

Endorsed by



ADMIRE ADVANCED AESTHETIC FELLOWSHIP PROGRAM (AAAFP)

Spring Summer
Batch'25

Begins on:
14th April 2025



Reach us on

+91 63742 12772/ +91 93632 34122/ +91 97890 67955

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

<https://fellowships.admireacad.com/>

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

16

Hours of Live Classes

40

Hours of Recorded Workshop

7-56

Hours of hands-on Workshops



FACULTY



Dr. Anuj Pall

in collaboration with
Escallent Institute of Lasers
and Aesthetic Medicine (EILAM)



Dr. Aseem Sharma



Dr. Falguni Shah



Dr. Geetanjali Shetty



Dr. Harish Prasad



Dr. Kavish Chouhan



Dr. Madhulika Mhatre



Dr. Malavika Kohli



Dr. Manjot Marwah



Dr. Niharika Prabhu



Dr. Nitin Sethi



Dr. Radhika Kopikar



Dr. Rajat Kandhari



Dr. Viral Desai

AESTHETIC MODULES



Aesthetic Practice Management



Anti Aging - Advanced



Dermatosurgery



Hair Transplantation



Lasers and Energy Based Devices



Semi Permanent Makeup



Trichology - Advanced



Anti Aging - Basic



Chemical Peels



Fat Grafting, SVF, Regenerative & Threads



Intimate Dermatology - An Aesthetic Precipice



Microneedling



Trichology - Basic



Vitiligo Surgery

PHASES

PHASE 1



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

Total learning hours: 35 Hours

PHASE 2



Live classes to experience direct interaction with experts and engage in Q&A sessions.

Total learning hours: 16 Hours

PHASE 3



Participate in as many 6-hour hands-on workshops through physical participation as you wish. ADMIRE mandates to complete a minimum of 1 hands-on workshop to earn the fellowship. However, we advise and encourage the fellows to complete at least 3 hands-on workshops to get the most out of the fellowship. In case the fellows are not able to complete all three hands-on workshops in this batch, they can stagger the workshops by participating in upcoming batches. Live Q & A sessions, and online evaluation.

ADMIRE ACADEMY



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

The academy provides a world-class fellowship program that focuses on delivering hands-on training. With a commitment to excellence and staying at the forefront of advancements in the field, creating an environment that fosters growth, innovation, and expertise in aesthetic dermatology, shaping the future of the specialty.



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.

LETTER FROM THE DIRECTOR

The second batch of ADMIRE Fellowship was a huge success, we thank the amazing faculty for their support and great presentations. Special thanks to the core team for answering all the delegates' questions so promptly.

Building on this success, we are excited to announce the launch of our Spring-Summer batch '25. Admire Advanced Aesthetic Fellowship (AAAFP) is a unique opportunity for qualified consultants in the field of Dermatology to gain comprehensive exposure, clinical experience, and hands-on training from some of the most esteemed professionals in the field of dermatology.

This fellowship spans over 100 hours of intensive learning, spread across 9 months, focusing on 14 aesthetic modules. To enrich the learning experience, each module will be covered by two faculty members, providing a broader range of expertise and perspectives. A dedicated faculty member will be available to respond to student queries within 10 working days, ensuring prompt assistance. ADMIRE faculties are committed to providing extended support even after the completion of the fellowship.



Sqn Ldr (Dr) Aseem Sharma
Director,
Admire Academy

LETTER FROM THE DEAN

Dear Students,

Welcome to the ADMIRE Advanced Aesthetic Fellowship Program (AAAFP), where we are dedicated to providing exceptional dermatology education. Our comprehensive curriculum is designed to equip participants with the latest advancements in the field, fostering a collaborative learning environment that encourages growth and knowledge sharing.

