



CAPSTONE
OBESITY DIABETES &
ENDOCRINE SCIENCES



5th ANNUAL UPDATE



28th
SEP 2025

HOTEL DIMORA
THIRUVANANTHAPURAM

2.5 CME CREDIT

September 28

META DIABETES



Dimora Hotels Thiruvananthapuram

FOR REGISTRATION



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CAPSTONE
OBESITY DIABETES &
ENDOCRINE SCIENCES



Dear friends,

Welcome to META-DIABETES 2025

It is our privilege to welcome you to the fifth edition of our annual diabetes update “**META-DIABETES 2025**”, to be held at **Dimora hotels, Thiruvananthapuram on 28th of September 2025**. This academic event is organised by **CAPSTONE Obesity Diabetes & Endocrine Sciences** under the aegis of **Travancore Wellness Research Society** and it intends to give you an insight in to the recent advancements in the field of obesity, diabetes and metabolic disorders. The scientific agenda is comprehensive and inclusive of host of topics under many headings such as **Symposiums, Meet The Professor, Workshop, Debate, Panel Discussion, Grand Rounds, Clinical Pearls** among others.

We request you to save the date in advance and be a part of this scientific feast.

Organising Team

META-DIABETES 2025

ORGANIZING TEAM

Chairman
Dr Aneesh Ghosh M S

Secretary
Dr Thushanth Thomas

SCIENTIFIC COMMITTEE

Chairman
Dr PK Jabbar

Advisors
Dr Sasikumar V
Dr Mathew John
Dr Tittu Oommen

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FACULTY

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MD, MRCP Thiruvananthapuram

Dr Akhil Krishna

MD, DM Thiruvananthapuram

Dr Anand Marthandapillai

MD, FACC, FHRS (AB)

Dr Anjali Sathya

MD, DM Chennai

Dr Beena Bensal

MD, DM Gurgaon

Dr Ganavi Y.P

MD, DM Bangalore

Dr George Koshy

MD, DM Thiruvananthapuram

Dr Harshita Boyareddigari

MD, DM, Bangalore

Dr Jacob Antony

MD Thiruvananthapuram

Dr Jayakrishnan C Menon

MD, DM Thrichur

Dr Jeevan Joseph

MD, MRCP, CCP Kottayam

Dr Jyothipriya Jyothindrakumar

MD, DM Pathanamthitta

Dr Karthik V

MD, DM Thiruvananthapuram

Dr Kasi Visweswaran. R

MD, DM Thiruvananthapuram

Dr Mahesh Sukumaran

MD, MRCP, SEC Thiruvananthapuram

Dr Mathew John

MD, DM Thiruvananthapuram

Dr Mohan T Shenoy

MD, DM Thiruvananthapuram

Dr PK Jabbar

MD, DM Kottayam

Dr Prathosh Gangadhar

MD, DM Calicut

Dr Rajmohan L

MD, MRCP, M.Med
Thiruvananthapuram

Dr Sasikumar V

MD, DM Thiruvananthapuram

Dr Soumya S

MD, DM Thiruvananthapuram

Dr Sreejith Babu

MD, DM Thiruvananthapuram

Dr Suja Sukumar

MD, DM Cochin

Dr Sumesh Raj

MD, FRCP Thiruvananthapuram

Dr Thushanth Thomas

MD, DM Thiruvananthapuram

Dr Tiftu Oommen

MD, DM Thiruvananthapuram

Dr Vidhya R Jahagirdar

MD, DM Coimbatore

Dr Vimala

MD, DM, FRCP Thiruvananthapuram

Dr Vinoo Balakrishnanan

MD, FRCOG Thiruvananthapuram

Dr Wilson A.P

MD Thiruvananthapuram



**09.00 am
10.00 am**

GDM SYMPOSIUM

TOPICS	SPEAKER	CHAIRPERSONS
GDM a Window of Opportunity to Prevent Diabetes - An Objective Analysis (15+5 Mts)	Dr Soumya S MD, DM Thiruvananthapuram	Dr Rajmohan L MD, MRCP, M.Med Thiruvananthapuram
3 Case Scenarios: Diabetes Management in Pregnancy (15+5 Mts)	Dr Suja Sukumar MD, DM Cochin	Dr Sreejith Babu MD, DM Thiruvananthapuram
GDM: Short and Long-Term Issues in the Mother & Baby (15+5 Mts)	Dr Harshita Boyareddigari MD, DM, Bangalore	

