LEARNING FROM EACH OTHER

CME accreditation has been applied to the Delhi Medical Council

19th to 21st August 2016
INDIA HABITAT CENTRE
Lodhi Road New Delhi
www.aestheticsdelhi.com
Dear Colleagues,

On behalf of the organizing committee, it is our special privilege and honor to invite you on 19th to 21st August 2016 at India Habitat Centre, New Delhi for AESTHETICS 2016, a unique combination of two specialties coming for a conference under one banner. The focus of the Conference is to create awareness about the interdisciplinary approach to the aesthetic practice & provide a holistic approach to management.

The Organizing committee is working hard to make it a really memorable event and the objective of the meeting is to provide didactic, highly interactive sessions to learn from world leaders in aesthetic medicine and surgery. This year we have introduced many new **hands on workshops & master classes** to sharpen the skills.

We look forward to welcome you in Delhi for this exciting academic bonanza.

With Regards

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Dr. Hema Pant  
Dermatologist  
Scientific Secretary

Dr. Rakesh Kalra  
Plastic Surgeon  
Chairperson  
Scientific Committee

Dr. Anil Ganjoo  
Dermatologist  
Chairperson  
Scientific Committee

Dr. Vivek Kumar  
Plastic Surgeon  
Organizing Secretary
## Invited International Faculty

<table>
<thead>
<tr>
<th>Name</th>
<th>Role/Position</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prof. Antonella Tosti</td>
<td>Dermatologist University of Miami</td>
<td>United States</td>
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<tr>
<td>Ms. Antonia Mariconda</td>
<td>Aesthetic Practice Marketing Expert</td>
<td>London, United Kingdom</td>
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<tr>
<td>Dr. Doris Maria Hexsel</td>
<td>Principal Investigator, Brazilian Center for Research in Dermatology</td>
<td>Brazil</td>
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<tr>
<td>Dr. Doris Spreitzer</td>
<td>Plastic Surgeon</td>
<td>Austria</td>
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<tr>
<td>Dr. Lance Setterfield</td>
<td>Medical Director, Acacia Dermacare</td>
<td>Canada</td>
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<tr>
<td>Dr. Martin Kassir</td>
<td>Director, Worldwide Laser Institute</td>
<td>Texas, United States</td>
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<tr>
<td>Dr. Med. Maurizio Podda</td>
<td>Director, Klinikum Darmstadt</td>
<td>Germany</td>
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<tr>
<td>Dr. Paola Rosalba Russo</td>
<td>Vice-President, Italian Society of Aesthetic Medicine &amp; Surgery</td>
<td>Florence, Italy</td>
</tr>
<tr>
<td>Prof. Parvin Mansouri</td>
<td>Head of Dermatology, Tehran University of Medical Sciences-Imam Hospital</td>
<td>Iran</td>
</tr>
<tr>
<td>Dr. Sahar Foad Ghannam</td>
<td>Dermatologist</td>
<td>Canada</td>
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</tbody>
</table>

*And many more...*
LEARNING FROM EACH OTHER

AESTHETICS-2010, AUG 28th - 29th, New Delhi, was organized as an interface between two specialties, Dermatology & Plastic Surgery under the aegis of Association of Plastic Surgeons of India (Delhi Chapter) and Association of Cutaneous surgeons of India. Such an endeavor was organized for the first time in India and the leading specialists of the country had come together on a common forum to address the patient’s need with the theme of Learning From Each Other. Important topics discussed included Facial Rejuvenation, Botox update, Management of facial scars & Keloid, Hair transplantation, Body Contouring, Lasers, Chemical peel, Management of Vitiligo & Tattoo Removal.

AESTHETICS 2010 was attended by more than 400 delegates and was successful in creating awareness about the interdisciplinary approach to the Aesthetic practice. The entire scientific deliberations centered around offering the complete medical solutions, both non-surgical & surgical to manage a demanding aesthetic patient. The experts discussed the problematic cases & the need of a combined approach for the benefit of the patient. The focus was to help in selecting the best therapies for making the body beautiful.

The Success of inaugural conference was expanded to AESTHETICS 2011, 2012, 2013, 2014 and 2015 with leading International and National faculties and were attended by more than 700 delegates each year from 15 countries. An exciting academic activity is being planned for AESTHETICS 2016 with new sessions, Master classes, Video sessions and Interactive discussions on controversies in aesthetic practice.

