



# IADVL DSB CONCLAVE

On

## Science of Ageing and Rejuvenation

### Highlights of IADVL DSB Conclave 2025



**20<sup>th</sup> July, 2025**



**8.50am - 6.00pm**



**Hotel Eros,  
Nehru Place,  
New Delhi,  
India**

- Anatomy of skin Ageing: Layer-by-layer insights
- Clinical Clues of Premature Ageing - Early signs demystified
- Evidence-Based Anti-Ageing - What actually works?
- From topicals to procedure interventions, complete guidelines
- Debate: Prejuvenation vs. Need - Based Intervention
- Masterclass on Fillers and Injectables: Live video demos
- Expert Panel: Aesthetic Complications - Real cases, real solutions
- Latest in Pigmentary Lasers and Energy Devices
- Biostimulators: Exosomes, PDRN, HA and Threads - What's new and what's real
- Site-Specific Rejuvenation: Neck, Hands, Peri - orbital, Lips
- Panel: Trends in Rejuvenation - Tools or fads?
- Social Media in Aesthetic Practice - Power or pressure?

**Dr Deepika Pandhi**  
Organizing and Scientific  
Chairperson

**Dr Sachin Dhawan**  
Scientific Chairperson

**Dr Rahul Arora**  
Organizing Secretary

[iadvldsb2025@gmail.com](mailto:iadvldsb2025@gmail.com)



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### Welcome Message

Dear Friends,

Welcome to the IADVL DSB Conclave on the Science of Ageing and Rejuvenation, to be held on 20th July 2025 at Hotel Eros, New Delhi.

This focused educational event brings together leading experts in dermatology to explore the latest in anti-ageing science through insightful talks, video demonstration and engaging discussions.

We're excited to have you with us and look forward to a day of learning, collaboration, and understanding new innovations

### Regards

**Dr Deepika Pandhi**

President, IADVL-DSB - 2025-26

**Dr Rahul Arora**

Hon. Secretary, IADVL-DSB - 2025-26

### Executive Committee of IADVL-DSB 2025-26

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Immediate Past President

**Dr Himanshu Gupta,**

**Dr Vivek Sagar**

Vice President

**Dr Parmil Sharma,**

**Dr Pravesh Yadav**

Joint Secretary

**Dr Gaurav Nakra**

President Elect

**Dr Deepak Jakhar**

Treasurer

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Dr Anil Ganjoo

Dr Deepika Yadav

Dr Garima

Dr Geeti Khullar

Dr Kaushal Verma

Dr Krishna Deb Barman

Dr Mukesh Girdhar

Dr Naveen Saith

Dr Nitika Nijhara

Dr Rashmi Sarkar

Dr Rishi Parashar

Dr Rohit Batra

Dr R. P. Gupta

Dr Sandeep Arora

Dr Shikha Gupta

Dr Sumit Gupta

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**Dr Deepika Pandhi**

Scientific Chairperson

**Dr Sachin Dhawan**

Scientific Chairperson

**Dr Pallavi Aliawadi**

Scientific Secretary

**Dr Vishal Gaurav**

Scientific Secretary

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Joint Secretary IADVL National



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### PROGRAM

**MOC** - Dr Tahura Fatima, Dr Yasmeen

Time	Topic	Speaker/Panelist /Co-ordinator	Chairperson
8:50-9:00am	Introduction	Dr Deepika Pandhi	
<b>SESSION 1 : Basic Science of Ageing</b>			
9:00-9:15am	Facial layers from skin, fat pads to ligaments and bones	Dr Rajat Kandhari	Dr Praveen Jain, Dr Deepika Yadav
9:15-9:30am	Pathophysiology of ageing	Dr Sandeep Arora	
9:30-9:45am	Facial structural changes across decades	Dr Sumit Gupta	
<b>SESSION 2 : Ageing- Prevention and Treatment</b>			
9:45-10:00am	Factors governing ageing & clinical clues of premature ageing	Dr Meghna Rastogi Gupta	
10:00-10:30am	Topical agents & lifestyle changes Evidence based anti-ageing what works?	Dr Soni Nanda	Dr Deepika Pandhi, Dr Pallavi Ailawadi
10:30-10:50 am	Debate Right time to start anti-ageing products and procedures- early on intervention (the prejuvenation menace) v/s Need-based intervention	For early: Dr Jyoti Gupta, Need based: Dr Gaurav Nakra	
10:50-11:10am	Oral Supplements in Management of Ageing	Dr. Mahima Agarwal	
11:10-11:20am	Q&A		
<b>SESSION 3 : Anti-ageing Treatments</b>			
	Injectables		Dr Vinay Singh, Dr Mandeep Bhukar
11:20-11:45am	Basic injectors anatomy	Dr Gulhima Arora	
11:45am-12:00 noon	Filler rheology and types of toxins	Dr Vivek Nair	



