

The 3rd ISE Regional Endocrinology Practice

&

DESCON 2025

3rd Annual Conference of

Endocrine Society of Delhi

Delhi-NCR Chapter of Endocrine Society of India

Theme: Investigative Endocrinology

16th - 17th August 2025

Pride Plaza Hotel Aerocity, New Delhi



endocrinesocietydelhi@gmail.com



DESCON 2025



Regional Endocrinology Practice

Message From the President's Desk

International Society of Endocrinology (ISE)

Professor Helena Teede



In the fast-evolving landscape of medical science, endocrinology stands out for its opportunities in exploration, innovation, and collaboration. This year, the International Society of Endocrinology (ISE) is proud to partner with the Endocrine Society of Delhi for hosting the **2025 ISE Regional Endocrinology Practice** in conjunction with their 3rd Annual Conference, **DESCON 2025**.

The conference, themed "*Investigative Endocrinology*," reflects our shared commitment to advancing science through discussions on diagnostics and the evolving management of endocrine disorders. It brings together regional and global perspectives in endocrine care, providing a platform where clinicians and researchers can engage with the latest developments, from advances in molecular diagnostics to the expanding role of artificial intelligence.

ISE is committed to support the endocrine community in all regions of the world, to connect and share the latest advancements in patient care. The **3rd ISE Regional Endocrinology Practice**, hosted by the **Delhi Chapter of the Endocrine Society of India**, will be an unique opportunity to learn, collaborate and share the latest advancements in endocrine care, with a variety of approaches, disciplines, and specialties, providing for an engaging CME-meeting.

Sessions will highlight the role of emerging laboratory technologies such as mass spectrometry, along with the integration of genomics, proteomics, and metabolomics in endocrine disorders in "Endocrinomics". Clinical updates will include advances in imaging, localization, and case-based discussions that span both pediatric and adult endocrinology.

At this landmark event focussing on "*Investigative Endocrinology*", we strive to unite research and clinical practice to enhance learning, sharing, and growth. This initiative is further strengthened by the collaboration between ISE and our longstanding member, the Endocrine Society of India, which unite the global and regional dimension of this meeting. The presence of distinguished international faculty will enrich discussions, offer diverse perspectives, and strengthen ties within the endocrine community.



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Message From the President's Desk

Endocrine Society of Delhi

Professor Nikhil Tandon



Dear Friends

It gives me great pleasure, on behalf of the Organizing Committee of **DESCON 2025**, to extend my welcome to the medical fraternity and invite their active participation in this Conference. I am excited to report that the Endocrine Society of Delhi will be co-hosting this conference with the International Society of Endocrinology, as part of the **ISE Regional Practice of Endocrinology** initiative. This is the first time that a State Chapter of the Endocrine Society of India has had the privilege of such an official arrangement and greatly enhances the stature and visibility of our Conference. This has enabled the presence of four renowned international subject experts who will speak to us on the fields of type 1 diabetes, reproductive endocrinology, hormone assays and metabolomics – adding significant value to the discussions conducted in this Conference.

It has been the avowed objective of the Endocrine Society of Delhi to identify themes which will be of the greatest benefit for the attendees – with a specific focus on younger colleagues – may they be endocrine trainees and mentees, early career endocrinologists and internists, and also practitioners of disciplines with a close association with endocrinology, including, but not restricted to obstetricians & gynecologists, surgeons with special interest in endocrine surgery, and endocrine and metabolic laboratory professionals.

