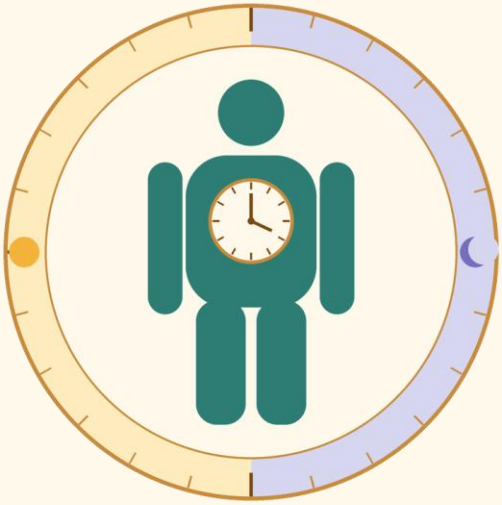


# 12th WORLD CONGRESS ON CHRONOMEDICINE

# WCC 2026

## CHRONO FOR LIFE

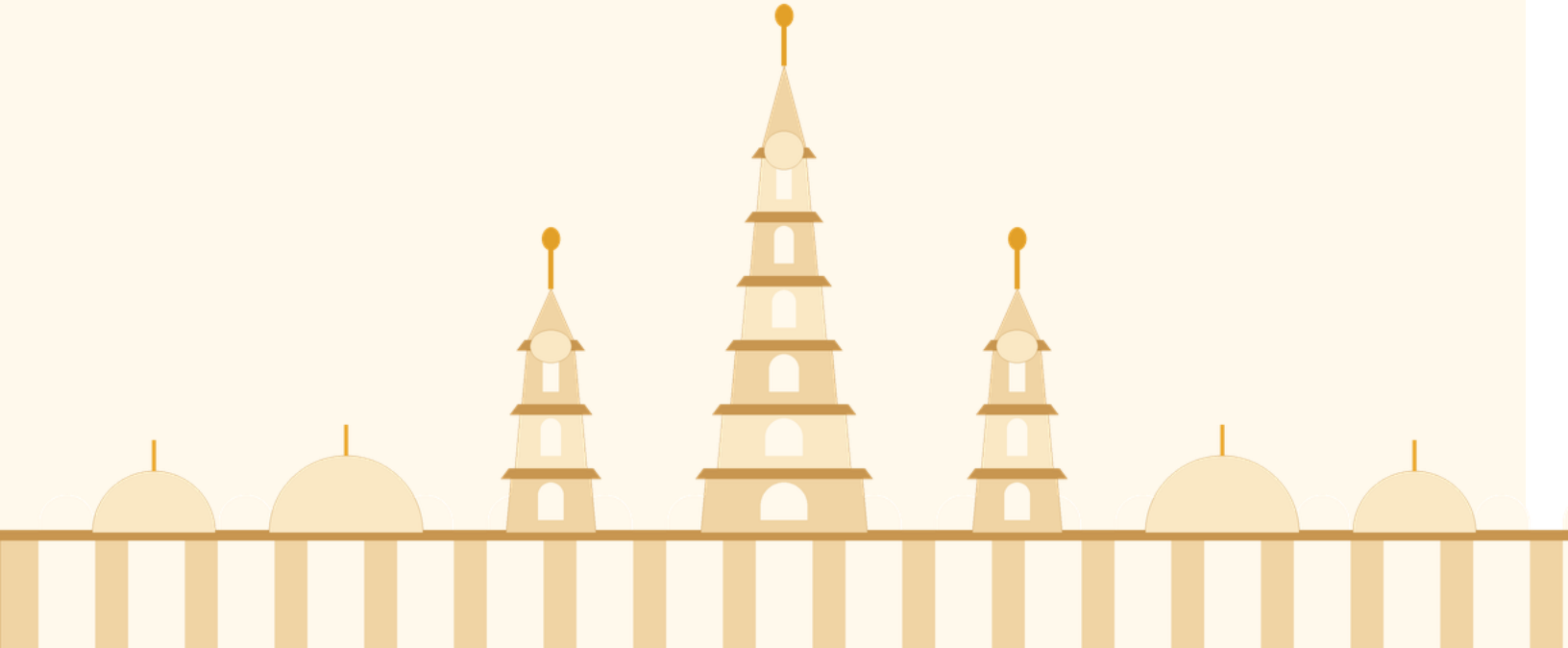
*Biological Clocks • Circadian Health • The Future of Medicine*

