Jointly Organized by
The PCOS Society (India)
&
The Androgen Excess
& PCOS Society
(International)

Dates: June 22 - 24, 2018
Venue: Leela Ambience Hotel, Gurugram, near Delhi Airport, India
Dear Friends & Colleagues,

Welcome to the Third Annual Congress of the PCOS Society of India, being held in collaboration with the Androgen Excess and PCOS Society on 22\textsuperscript{nd}, 23\textsuperscript{rd} and 24\textsuperscript{th} June 2018 in Gurugram NCR, Delhi at the Leela Ambience Hotel.

PCOS affects women at all stages of life hence, this conference is entitled "PCOS... through the cycle of life". The Conference will focus on the different stages of life, including the prenatal, childhood, adolescent, reproductive and post-menopausal periods. As gynaecologists, we are the primary care physicians of women and manage many PCOS patients with different presentations at different ages.

The Conference includes 3 Pre-Congress Workshops and the main conference which will be interactive and will give in-depth knowledge on both the subjects. Learning from experts from various disciplines of medicine can add to our understanding of this complex endocrine problem. We will also be conducting for the first time the "PCOS Practitioner" Exam and the "PCOS Quiz" during the conference.

We welcome you and we are confident that it will excite you with the latest knowledge and cutting edge research on PCOS.

For any queries, you may contact us at pcosconference2018@gmail.com or thepcossociety@gmail.com

Looking forward to meeting with you.

With warm regards,

\textbf{Duru Shah}  
Founder President  
The PCOS Society, India
22nd June 2018 – PRE-CONGRESS WORKSHOPS

<table>
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<tr>
<td>08.00 am</td>
<td>Registration</td>
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| 09.00 - 01.45 pm | **Hall A - Workshop 1**  
*Lifestyle Changes – The First Step to combating PCOS*  
Workshop Inauguration: Padmashree Prof. Raj Baveja  
Workshop Convenors: Shilpa Joshi, Yukti Wadhawan, Shakuntla Kumar |
| 09.00 am - 10.30 am | **Session I: Impact of lifestyle in PCOS**  
- Are dietary options different in lean and obese PCOS? by Shilpa Joshi  
- PCOS: A body Image disorder by Aakanksha Bhatia  
- Fad diets (Mediterranean / South Beach / Paleolithic / Atkins / gluten free) – What do all these diets mean? by Shilpa Joshi |
| 10.00 am      | Discussion                                                            |
| 10.30 am - 12.00 noon | **Session II: Lifestyle interventions**  
- Do lifestyle changes improve sexual dysfunction? by Sharmila Majumdar  
- Role of Nutraceuticals in diet by Nilanjana Singh  
- Ideal Exercise in Lean and Obese PCOS by Shiny Surendran  
- Evidence of Yoga therapy in PCOS by Anushree Patil  
- Discussion |
| 12.15 - 01.00 pm | **Session III: When lifestyle fails – Reducing Morbidity of obesity**  
- Role of Bariatric surgery by Praveen Bhatia  
- Management of Sleep Apnea – what should the Gynec know? by Manvire Bhatia  
- Discussion |
| 1.15 - 01.45 pm | **Session IV: Footloose**  
Put on your dancing shoes (Zumba) Team from Mama Mia |
| 10.00-12.00 pm | **Hall B - "The PCOS Practitioner" Certificate Exams**  
Conveners: Madhuri Patil, Ashok Kumar, Rita Bakshi |
| 01.45- 02.30 pm | LUNCH                                                                 |
| 02.30 - 06.30 pm | **Hall A – Workshop 2**  
"PCOS: A diagnosis of Exclusion" – What you see is not always what you get!  
Workshop Convenors: Piya Ballani Thakkar, S K Bakshi, Ragini Agrawal |
| 02.30 - 04.30 pm | **Session I:**  
- Introduction of the Course by Piya Ballani Thakkar  
- Hypothyroidism by Madhuri Patil  
- Hyperprolactinemia by Piya Ballani Thakkar  
- Cushing Syndrome and Acromegaly by Beena Bansal  
- Adrenal disorders – CAH and adrenal tumors by Deep Dutta  
- Discussion |
04.30 - 06.00 pm

Session I:

04.30 pm  ■  Androgen secreting ovarian tumors  Pratima Mittal
04.50 pm  ■  Premature ovarian failure  Padma Rekha Jirge
05.10 pm  ■  Uterine abnormalities  Ranjana Sharma
05.30 pm  ■  Discussion