This year we have decided on a hitherto unexplored theme – Investigative Endocrinology. It is well established that clinical endocrinology draws significantly from the laboratory in diagnosing, treating and monitoring endocrine disease. Perhaps no other speciality benefits as much from the close integration with laboratory and investigative techniques, may they be the entire range of laboratory assays (static and dynamic), or radiology, including observational and interventional methods. It is often noted that due to a lack of systematic integration between these participating specialties, each working within their space of expertise, the clinical endocrinologist does not always benefit to the fullest extent from the contribution made through these techniques. Understanding the processes involved in conducting the assays or capture of images and blood samples from radiological techniques greatly enhances the ability of a treating physician to identify and take into account the potential contributors to the results of these investigations, may they be pre- and post-analytical factors, assay limitations, placement of catheters while drawing blood samples for testing, and appreciating the nuances of whole genome sequencing, to name a few.

Keeping this in mind we have curated a programme where clinicians and investigative experts come together to craft comprehensive lectures, including duologues, to span the key aspects of the processes and applications of investigations relevant for the practice of clinical endocrinology. These include “conventional” endocrine laboratory measurements, newer techniques which have already become a part of endocrine service provision, such as genomics, and newer techniques which we anticipate will start playing a role in endocrine diagnostics, such as metabolomics. Similarly, in the area of radio-diagnosis and nuclear medicine, we have included talks which dive deep into the processes and interpretation of existing techniques, while concurrently providing an opportunity to decipher both the procedural and interpretative aspects of intervention radiology techniques relevant for endocrine practice.

In addition, sessions which provide information on newly emerging data with practical relevance will further enhance the quality of the programme. These include diabetes, both Type 1 and Type 2, obesity, reproductive endocrinology and bone disease. Keeping in mind our emphasis on trainees, we have also organized sessions on case-based scenarios, moderated and led by distinguished subject experts.

We hope that our efforts while planning the scientific programme will bear fruit in providing a nuanced and in-depth exposition of the domain of investigative endocrinology while ensuring that staple endocrine topics remain equally well represented.

We look forward to welcoming you to this Conference and the exciting scientific content we promise to deliver.



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PROGRAM HIGHLIGHTS

"Endocrinomics"

- ◇ Genomic testing: Principles of interpretation
- ◇ Metabolomics: Practical application in endocrinology

Advances in Endocrine Laboratory Testing

- ◇ Bone turnover markers
- ◇ Mass spectrometry in endocrinology

Endocrine Imaging and Localization

- ◇ TIRADS in practice: Balancing diagnosis and overdiagnosis
- ◇ Newer PET imaging modalities

Evolving Endocrine Entities

- ◇ Mild autonomous cortisol secretion
- ◇ From NAFLD to MASLD - A 2025 update

Precision Endocrinology

- ◇ Localizing Conn's syndrome
- ◇ Salivary cortisol and cortisone in clinical setting

Futuristic Endocrinology

- ◇ Monogenic diabetes in Indian context
- ◇ Artificial intelligence in diabetes

Type 1 Diabetes Symposium

- ◇ Carbohydrate counting – Implementation in practice
- ◇ Approach to pre-type 1 diabetes
- ◇ Newer technologies in type 1 diabetes

Endocrine Rounds: Exam Cases for Residents

- ◇ Approach to a case of thyroid eye disease
- ◇ Approach to a child with skeletal deformities
- ◇ Approach to a case of 46 XY DSD
- ◇ Approach to a girl with delayed puberty

Hormone & Her

- ◇ Monitoring in GDM
- ◇ Personalized management of early GDM
- ◇ Choosing the best COC for PCOS
- ◇ Myoinositol in PCOS
- ◇ Revisiting metformin safety
- ◇ Women and Bone Health



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Scientific Chairperson
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REGISTRATION FEE

Category	Before 31 st July 2025	After 31 st July 2025	Spot
Delegate	₹ 2500	₹ 5000	₹ 10000
PG Resident	₹ 1000	₹ 2000	₹ 5000

Mandatory for PG residents to submit the HOD approval letter

BANK DETAILS

Bank Name	Punjab National Bank
Beneficiary Name	Endocrine Society of Delhi
Account No.	5076102100000077
IFSC Code	PUNB0507610
Account Type	Current Account

Email: endocrinesocietydelhi@gmail.com



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