



CENDOS

UPDATE - 2026

10th May 2026

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The Central Kerala Endocrine Society (CENDOS) is delighted to announce the third edition of our flagship conference to be held on 10th May 2026 in Grand Hyatt , Bolgatty Island , Kochi .

CENDOS UPDATE 2026 is a comprehensive academic forum dedicated to advancing knowledge and clinical practice in endocrinology. The conference is designed to address the educational needs of physicians, general practitioners, and medical trainees through a structured, evidence-based scientific program.

The meeting will feature expert-led deliberations on key areas including diabetes, thyroid disorders, obesity, metabolic bone disease, and emerging therapeutic advances. Emphasis will be placed on integrating recent research with clinical practice, highlighting guideline updates, and addressing real-world challenges through case-based discussions and interactive sessions.

CENDOS UPDATE 2026 aims to foster academic exchange, encourage critical appraisal of evolving evidence, and enhance clinical decision-making in everyday practice.

We invite you to participate in this scientific endeavor and contribute to the collective pursuit of excellence in endocrine care.

REGISTRATION IS NOW OPEN.



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Dr James Antony, Dr SM Karthik, Dr Sreejith M

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CONFERENCE HIGHLIGHTS

Cutting edge endocrine updates with a focus on day to day clinical dilemmas

Special focus on obesity and metabolic health in the GLP 1 era, including sarcopenic obesity, modern adiposity assessment and lifestyle challenges in the real world

Interactive Formats such a Meet the Professors, Debates and Panel Discussions.

Beyond hormones: practical sessions on financial planning, digital health, personal branding and professionalism in the era of social media

Oral and Poster Presentation and Quiz competition for students and researcher

HOMEOSTASIS HALL

TIME	TOPIC	SPEAKER	CHAIRPERSON
08:00 AM	REGISTRATION		
08:55 AM	WELCOME ADDRESS		
09:00 AM	SURGICAL FITNESS DILEMMAS 1. 60-year-old with A1c 10.5% is posted for Elective surgery. Fit, postpone or cancel? 2. 40-year-old with jaundice and TSH 0.05 Planned for ERCP	Moderator Dr RV Jayakumar Presenters Dr Subin S, DR Gayatri G	
09:25 AM	Incidentally detected pituitary mass – Act, watch or refer?	Dr Belinda George	Dr Cijo Kunjachan Dr Anoop Joseph Dr Hari K
09:45 AM	Thyroid Nodules: Ablate, Operate or Observe – Finding the Sweet Spot	Dr Shriram Mahadevan	
10:10 AM	Beyond BMI – modern tools to measure Adiposity	Dr Rana Bhattacharjee	
10:30 AM	INAUGURATION		
10:45 AM	Unravelling Obesity: The What, Why and How	Dr Arpandev Bhattacharyya	Moderator Dr Joe George
11:00 AM	Beyond GLP1-RAs: Mounjaro- A Class of its Own	Dr Usha Ayyagari	
11:15 AM	Decoding Mounjaro’s Superior Results vs Semaglutide	Dr Rakesh Sahay	
11:30 AM	Q and A Session		
11:45 AM	The Wealth Prescription: A financial blueprint for doctors	Dr Manoj Chadha	Dr Ramesh Nair
12:05 PM	Factitious and Non-Diabetic Hypoglycemia: When the Numbers Don’t Fit the Story	Dr Prathosh Ganagadhar	Dr Rajendran U
12:25 PM	The Diabetesy Battle: Why r-DNA semaglutide is the Right Choice in Routine Care	Dr Mathew John	Dr Abraham Ittyachen
12:45 PM	Sugars, Scales, Organs and Lives: Ensuring holistic diabetic care with r-DNA semaglutide	Dr PK Jabbar	Dr George Paulose
01:05 PM	DEBATE Wearables and Health Apps Empowering Self Care V/s Generating Health Anxiety	Moderator Dr Arun S Menon Speakers For – DR Arjun R Against – DR Antresa Jose	
01:30 PM	LUNCH		

TIME	TOPIC	SPEAKER	CHAIRPERSON
02.00 PM	Doctor or Influencer: Navigating personal branding and professionalism	Dr Prem Narayanan	Dr Archibald Vincent
02.20 PM	Adult Vaccination in clinical practice: from neglect to necessity	Dr Anup R Warriar	Dr AP Radhakrishnan Dr T R Radha
02.40 PM	Finerenone: A Breakthrough in Heart and Kidney Protection for CKD and T2D Patients	Dr Girish Parthan	Dr N Madhu
03.00 PM	Beyond Statins: Newer therapies to decrease CV risk	Dr Aneez Joseph	Dr Rajeeb Muhammed
03.15 PM	Numbers, Thresholds and Trimester: The Art and Science of GDM Screening	Dr Karthik SM	
03.30 PM	Inhale the Change: A Paradigm Shift in Prandial Insulin Delivery	Dr Jeevan Joseph	Dr Karthik Balachandran
03.50 PM	Andropause and Testosterone Supplementation: From Controversy to Clinical Practice	Dr Bobby K Mathew	Dr Chakravarthy SM
04.10 PM	ELECTROLYTES ON THE EDGE 1. Hyponatremia That Won't Budge: Rethinking Our Approach to "Refractory" Cases 2. The silent deficit": hypomagnesemia hiding behind 'unexplained' hypokalemia and hypocalcemia	Dr Malini Ajayan Dr Sumayya Abdul Kalam	Dr.Sirisha Mahankali Dr Annie Pulikkal
04.30 PM	VALEDICTORY FUNCTION		

