

RSSHI

Research Society for the Study of
Hypertension in India



3RD NATIONAL CONFERENCE



18-20 DECEMBER
2026

Hotel Clarks Shiraz
Agra



ONE HYPERTENSION: MULTIPLE SCENARIOS



www.rsshiindia.com



8191014310;
9837027126

About The Conference



**MEDIA
STAGING**



**Public
LECTURES**



**FELLOWSHIP
FUNCTION**

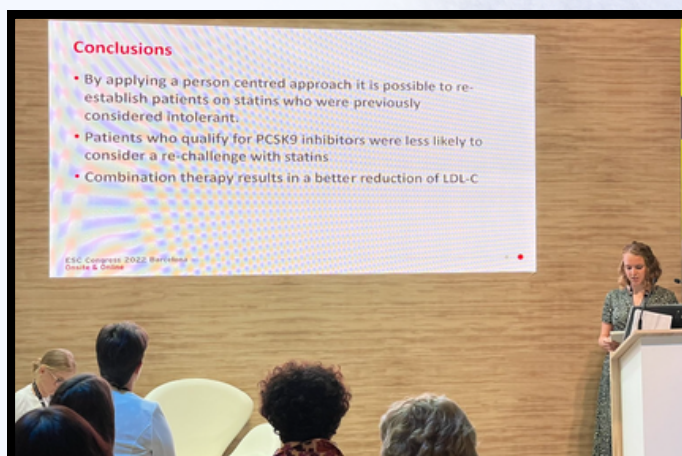
**MULTISPECIALTY
COLLABORATION**



**Industry
EXHIBITION**



**Oral/Poster
PRESENTATIONS**



RSSHI

Research Society for the Study of Hypertension in India

Message from the Organizing Chairman's Desk looking forward



Dear Esteemed Doctor Delegates,

It is with extreme honour and delight, I take this opportunity to invite you to RSSHI's National Conference, being held at our own city of Agra for the first time ever.

The Conference slated to be held on 18th-20th December at Hotel Clarks Shiraz, Agra aims to foster a multi-specialty approach to a multi-organ problem, that Hypertension has been recognized for. During the conference, we shall be discussing topics ranging from Basics, Internal Medicine, Cardiology, Nephrology, Endocrinology, Psychiatry, Gynaecology and Neurology in the context of Hypertension. We have also tried our best to put together a comprehensive and exhaustive scientific programme, and also showcase the hospitality that Agra is famous for.

I wish the doctors participating in the conference have a good learning experience and are able to foster new insights to the problem of Hypertension.

The Theme of the conference "Independence from Hypertension" addresses the change in vision of Hypertension treatment, that we do not just aim to control but also to cure Hypertension.

Hope the conference allows everyone of us to take home something meaningful at the end of it all.

Looking forward to your gracious presence.

Dr. CR Rawat



3RD NATIONAL CONFERENCE

RSSHI

*Research Society for the Study of
Hypertension in India*



**DECEMBER
18-20TH, 2026**



**HOTEL CLARKS
SHIRAZ, AGRA**

× × × ×
× × × ×

JOIN NOW

× × × ×
× × × ×



8191014310



www.rsshiindia.com

DAY 1 BEGINS: INAUGURATION OF THE CONFERENCE WITH LAMP LIGHTING AND SARASWATI VANDANA**SESSION 1: 4PM - 4.45PM THE CHANGING LANDSCAPE OF HYPERTENSION**

TIME	TOPIC			
4.00-4.12PM	HYPERTENSION IN 2026: GLOBAL AND INDIAN BURDEN			
3 MINUTES DISCUSSION				
4.15-4.27PM	BLOOD PRESSURE MEASUREMENT: THE ART OF TAKING AN ACCURATE READING			
3 MINUTES DISCUSSION				
4.30-4.42PM	THE 24 HOUR BLOOD PRESSURE STORY: ABPM AND BEYOND			
3 MINUTES DISCUSSION				
4.45- 4.57PM	BEYOND THE BP NUMBER: CUMULATIVE BP BURDEN AND CARDIOVASCULAR RISK			
3 MINUTES DISCUSSION				

