



NEWS LETTER

Inspiration 2025



**ENDOCRINE
SOCIETY OF
INDIA**

#Issue 3

**Brushstrokes
and Beats –
the Rhythm of
Expression**

Quarterly issue (July to September)

The Pulse of Endocrinology:
Stories of Science and Spirit

Inspiring Melodies: Where
Endocrinology Meets Creativity

www.endocrinesocietyindia.org



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Dear Colleagues,

It gives me immense pleasure to present the quarterly issue of the ESI Newsletter—a vibrant initiative aimed at capturing the spirit, strength, and diversity of ESI. This newsletter is envisioned as a living chronicle of our journey—highlighting academic, professional, creative, and personal pursuits of our members.

While showcasing key developments and updates from ESI and providing an overview of upcoming events as well as ESI task forces, the newsletter also serves as a platform for inspiration and engagement. The newsletter embraces not only academic accomplishments but also the non-academic talents that enrich our community. From art and music to personal stories of health and wellness, and a thoughtful reflection on the evolving role of Artificial Intelligence in endocrinology, the content spans a wide spectrum of interests.

Adding visual depth and delight is a curated photographic series by Dr Ambrish Mithal. A custom-designed crossword and a Trivia Quiz further add a touch of curiosity and fun. The Event Calendar provides an overview of upcoming academic and professional engagements, and a dedicated section highlights the work of the ESI Task forces, reflecting our commitment to meaningful action on emerging endocrine challenges.

The editorial by Dr Gagan Priya provides thoughtful direction and insight into the thematic soul of the newsletter and a dedicated President's Desk and Secretary's Desk offer personal reflections and perspectives from us.

Aesthetically, great care has been taken in curating the cover page and design elements to reflect the identity and ethos of ESI—modern, inclusive, and dynamic.

This newsletter is more than a publication—it is a collaborative expression of who we are and what we aspire to become as a community. I encourage all members to engage actively, contribute regularly, and take pride in this shared initiative. I extend my deepest appreciation to the editorial team for their tireless work and creative spirit in bringing this vision to life.

With warm regards,
Jai Hind



Lt Gen (Dr.) Narendra Kotwal
President, Endocrine Society of India

Dear friends,

Greetings from the Secretary!

It gives me immense pleasure to pen a few words in this issue of the newsletter. The activities of the Society are captured beautifully by the editorial team, and I congratulate each one of them for their valuable contribution in this endeavor. The dynamism and dedication of the team are reflected in the vibrant content, and I am glad to see how the newsletter strikes a fine balance between the old and new generation of members through its thoughtfully curated features.

The vibrancy of this issue is a testament to the energy and creativity of our members. From scientific milestones to artistic pursuits, this issue reflects the multifaceted spirit of our members and showcases ESI as a vibrant, evolving community rooted in excellence and collaboration. Our efforts are also in progress to bring out the newsletter in print form.

I request all members to kindly share details of your academic work, outreach efforts, educational initiatives, and health-promoting activities with the editorial team for consideration in upcoming issues. The aim of this newsletter is not just to inform, but to recognize and celebrate the hidden talent within our fraternity. The editorial team remains committed to this vision and will not rest until each member finds representation in these pages.

I thank you all for your support and enthusiasm, and I look forward to your continued participation in this shared journey.

Have a happy reading and best wishes to all.



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

ESI Satellite Symposium, Siliguri



The ESI Satellite Symposium, held in Siliguri on April 13, 2025, brought together some of the most eminent minds in endocrinology. Graced by President Lt Gen (Dr) Narendra Kotwal, President-Elect Dr Kaushik Pandit and Past President Dr Subhankar Chaudhary among other dignitaries, the symposium featured comprehensive discussions on diverse and clinically relevant topics including pediatric and reproductive endocrinology, thyroid and diabetes. A thought-provoking session on medical ethics added depth to the academic deliberations. An Endocrine Quiz enhanced audience engagement and reinforced key learning points.

The event was attended by over 200 delegates, comprising endocrinologists, physicians, postgraduate students, and researchers. A poster competition for postgraduate students witnessed high-quality submissions that were both innovative and clinically relevant. The key highlights of the conference were its academic rigor, quality of discourse and excellent participation.



On behalf of the Organizing team including my Co-Secretary Dr Subhodip Pramanik, I would like to thank ESI for its ongoing commitment to advancing endocrinology education and practice.



