



Obesitas CONFERENCE 2026



OBESITY AWARENESS, ADVOCACY, ACTION



4-5 April
2026



Vivanta New Delhi,
Dwarka

Join the Fight Against Obesity. **Be Part of Obesitas 2026.**



<https://obesitas2026.medtalks.in/>



Obesitas CONFERENCE 2026



WELCOME MESSAGE

Dear Esteemed Seniors, Faculty, Delegates, and Participants,

It gives us immense pleasure to welcome you to **OBESITAS 2026**, to be held on **4th and 5th April 2026**, at **Vivanta New Delhi, Dwarka, India**.

Guided by this year's theme, "Obesity Awareness, Advocacy, Action", we come together with a shared resolve to transform the way obesity is understood, addressed, and managed. Through evidence-based science, patient-centered care, and collaborative advocacy, we aim to move from discussion to decisive action.

Over two days, OBESITAS 2026 will offer stimulating scientific sessions, expert deliberations, case-based insights, and meaningful networking opportunities, designed to empower clinicians and healthcare professionals to tackle obesity with confidence and compassion.

OBESITAS 2026 brings together leading clinicians, researchers, and healthcare professionals dedicated to advancing the science and practice of obesity management. As obesity continues to pose significant clinical and public health challenges, this conference aims to foster meaningful dialogue, share cutting-edge evidence, and explore practical, patient-centered strategies for prevention and treatment.

Beyond the scientific sessions, we hope you will enjoy the opportunity to network with peers and build lasting professional connections.

As we gather in the heart of Dildaar Delhi, India, a city known for its warmth, heritage, and vibrant spirit, we hope you will experience not only an enriching academic exchange but also the hospitality and energy that make this city truly special.

ORGANIZING TEAM



Prof Nishant
Raizada



Dr Saptarshi
Bhattacharya



Dr Dina
Shrestha



Prof Nitin
Kapoor



Dr Sanjay
Kalra



DAY-1 SATURDAY, 4 APRIL 2026 (HALL A)

RAPPORTEUR: DR LAKSHMI NAGENDRA

Time	Topic	Speaker	Chairperson
09:15 AM - 09:30 AM	Welcome Saraswati Vandana	Dr Saptarshi Bhattacharya, Dr Sanjay Kalra	
09:30 AM - 11:00 AM	Advocacy & Action • International Diabetes Federation • Launch: Textbook of Obesity • ICRAS Tool: Indian Pride • Thyroid Federation International • ESI Guidelines: Leading The Way	Dr Niti Pall (UK) Dr Nitin Kapoor Dr Sanjay Kalra Dr Ashok Bhaseen (Canada) Dr SV Madhu	Dr Viveka P Jyotsna Dr Jugal Kishore Dr Suresh Sharma Dr Deki Pem (Bhutan)
11:00 AM - 11:30 AM	The Mind • The Dopamine Paradox • Person-Centred Care – Mindstyle Modulation	Dr Om Lakhani Dr Rajneesh Mittal and Dr Ashok Kumar	Dr Sneha Dr Eram Nahid
11:30 AM - 12:30 PM	Conventional, Yet Contemporary • Liraglutide • Obesity Associated Reprosexual Syndrome • Medical Nutrition Therapy	Dr Mustafa Cesur (Türkiye) Dr Paulo Miranda (Brazil) Dr Mohan T Shenoy	Dr Madhur Verma Dr Ajay Yadav
12:30 PM - 01:30 PM	I STARCH: The Plate of India • I STARCH Results • What Next? • Culinary Conversations	Dr Neeta Deshpande Dr Nitin Kapoor Dr Sheryl Salis	Dr Pooja Tiwari Dr Vignesh G Dr Shweta
01:30 PM - 02:00 PM	Meet the Professor Barobehavioral Syndrome	Dr Erika P Guedes (Brazil), Dr Mustafa Cesur (Türkiye), Dr Paulo Miranda (Brazil)	Dr Dheeraj Kapoor Dr Madhur Verma
02:00 PM - 02:30 PM	Baro JAM (Just a Minute)	Dr SV Madhu	Dr Lakshmi Nagendra
02:30 PM - 03:30 PM	Hora Orecticus (Lunch)		
03:30 PM - 04:30 PM	Bone and Brawn • The Muscle and Bone as Endocrine Organs • GLP-1 RA & The Bone • Sarcopenic Obesity Simplified	Dr Gagan Priya and Dr Sameer Aggarwal Dr Ambrish Mithal Dr Amandeep Singh	Dr Parminder Singh Dr Inder Kasturia Dr Manasvini Bhatt
04:30 PM - 05:30 PM	Diabesity • Postprandial Hyperglycemia • The Peptide Paradox • Person-Centred Choice of Anti-Obesity Medication	Dr Salam Ranabir Dr Rama Mohan Dr Erika Paniago Guedes (Brazil)	Dr Sakthivel Dr Anulekha Mary Joy
05:30 PM - 06:30 PM	Techno-Savvy Obesity Medicine • Technology on Your Sleeve: Wearables • Effective Communication • Gamification: The Game Changer	Dr Shinjan Patra Dr Alankar Tiwari Dr Abhijit Bhograj	Dr Kiran Pasam Dr Sidharth Arora Dr Sandeep Mathur
06:30 PM - 07:30 PM	Hacks and Heuristics • Good Clinical Sense in Obesity • Research and Real Life • Sports Endocrinology: Relevance to Obesity Care	Dr Himanshu Sharma Dr Roopa Shivshankar Dr Sanjay Saran	Dr Shariq Masoodi Dr Ashoo Grover Dr Varun Arora
07:30 PM - 08:30 PM	Twincresin Symposium • Science of Obesity & Cross Connect with T2D • The Rise of GIP: From Biology to Medicine • Dual Path to Success: Tirzepatide in Focus • Q&A by Session Moderator	Dr Arundhati Das Gupta Dr Atul Dhingra Dr Vineet Surana Dr Saurabh Arora	Dr Saurabh Arora
08:30 PM Onwards	Endocrine Ebullium		

