



ESAP 2026

18th & 19th JULY TIRUPATI

ENDOCRINE SOCIETY OF ANDHRA PRADESH

HORMONES AND BEYOND : THE SACRED BALANCE



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www.easp2026tirupathi.com

WELCOME MESSAGE

On behalf of the organizing committee, we are delighted to extend a warm welcome to each of you attending this year's ESAP 2026, the annual conference of Endocrine society of Andhra Pradesh to be held in the sacred and historic city of Tirupathi.

Organised under the esteemed banner of Endocrine Society of Andhra Pradesh, the conference brings together esteemed medical professionals, clinicians, researchers, healthcare professionals from across the region and beyond. This conference promises to be remarkable journey filled with insightful discussions,with a particular focus on Endocrine health.

Over 2 days, we bring you workshops, PG programmes, designed to keep you at the fore front of clinical practice.

We sincerely hope that you will enjoy the sessions and we look forward to your active participation and to sharing two days of science and practical learning

Warm regards,
Dr. Sailaja A
Organizing Secretary
ESAP 2026

ORGANISING TEAM



Dr. Alok Sachan
Organising Chairperson



Dr. Sailaja A
Organising Secretary

CO ORGANISING TEAM



Dr. Venkatesh L



Dr. Geerthana V

SCIENTIFIC TEAM



Dr. Hari Kishore Reddy
Scientific Chairperson



Dr. Gayathri S
Scientific Secretary



Dr. Chandra Obul Reddy K

TRAVEL TEAM



Dr. Manoj Kumar Reddy R



Dr. Pavan Kumar Reddy M



Dr. Lavanya K

POSTER PRESENTATION TEAM



Dr. Kavya J



Dr. Likitha B



Dr. Sri Krishna Chaitanya P

NATIONAL FACULTY



Dr. Koushik Pandit



Dr. Sanjay Kalra



Dr. Vijaya Bhaskar Reddy



Dr. Shiram Mahadevan



Dr. Asha HS



Dr. Beatrice Anne



Dr. Tejal Lathia



Dr. Chitra Selvan



Dr. Santosh R



Dr. Nitin Kapoor



Dr. Muthukumar
Jayapaul



Dr. Subash Yadav



Dr. Sri Nagesh V



Dr. Basavaraj Sooragonda



Dr. Mahesh DM



Dr. Vijaya Sarathi H A



Dr. Belinda George



Dr. Mohan T Shenoy



Dr. Sambit Das



Dr. Nalini Koppale



Dr. Lakshmi Nagendra

SCIENTIFIC PROGRAMME

Day 1: 18th July (Hall A)

TIME	TOPIC	SPEAKER
09:00-10:30	PAPER PRESENTATION Dr. Srinivasulu, Dr. C. Suneetha, Dr. Sayyad Aleem	
10:30-10:40	WELCOME ADDRESS Dr. Sailaja Anantarapu	
10:40-11:20	Metabolic Medicine Dr. Satish Chandra, Dr. Giridhar Adapa, Dr. Srikanth Chowdhary	
10:40- 11:00	Emerging role of Hepatokines in Metabolism & Metabolic disorders	Dr. Suresh V
11:00-11:20	Novel management strategies in Congenital Adrenal Hyperplasia	Dr. Shriram Mahadevan
11:20-12:20	Circadian Clocks & Obesity Dr. Dileep Kumar, Dr. Aruna Mangipudi, Dr. Rajesh Moganti	
11:20-11:50	Plenary : Circadian Rhythm in Endocrinology	Dr. Muthukumaran Jayapaul
11:50-12:20	Plenary : Renoadrenal modulation in Obesity	Dr. Sanjay Kalra
12:20-13:00	Rethinking Thyroid care : From Graves to Grey zones Dr. KAV Subramanyam, Dr. Aswini Machiraju, Dr. Srinivas Susheel	
12:20 - 12:40	Newer therapies for Thyroid Orbitopathy	Dr. Lakshmi Nalini Kopalle
12:40 -13:00	Integrating T3 in individualised therapy for Hypothyroidism	Dr. Meher Gowtham
13:00-14:00	LUNCH	
14:00 -14:40	Adrenal Challenges Dr. Bhrahmanandam, Dr. Sunil E, Dr. Sindhu Sree Rallapalli	
14:00 -14:20	Primary Hyperaldosteronism : Practical Considerations in Diagnosis & Management	Dr. Subhash Chandra B. Yadav
14:20-14:40	Metastatic paraganglioma & Pheochromocytoma	Dr. Asha HS
14:40-15:20	The Changing Face of Puberty & Infertility Dr. Arun M, Dr. Jaya Vardhan, Dr. Anusha	
14:40-15:00	17yr old boy with Delayed Puberty	Dr. Padmanabha Varma
15:00-15:20	Diagnostic Endocrine approach in an Infertile couple	Dr. Venkata Rakesh

