



Conference Agenda

6–7 August 2026

J.N. Tata Auditorium, Indian Institute of Science

DAY 1 · 6 AUGUST

Biological Foundations & Mechanisms of Aging

DAY 2 · 7 AUGUST

Translational Research, Policy & Future Directions

SESSION TYPES

KEYNOTE

PLENARY

TALK

PANEL

FIRESIDE CHAT

TECH PRESENTATION

SESSION 1
Inaugural

9:30 – 10:00 AM
30 min

OPENING

Opening of RISE 2026

Deepak Kumar Saini
Convener, Longevity India
Aravind Sosale
Diacon Hospital
Dean, Division of Biological Sciences
Navakanta Bhat,
Dean, Division of Interdisciplinary Sciences

10:00 – 10:35 AM
30 min

OPENING PANEL

BHARAT Study: Learnings so far

Deepak K Saini
Convener, Longevity India, Srimonta Gayen;
Ramray Bhat;
Shantanu Shukla;
Siddharth Jhunjhunwala;
Prabhdeep Kaur
(Longevity India Investigators);
Carol Elizabeth George
(Baptist Hospital)

10:35 - 11:00 AM
25 min

KEYNOTE

Aligning Discovery Science with National Missions: NCDs & Aging

Ullas Kolthur
ARUMDA, TIFR Mumbai

11:00 – 11:30 AM

Tea & Networking
30 min

SESSION 2
Diagnostics & Measurement of Aging

11:30 – 11:50 AM
20 min

PLENARY

Scalable Plasma Proteomics Methods to Monitor Ageing at the Molecular Level

Hanno Steen
Boston Children's Hospitaal, Harvard Medical School

11:50 - 12:10 PM
20 min

TALK

Towards Precision Brain Health in India: Lessons from GenomeIndia and Cognitive Genomics

Bratati Kahali
Centre for Brain Research, IISc

12:10 PM – 12:40 PM
30 min

PANEL

From Measurement to Action: Building the Healthy Aging Ecosystem

MODERATOR

Prashant Nag
TATA1mg

Vandana Jain
Dr Agarwal's Healthcare

Swami S
TATA IISc Medical School

Sanjiv Sambandan
IISc

12:40 – 1:00 PM
20 min

TALK

Fundamental Mechanisms of pH Regulation: Why They Matter in Pathophysiology and Aging

Laurent Counillon
University of Cote d'Azur

1:00 – 2:00 PM

Lunch & Networking
60 min

SESSION 3
Organ Aging & Interventions for Metabolism

2:00- 2:10 PM
10 min

TECH PRESENTATION

Intelligence for Human Health

Ajay Bulusu
YouLabs

2:10 – 2:35 PM
25 min

KEYNOTE

Abrogation of aberrant glycolytic interactions eliminates senescent cells and alleviates aging-related dysfunctions

Hiroshi Kondoh
Kyoto University Hospital

2:35 - 3:05 PM
30 min

PANEL

Fix Local or Global? Systemic vs. Organ-Specific Interventions

MODERATOR

Ramray Bhat
Longevity India, IISc

Shiva Subramanian
Biopeak

Sonal Asthana
Aster CMI Hospital

Veena J.
Herbalife

Shree Vidya Venkatraman
Apollo Prohealth

3:05 - 3:35 PM
30 min

PANEL

Heal-thy Gut

MODERATOR

Harshavardhan Rao
MS Ramaiah Hospital

Darshit
Cartema Bio

Vishal Rao
US HCG Hospital

Gurmeet Singh
TDU

3:35- 3:45 PM
10 min

TECH PRESENTATION

Title TBD

Bruker

3:45 – 4:15 PM

Tea & Networking
30 min

4:15 - 4:35 PM **TALK** Early Life Stress and Accelerated Aging

20 min

Vidita Vaidya TIFR

4:35 – 4:55 PM **PLENARY** Expanding the FLEXiVerse: From Proteoforms to Mechanisms, Structures, and Medicines.

