



| Date | Topic | Guest |
|----------------|--|--------------------|
| THEME 1 | | |
| 16/04/2023 | Carbohydrate counting | Dr Sanjay Kalra |
| 23/04/2023 | Community interventions and diabetes care | Dr Madhur Verma |
| 30/04/2023 | Motivation for healthy behaviours | Dr Sanjay Kalra |
| THEME 2 | | |
| 7/05/2023 | Urinary tract infections in diabetes | Dr Sanjay Kalra |
| 14/05/2023 | Rational antibiotic use in diabetic infections | Dr. Hitesh Punyani |
| 21/05/2023 | Diabetes and the prostate | Dr Sanjay Kalra |
| 28/05/2023 | Reducing renal risk in diabetes | Dr Sanjay Kalra |
| THEME 3 | | |
| 04/06/2023 | Diabetes and the pituitary | Dr Sanjay Kalra |
| 11/06/2023 | Diabetes and the thyroid | Dr. Sachin Mittal |
| 18/06/2023 | Diabetes and the bone | Dr Sanjay Kalra |
| 25/06/2023 | Diabetes and the adrenals | Dr Sanjay Kalra |
| 2/07/2023 | Diabetes and the exocrine pancreas | Dr Sanjay Kalra |
| 9/07/2023 | Diabetes and fertility | Dr Sanjay Kalra |
| 16/07/2023 | Diabetes and female sexuality | Dr. Bharti Kalra |
| 23/07/2023 | Diabetes and male sexuality | Dr Sanjay Kalra |
| 30/07/2023 | Visual disturbances in diabetes | Dr Sanjay Kalra |
| THEME 4 | | |
| 6/08/2023 | Headache in diabetes | Dr. Suneet Verma |
| 13/08/2023 | Diabetes dementia | Dr Sanjay Kalra |
| 20/08/2023 | Painful neuropathy in diabetes | Dr Sanjay Kalra |
| 27/08/2023 | Reducing glycemic variability | Dr Sanjay Kalra |
| THEME 5 | | |
| 3/09/2023 | Reducing the risk of hypoglycemia | Dr Sanjay Kalra |
| 10/09/2023 | Preventing burnout in diabetes care | Dr Sanjay Kalra |
| 17/09/2023 | Yoga and diabetes | Dr. Hemant Bhargav |
| 24/09/2023 | Anginal equivalents | Dr Sanjay Kalra |
| THEME 6 | | |
| 1/10/2023 | Reducing cerebrovascular risk in diabetes | Dr Sanjay Kalra |
| 8/10/2023 | Reducing cardiovascular risk in diabetes | Dr Kamal Kishor |
| 15/10/2023 | Diabetic foot | External |
| 22/10/2023 | Taking care of renal issues in diabetes patients | Dr Sanjay Kalra |
| 29/10/2023 | Choosing insulin regimens | Dr Sanjay Kalra |
| THEME 7 | | |
| 5/11/2023 | Choosing OAD regimens | Dr Sanjay Kalra |
| 12/11/2023 | Diabetes remission: facilitation through drugs | Dr Sanjay Kalra |
| 19/11/2023 | Insulin + OAD combinations | Dr Sanjay Kalra |
| 26/11/2023 | Optimization of weight in Diabetes | Dr Nitin Kapoor |
| THEME 8 | | |
| 3/12/2023 | Hypoglycemia awareness training | Dr Sanjay Kalra |
| 10/12/2023 | Coping skills training | Dr Sanjay Kalra |
| 17/12/2023 | Integrating exercise in daily life | Dr Sanjay Kalra |
| 24/12/2023 | Glucometric Guardianship | Dr Navneet Agrawal |
| 31/12/2023 | Skin care and diabetes | Dr Sanjay Kalra |