SCIENTIFIC PROGRAMME

Day 1: 18th July (Hall A)

TIME	TOPIC	SPEAKER
15:20-15:50	Empowering women through Menopause Moderator - Dr. Bharani Bellam	
15:20-15:50	Menopause – From Cardiovascular health to Therapeutic management	Dr. P. Padmalatha Dr. Ch. Kanaka Durga Dr. Reshma Reddy
15:50-16:00	TEA BREAK	
16:00-16:40	The Roots of Obesity run deep Dr. B. Vivekananda, Dr. Rajendra Prasad, Dr. AG Vikram	
16:00-16:20	South Asian Burden of Obesity – Unique phenotype & Challenges	Dr. Kiran Kumar Golla
16:20-16:40	Sarcopenic Obesity – The hidden threat & why it matters most	Dr. Hanumantha Rao
16:40-17:20	Trending Obesity across the lifespan Dr. Satish P, Dr. Mani Deepthi, Dr. Manohar Sai	
16:40-17:00	Basic Science of Nutrition in Obesity – Is there more than just eating less?	Dr. Jaidev Sudagani
17:00-17:20	Changing paradigms of Obesity management in India	Dr. Nitin Kapoor
17:20-18:00	The fine balance :Navigating Electrolyte disorders Dr. Durga Prasad, Dr. J. Venkateswarlu, Dr. Raja Mohan Reddy	
17:20-17:40	Approach to 65yr old male with Recurrent Hyponatremia	Dr. Amulya Yalamanchi
17:40-18:00	Refractory Hypokalemia – Endocrine perspective	Dr. Sambit Das
18:00-19:00	GBM – Dr. Alok Sachan, Dr. KAV Subramanyam	
19:00-19:30	Alumni meet	
20:00-22:00	Cultural Night & Gala Dinner	

SCIENTIFIC PROGRAMME

Day 1: 18th July (Hall B)

TIME	TOPIC	SPEAKER
10:40-11:00	Inter disciplinary Dr. Naga Priya, Dr. Hinduja Sriramineni Kadiyala	
10:40-11:00	All Hypertension Are Not Essential! Approach to Endocrine Hypertension...Case Based Discussion	Dr. Gopal Datta KS
11:00-12:00	Insulin Workshop	Dr. Beatrice Anne
	Understanding Basics of Insulin Insulin Initiation Insulin Intensification Basics & Case Scenarios of Inhaled Insulin Demonstration of Inhaled Insulin	Dr. Mohan T Shenoy Dr. V.B. Kashyapa Dr. Naga Anil Krishna
12:00-13:00	Body composition workshop	Dr. Lakshmi Nagendra
	Principles of Body Composition Analysis Body Composition in Metabolic Disorders Body Composition in Sarcopenia Case Examples	Dr. Bharathi Kolla Dr. Keerthana M Dr. Lakshmi Nagendra
13:00-14:00	LUNCH	
14:00-14:40	When bones break - Step up for Bone Health Dr. Kalyani, Dr. Giridhar Adapa, Dr. Shyam	
14:00-14:20	Sequential therapy in management of Osteoporosis	Dr. Basavaraj G S
14:20-14:40	Atypical case presentations of PHPT	Dr. Mahesh DM
14:40-15:20	PMOS, Obesity & the new metabolic era Dr. Nishitha Reddy D, Dr. Meenakshi Jain, Dr. Sahithya Desiredy	
14:40-15:00	Beyond the Ovary : PCOS -PMOS(Polyendocrine Metabolic Ovarian Syndrome)	Dr. Tejal Lathia
15:00-15:20	Multidisciplinary approach to PMOS (Polyendocrine Metabolic Ovarian Syndrome)	Dr. Chitra Selvan
15:20-15:50	Thyroid & Pregnancy Dr. T. Sunanda, Dr. Padmaja Reddy, Dr. Ramachandra	
	Elevated TSH in Pregnancy : Whom to treat? Duologue	Dr. Kiranmayi Alla Dr. C. Suhitha
	TEA BREAK	

