



Her Health, Her Right

Combat NCDs with care

BLOCK YOUR DATES

DATE: 6th & 7th, Dec, 2025

3 CREDIT POINTS
GRANTED

Venue

BANKAT CHANDRA AUDITORIUM,
API Hyderabad Trust Office, Oasis Plaza,
Tilak Road, Abids, Hyderabad.



Register Now

www.stridetrust.org

For more Information



MIG 218, KPHB Main Rd, Hyderabad - 72, Telangana.

+91 9949 113 595



info@stridetrust.org

DATE: 6th & 7th, Dec, 2025

Dear Friends,

Welcome to a movement where every woman's health is honored, protected, and prioritized. "Her Health, Her Right: Combat NCDs with Care" is more than a theme-it's a call to action. Every woman deserves access to compassionate, informed, and comprehensive care-at every stage of life.

Through awareness, early detection, and integrated support, we can conquer health challenges together with care, dignity, and strength. Let's break the silence, close the gaps, and build a future where health is not a privilege-but a right.

Join us in empowering women to take charge of their wellbeing, because when women thrive, communities rise.

Team Eva stride

Organizing Committee



Dr. Lilly Rodrigues
Organizing Chair



Dr. Mohsin Aslam
Organizing Secretary

Scientific Committee



Dr. Smitha Bhat
Scientific Chair



Dr. Usha Sriram
Scientific Advisor



Dr. Bijay Patni
Scientific Advisor

Executive Committee



Dr. Tripti Deb



Dr. Faraz Farishtha



Dr. Shobha Devi



Dr. Sushma Rathod



Dr. Anne Beatrice



Dr. Kiranmai P.



Dr. Riyaz Mohammad

OUR ESTEEMED FACULTY

1. Dr. Abha Sharma
2. Dr. Anne Beatrice
3. Dr. Arifa Farheen
4. Dr. Arti Muley
5. Dr. Belinda George
6. Dr. Bijay Patni
7. Dr. Chandhana Merugu
8. Dr. Faraz Farishta
9. Dr. Haritha Shyam
10. Dr. Harsh Atul Hirani
11. Dr. Laxmalla Dileep Kumar
12. Dr. Lilly Rodrigues
13. Dr. Lothika Purohit
14. Dr. Manisha Sahay
15. Dr. Mohammed Muzammil
16. Dr. Mohsin Aslam
17. Dr. Mythili Ayyagari
18. Dr. N. K. Singh
19. Dr. Nadeem
20. Dr. Pramila Kalra
21. Dr. R. Santosh
22. Dr. Rakesh Sahay
23. Dr. Riyaz Mohammed
24. Dr. Shobha Devi
25. Dr. Smitha Bhat
26. Dr. Sri Nagesh
27. Dr. Sridevi Paladugu
28. Dr. Sudha Vidyasagar
29. Dr. Sushma Rathod
30. Dr. Syed Akram Ali
31. Dr. Tripti Deb
32. Dr. Usha Sriram
33. Dr. Vidya Tickoo
34. Dr. Vinod Mittal
35. Dr. Latha Seshi
36. Dr. Nandini Joshi
37. Dr. Sruthi Chandra Sekaran
38. Dr. Udailal

OUR ESTEEMED CHAIRPERSON

1. Dr. Abhinav Vedhire
2. Dr. Abubaker
3. Dr. Aleemuddin
4. Dr. Aman Jha
5. Dr. B. Janaki,
6. Dr. Basvaraj
7. Dr. Battu Chaitanya
8. Dr. Brij Mohan Subedar
9. Dr. C. Sairam
10. Dr. Chirali Shah
11. Dr. Dhanasri Naidu
12. Dr. Dilip Kandar
13. Dr. G.Chandrakala
14. Dr. Ganga Kiran
15. Dr. GJD Rao
16. Dr. Gururaj Kulkarni
17. Dr. Hemalatha
18. Dr. Jamuna Rani
19. Dr. Jayesh Shah
20. Dr. K. Satyanarayana
21. Dr. K. Shankar
22. Dr. Keerthana Yadav
23. Dr. Kiranmayi
24. Dr. Kiranmayi Pagadala
25. Dr. Lily Rodrigues
26. Dr. Madhavi Karri
27. Dr. Madhu Chittarvu
28. Dr. Madhulika Arutla
29. Dr. Mansoor Ali Khan Lodhi
30. Dr. Md. Samiullah
31. Dr. Mote Srikanth
32. Dr. Mudassir
33. Dr. N. G. Sastry
34. Dr. Naval Chandra
35. Dr. Neha Ajani
36. Dr. Pavithra
37. Dr. Pradnya Kamble
38. Dr. Prathiba Lakshmi
39. Dr. R. Venkateshwarulu,
40. Dr. Rajiv Kumar Bandaru
41. Dr. Ramaswamy
42. Dr. Sangeeta K.
43. Dr. Sanjoy Paul
44. Dr. Shobha Devi
45. Dr. Sindhu Joshi,
46. Dr. Srirang Abkari
47. Dr. Taru Gupta
48. Dr. Thirupati Rao Deconda
49. Dr. Thrivikram
50. Dr. Tripti Deb
51. Dr. V. Madhavi
52. Dr. Vanishree
53. Dr. Y. Yadgiri Rao
54. Dr. Naresh Goud

