

In Association With



Scientific Partnership With

# ADMIRE ADVANCED AESTHETIC FELLOWSHIP PROGRAM (AAAFFP) 5.0 SPRING-SUMMER BATCH

Begins on:  
**01<sup>st</sup> June, 2026**

**Reach us on**

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 [instagram.com/admireacademy\\_](https://www.instagram.com/admireacademy_)

 [fellowships.admireacad.com](https://fellowships.admireacad.com)

**\*For Dermatologists Only**

# HIGHLIGHTS

**100+** Hours of intense training program spread across **9** months divided into **3** phases focusing on **14** Aesthetic Modules.

**35**

**Hours of Video Based Training**

**14**

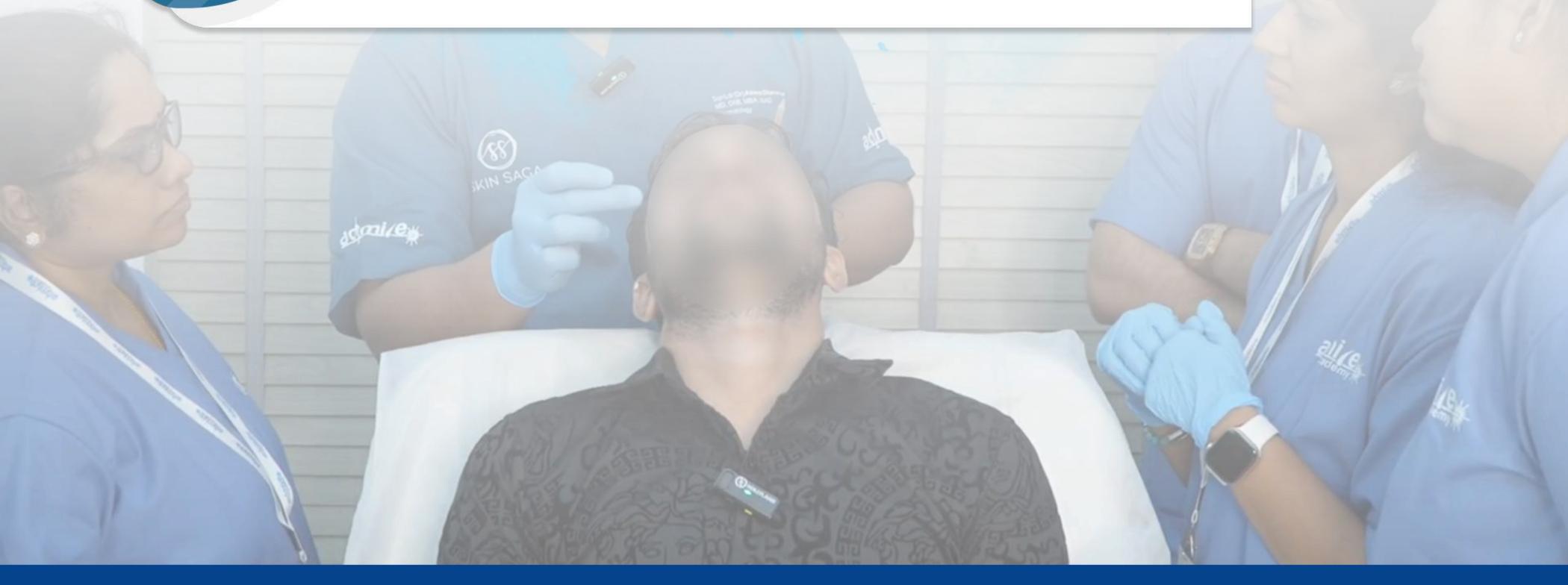
**Hours of Live Classes**

**42**

**Hours of Recorded Workshop**

**7-42**

**Hours of Hands-on Workshop**



# FACULTY



**Dr. Aseem Sharma**



**Dr. Falguni Shah**



**Dr. Geetanjali Shetty**



**Dr. Harish Prasad**



**Dr. Kavish Chouhan**



**Dr. Madhulika Mhatre**



**Dr. Madhuri Agarwal**



**Dr. Malavika Kohli**



**Dr. Manjot Marwah**



**Dr. Niharika Prabhu**



**Dr. Punit Saraogi**



**Dr. Radhika Kopikar**



**Dr. Rajat Kandhari**



**Dr. Rajat Gupta**



**Dr. Viral Desai**

# AESTHETIC MODULES



**Aesthetic Practice Management**



**Anti Aging - Basic**



**Anti Aging - Advanced**



**Chemical Peels**



**Dermatosurgery**



**Fat Grafting, SVF and Regenerative Therapies**



**Thread Lifts**



**Hair Transplantation**



**Intimate Dermatology - An Aesthetic Precipice**



**Lasers and Energy-Based Devices**



**Microneedling**



**Semi-Permanent Makeup**



**Trichology: Basic + Advanced**



**Vitiligo Surgery**

# PHASES

## PHASE 1: RECORDED LECTURES



Recorded lectures from each aesthetic module, online evaluations, and PDF study materials

