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**THE INTERNAL MEDICINE CONFERENCE  
FROM EVIDENCE TO EXCELLENCE**

**DATES & TIMINGS:**

**April 18<sup>th</sup>**

Morning Session: 09:00 AM to 05:00 PM  
at GDR Conference Hall, B1 Level,  
Continental Hospitals, Gachibowli, Hyderabad.

**April 18<sup>th</sup>**

Evening Session: 06:00 PM to 09:30 PM  
at Sheraton Hotel, Gachibowli, Hyderabad.

**April 19<sup>th</sup>**

Morning Session: 09:00 AM to 01:00 PM  
at GDR Conference Hall, B1 Level,  
Continental Hospitals,  
Gachibowli, Hyderabad.



**REGISTRATION FEE  
CONSULTANTS  
Rs. 1000/-  
STUDENTS & PG'S  
Rs. 500/-**



**SCAN FOR  
REGISTRATION**

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**GDR Memorial Lecture**

**"The Curious Physician: Why Research  
is the Highest Form of Clinical Care" by**

**Prof K. Srinath Reddy**

Founding President and Distinguished Professor of PHFI,  
Chancellor, PHFI Institute of Public Health Sciences  
(Deemed To Be University)

Former HoD of the Department of Cardiology, AllMS, New Delhi  
First Bernard Lown Visiting Professor of Global Cardiovascular Health,  
Harvard School of Public Health



**RSVP :Srikanth P: 91543 22735**  
srikanth.p@continentalhospitals.com

**April 18<sup>th</sup>, 06:00 PM to 09:30 PM**  
at Sheraton Hotel, Gachibowli, Hyderabad.

## PATRON



### Dr Guru N Reddy

MBBS, MD, FACP, FACG, FASGE, AGAF  
Founder & Chairman  
Continental Hospitals, Hyderabad.

## ORGANISING COMMITTEE



**Dr Shilpa Aralikal**  
Sr Consultant - Internal Medicine



**Dr Ashish Chauhan**  
Sr Consultant - Internal Medicine



**Dr Rizvan Ahmed**  
Sr Consultant - Internal Medicine



**Dr Jagadeesh Kanukuntla**  
Sr Consultant - Internal Medicine



**Dr Yousef Ali**  
Sr Consultant - Internal Medicine



**Dr Sujith Chadala**  
Sr Consultant - Internal Medicine



**Dr V Chandrashekhar**  
Sr Consultant - Internal Medicine



**Dr Divya Varikallu**  
Consultant - Physician

## FACULTY

### CONTINENTAL HOSPITALS FACULTY

<b>Dr Guru N Reddy</b>	- Gastroenterology	<b>Dr M K Singh</b>	- Neurology
<b>Dr Shilpa Aralikal</b>	- Internal Medicine	<b>Dr Raghuram Kondala</b>	- Gastroenterology
<b>Dr Ashish Chauhan</b>	- Internal Medicine	<b>Dr Dhiraj Agrawal</b>	- Hepatology
<b>Dr Rizvan Ahmed</b>	- Internal Medicine	<b>Dr S K Gupta</b>	- Hematology
<b>Dr Yousef Ali</b>	- Internal Medicine	<b>Dr Dhananjaya K</b>	- Nephrology
<b>Dr Jagadeesh Kanukuntla</b>	- Internal Medicine	<b>Dr Sudheer Kunkunuru</b>	- Radiology
<b>Dr Sujith Chadala</b>	- Internal Medicine	<b>Dr Sunil Epuri</b>	- Endocrinology
<b>Dr Sunitha Kayidhi</b>	- Rheumatology	<b>Dr Santosh Gattu</b>	- Infectious Diseases
<b>Dr Ramesh KN</b>	- Critical Care Medicine	<b>Dr Pradeep Simha</b>	- Pulmonology

