



CAPSTONE
OBESITY DIABETES &
ENDOCRINE SCIENCES



**TRAVANCORE
WELLNESS**
RESEARCH SOCIETY



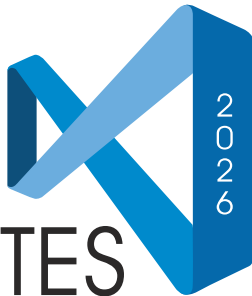
27th SEPTEMBER
2026
HOTEL DIMORA
THIRUVANANTHAPURAM

2.5 CME
CREDIT

6TH ANNUAL
UPDATE

September 27

**META
DIABETES**



Dimora Hotels Thiruvananthapuram

FOR REGISTRATION
www.codeskowdiar.com



Dear friends,

Welcome to META-DIABETES 2026

It is our privilege to welcome you all to the sixth edition of our Annual Diabetes and Metabolic update “**META-DIABETES 2026**”, to be held at Dimora Hotels, Thiruvananthapuram on 27th of September 2026. This academic event, jointly hosted by **CAPSTONE Obesity Diabetes & Endocrine Sciences** and **Travancore Wellness Research Society**, is intended to give you an insight in to the recent updates in the field of obesity, diabetes and metabolic disorders. We request you to block the date in advance and be a part of this scientific feast.

Organising Team

META-DIABETES 2026

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

FOR REGISTRATION

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For queries and details, please contact: **9447588958 & 9496889508**

NATIONAL FACULTY

Dr. Basavaraj GS MD, DM, PhD
 Bengaluru

Dr. Manoj Chadha MD, DM
 Mumbai

Dr. Nivethitha Karthika MD, DM
 Madurai

Dr. Krishna G Seshadri
 AB [IM], AB [Endo Diab Met]
 Chennai

Dr. Muthukumaran Jayapaul
 MD, CCT, MRCP, FRCP
 Chennai

Dr. Vrinda Agarwal
 AB [Int Med], AB [Endocrinology]
 Hyderabad

STATE FACULTY

Dr. Akhil Krishna MD, DM
 Thiruvananthapuram

Dr. Kasi Visweswaran R MD, DM
 Thiruvananthapuram

Dr. Sathi M Pillai MD
 Thiruvananthapuram

Dr. Archana MP MD, DM
 Thiruvananthapuram

Dr. Lavanya Bonny MD, DM, MRCP
 Thiruvananthapuram

Dr. Sinju Sankar P MD, DM
 Thiruvananthapuram

Dr. Arun B Nair MD
 Thiruvananthapuram

Dr. Lekshmi S MD, DM
 Thiruvananthapuram

Dr. Soumya S MD, DM
 Thiruvananthapuram

Dr. Athul Vyas MD
 Thiruvananthapuram

Dr. Mahesh Sukumar MD, MRCP, SEC
 Thiruvananthapuram

Dr. Sreejith Babu MD, DM
 Thiruvananthapuram

Dr. George Koshy MD, DM
 Thiruvananthapuram

Dr. Mathew John MD, DM
 Thiruvananthapuram

Dr. Sreenath MD
 Thiruvananthapuram

Dr. PK Jabbar MD, DM
 Kottayam

Dr. Mohan T Shenoy MD, DM
 Thiruvananthapuram

Dr. Sriharii MD, DM
 Thiruvananthapuram

Dr. Jeevan Joseph
 MD, MRCP, CCT Kottayam

Dr. Rajmohan MD, MRCP
 Thiruvananthapuram

Dr. Sumesh Raj MD
 Thiruvananthapuram

Dr. Joe George MD, DM
 Calicut

Dr. Remani MD
 Thiruvananthapuram

Dr. Thushanth Thomas MD, DM
 Thiruvananthapuram

Dr. Jyothipriya Jyothindrakumar
 MD, DM, MRCP, ESE Pathanamthitta

Dr. Reshma M MD, DM
 Thiruvananthapuram

Dr. Tittu Oommen MD, DM
 Thiruvananthapuram

Dr. Karthik MD, DM
 Thiruvananthapuram

Dr. Sasikumar V MD, DM
 Thiruvananthapuram

Dr. Veena Choodamani MD
 Thiruvananthapuram



9.00 AM- 10.00 AM

Geriatric Diabetes Symposium

TOPICS

The Perils of Polypharmacy & Art of Deprescription: A Case File (15+5 mts)

