



4th

MHC 4.0

Metabolic Health Conference™

INDIA'S 1ST LOW CARB CONFERENCE PLATFORM

100% Virtual

REGISTER HERE

No Registration Fee



DAY 1 AGENDA

21st August 2026



21, 22, & 23
AUG 2026

INDIA TIME	SPEAKER	TOPIC	HOST
12.30PM	Shashikant Iyengar	Inauguration of MHC 4.0	Mishal Sequeira
12.45 PM	Shashikant Iyengar & Dr Jasmeet Kaur PhD	10 Years Type 2 Diabetes Remission study	Mishal Sequeira
1.15 PM	Dr Roshani Sanghani	The Indian Diabetes Epidemic: Why Conventional Care Isn't Enough	Mishal Sequeira
2.00 PM	Dr Manoshi Bhattacharya	How India Ate Before the Metabolic Health Crisis: Lessons from History	Shashikant Iyengar
2.45 PM	Dr Diljan Mansoor	Ancestral Nutrition in South Asia: Lessons for Reversing Modern Metabolic Disease	Mishal Sequeira
3.30 PM	Dr Deepa Mahananda	South Asians in Australia: Does Changing Countries Change Metabolic Health?	Dr Sandhya Kulkarni
4.15 PM	Dr Hannah Mathew	The Forgotten Story of Indian Nutrition: From Metabolic Health to Heart Disease	Shilpi Arora
5.00 PM	Dr Sandhya Kulkarni	Women's Metabolic Health: PCOS, Menopause, Insulin Resistance and Beyond	Dr Jasmeet Kaur
5.45 PM	Dr Sean O'Mara	The Invisible Epidemic: Visceral Fat and the South Asian Metabolic Crisis	Shashikant Iyengar & Sandesh Bhat
6.30 PM	Dr Ravi Kamepalli	Healing from Within: Metabolic Health, Wound Healing and Limb Preservation	Shashikant Iyengar
7.15 PM	Dr Suneel Dhand	Beyond Sick Care: A Physician's Perspective on Metabolic Health	Anup Chaudhary
8.00 PM	Dr Sandeep Garg	The Missing Link in Heart Disease: Insulin Resistance, Inflammation and Prevention	Shashikant Iyengar
8.45 PM	Hannah Warren	Healing the Mind Through Metabolic Therapy: A Vegetarian Journey	Shashikant Iyengar
9.30 PM	Dr Ken D Berry	Scarcity, Abundance and Metabolic Health: Lessons from India's Past	Mishal Sequeira
10.15 PM	Close For The Day	Day 1 Closing Remarks	Mishal Sequeira & Shashikant Iyengar



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DAY 2 AGENDA

22nd August 2026



21, 22, & 23
AUG 2026

INDIA TIME	SPEAKER	TOPIC	HOST
12.00 Noon	Mishal Sequeira & Shashikant Iyengar	2 nd Day Kick-off	Mishal Sequeira
12.15 PM	Dr Asha Benakappa	Changing the Course of Type 2 Diabetes: A Paediatrician's Personal Journey	Sandesh Bhat
1.00 PM	Dr Nelum Dharmapriya	Curry, Carbs & Chronic Disease: Rethinking South Asian Diets	Sandesh Bhat
1.45 PM	Dr Pran Yoganathan	Why South Asians Develop Metabolic Disease Earlier: A Clinician's Perspective	Mishal Sequeira
2.30 PM	Dr Siva Navaratnam	Making Metabolic Health Simple: Educating Millions Through Visual Communication	Harshil Suvarnkar
3.15 PM	Dr Sunil Menon	Building Indian Evidence for Metabolic Health: Lessons from Rural Diabetes Care	Shashikant Iyengar
4.00 PM	Dr Neville Willington	Managing Type 2 Diabetes in Clinical Practice: Lessons from South Africa	Dr Jasmeet Kaur PhD
4.45 PM	Col. Narayan Ramachandran	An Orthopaedic Surgeon's Journey to Metabolic Health	Shashikant Iyengar
5.30 PM	Maia Sutherland	Book Review: Metabolic Mayhem	Priyanka Matanhelia
6.15 PM	Dr Shaminie Athinarayanan	Sugar, Rice and India's Diabetes Epidemic: A Historical Perspective	Shashikant Iyengar
7.00 PM	Sameer Dossani	The Indian Plate Reimagined: What Tradition Can Teach Modern Nutrition	Prasanna S
7.45 PM	Peter Ballerstedt	Plants, Protein and People: Rethinking Agriculture for Metabolic Health	Sandesh Bhat
8.30 PM	Dr Robert Cywes	Metabolic Disease Begins Before Diabetes: What Every Indian Should Know	Mishal Sequeira
9.15 PM	Dr Swaranjit Bhasin	Seeing Metabolic Disease: What Medical Imaging Reveals Before Symptoms Appear	Dr Jasmeet Kaur
10.00 PM	Tucker Goodrich	From Traditional Fats to Seed Oils: Did India's Nutrition Transition Fuel the Diabetes Epidemic?	Shashikant Iyengar
10.45 PM	Close For The Day	Day 2: Closing Remarks	Mishal Sequeira & Shashikant Iyengar



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DAY 3 AGENDA

23rd August 2026



21, 22, & 23
AUG 2026

INDIA TIME	SPEAKER	TOPIC	HOST
9.00 AM	Mishal Sequeira & Shashikant Iyengar	3rd Day Kick-off	Mishal Sequeira
9.15 Am	Dr Tanmoy Das	Physician, heal thyself: Why are Indian doctors dropping dead young?	Sandesh Bhat
10.00 AM	Dr Veena Shatrugna	The Indian food plate today, a product of scientific research during the famine years	Shashikant Iyengar
11.30 AM	Dr Ian Lake	Book Review: Shifting Gears: 1,000 Miles, Type 1 Diabetes and a Changed Mindset	Dr Jasmeet Kaur PhD
12.15 PM	Dr Ankur Verma	From Carbohydrate Restriction to Carnivore: An Indian Clinician's Perspective	Mishal Sequeira
1.00 PM	Col. Gautam Guha	Book Review: Diabetes Undone: A Practical Path to Natural Remission	Priyanka Matanhelia
1.45 PM	Dr Parikshit Bhattacharya	What Years of Treating Indian Patients Reveal About Metabolic Disease	Shashikant Iyengar
2.30 PM	Shashikant Iyengar Mishal Sequeira Sidhesh Pathre Aashish Pabari Sanjeev Gheewala	Tackling India's Metabolic Disorders: Q & A	Mishal Sequeira
3.15 PM	Dr Jasmeet Kaur PhD Sandesh Bhat	Gut Health and Metabolic Disease: Q & A	Shashikant Iyengar
4.00 PM	Dr Eric Berg	India's Metabolic Crisis: Belly Fat, Diet, History and the Way Forward	Shashikant Iyengar
4.50 PM	Imagica & All Hosts	Closing Session	Mishal Sequeira