**Total learning hours: 35 Hours**

## PHASE 2: LIVE CLASSES



Live classes to experience direct interaction with experts followed by Q&A session.

**Total learning hours: 14 Hours**

## PHASE 3: HANDS-ON WORKSHOP



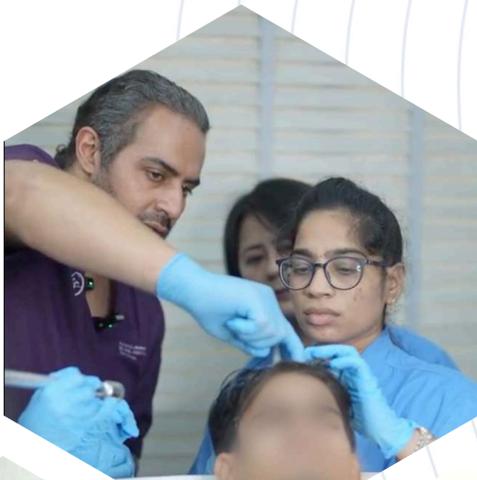
Choose from 7 focused aesthetic modules and participate in engaging 6-hour workshops, happening in Mumbai or Delhi.



## ADMIRE ACADEMY

ADMIRE Academy, founded by Dr. Aseem Sharma, is dedicated to delivering cutting-edge education in the field of dermatology and aesthetic medicine. It runs multiple programs such as fellowships, hands-on training, conferences, etc.

The academy provides a world-class dermatology program that focuses on delivering programs tailored for dermatologists only. With a commitment to excellence and staying at the forefront of advancements in the field, we aim to create an environment that fosters growth, innovation, and expertise in aesthetic dermatology, shaping the future of the speciality.



**ENDORSED BY****5 CONTINENT CONGRESS (5CC)**

The 5-Continent-Congress (5CC) is a prestigious and scientifically driven conference that focuses on advancements and debates within medical dermatology and aesthetic medicine. With a comprehensive pre and post-conference program, the 5CC attracts a global audience of renowned dermatologists and plastic surgeons who are recognized as key opinion leaders in their respective fields. This annual event is held in the vibrant city of Barcelona, Spain, bringing together experts worldwide to exchange knowledge, explore innovations, and discuss the latest trends in dermatology and aesthetic medicine.

**WORLDWIDE DERMATOLOGY  
COLLABORATION (WDC)**

The Worldwide Dermatology Collaboration (WDC) is a pioneering global network dedicated to advancing equity and excellence in dermatological care. With a strong focus on inclusivity, WDC brings together leading dermatologists, researchers, and educators to address the diverse needs of skin health across all populations. Through its comprehensive programs in education, research, and advocacy, WDC works to bridge knowledge gaps, improve treatments, and expand access to quality care. This international initiative unites experts across borders to create lasting impact and shape the future of dermatology worldwide.

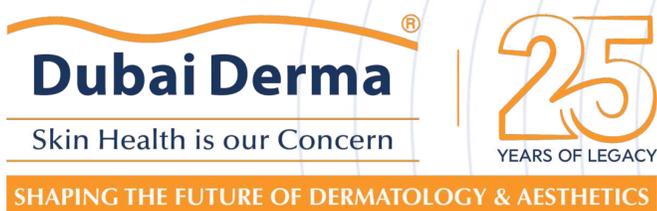
# ENDORSED BY



## DASIL

DASIL is described as an international community that brings together physicians specializing in dermatologic and aesthetic surgery to encourage the open exchange of knowledge and innovation. Through continuous educational initiatives and collaborative efforts, the organization is said to promote higher standards of care within the field.

By advancing professional expertise and supporting the adoption of safer, more effective practices, DASIL is regarded as contributing to improved dermatologic and aesthetic treatments for people around the world.