### GUEST FACULTY

<b>Dr Randeep Guleria</b>	- Pulmonology	<b>Dr Keerthi</b>	- Rheumatology
<b>Dr R N Mehrotra</b>	- Endocrinology	<b>Dr Meghana Gavali</b>	- Rheumatology
<b>Dr Rakesh Sahay</b>	- Endocrinology	<b>Dr Bhushan Raju</b>	- Nephrology
<b>Dr Kalyan Chakravarthy</b>	- Endocrinology	<b>Dr C Vijay Kumar</b>	- Pulmonology
<b>Dr Usha G</b>	- Internal Medicine	<b>Dr Vijay Yeldandi</b>	- Infectious Diseases
<b>Dr A Sai Ravi Shankar</b>	- Cardiology	<b>Dr Rohini</b>	- Endocrinology
<b>Dr Ravi Kumar Muppidi</b>	- Endocrinology		



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## FOREWORD

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Dear Delegates

With great pleasure we welcome to you ContiCon 2026 – the Internal Medicine Conference, at Continental Hospitals, Hyderabad.

Our aim is to help translate evidence into excellent clinical practices, and thus our theme for this inaugural edition is – Evidence to Excellence (*italics*)

We have invited distinguished clinicians, educators, and faculty to help trainees learn new insights while also bringing together physician community across the state of Telangana.

We extend our sincere appreciation to everyone – speakers, participants, and volunteers whose efforts and enthusiasm have made this event possible. We wish you a productive, enlightening, and rewarding conference.

- Organizing Committee

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## CONFERENCE OBJECTIVES

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1. Bridging the gap between recent clinical trials and daily practice by analyzing the latest clinical practice guidelines for chronic disease management
2. Evaluating emerging pharmacological therapies with key updates in internal medicine infectious disease protocols
3. Understanding complex clinical presentations using advanced differential diagnosis techniques for multisystemic disorders and interpreting diagnostic imaging and laboratory results more effectively



## **Dr Guru N Reddy**

MBBS, MD, FACP, FACG, FASGE, AGAF  
Founder & Chairman  
Continental Hospitals, Hyderabad.

## **MESSAGE FROM CHAIRMAN**

### **Welcome to ContiCon 2026**

It is my distinct honor and pleasure to welcome you to ContiCon 2026, hosted by the Department of Internal Medicine at Continental Hospitals. This year, we gather under a theme that is both timely and transformative: "Evidence to Excellence."

In the rapidly evolving landscape of modern healthcare, the Internist remains the bedrock of clinical practice. As the "detectives" of medicine, you navigate the complexities of multi-system diseases, providing a holistic and intellectual approach to patient care. In today's healthcare construct, the role of the Internist has never been more vital—acting as the essential bridge between specialized intervention and comprehensive wellness.

At Continental, we believe that clinical excellence is not a static goal but a journey fueled by rigorous data. Evidence-based medicine is the compass that guides this journey, ensuring that our clinical intuition is sharpened by the latest scientific breakthroughs. This conference is designed to bridge the gap between emerging research and bedside application, empowering you to translate complex data into superior patient outcomes.

I invite you to engage, debate, and collaborate. Let us collectively elevate the standards of internal medicine, moving from established evidence to unparalleled excellence.

### **Dr. Guru N. Reddy**

Founder & Chairman  
Continental Hospitals, Hyderabad.

TIME	TOPIC	SPEAKER	MODERATOR
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## SESSION 1

08:30 AM - 09:00 AM	REGISTRATIONS		
09:15 AM - 09:30 AM	Hypertension 2026: From Guidelines to Ground Reality	<b>Dr A Sai Ravi Shankar</b> MD, DM (Cardio), FACC, FECC	<b>Dr CVN Murthy</b> <b>Dr Vikasuddin</b>
09:30 AM - 09:45 AM	Fit for Surgery? Practical Approach to Pre-Operative Assessment	<b>Dr Yousef Ali</b> MD (Internal Medicine)	<b>Dr Nikhil Immadi</b> <b>Dr Rizvan Ahmed</b>
09:45 AM - 10:00 AM	Tiny Organisms, Big Impact: Why Gut Health Matters?	<b>Dr Raghuram Kondala</b> MD (Internal Medicine), DM (Gastroenterology)	<b>Dr Ravikiran P</b>
10:00 AM - 10:05 AM	LAMP LIGHTING CEREMONY		
10:05 AM - 10:15 AM	Welcome Note	<b>Dr Shilpa Aralikal</b> DNB (Internal Medicine)	
10:15 AM - 10:30 AM	Keynote Address	<b>Dr Guru N Reddy</b> MD, FACP, FACG, FASGE, AGAF	
10:30 AM - 10:45 AM	Rheumatoid Arthritis - Past, Present, and Future	<b>Dr Keerthi Talari B</b> MD, DM (Rheumatology)	<b>Dr Sunitha Kayidhi</b> <b>Dr Sindu Joshi</b>
10:45 AM - 11:00 AM	Magnesium - A Neglected Electrolyte	<b>Dr Shilpa Aralikal</b> DNB (Internal Medicine)	<b>Dr Dhananjaya K</b>
11:00 AM - 11:15 AM	Infections in Pregnancy: Balancing Maternal Health & Fetal Safety	<b>Dr G Usha</b> MD (Internal Medicine)	<b>Dr Suneetha Kumari</b> <b>Dr Shilpa Aralikal</b>
11:15 AM - 11:30 AM	TEA BREAK		