20 min

Judith Steen Boston Children's Hospital, Harvard Medical School

4:55 – 5:15 PM **FIRESIDE CHAT** Brain Aging and Blood Biomarkers

20 min

Kalyan S 5CN

K V Venkatesh Metflux

5:15 – 5:30 PM **TALK** Preventing infectious diseases as a part of Healthy Aging

15 min

Pramila Kalra M S Ramaiah Memorial Hospital

5:30 – 6:00 PM **PANEL** Dementia in the Global South — 10 Million Indians, Almost No Infrastructure

30 min

MODERATOR Issac John Ivory

Thomas Gregor Issac CBR, IISc

Shyam Viswanathan Dementia India Alliance

Srikala Bharath

6:00 – 6:15 PM **ANNOUNCEMENT** Nucleate Longevity Hackathon

15 min

Nahid A Nucleate India

Clara Costea Nucleate France UniCA

6:15 – 6:30 PM **PANEL** Announcement: Association for Healthy Aging (AHA)

15 min

Shyam Viswanathan Dementia India Alliance

Jamuna Ravi Vayah Vikas

Deepak K Saini Longevity India

Alex Thomas AHPI

06:30 - 07:00 PM **KEYNOTE** Healthy Longevity Medicine: From Bench to Clinic – Standards and Guidelines in the Field

30 min

Evelyne Bischof Healthy Longevity Medicine Society

6:30- 7:30 PM **Poster Session & Evening Networking**

60 min

7:30 PM onwards **GALA DINNER (For all participants)**



SESSION 5

Longevity Science and AI for Healthspan

9:30 - 9:45 AM

15 min

TALK

Precision Health OS: N=1 preventive care at scale with Project Serotonin

Rajesh Reddy, Project Serotonin

9:45 – 10:15 AM

30 min

PANEL

Harnessing AI for Metabolic Optimisation

MODERATOR Prashanth Prakash Accel India

Phil Newman Longevity Technology

Gaurav Agarwal TATA 1mg

10:15 - 10:30 AM

15 min

TALK

AI tools for Aging

Martin O ‘Dea Longevity Summit Dublin

10:30 – 11:00 AM

30 min

PANEL

Global landscape of Longevity Science and Technologies

MODERATOR Martin O'Dea Longevity Summit Dublin

Phil Newman Longevity Technology

Deepak K Saini Longevity India, IISc

Rajesh Reddy Project Serotonin

11:00 – 11:30 AM

Tea & Networking

30 min

SESSION 6

Reproductive Health and Longevity

11:30 - 11:50 AM

20 min

TALK

The hidden thread: reproductive underpinnings and outcomes of women's health across the life course

Uttara Partap Isaac Centre for Public Health, IISc

11:50 – 12:20 PM

30 min

PANEL

Metabolic Health: Its impact on reproductive health and pregnancy

MODERATOR Uttara Partap ICPH, IISc

Geetanjali Sachdeva ICMR-NIRWoH

Aviva Rodrigues NOVA IVF

Gita Arjun Former Director and retired OBGYN, E V Kalyani Medical Foundation

12:20 – 12:50 PM

30 min

PANEL

How Menopause Reshapes Health & Metabolism

MODERATOR Suramya Asthana Longevity India, IISc

Prabhdeep Kaur ICPH, IISc

Sanjana Rao Miyara Health

Jyotsna Mirlay Manipal Hospitals

12:50 – 1:50 PM

Lunch & Networking

60 min

SESSION 7 Metabolism and Aging

1:50 - 2:05 PM **TALK** Can Manipulating Lifespan of Islet Cells Promote Longevity?

15 min

Rohit Kulkarni Harvard Medical School

2:05 – 2:35 PM **PANEL** What Affects Metabolism

30 min

MODERATOR Aravind Sosale Diacon Hospital

Bhavana Sosale Diacon Hospital

Arbinder Singal Fitterfly

Ullas Kolthur ARUMDA, TIFR/TIFRH

2:35 - 3:00 PM **KEYNOTE** Diabetic Kidney: Past, Present and Future

25 min

Ralph D Fronszo UT Health San Antonio

3:00 - 3:20 PM **PLENARY** Gastrointestinal and Liver health and Aging

20 min

Govind Makharia AIIMS

3:20 - 3:35 PM **TALK** Metabolism and Aging

15 min

Ajay Khanna Herbalife

3:35 – 4:00 PM Tea & Networking

SESSION 8 Aging in Place

4:00 - 4:15 PM **TALK** Building a Healthspan Ecosystem in Mauritius

15 min

Damien Adam Mauritius Longevity Summit

4:15 - 4:30 PM **TALK** Cities that Heal: Designing Longevity Systems Beyond Healthcare: Insights from Bhutan and Gelephu Mindfulness City

