

INSPIRATION 2026
ENDOCRINE SOCIETY OF INDIA



NEWSLETTER

Threads of Science, Strokes of Art



Quarterly issue (January to March)

Science with a Soul: People,
Progress and Possibilities

Echoes of Excellence: Where
Innovation meets Reflection

#Issue 1

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As President of the Endocrine Society of India, it gives me immense pleasure to introduce this edition of our Newsletter - an endeavor that continues to capture the vibrant spirit of our endocrinology fraternity. Over the years, the practice of endocrinology has evolved far beyond the confines of science and clinical protocols. This newsletter serves as a platform that reflects not just the academic excellence of our members, but also their diverse thoughts, reflections, and experiences that enrich our collective professional and human identity.

Endocrinologists across India are engaged daily in advancing patient care, research, and education. Yet, behind every clinical decision lies the thoughtfulness, empathy, and introspection that define our discipline. Through essays, commentaries, creative expressions, and shared narratives, the newsletter gives voice to this deeper dimension of our community. It celebrates the art within the science—the inspiration, challenges, and aspirations that shape us as physicians and as individuals.

I believe that the strength of the Endocrine Society of India lies in its ability to foster dialogue, encourage self-expression, and nurture camaraderie among its members. This publication reflects that vision, connecting practitioners from every corner of the country. It reminds us that while our foundation rests in evidence-based medicine, our growth also depends on the continuous exchange of ideas, empathy, and shared purpose.

I extend my heartfelt appreciation to the editorial team and contributors who have worked tirelessly to bring this issue to life. I hope each reader finds in these pages both knowledge and inspiration and a renewed sense of belonging to our ever-evolving community of endocrinologists.

WISHING YOU ALL A HAPPY NEW YEAR!!!



Dr. Kaushik Pandit
President, Endocrine Society of India

Dear friends,

Greetings from the Endocrine Society of India secretariat.

We extend our sincere thanks to all ESI members for their active contribution and zealous participation in the academic initiatives of the society.

ESI has launched several registries on uncommon endocrine disorders (e.g., Klinefelter syndrome, Turner syndrome, hypophosphatemic rickets/osteomalacia, lipodystrophy and hypophosphatasia) to document regional variations in their presentation and management, with the aim of generating India-specific evidence. Systematic documentation of these cases and the variations in how they present will help us better understand disease patterns unique to the Indian population.

The submission process has been made simple. This can be done through the website of ESI, www.endocrinesocietyindia.org, clicking on **Registry**, and scrolling down to the specific endocrine condition to enter case details. All healthcare professionals can participate in contributing to the Registry. However, participation so far has been limited, and only a small number of cases have been entered into the database. We urge all members to actively contribute towards these registries.

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MEMBER LOGIN

FIND ENDOCRINOLIST

INTERESTING CASES

Home About Us Committee Membership Awards & Grants Conference / Webinar For Patients Publications **Registry** Student corner Downloads

Lipodystrophy Indian Registry

Contributor Details

Name*

Institute/Hospital*

Email*

Mobile*

Patient Details

Klinefelter Syndrome
Turner Syndrome
Hypophosphatemic Rickets / Osteomalacia
Lipodystrophy
Hypophosphatasia Indian Registry

Another area requiring renewed focus is the **Normative Data Project**, which aims to define androgen reference ranges for the Indian population. Although initiated a couple of years ago, we still need more centres to participate and existing centres to contribute additional samples, to be able to reach a critical sample size. We request your valuable support in this regard.

We are seeking volunteers to help coordinate and increase contribution towards the registries and strengthen participation in the Normative Data Project, from amongst our fraternity. Members interested in supporting either initiative are requested to reach out to me via a direct message.

Together, let us contribute, collaborate and create a stronger Indian endocrine community.

Season's Greetings and Wish you all a Happy New Year 2026!!!



Dr. KVS Hari Kumar
Hon. Secretary, Endocrine Society of India

Two Wings of a Bird: An Expression Apt for Endocrinology

Mahayana Buddhism describes “two wings of a bird” as a metaphor for the twin qualities of compassion and wisdom (**Karuna and Pragya**). Just as a bird needs both wings to fly, humans need both competence and compassion to navigate life. This is true not only for our spiritual journey, but for our work as an endocrinologist as well.

The ideal endocrinologist is one who is well versed in their science. This competence comes from education, experience and expertise, and is curated by a continuous endeavor to achieve excellence. Our endocrine fraternity is actively engaged in sharing and dissemination of information, to peers, patients, and the public at large. Alone, however, this competence does not suffice. For a balanced flight, the “**inner wing**” of **wisdom** needs the support of **compassion**, or the “**outer wing**”.



While we profess and express our scientific skills with elan, the outer wing reminds us of a greater purpose in life, of the need to serve fellow human beings. Through compassion, compathy and communicative skills, we are able to demonstrate, and utilize our competence, for the benefit of others.

Understanding the balance between competence and compassion is what makes us special. The good physician must be able to take required decisions (starting insulin, beginning dialysis, advising surgery) without allowing emotions to override evidence-based decision making. At the same time, they should demonstrate a human touch, through their words, gestures and behavior.

This holds true for our leadership as well. Everyone has an equal innate ability to excel and lead. What sets true leaders apart from the rest, is the ability to carefully calibrate competence and compassion. If compassion, without competence, hinders tough decision making, competence without compassion defeats the very essence of being human.