Dr. Arundhati Dasgupta

EnSPIRE 2025: ESI's Flagship Training for Endocrinology Residents



EnSPIRE 2025, the Endocrine Society of India's premier training program for second-year DM/DrNB Endocrinology residents, was held on 30–31 May 2025 at Hyatt Regency, Chandigarh. Over 120 residents from across India attended the two-day, case-based academic event.

The program featured expert-led sessions on Clinical and Practical Endocrinology which included discussions on the role of radionuclides in neuroendocrine tumors, uncommon bone mineral disorders, differences of sex development, diabetes in special populations, diabetic foot and pediatric endocrinology.

Among the distinguished speakers were Dr Nikhil Tandon, Dr Sanjay Kumar Bhadada, Lt Gen (Dr) Narendra Kotwal, Dr Kaushik Pandit, Dr KVS Hari Kumar, Dr S V Madhu, Dr Arpan Dev Bhattacharya, Dr Rajesh Khadgawat, Dr Shaila Bhattacharya and Dr Nitin Kapoor.

A key highlight was the launch of the much-awaited ESI Endocrine Dynamic Testing Protocols 2025, edited by Dr Gagan Priya and Dr Nisha Bhavani. Another highlight was the ESI EnSPIRE Quiz, conducted by Dr Belinda George, Dr Saptarshi Bhattacharya, Dr Shivani Sidana, and Dr Lakshmi Nagendra.

Congratulations to the winners of the **ESI A.C. Ammini EnSPIRE Award**:

- Winner: Dr Rajkamal M (JIPMER, Puducherry)
- 1st Runner-Up: Dr Nikhil Sanjeev (AIIMS Raipur)
- 2nd Runner-Up: Dr Sai Subramaniam (Osmania MC, Hyderabad)



Dr. Emmy Grewal

EnSPIRE 2025 truly lived up to its name—igniting minds, shaping futures, and celebrating the spirit of endocrine excellence.



MIDTERM ESICON 2025 - A Thoughtful Convergence of Science and Sustainability



The MIDTERM ESICON 2025, held at Hyatt Regency Chandigarh on 1st June 2025, stood out for its blend of academic depth and environmental consciousness. With a focused agenda, the conference explored evolving and under-discussed areas such as endocrine disruptors, circadian rhythm, obesity, reproductive endocrinology and other emerging challenges in endocrinology.

What made the event truly unique was our commitment to going green. A plantation drive, walkathon by the Sukhna lake, and eco-conscious practices throughout the event reflected our sincere push towards environmental responsibility. The organizing team partnered with NGOs to ensure sustainable plastic-free conference essentials.



The event was powered by the visionary leadership of Lt Gen (Dr) Narendra Kotwal and the tireless background work of Dr Emmy Grewal, Dr Sachin Mittal, Dr Rajat Gupta, Dr Rajneesh Mittal and Dr Akanksha Gautam among others, whose behind-the-scenes efforts helped bring this vision to life.

Dr. Gagan Priya

YUVACRINOLOGY Conference 2025, Kolkata



Held in the vibrant city of Joy, Kolkata, Yuvocrinology Conference 2025 brought together young endocrinologists from across the country under the inspiring theme: **Connect, Communicate, Collaborate**. This one-of-a-kind event focused not just on clinical expertise but on the holistic development of early-career endocrinologists.

The conference started with ESI president Lt Gen (Dr) Narendra Kotwal holding an

empowering session on motivation, compassion, and self-care, recognizing the emotional and psychological challenges of modern medical practice and guiding young endocrinologists on the way forward. Practical workshops on finance management, branding, and social media helped attendees build a well-rounded professional identity in today's digitally connected world.

Cutting-edge discussions on AI in endocrinology and the role of point-of-care diagnostic machines showcased how technology can enhance patient care and practice efficiency. A strong spirit of collaboration resonated throughout the event, culminating in the prestigious Yuvaratna Awards, which honoured young leaders making meaningful contributions to endocrinology.

