



Roots-VIII



In collaboration with
Dr. D Y Patil Medical College, Hospital & Research Centre

A National Conference & Workshop on
LASERS, Aesthetic dermatology, Dermatologic surgery and Trichology



Procedural Dermatology

From Roots to Fruits

LASERS

DERMATOSURGERY

AESTHETIC DERMATOLOGY

TRICHOLOGY

SCIENTIFIC PROGRAM

Date: 27th to 29th June 2025

**Venue: Dr D Y Patil Vidyapeeth Auditorium, 4th Floor, Dr D Y Patil Vidyapeeth Building,
Sant Tukaram Nagar, Pimpri Colony, Pune, Maharashtra 411018**

Conference on LASERS and Aesthetic Dermatology : 27th & 28th June 2025

CME on Trichology : 29th June 2025

Conference secretariat: **Dr Shashi Kumar B M**

ROOTS INSTITUTE OF DERMATOLOGICAL SCIENCES

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CONFERENCE OVERVIEW

Date	Time	Venue	Conference Session
27.06.25	09:00-18:30	University Auditorium	Lasers and aesthetics (C1)
28.06.25	08:30-18:30	University Auditorium	Lasers and aesthetics (C1)
29.06.25	08:30-16:30	University Auditorium	Trichology (C2)

WORKSHOP OVERVIEW

Date	MEU halls - Medical College	In theatre observation - OT in Dermatology OPD Complex		
		OT 1	OT 2	OT 3
27.06.25 Friday	16:00-18:30	16:00-18:30	16:00-18:30	16:00-18:30
	Toxins Basics Hands on (WS 1T) / Fillers Basics Hands on (WS 1F)	Vitiligo surgery (WS4)	Ear lobe repair & Nail surgery (WS5)	
28.06.25 Saturday	MEU halls - Medical College	Seminar Hall of Dermatology OPD	In theatre observation - OT in Dermatology OPD	
	16:00-18:30	16:00-18:30	OT1 & 2 16:00-18:30	OT3 16:00-18:30
	Toxins Basics Hands on (WS 2T) Fillers Basics Hands on (WS 2F)	Procedural Trichology (WS 6)	Acne scar - Surgery and EBD (WS 8)	Fat graft (WS 7)
29.06.25 Sunday	MEU halls - Medical College 09:00-11:00	College Auditorium 09:00-11:00	Dermatology OPD OT 1 09:00-16:00	
	Toxin advanced, Hands on (WS 3T)	Microblading Live demo (WS 10)	Hair transplantation In theatre observation (WS 13)	
	11:30-13:30	11:30-13:30		
	Thread lift - live demo (WS 9)	PRP and exosomes live demo (WS 11)		
	14:00-16:00	14:00-16:00		
	Filler advanced Hands on (WS 3F)	HIFU, Q-Switch LASER, LHR Live Demo for pigmentation, hair removal, scar (WS 12)		



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SCIENTIFIC PROGRAM

Day 1, Friday 27th June 2025

Timing	Topic	Speakers	Learning objectives
08:00-09:00	Registration		
09:00-09:30	Oral presentation 1		
1.	The study of efficacy between triple combination and dermaroller with tranexamic acid in the treatment of melasma	Dr Soumya Managuli	
2.	A successful attempt at Permanent cure of Corn / Callosity	Dr Rupali Pavaskar	
3.	Mapping melanin: a dermoscopic insight into facial pigmentary disorders in Indian skin	Dr Rujuta Purandare	
4.	Effectiveness of glycolic acid 12% cream versus azelaic 20% cream in the management of melasma : a randomized control trial	Dr Sai Shiva Ram M	
5.	Effectiveness of Alpha Arbutin vs Niacinamide Among Individuals with Post-Acne Hyperpigmentation: A Randomized Controlled Trial	Dr Palchuri Sneha Ananya	
6.	Efficacy and safety of fractional carbon dioxide laser versus glycolic acid (GCA) 70% peel in treatment of acanthosis nigricans of neck - a comparative study	Dr Harshitha K	
09:30-11:30	Session 1: Lasers for pigmentation		
09:30-09:40	Physics of pigmentary lasers	Dr Sachin Varma	Key physical properties like wavelength, fluence, pulse duration, selective photothermolysis, advances in parameters and manufacturers
09:40-09:55	Pigmentation to rejuvenation - QS Nd-YAG	Dr Swapnil Shah	Clinical considerations and risks in using Q-switched lasers for both pigmentation and rejuvenation. Indications and protocols.
09:55-10:10	Pigmentation to rejuvenation - Pico lasers	Dr B S Chandrashekar	Clinical considerations and risks in using pico lasers for both pigmentation and rejuvenation, special case scenarios
10:10-10:50	Panel discussion - Facial Melanosis Unveiled: Exploring the Role of Pigmentary Lasers in Treatment	Moderator Dr Anurag Tiwari Panelists Dr Swapnil Shah Dr B S Chandrashekar Dr Sachin Verma Dr Vinay Singh	Case based discussion



