



# NEWSLETTER

Inspiration 2025



**ENDOCRINE  
SOCIETY OF  
INDIA**

**#Issue 1**

**Hormones in  
Harmony,  
Synchronised as  
in Symphony**

**Quarterly issue (Jan to Mar)**



The Pulse of Endocrinology:  
Stories of Science and Spirit

Inspiring Melodies: Where  
Endocrinology Meets Creativity

[www.endocrinesocietyindia.org](http://www.endocrinesocietyindia.org)

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## President's Desk

Dear Colleagues,

As the President of the Endocrine Society of India (ESI), it gives me immense pleasure to introduce our quarterly Newsletter, a platform dedicated to celebrating the multifaceted endeavours of our vibrant society and its members. This publication will highlight key activities, initiatives, and achievements within ESI and its affiliates, serving as both an informational and inspirational resource.

Each edition will include a Roll of Honour, showcasing awards and recognitions achieved by ESI members, affirming their contributions and dedication to endocrinology. We are also celebrating the non-academic talents of our members – this quarter features a book review of Dr R Santosh's latest thrilling novel, a travelog on escapades into nature by Dr Arpan Dev Bhattacharya, alongside captivating expressions in poetry, drawing and the award-winning bird photography by Dr Velayutham.

We are also delighted to feature a candid chat with Prof Sarita Bajaj in the Women in Endocrinology Corner

The newsletter will keep you informed of upcoming ESI and affiliate events. The current issue also provides highlights of the meticulously curated ESICON 2024 which provided an excellent platform for knowledge exchange and professional growth.

I invite each of you to engage with this initiative, making our Newsletter a true reflection of the diverse and dynamic ESI community. I wish the very best to the editorial team for their effort and for their future endeavours.

**Jai Hind**

**Dr. Narendra Kotwal**

President, Endocrine Society of India



Dear Friends,

Greeting from God's own country!

The Endocrine Society of India is the most active professional forum in India, with immense interest in academics, research, and public health activities. ESI has shown its presence in every nook and corner of the country sharing a wealth of information for all categories of people. The society is regularly conducting sessions for doctors and the public through various platforms, including print media.

I am proud to share that ESI is now prepared to reach another milestone with a quarterly newsletter featuring activities of ESI and its affiliates as well as showcasing the diverse contributions of all ESI members. I believe this step will be very useful for updating new information in a simple fashion in addition to all existing modes of dissemination of information in our society. I want to congratulate all the dynamic leaders and brains of our society for reigniting this novel idea. All the best and wishing all a very happy new year.

**Jai Hind, Jai ESI**

**Dr. P K Jabbar**

Immediate Past President, Endocrine Society of India



AWARD/ RECOGNITION	AWARDEE
Ati Vashisht Seva Medal by the President of India and Fellowship, Royal College of Physicians, Edinburgh	Dr Narendra Kotwal, Panchkula
ECTS Kyowa Krin Maria Luisa Bianci Clinical Research Award and ENDO 2024 Outstanding Mentor Award	Prof Sanjay Kumar Bhadada, Chandigarh
Award for Outstanding women contributing in Women's Health 2024 by American College of Physicians	Dr Jayshree Swain, Cuttack
Best Original Research Article award by Springer International in International Journal of Diabetes in Developing Countries	Prof Subhankar Chowdhury, Kolkata
Elected Treasurer, International Society of Endocrinology	Dr Sanjay Kalra, Karnal
Travel grant award by ISE for outstanding contribution to endocrine research, 2024	Dr Nitin Kapoor, Vellore
Re-elected to International Osteoporosis Foundation Board of Governance (4th consecutive term)	Dr Ambrish Mithal, New Delhi
Elected Member, Education working group, International society of endocrinology	Dr Nitin Kapoor, Vellore Dr Saptarshi Bhattacharya, New Delhi
'Master, American College of Endocrinology' - first person outside of United States	Dr Shashank R Joshi, Mumbai
ESCEO-IOF Pierre Meunier Young Scientist-2024 award by European Society for Clinical and Economic Aspects of Osteoporosis, Osteoarthritis and Musculoskeletal Diseases and the International Osteoporosis Foundation	Dr Lakshmi Nagendra, Mysuru
Young Investigator award' by Women in Endocrinology. US ENDO, Boston 2024	Dr Liza Das, Chandigarh
Juliet Compston award by ISBM, Toronto 2024	Dr Liza Das, Chandigarh
Fellow National Academy of Medical Sciences, 2024	Dr Pramila Kalra, Bengaluru
ICMR long-term fellowship for Biomedical Scientists, 2024	Dr Ravindra Shukla, Jodhpur
ICMR research grant 2024	Dr Rama Walia, Chandigarh Dr Nisha Bhavani, Kochi Dr Lakshmi Nagendra, Mysuru Dr Sunetra Mondal, Kolkata