	Academic/Institution Category	Practice Category
Winner	Dr. Abhamoni Baro Agarwal	Dr. Ajay Hanumanthu
1st Runner Up	Dr. Aasim Maldar	Dr. Alankar Tiwari
2nd Runner Up	Dr. Khushboo Agarwal	-

Yuvocrinology 2025 stood out for its refreshing approach—nurturing not just clinical skills, but also emotional intelligence, innovation, and teamwork. It truly reflected its theme, fostering a new generation of endocrinologists ready to connect with patients, communicate with peers, and collaborate for a healthier future.



Dr. Sachin Mittal



Dr. Karthik Vijaykumar
Section Editor



Dr. Vimal MV
Editor-in-Chief

Delhi in bloom: A summer symphony of colors

The heat and dust of Delhi summer are accompanied by vivid colors and the delightful fragrance of flowers, a sheer delight for the senses that makes one forget the spiraling temperatures.

The onset of summer in Delhi is heralded by the flowering of the flamboyant “flame” trees, **Gulmohar**, which paint Delhi red. The Gulmohar holds a special place in Bollywood lore—immortalized in a 1978 song by Gulzar, R.D. Burman, and Kishore Kumar, and more recently as the title of a 2023 film starring Sharmila Tagore and Manoj Bajpayee. It thus comes as a surprise to many that Gulmohar was brought to India as late as the 1840s from Madagascar, and planted near Bombay.

Gul means flower, and it is speculated that mohur is a distortion of ‘mor’ or peacock. It’s also known as the royal Poinciana, and its botanical name is *Delonix regia*. In Bengal, it is called Krishna chura. The Gulmohar tree holds a special significance among the St. Thomas Christians in Kerala, who believe that a Gulmohar tree was near Jesus’s cross on Mount Calvary, and that his blood stained the flowers, giving them a permanent red color. This belief has led to the Gulmohar being referred to as “kaalvarippoo” or “flower of Calvary”.



This stunningly beautiful tree, however, is fragile, and one sees a few gulmohars sprawled across Delhi roads after every storm.



Blossoming in early summer for a brief period, and overlapping with Gulmohar, the tall, slender, and gracefully arching trees of the Jacaranda, also known as Neeli Gulmohar, feature exquisite purple or blue flowers. They are relatively less frequent in Delhi as compared to southern India. Jacaranda trees add a delightful dash of purple to the predominantly yellow and red landscape of Delhi.

Jacaranda mimosifolia is native to Argentina and was first planted in India by the British in 1842, in Kolkata. Their

wood is used for carving. In some parts of the world, it is believed that if a jacaranda flower drops on a student’s head, it brings good luck in exams.



The same heat that we try to flee unlocks the beauty of the Amaltas tree, as it bursts into cascading showers and resplendent chandeliers of golden yellow. A look at the brilliant gold tree, shining in the blazing sunlight, will instantly soothe your frayed nerves and calm you down.

The state tree of Delhi (and the state flower of Kerala), Amaltas (*Cassia Fistula*), is also known as the Indian laburnum, golden shower tree, and by many other names. Native to India, it has been mentioned in the Ramayana and the Mahabharata. The flowers are called Swarnapushpa (golden flower) in Sanskrit. During the Vishu festival in April, Amaltas or Kanikonna is highly sought after in Kerala, as seeing it is considered auspicious. Fun fact – the seeds are not released or dispersed in the air or on the ground; instead, they are eaten by animals (jackals, bears) and ejected through their faeces!

Close on the heels of the Gulmohar, and overlapping with Amaltas, Delhi is graced with the gorgeous pink and lilac blossoms of the Jarul, or Queen's flower, from May to July.



Also known as Pride of India or Crepe Myrtle (the flowers resemble delicate crepe), its scientific name is *Lagerstroemia speciosa*. Known as 'Syandana' in Sanskrit, the tree is mentioned in the Ramayana. It is also the state flower of Maharashtra. It thrives in the monsoon as well and is a sight to behold when contrasted with the surrounding greenery. Its wood is valuable, and in the Philippines, the leaves are used to make tea for treating diabetes.



Amidst the concrete and chaos, these blooming trees stand as guardians of grace, reminding Delhi that even in its harshest season, beauty persists!

Dr. Ambrish Mithal, New Delhi

Mosaic

A regular twilight by the seaside shack
With familiar aromas of sand and dusty undertones
Smiled away a bright bunch of florals
Unmasking the grey horizon, struggling to blend in.

That numbing glass of wine
And the coffee with sugar so high
Whispered along with moderation
Surpassing the screams of indulgence.

