

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 I 4:30pm-Meet in Hotel Lobby if transportation is needed to Gurdwara Khalsa Darbar-401 E.Arrowood Dr.,Charlotte,NC
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"> o Local Volunteer to coordinate o Volunteers (out of town o 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"> • 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-12:15pm Panel: Using AI in Clinical Settings, Important Controversies in Healthcare & Technology Professional Networking Moderator: <i>Karandeep Singh</i> Panelists: <i>Pawanjit Singh, Khush Singh, Vishal Bhalla, Gurpreet Singh & Dicky Walia</i>
10:30am – 11:00am	Hair Loss <i>Puneet Jolly, MD</i>	
11:00am – 11:30am	Aging and Orthopedics <i>Sarvdeep Singh Dhatt, MD</i>	
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 & Gurrinder Atwal, DDS</i>	
1:45pm – 2:15pm	The Intersection of Medicine and Law: Understanding the Landscape <i>Dicky Walia</i>	
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) <i>Moderator: Puneet Singh, MD</i>	Non-Accredited Medical Track
	Botox & Fillers - Sirtaz S. Sibia, MD & Navinderdeep S. Nijher, MD	3:30pm-5:00pm Understanding Healthcare Policy Moderators: <i>Jaspal Singh, MD & Prableen Kaur</i> Panelists: <i>Manka Dhingra, Dicky Walia, Harman Singh & Kiran Gill</i>
	Skin & Hair Care - Deeptej Singh, MD	
	Pain - Gurtej Singh, MD & Baljinder Bathla, MD	
	Stop the Bleed & Emergencies- Ammundeep Tagore, MD & Dayanidh Singh, MD	
	Suturing - Inderjeet Singh, MD, FACS & Kamaljit Singh, MD	
	Dental Procedures - Gurrinder S. Atwal, DDS	
	Airway - Gurinder Vasdev, MD & Amrit Vasdev, MD	
	ACLS/BLS Update - Rohit Mehta, MD	
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 #1: Harjinder Singh Sandhu <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 Interactive Panel: Raising funds for Health Tech Start-Ups <i>Moderator: Pawanjit Singh</i> <i>Panelists: Harjinder Singh, Khush Singh, Vishal Bhalla & Dilpreet Singh Sahota</i>
8:30am – 9:00am	Linking Mental Health & Nutrition <i>Simranjit Kaur</i>	8:45am-9:15am Technology Internships & Shadowing <i>Moderator: Harjas Kaur</i> <i>Panelists: Dilpreet Singh Sahota, Karandeep Singh & Gurpreet Singh</i>
9:00am – 9:30am	Austere Medicine by 2nd Lieutenant Dayanidh "Joga" Singh, USAR	9:15am-10:00am How Technology CXOs Can Empower Sikh Non-profits with Technology & AI <i>Moderator: Pawanjit Singh</i> <i>Panelists: Harjinder Singh, Gurpreet Singh, Harman Singh & Kiran Kaur Gill</i>
9:30am – 10:00am	Building and Evaluating Healthcare AI Solutions <i>Manmeet Kaur & Prabhjot Singh</i>	
10:00am – 10:15am	Break	
10:15am – 10:45am	Legacy is What the Future Inherits <i>Amardeep Singh</i>	
10:45am – 11:00am	Brief Lecture/Introduction - Global Volunteerism: Maximizing Professional Career in Service of all Humanity <i>Gurrinder Atwal, DDS</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	
	A Little Happiness Foundation - Rajpal Singh	
	Boho Foundation - Kamal Sandhu, DDS	
	Sanjhi Sikhiya - Simpranpreet Singh Oberoi	
11:45am – 12:15pm	Membership Meeting	
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 – 4:30pm	Catastrophic Risk Mitigation Strategies, Amar Pal Singh	
3:30pm – 4:30pm	Workshop: Youth Engagement in Health Through Sikh Seva by SALDEF <i>Kiran Kaur Gill</i>	

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6:00pm – 6:30pm	Rehras
6:30pm – 10:00pm	Cultural Dinner: - NASMDA by NASMDA Stories/Interviews/Live 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 (Independent - Hospitality Suite) 8:30-9:00am - Meet in Hotel Lobby if transportation is needed to Gurdwara Khalsa Darbar - 401 E. Arrowood Dr., Charlotte, NC.		
9:00am – 9:30am	Snacks, Assemble at Gurdwara Khalsa Darbar		
9:30am – 11:30am	Langar Hall	Classrooms	Digital Health Tour
	"Peering Soul" documentary Viewing	Pre-professional counseling and mentorship	The Pearl / IRCAD to meet with digital health leaders
12:00pm	Lunch (self-arranged)		