

Inspiration 2025



**ENDOCRINE  
SOCIETY OF  
INDIA**

**#Issue 2**

**Endocrine  
Rhythms: The  
Dance of  
Precision**

**Quarterly issue (April to June)**

# NEWSLETTER

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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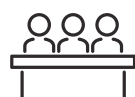
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## ESI Executive Committee Members

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### Mantra of Blissful Being

In mindful bites, let joy reside,  
Each taste a gift, a world inside.  
Fasting whispers, "Pause, reflect,"  
A balance found, a soul's perfect.

Move your muscles, let them sing,  
In every step, new life will spring.  
A walk, a dance, a stretch, a stride,  
Feel the strength grow deep inside.

Positive thoughts, like seeds, you sow,  
A garden blooms where love will grow.  
Somehow smile, even through the rain,  
A gentle curve can soften pain.

Sleep, the healer, whispers low,  
"Rest, my dear, and strength will grow."  
In dreams, the mind finds peace at last,  
A blissful balm for trials past.

Live the moment, let it be,  
No chains of past or future's plea.  
Here and now, your soul will find,  
A boundless joy, a quiet mind.

So eat with care, and move with grace,  
Smile and sleep, embrace your space.  
With present living, life's tune you'll sing,  
The mantra of a blissful being.



**Dr. Narendra Kotwal**  
President, Endocrine Society of India

Dear Friends,

As specialists in Endocrinology, we are all involved in the realms of patient care, research, and academic pursuits. However, I am afraid this merely represents a fragment of our overall character. Within everyone, there exists an aspect that often remains concealed from public view yet is cultivated in the privacy of our inner lives, representing a deeply valued segment of our identity.

This Endocrine Newsletter serves as an unparalleled platform for articulating our often-overlooked identities. It brings me great satisfaction to perceive our acquaintances in a fresh perspective, detached from the often-overwhelming pursuit of professional distinction that we all endeavour to achieve. This newsletter fosters connection, presents opportunities for intellectual growth, provides fresh perspectives on our existence, and inspires us to strive for a broader future. This newsletter offers a refreshing perspective.

I am confident that this new initiative by ESI will create an opportunity for deeper connections among us, fostering a sense of belonging within the specialty and ultimately drawing us closer together than we presently are. I can fathom a very bright future for the newsletter and am quite confident of it reaching newer heights in the coming years, being on the shoulders of some exceptionally capable colleagues.

I would urge all to be a part of this great initiative and make it a wave that cannot be disregarded. We all are likely to gain only in future.

Long live ESI and long live this Endocrine Newsletter.

With best wishes forever,



**Dr. Kaushik Pandit**  
President Elect, Endocrine Society of India

## *Living life in style!!!*

The demanding nature of medicine in the world's most populous nation often leaves little room for personal well-being. As endocrinologists, we are acutely aware of this challenge. Our years of rigorous training, dedicated to the care of others, have frequently left us with limited time for self-care, ironically leaving us susceptible to the very conditions we treat – obesity, diabetes, and metabolic disorders. However, a growing number of us are demonstrating that a healthy lifestyle is attainable even within the confines of a demanding medical career, offering a beacon of hope and a testament to the enduring power of self-care.



**Dr Muthukrishnan  
Jayaraman**

*Self-discipline, consistency, and the ability to go beyond one's comfort zone are the only ways to achieve fitness and good health!*



**Dr Parjeet Kaur**

*Running is my journey of personal growth and resilience. With every stride, I embrace the challenge of becoming stronger, healthier, and more determined.*



**Dr Sailaja Anatarapu**

*Chase your dreams until you catch them, and then dream again, catch them, and dream once more.*



Dr Archana Juneja

*Run or play... seize the day,  
come what may!!!*



Dr Rama Walia

*Transform with purpose, train  
with passion.*



Dr Shinjan Patra

*"I'M DOING THIS FOR ME."  
Nothing is more motivating  
than feeling like I am the  
reason for my goals.*