### World's top 2% Scientists (by the Stanford University for the year 2024)

Dr Ambrish Mithal, New Delhi	Dr Nikhil Tandon, New Delhi
Dr Anil Bhansali, Chandigarh	Dr Nitin Kapoor, Vellore
Dr Awadhesh Kumar Singh, Kolkata	Dr Rimesh Pal, Chandigarh
Dr Jamal Ahmad, Aligarh	Dr Sanjay Kalra, Karnal
Dr Mahendra Kumar Garg, Jodhpur	Dr Shashank R Joshi, Mumbai



**Section Editor**  
**Dr Kaushik Biswas**





The 53rd annual national conference of the Endocrine Society of India (ESI) was held at Novotel Varun beach, Vishakhapatnam from 7th to 10th November 2024, hosted by Endocrine Society of Andhra Pradesh (ESAP). The conference was attended by over 2000 delegates from India and abroad. The scientific program was proficiently designed to incorporate everything from basic science to recent advances and clinical skills to use of artificial intelligence in endocrinology. It included 18 meet-the-professor sessions and keynote addresses, 6 workshops, several panel discussions, debates and more than 30 hours of scientific sessions.



The pre-conference workshops held on 7th November with hands-on experience were highly appreciated and attended by over 150 DM/DrNB residents. The pre-conference day ended with the ESI Endo PG Quiz with participation of over 50 teams in the prelims round. The coveted PN Shah oration, Subhash Mukherjee oration, MMS Ahuja oration and Presidential oration were delivered by Dr Tushar Bandgar, Dr Ashu Rastogi, Dr Thomas V Paul and Dr PK Jabbar, respectively. Young endocrinologists showcased their exceptional research prowess by presenting their work for the prestigious AR Sheth Award. The conference featured a total of 55 oral and 265 poster presentations over 3 days.

Inaugural ceremony held on 8th November was graced by honorable Shri M. Venkaiah Naidu Garu, the former Vice President of our country. The glorious annual cultural event, 'Colors of India' was held on the evening of 7th November. It showcased the vibrant side of countless endocrinologists from all age groups and all zones of our country. With the theme 'Rhythms of Resilience', the event celebrated triumph of light over darkness, good over evil.



Accolades to each member of ESAP for the exceptional effort and dedication that went into organizing ESICON 2024. From the registration process to the engaging scientific sessions, the smooth logistics, and the captivating cultural evenings, it was clear that the success of the conference was a direct result of your collective hard work and commitment.



**Section Editor**  
**Dr. Naincy Purwar**

By Dr Naincy Purwar



## *A candid conversation with Prof Sarita Bajaj: Mentor, Leader and Achiever*

It is my privilege to introduce Prof. Sarita Bajaj, a woman of substance, a dynamic achiever, and a true go-getter. A multi-tasker at heart and a trusted mentor, she has held several prestigious roles, including the former president of ESI, RSSDI, and ITS, and the founder president of SAFES. These accomplishments are just a few of the many milestones in her illustrious career. I had the honour of engaging in a warm and insightful tete-a-tete with her, and I'm thrilled to share our conversation with you in this special feature.