Both wings of the bird are required to grace the horizon, to grow to greater heights. This is what we see in the ESI Newsletter. ESI does due justice to professional competence through its vast spectrum of activities. The ESI Newsletter, along with events such as Colors of India, strengthens this effort. By showcasing the multifaceted, metacrine (beyond endocrinology) or extracurricular talent of our fraternity, the Newsletter strengthens the wings of our beloved society.

Together, we shall soar; together we will succeed.

Wishing everyone a pleasant, productive and prosperous year ahead!!!



Dr Sanjay Kalra
Treasurer, International Society of Endocrinology (ISE)
Vice President, South Asian Obesity Forum (SOF)
Past President, Endocrine Society of India

ESI Satellite Symposium, Nellore

The ESI Satellite Symposium, held in Nellore on Sunday Oct 12th, 2025, focused on new updates on endocrine diseases. Fifteen distinguished speakers across the country delivered didactic lectures on myriad topics including proteinuria, diabetes remission, young onset diabetes, obesity, osteoporosis, thyroid nodules, primary aldosteronism, MASLD, gut microbiome and the role of artificial intelligence in endocrinology.

Thought-provoking panel discussions on diabetes during pregnancy, subclinical hypothyroidism, spontaneous hypoglycemia and the future prospects in endocrinology added



color. The highlight of the symposium was a panel discussion on policy guidelines for schools on childhood endocrine and metabolic health. Among the distinguished panel members were principals of several reputed schools of the region including Rainbow, Ithaka, Avenues, Amberwood, Akshara and VR high school.



The meeting was attended by over 250 delegates including endocrinologists, physicians, pediatricians, orthopedicians, gynecologists, postgraduates and members of IMA, Nellore. APMC granted 2 credit hours to all the attendees. Over 35 endocrinologists from South Andhra came together for this event.



As organizing secretary, I would like to extend my gratitude to ESI executive committee including doctors Kaushik Pandit, KVS Hari Kumar, Narendra Kotwal, Sujoy Ghosh, Saptarshi Bhattacharya and R Santosh.

Heartfelt thanks to the faculty - doctors Kaushik Biswas, Om J Lakhani, Bhawna Attri, Mohan T Shenoy, Umesh Kumar Garg, Srinagesh, Mahesh, Srinath, Muralikrishna, Rajesh Moganti, Sailaja, Premnarayanan, Sekhar Reddy, Lavanya, Venkateswarlu,

Rajamohan Reddy, Hanumantha Rao, Krishna Chaitanya, Narmada, Lavanya K, Jaivardhan, and Kashyapa. And a special thanks to endocrinologists of Nellore - doctors Siddu Nikith, Sharfaraz, Nishitha, Rajendra Prasad, and Sunanda who helped in making this program a grand success.

**Dr. MV Rama Mohan,
Nellore**

NEESICON 2025

The North East Affiliate of Endocrine Society of India (NEESI) received an affiliate status of ESI in 2023 and the second annual NEESICON was organized by Gauhati Medical College on 24th October. It stood out as a vibrant confluence of academic excellence and regional collaboration. The organizing team included Prof. Uma Kaimal Saikia (President, NEESI), Dr. Manash P. Baruah (Secretary, NEESI), Prof. Ashok Krishna Bhuyan and Dr. Abhamoni Baro (Scientific Secretaries), Prof. Ksh Achoura Singh (Vice President) and executive committee members: Dr. Sarojini Dutta Choudhury, Dr. Bipul K. Choudhury, Dr. Mukut Roy, Dr. Salam Ranabir, Dr. Kunja Saikia, Dr. Nilakshi Deka and Dr. Samiran Das.



This conference was graced by eminent speakers including Prof. Nitin Kapoor from CMC Vellore, Prof. Rajesh Khadgawat from AIIMS Delhi, Dr. Indira Maisnam from IPGMR Kolkata, Dr. Ritesh Agrawal from Bhubaneswar, Dr. Amarta Shankar Chowdhury from Durgapur and the Hon Secy of ESI, Dr. KVS Hari Kumar from Hyderabad.



The conference brought together endocrinologists, physicians, and researchers from the Northeast and beyond, fostering meaningful discussions on current and emerging trends in endocrinology. With meticulously planned scientific sessions spanning diabetes, reproductive, pediatric, investigative, and ICU endocrinology, the event showcased the region's growing academic strength.



The conference successfully concluded with a valedictory session and general body meeting.



**Dr Abhamoni Baro,
Guwahati**

ESI FOCUS, Sports Endocrinology



The ESI FOCUS program on Sports Endocrinology was successfully held in Jaipur, Rajasthan, on 26 October 2025. The meeting received an excellent response, with remarkable attendance driven by the uniqueness of its seldom-discussed topics. The event began with a lamp-lighting ceremony, followed by a series of engaging and thought-provoking scientific sessions.

Twelve distinguished speakers from all over the country delivered presentations on a wide range of topics, including endocrine evaluation in athletes, endocrine health from a sports perspective, hormonal adaptations during both acute and chronic exercise, risks and impact of anabolic steroid abuse, and the role of sports in enhancing insulin sensitivity and preventing sarcopenia and osteoporosis. The interplay between sports and various endocrine conditions was explored in depth.



The primary objective to promote sports endocrinology as a dedicated subspecialty bridging endocrinology and sports medicine was effectively achieved through insightful deliberations and enthusiastic participation.



To highlight the importance of sports in daily life and overall well-being, the ESI Rajasthan Affiliate organized an exciting friendly cricket face-off between Rajasthan's endocrinologists and IPS officers. It turned out to be not just a spectacular event to witness, but also a thrilling victory for the doctors' team.