Dr Shalin J Shah

*"If it doesn't challenge you, it  
doesn't change."  
- Fred DeVito*



Dr Usha Ayyagari

*"Use it or lose it"*

Often misunderstood as self-indulgence, self-care is not about prioritizing oneself above all else. Rather, it acknowledges that nurturing one's own well-being is essential for overall health and fulfilment. Self-care practices encompass a range of activities undertaken by individuals

to cultivate and sustain both physical and mental well-being. These practices play a pivotal role not only in the treatment of diseases but also in their prevention, underscoring the profound connection between self-compassion and holistic health. The Endocrine Society of India acknowledges the efforts of these 'fit and fabulous' endocrinologists who exemplify the power of self-care by prioritizing exercise, mindful eating, and stress management in their own lives. In every edition of our newsletter, we will be featuring a few endocrinologists whose lifestyle inspires and demonstrates that a healthy lifestyle is attainable by all.



**Dr Lakshmi Nalini Kopalle**  
Section Editor



## *ESI Foundation Day 2025: A Celebration of Legacy and Vision*

The ESI celebrated its Foundation Day on 10th January 2025, marking 54 years since its inception in 1971. The event was held in Vellore as part of the Vellore International Endocrinology Conference, attended by over 700 delegates. It was organized by Dr. Sambit Das, Vice President ESI, along with Executive Committee members Dr. Basvaraj GS and Dr. Nitin Kapoor. The celebration resonated across multiple cities in India, with events in Jaipur, Kolkata, Delhi, Mumbai, Pune, Indore, Guwahati, Patna, Hyderabad, Vizag, and Bhubaneswar.

The festive evening began with Dr. Basvaraj GS welcoming all distinguished guests. Dr. Narendra Kotwal, President ESI, reflected on ESI's journey and outlined a bold vision for the future. Dr. KVS Hari Kumar, Secretary ESI, highlighted key initiatives like Yuvacrinology, aimed at fostering young talent and advancing collective research.



Regional voices also played a vital role, with Dr. Muthukumaran Jayapaul, President ESTN, and Dr. Vijay Bhaskar Reddy, Secretary ESTN, sharing their chapter's progress and plans. Other state affiliates joined the celebration virtually, demonstrating ESI's national unity and collaborative spirit.

A key highlight of the evening was the announcement of ESI's new task forces: Obesity, PCOS, Skeletal Health, Pediatric Endocrinology, and Transgender Endocrinology — each focused on streamlining research, education, and public awareness. The task force conveners presented their strategic plans:

- **PCOS Task Force (Dr. R. Santosh):** A five-point plan including a national PCOS registry, educational programs, and widespread public awareness campaigns across digital platforms.
- **Obesity Task Force (Dr. Nitin Kapoor):** Five key verticals featuring updated ESI Obesity guidelines, training programs for young endocrinologists, and monthly public awareness initiatives.
- **Skeletal Health Task Force (Dr. Lakshmi Nagendra):** A three-point plan focusing on awareness, patient outreach, and nationwide research on osteoporosis and common skeletal diseases.
- **Pediatric Endocrinology Task Force (Dr. Mohan T. Shenoy):** Emphasis on growth, puberty, DSD, thyroid, and metabolic disorders, with a cross-taskforce collaboration approach.
- **Transgender Endocrinology Task Force (Dr. Kaushik Pandit):** Advocacy for compassionate, multidisciplinary care, addressing mental health and suicide risk within this marginalized community.



The evening also saw the unveiling of ESI's first quarterly newsletter, curated under the leadership of Editor-in-Chief Dr. Gagan Priya, and Co-editors Dr. Vimal MV and Dr. Lakshmi Nalini Kopale. The celebrations concluded with a virtual cake cutting and a heartfelt vote of thanks by Dr. Sambit Das, applauding the state affiliates' remarkable participation and commitment to ESI's vision.



