



# Obestat

## ANNUAL OBESITY SYMPOSIUM

03<sup>rd</sup> MAY 2026

Hotel Residency Tower  
Thiruvananthapuram



Dear Doctor

It is disheartening to note that the prevalence of excess weight among people in India has gone up nearly five times in the past 30 years. Without any appropriate intervention, the overweight and obesity prevalence in the country may go up to over 520 million - the second highest globally by 2050. Welcome to **OBESTAT 2026**, our second annual obesity update slated on **3rd May 2026** at **Hotel Residency Tower, Thiruvananthapuram**. The scientific agenda is planned as inclusive, engaging and discussion oriented. We request you to save the date and be a part of this academic feast.

Team

**OBESTAT 2026**

### ORGANISING TEAM

**Dr Aneesh Ghosh MS**  
**Dr Thushanth Thomas**  
**Dr Rakhee Nair**

### FOR DETAILS, CONTACT

**Mrs. Aparna 9447588958**  
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### CONFERENCE SECRETARIAT

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FOR  
REGISTRATION



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## Session 1 09.00 AM - 10.15 AM

### SCOPE IN OBESITY : General Perspectives

#### TOPICS

Emerging Concepts: Obesity Phenotype & Clinical Implications (15+5 mts)

Sleep & Obesity: The Synergy (15+5 mts)

Nutrition: The Art of Dietary Customization to Improve Compliance & Outcome (15+5 mts)

Combining Cardio & Resistance Training: Beat the Scale and Build Muscle (10+5 mts)

Chairperson : **Dr Sreejith Babu MD, DM, SCE**

#### FACULTY

**Dr. Aneez Joseph MD, DM, MRCP**

**Dr. Akhila Bhandarkar Panduranga MD, DM**

**Dr. Mumtaz Khalid Ismail MSc, PhD**

**Dr. Jagdish Chandran MD**

## INAUGURATION 10.15 AM - 10.30 AM

## Session 2 10.30 AM - 11.10 AM

### SCOPE IN OBESITY : Panel Discussion

#### TOPICS

The Conundrum of Front of Package Labels and Regulatory Oversight

Moderator : **Dr Rakhee Nair DNB [D&V]**

#### PANELISTS

**Dr. Akhila Bhandarkar Panduranga MD, DM**

**Dr. Mumtaz Khalid Ismail MSc, PhD**

**Dr. Altamash Shaikh MD, DM**

**Dr Arun S Menon MD, FRCP, CCT**

## Session 3 11.10 AM - 12.30 PM

### SCOPE IN OBESITY : Emerging Concepts

#### TOPICS

Genetics of Obesity: What Do We Know? (15+5 mts)

Fatty Liver Spectrum : Interpretation of Novel Biomarkers & Liver Elastography (15+5 mts)

Obesity & Cardio-Metabolic Health (15+5 mts)

Approach to Perimenopausal Weight Gain (15+5 mts)

Chairperson : **Dr Sasikumar. V MD, DM**

#### FACULTY

**Dr Arun S Menon MD, FRCP, CCT**

**Dr. Harikumar Nair MD, DM, MRCP**

**Dr. Madhu Sridhar MD, MRCP, DM**

**Dr. Antresa Jose MD, DM**



## Session 4 12.30 PM - 01.00 PM

### SCOPE IN OBESITY : Debate

#### TOPICS

Metabolically Healthy Obesity: A Misnomer?

Expert : **Dr Mohan T Shenoy MD, DM**

#### INTERLOCUTORS

Yes : **Dr. Reshma. M MD, DM**

No : **Dr. Karthik. V MD, DM**

## LUNCH BREAK 1.00 PM - 2.00 PM

## Session 5 2.00 PM - 3.40 PM

### SCOPE IN OBESITY: Pharmacological Therapy

#### TOPICS

GLP-1- Based Therapy for PCOS with Obesity (15+5 mts)

Obesity and GERD: When Weight Fuels Reflux (15+5 mts)

Obesity and CKD: Targeting Weight to Slow Progression? (15+5 mts)

Obesity and Osteoarthritis (15+5 mts)

Neuro-Psychiatric Manifestations of Obesity (15+5 mts)

Chairperson : **Dr Sreejith Babu MD, DM, SCE**

#### FACULTY

**Dr Thushanth Thomas MD, DM**

**Dr Sasikumar. V MD, DM**

**Dr Mohan T Shenoy MD, DM**

**Dr Reshma. M MD, DM**

**Dr. Karthik. V MD, DM**

## Session 6 3.50 PM - 4.10 PM

### SCOPE IN OBESITY: Workshop

#### TOPICS

Interpreting Whole Body DXA, Bioelectrical Impedance Analysis & Sarcopenia Indices

Moderator: **Dr Thushanth Thomas MD, DM**

#### FACULTY

**Dr Altamash Shaikh MD, DM**

## VALEDICTORY FUNCTION 4.30 PM

## CORE DISCUSSION POINTS

Sessions	Take Home Message Session 1
Session 1	<ol style="list-style-type: none"> <li>1. Why Obesity Phenotype is Important and What is it?</li> <li>2. Why Indian Phenotype is Distinct?</li> <li>3. Diet &amp; Exercise Customization to Optimize Outcome</li> </ol>
Session 2	<ol style="list-style-type: none"> <li>1. What is the Importance of Front of Pack Labelling [FPL]?</li> <li>2. Position and Interpretation of Judiciary, Executive and Regulatory Statute on FLP</li> <li>3. Why Restriction of Sale and Marketing of Ultra Processed Food [UPF] is Important?</li> <li>4. Where Does India Stand as far as Statutory Regulations on UFP is Concerned?</li> </ol>
Session 3	<ol style="list-style-type: none"> <li>1. Why Obesity Genotyping is Important?</li> <li>2. Why Early Screening &amp; Detection of MASLD is Important?</li> <li>3. Detection and Management of Asymptomatic CV Risk in Obesity</li> <li>4. Causes, Consequences &amp; Management of Perimenopausal Obesity</li> </ol>
Session 4	<ol style="list-style-type: none"> <li>1. The Concept of Metabolically Healthy Obesity and its Fallacies</li> </ol>
Session 5	<ol style="list-style-type: none"> <li>1. The Scope of Pharmacotherapy in the Management of Obesity</li> </ol>
Session 6	<ol style="list-style-type: none"> <li>1. Why is it Important to Assess Body Composition in Obesity?</li> <li>2. What are the Tools Available?</li> <li>3. How Will it Influence the Management?</li> </ol>