***Dr Sarita Bajaj is celebrated as a trailblazer in Indian Endocrinology. Beyond your professional achievements, who is Sarita Bajaj as a person? Can you share a glimpse of your family and upbringing?***

I was born in Delhi to a family shaped by resilience and determination. My father hailed from Hoshiarpur, Punjab, and my mother was an immigrant from Lahore, Pakistan. During Partition, my mother faced immense hardship, including a six-month separation from her family. Initially settled in Ferozepur, my parents relocated to Delhi after repeated flooding. My father was a disciplined, self-made individual, a mathematical genius who retired from the Indian Accounts and Audit Service. My mother, a homemaker, was the social anchor of our family, encouraging and supporting us at every step.

Growing up, my father ensured that my sister and I received the best education, insisting on convent schooling. I am one of two underweight twin girls born in Delhi, and in those days, ultrasounds were unavailable—my arrival came as a surprise. Unfortunately, only I survived, but destiny seemed kind to me from the very beginning.

My early education began in Convent of Jesus and Mary in Delhi, followed by seven years in Lusaka, Zambia, where my father was posted. I completed my secondary schooling at Dominican Convent and later studied at the University of Zambia.



### POST GRADUATE DEPARTMENT OF MEDICINE MOTILAL NEHRU MEDICAL COLLEGE ALLAHABAD



Row (L to R): Dr Anurag Varma, Dr Adesh Kumar Singh, Dr Kamlesh Kumar Sonkar, Dr AP Tripathi, Dr Sharad Varma, Dr Rashmi Tripathi, Dr Anubha Srivastava, Dr Manoj Kumar Mathur, Prof Sarita Bajaj, Prof NC Dwivedi, Dr Poonam Gupta, Dr Smeriti Singh, Dr Rakesh Kumar Yadav, Dr Sujit Kumar Verma, Dr Ajeet Kumar Chaurasia, Dr VK Singh, Dr Chhiti Srivastava, Prof Arvind Gupta, Dr Pramod Yadav, Mr Kalicharan, Ms Rani Mishra, Mr Azad Yadav, Mr Ajun Yadav, Dr Pramod Kumar Gupta, Dr Ramnivas Sharma, Dr Vishwa Prakash Tiwari, Dr Anurag Mishra, Dr Anil Kumar Upadhyay, Dr Jeetam Singh Ragnid, Dr Usha Kiran Kurney, Dr Richi Kashyap, Dr Yashashvi, Dr Pragy Gupta, Dr CI Peter, Dr Lekharaj Choudhary, Dr Abhishek Jha, Dr Aditya Sachan, Dr Vatsal Singh, Dr Anand Singh, Dr Parag Saraswat, Dr Santosh Kumar Maurya, Dr Anand Kumar, Dr Manish Yadav, Dr Sparsh Anil Bhatia, Dr Anand Singh, Dr Alok Singh, Dr Shalendra Kumar Yadav, Dr Mansoor Ahmed, Dr Sandeep Prajapati, Dr Animesh Gupta, Dr Saurabh Nandwani, Dr Dharmendra Tiwari, Dr Indramani Prakash, Dr Rajneesh Kumar Tiwari, Dr Viya Nagi, Dr Sanjay Kumar Singh, Dr Ashok Kumar Verma.

Date: 6th September 2019

Returning to India, I was nominated to Moti Lal Nehru (MLN) Medical College in Allahabad (now Prayagraj) in 1973.

Initially, I aspired to become a pediatrician. However, a senior colleague, now a renowned gastroenterologist, convinced me otherwise, calling pediatrics "veterinary science." I chose internal medicine instead, intending to specialize in cardiology. During this time, I met my late husband, an internationally acclaimed dermatologist, in 1975. Our partnership, spanning 46 years, was tragically cut short when he succumbed to COVID-19.

I am incredibly proud of my two daughters, who have each forged their own unique paths in life, and I'm equally blessed to have three spirited grandchildren who bring me so much joy and energy.

***So, becoming an endocrinologist wasn't always a part of your plan! How did you ultimately find your path to endocrinology?***

Endocrinology entered my life serendipitously. A renowned palmist once predicted that I'd specialize in a subject "both above and below the diaphragm." A three-month fellowship at AIIMS in Delhi exposed me to this fascinating field, sparking a deep passion. However, pursuing a DM required state government permission—a challenging process that I overcame with unwavering family support.