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10:50-11:30	Q &A		
11:30-13:15	Session 2: Injectables- Toxins		
11:30-11:40	Introduction to the basics of Botulinum toxin	Dr Rasya Dixit	Diffusions, longevity, MOA, comparisons of dose and efficacy
11:40-12:00	Botulinum toxin - Upper face enhancement	Dr Pradeep Kumari	Forehead, glabella, nose, crows feet with applied anatomy
12:00-12:20	Botulinum toxin - Advanced indications	Dr Rajat Kandhari	Jawline, neck, gummy lines, lip flip, masseter botox with applied anatomy, mesobotox
12:15-13:00	Panel Discussion - Toxins- Trends, Techniques and Best Practices	<u>Moderator</u> Dr Sandeep Arora <u>Panelists</u> Dr Rajat Kandhari Dr Gulhima Arora Dr Pradeep Kumari Dr Rasya Dixit Dr Aneesh S	Case based discussion on facial assessment, types of toxins, complications
13:00-14:00	Lunch		
14:15-14:30	Lasers for vascular indications	Dr Sujay Khandpur	Various indications
14:30-15:15	Session 3: Energy based devices		
14:35-14:50	Body contouring with RF and cryolipolysis	Dr Apratim Goel	Mechanisms of action of RF and cryolipolysis, compare and contrast RF and cryolipolysis for body contouring, area selection for efficacy
14:50-15:05	Body contouring with HIFU and HIFEM	Dr Sachin Verma	Mechanisms of action of HIFU and HIFEM, compare and contrast HIFU and HIFEM for body contouring, selection tools for efficacy
15:05-15:15	Discussion		
15:15-16:15	Session 4: LHR		
15:15-15:35	Basics of LASER Hair reduction	Dr Rajetha Damisetty	Patient evaluation and its impact on end result, relevant investigations - when and which, basics of LHR
15:35-16:15	Panel Discussion: Mastering Laser Hair Removal	<u>Moderator</u> Dr Shehnaz Arsiwala <u>Panelists</u> Dr Niteen Dhepe Dr Rajetha Damisetty Dr B S Chandrashekar Dr Anurag Tiwari	LHR - How best to use each technology in different indications, advantages, disadvantages, and case based discussion



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16:15-16:30	Coffee Break		
16:30-18:30	Session 5: Dermatosurgery		
16:30-16:45	Elliptical excision : Dermatologists perspective	Dr Madura C	Basics, modifications, tips to achieve perfection
16:45-17:05	Essential suturing techniques for dermatologic surgery	Dr Neha Taneja	Simple sutures, mattress, buried intradermal, continuous, subcuticular - indications
17:05-17:25	Dermatologists surgical approach to non-acne scar	Dr Yogesh Bhingradia	Surgical scar revision for non acne scars, face and body
17:25-17:40	Radiofrequency - Conventional and innovations	Dr Somesh Gupta	
17:40-18:00	Fat Grafting: techniques and dermatologic transformations	Dr Dhanraj Chavan	Techniques of fat harvesting, processing, and grafting, indications, potential complications and outcome
18:00-18:30	Discussion		



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Day 2, Saturday 28th June 2025

08:30-09:30		Oral presentation 2	
1.	Efficacy and safety of injectable platelet rich fibrin (iPRF) v/s platelet rich plasma (PRP) in the treatment of periorbital hypermelanosis- a randomized clinical study	Dr Disha Maske	
2.	Efficacy and safety of intense pulsed light (IPL) in the management of topical steroid damaged face (TSDF)- a randomized clinical study	Dr Chinthakunta Lokesh	
3.	Cutting edge care: CO2 laser ablative therapy for cutaneous neurofibromas	Dr Vivekanandhan S	
4.	Efficacy of fractional CO2 laser with 5% amorolfine nail lacquer versus 5% amorolfine nail lacquer in the treatment of onychomycosis; a prospective comparative study	Dr Manjiree Jawanjal	
5.	A comparative study of efficacy of fractional carbon di oxide laser and microneedling fractional radiofrequency in the treatment of acne scars	Dr Jithin Jayaraj	
6.	Evaluating clinical efficacy and outcome of novel 675 nm laser for melasma in Indian skin: a promising therapeutic modality	Dr Ruta Kulkarni	
7.	Clinical and dermoscopic evaluation of periorbital hypermelanosis in a rural tertiary care hospital - a cross-sectional descriptive study	Dr Jnanashree A	
8.	Comparative study of efficacy and safety of fractional CO2 laser and microneedling fractional radiofrequency (MNRF) in the treatment of striae distensae	Dr Lakshmi G N	
9.	Efficacy of fractional CO2 laser with topical triamcinolone acetonide vs intralesional triamcinolone acetonide for keloid: a randomised controlled study.	Dr Soham Virani	
10.	Intradermal vitamin C versus intradermal tranexamic acid in melasma: a Prospective Study	Dr Vidhikumari Patel	
09:30-11:15		Session 6: Fillers	
09:30-09:50	Facial anatomy	Dr Gulhima Arora	Safety anatomy, functional anatomy, anatomy for beauty
09:50-10:05	Rheology of fillers	Dr Pradeep Kumari	How filler rheology influences tissue integration, longevity, site and results