Throughout your journey with us, we are committed to addressing your queries promptly and offering extended mentorship as needed. To facilitate this, we conduct interim town hall meetings and virtual doubt-clearing sessions. Additionally, our interactive forums provide a platform for direct interaction with faculty members, allowing participants to ask questions, upvote relevant discussions, and highlight important points for future reference. The Hub offers access to a wealth of materials, including PDFs, links, videos, and images, curated by our expert faculty.

Together, let us embark on a journey of excellence and make the most of this transformative learning experience.



Dr. Radhika Kopikar

Dean of Students,
Admire Academy

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.



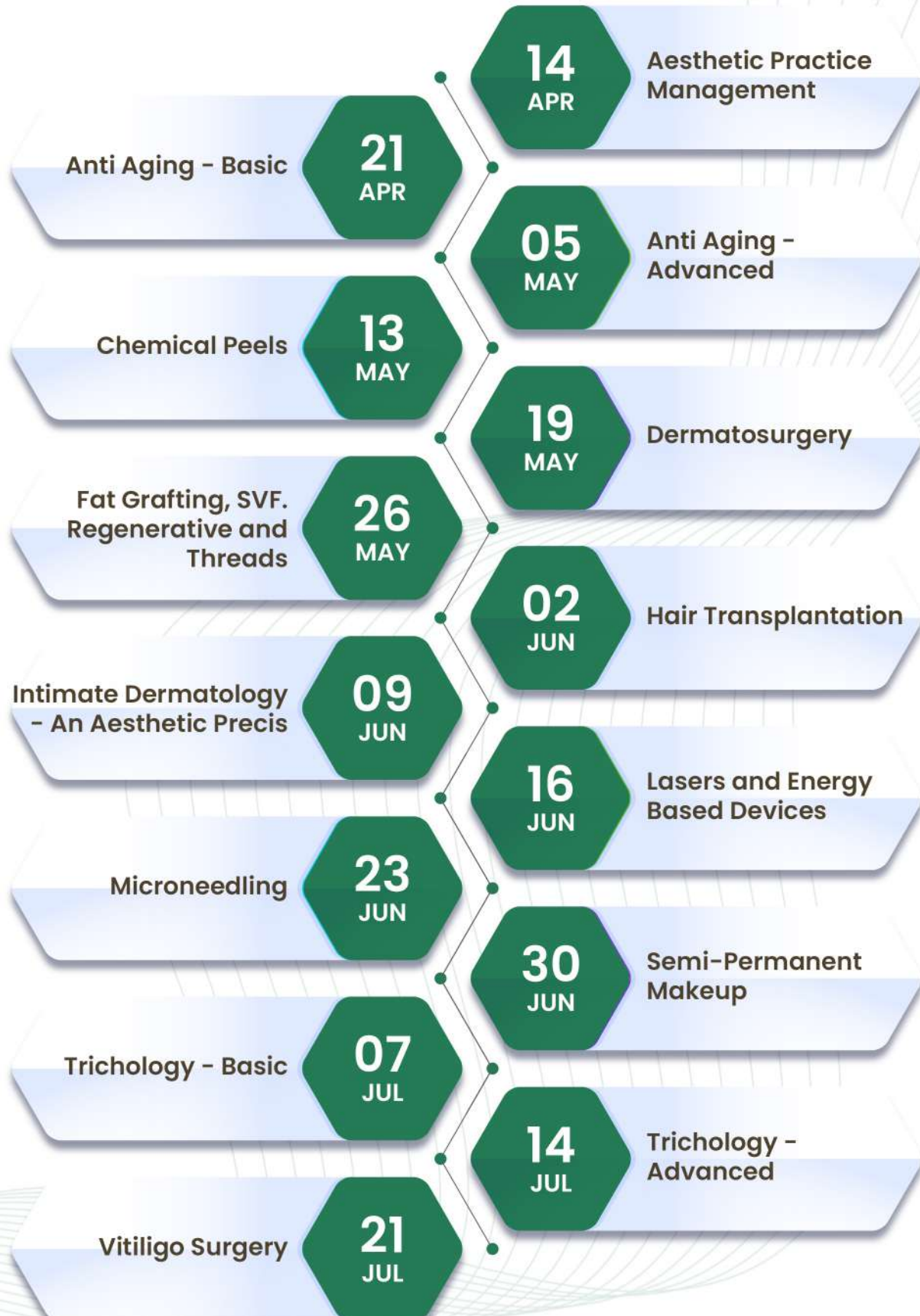
"ADMIRE is committed to a continuous process of identifying learning gaps, consolidating fellow requirements, and sharing feedback with faculty, one step at a time."