SCIENTIFIC AGENDA | 06th - DECEMBER - 2025

DAY 01

10:00 - 11:00	Workshop: Publish & Flourish: Step-By-Step Masterclass on Writing High-Impact Papers	Dr. Arti Muley
11:00 - 13:00	Workshop: Artificial Intelligence Bootcamp for Clinicians	Dr. Harsh Atul Hirani
13:00 - 14:00 Lunch		
14:00 - 14:30	Medico-Legal Enactment: She Wasn't "Just Anxious": Missed Acute Myocardial Infarction in Woman - Clinical Red Flags and Legal Consequences Producer & Director: Dr. Mohsin Aslam	Characters: Dr. Smitha Bhat, Dr. Shobha Devi Dr. Lothika Purohit, Dr. Riyaz Mohammed, Dr. Sushma Rathod, Laxmalla DileepKumar
14:30 - 14:50	Under representation of women in clinical trial Chairpersons: Dr. Keerthana Yadav, Dr. Jayesh Shah, Dr. Tripti Deb	Dr. Arti Muley
14:50 - 15:10	Adiposity, Glycemic Dysregulation, And Disordered Sleep In Women: Bidirectional Pathways and Hormonal Influences Chairpersons: Dr. Chirali Shah, Dr. Battu Chaitanya, Dr. Kiranmayi Pagadala	Dr. Lotika Purohit
15:10 - 15:30	Her Kidneys, Her Risks: Why Women Develop, Progress, and Die Differently from CKD Chairpersons: Dr. Kiranmayi, Dr. Aman Jha, Dr. Mudassir	Dr. Manisha Sahay
15:30 - 15:50	Keynote Address: Gender specific CV risk – Closing the gap Chairpersons: Dr. B.N. Ravi Kumar, Dr. Smitha Bhat, Dr. Anne Beatrice	Dr. Usha Sriram
15:50 - 16:30	EVASTIRDE ORATION: Manipulation of Gut Microbiota in Diabetes and Metabolic Diseases In Women Chairpersons: Dr. Lily Rodrigues, Dr. N. G. Sastry, Dr. Rajiv Kumar Bandaru	Dr. N. K. Singh
16:30 - 17:00 INAUGURATION OF EVASTIRDE 2025		
17:00 - 17:30	Panel Discussion: The interplay of hormonal dysregulation and cardiometabolic risk : can the endocrinologist break your heart? Moderator: Dr. Lilly Rodrigues	Pannelists: Dr. Sridevi Paladugu, Dr. Tripti Deb, Dr. Chandhana Merugu, Dr. Syed Akram Ali
17:30 - 17:50	She Fasted for Faith, Not for Health: Managing Diabetes in Women During Religious Fasting Chairpersons: Dr. Prathiba Lakshmi, Dr. Gururaj Kulkarni, Dr. Abhinav Vedhira	Dr. Sri Nagesh
17:50 - 18:30	The Big Question: Men – help or hindrance to women's health Chairpersons: Dr. Hemalatha, Dr. Ganga Kiran, Dr. Dhanasri Naidu	Dr. Faraz Farishta Vs Dr. Arifa Farheen
18:30 - 18:50	Acing The MACE Paradigm: SELECTing Semaglutide 2.4 mg For Cardiovascular Care In People With Overweight/Obesity Chairpersons: Dr. Taru Gupta, Dr. Md. Samiullah, Dr. Shobha Devi	Dr. Pramila Kalra
18:50 - 19:10	Semaglutide 2.4mg: STEpping Into Realms Of High Efficacy Obesity management Medications Dr. GJD Rao, Dr. Sangeeta K., Dr. K. Satyanarayana	Dr. Vidya Tickoo
19:15 Onwards NETWORKING DINNER		

