

# **SYNAPSE 2022**

# **3<sup>rd</sup> International Conference on Mind Body Medicine in Endocrinology & Diabetes**

23<sup>rd</sup> - 24<sup>th</sup> April, 2022 | Pride Hotel Pune

– Hybrid (Virtual & In-Person)



www.synapseconference.com

# Welcome Message

#### Dear Sir/Madam,

Society for Prevention, Healthcare, Education and Research (SPHERE) is a charitable non profit making organisation which works in the field of creating awareness in women health, mental health and MBM (Mind Body Medicine), Cancer prevention, awareness and prevention of non-communicable disease. Keeping in mind its motto, SPHERE conducts doing patient workshops and camps on diabetes thyroid, wellness of women, obesity prevention of non-communicable disease. Keeping in mind its motto, SPHERE conducts doing patient mind its motto, SPHERE conducts doing patient workshops and camps on diabetes thyroid, wellness of women, obesity prevention of non-communicable disease. Keeping in mind its motto, SPHERE conducts doing patient workshops and camps on diabetes, thyroid wellness of women, obesity prevention, growth, pubertal, bone health camps.

We also conduct mind and body health awareness programs in diabetes, woman health, thyroid, cancer patients and those with other endocrine disorder with an objective to improve societal awareness and prompt treatment of the problems. SPHERE aims at spreading awareness on NCD's (Non communicable Diseases) in various age groups from childhood to adulthood including infants, children's, adolescents, pregnant women's, post-partummothers, menopausal women and geriatric population. SPHERE also collaborates with organizations and associations working in same principles and philosophy.

SPHERE has successfully conducted SYNAPSE 2020, the first international conference on Mind and Body medicine in Endocrinology Pune on 1<sup>st</sup> and 2<sup>nd</sup> February 2020 last year in collaboration with Endocrine society of India and Cognitive Behaviour Medicine Trust (CBM) and Indian Psychiatry Society (IPS) task force for mind and body medicine. It was successfully attended by over 1000 doctors from all over the world and live workshop attended by nearly 250 delegates. The major focus was to introduce the **CONCEPT OF MIND HEALTH AND HEALTH PSYCHOLOGY IN DIABETES TO DOCTORS TREATING DIABETES AND (OR) MIND.** 

SYNAPSE 2021 was a step ahead and conducted last year in virtual mode and attended by 400 doctors globally. It revolved around evidence based literature on MBM and understanding **BEHAVIOURAL AND NON PHARMACOLOGICAL INTERVENTION IN DIABETES** 

This year our major focus is to introduce the concept of mind health and Psycho-neuro-immune-endocrinology for **IMPROVING QUALITY OF CARE AND OURTCOMES IN ENDOCRINOLOGY** by doctors treating diabetes and endocrine disorders.

We are pleased to inform you about our upcoming event **SYNAPSE 2022** which is the third International conference in Mind and Body Medicine in Endocrinology and Diabetes. It will be held in Pune on **23<sup>rd</sup> and 24<sup>th</sup> April 2022** at **Hotel Pride International, Shivaji Nagar, Pune**. SPHERE is organising this conference in collaboration with Cognitive Behaviour Medicine Trust (CBM) and Indian Psychiatry Society (IPS) Task Force for Mind and Body medicine, Endocrine Society of India (ESI), West zone IPS, National Association of Physician India(API). It is an unique forum where various national and international bodies working in the field of endocrinology, diabetes, psychiatry and public health are collaborating with SPHERE on global platform for the cause of mind body health promotion in endocrine and non-communicable disease helping us to go beyond boundaries of pathies, specialities and regions to explore the realm of mind in medicine.

The faculty will be national and international experts in field of diabetes, endocrinology, cardiology, neurology, rheumatology, psychiatry, psychology, exercise and yoga and health advisors from all over the world. The conference is expected to be attended by **600-700 delegates** from fields of medicine like diabetologist, endocrinologist, physicians, neurologist, cardiologist and paramedical branches.

We request support of your esteemed organisation and help us bringing about a true integration of various specialities in improving mind health.

We assure you to give maximum visibility to your organization to assure best.

Regards,

#### Warm regards



#### **DR VAISHALI DESHMUKH**

MD, DNB (medicine-gold medalist) DM (Endocrinology) Secretary [ Society For Prevention, Healthcare, Education & Research (SPHERE) ] ORGANISING CHAIRPERSON – SYNAPSE 2022 Consultant & Head of Endocrinology Department Deenanath Mangeshkar Hospital & Research Centre Director, Deshmukh Clinic & Research Centre, Pune, India Email: admin@synapseconference.com M: +91 98508 11450 W: www.synapseconference.com

# WHAT DOES SYNAPSE 2022 HAVE IN STORE FOR YOU:

- 2-day virtual/Hybrid conference
- 1day physical workshop on MBM in Obesity
- Dr VA Lokhandwala Oration
- 2 Plenary session
- 3 Presidential addresses
- 6 Keynote addresses
- 15 sessions of virtual education and research in MBM
- 3 Panel Discussions
- Mind body practice techniques online
- Virtual abstract and poster presentation
- Networking opportunity
- Accredition points with MMC(applied)

# **About SPHERE**

Society for prevention, healthcare, education and research (SPHERE) is a charitable non-profit making organisation which works in the field of creating awareness in women health and mental health, cancer prevention and prevention of other non-communicable diseases.