DR. DRASHTI DEVANI
Associate Editor,
ADMIRE ACADEMY

PROGRAM SCHEDULE

Phase - 1: Recorded Lectures

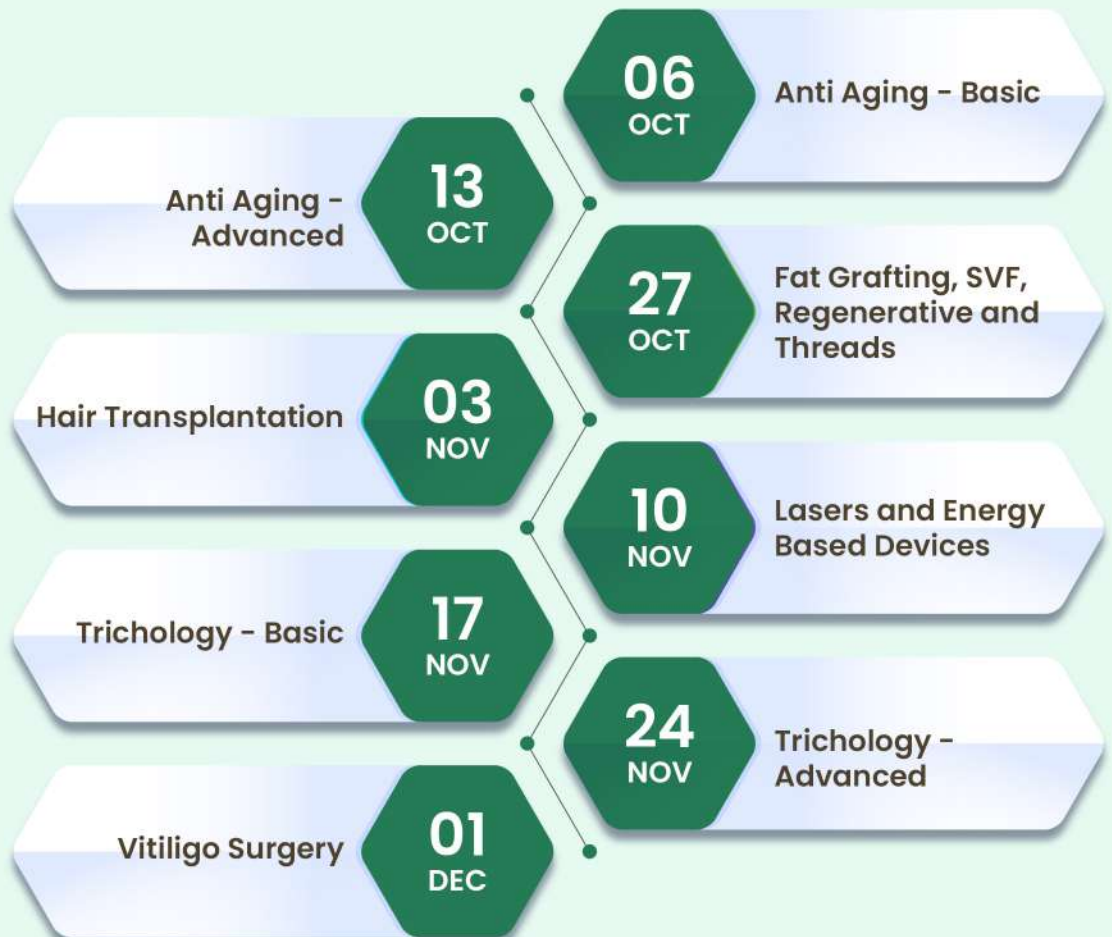


PROGRAM SCHEDULE



Phase - 2: Live Sessions

Phase - 3: Hands-on Workshop



Note: Tentative dates, final dates will be confirmed 60 days in advance.