I completed my DM in 1993, over a decade after my MD. By then, I was balancing my career with family responsibilities. My journey to Endocrinology wasn't linear, but every step prepared me for the rewarding work I do today.

***You inspire so many with your dedication and success. What inspires you? What drives your passion and keeps you moving forward every day?***

My inspiration comes from women achievers across all walks of life—whether in politics, education, entertainment, sports, activism, philanthropy, or science. Women often face unique challenges, and their journeys are frequently longer and more arduous. Yet, they persevere, breaking barriers and redefining societal norms.

Endocrinology is my passion and obsession. It's a unique field, bridging the intricate systems of the human body. Endocrinologists are a small, focused, and inclusive group, which adds to the field's appeal.

What drives me daily is my desire to live with purpose. I begin each day with a detailed agenda, often listing over 50 tasks. By the day's end, even if

I've accomplished only a fraction, I find contentment in the progress made. This mindset fuels my energy and keeps me striving for more.

***You are known for your boundless energy and remarkable productivity. What's the secret behind staying fit, active, and energized amidst such a demanding schedule?***

Discipline is the cornerstone of my productivity. I am a hard taskmaster, not just with others but also with myself. Once I take up an assignment, I ensure it is completed within the stipulated time.

Fitness has always been a priority. I watch my calorie intake, and I believe I have practiced intermittent fasting for most of my life—a habit that continues to this day. Walking is another vital part of my routine; I average 14,000 steps daily, which keeps me physically active and mentally refreshed.

***Work-life balance is a challenge for many, especially for women in medicine. What are your personal strategies for achieving this balance, and what advice would you offer to the next generation of doctors?***

Achieving work-life balance starts with setting clear priorities and not losing sight of your ultimate goals. I've been fortunate to have a supportive family and colleagues who've stood by me during life's highs and lows. This strong support system has been instrumental in my ability to juggle responsibilities effectively.





For women, self-doubt often becomes a barrier. We tend to overthink, second-guessing our decisions. My advice is to shift the focus from “I” to “we.” Collaboration and teamwork can unlock incredible potential. Additionally, don’t fear making mistakes; each misstep is a valuable learning opportunity.

I’ve always tried to cultivate harmony between my personal and professional lives. Setting boundaries, practicing self-care, and prioritizing tasks are essential. By embracing these principles, one can navigate the challenges of a demanding profession while maintaining well-being and aspirations.



***The Endocrine Society of India (ESI) has grown into a dynamic and unified community. What is your vision for the future of Endocrinology in India, and how do you believe we can continue to grow and thrive as a society?***

The ESI has a rich history spanning over half a century. It has grown into an inclusive, visible, and vibrant community, thanks to the efforts of past leaders who laid a strong foundation.

I believe the strength of any society lies in its members. ESI is fortunate to have a talented and enterprising community of endocrinologists. The current executive committee is value-driven and result-oriented, with several initiatives in progress.

Looking ahead, my vision is to nurture the next generation of endocrinologists, particularly the dynamic youth who represent the society’s future. By fostering collaboration, supporting innovation, and promoting inclusivity, we can ensure a bright and impactful future for Endocrinology in India.

Women are emerging as powerful agents of change, challenging conventions and reshaping society. Their increasing representation in Endocrinology adds a unique dimension to the field, making it more inclusive and forward-thinking.

ESI has a promising road ahead. With collective effort and vision, the society will continue to thrive and uphold its legacy of excellence.

Long live Endocrine Society of India!

By Dr Gagan Priya



**Section Editor**  
**Dr. Sakthivel S**



*We took a break!*

*“Embrace the Journey: Discover Nature’s Splendor and Enrich Your Senses”*



As an endocrinologist, the demands of daily practice, while fulfilling, can occasionally lead to a sense of monotony. When the days grow longer and the vibrancy of life starts to fade, I choose to prescribe myself a well-timed break. Indeed, a holiday, particularly one immersed in the serenity of nature, is a true mental rejuvenation, or perhaps more accurately, an endorphin surge. Luckily, my closest friends agreed with me. Eager for such a restorative experience, we embarked on a journey to explore the wilds of Africa.

