

# Report on the 21st Annual National Conference of the Indian Society for Bone and Mineral Research (ISBMR 2025)

Venue: Hotel Southern Star, Mysuru

Dates: 24–26 October 2025

Organized by: The Indian Society for Bone and Mineral Research (ISBMR)

In association with: Karnataka Endocrine Society and Department of Endocrinology, JSS Medical College, JSS Academy of Higher Education and Research, Mysuru

## Overview

The 21st Annual National Conference of the Indian Society for Bone and Mineral Research (ISBMR 2025) was held at Hotel Southern Star, Mysuru, from 24th to 26th October 2025. The event brought together a vibrant community of clinicians, researchers, and industry partners committed to advancing the science and clinical practice of bone and mineral metabolism in India.

With over 300 delegates from across the country and abroad, including endocrinologists, physicians, orthopedicians, gynecologists, geriatricians, rheumatologists, nuclear medicine specialists, radiologists and scientists, ISBMR 2025 reaffirmed the society's mission to promote high-quality research, education, and collaborative initiatives in skeletal health.

## Pre-conference Symposia (24 October 2025)

The meeting opened with a series of engaging industry symposia that blended clinical insight with translational relevance:

The evening concluded with an engaging guest lecture, "Educate, Engage, Empower: A Modern Approach to Osteoporosis Management", by Dr. Vishnu Sundaresh.

## Day 1: Academic Highlights (25 October 2025)

The first full day commenced with faculty and poster presentations, reflecting ISBMR's strong research ethos. Sessions covered cutting-edge topics such as:

- Debate: Diagnosis of Osteoporosis in a 25-year-old Premenopausal Woman – T-score vs Z-score  
Moderated by Dr. Saptarshi Bhattacharya, with spirited arguments from Dr. Parjeet Kaur and Dr. Sambit Das.
- SPS Teotia Oration: Targeting the "Gut–Immune–Bone Axis" as a Novel Immunoporotic Strategy by Dr. Rupesh K. Srivastava – a scientific highlight of the conference.
- Workshop on Sarcopenia: A highly interactive session covering diagnosis, nutrition, resistance training, and pharmacotherapy, moderated by Dr. Ajay Hanumanthu and

featuring Dr. Rimesh Pal, Dr. Sheryl Salis, Dr. Parjeet Kaur, and Dr. Shriram Mahadevan.

The scientific plenary featured eminent talks by Dr. Deepak Vashisht on the interface between Alzheimer's disease and bone pathology, Dr. Amrith Mithal on "Skeletal Health Research: The Year in Review," and Dr. Subhash Kukreja on denosumab discontinuation. The formal inauguration followed.

Post-lunch sessions featured orations and focused symposia on diverse areas—from pregnancy-associated osteoporosis and hypercalcemia to the role of vitamin D, calcium supplementation, and long-term osteoporosis therapy. The day concluded with an inspiring Meet the Professor session featuring global experts Dr. Manju Chandran, Dr. Sudhaker Rao, and Dr. Subhash Kukreja, alongside the Quiz and General Body Meeting.

## Day 2: Workshops, Orations, and Innovations (26 October 2025)

The final day began with PhD paper presentations and an intensive DXA Workshop led by Dr. Kripa Cherian, Dr. Soham Mukherjee, Dr. Nisha Bhavani, and Dr. Nitin Kapoor, providing practical insights into densitometry, TBS, and pediatric DXA.

The Plenary Session on CKD–MBD by Dr. Manju Chandran drew wide acclaim, followed by the prestigious Dr. MMS Ahuja Oration delivered by Prof. Peter Ebeling, celebrating his contributions to translational bone research.

Subsequent sessions explored diabetes–bone interactions, including:

- Fracture risk assessment in diabetes (Dr. Saptarshi Bhattacharya)
- GLP-1 analogues and skeletal health (Dr. Amrith Mithal)

The Just-a-Minute (JAM) session provided an innovative, high-energy platform for young endocrinologists and residents to share creative insights into bone science. Sessions on Thyroid and Bone, Bone Health in Transgender Populations, and Maternal Nutrition and Offspring Bone Programming showcased the evolving breadth of ISBMR's focus areas.

The day concluded with a stimulating session on translational therapeutics, "One Protein, Two Cures: Peptides from Sclerostin for Osteoporosis and Osteoarthritis", by Dr. Naibedya Chattopadhyay, followed by Prize Distribution and Valedictory.

## Scientific Participation and Awards

- Over 100 abstracts were presented across oral and poster categories
- Dedicated tracks for faculty, DM/DrNB, MD, MBBS and PhD participants ensured inclusivity across career stages.
- Awards were conferred for best oral papers, posters, and the JAM competition, continuing ISBMR's tradition of recognizing excellence in skeletal research.

## Conclusion

ISBMR 2025 in Mysuru successfully blended academic depth, interdisciplinary collaboration, and vibrant participation, reinforcing the society's role as India's leading platform for bone and mineral research.

A handwritten signature in black ink that reads "Lakshmi". The signature is written in a cursive style and is underlined with two parallel lines.

**Dr Lakshmi Nagendra**  
**Organizing Secretary**  
**21<sup>st</sup> Annual Conference of the**  
**The Indian Society for Bone and Mineral Research**  
**Chennai**  
**5<sup>th</sup> November**  
**2025**