15 min

25 min

Elzbieta Jablonska Mindful Environments & Healthy Longevity Advisor

4:30 – 5:00 PM **PANEL** Aging in Place — Age-Tech, Cities & Infrastructure

30 min

MODERATOR Maria Clara Pinhero WisdomCircle

Adarsh Narahari Primus Life

Malati Jaswal Inspiring Seniors Foundation

Mansur Dalal ASLI

5:00 – 5:30 PM

30 min

PANEL The Macroeconomics of Aging - Global Landscape

MODERATOR Prabhdeep Kaur IISc

Martin O'Dea Longevity Summit Dublin

Shwetha Totapally Dalberg Asia Pacific

Elzbieta Jablonska Mindful Environments & Healthy Longevity Advisor

5:30 – 6:00 PM

30 min

PANEL From Rhetoric to Roadmap — National Geroscience Strategy Before 2030

MODERATOR Vishal Rao US HCG Hospital

Prashanth Prakash Accel India

Kris Gopalakrishnan Pratiksha Trust

Ravindranath Kancherla Global Hospitals Group

6:00 – 6:15 PM

15 min

Perspectives from RISE2026

Prashanth Prakash Accel India

Deepak K Saini Convener, Longevity India, IISc

6:15 – 6:30 PM

15 min

Closing Ceremony and Poster Announcement



Translating Metabolic Science into Clinical Excellence



&



Translational Research, Adiposopathy, Technology for Diabetes & Metabolic Diseases

6th - 9th Aug 2026 J N Tata Auditorium, IISc Campus, Bengaluru

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SCIENTIFIC PROGRAM

Saturday, 8th August 2026

Main Hall

09:30 – 10:20

Session M - 1

Chairperson: Dr. Nikhil R. Gandasi, Dr. G R Sridhar



09:30 – 09:50

Dr. Shantanu Sengupta

Metabolic Heterogeneity in Diabetes: Insights from the Phenome India Initiative



09:50 – 10:10

Dr. Krishna G. Seshadri

Evolutionary Biology of Fat

10:10 – 10:20

Discussion

10:20 – 11:20

Plenary Session - 1

Chairperson: Dr. Vageesh Ayyar, Dr. Neeta Deshpande



10:20 – 10:45

Dr. Chittaranjan S. Yajnik

Honor Lecture: Life course evolution of diabetes traits



10:45 – 11:10

Dr. Rohit N. Kulkarni

Roles of brown versus white fat in regulating lipid metabolism and insulin resistance

11:10 – 11:20

Discussion

Hall A

09:15 – 10:15

Session A - 1

Moderator: Dr. Payel Roy, Dr. Siddharth Jhunjhunwala



09:15 – 09:35

Dr. Gerald V. Denis

Is Obesity endangering future generations?



09:35 – 09:55

Dr. Nitish Mahapatra

Physiological anti-insulinic peptide pancreastatin regulates glucose homeostasis, insulin resistance, endothelial function and chronic kidney disease