## DUBAI DERMA 2026

Dubai Derma is a leading dermatology and laser event in the Middle East and Africa, uniting global experts, researchers, and industry leaders to share the latest advancements in skin health and technology. Marking its 25th edition alongside the Asian Dermatology Congress, it features high-level scientific sessions, innovation-driven discussions, and a specialized exhibition of advanced medical products and devices. Organized by Index Conferences & Exhibitions with regional dermatology partners, the event promotes evidence-based practice, collaboration, and the future of dermatology worldwide.

# HANDS-ON LEARNING IN ACTION



# LETTER FROM THE DIRECTOR

Over the last four batches, the ADMIRE Advanced Aesthetic Fellowship has grown into one of the most sought-after programs in aesthetic dermatology. More than 1000 dermatologists have graduated successfully, each gaining advanced skills, confidence, and clinical acumen to expand their practice and deliver exceptional patient outcomes.

Our mission for Batch 5 is unchanged, to offer a comprehensive, structured curriculum taught by leading national and international faculty, blending theory, clinical insight, and hands-on mastery. Every module is designed to address real-world challenges, with expert guidance and ongoing mentorship that continues even after graduation.

Here, you don't just learn the theory, you also get to perform the procedures yourself and implement them in your practice right away, bridging the gap between learning and doing.

## Sqn Ldr (Dr) Aseem Sharma

- MD, DNB, MBA
- Director & Chief Dermatologist, Skin Saga Centre for Dermatology, Mumbai
- Director, ADMIRE Academy
- President, AIM Conference
- Retired Squadron Leader, Indian Air Force (2005-2012)
- Ex-Assistant Professor of Dermatology, LTMMC & GH, Mumbai
- Maharashtra State Liaison, FR Surveillance, World Health Organization
- IADVL Young Dermatologist Award
- Global Series Editor, Interventional Dermatology, Springer Nature (2025)
- 195 Published Articles and chapters
- 13 Books as Chief Editor
- > 1000 Presentations – national, international, virtual
- Past Journalist, New Delhi Times



## THE HUB

The hub is a resource library where faculty members post various reference study materials in PDFs, links, videos, and images.



## FORUM

The interactive Forum allows participants to ask questions directly to the faculty and receive expert answers. It also features upvoting, enabling participants to highlight questions that resonate with them. We have allocated dedicated faculty to ensure timely.



At Admire Academy, we focus on identifying learning gaps, understanding the unique needs of every fellow, and seamlessly communicating expert faculty feedback to our fellows. This continuous cycle of improvement ensures that each program is learner-centric, practical, and outcome-driven, setting a new benchmark in dermatology education.