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10:05-10:25	Fillers for special indications - face & neck	Dr Rasya Dixit	Temples, cheek, NLF, chin, jawline, neck
10:25-10:45	Fillers for Special areas - under eye, nose & ear	Dr Amit Luthra	Undereye, lip, nose, ear
10:45-11:00	Skin boosters for face, neck and hands	Dr Aneesh S	Difference between traditional fillers and boosters, composition and injection techniques. Selection factors for various boosters
11:00-11:15	Discussion		
11:15-13:00	Session 7: Scar revision		
11:15-11:30	Physics of ablative LASERS and MNRF	Dr Swapnil Shah	Key concepts, photothermal effects, tissue ablation, and coagulation. Resurfacing efficacy differences in clinical choice scenarios
11:30-11:45	Management of acne scars with ablative LASERS and MNRF	Dr Urmila S	Appropriate scar type for each modality, key device parameters for optimum results, number of sessions and intervals
11:45-12:00	Management of burn scars, traumatic scars	Dr T Salim	Surgical and EBD for scars
12:00-12:15	Advanced approaches to striae management	Dr Nischal K C	Evidence-based approaches, including topical agents, energy-based devices (lasers, MNRF), and injectables
12:15-13:00	Panel Discussion Scar revision redefined-expert strategies	<u>Moderator</u> Dr Amit Kelkar <u>Panelists</u> Dr Rajetha Damisetty Dr Urmila S Dr T Salim Dr Nischal K C Dr R Raghunatha Reddy	Case-Based approaches, procedure selection, and effective counselling Both surgical and EBD, CO ₂ Vs EBD
13:00-14:00	Lunch		



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14:00-16:00	Session 8: Pot Pourri		
14:00-14:20	The Art and Science of Thread Lifts for Face and Neck	Dr Rasya Dixit	Key facial and neck anatomy relevant to thread placement, mechanism, strategies to minimize and manage complications
14:20-14:40	Latest innovations in chemical peels	Dr Rohan	Newer formulations, benefits of combination peels, indications
14:40-15:00	What's new in melasma management	Dr Dhanashree Bhide	Medical and procedural
15:00-15:15	Role of AI in Aesthetic dermatology	Dr Somesh Gupta	AI, machine learning, and deep learning in the context of dermatology, strengths and limitations of AI systems in dermatology, ethical implications
15:15-15:30	Camouflage techniques in Dermatology	Dr Gunjan Shah	Aesthetic and medical indications
15:30-15:45	Medical indications for toxins and hyaluronic acid	Dr Sandeep Arora	Known and off label indications
15:45-16:00	Discussion		
16:15-18:15	Session 9: Dermatosurgery		
16:15-16:35	Cellular grafts in vitiligo surgery	Dr Deepthi Ghia	
16:35-16:55	The role of cryotherapy in dermatology	Dr R Raghunatha Reddy	Principles, techniques, indications, complications
17:00-17:20	Anaesthetic techniques & Surgical management of Ingrown toe nail	Dr Nitin Barde	Different blocks, different techniques for surgical management
17:20-17:40	Mastering keloid surgery	Dr Madura C	Indications
17:40-18:00	Basics of flap surgery	Dr Sushil Sawant	Principles, types, key surgical steps
18:00-18:15	Discussion		



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Day 3, Sunday 29th June 2025