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/what machines to buy?)
- What to use where? - A rundown on devices, procedures, methods.
- Add facial assessment and facial anatomy - a ready reckoner.
- Difficult Parents - 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
- PROFHILO
- Consultation

Phase 2: Live Classes

- Conducting a Comprehensive Anti-Aging Consultation
- Optimizing Anti-Aging Procedures:
- Practical Techniques of Anti-Aging Procedures (Botulinum Toxin/Filler/Boosters)

Phase 3: Hands-on Workshop

- Aesthetic Consultation
- Hands-On Botulinum Toxin Injecting And Facial Landmarking
- Hands-On Dermal Fillers Injecting And Facial Landmarking
- Live Demo - PROFHILO: Face

PROGRAM CURRICULUM

- 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 Toxins
 - a. Different Depths and Dilutions for Injecting Botulinum Toxin
 - b. Non Facial Indications – Hyperhidrosis, Scars, Keloids
- Science of Fillers
- Averting Complications Related to Injectables
 - a. Vascular Anatomy
 - b. Identifying the No-Go Zones
- Building Blocks of Patient Management
- Practice Management

Phase 2: Live Classes

- Nuances of Facial Assessment
- Optimizing Outcomes
- Product Choice and Techniques
- Video Demonstration of Indications
- Open House Discussion – Ask Your Questions

Phase 3: Hands-on Workshop

- Real-World Aesthetic Consultation and Assessment
- Hands-On Injection Training: Botulinum Toxin, Dermal Filler, Skin Booster, PDRN
- Integrated Therapeutic Approaches
- 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
- Excision
 - a. Simple excision
 - b. Planning
 - c. Incision
 - d. Undermining

Aesthetic Module - 6

Fat Grafting, SVF, Regenerative and Threads



Phase 1: Video Based Training

- Fat Grafting And Regenerative Medicine
 - 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- Preparation and its application
 - f. Understanding Exosomes and other Regenerative medicines
- Thread Lift - Overview, Pertinent Facial Anatomy, Revenue and Practice Management Considerations
- Injection Lipolysis - Various molecules and drugs used, Indications and contraindications, Complication management
- Body Contouring- Non-Surgical
 - a. Brief understanding of Body HIFU and EMS, Indications, Patient selection, Expectations

Phase 2: Live Classes

- Fat Grafting + 20 minutes of Q/A
- Threadlift + 20 minutes of Q/A
- Lipolysis +20 minutes of Q/A
 - a. Patient selection and counseling
 - b. Protocols and techniques
 - c. Dosage at various body parts

Phase 3: Hands-on Workshop

- Threadlift
 - a. Marking, Planning and Consent
 - b. Anaesthesia and Safety
 - c. Insertion of mono threads and cog threads
 - d. Various vectors understanding
 - e. Video demonstration of advanced techniques

PROGRAM CURRICULUM

- Fat Grafting
 - a. Tumescant Anaesthesia and aseptic precautions
 - b. Fat harvesting
 - c. Fat processing- sedimentation, Centrifuge, 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
- Body Hifu - Principles, protocols, and technique

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, anaesthesia, 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.

PROGRAM CURRICULUM

Phase 3: Hands-on Workshop

- Graft extraction by FUE in shaved scalp using Sharp Punch with KSK SURGICAL MOTOR & by Advanced Hybrid Punch using Dr.UGraft Zeus device.
- Slit designing with CTS BLADES / SAPPHIRE /NEEDLE.
- Graft Implantation with forceps and implanters.

