

# BESTCON — 2026 —

BHARAT ENDOCRINOLOGY SUMMIT & TRENDS CONFERENCE

DATES - 14 & 15 FEBRUARY, 2026 | VENUE - NOVOTEL JUHU, MUMBAI

ORGANIZED BY

TRUST FOR RESEARCH IN CLINICAL ENDOCRINOLOGIST & DIABETOLOGIST



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Dear Esteemed Colleague,

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It gives us great pleasure to welcome you to BESTCON, a scientific meeting dedicated to advancing knowledge, and sharing real-world insights in the rapidly evolving field of endocrinology. The field of Endocrinology has seen revolutionary changes in few months and we intend to encompass most of them in the academic sessions

This conference brings together leading clinicians, researchers, and educators to discuss the latest evidence, emerging therapies, and clinical best practices in diabetes, obesity, thyroid disorders, adrenal and pituitary diseases, bone health, and metabolic medicine. Through engaging lectures, panel discussions, and workshops, we aim to bridge the gap between cutting-edge research and everyday clinical practice.

We are proud to host this event in Mumbai - a city known for its energy, diversity, and spirit of innovation. We hope the scientific sessions inspire meaningful dialogue, new collaborations, and renewed commitment to improving endocrine care across India.

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## EVENT PARTNERS



**Dr. Mohan Magdum**  
President, Maha Endocrine  
Society



**Dr. Altamash Shaikh**  
Secretary, Maha Endocrine  
Society



**Dr. Rajendra Sankpal**  
President, Mumbai Obstetric &  
Gynaecological Society



**Dr. Kedar Ganla**  
Secretary, Mumbai Obstetric &  
Gynaecological Society

**MMC Credit Points Applied For**

## SCIENTIFIC PROGRAM

**14<sup>TH</sup> FEBRUARY 2026 | HALL A**  
**02:00 - 08:00PM - ENDOBESITY SCHOOL**

TIME	TOPICS	SPEAKERS
<b>02:00 - 04:00</b>	<b>Nutrition Hacks in Metabolic Care   Moderator : Dr Piya Ballani</b>	
02:00 - 02:10	What's Really on Our Plate? Food Adulterants: The Hidden Metabolic Threat	Dr Adway Kulkarni
02:11 - 02:20	Don't Trust the Label - Decoding Food Labels for Metabolic Practice	Dr Preeti Namjoshi
02:21 - 02:30	From Grain to Glycaemia-How Processing Alters Metabolic Health	Dr Manishi Nautiyal
02:31 - 02:40	Your Second Genome-Gut Microbiome as a Modulator of Metabolism	Dr Charmi Gandhi
02:41 - 02:50	Invisible Hormonal Saboteurs-Endocrine Disruptors and Obesity Risk	Dr Ankan Jha
02:51 - 03:00	Macros Matter-Individualising Macronutrient Composition	Dr Trupti Prasad
03:01 - 03:10	The Fat Question-Choosing the Right Oils and Dietary Fats	Dr Parag Agrawal
03:11 - 03:20	When You Eat Matters-Time-Restricted Eating in Obesity Care	Dr Minal Meshram
03:21 - 03:30	Precision Exercise Prescription in Diabetes	Dr Yash Chauhan
<b>03:30 - 04:00</b>	<b>Session and Q and A   Moderator : Dr Piya Ballani</b>	
<b>04:00 - 06:00</b>	<b>Basics Of Obesity and Conventional Therapeutics</b>	
04:01 - 04:10	Obesity Is Not a Choice-Obesity as a Chronic, Relapsing Disease	Dr Niragi Mehta
04:11 - 04:20	Beyond the Weighing Scale-Assessing Obesity Beyond BMI	Dr Niketa Godse
04:21 - 04:30	What Is the Weight Made Of? Interpreting a Body Composition Report	Dr. Varsha Jagtap
04:31 - 04:40	Why Weight Is Hard to Lose-Neurohormonal Interplay in Obesity	Dr Sweta Budyal
04:41 - 04:50	When Obesity Begins Early-Childhood-Onset Obesity: Key Takeaways for Clinicians	Dr Rashi Agarwal
04:51 - 05:00	Is It Really Primary Obesity? Evaluating Obesity: Tests to Rule Out Secondary Causes	Dr Sukirti Misra
05:01 - 05:10	Looking Beyond Weight-Evaluating Obesity-Related Comorbidities	Dr Shrishail Paradkar
05:10 - 05:20	From Lifestyle to Injections-The Journey of Obesity Therapeutics	Dr Avesh Shingare
05:20 - 05:30	The Old Warrior-Orlistat in Contemporary Obesity Care	Dr Sweta Budyal
05:30 - 05:40	More Than Just Sugar Loss - SGLT-2 Inhibitors in Obesity Care: When and Why	Dr Varsha Jagtap
<b>05:40 - 06:00</b>	<b>Session and Q and A   Moderator : Dr Jasmina Vora</b>	
<b>06:00 - 07:00</b>	<b>Semaglutide Symposium   Moderator : Dr Tushar Bandgar</b>	
06:00 - 06:20	Semaglutide EPIC Role In Diabetes Management	Dr Shehla Shaikh
06:20 - 06:40	Semaglutide vs Dual Hype:Legacy makes all the difference	Dr V Srinagesh
06:40 - 07:00	Single Agent Supreme Results:Semaglutide Winning The CKM Story	Dr Jugal Gada
<b>07:00 - 07:15</b>	<b>Panel Discussion   Moderator : Dr Tushar Bandgar</b> <b>Panelist: Dr Shehla Shaikh , Dr V Srinagesh , Dr Jugal Gada</b>	
<b>07:15 - 08:15</b>	<b>Breaking Barriers in Obesity Care with Tirzepatide</b>	
07:15 - 07:35	The Rise Of GIP from Biology To medicine	Dr Manoj Chadha
07:35 - 07:55	Redefining Obesity Care with Tirzepatide	Dr Archana Juneja
07:55 - 08:10	<b>Session and Q and A   Moderator : Dr Girish Parmar</b>	



