Agenda at a Glance for NASMDA 2025
Omni Las Colinas – Dallas, TX
January 17th - 19th 2025

Friday January 17th

- 8:30am to 11:30am – Board & Officers' Meeting
    - Board members, Officers, and Past Presidents
- 10:30 to 11:30am – Informal Ice Breakers for Pre-Health attendees (high school and college aged students)
    - Rose Gulati, Prableen Kaur facilitating
- 12:00pm to 1pm – Lunch and Registration
- 12:30pm to 1pm – CME Part I
    - Required for all who desire Category I CME
    - Independent study during the conference on your own time
- 1pm - to 2:30pm – Interactive Session: Handling Medical Emergencies in our Gurdwaras
    - Drs. Ammundeep Tagore (NJ), Jaspal Singh (NC)
- 2:45pm to 3:00pm – Break
- 3:00pm - 4:45pm – Health Information Technology and Outreach session
    - 3:00pm to 3:15pm – Brief Update on Sikh Health Network (SHN)
        - Sehaj S. Johal (CA)
    - 3:15pm - 3:45pm – Telemedicine & Patient Portals for Gurdwara Based Clinics
        - Armaan Johal (CA)
    - 3:45pm – 4:15pm Update from Guru Harkrishan Medical Clinic
        - Dani Kaur, Bhajleen Kaur, Tegbir Singh
    - 4:15pm - 4:45pm – Panel Discussion
        - Sehaj S Johal, Karan Deep Singh, Ekam Singh, Bani Kaur
- 4:45pm - 5:15pm – The Lifestyle of Gurmukhs
        - Dr. Pritpal Singh (TX), SikhRI

- 6:00pm - 6:30pm Rehraas Sahib Paath
- 6:30pm - 7:30pm – Dinner, Activities
    - Networking, Career Counseling & Interprofessional Reception
        - Moderated by Sehej Johal, Prableen Kaur, Rose Gulati
- 7:30pm - 10:00pm
    - NASMDA by NASMDA, featuring musical performances by NASMDA members intermixed with "Life Outside of Medicine" by our members

- Arpinder Kaur (airline pilot), Armaan S. Johal (surfing), Manmeet S. Bedi (DJing), Mandheer Singh (podcasting).

Saturday January 18th

- 6:15am - 7:00am – Nitnem in Hospitality Suite (Jupji Sahib, Jaap Sahib, Tav Prasad Savaiya)
- 7:00am – 8:30am – Poster Presentations I and Breakfast
  - Presentations by: Jasleen Kaur, Bani Kaur, Dani Kaur, Ranbeer Singh, Bhajleen Kaur, Shiven Sharma, Prabhjot Singh, Dave Singh, Ikaasa K. Suri
- 8:30am – 9:00am – Gastrointestinal Update
  - Dr. Harminder Singh,(Manitoba), Dr. Gursimran Kocchar (PA)
- 9:00am – 9:30am – Hematology-Oncology Update
  - Dr. Gurbakhash Kaur (NJ)
- 9:30am – 10:00am – Medical Care for Our Elders at Home: Key Issues to Consider
  - Dr. Ritu Suri (NJ)
- 10:00 – 10:15am Break
- 10:15am – 10:45am – Addiction in Crisis
  - Dr. Jasmeet Bains (CA)
- 10:45am – 11:15am – Update on Treatment of Obesity and latest buzz on the newest generation of weight loss medications
  - Dr. Anila K. Chadha (CA)
- 11:15 – 11:45am – Evolving Our Approach towards the Health of the Community
  - Dr. Prabhjot Singh (NY)
- 11:45 - 12:00 pm NASMDA Connect to Purpose: Presentation by A Little Happiness Foundation
  - Taran Singh (CA)
- 12:10pm – 1:00pm – Lunch and Learn: Financial Wellness
  - Gurjote Sethi (NJ), Rav Singh (TX)
- 1:00pm – 2:00pm – How to Walk on the Spiritual Path of Sikhi and Wake up from our Jaagi Neend, sponsored by SikhLens
  - Mr. Harinder Singh (United Kingdom), Mr. Bicky Singh (CA)
  - Featured book: Jewels from Sikh Wisdom
- 2:00 – 2:20pm — Sikh Medical Initiative
  - Prabhjot Singh (student)
  - Ikaasa Suri (student)
- 2:20pm – 2:50pm – NIOSH Study and Beard Bands
  - Jonisha Pollard, Giselle Klapper, and Harman Singh

    - Sponsored by Sikh Coalition
- 2:50pm to 3:10pm – Break
- 3:10 pm - 3:40 pm – Social Media & Your Clinical Practice: Tips and Tricks
    - Dr. Baljinder S. Bathla (IL)
- 3:40 pm – 4:10 pm – Interventional Pain Management
    - Dr. Gurtej Singh (MD)
- 4:10 pm – 5:00 pm – Movie: Harmony of Healing
    - Harleen Kaur Singh and Kaur Films
    - facilitated Discussion by Drs. Suneet Kaur (NC), Sagina Hunjrah (IL)

- 6:00pm - 6:30pm – Rehraas Sahib Paath
- 6:30pm - 10:00pm – Dinner, Entertainment
    - Awards and Honors
    - Keynotes: Dr. Swaiman Singh (MN), Ravi Singh (United Kingdom)

Sunday January 19th

- 6:15am - 7:00am – Nitnem (Jupji Sahib, Jaap Sahib, Tav Prasad Savaiya)
- 7:00am - 8:30am – Poster Session II and Breakfast
    - Presentations by: Arzoe Kaur, Aekash Singh, Simar Singh, Gurbani Suri, Japjot Singh, Tanveer Vasdev, Gurtej Singh, Amrit Vasdev, Aviraj S. Sibia, Gurnoor Dang
- 8:30am - 9:00am - Medisewa & Vidyasewa: What we can do for our DesPunjab
    - Dr. Ramanpreet Singh (FL)
- 9:00am - 9:30am – Membership Meeting
- 9:30am – 11:30am – Nishkam: Applying Sikh Values of Service to American Civic Engagement
    - Preetmohan Singh
    - Sukh Kaur
    - Jenny Davis
    - Shivinder Singh
    - Kiran Kaur Gill
    - Manka Dhingra
    - Soni Singh
    - Harbir Kaur Bhatia

- Optional visit to local Gurdwara. Gurdwara Sikh Sangat. 200 E. Euless Blvd, Euless, TX 76040. Please contact Dr. Pal Singh Virk at 1-559-367-1900 if interested and in need of transportation.
- 12pm – 12:30 CME Part 2 Workshop (Zoom option later in the week for those who cannot attend in person)