



**CAPSTONE**  
OBESITY DIABETES &  
ENDOCRINE SCIENCES



**TRAVANCORE  
WELLNESS**  
RESEARCH SOCIETY



27<sup>th</sup> SEPTEMBER  
2026  
HOTEL DIMORA  
THIRUVANANTHAPURAM

2.5 CME  
CREDIT

6<sup>TH</sup> ANNUAL  
UPDATE

September 27

**META  
DIABETES**



**Dimora Hotels** Thiruvananthapuram

FOR REGISTRATION

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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 27<sup>th</sup> 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**

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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

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 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

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 Thiruvananthapuram

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 MD, MRCP, CCT Kottayam

**Dr. Rajmohan** MD, MRCP  
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 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                                                                                          | FACULTY                                                       | CHAIRPERSONS                                   |
|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------|------------------------------------------------|
| The Perils of Polypharmacy & Art of Deprescription: A Case File (15+5 mts)                      | Dr. Athul Vyas MD<br>Thiruvananthapuram                       | Dr. Rajmohan MD, MRCP<br>Thiruvananthapuram    |
| Fall and Fracture in the Elderly: Clinical Risk Assessment and Prevention Strategies (15+5 mts) | Dr. Nivethitha Karthika MD, DM Madurai                        | Dr. Sreejith Babu MD, DM<br>Thiruvananthapuram |
| Lower Urinary Tract Symptoms in the Elderly: A Clinical Approach (15+5 mts)                     | Dr. Vrinda Agarwal AB [Int Med], AB [Endocrinology] Hyderabad |                                                |



10.00 AM - 10.30 AM

## Debate

| TOPICS                                                                                                 | YES                                             | EXPERT                           |
|--------------------------------------------------------------------------------------------------------|-------------------------------------------------|----------------------------------|
| GLP 1 RA & SGLT2-I Should be Included in the First Prescription Among Most Patients with T2DM (30 mts) | Dr. Mohan T Shenoy MD, DM<br>Thiruvananthapuram | Dr. PK Jabbar MD, DM<br>Kottayam |
|                                                                                                        | NO                                              |                                  |
|                                                                                                        | Dr. Tittu Oommen MD, DM<br>Thiruvananthapuram   |                                  |



10.30 AM- 11.30 AM

## Cardio-Metabolic Symposium

| TOPICS                                                                                         | SPEAKER                                                       | CHAIRPERSONS                                           |
|------------------------------------------------------------------------------------------------|---------------------------------------------------------------|--------------------------------------------------------|
| Cardiovascular- Kidney- Metabolic [CKM] Syndrome: Identification & Management (15+5 mts)       | Dr. Basavaraj GS MD, DM, PhD<br>Bengaluru                     | Dr. Sasikumar V MD, DM<br>Thiruvananthapuram           |
| Risk Prediction Models for Heart Disease in People with Diabetes (15+5 mts)                    | Dr. Krishna G Seshadri AB [IM], AB [Endo Diab Met]<br>Chennai | Dr. Mahesh Sukumar MD, MRCP, SEC<br>Thiruvananthapuram |
| Why Heart Failure in T2 DM is a Distinct Clinical and Pathophysiological Phenotype? (15+5 mts) | Dr. George Koshy MD, DM<br>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. Muthukumaran 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          | SPEAKER                                                                  | CHAIRPERSONS                                      |
|-----------------|--------------------------------------------------------------------------|---------------------------------------------------|
| Case Discussion | Sr. Resident<br>Government Medical College<br>Thiruvananthapuram         | Professor Dr. Sreenath MD<br>Thiruvananthapuram   |
| Case Discussion | Sr. Resident<br>Sree Gokulam Medical College<br>Thiruvananthapuram       | Professor Dr. Sumesh Raj MD<br>Thiruvananthapuram |
| Case Discussion | Sr. Resident<br>Dr. Somervell Memorial CSI<br>Medical College, Karakonam | Professor Dr. Remani MD<br>Thiruvananthapuram     |

## Tea & Vote of Thanks

### COORDINATION TEAM

#### Conference Coordinator

Dr. Susan

#### Food & Beverage

Vignesh  
Nanda Gopal  
Sreethu

#### Audio Visual

Arun  
Vaishakh

#### QR Code and Name Badge

Alfin  
Nanda Gopal

#### Venue/ Hall Supervisors

Reshmi  
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Vichithra  
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[codeskowdiar@gmail.com](mailto:codeskowdiar@gmail.com) | [www.codeskowdiar.com](http://www.codeskowdiar.com)

For queries and details, please contact: 9447588958 & 9496889508