



ANNUAL OBESITY SYMPOSIUM

04th MAY 2025

Hotel Residency Tower
Thiruvananthapuram



Dear Doctor

March 4th is globally recognised as “World Obesity Day”. But more than a celebration, it is a grim reminder of the growth of obesity in the world. Excess weight has gone up nearly five times in Indians over the last 30 years. National Family Health Survey-5 estimated the prevalence of overweight and obesity in men and women at 44% and 41% respectively. In this background we are planning a full day exclusive obesity symposium titled “OBESTAT 2025”. The presentations will be more lively, engaging and participatory rather than mundane lectures. We request you to save the date and be a part of this academic feast.

Team
OBESTAT 2025

ORGANISING TEAM

Dr Aneesh Ghosh MS
Dr Thushanth Thomas
Dr Rakhee Nair

FOR DETAILS, CONTACT

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CONFERENCE SECRETARIAT

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FOR
REGISTRATION



OR

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Session 1 09.00 AM - 10.30 AM

SCOPE IN OBESITY : General Perspectives

TOPICS	SPEAKER	MODERATOR
Obesity Trends in India (15 mts)	Dr Aneesh Ghosh MS THIRUVANANTHAPURAM	
Dialogue: Gender Disparity & Obesity in India (15 mts)	Dr Khushboo Agarwal VELLORE	Dr Tejal Lathia MUMBAI
Dialogue: Is Obesity A Choice? The Spectrum of Obesity Perceptions: From Support to Stigma (15 mts)	Dr Tejal Lathia MUMBAI	Dr Khushboo Agarwal VELLORE
How to Construct a Conversation with a Person with Obesity (15 mts)	Dr Tejal Lathia MUMBAI	Mrs. Sheryl Salis MUMBAI
How I Lost Weight: Real World Setting (15 mts)	Ms. Lekshmi Nair G THIRUVANANTHAPURAM	Dr Vishnu Vasudevan CALICUT
Discussion (15 mts)	All Faculty	

INAUGURATION: 10.30 AM-10.45 AM

Session 2 10.45 AM - 12.15 PM

SCOPE IN OBESITY : Nonpharmacological Therapy

TOPICS	INTERLOCUTOR	EXPERT
Role Play: Not Losing Weight Despite Ticking all Boxes (15 mts)	Mr. Sreejesh Kumar R Dr Aneesh Ghosh MS THIRUVANANTHAPURAM	Dr Sankar Ram THIRUVANANTHAPURAM Mrs. Sheryl Salis MUMBAI
Conversation with a Nutritionist: Fad Diets / Dietary Patterns and Their Role in Weight Reduction (15 mts)	Dr Aneesh Ghosh MS THIRUVANANTHAPURAM	Mrs. Sheryl Salis MUMBAI
Conversation with a Physiatrist: Mixing and Matching Exercises to Lose Weight but Retain Lean Mass (15 mts)	Dr Vishnu Vasudevan CALICUT	Dr Sankar Ram THIRUVANANTHAPURAM
Addressing the Unmet Needs - Obesity & PCOS (15 mts)	Dr Khushboo Agarwal VELLORE	Dr Veena Choodamani THIRUVANANTHAPURAM
Gymming at Workspace - Tips to Stay Healthy (15 mts)	Dr Vishnu Vasudevan CALICUT	Dr Sankar Ram THIRUVANANTHAPURAM
Discussion (15 mts)	All Faculty	

Session 3 12.15 PM - 01.15 PM

SCOPE IN OBESITY: Pharmacological Therapy

TOPICS	SPEAKER	CHAIRPERSON
STEPping up Obesity Care with Semaglutide 2.4 mg (20 mts)	Dr Karthik. V THIRUVANANTHAPURAM	
SELECTing the Outcomes Beyond Weight Loss (20 mts)	Dr Jeevan Joseph KOTTAYAM	Dr Vishnu Vasudevan CALICUT
ESSENCE - Addressing MASH in People Living with Overweight / Obesity (20 mts)	Dr Tittu Oommen THIRUVANANTHAPURAM	