08:30-09:30	Oral presentation Trichology	
1.	Regrowth against the odds: A 6-month prospective study of Tofacitinib in recalcitrant alopecia areata	Dr Vivekanandhan S
2.	Beyond visual limits : Trichoscopy as a Diagnostic Ally in Alopecia"	Dr Rutuja Gaikwad
3.	Comparative efficacy of Low-level Light therapy versus topical 5% Minoxidil in male Androgenetic Alopecia - A randomised controlled trial	Dr Sreechithra C
4.	Management of Resistant cases of Alopecia Totalis and Subtotalis with Mini Dexta Pulse Therapy - A case series.	Dr Priyanka Deshpande
5.	Safety and Efficacy of Topical Minoxidil 5% + Finasteride 0.1% alone vs with PRP vs with iPRF in Treatment of Androgenetic Alopecia	Dr Aditi Wable
6.	Efficacy and safety of microneedling followed by topical halobetasol 0.05% versus topical halobetasol 0.05% alone in cases having alopecia areata (interventional comparative study of 42 cases)	Dr Nakul Mutha
7.	Comparative study to evaluate the efficacy of mesotherapy with 2% minoxidil versus mesotherapy with dutasteride 0.05% in males with androgenetic alopecia.	Dr Chaithra B M
8.	A randomised prospective study comparing the efficacy and safety of diode laser monotherapy (810nm) vs sequential therapy of diode laser plus long pulsed Nd:YAG laser (1064nm) in the treatment of idiopathic facial hirsutism	Dr Arjun Matathil
9.	Fractional Carbon Dioxide Laser in Combination with Topical Corticosteroid Application in Alopecia Areata	Dr Gauri Sharma
10.	A comparative study on hair regrowth in male pattern baldness of topical minoxidil and oral dutasteride with and without topical corticosteroids	Dr Lamiya Latheef Rawther



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09:30-10:30	Basics		
09:30-09:45	Relevant serological investigations in Trichology	Dr. Vidyadhar Sardesai	Importance of serological testing in diagnosing and managing common hair disorders, such as areata, TE, FPHL and AGA
09:45-10:00	Interpretation of scalp biopsy	Dr Balakrishna Nikam	
10:00-10:20	Trichoscopy	Dr Soumil Khare	FPHL VS AGA, AA, cicatricial alopecia
10:20-10:30	Discussion		
10:30-12:15	Androgenetic alopecia		
10:30-10:45	Reasons for changing trends in onset and pattern of AGA	Dr Manjunath Shenoy	
10:45-11:05	Minoxidil - Topical & Oral	Dr Shekar Neema	Reasons - Facts and research, any clinical relevance of minoxidil boosters
11:05-11:25	Non minoxidil topical therapy for AGA	Dr Suresh M S	Peptides, Nutraceuticals, saw palmetto, Topical finasteride
11:25-11:45	Cicatricial alopecia	Dr Ragunatha Shivanna	Treatment advances
11:45-12:00	Management of Alopecia Areata: When to shift gears?	Dr Anuj Bhatnagar	Difficult to treat cases, latest insights and advances in treatment
12:00-12:15	Discussion		
12:15-12:30	Role of Nutrition & supplements in hair disorders	Dr Seetharam K A	Evidence-based dietary recommendations and supplementation options to treat hair loss
12:30-12:50	Follicular Stem Cells, Autologous Micrografts & SVF: Current perspectives and future directions	Dr Pradeep Kumari	When to do? How to do?
12:50-13:20	Difficult to treat Psoriasis - Panel Discussion Sponsored session by Eli Lilly	Moderator Dr Manjunath Shenoy Panelists Dr R Raghunatha Reddy Dr Nitin Sardesai Dr Anuj Bhatnagar Dr Ragunatha Shivanna Dr Pradyumna Vaidya Dr Shekhar Neema	
13:20-14:15	Lunch		



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14:15-14:30	Trichotillomania: Understanding and managing the urge to pull	Dr Sanjana Shivashankar	Recognize the signs of trichotillomania, including patterns of hair loss and associated behaviors, and differentiate it from other causes of alopecia.
14:30-14:45	Hair growth via induction of heat shock proteins & LLLT	Dr Divya Asnani	Low-level laser therapy (LLLT)
14:45-15:00	Intradermal therapy in trichology - Dutasteride & Bicalutamide	Dr Samkit Shah	Dutasteride, bicalutamide
15:00-15:15	Exosomes: A new frontier in skin and hair regeneration	Dr Urmila Nischal	
15:15-15:30	PRP in Dermatology	Dr Rashmi Jindal	Types, techniques, benefits and limitations
15:30-15:45	Hair shaft disorders - Unlocking diagnostic clues	Dr Ragunatha Shivanna	Types, use of diagnostic tools, management options
15:45-16:00	FUE – Procedure and applications, Scar, vitiligo, eyebrow, eyelash, canities removal, beard reconstruction	Dr Nitin Jain	
16:00-16:15	Discussion		
16:15-17:00	Valedictory		