DAY-1 SATURDAY, 4 APRIL 2026 (HALL B)



11:00 AM – 01:30 PM

INDO-BHUTANESE ADVISORY BOARD

Chair: Prof Suresh Sharma

10min	Introduction — Prof Suresh Sharma
5min	Video Address — Dr Christine Yedinak (USA)
5min	Video Address — Dr Phillip Yeoh (UK)
10min	Epidemiology of Obesity — Dr Deepika Khaka
10min	Clinical Impact of Obesity — Dr Sandhya Shankar
10min	Obesity in Children and Adolescents — Dr Deki Pem (Bhutan)
10min	Obesity in Women — Dr Daisy Thomas
10min	Midlife Obesity — Dr R Sree Raja Kumar
10min	Obesity in CNE: Responsibility of Professional Associations — Dr Evelyn P Kannan
10min	Obesity in Nursing Curriculum — Dr Neerja Sood
10min	Obesity and Health Care Services — Dr Rakhi Gaur
10min	Obesity Liaison Services — Dr Gomthi A
10min	Collaboration with Nutrition — Dr Parmeet Kaur
10min	Collaboration with Medicine — Dr Sunil K Dular, Dr Sanjay Kalra
10min	The Way Ahead: Roles and Responsibilities — Dr Manju Chhugani
10min	Vote of Thanks — Prof Suresh Sharma



DAY-1 SATURDAY, 4 APRIL 2026 (HALL B)