**Dr Khushboo Aggarwal**

## *ESI - The Young Scholar Award 2025*

The national finals of the Endocrine Society of India – The Young Scholar Award (ESI TYSA) 2025 were held on 1st and 2nd March 2025 in Ahmedabad. This intense two-day event followed a rigorous two-round online quiz that was conducted in "January-February 2025 with participation from nearly 120 DM/DrNB trainees across India". The top 12 finalists were evaluated by a distinguished panel of judges in the finals at Ahmedabad.

The assessment focused on all-round development, current knowledge and communication skills through challenging rounds including debates, "Just-a-minute" sessions, extempore orations, research grant proposals, essay writing and a unique quiz based on research papers published in the ESI's flagship journal, the Indian Journal of Endocrinology and Metabolism.



The top four contestants advanced to the final case-based segment where they were grilled over long and short cases for over two hours. While a few emerged as winners, every participant gained invaluable knowledge and experience, making them all richer for the journey.

### **Congratulations to the winners of ESI TYSA 2025!**

Winner – Dr Anuj Ban, KEM Mumbai

1st runner up – Dr Remya M, GMC Trivandrum

2nd runner up – Dr Bandana Dash, MKCG Behrampur



**Dr Deep Dutta**



## *WE CARE (Women Endocrine Care) 2025*



The ESI WE CARE conference on Women's Endocrine Disorders, held from 7th to 9th March in Bhubaneswar, was a monumental success, drawing over 950 delegates, including 200 esteemed faculty members from across India. Each contributed their expertise and enriched the discussions surrounding the latest advancements in women's endocrine health.

The conference extensively addressed various endocrine disorders affecting women's health, including polycystic ovary syndrome, reproductive and sexual dysfunction, gestational diabetes, menopause and osteoporosis.



The speakers also highlighted the implications of gender dimorphism in endocrine and metabolic disorders, emphasizing how biological differences and pregnancy influence disease prevalence, presentation and treatment outcomes in women.

A key highlight of the conference was the ESI Obesity Week Symposium, led by Dr Nitin Kapoor, which sparked insightful discussion about the rising pandemic of obesity in India. The symposium was graced by distinguished leaders in the field, including Dr. Sarita Bajaj, Dr. Narendra Kotwal, and Dr. Kaushik Pandit. It was our privilege to honour Prof Dr Padma Menon and pay a heartfelt tribute to late Prof Dr A C Ammini and late Prof Dr R J Dash, whose legacy in







advancing endocrine research and clinical practice continues to inspire generations.

This successful event was made possible by the tireless efforts of my colleagues in the organizing committee — Dr. Kalpana Dash, Dr. Ipsita Mishra, Dr. Devadarshini Sahoo, and Dr. Sweekruti Jena. We also acknowledge the invaluable support and guidance of our national coordinators — Dr. Gagan Priya, Dr. Shehla Sajid Shaikh, and Dr. Belinda George —

whose leadership was instrumental in shaping the event's success.

The conference, held in honour of the International Women's Day, stands as a powerful testament to ESI's unwavering dedication to advancing women's health and wellbeing.



Dr Jayshree Swain

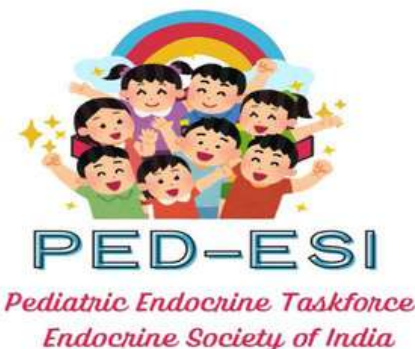
## ESI Task Forces

### Pediatric Endocrinology Task Force

#### *Pediatric Endocrine Taskforce Endocrine Society of India*

##### MISSION

- Improving the health and well-being of children with endocrine disorders, using a comprehensive approach - focusing on optimizing their physical, mental, and social health throughout their lifespan, from infancy through puberty transition.
- Fostering inter-sectoral, intradisciplinary, and international collaborations among the various experts in this field.
- Reiterating our commitment to enhancing research and providing academic support, international fellowships, genetic and hormonal testing support, and training of ESI postgraduate students and early career members in new technologies and treatment.