## SCIENTIFIC PROGRAM

14<sup>TH</sup> FEBRUARY 2026 | HALL B

TIME	TOPICS	SPEAKERS
<b>02:00 - 03:45</b>	<b>Diabetes Technology in Real-World Practice</b>	
02:00 - 02:15	From Injections to Automation-Initiating Insulin Pump Therapy	Dr Pankaj Patel
02:15 - 02:30	When the Pump Misbehaves-Troubleshooting Insulin Pump Therapy	Dr David Chandy
02:30 - 02:45	Fingersticks or Sensors? SMBG vs CGM: Choosing the Right Monitoring Strategy	Dr Aasim Maldar & Madhur Maheshwari
02:45 - 03:00	Making Sense of the Curves-CGM Interpretation: Finding Patterns in Apparent Randomness	Dr Sneha Kothari
03:00 - 03:15	AI in the OPD	Dr Altamash Shaikh
<b>03:15 - 03:30</b>	<b>Ask the Experts-Q and A</b> <b>Moderator : Dr Sneha Kothari</b>	
<b>03:45 - 06:00</b>	<b>The Thyroid And Bone Symposium</b> <b>Chairperson : Dr P K Varthakavi, Dr Phulrenu Chauhan, Dr Ritesh Agarwal</b>	
03:45 - 04:00	Evaluation Of Thyroid Nodule	Dr Vaishali Naik
04:00 - 04:15	Burn, Don't Cut-Thyroid Nodule Ablation: A Practical Primer	Dr Gaurav Gangwani
04:15 - 04:30	Is T4 Enough for Everyone? Role of T3 in Hypothyroidism Management: Evidence & Practice	Dr Aasim Maldar
04:30 - 04:45	Genes That Decide Molecular Testing in Thyroid Nodules: Clinical Implications-	Dr Gayatri Ghanekar
04:45 - 05:00	Interpretating DXA Report	Dr Puneet Mashru
05:00 - 05:15	Romancing The Romosozumab	Dr Manoj Chadha
05:15 - 05:30	PM Bone turnover markers	Dr Jugal Gada
05:30 - 05:45	When Cancer Therapy Hits the Endocrine System-Immunotherapy-Associated Endocrinopathies	Dr Manjiri Karlekar
<b>06:00 - 07:00</b>	<b>Pituitary And Adrenal Symposium</b> <b>Chairperson : Dr N F Shah, Dr Padmavathy S Menon</b>	
06:00 - 06:15	Hypophysitis diagnosis and management	Dr Tushar Bandgar
06:15 - 06:30	The Hypertension You Should Not Miss Adrenal Gland as seat of hypertension-Implications In Practice	Dr Anurag Lila
06:30 - 06:45	Finerenone Disease Modifying therapy for diabetic kidney disease	Dr Archana Juneja
<b>06:45 - 07:00</b>	<b>Care Of Patient On Steroids</b> <b>Duologue : Dr Rohit Barnabas, Dr Aditya Phadate</b>	
07:00 - 07:15	Open Interactions and Shift to Hall A	

## SCIENTIFIC PROGRAM

**15<sup>TH</sup> FEBRUARY 2026 | HALL A**

TIME	TOPICS	SPEAKERS
<b>09:00 - 01:00</b>	<b>Dimensions In Diabetes</b>	
09:00 - 09:15	Gliclazide as choice of SU in T2D complicated patients	Dr Darshana Thakur
09:15 - 09:30	Triple Pathways Better Outcomes with SGLT2 I, DPP4 +Metformin combination	Dr Apoorva Hajirnis
09:30 - 09:45	Pragmatic Approach To Adrenal Mass Evaluation: The Endocrinologists Perspective	Dr Nalini Shah
09:45 - 10:00	Approach To Fatty Liver	Dr Samir Shah
10:00 - 10:15	Modern SU and Metformin The Tested Foundation In Era Of Newer Drugs	Dr Basavraj GS
10:15 - 10:30	Once Weekly Gliptin A Game Changer	Dr Deep Hathi
10:30 - 10:50	Endocrinology And Chronomedicine	Dr Shashank Joshi
10:50 - 11:10	Clearing The Air Around Inhaled Insulin	Dr Shashank Joshi
11:10 - 11:30	Universal NT ProBNP Screening in T2DM	Dr Basavraj GS
11:30 - 11:15	Revisiting Pioglitazone From Legacy Drug To Strategic combination partner	Dr Kanchan Kewalramani
11:45 - 12:00	Energising Diabetes Care With Imeglimin	Dr Johan Varghese
12:05 - 12:20	T2D>3RF:EXTRA CARE FOR HIGH RISK T2D	Dr Dheeraj Kapoor
12:20 - 12:35	In 2026 Diabetic Kidney Disease Can It Be Cured	Dr Umesh Khanna
12:35 - 12:50	Fatty Liver (MASLD) - The Role of Saroglitazaar - Dual PPAR Agonist	Dr Prashant Gaikwad