**Dr. Sanjay Saran,
Jaipur**

OESCON 2025



The 12th annual conference of the Odisha Endocrine Society was held at Bhubaneswar, Odisha's vibrant capital, just before the start of auspicious Panchuka (31st Oct-2nd Nov). The three-day scientific extravaganza brought together over 54 national and 60 state luminaries in Endocrinology in a mega-event attended by more than 1100 delegates. The organizing team included Dr Sambit Das (Organizing Secretary), Dr Arun Choudhury (Organizing Chairman), Dr Devadarshini Sahoo (Scientific Secretary), and Dr. Pitamber Prusty (Scientific Chairman), ably backed by Dr. Sandeep Sahu, Dr Dayanidhi Meher and the entire team of Odisha Endocrine Society, who meticulously curated a blend of symposia, workshops, orations, and interactive panels.



The highlight of the event was the '**Make in Odisha**' initiative by Dr Sambit Das. On the first day, five endocrinology departments of the state presented their published and on-going research underscoring Odisha's growing footprint in research and patient care. On the next day, allied specialties including Gynaecology, Paediatrics, Nephrology, Neurology and Medicine highlighted regional advancements in their field. The **Young Researchers' Forum** saw an enthusiastic participation with 15 oral and 32 poster presentations, making the task of judges extremely difficult.

The panels on osteocrinology, obesity, thyroid, pediatric and reproductive endocrinology, and critical care symposiums along with keynote lectures showcased innovation, professional camaraderie, and knowledge exchange, amplifying the intellectual fervor. The Prof RJ Dash Oration to Dr. Anil Bhansali, Prof. BB Tripathy Oration to Dr Sanjay Kalra



and the Presidential Oration to Dr Pitamber Prusty was an ode to their life work advancing the field of endocrinology and inspiring the coming generations.

The city's effortless amalgamation of ancient wisdom, breath-taking architecture and warmth of the people made it an unforgettable experience.

**Dr Khushboo Agarwal,
Vellore**

ESTCON 2025

The 6th Annual Conference of the Endocrine Society of Telangana (ESTCON 2025) was convened on 1st and 2nd November 2025 in the historic as well as contemporary city of Hyderabad.

The conference explored in depth the intricacies of the modern-day epidemic of obesity. The insightful discussions ranged from epigenetics and metabolic programming that leads to obesity, addressing the risk of obesity in young individuals and evaluation and management of individuals with obesity using precision medicine techniques. The prestigious Prof N Sudhakar Rao memorial lecture was delivered by Prof. Sandeep Kumar Mathur.



There were astute sessions on comorbidities associated with obesity, role of pharmacogenetics in guiding obesity pharmacotherapy and the neurohormonal secrets to prevent weight regain. Clinicians particularly benefitted from sessions on how to set up an obesity clinic in the Indian scenario and also insights from newer trials.



The conference pioneered the **Green Initiative**, a commendable effort to avoid plastic waste and promote sustainable practices. Plastic bottles were replaced with environment friendly substitutes. An estimate showed that 36 kg of plastic waste (equivalent to 3000 plastic bottles) were forestalled.

Throughout the sessions delegates engaged in robust dialogue and collaborative learning while also enhancing networking and personal connection among delegates. The poster presentations highlighted the newest research and interesting cases in the field of endocrinology.

We congratulate the winners: **Dr Bhanu Teja** (Osmania Medical College), **Dr Thushara Nayani** (KIMS), Dr Manasa (ESIC) and **Dr Kondam Alekya** (Gandhi Medical College).

The collective mission of ESTCON 2025 - to advance dialogue, present seminal research, and nurture enduring professional ties - was visibly realized in the quality of sessions and the palpable spirit of academic camaraderie.

The conference was lauded for its harmonious blend of intellectual rigor, cultural ambience, and collaborative ethos, elevating it beyond a mere scientific assembly to an appealing, memorable milestone within the endocrine community.

It underscored the enduring value of shared learning and collective progress in clinical endocrinology, leaving a lasting impression and setting a high bar for future gatherings.



**Dr. Lakshmi Nalini Kopal,
Hyderabad**

HIM-ENDOCON 2025

A Milestone Scientific Conference from the Heart of the Himalayas

The scenic hills of Himachal bore witness to an extraordinary convergence of endocrine expertise as HIM-ENDOCON 2025 unfolded at IGMC auditorium in Shimla. Themed "**Bridging Specialities in Endocrine & Metabolic Care**," this landmark conference brought together leading endocrinologists and clinicians for a comprehensive scientific exchange that spanned the entire spectrum of endocrine disorders: diabetes, thyroid, pediatric endocrinology, metabolic bone disease, women's health and emerging therapeutic frontiers.



Mittal and Dr Sandeep Mittal highlighted the need for comprehensive cardiometabolic care in type 2 diabetes.



The deliberations opened with compelling insights in diabetes and thyroid disorders, with Dr Vikrant Gosavi, Dr Pinaki Dutta and Dr Abhilasha Jain providing clarity on long-term management of Graves' disease, post-treatment challenges, and the evolving role of T3 in hypothyroidism, respectively. Dr S K Singh provided crucial guidance on genetic testing and antibody evaluation in young onset diabetes while Dr SV Madhu emphasized the impact of psychological stress on diabetes. Dr Rajneesh



A dedicated segment addressed unique endocrine challenges in women. Dr Suraj Kubhal emphasized the need for timely detection and management of gestational diabetes mellitus while Dr Emmy Grewal provided clarity on menopausal hormonal therapy. Dr Sameer Aggarwal, Dr Rimesh Pal and Dr Rahul Gupta further enlightened the delegates on delayed puberty, CKD-related MBD and rickets, respectively. Other distinguished speakers included Dr Rohit Barnawas, Dr Mandeep Singla and Dr Kirandeep Kamal. Hands-on insulin pump workshops and a poster competition further enriched the academic experience.