SPHERE aims at spreading awareness on non-communicable diseases in various age groups from childhood to adulthood including infants, children, adolescents, pregnant women, post-partum mothers, menopausal women and geriatric population.

In line with its motto, we have been doing patient workshops, camps, doctors CMEs on diabetes and thyroid in women's, obesity, growth and puberty, mind and body health in diabetes, thyroid and endocrinological disorders.

SPHERE focuses on education for prevention, screening of non-communicable diseases, providing care and treatment of non-communicable disease, developing new research ideas, collaborations and innovation in above areas. In long term, SPHERE collaborates with organizations and associations working in same arena and areas of interests.

## SATURDAY (APRIL 23, 2022)

#### Regal Hall A (Hybrid Physical) HYBRID CONFERENCE FOR ALL REGISTERED DELEGATES

HYBRID CONFERENCE FOR ALL REGISTERED DELEGATES				
TIME	E TOPICS SPEAKERS			
-	Master of Ceremony	Dr Sonali Bhojane (Diabetologist, Pune)		
08:20-08:30	Welcome Note	Dr Vaishali Deshmukh (Endocrinologist, Pune)		
08:35-10:00	Session 1: IMPROVING HEALTH OUTCOMES IN OBESITY	Moderator: Dr Mohan Shenoy (Endocrinologist, Trivandrum)		
08:35-8:55	Mind body issues in childhood obesity	Dr Hemant Phatale (Endocrinologist , Aurangabad)		
08:55-09:15	Psychosocial issues and impact of stigma associated with obesity in adults	Dr Nitin Kapoor (Endocrinologist, Vellore)		
09:15-09:35	Screening for Obesity: Start early before it flares!	Dr Karthik Balchandran (Endocrinologist, Chennai)		
09:35-09:55	Measures of Distress in Diabetes/ Menopause/Obesity	<b>Dr Saptarshi Bhattacharya</b> (Endocrinologist, New Delhi)		
09:55-10:05	Discussion			
10:05-10:25	Session 2: Presidential address	Moderator: Dr Arun Marwale (Psychiatrist, Aurangabad)		
	Mind Health For Body Health: Reorienting Physicians	Dr NN Raju (Psychiatrist, Hyderabad)		
10:25-10:35	Inauguration & Lamp Lighting			
10:35-10:55	Session 3: Plenary address	Moderator: Prof Dr Shivram Varambally (Co-chair IPS Task Force on MBM, Psychiatrist, NIMHANS, Bengaluru)		
	Evolving Composite NCDs Management in India:The way forward	<b>Padmashri Prof Dr B N Gangadhar</b> (President, National Medical Commision, India)		
10:55-11:55	Session 4: Keynote address	Moderator: Dr. Priti Phatale (Childhood obesity specialist, Aurangabad) Dr Mukund Penurkar (Secretary, API, Pune)		
10:55-11:15	Happiness -Neuro Immuno Endocrine Correlates	Padmashri Prof Dr Shashank Joshi (Senior Endocrinologist, Mumbai)		
11:15-11:35	Mind health in Diabetes Management	Prof Dr AK Das (Senior Endocrinologist, Puducherry)		
11:35-11:55	Economic health for mental peace	Prof Dr Manoj Chadha (Endocrinologist, Mumbai)		
11:55-12:10	TEA BREAK			
	Regal Hall A (Physi	ical Session)		

#### Regal Hall A (Physical Session) CONCURRENT PHYSICAL SESSION (FOR ONLY WORKSHOP REGISTERED DELEGATES)

#### WORKSHOP: MBM IN OBESITY MANAGEMENT

12:10-18:00

(SEPARATE REGISTRATION FOR WORKSHOP DELEGATES; FOR IN-PERSON PARTICIPATION ONLY)

LUNCH BREAK (14:05-15:00)

	Crystal Hall B (Virtual) VIRTUAL CONFERENCE CONTINUES (FOR CONFERENCE REGISTERED DELEGATES)			
TIME	TOPICS SPEAKERS			
-	Master of Ceremony Dr Rajesh Deshmane(Diabetologist, Kohlapur)			
12:10-13:10	Session 5: PANEL DISSCUSSION (VIRTUAL) 360 degrees perspective to health of endocrine patients (VIRTUAL)	Moderator: Dr Ameya Joshi (Endocrinologist, Mumbai)		
	Yoga for mind health	Dr Deep Dutta (Endocrinologist, New Delhi)		
	Spiritual health: need or option	Dr Sundeep Ruder (Endocrinologist, South Africa)		
	Social connect for mental health	Dr Arundhati Dasgupta (Endocrinologist, Siligudi)		
	Physical fitness for psychometabolic wellbeing	Dr Archana Juneja (Endocrinologist, Mumbai)		
	Sexual wellbeing for mind health	Prof Dr Deepak Jumani (Sexologist, Mumbai)		