**DR. DRASHTI DEVANI**

Associate Editor & Academy Coordinator,  
ADMIRE ACADEMY

# PROGRAM SCHEDULE

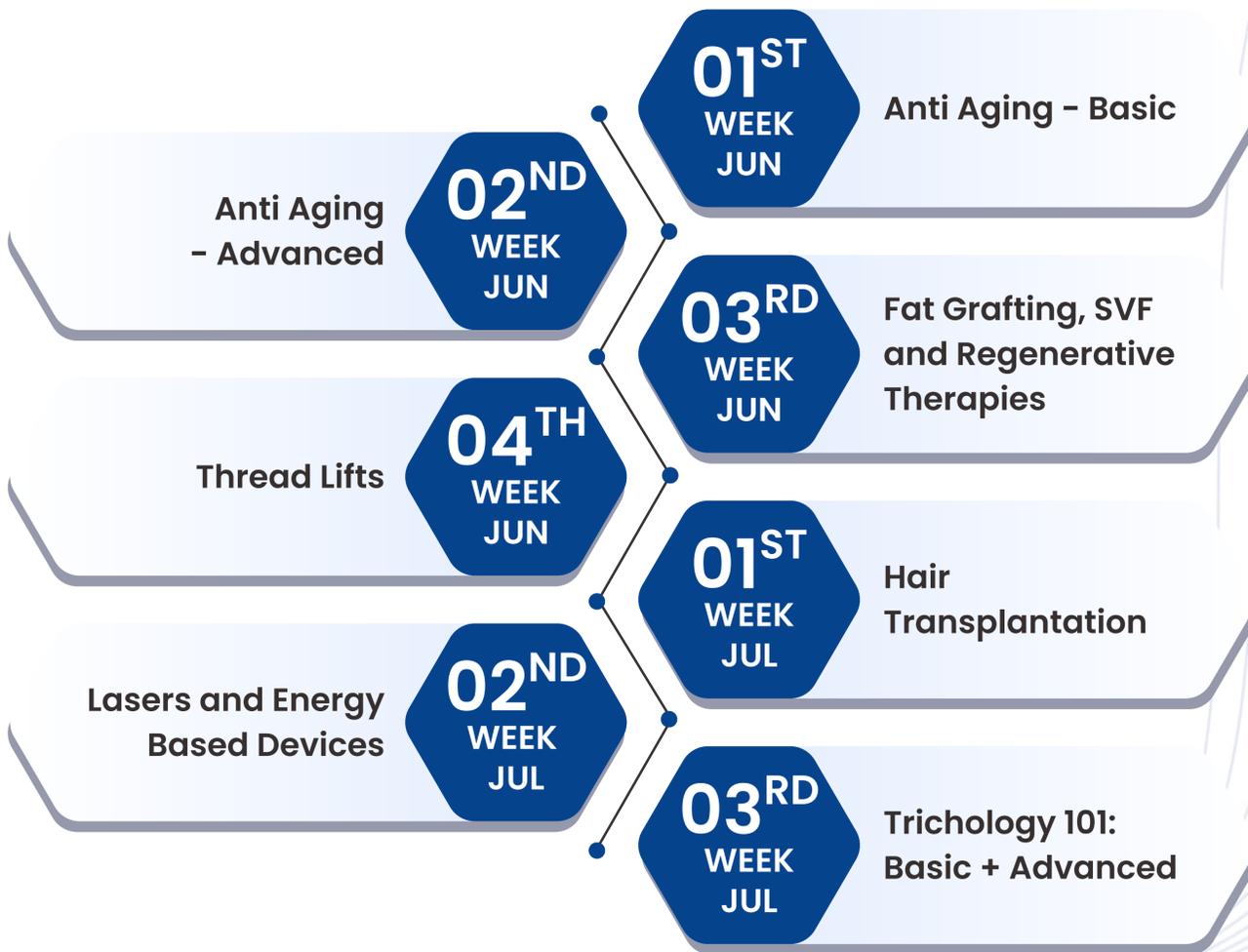
## Phase - 1: Recorded Lectures

You will gain access to recorded lectures immediately upon registration for the fellowship.

