



KSMC
5.5
Credit Hours



**O by Tamara,
Trivandrum**

Dear Colleagues,

Greetings from Trivandrum.

We are delighted to invite you to Diabetes Dialogues 2025, where tradition meets innovation. Each year, our team curates a scientific experience that blends the latest advances in diabetes care with practical strategies you can directly apply in your clinics. This year will be no different and promises to be even more engaging.

Over two days, we bring you four mega-workshops and one focused mini workshop, designed to keep you at the forefront of clinical practice.

Workshops

- Sports Nutrition for Recreational Athletes
- Insulin Workshop
- Social Media Use for Doctors
- Body Composition Workshop
- MASLD Workshop

And, as always, we have our knowledge challenge sessions, featuring exciting prizes to make the learning experience even more rewarding. A limited number of complimentary registrations are available. For any registration assistance, kindly contact our team at +91 7356 90 28 31. We look forward to your active participation and to sharing two days of science, dialogue, and practical learning.

Warm regards,
Organising Team
Diabetes Dialogues 2025

Organising Team

Organising Chairman
Organising Secretary
Scientific Advisors

Joint Secretary (Physician stream)
Joint Secretary (Paramedic stream)
Chief Coordinator
Event Coordinator

: Dr. Mathew John
: Dr. Tittu Oommen
: Dr. Jabbar P. K
: Dr. Aneesh Ghosh M.S
: Dr. Nishanth Sanalkumar
: Dr. Thushanth Thomas
: Dr. Deepa G
: Ms. Rejitha Jagesh
: Mr. Ben Johnson
: Ms. Swathy R.G

DIABETES
DIALOGUES
2025 25 | 26
OCTOBER

We request you to attend the program in full. You can register with the link
www.providenceconference.com



National Faculty

Dr. Krishna G. Seshadri, Chennai
Dr. Muthukumaran Jayapaul, Chennai
Dr. Ganesh H.K., Mangalore
Dr. Vijaya Bhaskar Reddy, Puducherry
Dr. Basavaraj G.S , Bengaluru
Dr. Soumya Bharani, Bengaluru
Ms. Shilpi Goel, Raipur

State Faculty

Dr. Jabbar P.K , Thiruvananthapuram	Dr. Prashanth Shankar , Pathanamthitta	Dr. Soumya Kurup , Thiruvananthapuram
Dr. Tiny Nair , Thiruvananthapuram	Dr. Sharika E.M , Perinthalmanna	Dr. Sreekumar R.C , Thiruvananthapuram
Dr. Sivaprasad K , Thiruvananthapuram	Dr. Reshma M , Thiruvananthapuram	Dr. Akhil Krishna , Thiruvananthapuram
Dr. Vishnu Vasudevan , Perinthalmanna	Ms. Soumya S Nair , Thiruvananthapuram	Dr. Praveen Muralidharan , Thiruvananthapuram
Dr. A George Koshy , Thiruvananthapuram	Dr. Harish Kareem , Thiruvananthapuram	Dr. Muhammed Niyas , Thiruvananthapuram
Dr. Jothydev Kesavadev , Thiruvananthapuram	Dr. Manoj K.S , Thiruvananthapuram	Ms. Jaziya S , Thiruvananthapuram
Dr. Aneesh Ghosh M.S , Thiruvananthapuram	Dr. Ajith Kumar S , Thiruvananthapuram	Ms. Aswathy Gopan , Pathanamthitta
Dr. Thushanth Thomas , Thiruvananthapuram	Dr. Karthik Vijayakumar , Thiruvananthapuram	Dr. Ramshekhar Menon , Thiruvananthapuram
Dr. Ajish T.P , Kollam	Dr. Vivek Mathew , Kochi	Dr. Arjun R , Kannur
Dr. Tittu Oommen , Thiruvananthapuram	Dr. Geena Susan George , Kochi	Dr. Mohan T. Shenoy , Thiruvananthapuram
Dr. Mathew John , Thiruvananthapuram	Dr. Ajeesh T , Kottayam	Dr. Anulekha M.John , Thiruvalla
Dr. Sarin Sara Jose , Aluva	Dr. Sabarinath. C , Thiruvananthapuram	Dr. Sripriya Shaji , Kozhikode
Dr. Antresa Jose , Parumala	Dr. Jan Ahamed , Kollam	Dr. Lekshmi S , Thiruvananthapuram