## SESSION 2

11:30 AM - 11:45 AM	Rheumatological Emergencies	<b>Dr Meghana Gavali</b> DM (Rheumatology)	<b>Dr Ashish Chauhan</b> <b>Dr Saravjit Pal</b>
11:45 AM - 12:00 PM	Evidence based treatment of Migraine and Prophylaxis of Migraine	<b>Dr M K Singh</b> MD, DNB, DM (Neurology)	<b>Dr Rahul Konduri</b> <b>Dr Sampath</b>
12:00 PM - 12:15 PM	When Blood Disorders Turn Critical: Managing Hematological Emergencies	<b>Dr SK Gupta</b> MD, DM (Hematology) Fellowship in Leukemia, BMT, and CAR-T Cell Therapy	<b>Dr Raviteja Banda</b>
12:15 PM - 12:30 PM	What's New in Pain Management?	<b>Dr Neha Kanojia</b> MD (Anesthesiology), Fellowship in Interventional Pain Medicine	<b>Dr Praneeth</b>
12:30 PM - 01:00 PM	QUESTION AND ANSWERS		
01:00 PM - 02:00 PM	LUNCH		

**DAY 1****April 18<sup>th</sup>, Saturday**

TIME	TOPIC	SPEAKER	MODERATOR
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**SESSION 3**

02:00 PM - 02:20 PM	Salutogenic Model of Health	<b>Dr Vijay Yeldandi</b> MD, FACP, FCCP, FIDSA	
02:20 PM - 02:40 PM	New trends in management of MASLD	<b>Dr Guru N Reddy</b> MD, FACP, FACG, FASGE, AGAF	<b>Dr Raja Rao</b> <b>Dr Ch Vasanth Kumar</b>
02:40 PM - 03:00 PM	Protecting your Practice	<b>Dr Ashish Chauhan</b> MD (Internal Medicine), Fellowship in Diabetes, Certificate Course on Laws in Hospital Administration	<b>Dr Dilip Bhanushali</b>
03:00 PM - 03:15 PM	Challenges in the management of Lupus	<b>Dr Sunitha Kayidhi</b> MD (Internal Medicine), DM (Rheumatology)	<b>Dr Jagadeesh Kanukuntla</b> <b>Dr Anjaneyalu</b>
03:15 PM - 03:30 PM	Prescribing for the Elderly: Dos & Don'ts	<b>Dr Rizvan Ahmed</b> MBBS, MRCP	<b>Dr Yousef Ali</b> <b>Dr Victoria</b>
03:30 PM - 03:45 PM	Contemporary Radiology for the Physician	<b>Dr Sudheer Kunkunuru</b> MD (Radiology), EDiR, Fellowship in Diagnostic Neuroradiology, Diplomate of ICR1	<b>Dr L T Kishore</b> <b>Dr Ruju Doshi</b>

03:45 PM - 04:00 PM	<b>QUESTION AND ANSWERS</b>		
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04:00 PM - 04:15 PM	<b>TEA BREAK</b>		
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**SESSION 4**

04:15 PM - 04:30 PM	Silent Pandemic - Why Antimicrobial Resistance is the Next Global Emergency	<b>Dr Santosh Gattu</b> DNB (Internal Medicine), FNB (Infections Disease)	<b>Dr Vijay Yeldandi</b> <b>Dr Ehsan Ahmed</b>
04:30 PM - 04:45 PM	Sepsis Recognition and Management Updates	<b>Dr Ramesh KN</b> MD (Anesthesiology), FNB (Critical Care)	<b>Dr Shashi</b> <b>Dr Paleti Shrikanth</b>