The Organizing Secretary, Dr Manish Kumar Thakur, expressed his gratitude to all faculty and delegates, and the organizing committee – Dr Kush Dev Jarial (Org Chairperson), Dr Vinay Kumar Dogra (Org Co-Secy), Dr Preyander Thakur (Org Co-Secy) and the scientific committee – Dr Asha Ranjan, Dr Shakun Chaudhary and Dr Akanksha Gautam.

**Dr. Kiran Kumar Pasam,
Hyderabad**

ESI Satellite Symposium, Kota



The ESI Satellite Symposium was held in Kota on 23rd November 2025 under the theme "***Unraveling the Enigma of Endocrine Disorders***." The event featured 17 distinguished endocrinologists, who delivered lectures across eight scientific sessions covering a wide spectrum of topics, including growth and development, thyroid disorders, disorders of sexual development, bone and mineral metabolism, reproductive endocrinology, obesity and liver, diabetes mellitus, and adrenal hypertension. The scientific program was thoughtfully curated to provide comprehensive insights into all major domains of endocrinology.



The deliberations throughout the day were highly enlightening and intellectually stimulating. The symposium was attended by approximately 120 delegates, including physicians, gynecologists, orthopedic surgeons, and general practitioners.

Participants appreciated the depth of academic dialogue and the valuable opportunities for professional connection and collaboration. The organizing committee received warm appreciation for the seamless execution and excellent conduct of the event.

**Dr Naincy Purwar,
Jaipur**

A tete-a-tete with Prof Sarojini Dutta



What inspired you to pursue endocrinology, and how did your journey into this field begin?

Empowerment and growth often begin with a simple conversation. As a junior teacher in the medicine dept, I was fortunate to have a mentor in late Prof. H.S. Bajpai (Institute of Medical Sciences, BHU), who used to visit as an Examiner of Internal Medicine at Guwahati Medical College. He once enquired whether I wanted to stay in medicine or go beyond it into a super specialty. This was the turning point that led me to pursue endocrinology at BHU in 1983. While Prof Bajpai gently guided me into endocrinology, Prof J K Agarwal empowered me to attain unprecedented heights.

Who or what inspired you the most during your early years in medicine?

From a young age, my maternal grandfather encouraged me to become a doctor, especially since no one in our family had taken that path before. I was also deeply influenced by a close relative who was a doctor. Seeing firsthand how healthcare professionals could transform patients' lives inspired me to dedicate myself to this noble profession.

Was there any defining moment that shaped your professional journey?

I wish I had a clear answer because there are so many moments. I was volunteering at a public hospital during internship and noticed patients struggling even for basic care. It occurred to me that healthcare is more than about treating patients, it is also about advocating for them. That stayed with me. There were also several moments where my mentors, Prof Debabrata Sarma and late Prof S Umar, exemplified that being a good doctor also means connecting with people. These moments have definitely shaped me, and I would like to admit that I am still learning and growing.



Is there any patient story that has stayed with you?

Medical science is advancing by leaps and bounds and transforming the way we deliver healthcare. In 2004, I had consulted on a 20-year-old girl for amenorrhea; she had hypothyroidism and premature ovarian failure, and I had prescribed thyroxine and cyclic hormone replacement therapy. She came regularly for almost 5 years during which time, she got married and like all couples, they wanted a baby. But we were not able to help much given her ovarian failure. She did not come for follow-up for almost 2 years and then one fine morning, she walked in with a big smile and a baby in her arms. Seeing my astonished face, she explained she



had undergone IVF. I was overjoyed to see the happy couple and that moment has stayed with me as a heartwarming experience.

How do you strike a balance between your work and family?

I was indeed very fortunate to have a strong family support. My husband's parents supported me during my DM training and took care of our two children, the younger being only 1.5 years old. Being an ophthalmologist, my husband was also a busy professional, but we were particular about time management. We gave a hundred percent at work but once that was over, we devoted our time to children and family. It was exhausting at times, but we managed.

**Do you have other passions or interests that help you stay grounded?**

I love gardening and spending time in my garden. Watching seeds sprout into tender saplings and then healthy plants really excites me. I also enjoy cooking and love trying new recipes. And of course, traveling is another passion!

How do you foresee the future of endocrinology in India?

As the incidence of metabolic and endocrine disease is increasing, the demand for endocrinologists is rapidly growing. Career opportunities will continue to increase, and so will opportunities beyond the clinic, e.g., in research, innovation, global and public health.

Any message for the younger generation?

I think the younger generation is extremely talented.

As Theodor Roosevelt said:



“Keep your eyes on the stars, and your feet on the ground.”

**Dr. Shreya Sharma,
Dehradun**

Morning market: Provence, South of France

France conjures images of fashion, food and history, of cities - Paris, Lyon and Bordeaux; think rural France: the countryside, small towns, villages and farms. I was in rural France where I stayed in a refurbished chateau; it's an effort to find the name of where it was; let's say, close to Avignon the 'The city of the Popes', which isn't saying much.



Kaleidoscopic colors that evoked timeless charm and provincial allure. The aroma of freshly baked croissants, the chatter of visitors and sellers created a sensory symphony.

Stepping on cobblestone-paved squares, one finds these markets best define the region's rich agricultural heritage.



As part of the itinerary of the art retreat (I was a 'photo artist' if you could call me that), we went to a farmers' morning market. It wasn't early enough to see the display being set up. Upon reaching, what bustling scenes we found!