09:55 – 10:15

Panel Discussion: GWAS studies on diabetes from India



Dr. Prosenjit Mondal



Dr. Nitish Mahapatra



Dr. Siddharth Jhunjhunwala

11:20 – 11:30 | Tea / Coffee Break



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SCIENTIFIC PROGRAM

Saturday, 8th August 2026

Main Hall

11:30 – 12:30

Plenary Session - 1

Chairperson: Dr. Aravind Sosale, Dr. Krishna G. Seshadri



11:30 – 12:00

Dr. Ralph A. DeFronzo

SLGT2 Inhibitors: Cardiorenal Metabolic Drugs for the ages



12:00 – 12:20

Dr. K M Prasanna Kumar

Cardio-vascular risk in Type 1 Diabetes

12:20 – 12:30

Discussion

12:30 – 13:30

Lilly Symposia - 1

Chairperson: Dr. Vageesh S. Ayyar



12:30 – 12:50

Dr. Raja Selvarajan

Obesity – Diabetes Continuum in India: The Power of Dual Agonism



12:50 – 13:10

Dr. Rajeshwari Janakiraman

Beyond GLP-1 RA's: Mounjaro – A Class of its own

13:10 – 13:30

Discussion

Hall A

12:30 – 13:30

Session A - 2

Moderator: Dr. Krishna G. Seshadri, Dr. Sanjay Reddy

12:30 – 12:50

Panel Discussion: How do NUSH therapies manipulated the reward addiction and other disorder



Dr. Debasish Roy



Dr. Sona Rajakumari



Dr. Chitra Selvan



Dr. Ganapathi Bantwal



12:50 – 13:10

Dr. Carla Mazzeo

Exosomes in diabetic therapy



13:10 – 13:30

Dr. Pramila Kalra

Role of GLP1 in Type 1 Diabetes

13:30 – 14:15 | Lunch Break



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Saturday, 8th August 2026

Main Hall

14:15 – 14:35

Session M - 2

Chairperson: Dr. Pramila Kalra



14:15 – 14:35

Dr. Felix Jebasingh

Appetite hormones in Gestational diabetes

14:35 – 15:35

Novo Nordisk Symposia - 1



14:35 – 14:55

Dr. Faraz Farishta

Innovator Semaglutide for a Patient-Centric Approach: A Case based discussion on T2D



14:55 – 15:15

Dr. Kiron Varghese

Innovator Oral Semaglutide: Metabolic Optimization and Primary CV Prevention



15:15 – 15:35

Dr. K M Prasanna Kumar

Beyond the Hype: Why Innovator Semaglutides proven legacy sets the gold standard in obesity management

15:35 – 16:30

Session M – 3

Chairperson: Dr. Rohit N. Kulkarni, Dr. Chitra Selvan



15:35 – 15:55

Dr. Deepak K Saini

Metabolism and drug response in aging



15:55 – 16:15

Dr. G R Sridhar

Umbilical cord stem cells in diabetes: When will it be ready for clinical use?

16:15 – 16:30

Discussion

Hall A

14:15 – 15:30

Newer Modalities of Cardiovascular risk assessment

Moderator: Dr. Bhavana Sosale



14:15 – 14:35

Dr. Nishanth K R

Cardiovascular imaging using CT CAC – How does it redefine risk and guide therapy decisions?



14:35 – 14:55

Mr. Mayank Shrivastava

Next Gen Computing – Using AI and a retinal image to predict CV risk and CKD



14:55 – 15:10

Dr. Kosha Srivastava

The next frontier AI – Moving from pilot programs to Clinical validation of ASCVD and CKD risk assessment

15:10 – 15:30

Discussion

15:30 – 16:15

Pharma Symposia

15:30 – 16:15

Panel Discussion: Choosing the right injectable in T2DM: Basal Insulin, GLP-1RA or both, Who, When, Why?



Dr. Santosh B



Dr. Vijaya Sarathi H A



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Saturday, 8th August 2026

Main Hall

16:30 – 17:15

Pharma Symposia

Chairperson: Dr. Jayalakshmi C, Dr. Divyatha Shekar



16:30 – 16:45

Dr. Neeta Deshpande

The evidence continuum for second generation basal insulin



16:45 – 17:00

Dr. Balaji Jaganmohan

iGlarLixi as a first injectable simplifying real world clinical practice



17:00 – 17:30

Dr. Vageesh S. Ayyar

2026 vision of managing T2DM with CKD: Optimizing the prevention continuum!

17:30 – 18:15

Muscle and the GUT

Chairperson: Dr. Prosenjit Mondal, Dr. Anshul Kaushik



17:30 – 17:45

Dr. Neeta Deshpande

Skeletal muscle preservation: Myths and facts



17:45 – 18:00

Dr. Arvind Ramanathan

3D engineered skeletal muscle for testing preclinical interventions

18:00 – 18:15

Discussion

Hall A

16:15 – 17:15

Panel Discussion

Moderator: Dr. Ganapathi Bantwal

Aldosterone driven uncontrolled hypertension and emerging role of ASI



Dr. Ganapathi Bantwal



Dr. Sanjeev Kumar Hiremath



Dr. V S Prakash

17:15 – 18:05

Session A - 3



17:15 – 17:45

Dr. Bhavana Sosale

Gliclazide reimaged: Why Gliclazide isn't just another SU?