Tea Break



**10.00 am
10.30 am**

DEBATE

TOPICS	YES	NO	EXPERT
Should MASLD Screening be Mandatory for All Patients with Diabetes?	Dr Tiftu Oommen MD, DM Thiruvananthapuram	Dr Mohan T Shenoy MD, DM Thiruvananthapuram	Dr PK Jabbar MD, DM Kottayam
Chairpersons :			



**10.30 am
11.30 am**

CARDIO-METABOLIC SYMPOSIUM

TOPICS	SPEAKER	CHAIRPERSONS
Landscape of Non-statin Therapy and ASCVD Risk Reduction in Diabetes Mellitus (15+5 mts)	Dr Vidhya R Jahagirdar MD, DM Coimbatore	Dr Thushanth Thomas MD, DM Thiruvananthapuram
Diabetes, Atherosclerosis and Inflammation: Novel Therapeutic Targets (15+5 mts)	Dr George Koshy MD, DM Thiruvananthapuram	Dr Mahesh Sukumar MD, MRCP, SEC Thiruvananthapuram
A Three-Step Approach for Treatment of Patients with Worsening Heart Failure (15+5 mts)	Dr Anand Marthandapillai MD, FACC, FHRS (AB)	

INAUGURATION : 11.30 am - 11.40 am



**11.40 am
 12.40 pm**

RENO-VASCULAR SYMPOSIUM

TOPICS	SPEAKER	CHAIRPERSONS
Clinical Approach to Overt Proteinuria Without Diabetic Retinopathy (15+5 mts)	Dr Vimala MD, DM, FRCP Thiruvananthapuram	Dr Kasi Visweswaran. R MD, DM Thiruvananthapuram
Expanding the Horizon: GLP-1RAs Beyond Glycaemic Control: (15+5 mts)	Dr Beena Bensal MD, DM Gurgaon	
Novel Biomarkers in Diabetic Nephropathy: New Perspectives (15+5 mts)	Dr Jyothipriya Jyothindrakumar MD, DM Pathanamthitta	



**12.40 pm
 01.15 pm**

PANEL DISCUSSION

TOPICS	PANELISTS	MODERATORS
Clinical Approach to Recurrent UTI / Bacteriuria in Postmenopausal Women with T2DM (35 mts)	Dr Vimala MD, DM, FRCP Thiruvananthapuram Dr Vinoo Balakrishnanan MD, FRCOG Thiruvananthapuram Dr Ganavi Y.P MD, DM Bangalore	Dr Kasi Visweswaran. R MD, DM Thiruvananthapuram

Lunch Break : 01.15 pm - 02.15 pm



**02.15 pm
03.15 pm**

CUTTING EDGE SYMPOSIUM

TOPICS	SPEAKER	CHAIRPERSONS
Gut Microbiome and Diabetesy (15+5 mts)	Dr Suja Sukumar MD, DM Cochin	Dr Sasikumar V MD, DM Thiruvananthapuram
Recent Advances in Offloading Strategies: Maintaining Gait Biomechanics While Offloading (15+5 mts)	Dr Ajithkumar S MD, MRCP Thiruvananthapuram	Dr Akhil Krishna MD, DM Thiruvananthapuram
Positioning SGLT2 I, RASB and Finerenone in T2DM with CKD for Optimal Clinical Outcome (15+5 mts)	Dr Jyothipriya Jyothindrakumar MD, DM Pathanamthitta	



**03.15 pm
04.15 pm**

INSULIN WORKSHOP

TOPICS	SPEAKER	MODERATORS
Untold History of Insulin (10 mts)	Dr Jayakrishnan C Menon MD, DM, Thrichur	Dr PK Jabbar MD, DM Thiruvananthapuram
Everything About Insulin Handling / Injection (10 mts)	Dr Jeevan Joseph MD, MRCP, CCP Kottayam	
How to Initiate and Intensify Insulin Therapy (10 mts)	Dr Jeevan Joseph MD, MRCP, CCP Kottayam	
Major Deterrents of Insulin Therapy and How to Overcome it (10 mts)	Dr Anjali Sathya MD, DM Chennai	
Prevention, Identification and Management of Hypoglycaemia (10 mts)	Dr Anjali Sathya MD, DM Chennai	
Newer Insulins in the Pipeline (10 mts)	Dr Akhil Krishna MD, DM Thiruvananthapuram	