We request to kindly send us your topics of interest and valuable suggestions to make AESTHETICS 2016 more informative and interactive.

CONFERENCE HIGHLIGHTS

- Interface between Dermatologists and Plastic Surgeons
- Hands on workshops and Master classes to learn from the world leaders
- Evaluation of newer trends in Body Contouring and Aesthetic Practice
- Hot Topics like dermal needling, female hair loss, non surgical body contouring, invisible face lifting, Latest in Chemical Peeling, Lasers, Advanced Indications of fillers, PR & PRP.
- Aesthetic Medicine and Surgery - Past, Present and Future
Program

Pre Conference Parallel Workshops
(Please choose only two workshops)

Course Fee for each Workshop Rs.5000/- / $ 100

Date : 19th August 2016/ Time : 09.00 AM to 1.00 PM & 2.00 PM to 6.00 PM

1  Workshop on Dermal Needling  
Faculty: Dr. Lance Setterfield

- In the face of so many high profile modalities, Dermal Needling (AKA dermal rolling) is providing, equal or better results in skin rejuvenation with less cost and effort. This workshop will be a complete guide through this exceptional modality, explaining everything a practitioner needs to know about the how's, why's, and when's of dermal needling. Discussion includes; the science behind the results, expectations & outcomes, treatment parameters & protocols, synergistic treatment modalities with hands on.

2  Workshop on Non Surgical Body Contouring  
Faculty: Dr. Martin Kassir

- Learn from the experts use of RF and energy based devices for face, neck, extremities and body contouring and fat reduction, A tool must for every active practice.

3  Workshop on Invisible Face Lifting  
Faculty: Dr. Paola Rosalba Russo

An experienced overview to tackle gravity induced sags and rejuvenation techniques from the global experts. An observational cum hands on workshop on newer techniques in non-surgical face lifting without scars. Learn how to weave thread lifting into your practice.

- Analyzing The Aging Face  
- Technique Of Jowl & Neck Lifting  
- What-Where-When-How To Combine  
- Thread Lifting & Volumizing Naturally  
- Nerve Blocks  
- Interaction With The Faculty

4  Workshop on Basic Injections Techniques  
Faculty: Dr. Doris Spreitzer

- A basic guidelines for injecting botulinum toxin and hyaluronic fillers.  
- Building blocks to easy injection techniques and a comprehensive approach to facial aesthetics and right patient selection.

5  Workshop on Advanced Indications of Fillers  
Faculty: Dr. Doris Maria Hhexel

- Holistic Approach to full-face and altering contours by fillers from beautiful jaw line to midface and periorbital region.
## Program

### 6 Workshop on Lasers
**Faculty:** Dr. Martin Kassir, Prof. Parvin Mansouri

- Overview of laser physics and application
- What to buy and how to use?
- Results, tips and mistakes in LHR, Pigmented Laser, Resurfacing Laser
- Patient selection and preparation
- Questions and answers panel

### 7 Workshop on Chemical Peel
**Faculty:** Dr. Niti Khunger, Dr. Sahar Foad Ghannam

- The Value of Peels in Aesthetic Practice
- Next Generation Peels
- A, B, C of Peeling Technique
- Complication - How to Avoid them, How to Deal with them, Advice Tips and Pearls
- Types of Peels and their Indications
- Non Facial Peels
- Patient Selection and Preparation
- Live Demonstrations and Hands on Training in Chemical Peels

### 8 Workshop on How to be your own PR For the Aesthetic Professional
**Faculty:** Ms. Antonia Mariconda

Learn from the expert with over 15 years in the industry as a qualified media professional specialising in beauty and aesthetics. As a aesthetic professional, understanding how you can be your own PR as social media success can be a tricky and confusing task, after all you want to be ethical and professional, but you don’t want to miss out on all the latest social media developments and PR possibilities. Learn in 6 simple steps how you can achieve this swiftly and effectively.