SESSION 2: GUIDELINES IN HYPERTENSION

TIME	TOPIC			
5.00-5.12PM	HOW LOW SHOULD WE GO? THE EVIDENCE BEHIND INTENSIVE BP LOWERING			
3 MINUTES DISCUSSION				
5.15PM-5.27PM	ESC AND ISC GUIDELINES			

3 MINUTES DISCUSSION				
5.30-5.42PM	ROLE OF RFA FOR MANAGEMENT OF FIBRILLATING HYPERTENSIVE PATIENT.			
3 MINUTES DISCUSSION				
5.45PM- 5.57PM	THE FIVE NUMBERS THAT CHANGE HYPERTENSION MANAGEMENT: threshold, target, home BP, nocturnal BP and treatment response including ABPM.			
3 MINUTES DISCUSSION				
SESSION 3: IMAGING IN HYPERTENSION				
TIME	TOPIC			
6.00-6.12PM	ULTRASOUND IN HYPERTENSIVES			
3 MINUTES DISCUSSION				
6.15-6.27PM	ECHOCARDIOGRAPHY IN HYPERTENSION			
3 MINUTES DISCUSSION				
6.30-6.42PM	RENAL VASCULAR DOPPLER: IN THE NON-INVASIVE LAB			
3 MINUTES DISCUSSION				
6.45-6.57PM	RENAL IMAGING IN THE CATH LAB AND WHEN TO INTERVENE			
3 MINUTES DISCUSSION				
DINNER				

DAY 2 BEGINS

SESSION 1: EMERGENCIES IN HYPERTENSION - 1

TIME	TOPIC			
9.00-9.12 AM	HYPERTENSION + ACUTE PULMONARY EDEMA: THE RAPID RESCUE APPROACH			
3 MINUTES DISCUSSION				
9.15-9.27AM	ACUTE AORTIC SYNDROME: BLOOD PRESSURE AND HEART RATE TARGETS			
3 MINUTES DISCUSSION				
9.30-9.42AM	HYPERTENSIVE ENCEPHALOPATHY AND OTHER NEUROLOGICAL EMERGENCIES			
3 MINUTES DISCUSSION				
9.45-9.57AM	STRESS AND HYPERTENSION			
3 MINUTES DISCUSSION				

SESSION 2: MISCELLANEOUS BAG : RUNNING TEA AND COFFEE TO START FROM 10 AM ONWARDS

TIME	TOPIC			
10.00-10.12AM	HYPERTENSIVE RETINOPATHY AND IT'S TREATMENT			
3 MINUTES DISCUSSION				
10.15-10.27AM	PERIOPERATIVE MANAGEMENT OF HYPERTENSION: CASE BASED SCENARIOS OF HIGH AND INTERMEDIATE RISK SURGERIES			

3 MINUTES DISCUSSION				
10.30-10.42AM				
3 MINUTES DISCUSSION				
10.45-10.57AM	PREGNANCY AND HYPERTENSION: WHEN TO TREAT, HOW TO TREAT AND SAFE DRUGS WITH DOSAGE.			
3 MINUTES DISCUSSION				
SESSION 3: BE SPECIFIC				
TIME	TOPIC	SPEAKER	CHAIRPERSON	PANELISTS
11.00-11.12AM	THE HYPERTENSIVE HEART FAILURE PATIENT			
3 MINUTES DISCUSSION				
11.15-11.27AM	RAAS BLOCKADE IN CKD: MAXIMISING BENEFIT WITHOUT CAUSING HARM			
3 MINUTES DISCUSSION				
11.30-11.42AM	COARCTATION OF AORTA: SUSPICION AND MEDICAL BEST PRACTICES AND INTERVENTIONAL THERAPY			
3 MINUTES DISCUSSION				
11.45-11.57AM	RENAL ARTERY STENOSIS: WHEN TO SUSPECT AND MEDICAL AND INTERVENTIONAL THERAPY			
3 MINUTES DISCUSSION				
SESSION 4: METABOLICS AND HYPERTENSION				
TIME	TOPIC			