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12:00-12:15pm	Mid face fillers (video demo)	Dr. Latika Arya	
12:15-12:30pm	Lower face fillers (video demo)	Dr Sachin Dhawan	
SESSION 4 : Pot Pouri 1			
12:30-12:45pm	Advanced indications of toxins (aesthetic & non aesthetic)	Dr Ishad Agarwal (Kolkata)	Dr RP Gupta, Dr Rishi Parashar
12:45-1:15pm	My Most challenging Aesthetic Case / Complication	<b>Moderator:</b> Dr Rajat Kandhari <b>Panelist:</b> Dr Gulhima Arora, Dr Indu Ballani Dr Ishmeet Kaur, Dr Neeraj Pandey, Dr Vivek Nair,	
SESSION 5 : Lasers and EBDs			
1:15-1:30 pm	Advances in pigmentary lasers and their use in antiageing	Dr Anil Ganjoo	Dr K. D. Barman, Dr Parmil Sharma
1:30-1:45pm	Advanced EBDs for lipolysis & muscle toning: literature and real-life evidence	Dr David Pudukadan (Thrissur)	
1:45-1:55pm	Q&A		
1:55-2:40pm	Lunch		
SESSION 6 : Biostimulators			
2:40-2:50pm	Exosomes	Dr Monica Bambroo	Dr Mukesh Girdhar, Dr Himanshu Gupta
2:50-3:00pm	PDRN	Dr Swati Agarwal	
3:00-3:10pm	Non-cross-linked HA	Dr Neeraj Pandey (Lucknow)	
3:10-3:20pm	What's new in skin threads	Dr. Indu Ballani	
3:20-3:30pm	Q&A		



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#### SESSION 7 : Site specific rejuvenation

3:30-3:45pm	Neck rejuvenation	Dr Gulhima Arora,	Dr Manas Chatterjee, Dr Vineet Relhan
3:45-4.00pm	Hand rejuvenation	Dr Ishad agarwal	
4.00-4:15pm	Peri-orbital rejuvenation	Dr David Paul Pudukadan	

#### SESSION 8 : Pot Pouri 2

4:15-4:30pm	Lip rejuvenation with injectables and lasers	Dr Sachin Dhawan	Dr Manjul Agarwal, Dr Rahul Arora
4:30-5.00pm	Panel discussion- new tools for rejuvenation - fact or passing fads?	<b>Moderator</b> Dr Rohit Batra <b>Panelists:</b> Dr Gurvinder Banga, Dr Hema Pant, Dr Ishad Agarwal, Dr Manjul Agarwal, Dr Neeraj Pandey Dr Rahul Arora, Dr Seema Oberoi Lall	
5.00-5:30pm	Panel Discussion : Social Media-Hype versus Science and Safety	<b>Moderator:</b> Dr Sachin Dhawan <b>Panelists:</b> Dr Arushi Arora Dr Deepak Jakhar, Dr Kashish Kalra Dr Lipy Gupta, Dr Monica Bambroo, Dr Sonali Langar,	
5:30-5.40pm	Vote of Thanks	Dr Rahul Arora	





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### REGISTRATION FORM

(Please use CAPITAL LETTERS, as required on badge)

Name: Prof./ Dr./ Mr. / Ms. \_\_\_\_\_

IADVL Membership No.: \_\_\_\_\_ PLM No.: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: Male: \_\_\_\_\_ Female: \_\_\_\_\_

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Institute: \_\_\_\_\_

City/ State: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Mobile: \_\_\_\_\_

E-mail: \_\_\_\_\_

### REGISTRATION IS FREE BUT MANDATORY.

Please Send in your completed forms to the below address or send the scanned registration forms by email to [contact@iadvl Delhi.com](mailto:contact@iadvl Delhi.com)

#### PRESIDENT

**Dr Deepika Pandhi**

M.D. F.A.M.S

Director Professor

Department of Dermatology and STD

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#### HON. SECRETARY

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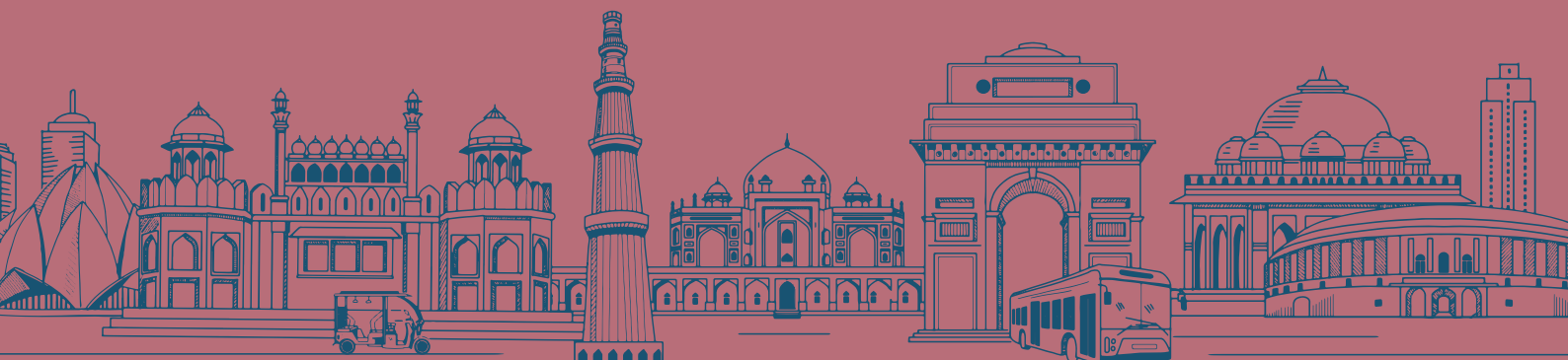
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is  
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Mandatory





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