# SCIENTIFIC PROGRAM

13:10-14:15	Mind Body Practices	
	•	Dr Suhas Khaire (Endocrinologist, Pune)
	EXERCISE FOR MIND GYMMING	Dr Nalini Kopalle (Endocrinologist, Hyderabad)
	Role of Nutrition in Psychologic health	Dr Shilpa Joshi (Dietician, Mumbai)
	CBT spectrum	Dr Prasad Gadkari (Psychologist, Jodhpur)
	YOGA	<b>Adj. Prof Dr Rheinhard Bogle</b> (President Yoga Forum, Munich)
	MEDITATION	Dr Dhananjay Chavan (Psychiatrist, Pune)
	MINDFULNESS BASED STRESS RELAXATION (MBSR)	Dr Komal Verma (Psychologist, Dubai)
14:15-14:25	TEA BREA	К
14:25-15:35	Session 7: IMPROVING HEALTH OUTCOMES IN MENOPAUSE / MENOPAUSE-MIND -CANCER INTERFACE (VIRTUAL)	<b>Moderator:</b> <b>Dr Varsha Jagtap</b> (Endocrinologist, Pune)
14:25-14:45	HORMONES -MIND AND CANCER INTERLINK AT MENOPAUSE	<b>Prof Dr Mala Dharmalingam</b> (Senior Endocrinologist, Bengaluru)
14:45-15:05	Mind, memory, mood and menopause	Dr Usha Sriram (Senior Endocrinologist, Chennai)
15:05-15:25	From Psycho-Oncology to MBM in oncology: Disscussion	Dr Chetan Deshmukh (Medical Oncologist, Pune)   Dr Arti Behl (Psychiatrist, Mysore)
15:25-15:35	Disscussion	
15:35-16:35	Session 8: PANEL DISSCUSSION MIND & REPRODUCTIVE ENDOCRINOLOGY	Moderator: Dr Shehla Shaikh (Endocrinologist, Mumbai)
	PCOS : A mind and body disorder	Dr Chitra Selvan (Endocrinologist, Bengaluru)
	Hirsutism :Psychosocial perspectives	Dr Indira Maisnam (Endocrinologist, Kolkata)
	Infertility and Mind connections	Dr Sambit Das (Endocrinologist, Bhubaneshwar)
16:25-16:35	Disscussion	
16:35-17:25	Session 9: PANEL DISSCUSSION (VIRTUAL) MIND & REPRODUCTIVE ENDOCRINOLOGY	Moderator: Dr Sagarika Mukherjee (Endocrinologist, Kolkata) Dr Madhavi Gadkari (Psychologist, Jodhpur)
16:35-16:55	Role of Positive Psychology	Prof Dr Pradnya Kulkarni (Psychologist, Pune)
16:55-17:15	Develpoment of a MBM research Collaboration Unit	Prof Dr DC Mathangi (Physiologist, Chennai)
17:15-17:25	Disscussion	
17:25-17:55	Session 10: LIFESCAN LECTURE	(Virtual)
	Navigating Diabetes care with Structured and connected blood glucose monitoring	Dr Vaishali Deshmukh (Endocrinologist, Pune)
17:55 Onwards	Conclusion of DAY 1 Dr Paulami Deshmukh (Member SPHERE, Pune)	