##### VISION

- Monthly Mega Masterclass - EPIC Quiz + Journal + Webinar
- Awareness Leaflets on common pediatric endocrine conditions

- Hands-on workshop ( Insulin pump/ Growth charts/ DSD)
- Consensus / Position statements on major pediatric endocrine disorders
- Case discussions & Mini-Symposium at National and State conferences

## Team – Together Everyone Achieves More

- **PATRONS:** Dr Kaushik Pandit (Kolkata). Dr Rajesh Khadgawat (New Delhi)
- **NATIONAL ADVISORS:**  
Dr Shaila Bhattacharya  
(Bengaluru), Dr V Suresh (AIIMS Mangalagiri)

### Coordinators with the subgroups

- ✓ **Thyroid, Adrenals:** Dr H K Ganesh, (Mangalore)
- ✓ **Growth, DSD:** Dr V Sri Nagesh, (Hyderabad)
- ✓ **Adolescent Health and Puberty:** Dr Ameya Joshi,  
(Mumbai)
- ✓ **Type 1, Type 2 Diabetes:** Dr Abhamoni Baro, (Guwahati)
- ✓ **Metabolism/Genetics:** Dr Kaushik Biswas (Kolkata), Dr Umesh  
Kumar Garg (Agra)
- ✓ **Digital technology and ToT (Train the Trainer):**  
Dr Rajesh Moganti (Tanuku, Rajahmundry)  
Dr Manoranjan Tripathy (Bhubaneswar)



**Dr Mohan T Shenoy**



**Dr Naincy Purwar**  
Section Editor



**Dr Kaushik Biswas**  
Section Editor



## *Honoring the Legacy of Late Prof. (Dr.) A.C. Ammini*

Prof. (Dr.) A.C. Ammini was a pioneering endocrinologist and a dedicated mentor, and above all a compassionate healer, whose contributions to endocrinology and patient care remain unparalleled.

*"My lasting memory of Prof Ammini is of someone with the right mix of academic credentials, empathy and humanity. Her decision making factored in not only the 'science' but also the 'art' of medicine."*

**Prof Dr Nikhil Tandon**



Born on June 2, 1949, Prof Ammini's academic journey was nothing short of remarkable. She pursued her MBBS at Maulana Azad Medical College, followed by an MD from AIIMS and a DM in Endocrinology from PGIMER, Chandigarh in 1979. She began her tenure at AIIMS in 1980 and rose through the ranks to become Professor & Head of the Department of Endocrinology in 2001, serving until her superannuation in 2014.



She was among the founding faculty members of the department, shaping the future of endocrinology alongside legends like Prof. MMS Ahuja, Prof. N Kochupillai, and Prof. MG Karmarkar.

*Prof. Ammini was years ahead of her time, especially in her work with DSD.*

**Dr Uma Saikia**

At a time when early surgeries were the norm in Differences of Sex Development, she advocated for delayed interventions, ensuring children had a say in their identities—an approach that international societies recognized much later in 2018.



*"She worked closely with families, preventing child snatching and abandonment, and even provided financial support by gifting books to young patients, encouraging them to focus on education and self-worth."*

**Dr Bindu Kulshreshtha**



*"Her clinical and research contributions were groundbreaking with many firsts."*

**Prof Dr Rajesh Khadgawat**

She was one of the first Indian endocrinologists to publish Indian data on Cushing syndrome and establish cutoffs for late-night salivary cortisol. Her work in diabetes research was equally pioneering—she was one of the first in the world to study early insulin initiation to preserve beta-cell function, a practice that has now been adopted in major international diabetes guidelines.

