



OBESITY
India 2023

dfi diabetes care
foundation of india (nagpur)



**ALL INDIA ASSOCIATION FOR
ADVANCING RESEARCH IN OBESITY**

Present

16th ANNUAL CONFERENCE

**OBESITY
INDIA 2023**

Friday, 1st Dec 2023 (Virtual)

Saturday 2nd & Sunday 3rd Dec. 2023 (Physical)

Radisson Blu Hotel, Nagpur

Academic Partners



Scan QR code
for Online
Registration



4 MMC Points Credited

AIAARO: National Executives

OFFICE BEARERS



Dr Mahendra Narwaria
President



Dr Banshi Saboo
Imm. Past President



Dr. Soumitra Ghosh
Vice President



Dr. B. M. Makkar
Secretary



Dr. Bikas Bhattacharjee
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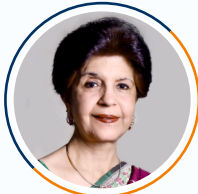


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Dr. Sarita Bajaj



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Dr. Nitin Kapoor



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Dr. Hemant Phatale
Dr. Priti Phatale

Organising Chairman

Dr. Sunil Gupta
Obesity India 2023

Organising Secretary

Dr. Kavita Gupta
Obesity India 2023

Conference Secretariat

Sunil's Diabetes Care n' Research Centre Pvt.Ltd

42, Lendra Park, Ramdaspath, Nagpur. M: +91 9823068111,7057450888 E: aiaaro2023@gmail.com, dcrcindia@gmail.com

Education Partners

Academy of Medical Sciences | Indian Dietetics Association of India, Nagpur (IDA-NC)

INTERNATIONAL SPEAKER



Dr. Louise Baur
President World Obesity Federation
Sydney, Australia



Dr Kyuon Kong Leonard
President Asia Oceania Association
for the Study of Obesity (AOASO)
South Korea



Dr Parag Singhal
Physician and
Endocrinologist
London, UK



Dr Nikhil Dhurandhar
Dept. of Nutritional Sciences
Texas Tech University
USA



Dr Mohd Ismail Noor
Professor Emeritus
Taylor's University
Malaysia



Dr. Leah D. Whigham
Associate Professor,
University of Texas Health Science,
Houston (USA)

ORATIONS

Dhurandhar Oration



Dr Pradeep Choubey
(Padma Shri)
Bariatric Surgeon, Delhi

Vandana Bambawale Oration



Dr. Sarita Bajaj
Endocrinologist
Prayagraj

Presidential Oration



Dr Mahendra Narwaria
Bariatric Surgeon
Ahmedabad

KEY NOTE ADDRESS



Dr Ramen Goyal
Bariatric Surgeon
Mumbai



Dr Shashank Joshi
(Padma Shri)
Endocrinologist, Mumbai



Dr Anoop Misra
(Padma Shri)
Endocrinologist, Delhi



Dr B.M. Makkar
Diabetologist, Delhi



Dr Banshi Saboo
Diabetologist, Ahmedabad

Day 1, Friday - 1st Dec. 2023

INTERNATIONAL OBESITY SYMPOSIA

05.45-6.00pm

Welcome & Introduction

Session 1

06.00 to 06.20 pm

Role of Ancient Traditional Concepts in Preventing & Tackling Obesity



Dr. Pallavi Sodhi Patankar
Mumbai

Chairpersons



Dr. Dhanasree Naidu
Mumbai



Dr. Meenakshi Bajaj
Chennai

06.30 to 06.50 pm

Obesity: A Global Burden



Dr. Mohd Ismail Noor
Malaysia

Chairpersons



Dr. G. Vijaykumar
Chennai



Ms. Rima Rao
Rajkot

07.00 to 07.20 pm

Oral GLP1 receptor Agonist



Dr. Kyuon Kong Leonard
Incheon, Korea

Chairpersons



Dr. Bharat Saboo
Indore



Dr. Rakesh Parikh
Jaipur

07.30 to 07.50 pm

Causes and contributors of Obesities- Not what you may think...!