Fall and Fracture in the Elderly: Clinical Risk Assessment and Prevention Strategies (15+5 mts)

Lower Urinary Tract Symptoms in the Elderly: A Clinical Approach (15+5 mts)

FACULTY

Dr. Athul Vyas MD
 Thiruvananthapuram

Dr. Nivethitha Karthika MD, DM Madurai

Dr. Vrinda Agarwal AB [Int Med], AB [Endocrinology] Hyderabad

CHAIRPERSONS

Dr. Rajmohan MD, MRCP
 Thiruvananthapuram

Dr. Sreejith Babu MD, DM
 Thiruvananthapuram



10.00 AM - 10.30 AM

Debate

TOPICS

GLP 1 RA & SGLT2-I Should be Included in the First Prescription Among Most Patients with T2DM (30 mts)

YES

Dr. Mohan T Shenoy MD, DM
 Thiruvananthapuram

NO

Dr. Tittu Oommen MD, DM
 Thiruvananthapuram

EXPERT

Dr. PK Jabbar MD, DM
 Kottayam



10.30 AM- 11.30 AM

Cardio-Metabolic Symposium

TOPICS

Cardiovascular- Kidney- Metabolic [CKM] Syndrome: Identification & Management (15+5 mts)

Risk Prediction Models for Heart Disease in People with Diabetes (15+5 mts)

Why Heart Failure in T2 DM is a Distinct Clinical and Pathophysiological Phenotype? (15+5 mts)

SPEAKER

Dr. Basavaraj GS MD, DM, PhD
 Bengaluru

Dr. Krishna G Seshadri
 AB [IM], AB [Endo Diab Met]
 Chennai

Dr. George Koshy MD, DM
 Thiruvananthapuram

CHAIRPERSONS

Dr. Sasikumar V MD, DM
 Thiruvananthapuram

Dr. Mahesh Sukumar MD, MRCP, SEC
 Thiruvananthapuram

Inauguration 11.30 am to 11.40 am



11.40 AM- 12.40 AM

Reno-Vascular Symposium

TOPICS

Screening Tools and Risk Prediction
Models in DKD (15+5 mts)

Novel Therapeutic Strategies for
Patients with CKD and Diabetes
Mellitus (15+5 mts)

NTproBNP & Hs-cTnT in Cardio-Renal
Risk Prediction (15+5 mts)

FACULTY

Dr. Muthukumar Jayapaul
MD, CCT, MRCP, FRCP
Chennai

Dr. Jyothipriya Jyothindrakumar
MD, DM, MRCP, ESE
Pathanamthitta

Dr. Basavaraj GS MD, DM, PhD
Bengaluru

CHAIRPERSONS

Dr. Kasi Visweswaran. R MD, DM
Thiruvananthapuram

Dr. Thushanth Thomas MD, DM
Thiruvananthapuram



12.40 AM- 01.15 PM

Panel Discussion

TOPICS

Diabetes, Obesity, Fertility
and Psycho-sexual Disorders
(40 mts)

PANELISTS

Dr. Lekshmi S MD, DM
Thiruvananthapuram

Dr. Veena Choodamani MD
Thiruvananthapuram

Dr. Arun B Nair MD
Thiruvananthapuram

MODERATOR

Dr. Sathi M Pillai MD
Thiruvananthapuram

RAPPORTEUR

Dr. Lavanya Bonny MD, DM, MRCP
Thiruvananthapuram

Lunch Break 1.15 PM - 2.15 PM



02.30 PM- 03.20 PM

Keynote Session

TOPICS

Obstructive Sleep Apnoea, MASLD and Metabolic Syndrome [25 mts]

Heart-Kidney Axis: Navigating the Cardiorenal Relationship in DKD [25 mts]

FACULTY

Dr. Manoj Chadha MD, DM
 Mumbai

Dr. Krishna G Seshadri
 AB [IM], AB [Endo Diab Met]
 Chennai

CHAIRPERSONS

Dr. PK Jabbar MD, DM
 Kottayam



03.20 PM- 04.20 PM

Cutting Edge Symposium

TOPICS

Dys [Immuno] metabolism, Inflammation and Metabolic Syndrome-Connecting Dots (15+5 mts)

Emerging Drugs in Diabetes Mellitus (15+5 mts)