The vibrant canopies shade local produce, fragrant herbs, and an assortment of artisanal crafts. The fragrance and colors of sun-ripened fruits satiate even without tasting the produce of the rich Provençal soil. Farmers come in all shapes: not just those with withered faces, but young couples and a few with their children.



Beside fruits and vegetables, on display are handwoven textiles, pottery, and elegant lace. Visitors relax and converse over a cup of freshly brewed coffee.

We were warmly welcomed, which should not have been surprising given the picturesque region's renown for hospitality.



in the words of the British author Peter Mayle,

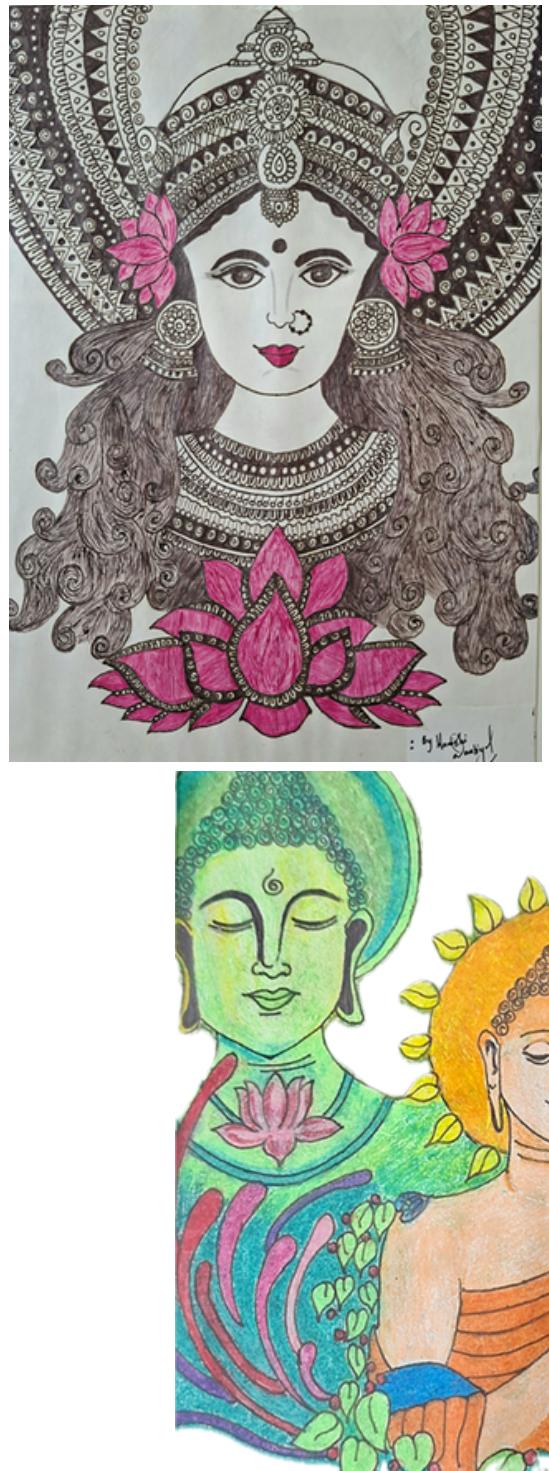
"In Provence, life slows down just enough to be fully lived".

Amidst the flurry, one can relish the joys of life, taking in the sights that define the culture of Provence.

It was a delight to be immersed in the colors, flavors, sounds and energy of a Provençal morning market.



Expressions of Serenity



"Within you, there is a stillness and sanctuary to which you can retreat at any time."

-Hermann Hesse

Dr. Manishi Nautiyal,
Mumbai

Memories

*Dreams that make
forgetfulness a boon.
Sculpting life at every chance –
bit by bit,
the never-ending task
grows tired,
and leaves the masterpiece halfway.*

Who is the master, anyway?

Time.

*A scary night
bringing out bravery,
a happy meeting
that entwines lives,
a pesky promise
becoming a lifetime goal,
a chilling adventure
leaving lasting scars.
All of it -
the way time teaches.*

*Along the way,
we invent up nostalgia,
we suit up for the charade,
we buckle up for sunset.*

*Always unchangeable,
yet heartwarming.
Who needs parallel worlds
if we can proudly own it all?*



Dr. V B Kasyapa Jannabhatla,
Guntur

Life Happens

*Days came and drifted away,
nothing but a drifting play.*

*When every yellow was gold,
every mess a marigold -*

*For the caterpillar,
that was her whole world.*

*One fine day, on some way,
she met a dragon along her way.*

*Nothing to worry and allay,
these were the words that cannon said.*

"Who are you?", caterpillar asked.

Don't be afraid, the cannon calmed.

I am the life and your only fate.

You have to live me; you can't escape.

Put your mould down, I'll give it shape

*Thunder and storms, cyclones and gales
and what not came*

*She had no idea whom to blame,
what to exclaim.*

Could this loss ever be reclaimed?

But all she had was strength.

All she had was faith.

*Both with towering wavelengths -
nothing else she had got.*

These treasures were her only jackpot.

And one day things played so well.

These were more than mere syllables.

Pieces fit more than a whispered rhyme,

Effort, labor, life gave its prime.

She learned to fly, a butterfly sublime

Dry days dissolve; life must climb.

So, things forever cannot stay dry,

Life must justify.

In the end, bad days have to say goodbye!



