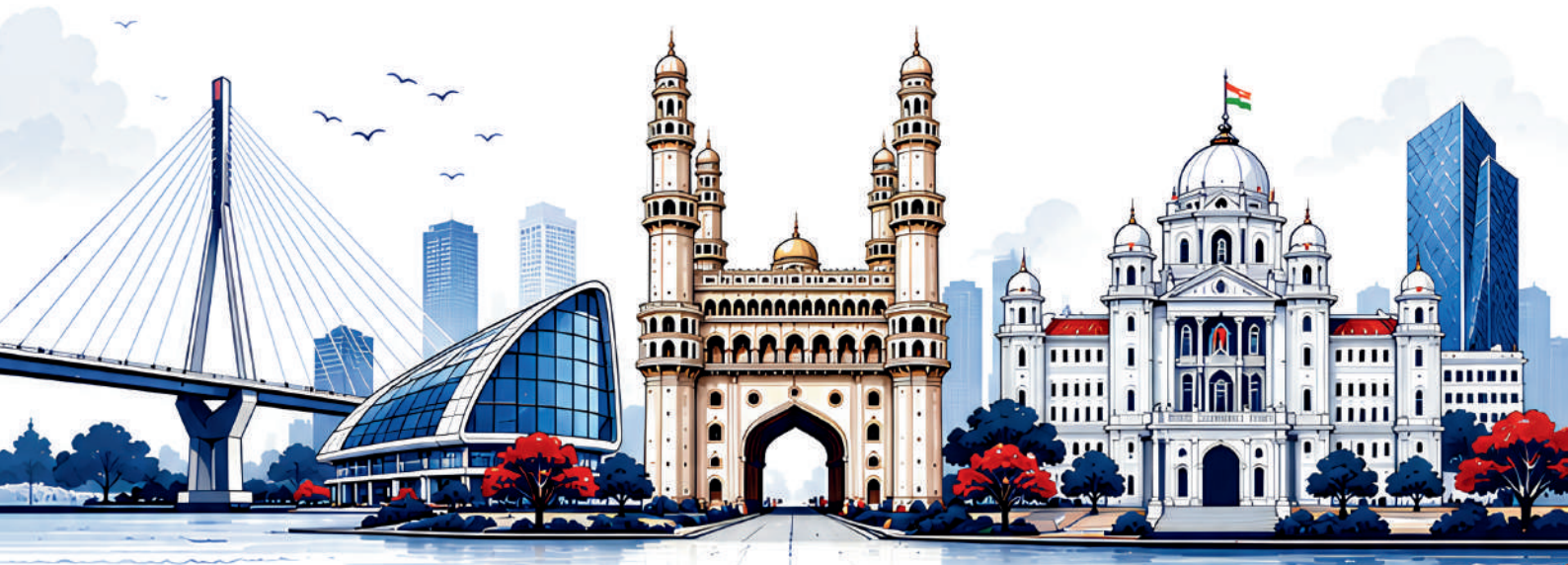
7th Annual Conference of
Endocrine Society of Telangana



25th & 26th
July 2026



Hotel Marigold,
Hyderabad



ESTCON 2026

Always Stay Connected with Endocrinology Excellence



Date : 25th July 2026
(Saturday)



Venue :
Dept of Endocrinology, OGH
(Osmania General Hospital),
Hyderabad, Telangana



WORKSHOP 1 : THYROID ULTRASOUND

Time	Session	Faculty / Activity
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LEARNING



ADVANCED
TECHNIQUES



Q&A SESSION
& DEMONSTRATION



WORKSHOP 2 : DEXA WORKSHOP

Time	Session	Faculty / Activity
10:00 AM – 10:20 AM	Body composition analysis by DEXA	Dr. Rimesh Pal
10:20 AM – 10:40 AM	BMD interpretation, followup, common pitfalls	Dr. Shreya Sharma
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BODY COMPOSITION
ANALYSIS



BMD INTERPRETATION
& FOLLOW UP



HANDS-ON
SESSION



Q&A SESSION
& DEMONSTRATION



Note : Working Tea will be serve between (09:30am – 10:30am)
Workshop 1 & Workshop 2



For registrations contact no :

Mr. Sarma (+91 99495 56319) from Primus Remedies

Separate registrations for USG thyroid & Dexa





Date : 25th July 2026
(Saturday)



Venue :
Osmania Medical College
Hyderabad, Telangana



WORKSHOP 1 : THYROID ULTRASOUND

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Workshop 1 & Workshop 2





DATE
25th July 2026
(Saturday)



VENUE
Osmania General Hospital
Hyderabad, Telangana



WORKSHOP 1 : THYROID ULTRASOUND

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