02.30 - 06.00 pm

Hall B – Workshop 3
Cosmetic Therapies – Live demonstration

Workshop Convenors: Rekha Sheth, Pankaj Chaturvedi, Monisha Kapoor
1. Laser Hair Reduction: What works, what doesn’t and what’s new?
2. Treatment of Adult Acne by Energy based Devices

06.00 pm

COFFEE BREAK

06.30 - 7.30 pm

A thought provoking Panel Discussion on "How do we reduce the epidemic of PCOS in our country?"
With Gynaecologists, Endocrinologist, Public Health Experts, Media Representatives, Scientists, Private Health Care and Government Representatives………
Moderator: Shereen Bhan
Panelists: Alka Kriplani, Ameera Shah, Duru Shah, Nomita Chandhiok, Pooja Shali, Rama Vaidya, Shailaja Chandra

07.30 pm

Inauguration

08.30 pm

BANQUET (By Invitation)

Conference Day 1 – June 23rd, 2018

08.00 - 09.00 am  Invited free papers

09.00 - 10.30 am  Session I: Diagnosis of PCOS

09.00 am  ■  What are the new criteria for Polycystic Ovarian Morphology (PCOM)?  Harsh Mahajan
09.20 am  ■  Is Anti Mullerian hormone a new marker for PCOS?  Togas Tulandi
09.40 am  ■  Revisiting PCOS phenotype  Enrico Carmina
10.00 am  ■  Discussion

10.30 am

COFFEE BREAK

11.00 am - 12.00 noon  Keynote Address

Chairpersons: Rama Vaidya, Nomita Chandhiok

11.00 am  ■  International Guidelines on PCOS  Anuja Dokras
11.30 am  ■  Role of gastrointestinal function in determining the metabolic aspect of PCOS  Enrico Carmina

12.00 - 01.00 pm  Session II: Dermatological manifestations – Current Trends in Management

12.00 pm  ■  Acanthosis Nigricans  Anil Agrawal
12.15 pm  ■  Androgenic Alopecia  Rekha Sheth
12.30 pm  ■  Hirsutism  Anil Ganjoo
12.45 pm  ■  Discussion
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Chairpersons</th>
<th>Presenters</th>
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<tr>
<td>01.00 pm</td>
<td>LUNCH</td>
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<tr>
<td>02.00 - 02.30 pm</td>
<td>Keynote Address</td>
<td>Maninder Ahuja, Nita Dalal</td>
<td>Kannan Alpadi</td>
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<tr>
<td>02.30 - 03.45 pm</td>
<td>Session III: Metabolic syndrome and PCOS</td>
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<tr>
<td>02.30 pm</td>
<td>Does Metabolic Syndrome present differently in Indian Women?</td>
<td>Sujata Kar</td>
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<td>02.45 pm</td>
<td>Is there a difference in metabolic risks of lean and obese PCOS?</td>
<td>Anuja Dokras</td>
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<td>03.00 pm</td>
<td>PCOS and GDM Nexus</td>
<td>Hema Divakar</td>
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<td>03.15 pm</td>
<td>Discussion</td>
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<tr>
<td>03.45 - 05.00 pm</td>
<td>Session IV: Impact of Stress on quality of life and how to reduce it?</td>
<td>Kathleen Hoeger</td>
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<tr>
<td>03.45 pm</td>
<td>Are women with PCOS more stressed?</td>
<td>Kathleen Hoeger</td>
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<td>04.05 pm</td>
<td>Panel Discussion: Helping patients to deal with Stress – Multidisciplinary approach – Get your answers from Clinicians, Mind Therapist and a Lifestyle guru.</td>
<td>Uday Thanawala</td>
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<td>05.00 pm</td>
<td>COFFEE BREAK</td>
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<tr>
<td>05.30 - 06.30 pm</td>
<td>Session V: Pregnancy and PCOS</td>
<td>Rita Bakshi, Ashok Kumar</td>
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<tr>
<td>05.30 pm</td>
<td>Panel Discussion: Are PCOS women at a higher risk of pregnancy and delivery complications? Case-based Discussion</td>
<td>Garima Kachhawa, Kanwal Gujral, Kiran Guleria, Nupur Gupta, Sanjivini Khanna, Vatsala Dadwal</td>
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<td>06.30 pm</td>
<td>GBM</td>
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<td>07.00 pm</td>
<td>Session VI: Poster Session</td>
<td>Savita Singhal, Bharti Minocha</td>
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<tr>
<td>08.00 pm</td>
<td>Cultural program</td>
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<td>09.00 pm</td>
<td>CONFERENCE DINNER</td>
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**Conference Day 2 – June 24th, 2018**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session VII: Round Tables with Experts</th>
<th>Convenors: Madhuri Patil, Rakhi Singh, Ashok Kumar</th>
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<tbody>
<tr>
<td>08.00 - 09.00 am</td>
<td>Session VII: Round Tables with Experts</td>
<td>(Each table limited to 10 participants)</td>
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<tr>
<td></td>
<td>1. Luteal Support in infertiltiy management in PCOS women</td>
<td>Experts: Maninder Ahuja, Nutan Agarwal</td>
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<tr>
<td></td>
<td>2. Letrazole v/s Clomiphene Citrate in ovulation induction in PCOS?</td>
<td>Experts: Togas Tulandi, Lakhbir Dhaliwal</td>
</tr>
</tbody>
</table>
3. Gonadotropins for ovulation induction in PCOS?
   Experts: Anuja Dokras, Duru Shah