Aesthetic Module - 8

Intimate Dermatology - An Aesthetic Precis



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

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

PROGRAM CURRICULUM

Phase 2: Live Classes

- Aesthetic Laser Hair Removal
- Aesthetic of Hyperpigmentation and Rejuvenation
- Effective Managing Acne and Scar Management
- 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

Aesthetic Module - 10

Microneedling



Phase 1: Video Based Training

- Principle of Micro-needling- a modest, versatile tool with a wide range of applications.
- Comparison between Derma roller, Derma pen, and Derma stamp.
- Micro-needling Radio Frequency- Mechanism of action.
- Micro-needling Radio Frequency- best innovation in recent times. Managing skin rejuvenation, scar remodeling, skin lifting, and everything else in between.
- Radiofrequency and Fractional RF.
- Electrocautery & Electrolysis.

PROGRAM CURRICULUM

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

Aesthetic Module - 12

Trichology - Basic

Phase 1: Video Based Training

- How to setup an interventional Trichology Setup (Regulations, laws, what to buy, contact points).
- Interventional Trichology: A Deep Dive into Platelet Concentrates (PRP, GFC), Growth Factors, Mesotherapy for hair loss and More.
- The road ahead to Trichology.
- Trichoscopy - A MANDATE for every patient. Common clinical pointers and practical tips.
- Basic Hair Cosmetics - Shampoos, conditioners.
- Scalp Micropigmentation - A quick primer.

Phase 2: Live Classes

- A typical hair consultation
- How to optimize procedure in interventional trichology
- Practical tips and procedure
 - a. Platelet concentrates (PRP/GFC)
 - b. Lasers for hair loss (Erbium glass/ LLLT/Fractional RF)

PROGRAM CURRICULUM

- c. Scalp micropigmentation
- d. Growth factors & Mesotherapy

Phase 3: Hands-on Workshop

- Patient Assessment: (Clinical & Trichoscopy)
- PRP/GFC
- LLLT
- Scalp micropigmentation
- Fractional RF
- Growth factors & Mesotherapy

Aesthetic Module - 13

Trichology - Advanced

Phase 1: Video Based Training

- Botulinum toxin for AGA
- PDO Threads for Hair and Scalp Rejuvenation
- Injectable antiandrogens for AGA and patterned Alopecia
- Exosomes
- Why must I know about hair transplant when I don't do it?
- Advanced hair cosmetics - hairstyling procedures, hair colors and camouflage, hair systems

Phase 2: Live Classes

- How to convert patients for interventions?
- Practical Tips and Procedure PDO threads for scalp
 - a. Botulinum toxin
 - b. Exosomes for hair
 - c. Injectable antiandrogens
 - d. Micro-needling

PROGRAM CURRICULUM

Phase 3: Hands-on Workshop

- Patient Assessment: (Clinical & Trichoscopy)
- Injectable Antiandrogens
- PDO threads
- Botulinum toxin
- EXOSOMES for hair
- Microneedling

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

Phase 2: Live Classes

- Patient Selection/Assessment/Contraindications
- Tissue grafting techniques (video demo)
- Cellular Grafting techniques (video demo)

Phase 3: Hands-on Workshop

- Step-wise demonstration of non-cultured epidermal Cell suspension on patients with hands-on vegetable and skin models.
- All steps from graft harvesting, trypsinization, preparation of cell suspension, and dressing.

WHAT OUR ALUMNI SAYS

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 prophilos. 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. Malvika 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."

WHAT OUR ALUMNI SAYS

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 am looking forward to the hands-on workshop and 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. Malvika 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."

GLIMPSE OF THE WORKSHOP



DERMATOLOGISTS TRAINED AT ADMIRE ACADEMY

Dr. Shikha Sharma

Dr. Kavya Chudi

Dr. Mehek Kukreja

Dr. Bhargav Naik

Dr. Thejasvi B.