17:45 – 18:05

Dr. Anusha Handral

Real world scenario of using daily basal insulin vs weekly basal insulin

18:15 | Close for the Day



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Sunday, 9th August 2026

Main Hall

09:00 – 10:30

Session M - 4

Chairperson: Dr. Supriya Yadav, Dr. Sriharee Kulkarni



09:00 – 09:20

Dr. Sona Rajakumari

Transgenerational imprinting of obesity: Biology and mechanisms



09:20 – 09:40

Dr. Nitin Kapoor

Normal weight obesity, what happens a decade later? Insights from the Kerala Diabetes prevention program



09:40 – 10:00

Dr. Ashok Kumar Das

MASLD – Precision diagnosis and management of subtypes

10:00 – 10:10

Discussion

10:10 – 10:30

Panel Discussion

Moderator: Dr. Payel Roy

Does diabetes affect peripheral organs?



Dr. Manjunath Joshi



Dr. Anurag Agrawal

10:30 – 11:00

Clinical Science Excellence Award Lecture

Chairperson: Dr. Anil Kapur, Dr. Vinod Mattoo



10:35 – 11:00

Dr. V Mohan

Precision Diabetes is a now a reality – with focus on T2DM

Hall A

09:00 – 10:00

Session A - 4

Moderator: Dr. Anujit Kumar, Dr. Vinay Kumar M B



09:00 – 09:15

Dr. Nikhil R Gandasi

Role of GLP1 in islet secretion



09:15 – 09:30

Dr. Ramray Bhat

Glycation, Aging, and Diabetes: A complex systems triad



09:30 – 09:45

Dr. Vishal Rao

Diabetes Burden in Cancer



09:45 – 10:00

Dr. Vinay Kumar M B

Diabetes and Muscle disorders

10:00 – 10:20

Session A - 5

Moderator: Dr. Kiran Nidagundi



10:00 – 10:20

Dr. Ranjit Unnikrishnan

Monogenic diabetes – Latest updates from India

10:20 – 10:30

Discussion



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Sunday, 9th August 2026

Main Hall

11:00 – 11:40

Plenary Session - 3

Chairperson: Dr. Ashok Kumar Das, Dr. Neeta Deshpande



11:00 – 11:20

Dr. Rohit N. Kulkarni

Are we ready to target the beta cell to cure diabetes?



11:20 – 11:40

Dr. Chittaranjan S. Yajnik

Rethink GDM

11:40 – 12:50

Session M - 5

Chairperson: Dr. Sanjay Reddy, Dr. Bhavana Sosale



11:40 – 12:00

Dr. Amit Gupta

Advancing Metabolic Health in India: A integrated approach to addressing multiple long term conditions (MLTC)



12:00 – 12:20

Dr. Krishna G. Seshadri

Time for metabolic medicine is now!



12:20 – 12:40

Dr. Sudha Tinaikar

Dr. Shobha Aravind Memorial Lecture:

Is spirituality The Medicine for diabetic distress?

12:40 – 12:50

Discussion

Hall A

11:40 – 12:30

Session A - 6

Chairperson: Dr. Suman R, Dr. Saiyadali A A



11:40 – 12:00

Dr. Anjana R M

Digital Diabetes



12:00 – 12:20

Dr. G R Sridhar

Artificial intelligence and diabetes on the wing – Zooming from large language models to agentic artificial intelligence



12:20 – 12:40

Dr. Felix Jebasingh

Gait and offloading in pre-lucrative state in diabetes and consequences

12:40 – 12:50

Discussion



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Sunday, 9th August 2026

Main Hall

12:50 – 13:40

USV Symposia

Chairperson: Dr. Rachna Kishore, Dr. Pooja Kamat



12:50 – 13:05

Dr. Neeta Deshpande

SGLT2i in the GLP1-RA era: When, Where and with what to combine?