**DIABETES
DIALOGUES
2025** 25 | 26
OCTOBER

We request you to attend the program in full. You can register with the link
www.providenceconference.com



Sports Nutrition for Recreational Athletes

Dr. C. Ronald Kahn Hall

25.10.2025

09:00 - 11:00

Dr. Sowmya Bharani PhD(UK), RD(UK), Bengaluru

- Macronutrients requirements
- Body recomposition
- Protein requirements, supplements & timings
- Ergogenic aids
- Tasting sessions



Insulin Workshop

25.10.2025

11:00 - 13:00

Dr. C. Ronald Kahn Hall

Dr. Tittu Oommen, MD,DM, Thiruvananthapuram

Dr. Reshma.M, MD, DM, Thiruvananthapuram

- Understand basics of insulin
- Insulin initiation
- Insulin intensification
- Choosing between GLP-1 RA vs insulin
- Basics and case scenarios of inhaled insulin
- Demonstration of inhaled insulin



Social Media Use for Doctors

Dr. C. Ronald Kahn Hall

26.10.2025

09:00 - 11:00

Dr. Vishnu Vasudevan, MD, DM, Perinthalmanna

Dr. Sharika E.M, DNB, MRCS, FICO, MES , Perinthalmanna

- Importance of social media for doctors
- Challenges and negative consequences
- How should a doctor use social media: Facebook, Instagram, LinkedIn, Twitter, Whats App channels
- How to start doing it : infrastructure
- Personal experiences



Body Composition Workshop

Dr. Jesse Roth Hall

25.10.2025

09:00 -11:00

Dr. Antresa Jose, MD,DM , Parumala

Dr. Mathew John, MD,DM , Thiruvananthapuram

- Understanding body composition
- Various methods of body composition measurements
- Case studies of body composition and sarcopenia
- Exercises to improve sarcopenia
- Role of diet ,medicines and exercise



MASLD Workshop

25.10.2025

11:00 -13:00

Dr. Jesse Roth Hall

Dr. Harish Kareem, MD,DM, Thiruvananthapuram

Dr. Manoj K.S, DMRD, DNB, MD, Thiruvananthapuram

Dr. Mathew John, MD,DM, Thiruvananthapuram

- Epidemiology of MASLD
- Assessment : Whom to assess? how to assess ?
- Imaging : VCTE, SWE, MRI-PDFF, MRE
- Management : When to use UDCA, Saroglitazar, Vitamin E, Semaglutide, Obeticholic acid, Resmetirom, Pioglitazone
- Metabolic management



PROGRAMME SCHEDULE

OCTOBER 25

25-10-2025

Dr. C. Ronald Kahn Hall

09:00 - 11:00 Sports nutrition for recreational athletes

Dr. Sowmya Bharani, Bengaluru

11:00 - 13:00 Insulin workshop

Dr. Tittu Oommen, Thiruvananthapuram

Dr. Reshma.M, Thiruvananthapuram

25-10-2025

Dr. C. Ronald Kahn Hall

Contemporary Dietetics

Chairperson : Ms. Midhila Mahendran
Dr. Anitha Mohan

14:00 - 14:20 Diagnostic tools to detect eating disorders in adolescent / young age groups.

Dr. Sripriya Shaji, Kozhikode

14:20 - 14:40 Nutritional management in MASLD

Ms. Jaziya S, Thiruvananthapuram

14:40 - 15:00 Nutrition in people taking antiobesity medicines

Ms. Shilpi Goel, Raipur

Concepts in Modern Dietetic Practice

Dr. Mini Mary Prakash
Dr. Krishna Mohandas

15:00 - 15:20 Dietary advice : will AI-based dietary apps replace professionals ?