LUNCH BREAK (1.15 PM-2.00 PM)

Session 3 02.00 PM - 03.00 PM

SCOPE IN OBESITY: Pharmacological Therapy

TOPICS	SPEAKER	CHAIRPERSON
Tirzepatide: A Novel GIP + GLP 1 Receptor Agonist (15 mts)	Dr Vimal M V CALICUT	
SURMOUNT-ing Obesity with Tirzepatide-SURMOUNT 1 (15 mts)	Dr Tejal Lathia MUMBAI	Dr Aneesh Ghosh MS THIRUVANANTHAPURAM
SURMOUNT-ing Obesity with Tirzepatide – SURMOUNT 4 (15 mts)	Dr Joe George CALICUT	
Question & Answers (15 mts)		

Session 4 03.00 PM - 04.00 PM

SCOPE IN OBESITY: Workshop

TOPICS	SPEAKER	MODERATOR
Approach to Fatty Liver	Dr Lakshmi C. P THIRUVANANTHAPURAM	Dr Thushanth Thomas THIRUVANANTHAPURAM

This session starts by highlighting magnitude of the problem of fatty liver in our country and then clarifies the new nomenclature of fatty liver and proceeds to understand the nuances of ultrasound, lab tests and fibroscan for diagnosis and ends with case based discussions on management of MASLD

VALEDICTORY FUNCTION 04.10 PM

SPONSORS





CONFERENCE HIGHLIGHTS

TOPICS	CORE DISCUSSION POINTS
Dialogue: Gender Disparity & Obesity in India	<ol style="list-style-type: none"> 1. Why gender inequality on obesity is more common in India 2. Factors contributing to gender inequality 3. Impact of gender inequality on obesity 4. Gender stereotyping and obesity in India
Dialogue: Is Obesity A Choice? The Spectrum of Obesity Perceptions: From Support to Stigma	<ol style="list-style-type: none"> 1. The negative attention & insecurity and ways to address it 2. Weight and QOL. Are they correlated ? 3. Social support system for obesity in India; the unmet needs 4. Even heroes are not spared. Social stigma of being obese.
How to Construct a Conversation with a Person with Obesity	<ol style="list-style-type: none"> 1. Read the tea leaves: the intention of consultation 2. Lend an ear to know their problems 3. Enquire about co-morbidities 4. Setting realistic goals
How I Lost Weight: Real World Setting	<ol style="list-style-type: none"> 1. What was the motivation ? 2. What challenges have you faced ? 3. What support have you sought and what have you received [family, friends and society] 4. How do you meet the challenge of weight re-gain?
Role Play: Not Losing Weight Despite Ticking all Boxes	<ol style="list-style-type: none"> 1. The checklist to follow when someone fails to lose weight despite on diet and exercise 2. What is unintentional eating & role of hedonic eating and Executive (social) function 3. Role of behavioural [CBT] therapy 4. Role of social support
Conversation with a Nutritionist: Popular Diets and Their Role in Weight Reduction	<ol style="list-style-type: none"> 1. Discussions centre around most popular dietary patterns in weight reduction 2. E.g.: Intermittent Fasting, Keto diet, Mediterranean diet, Paleo diet and Atkins diet
Conversation with a Physiatrist: Mixing and Matching Exercises to Lose Weight but Retain Lean Mass	<ol style="list-style-type: none"> 1. Why physical activity is not a priority in our society 2. Which is better - Aerobic Vs Resistance Exercise 3. Which is better- Low intensity Vs High intensity Exercise 4. Effect of yoga in weight reduction
Addressing the Unmet Needs- Obesity & PCOS	<ol style="list-style-type: none"> 1. Why HCPs often overlook obesity in PCOS 2. Importance of weight reduction from metabolic health point 3. Importance of weight reduction from reproductive health point 4. What would be the optimum approach
Gymming at Workspace - Tips to Stay Healthy	<ol style="list-style-type: none"> 1. Ways to improve physical activity of busy professionals 2. How to achieve work-fitness balance 3. How to make workplace fitness friendly 4. Professional advantages of being fit