As the caged bird chirped along
Oblivious to existence, yearning for validation
Blissful waves and anxious prayers
Echoed around in an orchestra.

A ricochet of regrets and rejoices
Patterned fumbles and flourishes
Encompassed the sundown
Overlooking the next rays

With the warm wind blowing upon her face
And worn feet over the old mosaic, she thought
As she arched her neck with a wry smile
Well, ain't this how it's supposed to be!



Dr. Nishchitha K

Crafted with Care!



Dr Bharathi Kolla

With muddy hands and a grin so wide, She
made the clay her joyride!



Dr. Kaushik Biswas
Section Editor



Dr. Sakthivel S
Section Editor

ESI Skeletal Health Taskforce: Strengthening the Backbone of Endocrine Care

ESI has launched a dedicated Skeletal Health Taskforce to address one of the most pressing yet under-recognized areas in endocrine practice - bone and muscle health. This initiative reflects a comprehensive and strategic commitment to research, education, and patient advocacy in the realm of osteoporosis, fragility fractures, and sarcopenia.

Structured across three functional verticals - Research, Education & Awareness, and Patient Advocacy, the taskforce aims to build a robust, sustainable framework to elevate skeletal health as a national priority. The research team will embark on multicentric studies to generate much-needed data to inform policy and clinical strategies.

In parallel, the education arm will conduct quarterly webinars to engage endocrinologists, general physicians, and allied health professionals in upskilling initiatives. These sessions aim to bridge the knowledge gap and disseminate practical insights on skeletal health management.

Complementing the scientific and educational efforts, the Taskforce will roll out a patient advocacy program with monthly infographics on social media and screening camps slated for October 2025, the latter aligning with World Osteoporosis Day. These initiatives are designed to empower communities, promote early detection and preventive care.

With academic partnerships and a multidimensional approach, the ESI Skeletal Health Taskforce aspires to contribute meaningfully to evidence generation, clinical education, and public health impact. As India's demographic shifts towards an aging population, this initiative comes at a critical juncture to ensure that the musculoskeletal health of the nation is strengthened at every level of care



Dr. Lakshmi Nagendra



Dr. Alankar Tiwari
Section Editor

Melody in Motion

Did you know that human senses can perceive almost ten million colors and about a hundred twenty notes spanning ten octaves!! The profound tapestry of human experience, colors and music, stand as resplendent testaments to the boundless creativity inherent within us. Akin to the dancer's sculpted emotion, reflecting the intricate symphony of the human body and mind, the endocrine system, a marvel of interconnectedness, orchestrates the body's delicate biochemical ballets.

For the endocrinologist, immersed in the myriad sufferings and complex narratives of the human conditions, cultivating a creative mindset becomes not merely an indulgence, but an essential anchor. Beyond the rigorous science, but an essential anchor.



**Dr. Sruti Chandrasekharan,
Chennai**
*Doing Bharatnatyam for 8
years and Violin for 4 years.*

Beyond the rigorous science, it fosters empathy, resilience, and the capacity to perceive patterns where others see only chaos. Just as an artist finds beauty in the abstract, a physician with a creative spirit can unearth novel solutions and offer compassionate understanding. Engaging with these artistic expressions, even briefly, offers a sanctuary, a gentle recalibration of mind and spirit, reminding us of the profound beauty that persists, even amidst life's most challenging

realities. It's truly inspiring to observe how some endocrinologists embody a remarkable harmony between the analytical rigor of their left hemisphere and the expansive creativity of their right.



Dr. Sunetra Mondal, Kolkata
*Learning Hindustani Classical
Music since age of 4 years*

This isn't just about work-life balance; it's about a deeply integrated approach to life, where the precision of medicine complements the fluidity of artistic expression. It's fascinating to see these individuals cultivating this 'vibe', providing solace, perspective, and a richer understanding of the very humanity they serve. It's a privilege to showcase our endocrinologists in this edition of newsletter who balance art and science with equal subtlety and passion.