"Beyond her illustrious academic career, Prof. Ammini was a beacon of compassion and wisdom."

**Prof Dr Sarita Bajaj**



She was firm yet gentle, deeply connecting with and offering reassurance to her patients and instilling confidence in her students. Her dedication extended beyond academia and clinical care. She was also a champion of women's safety, leading the AIIMS Sexual Harassment Committee for over a decade.

Prof. Ammini's mentorship shaped generations of endocrinologists, training 73 DM students, 22 PhD scholars, and 7 DNB fellows. She instilled in them not just medical knowledge but also the values of humanity, integrity, and lifelong learning.

There are so many pearls of wisdom she shared with her students; they form the foundation of how we manage reproductive and pediatric endocrinology even after 40 years.

**Dr GR Sridhar**



With 149 peer-reviewed publications, numerous fellowships—including the French Government Senior Medical Fellowship (1988), WHO Fellowship (1992), and Biotechnology Overseas Fellowship (1999)—and a lifetime of service to ICMR, DBT, DST, DCGI, UPSC, and MCI as an endocrinology expert, she left behind a legacy that will continue to inspire for generations.

Prof. Ammini passed away on April 20, 2015, but her impact lives on in the countless lives she touched. Today, we celebrate her legacy not just with words, but with a commitment to compassionate, ethical, and forward-thinking medicine.

She reminded us that remembering a patient's name, understanding their struggles, and going beyond clinical management can change lives.

**Dr Parjeet Kaur**

Her story is not just history; it is a guiding light for the future.

**With fond memories, AIIMS Alumni Group**



**Dr Gagan Priya**





The once 'next-to-God' doctor who cured infectious diseases now was a just 'manager' of chronic diseases and patient perceptions had changed likewise. Society, in general, was prejudiced against doctors who were viewed as privileged and patients as victims. This was further fueled by government apathy.

In a class on digital marketing, we were exposed to how the virtual world can be manipulated to let people believe that someone is a Sensation! No words were minced, it was plain and simple 'Chanakya Neeti' and a survival skill in a commercial world. We were asked to list 5 doctors who had acquired brand value and figure out what set them apart. This session on personal branding was a revelation for many of us. 'Find your star, the thread that connects you to patients!' – we were urged, with an example of Lady Gaga, a self-made, brilliant though eccentric artist. I simply loved the concept of 'Je ne sais quio', a quality that cannot be described as if saying 'There is something about you, though I can't put a finger on it.'

Following a fun filled night of Garba and Karaoke, we visited the 'Dark Room' at the Blind Association, the most enthralling part of my experience. Led into this hall of pitch darkness in a single queue, we felt strangely scared as we clung to corrugated walls. Seeking the comfort of friendly touch in a claustrophobic environment, I ended up following my friend's ponytail as a compass! It was a realization of what life was for those without sight,



shaking us to our core and evoking a sense

of deep respect. We were promised experiential learning and that is exactly what it was! After about an hour, as we gratefully emerged from this darkness, our course director prodded us to reflect upon our behavior from the perspective of leadership. 'Vision happens where sight ends' – leaders emerge when someone carves their way through uncharted paths while handholding the team and steering them confidently. Indeed, the IIM faculty was a class apart.



It may feel overwhelming that as doctors, we must don multiple hats while keeping our wits about in a very demanding profession.



**Dr Shreya Sharma**

We are expected to have a decent hang of scientific knowledge, public interaction, medical research, teaching, medicolegal knowledge, computer skills, ethics, public speaking, administration, and policy making and at the same time, we must be morally and legally correct. There is an urgent need to learn the soft skills of our profession.

As Leonardo da Vinci said, 'Study the science of art, and study the art of science', we must move with dignity and balance on a tightrope that is the medical profession.