We arrived at Jomo Kenyatta International Airport in Nairobi, Kenya, on a warm but pleasant afternoon. After settling in, we embarked on an evening city tour, during which we visited notable landmarks such as the Jamia Mosque and the bustling city market. Our initial concerns about the local cuisine were unfounded as we discovered a wealth of Indian restaurants and familiar dishes even within local African eateries.



The following day, we ventured to one of the trip's major highlights— the Amboseli National Park. After a scenic drive and a satisfying lunch, we embarked on the highly anticipated evening game drive. Here, we were privileged to witness the breathtaking beauty of wildlife in its natural habitat. Nothing could prepare us for what we would experience here. We observed lions, giraffes, and elephants, all thriving in the vast savannah.







The sights were truly awe-inspiring, with the imposing Mount Kilimanjaro— the world’s tallest freestanding mountain—towering majestically in the distance. The following day, we explored deeper into the park, encountering rarer species such as wildebeests, baboons, and gazelles. The evening meal, surrounded by nature’s wonders, remains one of my most cherished memories from the trip.



Our adventure continued with a flight to the Masai Mara National Reserve, where we experienced another thrilling safari. The diversity of wildlife here was remarkable, with zebras, wildebeests, and various other species inhabiting the rich landscape. During our two-day stay, we also visited local Maasai villages, where we had the privilege of witnessing traditional dances and exploring the iconic "manyatta" huts. Amid leisurely picnics and star-filled skies, time seemed to slip away, and we were momentarily removed from the demands of everyday life. However, as all good things must, our time in the wilderness eventually came to an end, and we were gently nudged back into the rhythm of daily life.



**Section Editor**  
**Dr. Karthik Vijayakumar**

By Dr Arpan Dev Bhattacharya



## *Photography and Birdwatching: A Journey of Passion and Discovery*

Any hobby is a stressbuster. For me it is Bird watching and photographing them. Birds are everywhere, right from our backyard to the remotest corners in the globe. My interest in nature photography with a special passion in photographing birds as subjects came few years ago. It was sparked by the sighting of a winged friend near my home which I have not seen before. It looked different from the routine house crows, mynahs and the pigeons seen in the city. It turned out to be a Shikra, a bird of prey.

I stumbled upon a local bird watching group on social media which had awesome images of birds posted by the members and this inspired me to improve my photography skills particularly with reference to photographing birds.

### **"Yellow browed bulbuls"**



It started with looking for common birds in the back yard and subsequently the field of search expanded to nearby birding hotspots like local water bodies, nearby forest areas and hill stations.

Later it extended to birding hotspot in states nearby and far. Birding in Mangalajodi of Odisha and Chakki Mod of Himachal are worth mentioning. Many other destinations within the country and abroad are in my bucket list.

There are several challenges involved in photographing birds. As a subject they are fidgety and quite wary of the surroundings: any disturbance in form of getting physically close or use of distracting colours in clothing can make them fly away.

Usually, the birds are active in the early morning hours and at the end of the day at dusk. This requires reaching the desired spot in the early hours of the day and the lack of light at the end of the day can be quite challenging in getting a proper exposure. All these require dedicated time and patience which many a time is a difficult task considering the nature of our profession.

When birding becomes a part of family trips, I usually do not need a separate guide. My better half and children do the job in helping to spot a bird. "E-bird" is an online platform like our medical registry where individual observers can upload their observations from different parts of the world. It is a typical example for citizen science with huge data base that helps in better understanding of distribution and migratory behaviour of birds.

Some of my bird photographs featured in the monthly Top 25 Bird photograph challenge by Wild bird trust endorsed by The National Geographic society. Few others won prizes in state and National Photography Competitions.