### 9 Workshop on Local Flaps & Ear Repair
**Faculty:** Dr. Atul Shah

Small skin defects can be better managed with variety of local skin flaps. The workshop is aimed at discussing geometry of local flaps on stretchable fabric to get a feel of texture and tension. It is clubbed with discussion on ear repair. Wide ear lobule holes need closure, where many alternatives are available. Discussion will be based on sparing of intact rim and on bringing a small flap to create new tear resistant hole for ornaments. Use of TCA and CO2 laser will also be discussed.

### 10 Video Workshop on Interesting Plastic Surgery Cases
**Convenor:** Dr. R. K. Mishra, Dr. Rakesh Kalra

This unique workshop will cover less discussed topics like; Sex Re-assignment Surgery, Facial Feminization, Voice Change, Penile lengthening & Fat grafting, Female genital rejuvenation, Genioplasty, Buccal fat pad removal, Cheek Dimple, Scarless Gynecomastia & many other procedures from the experts.
# Program

## Hands on & Master Classes
(Same Classes will be Repeated on Both the Days)

<table>
<thead>
<tr>
<th>No.</th>
<th>Course Title</th>
<th>Faculty:</th>
<th>Date:</th>
<th>Fee (Course)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Tips and Tricks on the Management of Female Hair Loss</td>
<td>Prof. Antonella Tosti</td>
<td>20th &amp; 21st August 2016</td>
<td>Rs.3000/-</td>
</tr>
<tr>
<td>2</td>
<td>Tips on Management of Hyperandrogenism</td>
<td>Dr. Sanjiv Kandhari</td>
<td>20th &amp; 21st August 2016</td>
<td>Rs.3000/-</td>
</tr>
<tr>
<td>3</td>
<td>Tips and Tricks for the Best Results in PRP</td>
<td>Dr. Hema Pant</td>
<td>20th &amp; 21st August 2016</td>
<td>Rs.3000/-</td>
</tr>
<tr>
<td>4</td>
<td>Tips on Fat Transfer</td>
<td>Dr. Milind Wagh</td>
<td>20th &amp; 21st August 2016</td>
<td>Rs.3000/-</td>
</tr>
<tr>
<td>5</td>
<td>Hands on Certificate Course on Suturing</td>
<td></td>
<td>20th &amp; 21st August 2016</td>
<td>Rs.3000/-</td>
</tr>
</tbody>
</table>

**Course Outline**

1. **Tips and Tricks on the Management of Female Hair Loss**
   - Faculty: Prof. Antonella Tosti
   - Date: 20th & 21st August 2016
   - Course Outline: Female hair loss – Easy to diagnose but difficult to treat. A detailed session on how to treat difficult cases of female hair loss. Learn to combine various therapies to achieve maximum results.

2. **Tips on Management of Hyperandrogenism**
   - Faculty: Dr. Sanjiv Kandhari
   - Date: 20th & 21st August 2016
   - Course Outline: A comprehensive session on management of Androgenetic disorders the right way. Master the art of managing PCOS and hormonal acne and hair loss. Benefit from one to one discussions and clear your doubts.

3. **Tips and Tricks for the Best Results in PRP**
   - Faculty: Dr. Hema Pant
   - Date: 20th & 21st August 2016
   - Course Outline: Inventor of vampire facelift Dr. Charles Runnels shared his experience and techniques of PRP in AESTHETICS last year. We picked-up the tips and enhanced our skills, so this master class is a joint venture of his tips and our experience for the best results in PRP.

4. **Tips on Fat Transfer**
   - Faculty: Dr. Milind Wagh
   - Date: 20th & 21st August 2016
   - Course Outline: Fat is considered as an unreliable filler. Learn how to harvest, process and inject, so the results are permanent.

5. **Hands on Certificate Course on Suturing**
   - Date: 20th & 21st August 2016
   - Course Outline: This 3 hours program will help to enhance the skills of healthcare professional in all closure technique with help of sutures. All the suturing and knot tying techniques will be covered. The healthcare professional can work on the knot-o-meter machine to know strength of the knot they have done.
Organising Committee

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Dr. D. S. Rana
Dr. R. B. Ahuja
Prof. A.K. Singh
Dr. Yogesh Marfatia