**Dr Sakthivel S**  
Section Editor



## Financial Planning for a Young Endocrinologist

As a young endocrinologist, navigating the complexities of financial planning is crucial for achieving long-term stability and success. This note outlines essential aspects of financial management, focusing on income, investments, taxation, insurance, and estate planning.

### Income and Expenses

Understanding your income sources is fundamental:

- Direct income from your medical practice.
- Consider alternate income streams like teaching/ lectures.
- Passive income from investments as time passes by.
- To manage your finances effectively, categorize expenses into obligatory and optional.

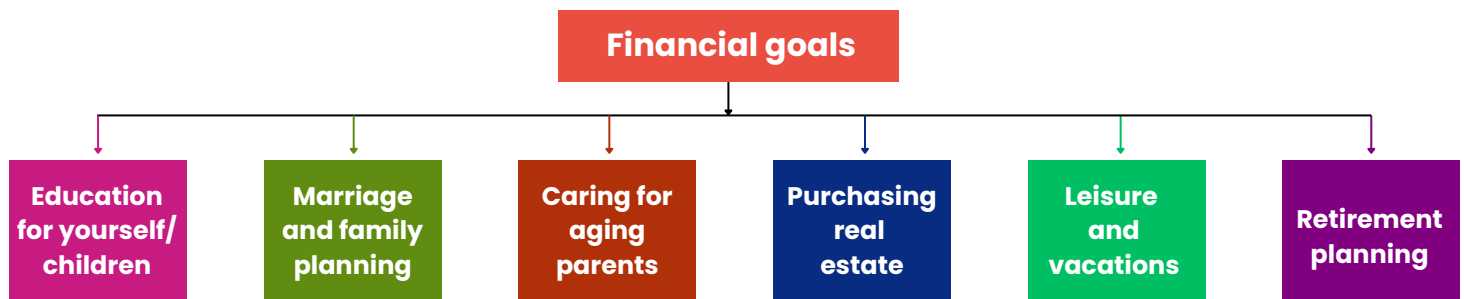
Your financial health can be summarized as:

$$\text{Income} - \text{Investments} = \text{Expenses}$$

With investments remaining fixed, you either increase your income or reduce your expenses to survive!

### Defining Life Goals

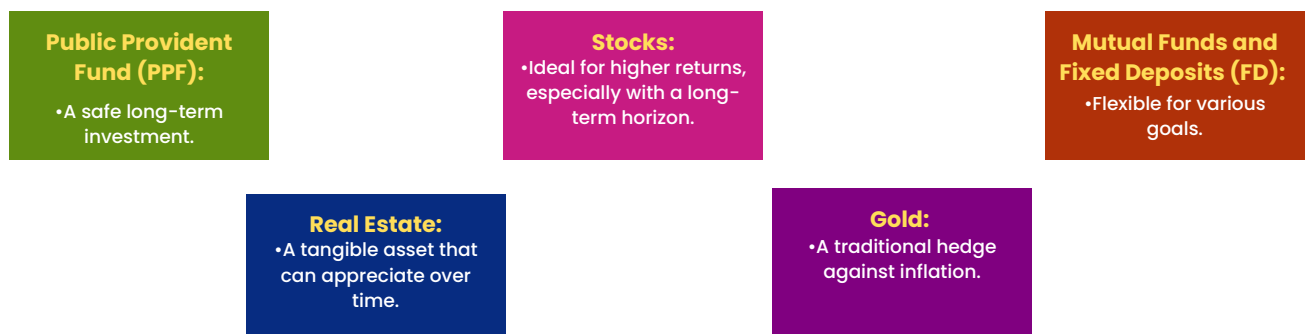
Establish clear financial goals; each of these require a separate financial plan.



Understanding your risk appetite is essential in this process, as it will guide your investment choices.

### Defining Life Goals

Diversification is key to a robust investment strategy. Consider these options:



To maximize your returns, set immediate, short-term, and long-term investment goals. Commit to investing consistently—ideally in the first week of each month—and adjust your contributions alongside income increases.