12.00-12.12PM **OBESITY RELATED HYPERTENSION: WHY WEIGHT LOSS CHANGES BP BIOLOGY**

3 MINUTES
DISCUSSION

12.15-12.27PM **DIABETES + HYPERTENSION: MANAGING THE
HIGHEST RISK COMBINATION**

3 MINUTES
DISCUSSION

12.30-12.42PM **HYPERTENSION, MASLD AND METABOLIC
DYSFUNCTION**

3 MINUTES
DISCUSSION

12.45-12.57PM **SALT, POTASSIUM, ALCOHOL, EXERCISE AND
SLEEP? WHICH INTERVENTION MATTERS THE
MOST**

3 MINUTES
DISCUSSION

LUNCH BEGINS 1.00-2.00PM

SESSION 5: RESISTANT HYPERTENSION

TIME	TOPIC			
-------------	--------------	--	--	--

2.00-2.12PM **RESISTANT HYPERTENSION CHECKLIST: WHAT
ARE WE MISSING?**

3 MINUTES
DISCUSSION

2.15-2.27PM **OBSTRUCTIVE SLEEP APNEA**

3 MINUTES
DISCUSSION

2.30-2.42PM **PHEOCHROMOCYTOMA, CUSHING SYNDROME
AND RARE SECONDARY HYPERTENSION**

3 MINUTES
DISCUSSION

2.45-2.57PM
3 MINUTES
DISCUSSION

**PRIMARY ALDOSTERONISM: THE MOST
UNDERDIAGNOSED CAUSE OF
HYPERTENSION?**

SESSION 6: DRUGS 1

TIME	TOPIC			
3:00-3.12PM 3 MINUTES DISCUSSION	CALCIUM CHANNEL BLOCKERS: EFONODIPINE VS. BENIDIPINE VS. AMLODIPINE VS. CLINIDIPINE: WHICH ONE TO CHOOSE: PROS AND CONS			
3.15-3.27PM 3 MINUTES DISCUSSION	BETA BLOCKERS IN HYPERTENSIVES: WHEN, WHY AND WHICH?			
3.30-3.42PM 3 MINUTES DISCUSSION	DIURETICS FOR THE MODERN MANAGEMENT OF HYPERTENSION: HCTZ VS CTD VS INDAPAMIDE			
3.45-3.57PM 3 MINUTES DISCUSSION	CENTRALLY ACTING ANTIHYPERTENSIVES: WHEN AND HOW TO ESCALATE?			

SESSION 7: DRUGS 2

TIME	TOPIC			
4.00-4.12PM 3 MINUTES DISCUSSION	THE ROLE OF SARTANS IN HYPERTENSION: LOSARTAN VS. TELMISARTAN VS. OLMESARTAN			

4.15-4.27PM 3 MINUTES DISCUSSION	INITIATING COMBINATION THERAPY FOR HYPERTENSION: RATIONALE
4.30-4.42PM 3 MINUTES DISCUSSION	INTRAVENOUS ANTIHYPERTENSIVE AGENTS: WHEN, WHY AND HOW MUCH AND TITRATION
4.45-4.57PM 3 MINUTES DISCUSSION	NEWER ANTIHYPERTENSIVE DRUGS IN THE PIPELINE

RUNNING TEA AND COFFEE TO START AT 4.30PM TILL 6PM

SESSION 8: GYNAE AND PEDIATRICS

TIME	TOPIC			
5.00-5.12PM 3 MINUTES DISCUSSION	THE HYPERTENSIVE CHILD			
5.15-5.27PM 3 MINUTES DISCUSSION	HEADACHE AND HYPERTENSION			
5.30-5.42PM 3 MINUTES DISCUSSION	MANAGEMENT OF HYPERTENSION IN CVA: BASIC FUNDAMENTALS AND DRUG CHOICES			
5.45-5.57PM 3 MINUTES DISCUSSION	TARGET ORGAN DAMAGE IN HYPERTENSIVES			

SESSION 9: MIXED BAG

TIME	TOPIC			
6.00-6.12PM 3 MINUTES DISCUSSION	ORTHOSTATIC HYPOTENSION			

6.15-6.27PM 3 MINUTES DISCUSSION	DIAGNOSIS AND MANAGEMENT OF PULMONARY HYPERTENSION
6.30-6.42PM 3 MINUTES DISCUSSION	PORTAL HYPERTENSION: DIAGNOSIS AND MANAGEMENT
6.45-6.57PM 3 MINUTES DISCUSSION	RAISED INTRACRANIAL PRESSURE: DRUGS TO LOWER AND INTERVENTIONS TO TREAT