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WORKSHOPS

27th June 2025, Friday - MEU halls - Medical College 16:30-18:30

Toxins Basics Hands on (WS 1T)	<u>Workshop Coordinator</u>	Fillers Basics Hands on (WS 1F)	<u>Workshop Coordinator</u>
	Dr Aneesh S		Dr Pradeep Kumari
	<u>Faculty</u>		<u>Faculty</u>
	Dr Gulhima Arora		Dr Rajat Kandhari
	Dr Apratim Goel		Dr Rajetha Damisetty
	Dr Sachin Varma		Dr Sandeep Arora
	Dr Shehnaz Arsiwala		Dr Pradeep Kumari
	Dr Aneesh S		Dr Rasya Dixit

27th June 2025, Friday - OT Complex in Dermatology OPD 16:30-18:30

OT 1, 2 Vitiligo surgery In theatre observation (WS 4)	<u>Workshop Coordinator</u>	Dermatology OPD OT Ear lobe repair Nail surgery In theatre observation (WS 5)	<u>Workshop Coordinator</u>
	Dr Nitin Jain		Dr Shashikumar B M
	<u>Faculty</u>		<u>Faculty</u>
	Dr T Salim		Dr Savitha A S
	Dr Deepthi Ghia		Dr Nitin Barde
	Dr Yuvraj More		Dr Yogesh Bhingardia
	Dr Samkit Shah		Dr Jagadish P
			Dr Madura C

28th June 2025, Saturday - MEU Halls - Medical College 16:30-18:30

Toxins Basics Hands on (WS 2T)	<u>Workshop Coordinator</u>	Fillers Basics Hands on (WS 2F)	<u>Workshop Coordinator</u>
	Dr Nischal K C		Dr Rasya Dixit
	<u>Faculty</u>		<u>Faculty</u>
	Dr Sandeep Arora		Dr Amit Luthra
	Dr Urmila Nischal		Dr Rasya Dixit
	Dr Sanjana Shivashankar		Dr Nischal K C
	Dr Aneesh		Dr Rajetha Damishetty
	Dr Gunjan Shah		Dr Gulhima Arora

28th June 2025, Saturday - Dermatology OPD OT - 16:30-18:30

Seminal hall og Dermatology OPD Procedural Trichology - Biopsy, Threads, Botox, Intra-dermal injections In theatre observation (WS 6)	<u>Workshop Coordinator</u>	OT 2 Fat graft In theatre only (WS 7)	<u>Faculty</u>	OT 1, 2 Acne scar - Surgery and EBD In theatre observation (WS 8)	<u>Workshop Coordinator</u>
	Dr Nitin Jain		Dr Dhanraj Chavan		Dr Divya Asnani
	<u>Faculty</u>		Dr Pradeep Kumari		<u>Faculty</u>
	Dr Jagadish P				Dr Sushil Sawant
	Dr Suresh MS				Dr Neha Taneja
	Dr Samkit Shah				Dr Swapnil Shah
					Dr Aayush Gupta
					Dr Prashanth Palwade
					Dr Madura C



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29.06.25 Sunday	MEU halls - Medical College	Medical College Auditorium	Dermatology OPD OT
09:00-11:00	<p>Toxin advanced Hands on (WS 3T)</p> <p>Faculty Dr Rasya Dixit Dr Urmila Nischal Dr Rajetha Damishetty Dr Nischal K C Dr Pradeep Kumari</p>	<p>Microblading Live demo (WS 10)</p> <p>Faculty Dr Gunjan Shah</p>	<p>Hair transplantation (WS 13) in theatre only</p> <p>Faculty Dr Nitin Jain Dr Nitin Barde Dr Amit Kerure</p>
11:30-13:30	<p>Threads Live demo (WS 9)</p> <p>Faculty Dr Sandeep Arora Dr Dinesh Kumar</p>	<p>PRP and exosomes Live demo (WS 11)</p> <p>Faculty Dr Swapnil Shah Dr Rashmi Jindal Dr Sukesh Dr Urmila Nischal Dr Samkit Shah</p>	
14:00-16:00	<p>Filler advanced Hands-on (WS 3F)</p> <p>Faculty Dr Rasya Dixit Dr Rajetha Damishetty Dr Amit Luthra Dr Nischal K C Dr Pradeep Kumari</p>	<p>Lasers for pigmentation, Scars and LHR : Live demo (WS 12)</p> <p>Faculty Dr Swapnil Shah Dr Pradyumna Vaidya Dr Amit Kelkar Dr Yogesh Zawar</p>	