13:05 – 13:20

Dr. Krishna G. Seshadri

From Insulin resistance to organ protection – repositioning pioglitazone based combinations



13:05 – 13:35

Dr. Aravind Sosale

SU revisited – delivering foundational glycemic control in modern practice

13:35 – 13:40

Discussion

Hall A

12:50 – 13:50

Lilly Symposia - 2

Moderator: Dr. Chitra Selvan



12:50 – 13:05

Dr. Hema Venkataraman

Obesity as a chronic disease: Beyond the BMI paradigm



13:05 – 13:20

Dr. Pramila Kalra

One disease, many organs: The silent progression from fat to organ dysfunction



13:20 – 13:35

Dr. Pramila Kalra

The incretin advances: Mono-agonism to dual agonism in treatment of obesity and its clinical implications



13:35 – 13:45

Dr. Chitra Selvan

Putting it all together: Integrating evidence into practice followed by concluding remarks

13:45 – 13:50

Discussion

13:40 – 14:15 | Lunch Break



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Sunday, 9th August 2026

Main Hall

14:15 – 15:30

Novo nordisk Symposia - 2



14:15 – 14:35

Dr. Krishna G. Seshadri

Innovator Semaglutide in obesity and CVD:
Translating evidence to outcomes



14:35 – 14:55

Dr. Vidyasagar Ramappa

ESSENCE unveiled: Transforming MASH
management with the innovator Semaglutide



14:55 – 15:15

Dr. Neeta Deshpande

rDNA-origin Semaglutide over synthetic
Semaglutide: Differences that clinicians need
to know



15:15 – 15:30

Dr. L Sreenivasamurthy

From molecule to outcomes: Once weekly
insulin Icodec

15:30 – 16:30

Pharma Symposia

Chairperson: Dr. Balachandra G, Dr. Prashanth G K



15:30 – 16:00

Dr. Srinivasa P Munigoti

Non-steroidal MRAs: Redefining renal and
cardiovascular protection beyond traditional
therapies



16:00 – 16:15

Dr. Bhavana Sosale

URLi action for physiological glycaemic
management



16:15 – 16:30

Dr. Basavaraj G S

Clearing the air around inhaled insulin

Hall A

14:15 – 15:35

Session A - 7

Chairperson: Dr. Ramray Bhat, Dr. Debasish Roy



14:15 – 14:35

Dr. Jaya Prakash

Detecting glucose through painless photo
acoustics



14:35 – 14:55

Dr. Anujit Kumar

Stem cells to Beta cells



14:55 – 15:15

Dr. Prosenjit Mondal

Fasting: Health vs Obese – A natural pathway
of unnatural chaos



15:15 – 15:35

Dr. Praveen Kumar

When bigger islets lie: How size and purity set
the overstimulation trap in islet
transplantation

15:35 – 16:35

Pharma Symposia

Chairperson: Dr. Suresh K G, Dr. Nagaraj



15:35 – 15:50

Dr. Balaji Jaganmohan

Fatty liver (MASLD): Role of Saroglitazar a
dual PPAR agonist



15:50 – 16:05

Dr. Abhijit Bhograj

A powerhouse approach to T2DM



16:05 – 16:35

Dr. Sanjay Desai

Complete wound closure – An emerging and
innovative approach in DFU



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SCIENTIFIC PROGRAM

Sunday, 9th August 2026

Hall B

09:30 – 10:30

Novo nordisk Workshop



09:30 – 09:50

Dr. Amit Gupta

Beyond BMI: Rethinking Obesity assessment for the Indian population



09:50 – 10:10

Dr. Suryanarayana K M

Quality, Evidence, and innovation: The science behind innovator Semaglutide (r-DNA)



10:10 – 10:30

Dr. Nitin Kapoor

Innovator Semaglutide (r-DNA): A unified approach to management of obesity, CVD and beyond

Hall C

09:30 – 10:30

Abbott Nutrition Panel Discussion

Early intervention in Diabetes Care: The role of advanced diabetes – Specific nutrition across the continuum



Dr. Pramila Kalra



Dr. Edwina Raj



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