Ms. Soumya S Nair, Thiruvananthapuram

15:20 - 15:50 Debate: Are Inflammatory diets scientific: Yes:

Dr. Sowmya Bharani, Bengaluru

No:

Ms. Aswathy Gopan, Pathanamthitta

15:50 - 16:10 Probiotic supplementation in clinical practice: who benefits? who doesn't ?

Dr. Sarin Sara Jose, Aluva

Inaugural Symposium

Dr. R Rajapaul
Dr. Sasikumar V

16:10 - 16:40 Why do we eat too much and gain weight despite our best efforts : a peek into the pathobiology of hunger, eating and weight gain?

Dr. Krishna G. Seshadri, Chennai

16:40 - 17:00 Remission of diabetes : has the hype died down ?

Dr. Jabbar P. K, Thiruvananthapuram

New Learnings in Diabetes and Obesity

Dr. Jabbar P. K,
Dr. Sanjay Zachariah

17:10 - 17:30 Are behavioural therapies still relevant in obesity management in the era of anti-obesity medicines?

Dr. Krishna G. Seshadri, Chennai

17:30 - 18:00 Real world use of Artificial Intelligence in Diabetes: Case studies

Dr. Basavaraj G.S, Bengaluru

18:00 - 18:20 Diabetes and Obesity learning for physicians: a review of online resources

Dr. Prashanth Shankar, Pathanamthitta

Bench to Bedside

Dr. Mohan T Shenoy
Dr. Soumya Kurup

18:20 - 19:00 Making Good Thing Even Better: Expanding applicability of Automated Insulin Delivery (AID) to benefit all

Dr. Tittu Oommen, Thiruvananthapuram

19:00 - 19:20 Fixed drug oral combination therapy in diabetes : what is rational, what is not ?

Dr. Ganesh H.K, Mangalore

19:20 - 19:40 Will CGM help people without diabetes?

Dr. Karthik Vijayakumar, Thiruvananthapuram

19:40 - 20:00 Vaccinations in adults: an underutilised opportunity

Dr. Muhammed Niyas, Thiruvananthapuram

PROGRAMME SCHEDULE

OCTOBER 25

25-10-2025 Dr. Jesse Roth Hall

09:00 - 11:00	Body Composition Workshop	Dr. Mathew John, Thiruvananthapuram Dr. Antresa Jose, Parumala
11:00 - 13:00	MASLD Workshop	Dr. Harish Kareem, Thiruvananthapuram Dr. Manoj K.S, Thiruvananthapuram Dr. Mathew John, Thiruvananthapuram

25-10-2025 Dr. Jesse Roth Hall

Stories from the Foot Clinic		Dr. Visakh Varma Dr. Deepa G
14:00 - 14:20	Short stories in re-vascularisation of the diabetic foot	Dr. Sreekumar R.C, Thiruvananthapuram
14:20 - 14:40	Short stories in using HBOT for diabetic foot	Dr. Ajith Kumar S, Thiruvananthapuram
14:40 - 15:00	Short stories in managing infections in diabetic foot	Dr. Muhammed Niyas, Thiruvananthapuram

Complex Cases in Diabetes : OAD, Insulin and GLP-1 RAs		Dr. Prashanth Shankar, Pathanamthitta
15:00 - 16:00	Case based panel discussion on complex cases of type 2 diabetes mellitus	Dr. Ajish T.P, Kollam Dr. Jan Ahamed, Kollam

Novel Concepts in Diabetes		Dr. Jan Ahamed Dr. Reshma M
16:00 - 16:20	Exocrine dysfunction in type 1 and type 2 : diabetes how to diagnose and how to treat ?	Dr. Mohan T. Shenoy, Thiruvananthapuram
16:20 - 16:40	Screening for hypercortisolemia in type 2 diabetes lessons from CATALYST	Dr. Anulekha M.John, Thiruvalla

Managing Drug Complications		Dr. Ajish T P Dr. Mahesh Sukumaran
16:40 - 17:10	Managing genitourinary infections during SGLT2 inhibitor use	Dr. Lekshmi S, Thiruvananthapuram
17:10 - 17:40	Diagnosing and managing sarcopenia duing GLP-1 RA/dual agonist use	Dr. Antresa Jose, Parumala