## **SUNDAY (APRIL 24, 2022)**

#### Regal Hall A (Hybrid Physical) HYBRID CONFERENCE FOR ALL REGISTERED DELEGATES

TIME      SPEAKERS        1      Master of Ceremony      De Sonali Bhogine (Dubatologist, Pune) De Paulam Deshmukh (Member SPHERE, Pune)        08:00-0900      Session 1: Paper and poster presentation (PHYSICAL)      Moderator: Dr Vinayak Harale (Endocrinologist, Pune)        08:30-0120      Session 2: MBM & IMPROVING HEALTH OUTCOMES IN MABETES      Moderator: Dr Jayabri Shembalkar (Endocrinologist, Mysore)        08:30-803      Psychosocial aspects of diabetes in India: Duologue      Dr Vaishal Deshmukh (Endocrinologist, Mysore)        08:30-803      Bidging the Translational Gap in Diabetes      Dr Sanjay Phade (Endocrinologist, Pune)        09:10-0930      Bidging the Translational Gap in Diabetes      Dr Vaishal Deshmukh (Endocrinologist, Pune)        09:30-930      Cardioneuroendocrinology: Studies in Diabetes      Dr Indramil Basur Ray (Cardiologist, Pune)        09:30-930      Cardioneuroendocrinology: Studies in Diabetes      Dr Indramil Basur Ray (Cardiologist, Pune)        09:30-910      Dialogue: Diabetes and Cardioneuroendocrinology: Studies in Diabetes      Dr Indramil Basur Ray (Cardiologist, Pune)        09:30-910      Inauguration, Lamp Lighting & Presidential Address      Presidential Address: Dr Vaishal Deshmukh (Medical Oncologist, Pune)        10:30-112      Session 3: Keynote address      Dr Rakesh Sahay (Endocrinologist, Pune)        11:32-12:03		HYBRID CONFERENCE FOR ALL REGISTERED	DELEGATES	
Image of Lefemony      Dr Patlani Deshnuth, (Member SPHERE, Pune)        08:00-090      Session 1: Paper and poster presentation (PHYSICAL)      Moderator: Dr Vinsyak Harale (Endocrinologist, Pune)        08:30-010:20      Session 2: MBM & IMPROVING HEALTH OUTCOMES IN DDMBETES      Dr Vinsyak Harale (Endocrinologist, Pune)        08:30-8:50      Psychosocial aspects of diabetes in India: Duologue      Dr Varshal Deshnuth (Endocrinologist, Pune)        08:30-8:50      Psychosocial aspects of diabetes in India: Duologue      Dr Varshal Deshnuth (Endocrinologist, Pune)        09:30-9:50      Cardioneuroendocrinology: Studies in Diabetes      Dr Sangy Phade (Senior Psychiatrist, Pune)        09:30-9:50      Cardioneuroendocrinology: Studies in Diabetes      Dr Indianili Basu Ray (Cardiologist, Pune)        09:30-9:50      Inauguration, Lamp Lighting & Presidential Address      Presidential Address: Dr Chetan Deshnuth (Medical Oncologist, Pune)        10:20-10:20      Inauguration, Lamp Lighting & Presidential Address      Presidential Address: Dr Chetan Deshnuth (Medical Oncologist, Pune)        10:35-11:35      Session 4: Introduction of Late Dr V A Lokhandwala      Moderator: Dr Valshall Deshnuth (Endocrinologist, Pune)        11:35-12:30      Dr V A Lokhandwala Oration      Dr Valshall Deshnuth (Endocrinologist, Pune)        11:35-12:31      Session 5: Keynote address      Dr Valshall Deshnuth (Endocrinolo	TIME	TOPICS	SPEAKERS	
08:80-09:00      Session 1: Paper and poster presentation (PHYSICAL)      Dr Vinsyak Harale (Endocrinologist, Pune)        08:30-01:02      Dission 2: MBM & IMPROVING HEALTH OUTCOMES IN DIABETES      Moderator: Dr Jayskhri 5 Rembalkar (Endocrinologist, Mysore) Dr Varish Remechandra Jodieli, Mysore)        08:30-8:0      Psychosocial aspects of diabetes in India: Duologue      Dr Varish Remechandra Jodieli, Mysore) Dr Varish Remechandra Jodieli, Mysore)        09:10-09:30      Ridding the Translational Gap in Diabetes      Dr Sangy Phadek (Senior Psychiatris, Pune)        09:30-9:01      Dialogue: Diabetes and Cardiac Autonomic Dysfunction      Dr Visihal Deshmukh (Endocrinologist, Pune)        09:30-10:10      Dialogue: Diabetes and Cardiac Autonomic Dysfunction      Dr Kard Deshmukh (Medical Oncologist, Pune)        10:20-10:20      Insuguration, Lamp Lighting & Presidential Address      Presidential Address: Pune)        10:20-10:25      Insuguration, Lamp Lighting & Presidential Address      Dr Katos Shaky (Endocrinologist, Pune)        11:25-11:35      Session 3: Presidential Address by SS IPresident      Moderator: Dr Katos Shaky (Endocrinologist, Pune)        11:25-11:35      Session 4: Introduction of Late Dr V A Lokhandwala      Moderator: Dr Vaishall Deshmukh (Endocrinologist, Pune)        11:25-12:30      Dr V A Lokhandwala Oration      Dr Vaishall Deshmukh (Endocrinologist, Pune)        11:25-12:31	-	Master of Ceremony		