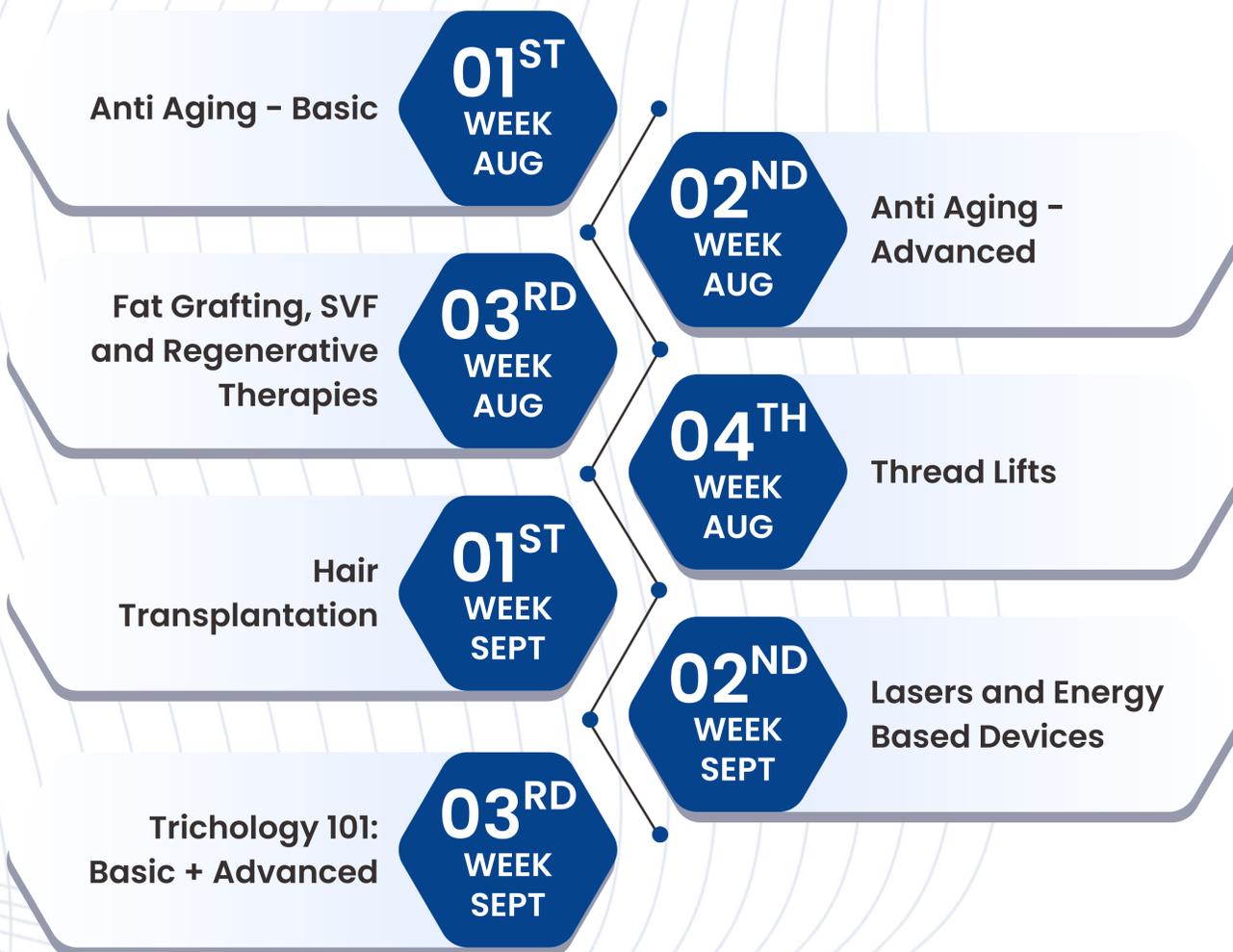


# PROGRAM SCHEDULE

## Phase - 2: Live Classes



## Phase - 3: Hands-on Workshop



# PROGRAM CURRICULUM

## Aesthetic Module - 1 Aesthetic Practice Management

### Phase 1 - Video Based Training

- How to set up an aesthetic clinic (including regulations / laws / contact points / what technology to invest in / what machines to buy?)
- What to use where? - A rundown on devices, procedures, and methods
- Add facial assessment and facial anatomy - a ready reckoner
- Difficult patients- How to handle them?

## Aesthetic Module - 2 Anti Aging - Basic

### Phase 1 - Video Based Training

- Establishing an anti-aging practice
- Anatomy and physiology
- Botulinum toxin: basic indications
- The art of dermal fillers
- Skin boosters
- Injectable hyaluronic acid
- Consultation

### Phase 2 - Live Classes

- Conducting a comprehensive anti-aging consultation
- Optimizing anti-aging procedures:
  - a. Understanding anti-aging modalities
  - b. Patient customization strategies
  - c. Bridging cosmetic and medical approaches
- Practical techniques of anti-aging procedures (botulinum toxin / filler / boosters)
- Q/A

## PROGRAM CURRICULUM

### Phase 3 – Hands-On Workshop

- Aesthetic consultation
  - a. Dealing with patient expectations
  - b. Key landmarks
  - c. Facial mapping to improve injection accuracy
  - d. Combination treatments using botulinum toxin and dermal fillers
- Hands-on botulinum toxin injecting and facial landmarking
  - a. Frown lines
  - b. Forehead lines
  - c. Crow's feet
  - d. Eyebrow lifting
- Hands-on dermal fillers injecting and facial landmarking
  - a. Cheek
  - b. Cheek volume restoration
- Live demo – injectable hyaluronic acid: face
- Live demo – skin booster techniques
- Combination therapy approaches: integrating multiple modalities for enhanced outcomes.
- Customized treatment plans: crafting personalized treatment regimens for diverse patient needs.
- Post-procedure care: education on aftercare and maintaining results.

### Aesthetic Module – 3

## Anti Aging - Advanced

### Phase 1 – Video Based Training

- Advance Indications for Botulinum Toxin
  - a. Lower face
  - b. Neck
  - c. Masseter
  - d. Different depths and dilutions for injecting botulinum toxin
  - e. Non-facial indications – hyperhidrosis, scars, keloids

