

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 & Past Presidents
12:00 pm - 1:00 pm	Lunch - Hospitality Suite
1:00 pm - 2:30 pm	Committee Meetings
2:30 pm - 3:30 pm	Regroup & Facilitated Discussion around Mission and Vision of NASMDA
3:30 pm - 5:00 pm	Break
5:00 pm - 6:00 pm	Gurdwara Khalsa Darbar: Workshop by S. Amardeep Singh (Singapore) at Gurdwara: Think Like a Sage, Act Like a Leader
6:00 pm - 9:00 pm	Charlotte Gurdwara Keertan Program - Health Info Fair

Main Diwan Hall	Langar Hall & Classrooms	Hallway / Classrooms
<ul style="list-style-type: none"> 6:00 pm – Rehraas Sahib 6:30 pm – Keertan Program <ul style="list-style-type: none"> Local Volunteer to coordinate Volunteers (out of town) North Carolina Secretary of Health and Human Services Dr. Dev Sangahi to address the Sangat 8:00pm – Ardaas 	Health Fair setup Stations <ul style="list-style-type: none"> Healthy Cooking (Inderpal S., OH) Nutrition Choices (Simi Kaur, NJ) Sleep (Dave Singh, NC) Cardiovascular risks (Ajaypartap Singh, NC) Dental (Simran Kaur, NC) Exercise (Mandheer Singh) 	Students and volunteers share Health-related information resources from Gurdwaras <ul style="list-style-type: none"> San Francisco Gurdwaras Toronto Sikh Health Network

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Saturday, January 17, 2026

5:45am - 6:45am	YOGA & Meditation Workshop with Gurrinder Atwal, DDS		
6:45am - 7:15am	Nitnem		
7:15am - 8:00am	Breakfast		
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		
10:00am - 12:00pm	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-12:15pm	Technology Professional Networking
11:30am – 12:00pm	Advance Care Planning <i>Ritu Suri, MD</i>		
12:00pm – 1:00pm	Lunch		
1:00pm – 1:45pm	PANEL - Training the Next Generation <i>Moderator: Jaspal Singh, MD</i> <i>Panelists: Sharanjeet Kaur & Roopwant Kaur, BDS, MS & Gurrinder Atwal, BDS, DDS, MS</i>		
1:45pm – 2:15pm	Movie Viewing by SikhLens		
2:15pm – 3:00pm	Taking Inspiration from Our Gurus – Expanding your Leadership Excellence and Clinical Presence with Inspiration from our Gurus <i>Amandeep Singh Kochar</i>		
3:00pm – 3:30pm	Cha Break/Explore Vendors		
3:30pm – 5:00pm	Accredited Hands-On Workshop (15 min sessions)		Non-Accredited Medical Track
	Botox & Fillers - <i>Sirtaz S. Sibia, MD & Navinderdeep S. Nijher, MD</i>	3:30pm-5:00pm	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, Dicky Walia & Sikh Coalition, SALDEF</i>
	Pain - <i>Gurtej Singh, MD & Baljinder Bathla, MD</i>		
	Stop the Bleed & Emergencies - <i>Ammundeeep Tagore, MD & Dayanidh Singh, MD</i>		
	Suturing - <i>Inderjit Singh, 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>		
5:00pm – 6:00pm	Ranjit Singh's Frontier Expansions, The Untold Story – Amardeep Singh (Singapore)		
6:45pm	Rehras		
7:00pm – 11:00pm	NASMDA Gala, AI and how it will Impact our Community - Keynote Speaker: <i>Harjinder Singh Sandhu</i> <i>Highlighting artwork from Panjab Digital Library</i> <i>*Followed by DJ & Dancing</i>		

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Sunday, January 18, 2026

5:45am – 6:30am	YOGA/Meditation Workshop <i>Gurrinder Atwal, DDS</i>		
6:30am – 7:00am	Nitnem		
7:00am – 7:30am	Breakfast		
7:30am – 10:00am	Accredited Medical & Dental Track		Non-Accredited Medical Track
7:30am – 8:30am	Student Presentations <i>Moderator: Gurinder Vasdev, MD</i>	8:00am-8:45am	Raising funds for Health Tech Start-ups - Kulmeet S & Mini K Suri
8:30am – 9:00am	Linking Mental Health & Nutrition <i>Simranjit Kaur</i>	8:45am-9:15am	Technology Internships & Shadowing - Jasleen Kaur, 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		
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>Gurrinder Atwal, BDS, DDS, MS</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		
	Punjab Digital Library - S. Davinderpal Singh & Gurpreet Kaur		
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>	1:30pm - 2:30pm	Reclaiming Heritage & Identity (Film Screening & Dialogue) <i>Kamal Sandhu, DDS</i>
2:00pm – 2:30pm	Cardiovascular Risk Reduction <i>Harmeet Singh, MD</i>	2:30pm - 3:30p	Guru Nanak & Emodiment of Oneness <i>Amardeep Singh (Singapore)</i>
2:30pm – 3:00pm	Cancer Screening <i>Gurbakhash Kaur, MD</i>		
3:00pm – 3:30pm	Healing Power of Compassion <i>Gurpreet Padam, MD</i>		
3:30pm – 5:00pm	Membership Meeting		
3:30pm – 4:30pm	Workshop: Youth Engagement in Health Through Sikh Seva by SALDEF <i>Kiran Kaur Gill</i>		

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4:30pm – 5:00pm	Pujab Digital Library Youth Seva Experience - Gurpreet Kaur
6:30pm – 7:00pm	Rehras
7:00pm – 10:00pm	Cultural Dinner: - NASMDA by NASMDA Stories/Interviews/Live Performances - Awards and Recognitions/Featuring Artwork from Panjab Digital Library

Monday, January 19, 2026

6:30am – 7:00am	Nitnem			
7:00am – 8:00am	Board Re-organization Meeting			
8:00am – 9:00am	Breakfast (Independent - Hospitality Suite)			
9:00am – 9:30am	Snacks, Assemble at Gurdwara Khalsa Darbar			
9:30am – 11:30am	Main Diwan Hall Punjab Digital Library to show youth how to digitize Sikh artifacts	Kitchen Health cooking demonstration by Chef Inderpal S. Chawla (@ChefLife)	Classrooms Pre-professional counseling and mentorship	Digital Health Tour The Pearl / IRCAD to meet with digital health leaders
12:00pm	Lunch (self-arranged)			