

27th

November, 2021

Saturday



**HYBRID
EVENT**

MIDTERM AIAAROCON

(All India Association of Advancing Research in Obesity)

Kaziranga & Jorhat (Assam)

FOR FREE REGISTRATION



CLICK HERE



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Dr Rupam Das,

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Ms Lipika Bora



Dear colleagues

We take the opportunity to inform and invite you all to the **“All Indian Association of Advancing Research in Obesity's” Conferences**, the **Midterm AIAAROCON** at Kaziranga & Jorhat, on 27th November, Saturday. The programme is envisaged as a Hybrid Event.

As you know AIAARO is a reputed national organisation dealing with issues and challenges related to obesity.

Midterm AIAAROCON in Kaziranga & Jorhat will be an unique event deciphering various aspect of obesity. This will enhance knowledge on management of obesity. This symposia will empower our physicians to augment their skills on this very important lifestyle issue, which is emerging as a global challenge.

Assam's Kaziranga valley beckons you to this academic platform to engage on the global challenge of obesity.

With regards

Organising committee
Midterm AIAAROCON
Kaziranga & Jorhat
A Hybrid Event.



AIAARO

All India Association for Advancing Research in Obesity (AIAARO) earlier known as (Advancing Research in Obesity-AARO) was formed on 1st November 2000. In March 2001 AIAARO was registered with the Charity Commission. With just strength of 50 members initially AIAARO has grown into a large multi-disciplinary body of almost 600 members.

AI AARO got its affiliation to International Association for the Study of Obesity (IASO) in the year 2004.

As of now AI AARO has five chapters across India-Andhra Pradesh Chapter, Gujarat Chapter, Karnataka Chapter, Delhi Chapter and Tamil Nadu Chapter.

AI AARO has a dedicated team of National Governing Council Members who regularly conduct academic programmes, seminars and conferences, at state and national levels to solve and fight this Battle of the Obesity.



AIMS AND OBJECTIVES OF AIAARO.

- To provide a non profit making organisation for the benefit of obese patients.
- To promote the study of causes and treatment of obesity and to spread the information.
- To create awareness about obesity and its adverse impacts on health through lectures, interactive seminars, symposia and workshops.
- To publish and circulate literature related to the subject under the banner of AARO.
- To hold obesity camps for the detection of obesity and provide guidance to the affected.
- To organise training programmes for the medical and paramedical personnel.
- To promote and encourage research on obesity through scholarships to students.
- To offer prizes and merit awards for distinguished services in the research on obesity.
- To co-operate with Govt. and semi government bodies of public health..



Assam

**Dr Binayak Dutta,
NEHU**

Assam, often described as the gateway to northeast India, is one of the larger and ethnically diverse states of India. For the last two centuries since the time when global attention was turned to this enigmatic land as a result of colonial exercises, Assam has been at the core of all national imaginations centered around North-East India. Being synonymous with multi-culturalism and multi-ethnicity, this land of the Mighty Brahmaputra and Barak valleys has become the best confluence of tradition and modernity.

If tradition inform us about the celebrated visit of Hiuen Tsang, the celebrated Buddhist scholar and pilgrim to this land in the reign of Bhaskarvarman, the Buranjis educate us about the enrichment of this land's multi-cultural heritage with the arrival of the Ahoms through the south-east Asian route and their reign of seven centuries. It is of little wonder for any interested mind that the land called Assam has historically been a strategic bridge that links South East Asia with India.

Geographically, Assam is a land that is a celebration of the best of nature's myriad hues. From the cool locales of North Cachar Hills to the flood plains of the Brahmaputra valley the land is a quintessence of natural diversity. It is therefore little wonder that celebrated scholar and thinker Hem Barua called



this land as the land of ‘The Red River and The Blue Hill’ to capture in essence the country’s natural bounty, criss-crossed by rivers and mountains like veins that carry the life force of this Asian continent across diverse lands and communities of the state that include more than thirty six million people spread across 33 districts today.

Over the years, the enigmatic character of this land has only grown leaps and bounds. While inquisitive minds from lands far and wide have often stuck to certain stereotypes about floods and earthquakes which have often brought the land to the national headlines, this narrative is now fast giving way to celebration of more positive images. Assam today is widely accepted as a site of the unique cohabitation of the best of the Shakta tradition of South Asia represented by the shrine of the Mother Goddess Kamakhya and of the Vaisnavite tradition represented by the celebrated Saint Shankardeva. Culturally, the rhythms of the traditional drum and the sway of the Satriya dance forms have come to occupy the center-stage of national cultural efflorescence along with Bhaona and Bihu. Majuli and Umananda stand not only as attractive river islets, it is also the home of the finest of Vaisnavite and Shaivite beliefs, cultures and tradition that are preserved and celebrated. Tanks such as Joi Sagar and temples such as Joi Dol, Shiva Dol and Vishnu Dol of Sivasagar of the medieval times occupy a pride of place along with roads, buildings and national monuments such as Rang-ghar, kareng-ghar and Talatal-ghar as unparalleled evidence of the lands’ technological achievement and heritage.