Patrons
Dr. Ajay Swaroop
Col. Manas Chatterjee
Dr. Karoon Agrawal

Organising President
Dr. S. Kandhari

Organizing Chairman
Dr. S. S. Saha

Organizing Secretary
Dr. Vivek Kumar

Chairperson Scientific Committee
Dr. Anil Ganjoo
Dr. Rakesh Kalra

Scientific Secretary
Dr. Hema Pant

Co-Chairperson Scientific Committee
Dr. Lokesh Kumar
Dr. Chiranjiv Chhabra
Dr. Anup Dhir
Dr. Kuldeep Singh
Dr. Vasundhara Oberoi

Chairpersons, Workshops
Dr. Rishi Parashar
Dr. Vandana Chatrath

Treasurer
Dr. Lalit Choudhary
Dr. Anurag Pandey

Coordinator, Scientific Committee
Dr. Vivek Mehta

Coordinator, Workshops
Dr. Rajat Kandhari

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Maj. Gen. A. S. Bath
Dr. Deepak Agarwal
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Dr. Kamlender Singh
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Dr. Lalit Makhija
Dr. Niti Khunger
Dr. Narendra Patwardhan
Dr. P. S. Bhandari
Col. P. S. Bhandari
Dr. Ram Chander
Dr. R. P. Narayan
Dr. S. Bhattacharya
Dr. Sharad Mutalik
Dr. S. C. Bharija
Dr. Somesh Gupta
Dr. T. Sachidanand
Dr. V. K. Sharma
Dr. V. Ramesh
Dr. V. K. Garg
Dr. V. K. Tiwari
Dr. Vinay Saraf

Conference Secretariat

Dr. Vivek Kumar
Organizing Secretary

Consultant Plastic Surgeon
Room No. 2325 3rd floor SSRB Block, Sir Ganga Ram Hospital,
Rajinder Nagar, New Delhi – 110 060
Tel.: 9810218129, 9711198444
Email: drkumarvivek@gmail.com
Website: www.aestheticsdelhi.com
Name _________________________________________________________________ Age / Sex __________

Speciality _________________________________________ Affiliation ______________________________

Postal Address ___________________________________________________________________________

______________________________________________________________________________________

Email __________________________________________________________ Mobile ___________________

Registration Fees :

• Till 15th July 2016 : Rs.5000/$100 • After 15th July 2016 & Spot : Rs.7000/$150
• Pre Conference Workshop Fee (Each Workshop) : Rs.5000/$100 • Hands on & Master Classes Fee (Each Session) : Rs.3000/$50

Pre Conference Workshops : (Tick the two you are attending)

☐ Workshop on Dermal Needling ☐ Workshop on Advance Indications of Fillers
☐ Workshop on Non Surgical Body Contouring ☐ Workshop on Lasers
☐ Workshop on Invisible Face Lifting ☐ Workshop on Chemical Peel
☐ Workshop on Basic Injections Techniques ☐ Workshop on How to be your own PR

Hands on and Master Classes :

☐ Tips and Tricks on the Management Women Hair Loss ☐ Tips on Fat Transfer
☐ Tips and Tricks for the Best Results in PRP ☐ Hands on Certificate Course on Suturing
☐ Tips on Management of Hyperandrogenism

ACCOMMODATION

<table>
<thead>
<tr>
<th>Hotel Name</th>
<th>Distance from the Venue</th>
<th>Tariff: Per Room/Night</th>
<th>Choose: Single/Double Occupancy</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Park (5 Star)</td>
<td>7 kms, (15 Min. Drive)</td>
<td>INR 6000/6000</td>
<td>Single  Double</td>
</tr>
<tr>
<td>Haris Court (3 Star)</td>
<td>7 kms, (15 Min. Drive)</td>
<td>INR 3000/3500</td>
<td>Single  Double</td>
</tr>
</tbody>
</table>

Included : Buffet Breakfast at Hotel / Pick & Drop from Hotel to the Venue & Back / All Current Applicable Taxes. Please send one day Room Rent (Non-Refundable) as advance for Hotel Booking.

I am enclosing the DD / Cheque No. _______________ Dated __________ Drawn on Bank __________________________

___________________________________________ for Rs. (In Words)

In favour of “SIR GANGLA RAM HOSPITAL” payable at New Delhi.

• Registration for the Conference is Mandatory for the Participation in Courses & Master Classes.
• Please Send your Registration Form and DD/Cheque to the Conference Secretariat.