### Mutual Funds Strategy

When investing in mutual funds, consider:

- Equity funds for a long-term horizon (5+ years)
- Hybrid funds for moderate risk (3+ years)
- Debt funds for safety (<3 years)
- Liquid funds for short-term needs

Limit your portfolio to 1-2 funds per category and focus on direct & growth options. Regular reviews every six months will help you stay on track.

### The Power of Compounding

Compounding can significantly impact your financial future. It is the 8th wonder of the world!

### Insurance Needs

Insurance should not be viewed as an investment. Instead, focus on essential policies:

#### Health Insurance:

- To cover medical expenses.

#### Life Insurance:

- Term policies ONLY. Ensure adequate coverage.

#### •Property and Auto Insurance:

- Safeguard your assets.

### Taxation Strategies

Understanding your tax obligations is vital.

- Income Tax
- Goods and Services Tax (GST)
- Capital Gains Tax (both long and short-term)

Utilize legitimate deductions for expenses related to your practice, including clinic costs, salaries, and professional memberships/ conferences.

### Retirement Planning

Calculate your retirement corpus based on projected inflation-adjusted expenses. Aim to withdraw 4-6% of your corpus annually.

### Estate Planning

Creating a will is a crucial aspect of financial planning.

### Action Points

Begin investing early to harness the power of compounding.

Differentiate between needs and wants and explore various tax-saving opportunities.

Consider loans strategically for business expansion rather than personal luxuries.

Finally, maintain a healthy credit rating and build capital for long-term security.

Young endocrinologists can build a solid financial foundation and enjoy the fruits of their labor with a disciplined approach!



**Dr Manoj Chaddha**



**Dr Karthik Vijayakumar**  
Section Editor



DATE	EVENT	CITY
Apr-13	ESI Satellite Symposium	Siliguri, West Bengal
Apr-13	ESI Focus Meeting on Pubertal Disorders	Aligarh, Uttar Pradesh
April 26-27	EPIC	Chandigarh
May-11	ESI Focus Meeting on Meta-analysis	New Delhi
May-11	CENDOS Update	Kochi, Kerala
May-18	ESI Satellite Symposium	Bilaspur, Himachal Pradesh
May 30-31	ESI EnSPIRE	Chandigarh
June-01	Mid-term ESICON	Chandigarh
June 14-15	BEACON 2025	Bengaluru, Karnataka
June-22	ESI Focus Meeting on Endocrine Imaging	Bengaluru, Karnataka
June 27-29	TRENDO 2025	Chennai, Tamil Nadu



**Dr Alankar Tiwari**  
Section Editor

## The Editor's Desk

Dear friends,

We are truly overwhelmed by your enthusiastic response to the first issue of ESI Newsletter 2025. Our heartfelt gratitude goes out to you for your encouragement and valuable suggestions.

In this second edition, we introduce the segment called "Fit and Fabulous". The ancient wisdom "Mens Sana in Corpore Sano" (a sound mind in a sound body) resonates more than ever in today's demanding world. As healthcare professionals, we emphasize the importance of physical and mental well-being of our patients, yet we often overlook our own. We hope that the inspiring fitness stories from our colleagues will motivate us to prioritize our own health and wellbeing.

We also pay tribute to a legendary teacher and compassionate healer, late Prof A C Ammini, in the Women in Endocrinology section. Additionally, we continue to showcase the creative endeavours of our colleagues in the Creativity Corner. A new segment, Yuvacrinology, features an insightful session on financial planning for young endocrinologists.

The newsletter provides a glimpse into recent events and initiatives of the ESI over the last quarter and concludes with the conference calendar for the upcoming quarter. We hope for your continued and unwavering support.

"Stay Inspired, Stay Informed, Stay Creative, and Stay Fit"!

Dr Vimal M V



**Dr Vimal MV**