Besson 2: MBM & IMPROVING HEALTH OUTCOMES IN DARETES      Dr. Jayashif Shembalkar (Endocrinologist, Nagpur)        08:30-8:0      Psychosocial aspects of diabetes in India: Duologue      Dr. Anish Behl (Endocrinologist, Mysore) Dr. Harish Ramachandra Joshi (Endocrinologist, Hubil)        08:30-8:0      MBM in DM management/Value addition to quality care      Dr. Vaishall Deshmukh (Endocrinologist, Hubil)        09:10-09:30      Bridging the Transitonal Gap in Diabetes      Dr. Sanjay Phadke (Senior Psychiatrist, Pune)        09:30-9:00      Cardioneuroendocrinology: Studies in Diabetes      Dr. Indramill Bass. Ray (Cardiologist, USA)        09:50-10:10      Dialogue: Diabetes and Cardiac Autonomic Dysfunction      Dr. Niin Parki (Cardiologist, Pune)        10:20-10:20      Inauguration, Lamp Lighting & Presidential Address      Dr Chetan Deshmukh (Medical Oncologist, Pune)        10:20-10:20      Yoga for MBM modulation      Dr Rakesh Sahay (Endocrinologist, Hyderabad)        11:25-11:23      Session 4: Introduction of Late Dr V A Lokhandwala      Moderator: Dr Visinali Deshmukh (Endocrinologist, Hyderabad)        11:25-11:31      Session 5: Keynote address      Dr Saniag Yafatr (Past Pesident Indian Thyroid Society, Pravyagri)        12:10-13:10      Session 6: Plenary address      Dr Vaishail Deshmukh (Endocrinologist, Pune)        12:10-13:20      Tele Mental Health and NCDs (Non Communicable Diseases)	08:00-09:00	cion 1. Paner and noster presentation (PHYSICAL)		
08:30-8:30      Psychosocial aspects of diabetes in India: Duologue      Dr. Harish Ramachandra Joshi (Endocrinologist, Pune)        08:50-09:10      MBM in DM management.Value addition to quality care      Dr Vaishall Deshmukh (Endocrinologist, Pune)        09:30-9:50      Cardioneuroendocrinology; Studies in Diabetes      Dr Infannil Basu Ray (Cardiologist, Pune)        09:30-9:50      Cardioneuroendocrinology; Studies in Diabetes      Dr Infannil Basu Ray (Cardiologist, Pune)        09:50-10:10      Dialogue: Diabetes and Cardiac Autonomic Dysfunction      Dr Reidentil Address: Dr Chean Deshmukh (Medical Oncologist, Pune)        10:20-10:50      Inauguration, Lamp Lighting & Presidential Address      Dr Reidentil Address: Dr Chean Deshmukh (Medical Oncologist, Pune)        10:25-11:05      Vaga for MBM modulation      Dr Rakesh Sahay (Endocrinologist, Pune)        11:25-11:35      Session 4: Introduction of Late Dr V A Lokhandwala      Moderator: Dr Vaishall Deshmukh (Endocrinologist, Pune)        11:25-11:35      Dr V A Lokhandwala Oration      Dr Vaishall Deshmukh (Endocrinologist, Pune)        11:25-11:36      Dr V A Lokhandwala Oration      Dr Vaishall Deshmukh (Endocrinologist, Pune)        11:25-12:30      Nutonomic Hygeine and Diabetes      Dr Vaishall Deshmukh (Endocrinologist, Pune)        12:10-13:10      Session 5: Keynote address      Dr Varishall Deshmukh (Endocrinologist, Pune	08:30-10:20		<b>Dr Jayashri Shembalkar</b> (Endocrinologist, Nagpur)	
09:10-09:30  Bridging the Translational Gap in Diabetes  Dr Sanjay Phadke (Senior Psychiatris, Pune)    09:30-9:50  Cardioneuroendocrinology: Studies in Diabetes  Dr Indranill Basu Ray (Cardiologist, USA)    09:50-10:10  Dialogue: Diabetes and Cardiac Autonomic Dysfunction  Dr Nith Patki (Cardiologist, Pune)    01:01-0:20  Dr Leena Phadke (Physiologist, Pune)  Dr Chetan Deshmukh (Medical Oncologist, Pune)    10:20-10:50  Inauguration, Lamp Lighting & Presidential Address  Presidential Address: Dr Chetan Deshmukh (Medical Oncologist, Pune)    10:55-11:05  Gardion Chetan Deshmukh (Medical Oncologist, Pune)  Dr Kitri Samudra (Senior Physician, Panvel)    11:05-11:125  Session 3: Presidential Address by ESI President  Moderator: Dr Kitri Samudra (Senior Physician, Panvel)    11:125-11:135  Session 4: Introduction of Late Dr V A Lokhandwala  Moderator: Dr Vaishall Deshmukh (Endocrinologist, Pune)    11:135-12:05  Dr V A Lokhandwala Oration  Dr Vaishall Deshmukh (Endocrinologist, Pune)    12:10-13:10  Session 5: Keynote address  Dr Sarita Bajaj (President Indian Thyroid Society, Prayagra))    12:10-13:10  Session 5: Keynote address  Dr Sarita Bajaj (President ES), Senior Endocrinologist, Pune)    12:30-12:50  Tele Mental Health and NCDs (Non Communicable Diseases)  Dr Sarita Bajaj (President ES), Senior Endocrinologist, Pune)    11:30-13:40  Session 6: Plenary address  Dr Cariam Murthy (Director NIMH	08:30-8:50	Psychosocial aspects of diabetes in India: Duologue	Dr Harish Ramachandra Joshi (Endocrinologist,	