Tea & Valedictory Function



**09.00 am
10.40 am**

TECHNOLOGY SYMPOSIUM

TOPICS	SPEAKER	CHAIRPERSONS
Sponsored Session (15+5 mts)		Dr Thushanth Thomas MD, DM Thiruvananthapuram
Sponsored Session (15+5 mts)		Dr Mahesh Sukumaran MD, MRCP, SEC Thiruvananthapuram
Smart Insulin Pens, Omnipod 5 and Dexcom G7 (15+5 mts)	Dr Jayakrishnan C Menon MD, DM Trichur	
How to Integrate Smartphone with Wearable Devices for the Betterment of Glycaemic Control (15+5 mts)	Dr Prathosh Gangadhar MD, DM Calicut	
Sponsored Session (15+5 mts)		

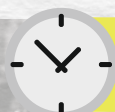
Tea Break



**10.40 am
12.00 pm**

EMERGING CONCEPTS SYMPOSIUM

TOPICS	SPEAKER	CHAIRPERSONS
Interplay of Mitochondria and Diabetes: Unveiling Novel Therapeutic Strategies (15+5 mts)	Dr Karthik V MD, DM Thiruvananthapuram	Dr Rajmohan L MD, MRCP, M.Med Thiruvananthapuram
New Drugs: Resmetirom, Cagrisema (15+5 mts)	Dr Jeevan Joseph MD, MRCP, CCP Kottayam	Dr Sreejith Babu MD, DM Thiruvananthapuram
Sponsored Session (15+5 mts)		
Application of Advanced Lipoprotein Profile Testing in Diabetes (15+5 mts)	Dr Mathew John MD, DM Thiruvananthapuram	



**12.00 pm
01.00 pm**

CLINICAL PEARLS

TOPICS	SPEAKER	CHAIRPERSONS
Managing Diabetes in Medically Complicated Situations: A Few Case Vignettes (15+5 mts)	Dr Vidhya R Jahagirdar MD, DM Coimbatore	Dr Tittu Oommen MD, DM Thiruvananthapuram
Management Challenges of Type 1 Diabetes in Pregnancy - Case Based Approach (15+5 mts)	Dr Harshita Boyareddigari MD, DM, Bangalore	Dr Mohan T Shenoy MD, DM Thiruvananthapuram
Integrating Technology in to Inpatient Diabetes Care - A Clinical Approach (15+5 mts)	Dr Beena Bensal MD, DM Gurgaon	

Lunch Break : 01.10 pm - 02.15 pm



**02.15 pm
03.15 pm**

YOUNG DIABETES SYMPOSIUM

TOPICS	SPEAKER	CHAIRPERSONS
Clinical Approach to Diabetes in Adolescence: A Few Case Vignettes (15+5 mts)	Dr Ganavi Y.P MD, DM Bangalore	Dr Tittu Oommen MD, DM Thiruvananthapuram
Leveraging CGM to Drive Behavioural and Lifestyle Modification: Case Based Approach (15+5 mts)	Dr Prathosh Gangadhar MD, DM Calicut	Dr Mohan T Shenoy MD, DM Thiruvananthapuram
When, Why & How to Screen for Thyroid & Coeliac Disease in Diabetes (15+5 mts)	Dr Anjali Sathya MD, DM Chennai	



03.15 pm
04.15 pm

GRAND ROUNDS

TOPICS	SPEAKER	CHAIRPERSONS
Case Discussion	Sr Resident Government Medical College Thiruvananthapuram	Dr Jacob Antony MD Thiruvananthapuram Dr Sumesh Raj MD, FRCP Thiruvananthapuram
Case Discussion	Sr Resident Sree Gokulam Medical College Thiruvananthapuram	Dr Wilson A.P MD Thiruvananthapuram
Case Discussion	Sr Resident KIMS Health Thiruvananthapuram	

Tea & Vote of Thanks

SPONSORS



COORDINATION TEAM

CONFERENCE COORDINATOR

Dr Susan

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 Arun AR
 Vichithra
 Athira

FOOD & BEVERAGE

Vignesh
 Sreethu
 Aishwarya V

COMPERE TEAM

Dr Chitra Pillai
 Gopika

VENUE/HALL SUPERVISORS

Reshma
 Aishwarya

AUDIO VISUAL

Arun
 Vaishakh

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