SESSIONS OVER AT 7PM: CULTURAL PROGRAMME STARTS AT 7:30PM; DINNER OPENS AT 8.30PM

DAY 3 BEGINS

SESSION 1:

TIME	TOPIC			
10.00-10.12 AM	RENAL DENERVATION THERAPY			
3 MINUTES DISCUSSION				
10.15-10.27AM	GLP-1 RECEPTOR AGONISTS AND SGLT2 INHIBITORS: WHAT THEY MEAN FOR BP MANAGEMENT.			
3 MINUTES DISCUSSION				
10.30-10.42AM	KIDNEY-BLOOD PRESSURE CONNECTION			
3 MINUTES DISCUSSION				
10.45-10.57AM	10 PRACTICE CHANGING MESSAGES FROM THE CONFERENCE			
3 MINUTES DISCUSSION				

SESSION 2:

TIME	TOPIC			
11.00-11.12AM	ROLE OF ARNI IN HYPERTENSION: MOVING BEYOND JUST HEART FAILURE			
3 MINUTES DISCUSSION				
11.15-11.27AM	ATRIAL FIBRILLATION WITH HYPERTENSION			

3 MINUTES DISCUSSION				
11.30- 11.42AM	DO ALL HYPERTENSIVES REQUIRE STATINS?			
3 MINUTES DISCUSSION				
11.45- 11.57AM	HYPERTENSIVE PATIENT WITH EPISTAXIS: BEYOND ANTI HYPERTENSIVE MEDICATIONS			
3 MINUTES DISCUSSION				
SESSION 3:				
TIME	TOPIC			
12.00- 12.12PM	SMOKING AND HYPERTENSION: WAYS TO QUIT SMOKING			
3 MINUTES DISCUSSION				
12.15- 12.27PM	HYPERKALEMIA AND WORSENING RENAL FUNCTION: WHEN SHOULD THERAPY CONTINUE?			
3 MINUTES DISCUSSION				
12.30- 12.42PM	BLOOD PRESSURE CONTROL IN SUBARACHNOID HEMMORRHAGE? WHICH DRUGS AND HOW MUCH?			
3 MINUTES DISCUSSION				

12.45-12.57PM	HYPERTENSION AND COGNITIVE DECLINE: CAN WE PREVENT DEMENTIA?			
3 MINUTES DISCUSSION				
LUNCH BEGINS: AT 1 PM WITH VOTE OF THANKS				



NATIONAL ANNUAL CONFERENCE, RSSHI
Research Society for The Study of Hypertension in India

18 - 20 Dec 2026, Venue Hotel Clarks Shiraj, Taj Road, Agra, U.P - 282001

Delegate Registration Form

Name :-

Age / Sex :-

Phone No. :-

Email id :-

Address :-

Highest Qualification :-

Branch If Post MD/DM :-

Signature of Delegate :-

Payment Chart

	EARLY BIRD (BEFORE 5 TH SEPTEMBER	6 TH Sep– 17 th Dec	SPOT REGISTRATIONS
DELEGATE	INR 4000/-	INR 5000/-	INR 7500/-
ASSOCIATE DELEGATE ACCOMPANYING PERSON	INR 4000/-	INR 4000/-	INR 5000/-
CORPORATE REGISTRATION	INR 7500/-	INR 7500/-	INR 7500/-

Kindly Note: The amount mentioned above is the registration amount, and includes food provided at the conference venue and does not include Hotel stay, Room Expenses, travel expense or any other expense which shall be borne by the delegate himself/herself.

Bank Details :-

Name of Beneficiary:	Research Society for The Study of Hypertension in India
Name of Bank	State Bank of India
Account No.	41639989901
IFSC Code	SBIN0007278
TAN NO.	AGRR14799B
PAN NO.	AAJAR2775D



Completed form to be submitted at :-

Secretariat

Dr. C.R. Rawat

MBBS, MD,

FCSI, FISC, FACC, FESC, FAPSC, FIAE

Organising Chairman National conference, RSSHI

AGRA HEART CENTRE

5, Church road , Ram Nagar Colony, Civil Lines, Agra

U.P – 282002

Email. rsshiindia@gmail.com

Tel No. 8191014310

9837027126