If history and heritage make the land an attractive destination for tourists and place of pride for the indigenous inhabitants, the grace of nature has left its unbound mark on this land along the Brahmaputra River. The Kaziranga National Park located partly in the Golaghat District and partly in the Nagaon District of the state is one of the oldest parks in Assam, established in 1905 as a showcase for this bio-diversity. The Park covers an area of 430 square kilometres is the home of the Indian one horned rhino apart from a large number of breeding animals such as tigers, elephants, water buffalo, swamp deer apart from a variety of birds.

The bounty of nature is not just limited to the fauna but is equally celebrated in the golden silk yarn and the finest of silk from Assam referred to, colloquially as Muga. The local or Assam tea constitutes the crowning glory of the state economy, symbolized in most packages with the sketch of two leaves and a bud. The Toklai tea Research centre on the outskirts of the Jorhat town has brought out the finest natural product of the land into global focus. Lush green tea gardens spread over hundreds of acres have, as one of the Governors of Assam, Sri Prakash mentioned, ‘...put Assam into the picture of the world as a supplier of a most pleasing beverage.’

Today the state is on the highway of progress moving beyond mere recognition as a site for the finest in primary produce. With an ever-expanding infrastructure of development and progress, the state is on the threshold of joining the global millennial club of destinations that pamper the goal of modernity and unfettered progress with opportunity for all the stake-holders that call this



land their home. The establishment of medical hospitals and research institutes and the Indian Institute of Technology, Guwahati are testimonies of this changing tide. Recently, the inclusion of Guwahati on the smart city list along with the introduction of Uddan scheme of the Government of India is just one such example of initiative that has opened the possibility of multiple fold progress not only for the city and other cities of the state ranging from Silchar in the Barak Valley and Dibrugarh in Upper Assam alone, but also the region as a whole.

There is little doubt that, today Assam is standing on the springboard of realizing its promises of the tryst with national destiny and the possibility of her emergence as a technological and educational leader of the twenty-first century. This is something that people are slowly coming to terms with in recent times.



11.00 AM - 12.00 Noon. WORKSHOP ON OBESITY & DIET

Chairperson : **Dr. Shilpa Joshi**

Coordinator : **Ms. Sameya Sultana & Ms. Mitali Dowerah Rajkhowa**

12.00 PM - 12.30 PM - PHYSICAL ACTIVITIES & OBESITY

Chairperson : **Prof. S Kanagaraj & Dr. P K Biswas**

Speaker : **Ms. Lipika Bora & Dr. Milan Chetri**

1.00 PM – 7.00 PM - Plenary Session

Plenary 1. BASIC SCIENCE 1.00 PM - 2.15 PM

Chairperson : **Prof. Sanjeev Kakati & Dr. Amio Sharma**

1. Pathophysiology and complication of Obesity - **Dr. Neeta Deshpande**
2. Approach to patient with Obesity - Starting a dialogue and history taking and behavioural modification in patients with Obesity - **Dr. Subhash Kumar**
3. Approach to patient with Obesity -Clinical examination and investigation of the patient with Obesity - **Dr. Mukut Roy**

Plenary 2. DIET & NUTRITION 2.15 PM - 3.30 PM

Chairperson : **Dr. Ripun Borpuzari & Dr. Basanti Baroova**

1. Diet - Corner Stone in the Management of Obesity - **Dr. Shilpa Joshi**
2. Continuous Calorie Restrictions & Intermittent fasting for Obesity - **Dr. Mohan Badgandi**
3. The Burden of Double Malnutrition - **Dr. L Srinivas Murthy**

Plenary 3. DIABESITY 3.30 PM - 4.45 PM

Chairperson : **Dr. Kamal Nahata & Dr. Bharat Panigrahy**

1. Role of SGLT2i - **Dr. Supratik Bhattacharyya**
2. Role of Incretin base Therapy - **Dr. Kalyan Kumar Gangopadhyay**
3. Cardio Renal Syndrome and its Management in Diabesity - **Dr. Sanjay Agarwal**

Plenary 4. MANAGEMENT OF OBESITY 4.45 PM - 6.00 PM

Chairperson : **Dr. Sunil Gupta & Dr. Bikash Bhattacharjee**

1. Pharmacotherapy in Obesity - **Dr. Banshi Saboo**
2. Recent advances - **Dr. Soumitra Ghosh**
3. Cardio Vascular Management - **Dr. Aftab Khan**

Plenary 5. CHILDHOOD & ADOLESCENCE. 6.00 PM - 6.45 PM

Chairperson - **Prof. Sarita Bajaj & Dr. B M Makkar**

Evaluation of Obesity in Childhood and Adolescence and its Management - **Dr. Priti Phatale**



Thank You

For any queries please contact

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With best compliments from...