Dr. Varsha Kachroo,
Faridabad

Serenity in the Garden



Acrylic painting
on a rock



Dr. Kiranmai Alla,
Vijayawada

When I discovered “What Lay in Clay”

**Dr. Lakshmi Priya,
Lucknow**

Stories from the Forest



Kabini Tiger Reserve, Karnataka



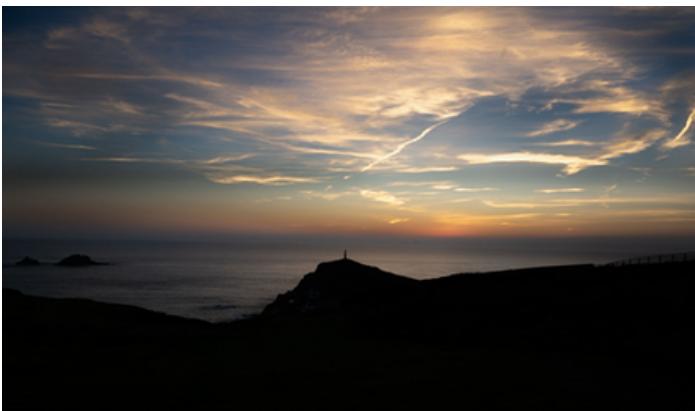
Bandipur Tiger Reserve, Karnataka

*"Tyger, tyger! Burning bright,
In the forests of the night.
What immortal hand or eye,
Could frame thy fearful symmetry?"*



Dr. Adarsh KS,
Bengaluru

Frames of Life: Light and Stillness





*“Why are you so busy with
this or that,
good or bad,
Pay attention to how things blend.
Set your life on fire.
Seek those who fan your flames.”*

-Rumi



**Dr. Sagarika Mukherjee,
Kolkata**

Sun, Shade and Reflections



Only to the degree we expose ourselves over and over to annihilation can which is indestructible in us be found!



**Dr. Yashpal,
New Delhi**

The Miracle of Courage and Hope - A Cushing's Journey

Eight years ago, a young woman walked into my clinic, referred by a urologist. Her face had turned moon-shaped, her skin fragile, and coarse hair covered her cheeks and arms. She had gained excessive weight and felt that her body no longer belonged to her.

For years, she and her husband had tried to conceive, visiting several infertility specialists. Each attempt ended in disappointment. What appeared to be infertility was, in truth, a reflection of a deeper endocrine storm - Cushing's syndrome.

Investigations revealed a large tumor on her left adrenal gland, a small but powerful organ that governs cortisol production. Surgery was performed in May 2018, and we all hoped life would return to normal once the offending gland was removed.



But destiny had other plans. She returned again, this time with adrenal crises. We initiated hydrocortisone replacement therapy, which proved difficult to taper because of persistent symptoms of tertiary adrenal insufficiency. Then came another devastating revelation: the biopsy showed adrenocortical carcinoma (ACC), an uncommon and aggressive malignancy. Even through tears, her only question was: "Doctor, will I ever be a mother?"

During an endocrine conference, I discussed her case with a senior expert from the U.S. He recommended tumor-bed radiotherapy, since mitotane, the standard adrenolytic therapy, was both difficult to tolerate and hard to procure locally.

She underwent radiation courageously and slowly regained stability. Over time, she drifted away from regular follow-up, and her story faded from memory.

Years later, in March 2024, my phone rang. The voice on the other end said she was in labor, with twin girls. She was still on hydrocortisone replacement, which had been initiated years earlier. It was almost impossible to believe. This same woman, once battling Cushing's syndrome, cancer, and adrenal failure, was now fulfilling her most cherished dream.

Her pregnancy was anything but smooth. She developed acute pancreatitis, pregnancy-induced hypertension, and signs of an impending adrenal crisis. Many around her feared steroids were causing harm, but in truth, it was the absence of adequate cortisol that nearly took her life again.

Once hydrocortisone was reinstated and her triglycerides controlled, she improved remarkably. The obstetric team proceeded with a Caesarean section, and two beautiful baby girls were born safely. A few days later came a call from the neonatal ICU - one of the newborns had mild clitoromegaly. I visited the neonatal ICU with a heavy heart. Fortunately, investigations showed everything was normal - no evidence of hormonal disorder.

When she returned for follow-up, she walked in carrying her twins: smiling, radiant, and strong.

In her, I see far more than a patient. She is **a fighter, a miracle of medicine, and a living symbol of hope** - proof that perseverance, multidisciplinary care, and modern endocrinology together can achieve what once seemed impossible.



**Dr. Prathosh Gangadhar,
Calicut**



ESI PCOS Task Force

The PCOS task force of ESI planned activities across 5 domains, all of which have been initiated and are in various stages of progress:

- PCOS phenotype studies:** Professor Ashraf Ganie has indeed initiated a mammoth PCOS registry and carried out data collection and analysis of various PCOS phenotypes in India. The PCOS task force has taken up the role to help analyze remaining data and publicize various papers on the same. In addition, a quick multicentre PCOS phenotyping study to be performed at the OPD level has been designed and a notice for interested members will be put out soon!
- PCOS multicentre study:** A multicentre research grant has been applied for, with the aim to generate data on AMH and oxyandrogens across varied phenotypes of PCOS, and across India.
- Dissemination of knowledge of the central role of endocrinologist in PCOS management:** In conjunction with the obesity modules by the Obesity task force, a module has been created about the art of communication and the science behind the pivotal role of endocrinologists, to be disseminated among various other specialists such as gynecologists, pediatricians, dermatologists and nutritionists that may initially come in contact with a person with PCOS. We plan to reach 1000 endocrinologists with this module. Also, we have already started a quarterly CME in conjunction with FOGSI state chapters and Dermatology state chapters, the first one of which was in Telangana and was a runaway success!

