

DAY 2 - 23rd August, 2026 (Sunday) | Anandi Bai Joshi Hall

Time	Topics	Speaker
	Chairpersons: Dr. Seetharam Dr. P Raghuramulu	
9:00 - 10:00	Workshop- Insulin Initiation & Titration : A Hands on	Dr. Manisha Sahay
	Chairpersons: Dr. Naval Chandra , Dr P Raghuramulu	
10:00 - 10:20	Precision Prevention in Women's Health	Dr. Lily Rodrigues
	Chairpersons: Dr. Riyaz Mohammed Dr. Usha Sriram	
10:20 - 10:40	Preconception Care: Optimizing Maternal & Fetal Outcomes	Dr. Mary D'Cruz
	Chairpersons: Dr. Madhavi K Dr Neelaveni	
10:40 - 11:00	Hypertension in Women: Beyond the Guidelines	Dr. Surekha Sheety
	Chairpersons: Dr. Udai Lal Dr. Sriranga Abhkari	
11:00 - 11:40	Dr. Benny Negalur Oration: Bridging the Gender Gap in Diabetes Care: A Physician's Clinical & Educational Blueprint	Dr. Vijay Negalur
	Chairpersons: Dr. Bhavya Bhavana Dr. Apoorva M	
11:40 - 12:00	Medical Disorders in Pregnancy: Thyroid, Hypertension & Cardiac Disease	Dr. Heema Gosai
	Chairpersons: Dr. Yousuf Khan Dr. Farz Farishta	
12:00 - 12:20	Intersection of Internal Medicine & Infertility	Dr. Meeta Singh
	Chairpersons: Dr. Udai Lal Dr. Sriranga Abhkari	
12:50 - 13:10	CGM, AID & Diabetes Technology During Pregnancy	Dr. Shalini Jaggi
	Chairpersons: Dr. Ranjani Dr. Mary D cruz	
13:10 - 13:40	Thandav	Dr. Nayani
13:40 - 14:10	Lunch	
	Chairpersons: Dr. Lily Rodrigues Dr. Smitha Bhat	
14:10 - 14:30	Cardio-Obstetrics: The New Frontier	Dr. Sridevi patnala
	Chairpersons: Dr. Vipul Chavda Dr. Bhavya Bhavana	
14:30 - 14:50	Reserved Industry Session	Dr. Sumalatha
	Chairpersons: Dr. Dhruvi Hasnani, Dr. Mohsin	
14:50 - 15:10	Mental Health, Burnout & Women's Metabolism	Dr. Meena Chabra
	Chairpersons: Dr. Faraz Farishta Dr. Nadeem	
15:10 - 15:30	Social Determinants of Cardiometabolic Health in Women	Dr. K Shankar
	Chairpersons: Dr. Madhavi K Dr. Neelaveni	
15:30 - 15:50	Nutrition, Exercise & Muscle Health for Healthy Ageing	Dr. Nadeem

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13:40 - 14:10

Lunch

15:50 - 16:10 Best Abstracts & Rapid-fire Presentations

16:10 - 16:30 EVASTRIDE 2026 Awards & Recognition

16:30 - 17:00 AI & the Future of Digital Women's Health

17:00 - 17:30 Key Take-Home Messages & Conference Highlights

17:30 - 17:50 Newer Therapies in Obesity & Metabolic Disease

17:50 - 18:10 Long-Acting Therapies: Changing the Treatment Paradigm

18:10 - 18:30 Treating Obesity Early: Prevention or Overtreatment?

18:30 - 19:00 Vote of Thanks • CME Highlights • Closing Remarks