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09:50-10:10  Dialogue: Diabetes and Cardiac Autonomic Dysfunction  Dr Nitin Patki (Cardiologist, Pune)    10:10-10:20  Discussion    10:20-10:50  Inauguration, Lamp Lighting & Presidential Address  Presidential Address: pune)    10:55-11:05  Fresidential Address  Presidential Address: pune)    10:55-11:05  Session3: Presidential Address by ESI President  Moderator: Dr Kirti Samudra (Senior Physician, Panvel)    11:25-11:25  Session4: Introduction of Late Dr V A Lokhandwala  Moderator: Dr Vaishail Desmukh (Endocrinologist, Pune)    11:25-11:25  Dr V A Lokhandwala Oration  Dr Vaishail Desmukh (Endocrinologist, Pune)    11:25-11:25  Dr V A Lokhandwala Oration  Dr Vaishail Desmukh (Endocrinologist, Pune)    12:10-13:10  Session 5: Keynote address  Dr Sarita Baja (Iresident Indian Thyroid Society, Prayagraj)    12:10-12:30  Autonomic Hygeine and Diabetes  Dr Sanjay Kalra (Past President ESI, Senior Endocrinologist, Muna)    12:50-13:10  In Utero programming of structure and function of brain, Pune studies  Dr CS Yajnik (Director NIMHANS, Bengaluru)    12:50-13:10  In Utero programming of structure and function of brain, Pune studies  Dr CS Yajnik (Director NIMHANS, Bengaluru)    12:50-13:10  In Utero programming of structure and function of brain, Pune studies  Dr CS Yajnik (Director NIMHANS, Bengaluru)    13:40-14:30  Session 6: Plenary address  Dr CS Yajnik (Di				
Unspective      Datague: Diabetes and Cardiac Autonomic Dystunction      Dr Leena Phadke (Physiologist, Pune)        10:10-10:20      Inauguration, Lamp Lighting & Presidential Address      Presidential Address: Dr Chetan Deshmukh (Medical Oncologist, Pune)        10:20-10:50      Inauguration, Lamp Lighting & Presidential Address      Dr Chetan Deshmukh (Medical Oncologist, Pune)        10:55-11:05      Session3: Presidential Address by ESI President      Moderator: Dr Kirti Samudra (Senior Physician, Panvel)        11:25-11:25      Session 4: Introduction of Late Dr V A Lokhandwala      Moderator: Dr Valshali Deshmukh (Endocrinologist, Pune) Dr Valshali Deshmukh (Endocrinologist, Chennai)        11:25-11:25      Dr V A Lokhandwala Oration      Dr Sarita Bajaj (President Indian Thyroid Society, Prayagraj)        12:10-13:10      Session 5: Keynote address      Dr Valshali Deshmukh (Endocrinologist, Pune) Dr Valshali Deshmukh (Endocrinologist, Pune)        12:10-12:30      Autonomic Hygeine and Diabetes      Dr Sanjay Kalar (Past President ES). Senior Endocrinologist, Kanal)        12:10-13:10      In Utero programming of structure and function of brain, Pune studies      Dr C Stajitk (Director NiMHANS, Bengaluru)        12:30-13:20      In Utero programming of structure and function of brain, Pune studies      Dr Korran Sarchius (President LAssociation for Dr Yani Kulhalii (Psychiatrist, Mumbai) Dr Norman Sarchius (President Association for WHO, Geneva)        13:40-1	09:30-9:50	Cardioneuroendocrinology: Studies in Diabetes		
10:20-10:30      Inauguration, Lamp Lighting & Presidential Address      Presidential Address: Dr Chetan Deshmukh (Medical Oncologist, Pune)        10:20-10:30      TEA BREAK      Moderator: Dr Kirti Samudra (Senior Physician, Panvel)        11:35-11:25      Session 3: Presidential Address by ESI President      Moderator: Dr Kirti Samudra (Senior Physician, Panvel)        11:25-11:35      Session 4: Introduction of Late Dr V A Lokhandwala      Moderator: Dr Valshail Deshmukh (Endocrinologist, Pune)        11:35-12:05      Dr V A Lokhandwala Oration      Dr Valshail Deshmukh (Endocrinologist, Chennai)        11:35-12:05      Dr V A Lokhandwala Oration      Dr Sarita Bajaj (President Indian Thyroid Society, Prayagra)        12:10-13:10      Session 5: Keynote address      Dr Valshail Deshmukh (Endocrinologist, Pune)        12:10-12:30      Autonomic Hygeine and Diabetes      Dr Sanjay Kalra (Past President ESI, Senior Endocrinologist, Kamal)        12:30-12:50      Tele Mental Health and NCDs (Non Communicable Diseases)      Dr CS Yajaik (Director Diabetes Unit, KEMH, Pune)        13:10-13:40      Session 6: Plenary address      Moderator: Dr Yania Kulra (Disector Diabetes Unit, KEMH, Pune)        13:40-14:30      LUNCH BREAK      Moderator: Dr Yania Kulral (Hybrid Physical)        14:30-16:403      Session7: Research in MBM      Dr Orana Sartorius (President, Association for the Improvement of	09:50-10:10	-		
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15:30-15:50Importance of Narrative medicine in Endocrine PracticeDr Beena Bansal (Senior Endocrinologist, Gurgaon)	14:50-15:10		Hyderabad)	
15:30-15:50 Importance of Narrative medicine in Endocrine Practice Gurgaon)	15:10-15:30	Mind Health of patients with T1DM		
15:50-16:00 Discussion	15:30-15:50	Importance of Narrative medicine in Endocrine Practice		
		Discussion		