### **"Greater Flamingoes"**



### **"Harrier"**





Indian White Eye



Rose Ringed Parakeet



There are more than 10000 species of birds in the world; it is my dream to spot and photograph at least 500 species from our country in times to come and move further. My statistics stand at around 300 species as of now. Some of the memorable recordings include spotting a pair of Great Indian Hornbills in flight in western ghats, a huge flock of Greater Flamingos in mudflats of Tuticorin, Arctic squa a rare winter migrant to the eastern shores of Tamil Nadu and the brilliantly coloured crimson sunbird in the Himalayas.



Dr. P Velayutham

By Dr P Velayutham, Coimbatore

### *Canvas Chronicles*







By Dr Alka Bishnoi



Dr. Alka Bishnoi



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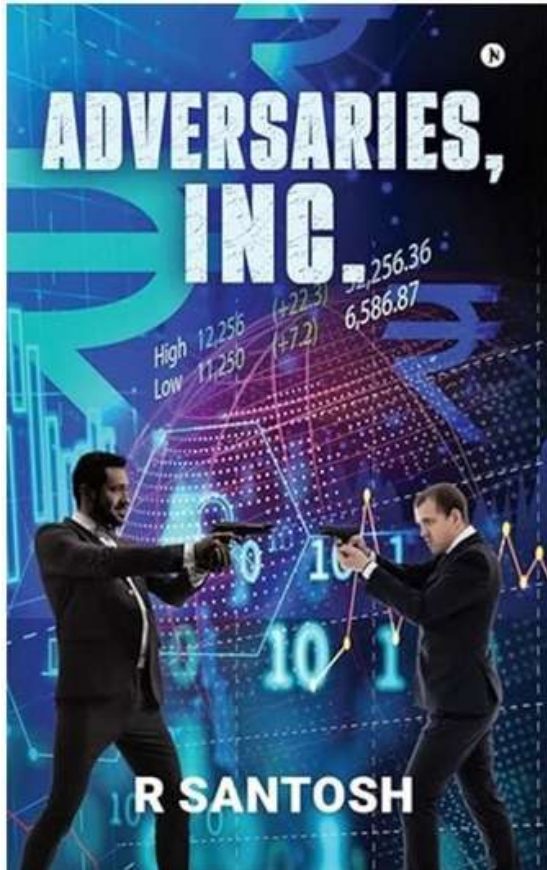
Dr. Khushboo Aggarwal

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Section Editor  
Dr. Lakshmi Nalini Kopalle

*Book review for Adversaries, Inc. by Dr R Santosh*

It is not every day that we get the chance to read non-fiction literature written by an endocrinologist, let alone an entire book. First, I must congratulate Dr R. Santosh, our colleague from Hyderabad and current treasurer of the ESI, for completing his sixth novel, *Adversaries, Inc.* Yes, you heard that right—his sixth novel!

The story revolves around two characters: Varun Kannan and Byram Mistry. Varun hails from a simple, lower-middle-class South Indian family that has migrated to Pune. Byram, on the other hand, comes from a wealthy Parsi family. They become best friends in school, and the intense camaraderie between the two young friends will leave you reminiscing of the good times you had with your school friends.

However, on a fateful night, a huge fallout occurs—courtesy of a girl they both have a crush on. This leads them to despise each other. Despite the best efforts of friends and families to reconcile them, their hatred intensifies beyond imagination.

Both Varun and Byram go on to become entrepreneurs in the emerging corporate India of the late 1990s, each venturing into then-unique businesses. The transition from a socialist economy to a more open one is vividly described.