RAPPOREUR: DR CHARMI GANDHI

Time	Topic	Speaker	Chairperson
1:30 PM - 1:50 PM	The Person's Voice: The Butterfly Spreads its Wings <ul style="list-style-type: none"> Thyroid Federation of India: National Launch 	Dr Ashok Bhaseen <i>(President, TF International)</i> Dr Shobha Mukerjee <i>(President, TF India)</i> Dr Anju Ajmani <i>(Secretary, TF India)</i> Dr Sanjay Kalra	Dr Hari Krishan Rathee Dr Saptarshi Bhattacharya
1:50 PM - 2:10 PM	Best Practices from South Asia <ul style="list-style-type: none"> Thyroid Federation of India and Advocacy 	Dr Ashok Bhaseen <i>(President, TF International)</i>	Dr Madhur Verma Dr Deki Pem (Bhutan)
2:10 PM - 2:30 PM	Diabetes <ul style="list-style-type: none"> Modern Sulfonylureas: Kg A1c Care 	Dr Rini Yadav	Dr Mohan T Shenoy
02:30 PM - 03:30 PM Hora Orecticus (Lunch)			
3:30 PM - 4:30 PM	Body Composition Analysis Workshop <ul style="list-style-type: none"> Basics of BCA Clinical Application Communicating Results 	Ms Yoonjo Bae Mr Gurudeep Singh Dr Dheeraj Kapoor	Dr Amandeep Singh Dr Nitin Kapoor
BEYOND WEIGHT, TOWARDS WELLNESS			
4:30 PM - 5:30 PM	The Power of Peptides <ul style="list-style-type: none"> Importance of Early Holistic Management in Type 2 Diabetes Tirzepatide: A Novel GIP & GLP-1 Agonist SURPASS 2: Paving Way to HbA1c and Weight While Being Superior to GLP-1 RAs Unraveling Obesity: The What, Why and How 	Dr Rajneesh Mittal Dr Sandeep Mittal Dr Ashok Rohilla Dr Suvreet Jain	
5:30 PM - 6:30 PM	Outcomes Beyond Weight and Waist <ul style="list-style-type: none"> From Trials to Treatment: Integrating Tirzepatide into Clinical Practice Redefining Obesity Care with Tirzepatide SURMOUNTing Obesity: Going Above Thresholds Q&A by Session Moderator 	Dr Ananda Mohan Dr Pawan Goyal Dr Danendra Sahu Dr Dheeraj Kapoor	Dr Dheeraj Kapoor
6:30 PM - 7:30 PM	Power of Pharmacosimilars <ul style="list-style-type: none"> Setting the Context Semasize® – Analytical & BE Study Results Semasize® & Semasize Plus® – Phase 3 Study Results Panel Discussion 	Dr Jay Chordia Dr Kingshuk Bhattacharjee Dr Saptarshi Bhattacharya Moderated by Dr Kingshuk Bhattacharjee Dr Saptarshi Bhattacharya Dr Avivar Awasthi	Dr Hitesh Punyani Dr Jay Chordia

DAY-2 SUNDAY, 5 APRIL 2026 (HALL A)

RAPPORTEUR: DR PARAG AGARWAL

Time	Topic	Speaker	Chairperson
08:30 AM - 08:40 AM	Welcome	Dr Nitin Kapoor	
08:40 AM - 09:20 AM	Free Papers		Judge: Dr Sameer Aggarwal Dr Manasvini Bhatt Dr Eram Nahid
09:20 AM - 10:00 AM	Women's Health <ul style="list-style-type: none"> • Obstetric Obesity • Approach to Obese Woman with GDM 	Dr Pikee Saxena Dr Yashdeep Gupta	Dr Suneet Verma Dr Pruthviraj
10:00 AM - 11:00 AM	Obstinate Obesity <ul style="list-style-type: none"> • Endocrine Obesity • Resistant/Refractory Obesity • Syndromic Obesity 	Dr Anupam Biswas Dr Rajiv Singla Dr Hamid Ashraf	Dr Ella Reddy Dr Jaspreet Singh
11:00 AM - 12:00 NOON	Holistic Care <ul style="list-style-type: none"> • Pharmacocoeutical Prowess of India • Soft Skills in Obesity Care • Technology-Assisted Therapy (TAT) 	Dr Hari Kumar Dr Sambit Das Dr R Santosh	Dr Biplav Bandhopadhyay Dr Tauseef Nabi
12:00 NOON - 01:00 PM	Hepatic Health <ul style="list-style-type: none"> • Resmetirom • Dapagliflozin + Pioglitazone • The Obese Liver 	Dr Jayshree Swain Dr Syed Mohd Razi Dr Pawan Rawal	Dr Vipin Talwar Dr Deepak Khandelwal
01:00 PM - 02:00 PM	GLP-1 RA Symposium <ul style="list-style-type: none"> • Unlocking the Secret: r-DNA Semaglutide Transforming the Weight Loss Landscape • The Power of One: r-DNA Semaglutide as the Ideal First Choice for T2D • Practicalities of Using Semaglutide: A Ready Reckoner for Clinicians 	Dr Sukriti Jena Dr Prem Kumar Dr Sunil Mishra Dr Sukriti Jena and Dr Prem Kumar	Dr Sunil Mishra
02:00 PM - 03:00 PM	Hora Orecticus; Prize Distribution/ Valedictory		



NUTRITION SYMPOSIUM

5th April (HALL B)