Dr. Nikhil Dhurandhar
Lubbock, TX, USA

Chairpersons



Dr. Rutul Goklani
Ahmedabad



Ms. Sonal Modi
Mumbai

08.00 to 08.20 pm

A scalable and highly personalized online nutrition program for weight loss



Dr. Leah D. Whigham
Texas, USA

Chairpersons



Dr. Purvi Chawla
Mumbai



Dr. Ranjani Harish
Bengaluru

08.30-08.45pm

Panel Discussion

Co-Convenor

Dr. Hemant Phatale
Dr. Priti Phatale

Organising Chairman

Dr. Sunil Gupta
Obesity India 2023

Organising Secretary

Dr. Kavita Gupta
Obesity India 2023

Conference Secretariat

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DAY 2
PHYSICAL CONFERENCE



Day 2, Saturday-2nd Dec. 2023 (Physical) | Hall of Fame

Rapporteurs : Dr. Sachin Gathe | Dr Piyush Kherde | Dr Zakir Siddique | Ms Parvinder Bamrah | Ms Sakshi Patil

Session 2 | KEYNOTE ADDRESS

09.45 to 10.10 am

Why surgery is most effective for treatment of Diabetes



Dr. Ramen Goel
Mumbai



Dr. Subodh Gupta



Dr. Parag Singhal



Dr. Pramod Gandhi

Chairpersons

10.10 to 10.25 am

Open Session : Surgical Vs Nonsurgical Management

Session 3 | KEYNOTE ADDRESSES

10.30 to 11.00 am

Treatment of Obesity in Adolescents



Dr. Louise Baur
Australia



Dr. B.M.Makkar



Dr. Sunil Gupta

Chairpersons

11.00 to 11.30 am

MOC: Dr.Mohit Zamad | Ms Parvinder Bamrah

INAUGURATION

11.30 to 11.50 am

Pathogenesis, Diagnosis & Classification of Obesity



Dr. B.M.Makkar
Delhi

Chairpersons



Dr. Tarun Mishra



Dr. Sanjay Jain

11.55 to 12.15 pm

Diabetes: Twin Pandemic -A Concern



Dr Banshi Saboo
Ahmedabad

Chairpersons



Dr. Johny
Kannampilly



Dr. Shankar
Khobragade

12.15 to 12.25 noon

DISCUSSION

Session 4

12.25 to 12.55 pm

Presidential Oration

More than two decades of Bariatric Journey-
Lessons learned (bitter & better)

Dr Mahendra Narwaria
Ahmedabad

Chairpersons



Dr Banshi Saboo



Dr. Rakesh Sahay





01.00 to 01.30 pm

Dhurandhar Oration:

Hybrid approach for management of diabetes & obesity

Dr. Pradeep Chowbey (Padma Shri)
Delhi

Chairpersons



Dr Mahendra Narwaria



Dr. Sunil Gupta

Session 5

01.35 to 01.55 pm

Metabolic surgery without malabsorption, will it be the future of bariatric surgery

Chairpersons



Dr Shashank Shah



Dr. Mukund Thakur



Dr Anant Rajput

02.00 to 02.20 pm

KgA1c paradox in India

Chairpersons



Dr. Nitin Kapoor
Vellore



Dr. Trilok Patil



Dr. Sachin Gathe

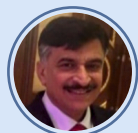
02.25 to 02.45 pm

Weight is a Fallacious criteria for Obesity

Chairpersons



Dr. Sanjay Agrawal
Pune



Dr. Anand Kate



Dr. Alok Modi

02.50 to 03.10 pm

Case based approach in the management of obesity

Chairpersons



Dr. Hemant Phatale
Aurangabad



Dr. Nikhil Balankhe



Dr. Ajay Kaduskar

03.10 to 03.20 pm

DISCUSSION

Session 6

03.20 to 03.40 pm

Reversal of Metabolic Disorders

Chairpersons



Dr. Neeta Deshpande
Belgaum



Dr. Jayant Kelwade



Dr. Tanuja Manohar

03.45 to 04.05 pm

Antipsychotic drugs-weight gain and T2DM

Chairpersons



Dr. Bikas Bhattacharjee
Guwahati



Dr. Amol Meshram



Dr. Priti Phatale

04.10 to 04.30 pm

Remission of Diabetes with Early Insulin & Incretin



Dr. Jothydev Kesavadev
Thiruvananthapuram

Chairpersons



Dr. Tripti Jawade



Dr. Nitin Gupta

04.35 to 04.55 pm

Impact of Obesity in Hyperglycemia in pregnancy (HIP)



Dr. Sunil Gupta
Nagpur

Chairpersons



Dr. Partha Biswas



Dr. Nirmal Jaiswal

04.55 to 05.05 pm

DISCUSSION

Session 7

05.05 to 05.25 pm

Could brown fat be a solution for weight loss?