04:45 PM - 05:00 PM	<b>QUIZ COMPETITION</b>		
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**GDR MEMORIAL LECTURE****"The Curious Physician: Why Research is the Highest Form of Clinical Care" by****Prof K. Srinath Reddy**

Founding President and Distinguished Professor of PHFI, Chancellor, PHFI Institute of Public Health Sciences (Deemed To Be University)  
Former HoD of the Department of Cardiology, AIIMS, New Delhi  
First Bernard Lown Visiting Professor of Global Cardiovascular Health, Harvard School of Public Health

**Date** : Saturday, April 18<sup>th</sup>, 2026  
**Time** : 06:00 PM Onwards  
**Venue** : Sheraton Hotel, Nanakramguda Rd,  
Financial District, Gachibowli Hyderabad

**06:00 PM - 07:00 PM** : **NETWORKING**  
**07:00 PM - 08:00 PM** : **GDR MEMORIAL ORATION**  
**08:00 PM - 09:30 PM** : **GALA DINNER**

TIME	TOPIC	SPEAKER	MODERATOR
09:00 AM - 09:15 AM	The r-DNA Semaglutide Advantage: Elevating Patient Care in the Space of Diabetes	<b>Dr RN Mehrotra</b> MD (Internal Medicine), DM (Endocrinology), DNB (Endocrinology)	
09:15 AM - 09:30 AM	Lipid Management Beyond Statin	<b>Dr Rakesh Sahay</b> DM Endocrinology	<b>Dr Govardhan Reddy</b>
09:30 AM - 09:45 AM	Beyond GLP-1 RAs: Mounjaro - A Class of its Own	<b>Dr Sunil Epuri</b> MD, DM (Endocrinology)	
09:45 AM - 10:00 AM	Panel discussion on obesity Treatment: Tirzepatide vs Semaglutide	<b>Dr Sunil Epuri</b> MD, DM (Endocrinology) <b>Dr Rakesh Sahay</b> MD (General Medicine), DNB (General Medicine) <b>Dr Kalyan Chakravarthy</b> MRCP (Endocrinology), DIAB, CCT <b>Dr Rohini</b> MD, DM (Endocrinology)	
10:00 AM - 10:15 AM	Era of CGM-Transforming Diabetic Care	<b>Dr Kalyan Chakravarthy</b> MRCP, (Endocrinology), DIAB, CCT	<b>Dr Sunil Epuri</b>
10:15 AM - 10:30 AM	Osteoporosis - Interpretation of BMD and advances in treatment	<b>Dr RN Mehrotra</b> MD (Internal Medicine), DM (Endocrinology), DNB (Endocrinology)	<b>Dr Sunil Epuri</b> <b>Dr Sunanda</b> <b>Dr K J Reddy</b>
10:30 AM - 10:45 AM	Beyond the Dual Hype: Semaglutide leads the way in CKM story	<b>Dr Ravi Kumar Muppidi</b> MD (Internal Medicine), DM (Endocrinology)	
10:45 AM - 11:00 AM	Sleep Apnea-the Silent Night Time Threat	<b>Dr Pradeep Simha Karur</b> MRCP, CCT (Respiratory Medicine)	<b>Dr Divyesh Waghray</b>
11:00 AM - 11:15 AM	<b>TEA BREAK</b>		
11:15 AM - 11:30 AM	Challenges in diagnosing sarcoidosis in India	<b>Dr Randeep Galeria</b> MD (Internal Medicine), DM (Pulmonary Medicine)	<b>Dr Vishwanath Gella</b> <b>Dr Pradeep Simha</b>
11:30 AM - 11:45 AM	What's new in TB: Practical Updates for Clinicians	<b>Dr Vijay Kumar Chennamchetty</b> MD (Pulmonology), IDCC (Critical Care), FSM (Sleep Medicine), FCCP	<b>Dr Pradeep Simha</b>
11:45 AM - 12:00 PM	Hyperuricemia - Current Concepts	<b>Dr Dhananjaya KL</b> MD (General Medicine), DM (Nephrology)	<b>Dr Sashidhar C</b>
12:00 PM - 12:15 PM	Kidney Disease - New drugs, new hope	<b>Dr Bhushan Raju</b> MD (Internal Medicine), DM (Nephrology), DNB (Nephrology)	<b>Dr. Shree Rama Chandra Sekhar</b>
12:15 PM - 12:30 PM	Liver Transplant in Asia - Current Scenario and Unmet Needs	<b>Dr Dhiraj Agrawal</b> MD (Internal Medicine), DM (Gastroenterology)	<b>Dr L Sasidhar Reddy</b> <b>Dr Ramesh Reddy Avula</b>
12:30 PM - 12:45 PM	Protecting Communities: The Expanding Role of Adult Immunization	<b>Dr Jagadeesh Kanukuntla</b> MD (Internal Medicine)	<b>Dr Rizvan Ahmed</b>
12:45 PM - 12:55 PM	Body Composition Analysis: New Parameter for Health Assessment	<b>Dr Sujith Chadala</b> MD (General Medicine), PGPC, IDCCM, CCEBDM	<b>Dr Deepak</b> <b>Dr Mehmood Al Haque</b>
12:55 PM - 01:00 PM	Closing Remarks Vote of Thanks	<b>Shri Raghu N Reddy</b>	
01:00 PM - 02:00 PM	<b>LUNCH</b>		