# SCIENTIFIC PROGRAM

16:00-17:20	Session 8: MBM & Improving Health Oucomes in Diabesity	Moderator: Dr Shreerang Godbole (Endocrinologist, Pune) Dr. Sajal Kamat (Endocrinologist, Pune)	
16:00-16:20	Diabesity and psychiatry interlinks : When to screen for mind issues	<b>Dr Ganapathi Bantwal</b> (Endocrinologist, Bengaluru)	
16:20-16:40	Compassion fatigue and burnout among diabetes care providers	Dr Gagan Priya (Endocrinologist, Chandigadh)	
16:40-17:00	Stress and endocrine health	Dr Milind Patwardhan (Endocrinologist, Miraj)	
17:00-17:10	Discussion		
17:10-17:20	TEA BREAK		
17:20-18:05	Session 9: PANEL DISSCUSSION: ROLE OF Psycho Neuro Immuno Endocrinology in Endocrinology Disorders	<b>Moderator:</b> Dr Vani Kulhalli (Psychiatrist, Mumbai)	
	PNIE in Chronic pain :Relevance to diabetes practice	<b>Dr Mangesh Tiwaskar</b> (Senior Physician, Mumbai)	
	Neuro connection in diabetes and endocrinology	Dr Shripad Pujari (Neurologist, Pune)	
	Immune dysfunction and Chronic Inlammation in Endocrine diseases	Dr Vaijayanti Joshi (Rheumatologist, Pune)	
18:05 onwards	Vote of Thanks & Fellowship Announcement	Dr Madhura Samudra (Psychiatry Resident, Pune) & Dr Vaishali Deshmukh (Endocrinologist, Pune)	

Crystal Hall B (Virtual) CONCURRENT PHYSICAL SESSION - CORPORATE SYMPOSIA			
15:00-16:30	Session 10: ENDOCRINOLOGY AND ONCOLOGY INTERFACE Sponsored by Oncology divisions of 1.) Intas   2.) NATCO Pharma   3.) Dr Reddy's Laboratories	<b>Moderator:</b> <b>Dr Chetan Deshmukh</b> (Medical Oncologist, Pune)	
15:00-15:20	Obesity and Cancer: Perspective from a Lifestyle expert!	<b>Dr Dheeraj Abhyankar</b> (Medical Oncologist, USA)	
15:20-15:40	Endocrine disorders and Cancer :What's the link ?	Dr Ashish Bakshi (Medical Oncologist, Mumbai)	
15:40-16:20	Managing Diabetes with Cancer : A Tight Rope Walk !!	Dr Nilesh Lokeshwar (Medical Oncologist, Mumbai) Dr Mrs Sangeeta Das (Clinical psyschologist, Puducherry) Mrs Meenal Vartak (Dietician, Pune) Dr Altamash Shaikh (Endocrinologist, Mumbai) Dr Anup Tamhankar (Surgical Oncologist, Pune)	
16:20-:16:30	Discussion		
16:30-18:00	Session 11: Novo Nordisk symposium	Moderator: Dr M Chitale (Diabetologist , Nashik)	
16:30-16:55	Ameliorating glycemic variability & staying in range with ultra-long basal analogues	Dr Suhas Erande (Senior Physician, Pune)	
16:55-17:20	Placing patients first in the treatment of type 2 diabetes - Oral GLP 1RA an effective and easy option	Dr Yogesh Kadam (Senior Physician, Pune)	
17:25-17:50	Achieving treatment goals in T2DM: Making the most of innovations with insulin coformulation	<b>Dr Shreerang Godbole</b> (Senior Endocrinologist, Pune)	
17:50-18:00	Discussion		
18:05 onwards	Join Hall A for Vote of Thanks & Fellowship Announcement	<b>Dr Madhura Samudra</b> (Psychiatry Resident, Pune) & <b>Dr Vaishali Deshmukh</b> (Endocrinologist, Pune)	

# MAIN HALL A

## Physical Workshop on Mind-Body Medicine in Obesity Management 23<sup>rd</sup> April 2022 (Saturday) | 12:00 - 18:00

Obesity, by itself and as predisposition to other NCDs is responsible for a huge burden of suffering and social costs, and yet many patients lack access to evidence-based therapies.

There have been several advancements in understanding of obesity in recent times, the **most spectacular being through neuroscience research**, which establishes **obesity as a mind-body disease.** 

The workshop focuses on **conceptual update on obesity as mind-body disease**, as well as **practical/experiential feel** of evidence-based mind-body approach to assessment and intervention for comprehensive management of obesity across the life cycle.