Dr. Rakesh Sahay
Hyderabad

Chairpersons



Dr. Uday Gupte



Dr. Nalini Humne

05.30 to 05.50 pm

Obesity and MAFLD (Metabolic Associated Fatty Liver Disease)



Dr. Soumitra Ghosh
Kolkata

Chairpersons



Dr. Abhiram Paranjape



Dr. Sunanda Chaoji

05.55 to 06.15 pm

Why don't you lose weight despite the best efforts: Whom to blame?



Dr. Abhishek Katakwar
Hyderabad

Chairpersons



Dr. Vivek Bhalerao



Dr. Shilpa Joshi

06.15 to 06.20 pm

DISCUSSION

Session 8

Keynote Address

06.20 to 06.40 pm

Impact and Implications of Obesity stigma



Dr. Jasjeet Wajir
Delhi

Chairpersons



Dr. R.B. Kalamkar



Dr. Shankar Vasista

06.45 to 07.05 pm

Addressing the syndemic of Diabetes in India with GLP-1RAs: Potential & Promise"



Dr. Shashank Joshi
(Padma Shri)
Mumbai

Chairpersons



Dr. T.C. Rathod



Dr. Madhuri Holey

Keynote Address

07.10 to 07.30 pm

New definition of obesity for Asian Indians living in India



Dr. Anoop Misra
(Padma Shri)
Delhi

Chairpersons



Dr. B.M. Makkar



Dr. Shinjan Patra

07.35 to 07.55 pm

Obesity & Sexual Dysfunction: Mission impossible



Dr. Deepak Jumani
Mumbai

Chairpersons



Dr. Ashish Sunde



Dr. Swarup Verma

07.55 to 08.05 pm

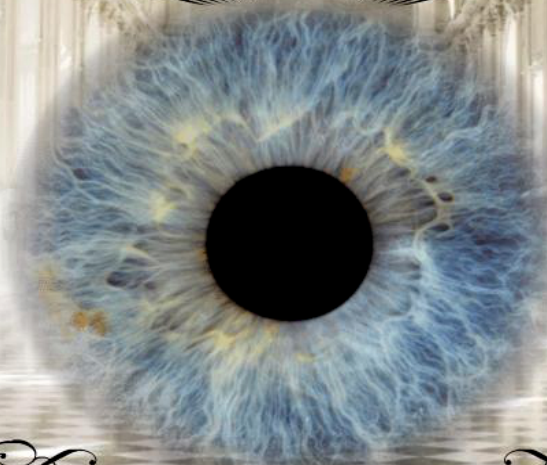
DISCUSSION

08.10pm onwards

DINNER



HALL OF VISION



Session 9

02.00 to 02.20 pm

Obesity and genetics



Dr. Bharat Panigrahy
Bhuvneshwar

Chairpersons



Dr Banshi Saboo



Dr. P. Somwanshi

02.25 to 02.45 pm

Order of eating: From what you eat to how you eat?



Dr. Shilpa Joshi
Mumbai

Chairpersons



Dr. Rajesh Atal



Prof. Nilima Joshi

02.50 to 03.10 pm

Double Diabetes: A case based learning



Dr. Kavita Gupta
Nagpur

Chairpersons



Dr. R.B Sharma



Ms. Seema Chalkhore

03.10 to 03.20 pm

DISCUSSION

Session 10

03.20 to 03.40 pm

Nutritional Management after Bariatric Surgery



Ms. Arya Singh
Ahmedabad

Chairpersons



Dr. Virendra Papalkar



Dr Rita Bhargava

03.45 to 04.05 pm

Nutritional Management after gastric leak



Ms. Richa Jaiswal
Delhi

Chairpersons



Dr. N.P.Tolani



Ms. Priti Jainabadkar

04.05 to 04.15 pm

DISCUSSION

Session 11

04.15 to 04.35 pm

Gut Microbes and Obesity



Dr. Johnny Kannampilly
Kochi

Chairpersons



Dr. Atul Somani



Dr. Rekha Sharma

04.40 to 05.00 pm

The potential role of Digital Health in Obesity care



Dr. Amit Kumar Dey
Kolkata

Chairpersons



Dr. Jothydev Kesavadev



Ms. Anju Mahurkar

05.00 to 05.20 pm

Incretinization



Dr. Sunil Gupta
Nagpur

Chairpersons



Dr. Prashant Gowardhan



Dr. Y. V. Bansod

05.20 to 05.30 pm

DISCUSSION

Session 12

05.30 to 05.50 pm

Paediatric Obesity: Is it a matter of concern?