Glucose Management: Current Paradigms		Dr. Lekshmi S Dr. Suresh R.S
17:50 - 18:10	Managing diabetes with high cardiovascular risk	Dr. Ganesh H.K, Mangalore
18:10 - 18:30	Modern sulphonylureas: ADA 2025 guideline-current role and clinical positioning	Dr. Soumya Kurup, Thiruvananthapuram
18:30 - 18:50	Addressing Hypoglycemia: A Critical Barrier in Glycemic Management.	Dr. Anulekha M.John, Thiruvalla

Emerging Concepts in Diabetes Therapeutics		Dr. Sunil Prashob Dr. Sumesh Raj
18:50 - 19:10	Adapting biosimilar interchangeable insulin to clinical practice	Dr. Thushanth Thomas, Thiruvananthapuram
19:10 - 19:30	IGlarLixi - A Solid approach for comprehensive T2DM Management.	Dr. Basavaraj G.S, Bengaluru
19:30 - 20:00	Overcoming Clinical Challenges of Conventional Insulins with New Generation Insulins	Dr. Jothydev Kesavadev, Thiruvananthapuram

PROGRAMME SCHEDULE

OCTOBER 26

26-10-2025 Dr. C. Ronald Kahn Hall

09:00 - 10:00	Social media use for doctors	Dr. Vishnu Vasudevan, Perinthalmanna Dr. Sharika E.M, Perinthalmanna
	New Vistas in Cardiac Care	Dr. Thankam D Dr. Anulekha M. John
10:00 - 10:20	Lipoprotein(a) whom to test and how to treat ?	Dr. Vivek Mathew, Kochi
10:20 - 10:40	Management of HfPEF, the future is now	Dr. Tiny Nair, Thiruvananthapuram Dr. A George Koshy, Thiruvananthapuram
10:40 - 11:10	Changing paradigms in lipid lowering: a trialogue	Dr. Sivaprasad K , Thiruvananthapuram Dr. Tiny Nair, Thiruvananthapuram
	GLP-1 Symposium	Dr. Thushanth Thomas Dr. Shahbaz Zailu
11:10 - 11:30	A new era in Cardio-Kidney-metabolic care with oral semaglutide leveraging outcomes from SOUL trial	Dr. Muthukumaran Jayapaul, Chennai
11:30 - 11:50	Exploring the comprehensive cardiometabolic benefits of Semaglutide 2.4 mg: Beyond weight loss	Dr. Vijaya Bhaskar Reddy, Puducherry
11:50 - 12:10	STEPping stones to effective obesity management: Exploring the role of Semaglutide 2.4 mg	Dr. Akhil Krishna, Thiruvananthapuram
	Point : Counter Point : 1 hr Post Prandial Glucose	Dr. Aneesh Ghosh M.S
12:10 - 12:40	It does not mean much. We can live without it Valuable addition to our diabetes management strategy	Dr. Ajeesh T, Kottayam Dr. Arjun R, Kannur
	Diabetes Complications	Dr. Sreejith Babu
12:40 - 13:00	Cognitive dysfunction in people with diabetes: diagnosis, prevention and treatment	Dr. Ramsekhar Menon, Thiruvananthapuram
13:00 - 13:20	Defining hypoglycemia in clinical practice	Dr. Vijaya Bhaskar Reddy, Puducherry

Dr. C. Ronald Kahn

Dr. C. Ronald Kahn is a leading physician-scientist whose discoveries defined modern insulin signalling and the mechanisms of insulin resistance central to type 2 diabetes and obesity. His lab established the insulin receptor as a tyrosine kinase and identified insulin receptor substrates (IRS proteins), mapping pathways across adipose tissue, liver, brain, and β -cells that clarify metabolic control and its failure in disease.



