

Divecha Centre for Climate Change, IISc.
Dr. H Paramesh Education Trust
IAP Environmental Child Health Chapter

Thursday 27th November 2025 Time: 4.00 PM – 5.00 PM (IST)

Auditorium DCCC IISc. - 3.30 PM to 4.00 PM High Tea

Timings	Agenda	Faculty
4:00 PM– 4:05 PM	Welcome Speech	Prof. S.K Satheesh / Prof. J Srinivasan
4.05 PM – 4.10 PM	Introduction of the subject and the speaker	Prof. Dr. H Paramesh
4:10 PM– 4:50 PM	" Experience of Arctic Marathon Expedition "	Dr. Gurmeet Soni Bhalla Pediatrician, Allergist & Longevity Specialist Bangalore
4:50 PM – 4:55 PM	Moderator & Chairing the session	Dr. Anil Kulkarni Distinguished Scientist.
4:55 PM –5:00 PM	Vote of thanks Group picture of participants	Prof. Dr. H Paramesh

Prof. Dr. H Paramesh
Organiser
Visiting Physician Scientist DCCC IISc.
Founder Life Patron Allergy Immunology Chapter Karnataka



Divecha Centre for Climate Change
Indian Institute of Science
BANGALORE - 560012

DCCC Seminar

Title: "Experience of Arctic Marathon Expedition"

Speaker: **Dr. Gurmeet Soni Bhalla**

Pediatrician, Allergist & Longevity Specialist, Bengaluru

Date: 27th November 2025 (Thursday)

Time: 4:00 PM to 5:00 PM

Venue: DCCC Auditorium, 2nd Floor, D314.

Coffee/Tea: 3.30 PM to 4:00 PM

Speaker Bio:

Dr. Gurmeet Soni Bhalla, Pediatrician, Allergist & Longevity Specialist Dr. Gurmeet Soni Bhalla, a clinician with over 25 years of experience in pediatric and preventive medicine, recently completed the North Pole Marathon at 90° North, running on the frozen Arctic Ocean in sub-zero conditions. After five attempts over four years, she and her husband reached the Pole aboard a French hybrid-energy icebreaker and successfully finished the race.

A marathoner on all seven continents, Dr. Bhalla integrates lessons from extreme endurance and human resilience into her longevity work while also advocating for awareness of the fragile Arctic environment and its impacts of climate change around the globe.

Abstract:-

Gurmeet and Arunjot are seasoned runners who have run Marathons across the planet. In 2018, Gurmeet and Arunjot ran a full marathon in Antarctica, and in July 2025, they ran the North Pole Marathon, at the very top of the world.

Their presentation focuses on endurance running in extreme weather in harsh, icy terrain.

Aspects covered include - - Travelling modalities to these remote regions -

- Preparation, including training and clothing
- Potential health hazards and precautions
- A glimpse of the fauna and flora of the Arctic region, including polar bears

On their journey to the North Pole, Gurmeet and Arun could witness at first hand some effects of climate change, and their presentation concludes with data on global warming and the urgent need for humankind to address this at the earliest

The Presenters Gurmeet is an accomplished doctor, fitness enthusiast and recipient of the rare Grand Slam- Marathon medal having run full marathons on all continents as well as the North Pole.

Arunjot is an architect by profession and leads one of India's largest Architectural Design consultancy companies.

// ALL ARE WELCOME //