Dr. Priti Phatale
Aurangabad

Chairpersons



Dr. Manohar Sarda



Dr. Sanket Pendsey

05.55 to 06.15 pm

HFpEF Paradox in Obesity



Dr. Shantanu Sengupta
Nagpur

Chairpersons



Dr. Amit Baheti



Dr. Ravindra Jhariya

06.20 to 06.40 pm

Biological age versus Chronological Age with reference to Obesity



Dr. Alok Modi
Thane

Chairpersons



Dr. Nitin Wadaskar



Dr. Shilpa Kuthe

06.45 to 07.05 pm

Diabetes & MASLD (NAFLD) a double-edged sword (Focus: Pioglitazone & SGLT2i)



Dr. Nitin Kapoor
Vellore

Chairpersons



Dr. Bharat Panigrahy



Dr. Shahane Sameer

07.05 to 07.15 pm

DISCUSSION

Session 13

TED TALKS Fat to Fit- Pearls from the Science of Nutrition

Each talk 10 mins 07.15 to 08.00 pm

Moderator



Dr. Srilakshmi Potluri



Dr. Swapna Khanzode



Dr. Renuka Mainde
What makes Superfoods so super?



Mr. Chitranjan Yadav
What you gain and loose with Meal Replacements?



Ms. Malvika Fulwani
Low Carb vs. Low Fat Diets- Which Is Best for Weight Loss?



Ms Rashmi Buddhadev
Artificial Sweeteners: Friend or Foe

08.00 to 08.10 pm

DISCUSSION

08.15pm onwards

DINNER



DAY 3
PHYSICAL CONFERENCE





OBESITY
India 2023

PHYSICAL CONFERENCE

Day 3, Sunday - 3rd Dec. 2023 (Physical) | Hall of Fame

Rapporteurs : Dr Pratibha Dhingra | Dr. Shruti Zalke | Dr Shantanu Karwa | Ms Kiran Patil

Session 14

08.00 to 09.30 am

BREAKFAST

09.30 to 09.50 pm

Fit Fat Concept: Myths v/s Reality



Dr. Shalini Jaggi
Prayagraj

Chairpersons



Dr. Sandeep Kharkar



Dr. Himanshu Patil

09.55 to 10.15 pm

Harnessing the potential of Dapagliflozin & its combinations to manage diabetes - Real life cases Weight los



Dr. Anoop Misra
(Padma Shri)
Delhi

Chairpersons



Dr. Jay Deshmukh



Dr. Mukesh Mishra

10.15 to 10.25 am

DISCUSSION

Session 15



10.20 to 10.50 am

Vandana Bambawale Oration

Thyroid & Obesity

Dr. Sarita Bajaj

Prayagraj

Chairpersons



Dr. B.M. Makkar



Dr. Banshi Saboo

Session 16

10.55 to 11.15 am

Effect of physical exercise on adiposity and aerobics fitness



Dr. Amit Gupta
Noida

Chairpersons



Dr. H.S. Bora



Dr. Arjun Deshmukh

11.20 to 11.40 am

Chrononutrition link between meal timing and obesity management



Dr. Anjali Nakra
Delhi

Chairpersons



Dr. Rajesh Misar



Dr. Varsha Dahane

11.45 to 12.05 am

Sarcopenic Obesity : How to proceed?