SCIENTIFIC PROGRAMME

Day 1: 18th July (Hall B)

TIME	TOPIC	SPEAKER
	Diabetes & Pregnancy Dr. Radha Rani, Dr. Indumathi, Dr. Lavanya	
16:00-16:20	Pre conceptional care in women with pre existing Diabetes	Dr. Lakshmi Sravya S
16:20-16:40	eGDM- Controversies to Current consensus	Dr. Geetha Priyadarshini A
	Paediatrics Dr. Raja Gopal, Dr. Munisekhar J, Dr. Manohar(Paed)	
16:40-17:00	Approach to child with Rickets	Dr. Belinda George
17:00-17:20	Approach to 16yr girl with Short Stature & delayed Puberty	Dr. Sri Harsha G
17:20-18:00	Striking the Balance Dr. Sekhar Reddy, Dr. Radhakrishna, Dr. Venkata Vivek	
17:20-17:40	40yr old male with Recurrent Hypoglycemia without Diabetes	Dr. Siddu Nikith Z
17:40-18:00	25yr old woman with Serum Prolactin 80ng/ml	Dr. Sharfaraz Ahmed

SCIENTIFIC PROGRAMME

Day 2: 19th July (Hall A)

TIME	TOPIC	SPEAKER
08:00-09:00	Postgraduate Quiz Dr. Manoj Kumar, Dr. Likitha Reddy	
09:00-9:40	Diabetes Challenges Dr. Alladi Mohan, Dr. Jayanthi Ramesh, Dr. Renuka P	
09:00-09:20	A 25yr old male with Newly Diagnosed Diabetes	Dr. A. Mythili
09:20-09:40	GLP1RAnalogues: Longterm Micro & Macrovascular outcomes	Dr. Srikanth Kongarani
09:40-10:20	Diabetes Reversal & Mitigation Dr. GR Sridhar, Venu Madhavi V, Dr. Tulasi Ram K	
09:40-10:00	New & unique clusters of type 2 Diabetes in Indians	Dr. Koushik Pandit
10:00-10:20	Diabetes remission - Myths& Facts	Dr. V. Madhava Rao
10:20-10:30	TEA BREAK	
10:30-11:00	Inauguration Dr. Alok Sachan, Dr. KAV Subramanyam, Dr. Sailaja Anantarapu, Dr. Venkata Ramana, Dr. AR Reddy, Dr. Sri Hari	
11:00-11:40	Diabetes & Thyroid Therapeutics Dr. Praveen Naidu, Dr. Ranganathan, Dr.Venkata Ramana	
11:00-11:20	Next Generation Diabetes & Obesity Management in Pipeline	Dr. Murali Ganguri
11:20-11:40	Anti thyroid drugs....How much? & How long?	Dr. Vijay Bhaskar Reddy
11:40-12:20	Core Thyroidology Dr. Praveen, Dr. Muneeswar Reddy, Dr. Mamtha C	
11:40-12:00	"Uncommon presentations of Hypothyroidism"	Dr. Ashok V
12:00-12:20	Interpretation of Discordant Thyroid Function Tests	Dr. Mounika Anitha Ch
12:20-13:00	Out of Box Dr. Mithun, Dr. Lepakshi, Dr. P Suresh	
12:20- 12:40	Taking the Leap : Entrepreneurship in Healthcare	Dr. Santosh R
12:40-13:00	AI for Medical Practice – Practical applications from OPD to Research	Dr. Rajesh Moganti
13:00 -14:00	LUNCH	
14:00-14:40	Mix up Dr. Raghavendra, Dr. Sudhakar M, Dr. Varun M	
14:00-14:20	Genetics in Endocrinology	Dr. Vijaya Sarathi H A
14:20-14:40	LDL Lowering : Personalising LDL Targets to Balance Benefits and Risks	Dr. Sumanth Reddy P
14:40-15:00	Painful Diabetic Neuropathy – Management & Recent Advances	Dr. Ramya V
VOTE OF THANKS		