- Reaching out to the public:** As part of this initiative, we have tied up with the University of Birmingham. The team there has helped us prepare short COMIC versions of PCOS awareness in various languages. The links are ready to be uploaded in the PCOS task force page of the ESI website. Also, we have prepared 2 minutes videos on various short messages on PCOS (with 30 endocrinologists participating and uploaded them on YouTube). Further efforts to boost the videos are in the pipeline!

- ESI guidelines for diagnosis and management of PCOS:** This plan is in its nascent stage with an ultimate aim to prepare evidence-based guidelines that would reach out to all endocrinologists, gynecologists and dermatologists.



The PCOS Task Force

Conveners

Dr R Santosh
Dr Nitin Kapoor

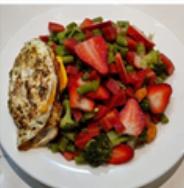
Members (in alphabetical order):

Dr Aneez Joseph
Dr Ashraf Ganie
Dr Chitra Selvan
Dr Gururaj Rao
Dr Hemanth Phatale
Dr Jayaprakash Sahoo
Dr Kashish Gupta
Dr Khusbhoo Agarwal
Dr Lakshmi Nagendra
Dr Mythili
Dr Rama Walia
Dr Remya Rajan
Dr Sweekruti Jena
Dr Tejal Lathia

Dr. R Santosh,
Hyderabad

The Salad Endocrinologist

Salads - a universe of their own! They can be raw, semi-cooked or fully cooked; from crunchy to soft; from dry to a gravy. From rich in fibers and vitamin to being protein rich; they are cool, colorful and beautiful. With their endless permutations and combinations, one can never be bored. They are great options for breakfast, lunch or dinner. The best part, they are easy to make and save a lot of time, ideal for a working person.



Being a metabolically challenged Indian, having crossed the 50th percentile of life expectancy for an Indian, salads opened the door for me to be healthier, happier and fitter. They have helped me in achieving and sustaining my metabolic targets.



Key steps to making a salad:

1. Chop veggies of your choice. The options are seasonal can be anything ranging from beans, carrots, turnips, beetroot, onions, tomatoes, peppers (green, red and/or yellow), greens (lettuce, broccoli among others). Winters can add fresh green peas [Total time: 10-15min]
2. Put them in a microwave compatible glass bowl. Add half teaspoon of olive oil/mustard oil (optional), spices of choice (e.g. oregano), finely chopped green chilies, garlic, ginger (optional)
3. Cover the glass lid and microwave it from 7-12 minutes. Shorter the microwave time, crunchier the salad will be and vice versa. A snugly fit glass lid is of utmost importance, as it lets the veggies cook in the steam generated and keeps the salad juicy.
4. Serve on a salad plate. Protein content can be increased by adding sauteed cottage cheese (paneer), grilled chicken or fish, cooked soya chunks/tofu or cooked lentils.
5. Garnish with fruits of choice (optional). Options include seasonal berries like strawberries/blueberries, figs, nuts, cut seasonal fruits including citrus fruits. Good option for breakfast.



6. Statistical outliers: Indian chutneys made from green coriander, mint, coconut, mustard go great with salads as per choice and taste!

Salads are a great way to ensure adequate protein, fiber, and micronutrient content in diet, keeping a check on the carbohydrate content. They induce good satiety and help to enjoy a meal guilt free!



Dr. Deep Dutta
New Delhi

Event Calendar, February 2026 to May 2026

DATE	EVENT	VENUE
8 February	Midterm ITSCON (Indian Thyroid Society)	Chandigarh
7-8 February	ESI Diabetes Obesity - Innovation & Technology in Endocrinology (DO-IT)	Mumbai
28 February-1 March	ESI Obesity Conference	New Delhi
7-8 March	ESI WE (Women Endocrine) CARE	Chandigarh
13-15 March	International Diabetes Summit	Pune
15 March	ESI Satellite Symposium	Midnapore
22 March	ESI FOCUS: Non-autoimmune Diabetes in Young - the Unusual Suspects	Bengaluru
27-29 March	International Conference on Person-Centered Endocrine and Metabolic Care	Kuala Lumpur
28-29 March	RJ Dash Case Conference	Chandigarh
4-5 April	Midterm ESICON	Bhopal
4-5 April	Obesitas	New Delhi
10-11 April	South Asian Obesity Forum	Kathmandu
18-19 April	EPIC	Chandigarh
3 May	ESI Satellite Symposium	Jammu
10 May	CENDOS Update	Kochi
17 May	ESI FOCUS: Setting up and Endocrine Clinic	Hyderabad
23-25 May	ENDOS-SPEED (Education in Endocrinology, Diabetes and Obesity Society)	New Delhi

Learning to lead, together

"I want every little girl who's told she is bossy to be told she has leadership skills." As I was walking past the tuck shop of Delhi airport, my eyes caught a glimpse of: "Lean In: Women, Work, and the Will to Lead" by Sheryl Sandberg. It had me thinking.

Leadership is often considered merit-based and gender-neutral. Integrity, communication, vision, emotional intelligence, accountability, empathy, resilience and adaptability are not gendered traits. Yet many men learn to develop them early while women get conditioned to learn restraint and accommodation. Therefore, in practice, the challenges of leadership are more complex for women.