Tye 5 Diabetes Mellitus: Much Deeper than a Superficial Facelift ? (15+5 mts)

FACULTY

Dr. Mathew John MD, DM
 Thiruvananthapuram

Dr. Karthik MD, DM
 Thiruvananthapuram

Dr. Reshma M MD, DM
 Thiruvananthapuram

CHAIRPERSONS

Dr. Thushanth Thomas MD, DM
 Thiruvananthapuram

Dr. Mohan T Shenoy MD, DM
 Thiruvananthapuram

Tea & Vote of Thanks



09.00 AM- 10.40 AM

Technology Symposium

TOPICS

Sponsored Session (15+5 mts)

Sponsored Session (15+5 mts)

Adaptation of CGM Towards
 Individualised & Personalised
 Care: Case Discussion (15+5 mts)

Sponsored Session (15+5 mts)

Sponsored Session (15+5 mts)

SPEAKER

Dr. Soumya S MD, DM

CHAIRPERSONS

Dr. Akhil Krishna MD, DM
 Thiruvananthapuram

Dr. Lavanya Bonny MD, DM, MRCP
 Thiruvananthapuram



10.40 AM- 11.40 AM

Emerging Concepts Symposium

TOPICS

Diabetes Specific Nutrition:
 Current Concepts (15+5 mts)

Association Between NAFLD and
 Microvascular Complications:
 Random Coincidence or Genuine
 Relationship (15+5 mts)

Sponsored Session

Role of Glucagon in Diabetes:
 What Clinicians Should Know
 (15+5 mts)

SPEAKER

Dr. Srihari MD, DM
 Thiruvananthapuram

Dr. Manoj Chadha MD, DM
 Mumbai

Dr. Joe George MD, DM
 Calicut

CHAIRPERSONS

Dr. Tittu Oommen MD, DM
 Thiruvananthapuram

Dr. Lekshmi S MD, DM
 Thiruvananthapuram



12.00 PM- 01.00 AM

Clinical Pearls

TOPICS

Clinical Approach to Lean Adolescent Diabetic Phenotype (15+5 mts)

Peri-operative Care and Insulin Management: A Case Study (15+5 mts)

This is it: Five Take Home Messages from All Cardio-Renal Outcome Trials of SGLT2-I (15+5 mts)

SPEAKER

Dr. Nivethitha Karthika MD, DM Madurai

Dr. Jeevan Joseph MD, MRCP, CCT Kottayam

Dr. Vrinda Agarwal AB [Int Med], AB [Endocrinology] Hyderabad

CHAIRPERSONS

Dr. Reshma M MD, DM Thiruvananthapuram

Dr. Archana MP MD, DM Thiruvananthapuram

Lunch Break 1.10 PM-2.10 PM



02.10 PM- 03.10 PM

Women and Diabetes

TOPICS

Sarcopenia, Bone Density, Postmenopausal State: A Salutary Approach (15+5 mts)

Association Between Gestational Diabetes Mellitus and Anaemia in Pregnancy: Genuine or Random Observation (15+5 mts)

Cardiovascular Manifestations of Diabetes in Women: Are They Different ? (15+5 mts)

SPEAKER

Dr. Muthukumar Jayapaul MD, CCT, MRCP, FRCP Chennai

Dr. Jeevan Joseph MD, MRCP, CCT Kottayam

Dr. Joe George MD, DM Calicut

CHAIRPERSONS

Dr. Soumya S MD, DM Thiruvananthapuram

Dr. Sinju Sankar P MD, DM Thiruvananthapuram



03.10 PM - 04.20 PM

Grand Rounds

TOPICS

Case Discussion

Case Discussion

Case Discussion

SPEAKER

Sr. Resident
 Government Medical College
 Thiruvananthapuram

Sr. Resident
 Sree Gokulam Medical College
 Thiruvananthapuram

Sr. Resident
 Dr. Somervell Memorial CSI
 Medical College, Karakonam

CHAIRPERSONS

Professor Dr. Sreenath MD
 Thiruvananthapuram

Professor Dr. Sumesh Raj MD
 Thiruvananthapuram

Professor Dr. Remani MD
 Thiruvananthapuram

Tea & Vote of Thanks

COORDINATION TEAM

Conference Coordinator

Dr. Susan

Food & Beverage

Vignesh
 Nanda Gopal
 Sreethu

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Arun
 Vaishakh

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 Nanda Gopal

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