PROGRAMME SCHEDULE

OCTOBER 26

26-10-2025 Dr. Jesse Roth Hall

Lessons in Diet and Monitoring		Dr. A. Akshay Subramanian Dr. Sabeer Rasheed
10:00 - 10:20	Entrepreneurship for dieticians	Ms. Shilpi Goel, Raipur
10:20 - 10:40	Optimal use of glucose monitoring : SMBG , CGMS and HbA1c	Dr. Mathew John, Thiruvananthapuram
10:40 - 11:00	Impact of diet on Cardiovascular disease: Dietary salt, cholesterol and ketogenic diets	Dr. Geena Susan George, Kochi
Controversies in Cardiology		Dr. Dhanya Unnikrishnan Dr. Kala S. N
11:00 - 11:20	Prioritising glucose-lowering therapies in cardiovascular disease: GLP-1 RA or SGLT2 inhibitors as first line therapy	Dr. Aneesh Ghosh M.S,Thiruvananthapuram
11:20 - 11:40	Managing hypertriglyceridemia in clinical settings practice : a case based approach	Dr. Arjun R, Kannur
11:40 - 12:00	LDL lowering : personalising LDL targets to balance benefits and risks	Dr. Vivek Mathew, Kochi
Diabetic Kidney Disease		Dr. Manoj P Mathews Dr. Janak Giridhar
12:00 - 12:20	Estimating UACR in clinical practice: methods, challenges and opportunities	Dr. Muthukumaran Jayapaul, Chennai
12:20 - 12:40	How much protein restriction for kidney disease: striking a balance	Dr. Sabarinath C, Thiruvananthapuram
12:40 - 13:00	Finerenone: A breakthrough in kidney and cardiovascular protection For CKD And T2D Patients	Dr. Praveen Muralidharan, Thiruvananthapuram

Dr. Jesse Roth



Dr. Jesse Roth is an American endocrinologist whose pioneering work established the central role of cell-surface hormone receptors-especially the insulin receptor-in metabolic regulation and diabetes pathophysiology. His group's methods and concepts enabled direct study of hormone receptors, discovery of receptor-linked diseases, and recognition that receptor number and affinity are dynamically regulated in vivo, advancing modern endocrinology.

COORDINATION TEAM

Registration

Ms. Soumya Rajan
Ms. Bini S. John
Ms. Malavika S.R
Ms. Adithya S. Subhash

Dr. C. Ronald Kahn Hall

Ms. Vaishnavi Krishnan
Ms. Anju S.R
Ms. Anila Nisha

Venue

Ms. Manju M.J
Mr. Dinunath K.S
Ms. Renjini U
Ms. Athira J.R

Dr. Jesse Roth Hall

Ms. Chinnu K.S
Ms. Thasni M.S
Ms. Aswathy G.R

Audio Visual

Dr. Janetha Edwin
Ms. Sreekutty S
Ms. Revathy V.K

Food & Beverages

Ms. Soumya R. Dharan
Mr. Anish Titus
Ms. Aswathy Krishna

EVENT PARTNERS



O by TAMARA



OUR CORPORATE SPONSORS



Registration

Please register using the link:
www.providenceconference.com

- Limited complimentary registrations will be closed as soon as the requisite number of delegates is reached or by 15 October 2025
- Due to the specifications of KSMC, only those attending the full conference are eligible for CME credit hours. Certificates will be available from 26 October 2025, 11 AM.
- Please bring an identification document (ID) as proof of being a health professional for entry into the meeting area.

	Before Aug 31 Early bird	Sept 1-Sept 30	Oct 1 onwards
Students	2360	3540	5900
Paramedicals	2360	3540	5900
Doctors	2360	4720	7080

Spot registrations are subject to availability

* All rates are inclusive of GST

Payment of registration feeds: Use UPI for transfer: 8281181311@okbizaxis |  Pay +91 8281 1813 11
Or use the official registration page to pay the fees while registering

- Conference bags, educational materials, and meal coupons are available for the first 250 onsite attendees on a first-come, first-served basis at the registration desk.
- No complementary spot registrations. Spot registrations if available only on payment.

CONFERENCE SECRETARIAT

Providence Healthcare

Providence Endocrine and Diabetes Specialty Centre,
Prasanth Nagar, Ulloor, Trivandrum 695011
Ph: 0471 6662872, Mob: 7356902831 | Email: providenceconference7@gmail.com
www.providenceconference.com

SCIENTIFIC PARTNER