# PROGRAM CURRICULUM

- Science of Dermal Fillers
  - a. Product rheology
  - b. Foundation – temples, jaw
  - c. Contouring– submalar, chin, brow shaping
  - d. Refinement– forehead, nasolabial, lips, marionette
  - e. Skin quality– PDRN
  - f. Neck and hand rejuvenation
  - g. Combining techniques and strategies
  - h. Sequencing procedures
- Averting complications related to injectables
  - a. Vascular anatomy
  - b. Identifying the no-go zones
- Building blocks of patient management
  - a. Importance of cosmetic consult
  - b. Know your tools
  - c. Master anatomy
  - d. Comprehensive evaluation
  - e. Procedural planning
- Practice management
  - a. Challenges
  - b. Conversion
  - c. Retention
  - d. Price point
  - e. Balancing technical skills and soft skills
  - f. Expanding existing practice

## Phase 2 – Live Classes

- Nuances of facial assessment
- Optimizing outcomes
- Product choice and techniques
- Video demonstration of indications
- Open house discussion – Q/A

## Phase 3 – Hands-On Workshop

- Real-world aesthetic consultation and assessment
  - a. Learning and mapping facial landmarks for precision and accuracy
  - b. Treatment strategy plans and budgeting
- Hands-On Injection Training –
  - a. Botulinum toxin
  - b. Dermal filler
  - c. Skin booster
  - d. PDRN
- Integrated therapeutic approaches
  - a. Combining procedures
  - b. Personalized treatment plans
  - c. Art of managing patient expectations
- Pre and post procedural care
- Golden rules for loyal and satisfied patrons

# PROGRAM CURRICULUM

## Aesthetic Module – 4 Chemical Peels

### Phase 1 – Video Based Training

- Introduction to chemical peels
- Understanding skin anatomy and physiology
- Classification of chemical peels
- Pre-treatment assessment and patient selection
- Techniques for chemical peels
- Management of complications
- Combination therapies and adjuncts
- Patient education and follow-up

## Aesthetic Module – 5 Dermatosurgery

### Phase 1 – Video Based Training

- Brief introduction to Dermatosurgery
- Anesthesia
  - a. Anesthesia drugs used
  - b. Methods to reduce pain
  - c. Basic nerve blocks
  - d. Field blocks
- Suturing Techniques
  - a. Suturing materials
  - b. Simple suturing
    - c. Buried sutures
    - d. Subcutaneous sutures
    - e. Continuous sutures
    - f. Vertical mattress
    - g. Horizontal mattress
- Excision
  - a. Simple excision
  - b. Planning
  - c. Incision
  - d. Undermining

# PROGRAM CURRICULUM

## Aesthetic Module – 6 Fat Grafting, SVF and Regenerative Therapies

### Phase 1 – Video Based Training

- Part 1 – Fat Grafting and Regenerative Therapies
  - a. Anatomy of the face & neck- emphasis on deep fat pads and superficial fat pads
  - b. Understand the aging face and be able to evaluate patients with aesthetic needs along with different choices
  - c. Brief overview of fat grafting techniques and SVF
  - d. Patient selection and counseling
  - e. Stromal Vascular Fraction (SVF) – Preparation and its application
  - f. Understanding exosomes and other regenerative medicines
- Part 2 – Injection Lipolysis-
  - a. Various molecules and drugs used
  - b. Indications and contraindications
  - c. Complication management
- Part 3 – Body Contouring- Non-Surgical
  - a. Brief understanding of Body HIFU and EMS,
  - b. Indications
  - c. Patient selection
  - d. Expectations

### Phase 2 – Live Classes

- Fat Grafting
- Lipolysis
  - a. Lipolysis patient selection and counseling
  - b. Protocols and techniques
  - c. Dosage at various body parts

### Phase 3 – Hands-On Workshop

- Fat Grafting
  - a. Tumescence anesthesia and aseptic precautions
  - b. Fat harvesting
  - c. Fat processing- sedimentation, centrifuging, washing
  - d. Preparation of mili, micro, nanofat
  - e. SVF preparation
  - f. Injection protocols and techniques
- Injection lipolysis – Methods of injection and plane of injection with dosage

# PROGRAM CURRICULUM

## Aesthetic Module – 7 Hair Transplantation

### Phase 1 – Video Based Training

- Building Foundation of Hair Transplant Practice.
  - a. Pre-surgical planning – consultation, patient selection, workup, evaluation, anesthesia, graft calculation, mathematical aspects
  - b. Surgical Execution –
    1. Donor area planning, hairline designing, recipient area planning, overview of extraction and implantation methods
    2. Implantation into temples, beard, moustache, eyebrows,
    3. Body Hair Transplant
    4. Implantation in scars
    5. Female Hair Transplant
- Post-surgical care – Journey of transplanted grafts, post-surgical care, Anticipating and managing complications