Dr. D C Sharma, Udaipur
*Playing semi classical music on
Hawain guitar since 30 years*



**Dr. Sriram Mahadevan,
Chennai**
*Playing Mridangam since
school years*



Dr. Naincy Purwar
Section Editor

Maximizing found time

In the demanding profession of endocrinology, where schedules are packed and patient needs are paramount, actively "maximizing found time" for physical activity becomes a strategic imperative. This approach isn't about carving out large, uninterrupted blocks for the gym, but rather about seamlessly integrating movement into the existing fabric of one's day. As author/philanthropist Charles Buxton aptly said, "You don't find time, you make it." This philosophy encourages a proactive mindset, transforming seemingly insignificant moments into opportunities for physical well-being.

Here are some ways to maximize found time to build health:



Dr. Vani Sri Ganakumar
Stronger today for a healthier tomorrow

- **[CO]mmute as a Cardio Opportunity:**

Maximize daily movement by transforming routines. For commutes, cycle or walk if feasible; otherwise, park further away. Within the hospital, actively take stairs instead of elevators and utilize ward rounds for increased steps.

- **Elevating Everyday Movement:**

The humble staircase can become a powerful tool. Consistently choosing stairs over elevators, even for just a few floors, accumulates into a substantial calorie burn. This simple habit can be ingrained to the point where it becomes automatic.

- **Clinic Circuits:**

Busy endocrinologists can boost energy and strength with micro-workouts. Perform quick

sets of 5-10 squats, lunges, or calf raises in your office, repeating throughout the day. No equipment or changing clothes needed!



Dr. Arun Menon
Fitness is not just about physical abilities; it's a true test of your discipline, willpower and attitude.

- **"Desk-ercises":**

Prolonged sitting is detrimental to health. Incorporate seated leg lifts, chair squats (standing up and sitting down without using hands), or gentle neck and shoulder rolls every hour or so. By adopting these strategies, we can demonstrate a profound commitment to our own health, mirroring the dedication shown to our patients.



Dr. Sruti Chandrasekharan
Strive for progress and show up!



Dr. Sandeep Julka
Keeping oneself fit is an obligation you owe to yourself, your family, and the nation.



Dr. Lakshmi Nalini Kopalle
Editor

Branding with a Purpose: My Journey as a Health Influencer

My journey into health communication wasn't accidental—it began with a moment of clarity at a short executive course at IIM Ahmedabad. A professor told us, "If there's a void in society and you believe you're the right person to fill it, then step in—otherwise, don't complain." That struck a chord. I had always felt that people were flooded with misinformation on health, especially regarding hormones, diabetes, and obesity. And here I was, a trained endocrinologist, watching from the sidelines.

That's when I decided to act.

Over the past year, I've consciously built a personal brand rooted in rational, evidence-based medical communication. I had the immense support of my wife (an ophthalmologist), my children, and my hospital management, who stood by my decision to be more visible and vocal. I also received encouragement from unexpected quarters—patients who started seeing me as more approachable, and civic groups who saw value in accessible scientific content.

My association with BNI, a professional networking platform, helped me engage with civic society beyond the clinic. It was there that I began building offline trust, which reinforced my online credibility. Through Instagram and Facebook, I became what I now call an "information broker"—a bridge between the medical community and the public. I broke down complex endocrine concepts into local language, stories, analogies, and humor.

But I also noticed something worrying: the social media space was being heavily used—and misused—by practitioners of alternative systems of medicine, often spreading unscientific or even harmful claims. I felt strongly that super-specialists like us, trained in the rigors of modern medicine, must step up and claim our rightful space—not just as curative experts, but also as leaders in preventive care and public health education.

This journey has been deeply fulfilling. It has reminded me that personal branding is not vanity—it is visibility with responsibility. It is about showing up, speaking the truth, and being accountable. In a world where misinformation spreads faster than insulin resistance, we owe it to our profession and our people to be seen, heard, and trusted.



Dr. Vishnu Vasudevan

Will Artificial Intelligence Replace Doctors? **Not Anytime Soon.**

I was recently at the bank trying to fix an error on my credit card. Emails didn't help, and phone support fell short — I had to go in person. Interestingly, even though there was a machine dispensing tokens and printed instructions, a staff member stood by to help. It made me realize even in automated systems, **human assistance remains essential.**

This scenario mirrors healthcare in India. Despite appointment apps, hospital websites, and AI-powered chatbots, many patients still prefer to call their doctor directly or walk into the clinic. It's not just about getting an answer — it's about **feeling heard and reassured.**