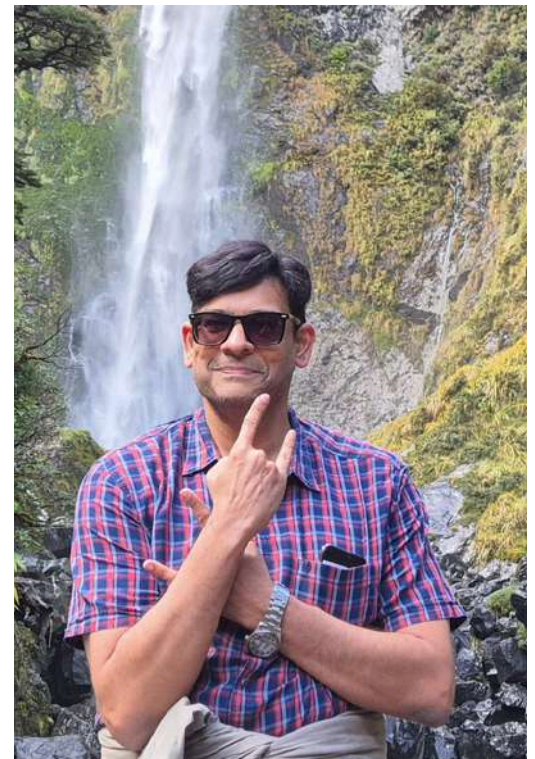
However, their rivalry continues, with each one entering similar businesses, constantly trying to outdo the other. This competitive drive pushes them to great heights of success, making them two of the wealthiest individuals in the world.

The government of India plays a crucial role in the story, enlisting one of them for a Défense project. This only fuels their animosity, and soon things escalate into violence, culminating in some gory murders. Ultimately, one must win, and the other must lose.

The initial part of the story evokes nostalgia. The author draws inspiration from his own childhood in Pune, which strikes a sweet chord with many of us who studied in public schools. Relationships—whether friendship, romance, marriage, or parenthood—are portrayed with great authenticity, capturing their ups and downs. Personally, I found the middle section of the story somewhat predictable, with the two characters continuously outgunning each other in business. However, the real turning point comes when the government becomes involved, propelling the story into an unrelenting pace. The climax is stunning, with twists that will leave readers dizzy.

All in all, it's a great read, and it would make an excellent movie!

By Dr Vimal MV



**Section Editor**  
**Dr. Vimal MV**



DATE	CONFERENCE	ORGANIZED BY	CITY
Jan 4-5	International symposium on Diabetes	Indian Academy of Diabetes	Mumbai
Jan 10-11	Vellore Endocrinology International Congress	Department of Endocrinology, CMC Vellore	Vellore
Jan 10	ESI Foundation Day	Endocrine Society of India	Vellore
Jan 19	Endosphere	Karnataka Endocrine Society	Bengaluru
Feb 1-2	Debate-2025	PRIMER	Chennai
Feb 8-9	MAGNA Endocrine Update	MAGNA Centres for Obesity, Diabetes and Endocrinology	Hyderabad
Feb 8-9	DIWAS	DIWAS foundation	Chennai
Feb 8-9	KEM Endocrinology Alumni meeting	Department of Endocrinology, KEM Mumbai	Mumbai
Feb 16	MENDOS Update 2025	Malabar Endocrine Society	Kozhikode
Feb 23	ESI Satellite Symposium	Endocrine Society of India	Kota
Mar 7-9	International Diabetes Summit 2025	Chellaram Diabetes Institute	Pune
Mar 8-9	WE CARE and ESI Obesity Day	Women Endocrine Care, Endocrine Society of India	Bhubaneswar



**Section Editor**  
**Dr. Shreya Sharma**

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Dr. Gagan Priya

Dear friends,

We are thrilled to announce the return of the Newsletter of the Endocrine Society of India, after a hiatus of over two years. This edition marks a significant milestone, reflecting our commitment to providing timely insights, appreciations and updates of activities of ESI and its members. During this period, we have diligently worked to enhance our content, ensuring that it meets the highest standards meant for the finest few of our country.

Quoting Albert Einstein "Creativity is intelligence having fun", the newsletter celebrates the creative victories and talents of endocrinologists besides the academic accolades. In this issue, you will find a curated selection of works of our creative prodigies. Additionally, there is information on the conferences organized by ESI and/or its affiliates for the first quarter of 2025. We encourage our readers to engage with the newsletter and contribute their perspectives, fostering a collaborative environment that promotes camaraderie and a sense of togetherness.

Moving forward, the newsletter will be a quarterly feature, and we look forward to your continued support as we embark on this journey together.

By Dr Lakshmi Nalini Kopalle

**“Here's to a Happy and Prosperous New Year  
 May your dreams take flight! ”**