

North American Sikh Medical & Dental Association Program 2026

Friday, January 16 – Monday, January 19, 2026

The 2026 North American Sikh Medical and Dental Association (NASMDA) Conference will be a dynamic three-day gathering of healthcare professionals, students, and community leaders. From January 16–18, this event will feature a rich blend of continuing medical education (CME) lectures, hands-on clinical workshops, and thought-provoking panels on topics ranging from women's health and dementia prevention to global volunteerism and healthcare technology. Attendees will also enjoy cultural programming, professional networking, and keynote addresses from distinguished leaders.

Beyond the clinical and academic sessions, NASMDA 2026 offers a vibrant platform for mentorship, intergenerational dialogue, and community service. With parallel tracks for medical professionals and non-medical attendees—including pre-professional development, Sikh history, and mindfulness workshops—the conference fosters holistic growth and collaboration. Evening galas, musical performances, and local excursions round out the experience, making it a celebration of service, learning, and Sikh values in healthcare.

AGENDA

Friday, January 16, 2026

10:00 am – 12:00 pm	Board Meeting with Committee Members
12:00 pm - 1:00 pm	Lunch
1:00 pm - 3:00 pm	Committee Meetings
3:00 pm - 4:00 pm	Regroup & Discussion
4:00 pm - 5:00 pm	Past Presidents Meeting
6:00 pm - 9:00 pm	Charlotte Gurdwara Keertan Program

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Saturday, January 17, 2026

5:45am - 6:45am	YOGA & Meditation Workshop with Gurrinder Atwal, MD		
6:45am - 7:15am	Nitnem		
7:15am - 8:00am	Breakfast & Visit Exhibits		
8:00am - 8:15am	Welcome - <i>Sirtaz S. Sibia, MD, NASMDA President</i>		
8:15am - 9:45am	Student Poster Presentations by Gurinder Vasdev, MD		
9:45am - 10:00am	Break & Visit Exhibits		
10:00am - 12:15pm	Accredited Medical Track		Non-Accredited Medical Track
10:00am – 10:30 am	Women's Health <i>Sangeeta Kaur, MD & Suneet Kaur, MD</i>	10:00am-10:45am	Using AI in Clinical Settings <i>Pawanjit Singh & Karandeep Singh & Armaan Singh Johal</i>
10:30am – 11:00am	Hair Loss <i>Puneet Jolly, MD</i>	10:45am-11:30am	Important Controversies in Healthcare <i>Khush Singh & Kulmeet Singh & Gurpreet Singh</i>
11:00am – 11:30am	Aging and Orthopedics <i>Sarvdeep Singh Dhatt, MD</i>	11:30am-12:15am	Technology Professional Networking
11:30am – 12:00pm	Advance Care Planning <i>Ritu Suri, MD</i>		
12:00pm – 1:00pm	Lunch & Visit Exhibits		
1:00pm – 1:45pm	PANEL - Training the Next Generation <i>Moderator: Jaspal Singh, MD</i> <i>Panelists: Sharanjeet Kaur, MD & Roopwant Kaur, BDS, MS & Gurrinder Atwal, BDS, DDS, MS</i>		
1:45pm – 2:45pm	Movie Viewing by SikhLens		
2:45pm – 3:15pm	Taking Inspiration from Our Gurus – Expanding your Leadership Excellence and Clinical Presence with Inspiration from our Gurus <i>Amandeep Singh Kochar and Gurrinder S. Atwal</i>		
3:15pm – 3:45pm	Cha Break & Visit Exhibits		
3:45pm – 5:30pm	Accredited Hands-On Workshop (15 min sessions)		Non-Accredited Medical Track
	Botox & Fillers - <i>Sirtaz S. Sibia, MD & Navinderdeep S. Nijher, MD</i>		Understanding Healthcare Policy <i>Moderators: Sehaj Singh Johal & Prableen Kaur</i>
	Skin & Hair Care - <i>Deeptej Singh, MD</i>		<i>Jasmeet Bains, MD & Amandeep Sidhu & Manka Dhingra, Sikh Coalition, SALDEF</i>
	Pain - <i>Gurtej Singh, MD & Baljinder Bathla, MD</i>		
	Stop the Bleed - <i>Ammundee Tagore, MD & Jaspal Singh, MD</i>		
	Suturing - <i>Damanpreet S. Bedi, MD & Kamaljit Singh, MD</i>		
	Dental Procedures - <i>Gurrinder S. Atwal, MD</i>		
	Airway - <i>Gurinder Vasdev, MD & Amrit Vasdev, MD</i>		
	ACLS / BLS Update - <i>Rohit Mehta, MD</i>		
6:30pm – 7:00pm	Rehras		
7:00pm – 11:00pm	NASMDA Reception, Keynote Speaker: Harjinder Singh Sandhu		