**3–5 DECEMBER 2026**

Chandrodaya Mandir, Vrindavan, India

**Organised by the Indian Society of Chronomedicine (ISCM)**

**PROPOSED SCIENTIFIC PROGRAMME**



# Conference Overview

WCC 2026 — CHRONO FOR LIFE is proposed as a scientific meeting exploring the fundamentals of biological clocks, emerging chronobiology paradigms, circadian disruption, light at night, social jet lag, and clinical and public-health applications of chronomedicine. Scientific journey: From the basics of the human body clock to molecular and systems chronobiology, precision chronomedicine, and the translation of biological-time research into healthier schools, workplaces, hospitals and communities.

# Day 1 — Thursday, 3 December 2026

**FOUNDATIONS • BIOLOGICAL RHYTHMS • THE HUMAN BODY CLOCK**

| Time | Programme | Speaker / Chair |
|---|---|---|
| **01:00–02:00** | ***Registration and welcome refreshments · Scientific exhibition*** | |
| **SESSION 1 · 02:00–03:00** | | |
| **Coordinator:** Abhinav Verma \| **Chairpersons:** Kamlakar Tripathi, Divya Saxena | | |
| **02:00–02:15** | The Human Body Clock — From Molecular Biology to Clinical Medicine | Vinod Kumar |
| 02:15–02:20 | *Discussion* | |
| **02:20–02:35** | The 24-Hour Human: How Biological Time Organises Physiology | Neelu Jain Gupta |
| 02:35–02:40 | *Discussion* | |
| **02:40–02:55** | From Suprachiasmatic Nucleus to Peripheral Clocks: One Body, Multiple Timekeepers | Ranjana Singh |
| 02:55–03:00 | *Discussion* | |
| **SESSION 2 · 03:00–04:00** | | |
| **Coordinator:** Shivam Verma \| **Chairpersons:** MLB Bhatt, Bharat Gupta | | |
| **03:00–03:15** | Beyond the Circadian: Ultradian, Infradian and Seasonal Rhythms in Human Health | Anuj Maheshwari |
| 02:15–03:20 | *Discussion* | |
| **03:20–03:35** | Circadian Secretion of GLP-1: Rhythms and Influencing Factors | Manoj Srivastava |
| 03:35–03:40 | *Discussion* | |
| **03:40–03:55** | Circadian Rhythms as Dynamic Biomarkers: From Patterns to Prediction | Mukulesh Gupta |
| 03:55–03:00 | *Discussion* | |
| **SESSION 3 · 04:00–04:30** | | |
| **Coordinator:** Utshav Anand Mani | | |
| **04:00–04:30** | **PANEL DISCUSSION — Is the Human Body a 24-Hour Machine? What Biological Time Means for Clinicians** | **Moderator:** Narsingh Verma<br>Panelists: Aloke Kumar Gupta<br>Surjeet Kumar Patra<br>Alok Modi<br>Kshitij Bhardwaj |
| **SESSION 4 · 04:30–06:00** | | |
| **Moderator:** Shipra Bharadwaj \| Chairpersons: MLB Bhatt, Anuj Maheshwari | | |
| **04:30–05:00** | Presidential Oration | Shashank Joshi |
| **05:30–06:00** | WCC Oration | Puneet Saxena |
| **06:00** | **INAUGURATION** | |
| **07:00 onwards** | **Aarti followed by Dinner** | |