Dr. Jayant Panda
Cuttack

Chairpersons



Dr. Rahul Mopari



Dr. Arti Dharaskar

12.05 to 12.15 pm

DISCUSSION

Session 17

12.20 to 12.40 pm

Managing Diabetes: Newer perspective



Dr Raghuvir Mathur
Kanpur

Chairpersons



Dr. Jitendra Gupta



Dr. Praveen Nitnaware

12.45 to 01.05 pm

Diabetes is a Cardiovascular Disease



Dr. Rajeev Chawla
Delhi

Chairpersons



Dr. Parmanand Laharwani



Dr. Dnyaneshwar Katyarnal

01.10 to 01.30 pm

**Bariatric surgery:
For whom ,when and why?**



Dr. Jayshree Todkar
Pune

Chairpersons



Dr. Ahsan Badar



Dr. Neelima Saoji

01.30 to 01.55 pm

**“Insights into The life of a Sumo Wrestler:
Medical perspectives”**



Dr. Shlok Gupta

Chairpersons



Dr Banshi Saboo



Ms Sunitha Jyothydev

02.00 to 02.10 pm

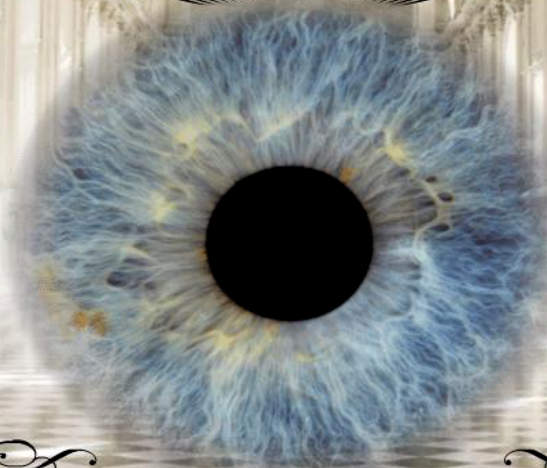
DISCUSSION

02.10pm onwards

LUNCH



HALL OF VISION



Session 18

08.00 to 09.30 am

BREAKFAST

09.30 to 09.50 am

Sleep Apnea Syndrome & Obesity



Dr. Vivek Gupta
Nagpur

Chairpersons



Dr. Suhas Kanphade



Dr. Malay Parekh

09.55 to 10.15 am

"Metformin to prevent diabetes"



Dr. Neeta Deshpande
Belgaum

Chairpersons



Dr. Mukund Ganerwal



Dr V.K. Bhardwaj

10.15 to 10.25 am

DISCUSSION

Session 19

WORKSHOP 1

10.25 to 11.15 am

Understanding Body Composition Analysis (BCA): Beyond Muscle & Fat for Obesity Management

Moderator



Dr. Banshi Saboo
Ahmedabad



Dr. Anjali Bhatt
Pune



Ms. Ankita Ghag
Mumbai



Dr. Rajeev Chawla
Delhi

Session 20

WORKSHOP 2

11.20 to 12.10 pm

Algorithm for the management of Obesity: Case based learning

Moderator



Dr. B.M. Makkar
Delhi



Dr. Jothydev Kesavadev
Thiruvananthapuram



Dr Sanjay Gandhi
Pune



Dr Shalini Jaggi
Prayagraj

Session 21

WORKSHOP 3

12.15 to 01.05 pm

The Bright & Dark side of Pre & Post exercise Supplementations

Moderator



Dr. Tarun Mishra
Raipur



Dr. Geetanjali Bhide
Pune



Ms. Meghna Kumare



Dr. Imran Noor Mohammad

Session 22

TED TALKS **Weight loss: Choosing a Diet that's right for you**

Each Talk 12 mins | 01.05 to 02.00 pm

Moderator



Dr. Kavita Gupta
Nagpur



Dr. Shakti Sharma



Ms. Vinita Mehta
Nagpur
Keto Diet



Ms. Meenal Bhojar
Nagpur
Vegan Diet



Ms. Parvinder Bamrah
Nagpur
Intermittent Fasting



Dr. Shweta Chhabra
Raipur
Gluten-Free Diet

02.00pm onwards

LUNCH



REGISTRATION DETAILS

Delegate Fee	Before 30th Nov 2023	Spot Registration
Member	INR 6000	INR 8000
Non- Member	INR 7000	INR 9000
PG Students	INR 5000	INR 7000
Dietitian	INR 2000	INR 4000

** Note: The Registration fee is inclusive of GST @18% And Bank charges @ 3%

Scan QR code for
Online Registration



[Click here for registration](#)



Conference Secretariat



Dr. Sunil Gupta

Org. Chairman
AIAAROCON 2023



Dr. Kavita Gupta

Secretary
AIAAROCON 2023

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