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MIDTERM MEETING 2026

24|25 OCTOBER 2026

AHMEDABAD



Workshop on OBESITY in CHILDREN and ADOLESCENTS

24th October, 2026, 9:30 AM – 1:00 PM

Co-ordinators: Dr Ahila Ayyavoo, Dr Ruchi Shah

Welcome!

Obesity and Metabolic syndromes are rising at an alarming rate in children and adolescents, posing significant long-term health challenges. 80 % of the children and adolescents, end up having obesity in adulthood. This workshop is designed to help clinicians stay updated with core concepts and the latest advancements in the field of pediatric obesity.

What This Workshop Covers

This workshop includes interactive discussion on

- Lifestyle related obesity
- Non nutritional obesity – syndromic, hypothalamic, monogenic forms
- Practical lifestyle interventions
- Pharmacological treatment of obesity, role of GLP1 agonists
- Role of Bariatric surgery
- Screening and management of each component of Metabolic syndrome
- Co morbidities associated with obesity and its management.

Highlights

This workshop includes interactive discussion on

- Discussions by renowned national faculty
- Practical solutions to the management of Pediatric Obesity in our OPDs
- Insights from adult endocrinologists with the experience of long-term use of GLP1 agonists

Key insights and recommendations from this workshop will also be shared with the Health and Family Welfare Department, Government of Gujarat and UNICEF contributing to broader public health initiatives.



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