**15<sup>TH</sup> FEBRUARY 2026 | HALL B**

<b>09:00 - 12:00</b>	<b>Endocrine Gynaec Crosstalk</b>	
09:15 - 09:30	When Estrogen Is Not an Option-Non-Estrogen Therapies & Emerging Alternatives in Menopause	Dr Tejal Lathia
09:30 - 09:45	Interplay Between Metabolic Syndrome and Hypothyroidism: Towards an Evidence-Based Synergistic Management Approach	Dr Mahesh Chavan
09:45 - 10:00	PCOS and GLP-1 Receptor Agonists: Is a Paradigm Shift Coming?	Dr Nikhil Bhagwat
10:00 - 10:15	Newer developments in Prolactinoma Management	Dr Virendra Patil
10:15 - 10:30	Gender Identity Disorders: Legalities and Precautions to Remember as You Treat	Dr Dheeraj Kapoor
10:30 - 10:45	Osteoporosis: Clinical Basics Every Practitioner Must Know	Dr Darshana Thakur
10:45 - 11:00	Sarcopenia From Bench To Bedside	Dr Altamash Shaikh
11:00 - 11:15	Insulin in Pregnancy: Getting It RightGestational Diabetes Mellitus – Practical Insulin Management	Dr Ashutosh Sonawane
<b>11:15 - 12:00</b>	<b>INSULIN WORKSHOP   Moderator : Dr Madhur Maheshwari</b>	
11:20 - 11:30	Facilitation Of Insulin	Dr Harsh Parikh
11:30 - 11:40	Common Errors In Insulinisation	Dr Nisha Kaimal
11:40 - 11:50	Managing a patient with high insulin requirement- tips and tricks	Dr Sanjeet Jaiswal
<b>12:00 - 12:45</b>	<b>Surpassing Expectations: Early Management and Dual Agonism in Indian Diabetes Care</b>	
12:00 - 12:15	Importance of early holistic management of T2DM	Dr Uday Phadke
12:15 - 12:30	Surpass 2: paving way to Hba1c and weight while being superior to GLP1RAs	Dr Vageesh Iyer
<b>12:30 - 12:45</b>	<b>Early Management and Dual Agonism in Indian Diabetes Care Q &amp; A Session Moderator : Dr Mahesh Chavan</b>	

## NON-RESIDENTIAL REGISTRATION

CATEGORY	FROM 1 <sup>ST</sup> NOVEMBER TO 31 <sup>ST</sup> DECEMBER 2025	FROM 1 <sup>ST</sup> JANUARY TO 31 <sup>ST</sup> JANUARY 2026	FROM 1 <sup>ST</sup> FEBRUARY 2026 ONWARDS
Delegates	₹8,000	₹10,000	₹12,000
<b>Total Charges with 18 % GST</b>	<b>₹9,440</b>	<b>₹11,800</b>	<b>₹14,160</b>
PG Students	₹3,500	₹4,500	₹5,500
<b>Total Charges with 18 % GST</b>	<b>₹4,130</b>	<b>₹5,310</b>	<b>₹6,490</b>

**Registration Fee Inclusions:** Non Residential Registration for the BESTCON 2026, Lunches on 14<sup>th</sup> & 15<sup>th</sup> February 2026, Banquet Dinner on 14<sup>th</sup> February 2026, Entry to Trade exhibitions, & 18% GST charges as applicable.

## SINGLE DAY - NON RESIDENTIAL REGISTRATION

CATEGORY	FROM 1 <sup>ST</sup> NOVEMBER TO 31 <sup>ST</sup> DECEMBER 2025	FROM 1 <sup>ST</sup> JANUARY TO 31 <sup>ST</sup> JANUARY 2026	FROM 1 <sup>ST</sup> FEBRUARY 2026 ONWARDS
Delegates	₹5,000	₹7,000	₹9,000
<b>Total Charges with 18 % GST</b>	<b>₹5,900</b>	<b>₹8,260</b>	<b>₹10,620</b>
PG Students	₹2,000	₹3,000	₹4,000
<b>Total Charges with 18 % GST</b>	<b>₹2,360</b>	<b>₹3,540</b>	<b>₹4,720</b>

**Registration Fee Inclusions:** Non Residential Registration for the BESTCON 2026, Lunch on conference registered day. Banquet registration is not part of the above package.



## CONFERENCE SECRETARIAT



### RNS Events & Exhibition:

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