10 AM – 12 NOON

RAPPORTEUR: DR ALANKAR TIWARI

10 AM – 11 AM

Metabolic Syndrome and Nutrition, Core Group of IAPEN India

Chairpersons



Dr NR Dash
New Delhi



Ms Anita Jatana
New Delhi



Speaker

GLP-1RA Friendly Nutrition

Dr Shilpa Varma (Mumbai)



Speaker

**Obesity as a Metabolic Driver of Cancer:
Mechanisms, Outcomes, and Clinical
Implications**

Mr YT Shivshankar (Mumbai)

Panel Discussion



Moderator:
Ms Shilpa Thakur, RD
New Delhi



Panelist:
Ms Seema Singh
New Delhi



Panelist:
Ms Ruchika Jain
New Delhi



Panelist:
Dr Leepika Kapoor
Vellore

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Dr Sanjay
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NUTRITION SYMPOSIUM

5th April (HALL B)

10 AM – 12 NOON

RAPPORTEUR: DR ALANKAR TIWARI

11 AM – 12 Noon

IAPEN India, Integrated Nutrition and Dietetics Core Group

Inauguration by: Dr Sanjay Kalra

Chairpersons



**Dr Vijaya
Lakshmi Nag**
New Delhi



Dr Parmeet Kaur
New Delhi



Speaker

Integrated Nutrition Management

Dr Dharini Krishnan (Chennai)



Speaker

NCD Management through Integration

Dr Madhumitha Shankar (Bengaluru)

Panel Discussion



Moderator:
**Dr Hemalatha
N Potti**
New Delhi



Panelist:
**Dr Seema
Puri**
New Delhi



Panelist:
**Dr Vivek
Srivastav**
New Delhi



Panelist:
**Dr Dharini
Krishnan**
Chennai



Panelist:
**Dr Vineeth
George**
New Delhi

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Dr Sanjay
Kalra



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DAY-2 SUNDAY, 5 APRIL 2026 – HALL B (12:00 NOON - 02:00 PM)
RAPPORTEUR: DR ALANKAR TIWARI

Metabolic महामंथन

Sehat Ka Sabse Bada Sawal — Jawab Milega Yahan!

Time (समय)	Session (विषय)	Speaker (वक्ता)	Chairperson
12:00 Noon - 12:05 PM	Context Setting (शुभारम्भ)		Dr Pankaj Agarwal
12:05 PM - 12:35 PM	Session 1: CV Risk Reduction: Lipid Management	Dr Navneet Agrawal Dr Anupam Biswas	Dr Sameer Aggarwal
12:35 PM - 01:05 PM	Session 2: Advances in Reno-Protection	Dr Sachin Mittal Dr Rajat Gupta	Dr Sandeep Suri
01:05 PM - 01:35 PM	Session 3: Person-Centred Blood Pressure Management	Dr Amit Chhabra Dr Umesh Garg	Dr Arun Kumar C Singh
01:35 PM - 01:55 PM	Session 4: Integrated Obesity Management	Dr Suneet Verma Dr Alankar Tiwari	Dr Monika Sharma
01:55 PM - 02:00 PM	Q&A and Closing Remarks	Dr Pankaj Agarwal	Dr Himanshu Sharma

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REGISTRATION

	Up to 31st March 2026	On the Spot
<i>International Delegate</i>	\$200	\$250
<i>PG Students (International)</i>	\$150	\$200
<i>Indian Delegates</i>	₹7000	₹8000
<i>PG Students (India)</i>	₹4000	₹5000

Registration Guidelines

- **Conference registration is mandatory** for all delegates participating in the Obesitas (Obesity) scientific programme.
- **Registration is strictly non-transferable.**
- **Postgraduate (PG) students** are required to submit a *No Objection Certificate (NOC)* from the Head of the Department/Institute.
- **Registration confirmation** will be communicated via email and/or SMS to the registered email ID and mobile number upon successful receipt of payment.
- The **delegate kit** will be issued only to the registered delegate.
- Entry of **accompanying persons** may be restricted to selected areas of the venue, including scientific sessions and obesity-focused workshops.
- The **organizers shall not be responsible** for any change in conference dates or for loss, damage, or theft of personal belongings.
- **Registration fees are refundable** only in the event of conference cancellation, as per the refund and cancellation policy available on the official website. Otherwise, the amount will be adjusted against the conference fee upon successful completion of the conference.
- Please refer to the website for complete **refund and cancellation policy details.**