4. Medical Treatment for Obesity
   Experts: Beena Bansal, S K Bakshi

5. Role of Oral Contraceptive Pills in Adolescent PCOS
   Experts: Kathleen Hoeger, Chandan Kachru

6. Use of Metformin in obese and lean PCOS?
   Experts: Rakhi Singh, Deep Dutta

7. Use of Inositols in the management of PCOS
   Experts: Nita Dalal, Sujata Sharma

8. Vitamin D in PCOS
   Experts: Satish Koul, Savita Singhal

9. Acne in PCOS
   Experts: Pankaj Chaturvedi, Gulrez Tyebkhan

10. Hirsutism in PCOS
    Experts: Sudha Prasad, Anil Agarwal

<table>
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<tr>
<th>09.00 - 10.15 am</th>
<th>Session VIII: Evidence based treatment for enhancing fertility</th>
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<tbody>
<tr>
<td>09.00 am</td>
<td>Is PCOS an inflammatory process? Madhuri Patil</td>
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<tr>
<td>09.20 am</td>
<td>Managing insulin resistance in infertility Sonia Malik</td>
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<tr>
<td>09.40 am</td>
<td>Recent evidence on oral ovulogens Kanthi Bansal</td>
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<tr>
<td>10.00 am</td>
<td>Discussion</td>
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<tr>
<th>10.15 - 11.15 am</th>
<th>Session IX: Panel Discussion:</th>
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<tr>
<td></td>
<td>Increasing efficacy and safety with ART</td>
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<tr>
<td></td>
<td>Moderators: Jaideep Malhotra, Nandita Palshetkar</td>
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<td></td>
<td>Panelists: Arshi Iqbal, Nalini Mahajan, Pankaj Talwar, Preiti Kumar, Ritu Jain, Shakuntla Kumar, Seema Pandey</td>
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11.15 am          | COFFEE BREAK |

<table>
<thead>
<tr>
<th>11.45 am - 12.45 pm</th>
<th>Session X: Keynote Address</th>
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<tbody>
<tr>
<td>11.45 am</td>
<td>Consensus statement on the</td>
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<td>&quot;Use of OCP in PCOS Women in India&quot; Duru Shah</td>
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<tr>
<td>12.15 pm</td>
<td>How does Ovarian Drilling fit in the treatment scheme, is this a safe procedure and why do we use it so infrequently? Togas Tulandi</td>
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<tr>
<th>12.45 - 01.45 pm</th>
<th>Session XI: Adolescent PCOS</th>
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<tbody>
<tr>
<td>12.45 pm</td>
<td>Diagnosis of adolescent PCOS – A difficult task Neena Malhotra</td>
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<tr>
<td>01.00 pm</td>
<td>Role of inositols in Adolescent PCOS Manoj Pandya</td>
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<tr>
<td>01.15 pm</td>
<td>Abnormal Uterine Bleeding in Adolescent PCOS Ragini Agrawal</td>
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<tr>
<td>01.30 pm</td>
<td>Discussion</td>
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<tr>
<td>01.45 pm</td>
<td>PCOS Quiz - Live</td>
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<td>02.15 pm</td>
<td>Valedictory function and Awarding of Certificates</td>
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<td>Guest of Honour: Smita Mahale, Director NIRRH</td>
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<tr>
<td>02.30 pm</td>
<td>LUNCH</td>
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</table>
# The PCOS Society

**Duru Shah**  
President

**Shashank R. Joshi**  
Vice President

**Rekha Sheth**  
Vice President

**Piya Ballani**  
Honorary Secretary

**Sangeeta Agrawal**  
Honorary Joint Secretary

**Uday Thanawala**  
Honorary Treasurer

**Madhuri Patil**  
Scientific Coordinator

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# Local Organizing Committee