After a talk I gave on AI in healthcare, a colleague asked if AI might one day replace doctors. My answer: not anytime soon. AI can process data, recognize patterns, and even support decision-making. But medicine isn't just about logic — it's about **empathy, nuance, and trust.**

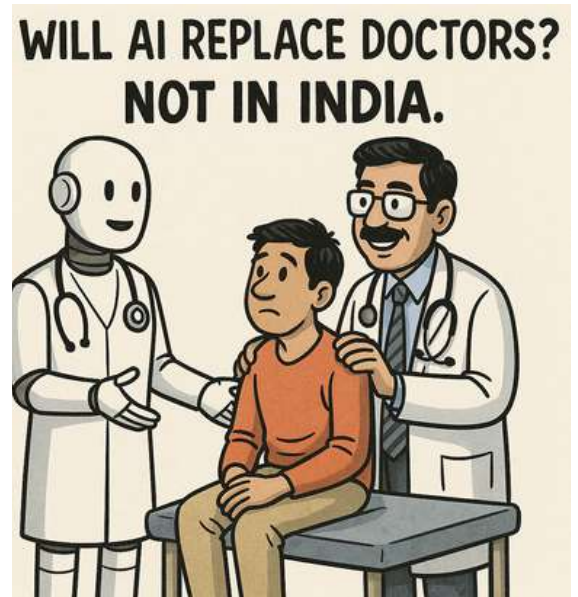
As humans, we prefer human interaction. We call our CA for basic tax queries or ask a lawyer for an advice, despite Google. During the lockdown, we used washing machines and dishwashers. But once house help returned, many gladly handed the work back. It's not about capability — it's about comfort.

Even airports, with fully automated luggage check-in, still employ staff to assist. That's because technology often **needs a human bridge**, especially when emotions are involved.

Doctors are more than diagnosticians — they're listeners, counselors, and decision partners. An AI might identify your illness, but it can't sense your anxiety or explain a tough diagnosis with compassion.

So, will AI replace doctors? **Unlikely.**

Technology will continue to evolve and support medical care. But in a field where connection, empathy, and trust are central, **human doctors are here to stay.**



Dr. Om J. Lakhani



Dr. Shreya Sharma
Section Editor

Non-Endocrine Conundrums

1. The National Medical Commission has now proposed to replace the Hippocratic Oath with -----
2. Veteran actor Shatrughan Sinha has been elected to the 18th Lok Sabha in 2024 representing which political party?
3. Which leading tennis player was banned for 3 months from February 9 to May 4, 2024, for “inadvertently” testing positive for the banned anabolic steroid Clostebol. And what was the explanation he offered as to why he tested positive?
4. In the World of Avengers and Tony Stark aka Iron Man, how do we better know “Just a Rather Very Intelligent System”
5. What does the S in S-400 stand for?
6. We have heard of ducks, golden ducks, pairs and king pairs in cricket parlance. What does the term “Diamond Duck” mean?
7. In the 2024 Olympics, which shooter became the first Indian since independence to win two medals in a single Olympics?
8. Roger Moore, who played Bond in 7 films, suffered from Hoplophobia, very ironic for someone with a “license to kill.” What exactly is Hoplophobia?
9. Match the Following

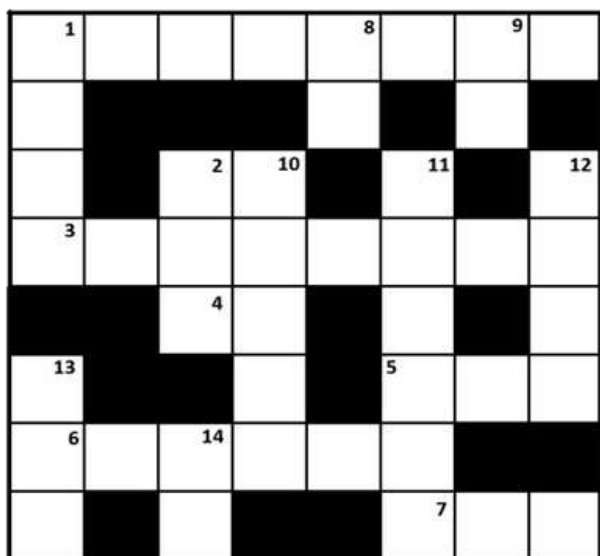
Name	Function
1. NAG	A. SURFACE- TO - AIR
2. PRITHVI	B. ANTI-TANK MISSILE
3. AKASH	C. SUPERSONIC CRUISE MISSILE
4. BRAHMOS	D. SURFACE-TO-SURFACE

10. Which Indian cricketer (opener) voiced the character of Pavitr Prabhakar, the Indian Spider-Man, in the animated film Spider-Man: Across the Spider-Verse -in Hindi and Punjabi?