SCIENTIFIC AGENDA | 07th - DECEMBER - 2025

DAY 02

	Workshop: Empowering Womens Health: Diet And Lifestyle Strategies To Prevent NCD's Moderator: Dr. Haritha Shyam	
09:00 - 10:00	Eat Like A Women: Nutrition That Works With Your Hormones, Not Against Them	Dr. Latha Shashi
	Strong Is Beautiful: Fitness That Empowers Every Women	Dr. Nadeemuddin
	Yoga: Every Women's Super Power - Practical Session	Ms. Abha Sharma
10:00 - 10:20	Zero-Calorie Sweeteners: Safe Treat Or Silent Threat To Women's Health Chairpersons: Dr. Vanishree, Dr. B. Janaki, Dr. Madhulika Arutla	Dr. Bijay Patni
10:20 - 10:50	The Great Fight: PCOS: A Disease of Ovaries or A Disease of Metabolism? Tonight We Settle It Chairpersons: Dr.G.Chandrakala, Dr.Mote Srikanth, Dr.Dilip Kandar	Dr.Nandini Joshi Vs Dr. Sruti Chandrasekaran
10:50 - 11:10	Female-Specific Stroke Risk: The Role of Reproductive Factors, Hormonal Transitions & Oral Contraceptives Chairpersons: Dr. C. Sairam, Dr. Pavithra, Dr. Madhavi Karri	Dr. Sudha Vidyasagar
11:10 - 12:40	RSSDI SYMPOSIUM (Moderators: Dr. Udai Lal, Dr. Riyaz Mohammed)	
11:10 - 11:30	GDM 2025: Beyond Glucose Number - Nutrition, Technology and Postpartum Empowerment Chairpersons: Dr. Madhu Chittarvu, Dr. K. Shankar, Dr. Brij Mohan Subedar	Dr. Mythili Ayyagari
11:30 - 11:50	She's Losing Muscle Before She loses Bone: Sarcopenia - The Overlooked NCD in Women Chairpersons: Dr. R. Venkateshwarulu, Dr. Srirang Abkari, Dr. Pradnya Kamble	Dr. Vinod Mittal
11:50 - 12:10	Osteoporosis in Women: The Silent NCD Stealing Strength - From Peak Bone Mass to Post-Menopausal Fracture Prevention Chairpersons: Dr. Thirupati Rao Deconda, Dr. Naresh Goud, Dr. N. G. Sastry, Dr. Neha Ajani	Dr. Rakesh Sahay
12:10 - 12:30	Endocrine Disruptors, Obesity, and Hypertension in Women: An Overlooked Public Health Crisis Chairpersons: Dr. Naval Chandra, Dr. Sanjoy Paul, Dr. Aleemuddin	Dr. Anne Beatrice
12:30 - 12:40	DISCUSSION	
12:40 - 13:00	From PCOS To MAFLD: Understanding The Female Specific Path To Metabolic-Associated Fatty Liver Disease Chairpersons: Dr. Abubaker, Dr. Ramaswamy, Dr. Jamuna Rani	Dr. R. Santosh
13:00 - 13:20	T2DM + 3RF: Transforming Treatment Paradigms For The Most Vulnerable Chairpersons: Dr. V. Madhavi, Dr. Sindhu Joshi, Dr. Thrivikram	Dr. Belinda George
13:20 - 13:40	iGlarLixi: A SOLID Approach For Comprehensive T2DM Chairpersons: Dr. Basvaraj, Dr. Mansoor Ali Khan Lodhi, Dr. Y. Yadgiri Rao	Dr. Mohsin Aslam
13:40 - 14:00	VALEDICTORY FUNCTION	
14:00 Onwards	LUNCH	

OUR CONTACT ADDRESS

 **BANKAT CHANDRA AUDITORIUM, API Hyderabad**
Trust Office, Oasis Plaza, Tilak Road, Abids, Hyderabad.



+91 99491 13595



evastride2023@gmail.com



www.stridetrust.org