**Organizing Chairperson**  
Ragini Agrawal

**Organizing Co-Chairperson**  
Rita Bakshi

**Organizing Secretaries**  
Shakuntla Kumar  
Ashok Kumar

**Joint Secretaries**  
Chandan Kachru  
Pankaj Chaturvedi  
Preeti Kumar  
Yukti Wadhawan  
Ranjana Sharma

**Treasurer**  
Sarthak

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# The AE-PCOS Society

**Enrico Carmina**  
Executive Director & CEO  
Helena Teede  
President

**Anuja Dokras**  
Past President

**Vasan Elisabet Victorin**  
President Elect

---

# International Faculty

- **Anuja Dokras**  
  USA
- **Enrico Carmina**  
  Italy
- **Kannan Alpadi**  
  USA
- **Kathleen Hoeger**  
  USA
- **Togas Tulandi**  
  Canada

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# National Faculty

- **Aakanksha Bhatia**  
- **Alka Kriplani**  
- **Ameera Shah**  
- **Anil Agrawal**  
- **Anil Ganjoo**  
- **Anita Sabharwal**  
- **Anjali Tempe**  
- **Anju Soni**  
- **Anushree Patil**  
- **Archana Singhal**  
- **Arshi Iqbal**  
- **Aruna Batra**  
- **Aruna Murlidhar**  
- **Ashok Kumar**  
- **Ashok Taneja**  
- **Beena Bansal**  
- **Bharti Minocha**  
- **Chandan Kachru**  
- **Deep Dutta**  
- **Duru Shah**  
- **Garima Kachhawa**  
- **Geeta Kinra**  
- **Gulrez Tyebkhan**  
- **Harsh Mahajan**  
- **Hema Divakar**  
- **Hemani Sarbadhikary**  
- **Indu Koul**  
- **Jaideep Malhotra**  
- **Jyoti Malik**  
- **K. D. Nayyer**  
- **Kanithi Bansal**  
- **Kanwal Gujral**  
- **Kiran Aggarwal**  
- **Kiran Guleria**  
- **Lakhbir Dhalialwal**

- **M. P. S. Chawla**  
- **Madhuri Patil**  
- **Manisha Kapoor**  
- **Manju Puri**  
- **Manju Verma**  
- **Manoj Pandya**  
- **Mansi Kothari**  
- **Manvira Bhatia**  
- **Munish Prabharak**  
- **Nalini Mahajan**  
- **Navneet Magon**  
- **Neena Malhotra**  
- **Nilanjana Singh**  
- **Nomita Chandhiok**  
- **Nupur Gupta**  
- **Nutan Agrawal**  
- **O P Gangwani**  
- **Padma Rekha Jirge**  
- **Pankaj Chaturvedi**  
- **Pankaj Talwar**  
- **Piya Ballani Thakkar**  
- **Pooja Shali**  
- **Poonam Goyal**  
- **Pratima Mittal**  
- **Praveen Bhatia**  
- **Preeti Kumar**  
- **Puneeta Hasija**  
- **Pushpa Sethi**  
- **R. P Gupta**  
- **Ragini Agrawal**  
- **Raj Baveja**  
- **Rajesh Rajpal**  
- **Rakhi Singh**  
- **Rama Vaidya**  
- **Ranjana Sharma**  
- **Rekha Seth**  
- **Renu Misra**  
- **Rita Bakshi**  
- **Ritu Jain**  
- **Rukma Idanani**  
- **S K Bakshi**  
- **Sangeeta Agrawal**  
- **Sanjay Narula**  
- **Sanjivini Khanna**  
- **Sathish Koul**  
- **Savita Singhal**  
- **Seema Pandey**  
- **Shailaja Chandra**  
- **Shakuntla Kumar**  
- **Sharmila Majumdar**  
- **Shashi Lata Kabra**  
- **Shereen Bhan**  
- **Shilpa Joshi**  
- **Shiny Surendran**  
- **Siddharth Saunthalia**  
- **Smita Mahale**  
- **Sonia Malik**  
- **Sudha Prasad**  
- **Sudha Sharma**  
- **Sujata Kar**  
- **Sujata Sharma**  
- **Sunita Malik**  
- **Swati Singh Rathor**  
- **Uday Thanawala**  
- **Vandana Narula**  
- **Vani Jain**  
- **Vatsala Dadwal**  
- **Vinit Taneja**  
- **Yukti Wadhawan**