### Phase 2 – Live Classes

- Techniques, Tips, and Personalized Discussions
  - a. Basic – Understanding practical aspects in hair restoration – patient selection, hairline designing, marking safe donor area, graft calculation
  - b. Advanced – Case-based discussion for challenging hair transplant cases – facial hair restoration, revision transplant, female and transgender transplant

### Phase 3 – Hands-On Workshop

- a. Graft extraction by FUE in shaved scalp using sharp punch with KSK surgical motor and by advanced hybrid punch using Dr.UGraft Zeus device
- b. Slit designing with CTS blades, sapphire, or needle
- c. Graft implantation with forceps and implanters

# PROGRAM CURRICULUM

## Aesthetic Module – 8

### Intimate Dermatology - An Aesthetic Precipice

#### Phase 1 – Video Based Training

- What is a normal vulva?
- Stirring the hornet's nest - Common problems encountered in the clinical-aesthetic world
- Types of treatments available for the vulvovaginal area - Marketing v/s evidence-based medicine
- Radiofrequency vulvovaginal tightening

## Aesthetic Module – 9

### Lasers and Energy-Based Devices

#### Phase 1 – Video Based Training

- Basics of Lasers
- LHR
- Q-Switch
- Scar Management
- Anti-Aging
- Body Contouring

#### Phase 2 – Live Classes

- Aesthetic laser hair removal
- Aesthetic of hyperpigmentation and rejuvenation
- Effective management of acne and scars
- Therapeutic anti-aging intervention
- Secrets of getting in shape
- Q/A

#### Phase 3 – Hands-On Workshop

- Practicing hair removal procedure
- The best way to handle pigmentation and tattoo removal
- Advanced therapy in acne & scar management
- Practicing mindful anti-aging techniques
- Non-surgical body sculpting

## PROGRAM CURRICULUM

### Aesthetic Module – 10 Microneedling

#### Phase 1 – Video Based Training

- Principle of microneedling – a modest, versatile tool with a wide range of applications.
- Comparison between derma roller, derma pen, and derma stamp
- Microneedling radio frequency – mechanism of action.
- Microneedling radio frequency – the best innovation in recent times. Managing skin rejuvenation, scar remodeling, skin lifting, and everything else in between.
- Radiofrequency and fractional RF
- Electrocautery & electrolysis

### Aesthetic Module – 11 Semi-Permanent Makeup

#### Phase 1 – Video Based Training

- Eyebrow microblading: anatomy and techniques
- Microblading instruments and types of microblading (powder brows, ombre brows)
- Practical tips and complications
- Video demo
- Lip tinting basics to perfection
- Lip tinting video
- Color Theory

# PROGRAM CURRICULUM

## Aesthetic Module - 12

### Trichology: Basic + Advanced

#### Phase 1 - Video Based Training

- How to setup an Interventional Trichology setup (regulations, laws, what to buy, contact points).
- Interventional Trichology - a wide constellation.
- Trichoscopy - a mandate for every patient. Common clinical pointers and practical tips.
- Growth Factors - cutting through the madness and finding what works
- Platelet Concentrates - PRP, GFC and beyond.
- Mesotherapy for hair loss - DO's and DON'Ts.
- The road ahead for trichology.
- Scalp micropigmentation - a quick primer.
- Why must I know about hair transplant when I don't do it?
- Basic hair cosmetics - shampoos / conditioners
- Advanced hair cosmetics - hairstyling procedures, hair colors and camouflage, hair systems

#### Phase 2 - Live Classes

- A typical hair consultation - cases
- How to optimize procedures in interventional trichology
  - a. Understanding the role of intervention trichology.
  - b. Indications of hair procedures.
  - c. The need gap between medicine and surgery.
- Practical tips and Procedures
  - a. PRP / GFC
  - b. Growth factors
  - c. Micro-needling
  - d. Botulinum toxin
  - e. PDO threads for scalp
  - f. Active lasers for hair regrowth
  - g. Exosomes
  - h. LLLT

## PROGRAM CURRICULUM

### Phase 3 – Hands-On Workshop

- Patient assessment: Clinical & Trichoscopy
- PRP / GFC
- Microneedling
- Injectable hair boosters
- Botulinum toxins
- Injectable anti - androgens
- PDP threads
- Lasers for hair loss (Erbium glass / LLLT)
- Exosomes for hair.