There was a time, not too long ago, when I wondered whether I was enough. I questioned my decisions, second-guessed my instincts, and felt an unspoken pressure to prove myself. Early in my training, as the only woman among dozens of residents, I learned quickly that trust had to be earned twice over, first through competence and then through consistency. At the time, I assumed it was personal. Much later, I realized it was structural. Not all of it came from external bias though. A part of it also came from my own hesitation, self-doubt and a feeling of less than and from the long-held habit of seeking validation before trusting my authority. As I grew into my role and learned to stand by my decisions, something interesting happened: the way people respond to me changed too. Confidence, once internalized, began to reflect outward.

For women leaders, the bias is not always overt or intentional. It often shows up in small uncertain ways: decisions taken elsewhere, opportunities reshaping mid-course or leadership being assumed to rest with whoever feels most familiar. Rarely is this driven by malice. Yet, over time, these small shifts move women away from the center of influence and erode into their confidence.

Layered onto this is a familiar weight: the sense of having to prove oneself, repeatedly. Even with a strong track record, women feel the need to re-establish credibility with every new project or decision. This pressure is not entirely imagined. It is a natural response to environments where recognition does not always travel as reliably as effort. Alongside this sits a quieter doubt: "***may be I'm not ready, maybe I'm not cut-out for this***" - thoughts that women internalize more easily than men.

When women begin to lead more visibly - decisive, organized and clear - another paradox emerges. The very qualities associated with leadership in men may be perceived as 'too much' in women. What reads as confidence in one can be labelled as pushiness in another. This is not about behavior alone; it reflects the expectations we carry unconsciously.

As a result, women often walk a fine line: lead gently and risk invisibility or lead firmly and risk discomfort. Some of this discomfort is external but some arises from a deep conditioning to shrink, to wait and to feel unready. As Sandberg writes, "***Women need to move from thinking - I'm not ready to do that - to thinking - I want to do that, and I'll learn by doing it.***"

Ambition, too, deserves reframing. Wanting to grow, to lead and to be visible is not a flaw. Cathy Engelbert mentions, "***The biggest barrier for a woman is the thought they can't have it all.***" Ambition can coexist with generosity, humility and teamwork. Kamala Harris rightly iterates, "***Dream with ambition, lead with conviction.***"

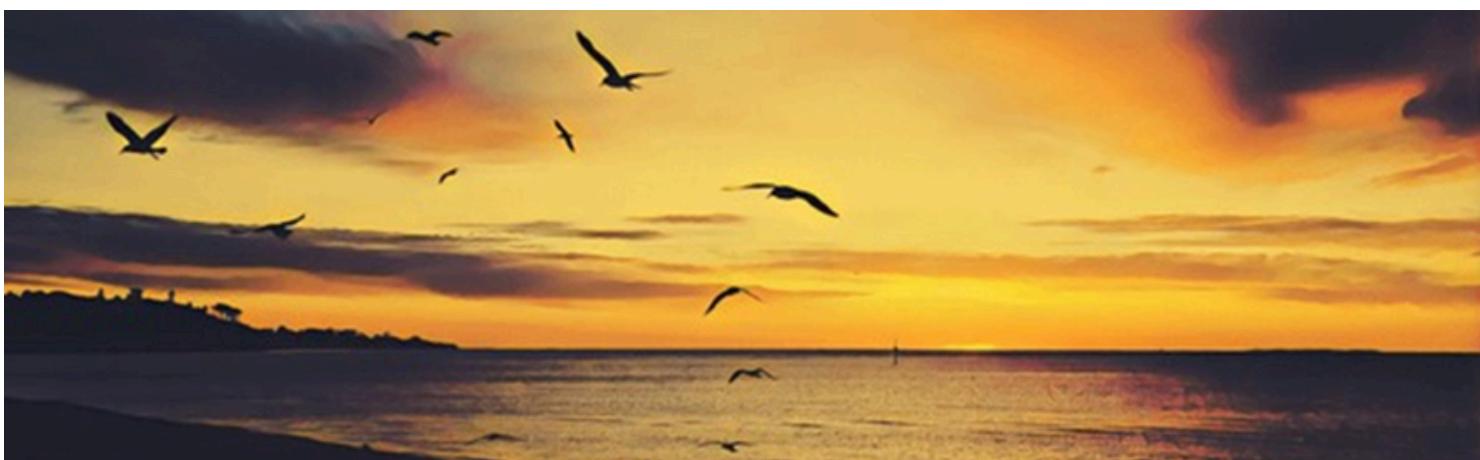
Too often, women are subtly taught to view their softness and compassion as liabilities in leadership. Not only are they not shortcomings, but these qualities facilitate greater inclusivity, a sense of belonging in the team, and deepen trust. As Jacinda Acern said, "***I refuse to believe that you cannot be both compassionate and strong.***"

The way forward is neither confrontation, nor retreat. It is not about asking why women don't have a seat at the table; it is about them taking that seat and trusting the value they bring to the table. It is about leading with clarity and self-respect; not over-explaining, not shrinking and definitely not equating assertiveness with aggression. Occupying space without apology is not entitlement, it is ownership.

For men, supporting women in leadership is often simpler than imagined: engaging as equals, trusting expertise without excessive scrutiny, listening with openness and assuming capability without hesitation. Awareness of small dynamics - who is heard, who is trusted, who is entrusted - goes a long way. Often, meaningful change comes not from active intervention but from consciously stepping away from inherited habits that center familiarity over merit.

Progress happens through shared understanding. ***When women trust their voice and men recognize that voice without surprise, leadership becomes clearer, fairer and stronger, for everyone.***

*May your heart always find its rhythm
and your journey unfold with purpose and conviction.*



Wishing everyone a very happy and prosperous new year!

**Dr Gagan Priya,
Editor in Chief**