Dr. Sri Nagesh

Crossword



ACROSS

1. ROC Curve
2. Dopamine
3. Turner's.... Klinefelter's ...
4. Amino acid
5. Sister Society of ESI
6. Most often seen in prescription after 40 years age
7. Beginning of endocrinology that can only end

ACROSS

1. This primarily controls blood pressure, electrolytes and fluid volume (abbr)
2. Blueprint of life
3. Drives the person's most basic needs and impulses
4. Stress occurs here when its ability to fold proteins is overwhelmed (abbr)

10. Your hormones help you do this to survive
11. Ranks 53rd yet helps modulate everything in us
12. A very patriarchal syndrome! (abbr)
13. Obstructive sleep apnea
14. A rapid change in electrical potential across cell membrane, triggered by a stimulus



Dr. Lakshmi Nalini Kopalle
Editor

DATE	EVENT	ORGANIZATION	VENUE
July 5-6	PACE Masterclass	Professional Association of Clinical Endocrinologists	Kochi
July 5-6	IDEACON	Integrated Diabetes and Endocrine Academy	Kolkata
July 12-13	ESI Case Conclave	Endocrine Society of India	Hyderabad
July 13	ESI FOCUS	Endocrine Society of India	Bengaluru
July 19-20	RAJESICON	Rajasthan Endocrine Society	Udaipur
July 19-20	Hormone Rhythm	Karnataka Endocrine Society	Kalaburgi
July 26-27	Endo Update	Delhi Endocrine Society	New Delhi
Aug 1-3	DECON	DECON Medical Academy	Coimbatore
Aug 3	ENDODIABCON	Endodiab Charitable Society	Mangalore
Aug 10	KENDOCON	Professional Association of Clinical Endocrinologist	Trivandrum
Aug 15-17	ITSCON	Indian Thyroid Society	Mumbai
Aug 16-17	DESCON	Delhi Endocrine Society	New Delhi
Aug 30-31	ADERE	Academy for Diabetes & Endocrinology Research & Education	New Delhi
Aug 31	ESAP	Endocrine Society of Andhra Pradesh	Rajahmundry
Sep 4-7	ESICON	Endocrine Society of India	Kolkata
Sept 14	ESI Satellite Symposium	Endocrine Society of India	Ayodhya

Editor's Desk

Walking Two Roads

Setting up a practice is no easy task. The pressure is immediate — to build, to survive, to stand out. And the reality? We step out of training well-versed in disease, but not always in people. We aren't taught how to handle the unpredictability of patients, the emotional wear and tear, the long OPDs, or the isolation that sometimes creeps in.

And somewhere in this chaos, another voice rises within — the voice that still wants to learn, to teach, to research, to belong to something larger than your own practice. A voice that says: "I want to stay in touch with academics." But when and how? In a world that demands clinical efficiency, academic work often feels like a luxury. You feel guilty for saying no. Or for still wanting more. For many women, this insecurity feels even sharper — the fear of being left behind while trying to balance everything else that life demands.

I've felt it too. There were times when I felt invisible. Like the effort I was putting in didn't count unless someone else noticed it. Like I had to constantly prove that I belonged.

But here's what I've learnt:

Academic work doesn't have to look a certain way. You don't need to be publishing every month.

Sometimes, it starts with discussing a case that intrigued you. Sometimes it's reaching out to

mentor a student who reminds you of yourself. Sometimes, it's simply staying curious.

You're allowed to pace yourself. This is a long career. **There's time to build. There's time to contribute. And there's space — so much space — within our community for all kinds of journeys.**

If you're wondering how to begin — start by reaching out. ESI offers many ways to be involved — in education, research, writing, mentoring. Tell us what you're struggling with. Or what you dream of doing. We're listening.

In every issue, we'll take up your reflections and respond — right here, from this desk.

Because the future of our fraternity depends on how kindly we hold space for each other.



Dr. Gagan Priya
Editor-in-Chief