# Day 2 — Friday, 4 December 2026

| Time | Programme | Speaker / Chair |
|---|---|---|
| **SESSION 5 · 08:00–10:00** | | |
| **Coordinator:** Kshitij Bharadwaj | | |
| **08:00–10:00** | **Free Paper Award Session** | Judges:<br>Anuj Maheshwari<br>Saurabh Srivastava<br>Vinod Kumar |
| **SESSION 6 · 10:00–10:30** | | |
| **Coordinator:** Shivam Verma | | |
| **10:00–10:30** | **PANEL DISCUSSION — Are Circadian Biomarkers Ready for Clinical Decision-Making?** | **Moderator:** Narsingh Verma<br>Panelists:<br>Kshitij Bhardwaj, Mukulesh Gupta, Shipra Bhardwaj |
| **SESSION 7 — CHRONOMEDICINE: FROM BIOLOGICAL TIME TO THERAPEUTICS · 10:30–11:30** | | |
| **Coordinator:** Kshitij Bharadwaj \| **Chair:** Ajoy Tiwari | | |
| **10:30–10:45** | The Right Treatment at the Right Time: Reframing Precision Medicine | Rajeev Awasthi |
| 10:45–10:50 | *Discussion* | |
| **10:50–11:05** | Time-of-Day Variability in Blood Pressure, Glucose Regulation and Immune Function | Divya Saxena |
| 11:05–11:10 | *Discussion* | |
| **11:10–11:25** | Chronopharmacology: When Drug Timing Changes Benefit and Risk | Smita Bhatt/ Akash Singh |
| 11:25–11:30 | *Discussion* | |
| **SESSION 8 · 11:30–12:30** | | |
| **Coordinator:** Abhinav Verma, Puneet Saxena, Sajid Ansari | | |
| **11:30–11:45** | The Circadian Metabolic Switch: Insulin Sensitivity, Glucose Tolerance and Meal Timing | Ajoy Tiwari |
| 11:45–11:50 | *Discussion* | |
| **11:50–12:05** | Adipose Tissue, Liver and Muscle Clocks: Organ-Specific Rhythms in Metabolic Health | Ajai Shukla |
| 12:05–12:10 | *Discussion* | |
| **12:10–12:25** | Biological Night, Late Eating and Cardiometabolic Risk: Mechanisms and Evidence | Dinesh Kumar |
| 12:25–12:30 | *Discussion* | |
| **SESSION 9 · 12:30–01:05** | | |
| **Coordinator:** Vandana Awasthi | | |
| **12:30–12:45** | Chrononutrition Beyond Calories: Synchronising Food Intake with Biological Time | Smriti Rastogi |
| 12:45–12:50 | *Discussion* | |
| **12:50–13:05** | **PANEL DISCUSSION — Should Meal Timing Become a Standard Part of Metabolic Care?** | **Moderator:** Shivam Verma<br>Panelists: Aloke Kumar Gupta<br>Ajoy Tiwari<br>Ajai Shukla |
| **01:05–01:40** | ***Lunch*** | |