SCIENTIFIC PROGRAMME

Day 2: 19th July (Hall B)

TIME	TOPIC	SPEAKER
09:00-09:40	Endocrine Potpourri Dr. Haritha, Dr. Karthik Reddy, Dr. DN Reddy	
09:00 -09:20	Approach to DSDs	Dr. Sri Nagesh
09:20-09:40	Adrenal Insufficiency – What a Physician must know	Dr. Madhu Babu M
09:40-10:00	Endocrine Potpourri Dr. Madhu, Dr. Yugandher, Dr. Neelima	
09:40-10:00	MASLD -Hepatologist Perspective	Dr. KS Somasekhar
10:00-10:15	Endocrine Disorders – Clues in Dermatology	Dr. Sasikiran A
10:15-10:30	Lasers beyond Cosmetics- Endocrine Connections	Dr. Madhava Reddy M
10:30-11:00	INAUGURATION	
	Diet & Thyroid –Panel Discussion Moderator – Dr. Shalini Patlola	
11:00-11:30	Thyroid & Diet – Common myths & Precautions	Dr. Haneesha Dr. Sravani T Dr. Pranathi Sai
11:30-12:00	Diabetes Therapeutics : Recent Advances Dr. Harshita Reddy, Dr. Deepthi	
11:30-11:45	Afreeza – A new breath in Diabetes Care	Dr. MV Rammohan
11:45-12:00	Innovator Semaglutide for a Patient-centric Approach: A Case-based Discussion on T2D	Dr. Vamsi Krishna K
12:00-12:15	Imeglymin – A Powerhouse Approach to Type 2 Diabetes mellitus	Dr. Aishwarya
	Lily Symposia	
12:15-12:30	Beyond GLP-1 RAs: Mounjaro - A Class of its Ownq	Dr. Sunil E
12:30-12:45	Redefining T2D care through weight Reduction	Dr. Arun Mukka
12:45-13:00	Panel Discussion	Dr. Lavanya
	Insulin Imposium	
13:00-13:15	Protein Engineering for Reduced Insulin Burden: The Advent of Icodec	Dr. L Sreenivasa Murthy
13:15-13:30	Choosing the Right Injectable in T2DM: Basal Insulin, GLP-1 RA or both – Who, When, Why?	Dr. Ch. Srinivas
13:30-13:45	Beyond the Hype: Why Innovator Semaglutide’s proven legacy sets the gold standard in obesity management	Dr. Ravindranath Reddy K
13:45-14:00	Transforming Diabetes Care Landscape With Second Gen Basal Insulin	Dr. Bharath B

SCIENTIFIC PROGRAMME

Day 2: 19th July (Hall B)

TIME	TOPIC	SPEAKER
14:00-14:15	INTEGRATING DSN FORMULA AND GLP1 BASED THERAPIES: A Dual Approach to optimize Metabolic and Muscular Health in Diabetes	Dr. Gayatri S
14:15-14:30	Saroglitazar.. A PPAR gamma dual agonist .. role in Diabetes n Dyslipidemia	Dr. Avinash Patel
14:30-14:45	Cardio renal benefits & Practical considerations of Finerenone	Dr. Sangeetha S
14:45-15:00	IGlarLixi : A Solid Approach for Comprehensive Type 2 Diabetes Management	Dr. Sailaja Anantarapu
15:00-16:00	VOTE OF THANKS	

Last date for abstract submission:

15/07/2026

Queries may be addressed to to due to the specifications of APMC, only those attending the full conference are eligible for CME credit hours.

REGISTRATION TARIFF

Category	Regular Registration Upto 15th July 2026	On Spot Registration
Delegate Registration	INR 3500	INR 4000
Accompanying Person	INR 3000	INR 3000
PG Student	INR 1500	INR 1700

Conference Secretariat

Dr. Sailaja Anantarapu

Organising Secretary

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