## **Conceptual update**

- Mind and obesity interface: advancement in neuroscience of obesity
- Psychological antecedents and consequences in obesity, and challenge of vicious cycle of stress and allostasis
- Conceptualizing comprehensive Psycho-Neuro-Immune-Endocrine (PNIE) model of obesity

## Practical/experiential update

- Translating newer understanding into practice: conducting multidimensional assessment of obesity
- Health psychology of obesity: psychological interventions for barriers and challenges in changing health habits, non-adherence and relapses
- Sustainable change and wellbeing in obesity: Mind-Body interventions for multi-level corrections in psycho-neuro-immune-endocrine dysfunction
- Experiential feel of mind-body basics and techniques: practicing self-awareness and self-regulation
- Implementing Mind-Body Medicine in clinics: Stepped-up care approach of obesity management in clinical practice

## **Workshop Faculty**

- Dr. Sanjay Phadke, Senior Consultant Neuropsychiatrist and Chair, IPS Task Force on Mind-Body Medicine ,Pune
- Dr. Shivarama Varambally, Professor, NIMHANS and Co-Chair, IPS Task Force on Mind-Body Medicine, Bangluru
- Dr. Arun Marwale, Professor and President, Indian Psychiatric Society (WZ), Aurangabad
- Dr. Vani Kulhalli, Consultant Psychiatrist and member Committee on Mind-Body Medicine, Mumbai
- Mr. Prasad Gadkari, Senior Consultant Clinical Psychology IIT-J, Jaipur
- Mrs. Madhvi Gadkari, Senior Consultant Clinical Psychology NIFT, Jaipur
- Dr. Pradnya Kulkarni, Asst. Professor, Psychology, Pune
- Dr. Leena Phadke, Professor, Certified in Mind-Body Medicine, Harvard Medical School (USA) and Certified in Obesity Management (UK), Pune
- Adj. Prof. Reinhard Boegle, President Yoga Forum, Munich and faculty Munich Open University (MVHS), Germany.
- Dr Geeta Dharmatti ,Registered Dietician, Pune
- Dr. Vaishali Deshmukh, (DM Endocrinology)
  Assistant prof of endocrinology at Sassoon General Hospital ,Pune .
  Director and Consultant and Head of Endocrinology at Deenanath Mangeshkar
  Hospital & Deshmukh Clinic & Research Centre.Pune.
  Secretary [ Society For Prevention, Healthcare, Education & Research (SPHERE) }
  Organising chairperson SYNAPSE 2022

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)r Dheeraj Abhyankar	Dr Komal Verma	
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Director Diabetes Unit, KEMH, Pune	Endocrinologist, Trivandrum	Psychiatrist, Bengaluru
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# **Registration Fee**

Registration for PHYSICAL Conference Participation			
Category	Regular (till 20 Apr'22)	On-Spot (23 - 24 Apr'22)	
Indian Doctors	₹ 4,000	₹ 8,000	
Medical Students	₹ 1,000	₹ 2,000	
Healthcare Professionals	₹ 2,000	₹ 4,000	
Foreign Doctors	\$170	\$240	
Registration for VIRTUAL Conference Participation			
Category	Regular (till 20 Apr'22)	On-Spot (23 - 24 Apr'22)	
Indian Doctors	₹ 2,000	₹ 4,000	
Medical Students	₹ 500	₹ 1,000	
Healthcare Professionals	₹ 1,000	₹ 2,000	
Foreign Doctors	\$85	\$120	
Registration for WORKSHOPS (PHYSICAL Participation only)			
Category	Regular	On-Spot	
category	(till 20 Apr'22)	(23 - 24 Apr'22)	

₹ 2,000

₹ 3,000

\$100

₹4,000

₹ 5,000

\$120

**Medical Students** 

Foreign Doctors

Healthcare Professionals

# Inclusions for attending the congress VIRTUALLY

- E-version of all conference material (if any).
- Access to virtual scientific sessions, virtual exhibition booths, on-demand videos & virtual poster area.
- Workshop is open for physical participation only.

## Inclusions for attending the congress PHYSICALLY

- Access to scientific sessions & exhibition halls as well as the virtual meeting platform.
- Conference Lunches on April 23 & 24, 2022 and Welcome Reception on April 23, 2022.
- You Can either register for Conference only,
  Workshop only or both Conference & Workshop
  all three options for in-person participation only.

#### **General Terms & Conditions:**

- By registering you confirm that the COVID-19 protocols set by the organisers will be adhered by you when in the congress venue.
- The amount mentioned above does not include GST @ 18% and hence will be charged additionally.
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MD, DNB (medicine-gold medalist) DM (Endocrinology) Secretary [ Society For Prevention, Healthcare, Education & Research (SPHERE) ]

ORGANISING CHAIRPERSON – SYNAPSE 2022 Consultant & Head of Endocrinology Department Deenanath Mangeshkar Hospital & Research Centre Director, Deshmukh Clinic & Research Centre, Pune, India **Email:** spheredcrc@gmail.com | **Mob:** +91 98508 11450

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