PULSATILE PAVILLION

TIME	TOPIC	SPEAKER	CHAIRPERSON
09.00 AM	Recurrent Renal Stones: Crushing the stone or missing the cause	Dr Soumya Kurup	Dr Sue Ann
09.20 AM	Beyond Essential: A practical guide to Endocrine Hypertension	Dr Mathew John	Dr T George Koshy
09.45 AM	From T Score to Fracture Risk: Decoding the DXA Scan	Dr Manoj Chadha	Dr Sojan K Scarla
10.10 AM	Primary Amenorrhoea in Adolescents: Distinguishing Delayed Puberty from Pathology	Dr Vimal MV	Dr Geetha Philips
10.30 AM	INAUGURATION		
10.45 AM	Nutraceuticals in Thyroid Disease: Miracle supplements or Expensive Myths?	Dr Tittu Oommen	Dr Peter George Dr Sreenivasa Kamath
11.05 AM	MEET THE PROFESSORS Difficult diabetes cases: Learning from the experts	Professors Dr PK Jabbar Dr Nisha Bhavani Presenters Dr Adila Ali, Dr Ansalna Yousuf	

TIME	TOPIC	SPEAKER	CHAIRPERSON
11.30 AM	A practical approach to hyperthyroidism in pregnancy	Dr Rana Bhattacharjee	Dr Joseph Philips
11.45 AM	Exogenous Glucocorticoids: From iatrogenic Cushing's to tertiary adrenal insufficiency across routes of delivery	Dr Philip Finny	Dr Jayachandran R
12.10 PM	Sarcopenic Obesity in the GLP1 Era: Protecting Muscle while treating metabolic disease	Dr Lakshmi Nalini Kopalle	Dr Dawn Antony
12.35 PM	Unlocking the mystery of Neuroendocrine Tumours: A case-based discussion	Dr Rohit Barnabas	Dr Manoj P Jose
12.55 PM	Single Agent, Stronger impact: Innovator Semaglutide Re-defining CKM success	Dr Girish Parthan	Dr Prasan Prabhakar
01.15 PM	Beyond Prescriptions: Tackling metabolic syndrome	Dr Alka Chadha	Dr Deepa KH
01.30 PM	LUNCH		
02.00 PM	Buffet of choices, Burden of Diseases: Challenges of Diet and Lifestyle in the Modern Era	Dr Jeevan Joseph	Dr George Xavier Dr Renji Jose
02.20 PM	PANEL DISCUSSION PCOS across specialities: What Endocrinologist, Gynaecologist and Dermatologist see differently?	Moderator Dr Suja Sukumar Panellists Dr Niya Narayanan, Dr Keerthi Rajan, Dr Krithi Ullal	
02.45 PM	New Generation Insulins: The promising solution to glycaemic havoc in India	Dr Tom Babu	Dr Marylene Sebastian Dr Manoj P Joseph
03.00 PM	URLi Action for Physiological Glycaemic Management	Dr Vipin VP	
03.15 PM	ORAL PRESENTATIONS E POSTER PRESENTATION	Dr Geena Susan George	
03.30 PM	QUIZ	Quiz master Dr Jayakrishnan C Menon	
04.30 PM	VALEDICTORY FUNCTION		

CENDOS UPDATE 2026

EndoQuest

THE CENDOS QUIZ

Master the axis. Master the game.

Sunday, 10th May 2026

Grand Hyatt, Kochi

Who is eligible?

Postgraduate students in Medicine, Paediatrics,
Family Medicine, Practising physicians, FMGs



Attractive prizes up for grabs

For more information please contact:
Dr Jayakrishnan C Menon - +91 8281868653
cendosupdate2026@gmail.com

* Registration for CENDOS update 2026 is mandatory
(free for quiz participants).



10th May 2026

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CALL FOR ABSTRACT

CATEGORIES

- 1) MD/DNB POSTGRADUATES
- 2) DM/DRNB POSTGRADUATES

CLICK HERE

FOR ABSTRACT SUBMISSION

LAST DATE FOR ABSTRACT SUBMISSION: APRIL 30TH 2026

GUIDELINES FOR ABSTRACT SUBMISSION ARE AS FOLLOWS

1. STRUCTURED ABSTRACT WITH BACKGROUND, METHODS, RESULTS, AND CONCLUSION
2. MAXIMUM WORD LIMIT OF 350
3. CASE REPORTS/SERIES* RELEVANT TO ENDOCRINOLOGY, DIABETES MELLITUS, AND METABOLISM ARE WELCOME
4. PLEASE INCLUDE THE *MOBILE NUMBER AND EMAIL ID OF THE PRESENTING AUTHOR
5. CLICK LINK FOR ABSTRACT SUBMISSION OR SEND THE ABSTRACT AS AN ATTACHMENT TO cendosupdate@gmail.com
6. EMAIL SUBJECT LINE: *CONFERENCE ABSTRACT



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