### Aesthetic Module – 13

## Thread Lifts: From Fundamentals to Facial Strategy

### Phase 1 – Video Based Training

- History & classification of threads (monos, cogs, barbs, screws)
- Materials: PDO vs PLLA vs PCL – degradation, tensile strength
- Thread lifts: indications & contraindications
- Patient selection & aesthetic goals
- Pertinent facial anatomy (danger zones, fat compartments, retaining ligaments, vasculature)
- Bio stimulation vs mechanical lifting
- Complications (vascular, infectious, mechanical failure) and their management

### Phase 2 – Live Classes

- Interactive case - based discussion: midface, jawline, brow lift, neck
- Live Q&A
- Pre - session assignment: mark thread vectors on anonymized photos
- Facial vector planning
- Depth control techniques (sub - SMAS, dermal plane)
- Anesthesia pearls: linear blocks, local infiltration, tumescent use

# PROGRAM CURRICULUM

## Phase 3 – Hands-On Workshop

- Marking, prepping, and draping
- Live demonstrations on:
  - a. Thread lifts: Various vectors over the face and the neck
- Hands - on with actual patients
- Managing asymmetry and anchor point planning
- Managing minor bleeding, thread exposure, and knot visibility (if)
- Techniques and how to optimize thread lifting

## Aesthetic Module – 14 Vitiligo Surgery

### Phase 1 – Video Based Training

- Vitiligo classification
- Concept of stability- recommendations and controversies
- Medical management
- Phototherapy (NBUVB, home-based, excimer)
- Non - surgical procedures (microneedling, phenolisation, etc)
- Surgical treatment - overview

# HEAR FROM OUR FELLOWS

**Dr. Abhinav Kumar**  
Mumbai



"I found the workshop very useful. We were taught how to assess the face and what procedures can be combined for an anti-aging treatment. We were guided by Dr. Geetanjali Shetty and Dr. Malavika Kohli. I learned the nitty-gritty of injectables and toxins as well as bio-remodeling techniques like proffilo. We were given ample opportunity and time. I feel confident to start working in injectables and toxins."

**Dr. Mounika**  
Andhra Pradesh



"After attending the Admire Fellowship program I have got in-depth knowledge of how to inject advanced fillers. Workshops are excellent. Dr. Malavika Ma'am's teaching technique makes anyone understand even complex topics. She explained everything in detail. Thanks, Admire for this opportunity."

**Dr. Ashwajit Singh**  
Ludhiana



"I'm Dr. Ashwajit Singh from Ludhiana Punjab. The excellent faculty prompted me to join this fellowship. The module that really excited me was how to optimise your clinical practice. My experience has been excellent so far in the fellowship."

## HEAR FROM OUR FELLOWS

### Dr. Neimenuo Kuotsu Nagaland



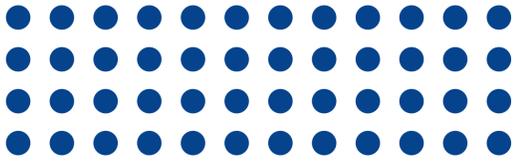
"I am Dr. Neimenuo from Nagaland. I have recently enrolled myself in the ADMIRE Fellowship Program. The program is exceptionally well-structured, providing a perfect blend of theoretical knowledge and hands-on practice. The curriculum is comprehensive, covering all the essential aspects of aesthetic procedures, from the basics to advanced techniques. Each module is meticulously designed to ensure a thorough understanding of both the science and art behind aesthetic treatments. The live sessions were particularly invaluable, allowing me to gain real-world experience under the supervision of seasoned professionals. The faculty is the heart of this program.

Each member is not only highly knowledgeable but also genuinely passionate about teaching. I would highly recommend it to any Dermatologists."

### Dr. Sreeram Madhulika Nellore



"This is Dr. Sreeram Madhulika From Nellore, Andhra Pradesh. I was particularly looking for a fellowship that teaches starting from the basics. Then I came to know about Admire from my friend and joined the course. I am really happy after joining this course. Basics of laser were taught by Dr. Falguni Mam which was very easy to understand for beginners like me. Chemical peels were explained by Dr. Madhulika mam which clarified so many doubts. Anti-aging basic and advanced were explained by Dr. Geetanjali mam and Dr. Malavika mam. Both the faculties explained to us from the very basics thoroughly. Trichology was explained by Dr. Aseem sir which was simply easy and crisp and he covered many topics in a short duration of time. I highly recommend Admire to my fellow residents who want to learn from the basics onwards."



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