# Continental Hospitals Healthcare Services

(Primary, Secondary, Tertiary & Quaternary Care Services)



- Anesthesiology
- Andrology
- Ankle & Foot Surgery
- Blood Bank & Transfusion Services, Plasmapheresis
- Bariatric Surgery
- Breast Oncology (Breast Clinic) (CCC)
- Cardiology
- Cardiothoracic & Vascular Surgery
- Colorectal Surgery
- Continental Fertility Centre (IVF)
- Continental Rehabilitation & Physiotherapy Services (VITANOVA)
- Cosmetic (Smile) Dentistry
- Craniofacial Surgery
- Critical Care Medicine
- Dentistry (Prosthodontics, Endodontics, Periodontics)
- Dermatology & Cosmetic Skin Care (CAN)
- Department of Cancer Prevention & Early Cancer Detection
- Emergency Medicine & Trauma
- Endocrinology (Diabetes & Metabolism)
- ENT (Ear, Nose & Throat), Head & Neck Surgery
- General Medicine (Internal Medicine & Family Medicine)
- Headache Clinic
- Hematology
- HPB (Hepato-Pancreato-Biliary)
- Infectious Diseases & Inflammatory Disorders Clinic
- Internal Medicine
- Interventional Radiology
- Laboratory Medicine
- Maxillofacial Surgery
- Medical Gastroenterology & Liver Diseases
- Medical Genetics & Genetic Counselling
- Medical Oncology (CCC)
- Minimally Invasive & Laparoscopic Surgery
- Nephrology & Dialysis
- Neurology & Neurosciences
- Neurosurgery
- Nutrition & Dietetics (Diet & Nutrition)
- Obstetrics & Gynaecology
- Ophthalmology (Eye Care)
- Orthopedics (Arthroscopy, Sports Medicine & Joint Replacement Surgery)
- Pain Medicine (Pain Management)
- Pediatric Intensive Care Unit
- Pediatric Surgery
- Pediatrics & Neonatology
- Plastic & Reconstructive Surgery
- Psychiatry (Outpatient)
- Psychology (Outpatient)
- Pulmonology & PFT Lab
- Radiation Oncology (CCC)
- Radiology & Nuclear Medicine
- Rheumatology
- Robotic Surgery
- Sleep Disorders (Sleep Clinic)
- Spine Centre (Minimally Invasive)
- Surgical Gastroenterology
- Surgical Oncology (CCC)
- Transplant Services (Kidney, Liver & Bone Marrow)
- Urology & Renal Transplant
- Vascular Surgery
- Wound Care

## PAYMENT DETAILS FOR REGISTRATION

### BANK DETAILS:

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*We at Continental will be your path to a Healthy Life*

### Continental Hospitals

Plot No 3, Road No. 2, Financial District, Gachibowli,  
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