| Time | Programme | Speaker / Chair |
|---|---|---|
| **SESSION 10 — YOUNG AWARD SESSION · 01:40–02:10** | | |
| **Coordinator:** Abhinav Verma | | |
| **01:40–01:55** | Young Investigator Award — Khushboo Singhal | Chairs:<br>Ajoy Tiwari<br>Ashish Gopal |
| **01:55–02:10** | Young Research Award — Pragya Varma | Chairs:<br>Manoj Srivastava<br>Bharat Gupta |
| **SESSION 11 · 02:10–03:10** | | |
| **Coordinator:** Abhinav Verma | | |
| **02:10–02:40** | **Shyama Krishna Memorial Oration — Anoop Misra** | Chairs:<br>Kamlakar Tripathi<br>Narsingh Verma |
| **02:40–03:10** | **Prof Om Kumari Gupta Memorial Oration — Amitesh Agarwal** | Chairs:<br>Anuj Maheshwari<br>Saurabh Srivastava |
| **SESSION 12 — DEBATE · 03:10–03:40** | | |
| **Coordinator:** Smriti Rastogi | | |
| *Motion: "Wearables Are Ready to Guide Personalized Circadian Health."* | | |
| **03:10–03:20** | For the Motion | Abhishek Arun |
| **03:20–03:30** | Against the Motion | Shivam Verma |
| **03:30–03:35** | Rebuttal | |
| **03:35–03:40** | House and Final Words by Chair | TBA |
| **SESSION 13 · 03:40–04:40** | | |
| **03:40–03:55** | Mitochondria by the Clock: Circadian Control of Cellular Energy and Oxidative Stress | Kamlakar Tripathi |
| 03:55–04:00 | *Discussion* | |
| **04:00–04:15** | Breakfast, Dinner and the Metabolic Clock: Is Meal Distribution Important? | Alok Kumar Gupta |
| 04:15–04:20 | *Discussion* | |
| **04:20–04:35** | The Public Health Clock: Circadian Health as a New Frontier in Disease Prevention | Kushwaha |
| 04:35–04:40 | *Discussion* | |
| **SESSION 14 — THE CLOCK IS TICKING · 16:40–18:20** | | |
| **Coordinator:** Shipra | | |
| *Case-Based Scenarios: 7 minutes per case + 3 minutes of discussion* | | |
| **04:40–04:50** | Case 1 \| Cardiology — The 6 AM Myocardial Infarction<br>*Is Timing More Than Coincidence?* | TBA |
| **04:50–05:00** | Case 2 \| Neurology — The Morning Stroke<br>*Understanding the Brain's Biological Clock* | B Anjum |
| **04:00–04:10** | Case 3 \| Ophthalmology — The IOP Peak Nobody Saw<br>*When Intraocular Pressure Peaks While the Clinic Is Closed* | Puja Kanodia |
| **04:10–04:20** | Case 4 \| Endocrinology — The Night-Shift Dilemma<br>*Why Is Glucose Control Worsening Despite Treatment?* | Satish Kumar |
| **04:20–04:30** | Case 5 \| Pulmonology — The Midnight Wheeze<br>*Nocturnal Asthma and the Timing of Airway Narrowing* | Anand Srivastava |
| **04:30–04:40** | Case 6 \| Psychiatry — When the Sleep Clock Breaks<br>*Sleep–Wake Disruption and Mood Instability* | Shweta Kanchan |

| Time | Programme | Speaker / Chair |
|---|---|---|
| 05:40–06:20 | **Chrono Quiz** | Quiz Masters:<br>Pooja Kanodia<br>Shivam Verma |
| **SESSION 15 — SPONSORED SESSION (NOVO NORDISK) · 06:20–06:35** | | |
| **Coordinator:** Abhinav Verma \| **Chairs:** Anuj Maheshwari, Mukulesh, KP Chandra | | |
| 06:35-06:50 | Addressing blood pressure variability: Use of Benidepin | Dheerendra Joshi |
| **FELLOWSHIP PROGRAMME · 06:20–06:40** | | |
| 06:20–06:40 | Conferral of Fellowships | |
| **07:00 onwards** | **Cultural Programme and Satvik Gala Dinner** | |