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5:45am – 6:30am	YOGA & Meditation Workshop <i>Gurrinder Atwal, MD</i>		
6:30am – 7:00am	Nitnem		
7:00am – 7:30am	Breakfast & Visit Exhibits		
7:30am – 10:00am	Accredited Medical & Dental Track		Non-Accredited Medical Track
7:30am – 8:30am	Student Presentations <i>Gurinder Vasdev, MD</i>	8:00am-8:45am	Raising funds for Health Tech Start-ups - Kulmeet S & Mini K Suri
8:30am – 9:00am	Robotic Bronchoscopy and the Evolving Paradigms for Innovations in Procedural Education <i>Jaspal Singh, MD</i>	8:45am-9:15am	Technology internships and Shadowing - Jasleen Kaur & Gurmehar & Harjas Kaur & Dilpreet Singh & Pawanjit Singh
9:00am – 9:30am	The Sikh Heritage <i>Dalvir Pannu, MD</i>	9:15am-10:00am	How Technology CXOs can Empower Sikh Non-profits with Technology & AI - Pawanjit Singh & Harmeet Singh & Inder Kohli
9:30am – 10:00am	Dental Practice Management <i>Harjinder Khaira, MD</i>		
10:00am – 10:15am	Break & Visit Exhibits		
10:15am – 10:45am	Clinical Trials at Intercept Pharmaceuticals <i>Sangeeta Sawhney, MD</i>		
10:45am – 11:00am	Brief Lecture / Introduction - Global Volunteerism: Maximizing Professional Career in Service of all Humanity <i>Sarvdeep Singh Dhatt, MD</i>		
11:00am – 11:45am	Panel Discussion Highlighting Global Sewa <i>Moderators: Prabhjot Singh, MD & Manmeet Kaur</i>		
	Building Sites for Our Aging Population - S. Sajjan Singh Dhaliwal		
	SikhLens - S. Bicky Singh		
	FlyAmritsar Initiative - S. Sameep Singh		
	International Medical Outreach		
11:45am – 12:15pm	Retirement / Investment Planning - Noor Kaur Nindra, MD		
12:15pm – 1:30pm	Lunch & Professional Mixing Activity		
1:30pm – 3:30pm	Medical Track		Non-Medical Track
1:30pm – 2:00pm	Topics in Urology and Prostate Cancer <i>Ranveer Vasdev, MD</i>	1:30 - 2:00	Pre-Professional Development Workshop <i>Suneet Kaur</i>
2:00pm – 2:30pm	Cardiovascular Risk Reduction <i>Harmeet Singh, MD</i>	2:00 - 2:30	Small group and 1:1 professional sessions
2:30pm – 3:00pm	Cancer Screening <i>Gurbakhash Kaur, MD & Harmeet Kaur</i>	2:30 - 3:30	Music / String Instruments Workshop <i>Simran Kaur, MD & Bhai Navjodh Singh</i>
3:00pm – 3:30pm	Healing Power of Compassion <i>Gurpreet Padam, MD</i>		

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3:30pm – 4:30pm	Membership Meeting & Young Professional Networking & Mentorship Development Session
6:30 pm – 7:00 pm	Rehras
7:00pm – 10:00pm	Dinner: <ul style="list-style-type: none">- NASMDA by NASMDA Stories / Interviews / Performances- Awards and Recognitions

Monday, January 19, 2026

6:30am – 7:00am	Nitnem
7:00am – 8:00am	Board Re-organization Meeting
8:00am – 9:00am	Breakfast
9:00am – 11:00am	Cooking Workshop at Gurdwara with Inderpal Chawla
9:00am – 11:00am	Explore Charlotte: <ul style="list-style-type: none">- U.S. Whitewater Center- NASCAR Hall of Fame- IRCAD North America Tour