Dr. Gopinath Mogilicherla

Dr. K. T. Thowfeeq

Dr. Keerthi N.

Dr. Apoorva Reshme

Dr. Sakshi Gaikwad

Dr. Soha Khan

Dr. Vaishnavi R. Batchu

Dr. Sreekala R.

Dr. Pravallika Thalluri

Dr. Harini Irri

Dr. Sreeram Madhulika

Dr. Gajanan Jadhao

Dr. Shaik Naseema

Dr. Aruna Kothari

Dr. Hansa Srivastava

Dr. Karunya Narayanasamy

Dr. Agnes Blessy

Dr. Dheeraj Reddy

Dr. Sai Prasanth Neti

Dr. Mustaqeem Farooqui

Dr. Lokesh Anupani

Dr. Neimenuo Kuotsu

Dr. Shrikant

Dr. Shachi Jain

Dr. Sneha Boggarapu

Dr. Pathipati V. Ravali

Dr. Vidushi Singal

Dr. Karrunya K. J.

Dr. Ashwajit Singh

Dr. Usha Khemani

Mrs. Tarul Patel

Dr. Sunil Patwardhan

Dr. Akanksha Bandhade

Dr. Mounika Ala

Dr. Diwakar Sharma

Dr. Prashant Bharadwaj

Dr. S. Jasmine Mustafa

Dr. Bhargavi Chappidi

Dr. Asha Athimakula

Dr. Avani Gulhane Panicker

Dr. Asmita Kapoor

Dr. Abhinav Kumar

Dr. Udaya Sri Koduru

Dr. Hitha Hebbalkar

Dr. Megha Chandrashekhar

Dr. Hima Rajan

Dr. Rajeev Agarwal

Dr. Vaishali Jadhav

Dr. Hetalkumari Patel

Dr. Aishwarya Jawahar

Dr. Manu Singh Singh

Dr. Payal Sahijwani

Dr. Priyanka Karagaiah

Dr. Gurman Singh Bhasin

Dr. Snekavalli Ramanathan

Dr. Artilata Deshmukh

Dr. Anisha Arora

Dr. Prerana Asawale

Dr. Viswada Madavala

Dr. Meekha Cizly James

Dr. Priyanka Patil

Dr. Nikhitha Priyanka

Dr. Brindha Pandian

Dr. Divya K. K.

Dr. Ashwini Mahesh

Dr. Ali Rishad C. M.

Dr. Deepti Panduri

Dr. Saumya Jain

Dr. Anirudh Reddy

Dr. Anisha Y. A.

Dr. Jasly Kuttiali

Dr. Shree Lakshmi B.

Dr. Pooja Gulabrao Manwar

Dr. Priyanka Jadhao

Dr. M. Bhuvana Karthika Devi

Dr. Antionetta Ashwini

Dr. Sindhu Ragavi

Dr. Arya James

Dr. Naveen Sethi

Dr. Kalpana Garuda Prakash

Dr. Nimmala Pavani

Dr. Tresy Jose

Dr. Sayali Patil

Dr. Keerthi N.

Dr. Chinmay Ratkanthiwar

Dr. Faizan Ali Khan

Dr. Sneha Raju

Dr. Ambika Dixit

Dr. Amrita Madnani

Dr. Usha Khemani

Dr. Divya Asnani

Dr. Fathimah Hasnah

Dr. Sonali Gojamgunde

Dr. Fathima Azmy

Dr. Umamaheshwari Surendran

Dr. Shunmadhi Selvam

Dr. Simin Muhammed Kutty

Dr. Sudha Gunaseelan

Dr. Afroz Alam

Dr. Kanchan Muley

Dr. Shikha Sharma

Dr. Anila Thampi

Dr. Thulika Rohan

Dr. Kusum Gupta

Dr. Myfanwy Dsouza

Dr. Shweta Arora

Dr. Meghana Endela Reddy



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