# Day 3 — Saturday, 5 December 2026

| Time | Programme | Speaker / Chair |
|---|---|---|
| **SESSION 16 · 08:00–09:30** | | |
| **Coordinator:** Kshitij Bharadwaj | | |
| 08:00–09:30 | **Free Paper Session** | Judges:<br>Vibha Gangwar<br>Anil Gangwar<br>Shipra Bharadwaj |
| **SESSION 17 · 09:30–10:00** | | |
| **Coordinator:** Shivam Verma | | |
| 09:30–10:00 | **PANEL DISCUSSION — Light Therapy: When, Why and How** | **Moderator:** Vibha Gangwar<br>Panelist: Abhishek Pathak<br>Richa Srivastava<br>Anil Gangwar |
| **SESSION 18 · 10:00–11:00** | | |
| **Coordinator:** Kshitij Bharadwaj | | |
| 10:00–10:15 | The Weekend Catch-Up Trap: Can Sleep Recovery Reverse Circadian Misalignment? | Anil Gangwar |
| 10:15–10:20 | *Discussion* | |
| 10:20–10:35 | Early School Timings and Delayed Biological Night and Their Effect on Circadian Health in Children and Adolescents: Sleep Debt, Daytime Sleepiness and Developmental Consequences — A Public-Health Concern | Shipra Bharadwaj |
| 10:35–10:40 | *Discussion* | |
| 10:40–10:55 | Sleep Architecture as a Window into Circadian Health | Alok Modi |
| 10:55–11:00 | *Discussion* | |
| **SESSION 19 — CHRONO BYTES 1 · 11:00–11:30** | | |
| *Rapid discussion: 5 minutes per talk · Chairpersons / Moderator: TBA · Panelists (4): TBA* | | |
| 11:00–11:05 | Best Time to Take Vitamins | Ferry Panchal |
| 11:05–11:10 | TBD | Bandana Chakrovorty |
| 11:10–11:15 | TBD | Jaskiran Kaur |
| 11:15–11:20 | TBD | Surjeet Kumar Patra |
| 11:20–11:25 | TBD | TBA |
| 11:25–11:30 | TBD | TBA |

| Time | Programme | Speaker / Chair |
|---|---|---|
| **SESSION 20 — PROF SHASHANK JOSHI ORATION · 11:30–12:30** | | |
| **Chairpersons:** TBA | | |
| **11:30–12:00** | **Oration** | Prof Mukta Panda |
| **12:00–12:30** | **Franz Halberg Oration** | Dr Sandipan Ray |
| **SESSION 21 · 11:30–12:30** | | |
| **Coordinator / Chair:** TBA | | |
| **11:30–11:45** | Chrono-Oncology: Can Treatment Timing Improve Therapeutic Precision? | MLB Bhatt |
| 11:45–11:50 | *Discussion* | |
| **11:50–12:05** | Circadian Immunity and the Timing of Inflammatory Disease | Abhishek Srivastava |
| 12:05–12:10 | *Discussion* | |
| **12:10–12:25** | Circadian Health Equity: Who Bears the Burden of a 24/7 Society? | Subhasree Patil |
| 12:25–12:30 | *Discussion* | |
| **SESSION 22 · 12:30–01:10** | | |
| **Coordinator:** Madhav Prabhu | | |
| **12:30–12:45** | The 24-Hour Mirror: Weaponizing Wearables and AI Apps for Precision Chronotherapy | Kshitij Bhardwaj |
| 12:45–12:50 | *Discussion* | |
| **12:50–01:05** | Fasting Against the Body Clock: What Can We Learn from Ramadan Fasting? | S S Daria |
| 01:05–01:10 | *Discussion* | |
| **01:10-01:25** | Key note address: Chronomedicine: The new wine in old bottle | Arvind Gupta |
| 01:25-01:30 | *Discussion* | |
| **01:30–02:00** | **Valedictory Function** | |
| **02:00 onwards** | **Lunch** | |

# Abstract Presentation and Judging

*The following is a proposed format. Final requirements should be checked against the current official conference submission guidelines before publication.*

| Component | Proposed format |
|---|---|
| **Abstract language** | English |
| **Abstract length** | Maximum 300 words |
| **Structure** | Background, objective, methods, results, conclusion |
| **Keywords** | 3–5 |
| **Oral presentation** | 10–12 minutes + 3 minutes discussion |
| **Poster format** | 5 ft × 3 ft, portrait |
| **Oral sessions** | Three thematic sessions |
| **Poster sessions** | Daily scheduled viewing |
| **Judges** | TBA |