



PRE-CONFERENCE SYMPOSIUM OBESITY : ALL YOU NEED TO KNOW IN 2026



ESICON 2026 CHENNAI

55th Annual Conference of
the Endocrine Society of India



22nd - 25th
Oct, 2026



Chennai Trade
Center, Chennai

For Enquiries:



55TH ANNUAL CONFERENCE OF THE ENDOCRINE SOCIETY OF INDIA



Dear colleague,

I am personally delighted to invite you to join us for the **Obesity Symposium at ESICON 2026**, the **55th Annual Conference of the Endocrine Society of India**, being held from **October 22nd to 25th, 2026**, at the **Chennai Trade Center, Chennai**. With **ESICON** now just a few weeks away, I particularly wanted to draw your attention to this symposium.

Few areas in endocrinology are changing as rapidly as obesity medicine. New understanding of disease biology, powerful pharmacological therapies, evolving metabolic, bariatric interventions and a growing emphasis on long-term weight management are transforming the way we treat our patients. What was considered standard practice only a few years ago is already being re-examined.

We have therefore put together a focused, clinically relevant Obesity Symposium that brings leading experts together to discuss not merely *what is new*, but more importantly what these advances mean for your everyday clinical practice. The programme will cover current concepts in obesity pathophysiology and assessment, complications, lifestyle and behavioural interventions, emerging pharmacotherapies, metabolic and bariatric interventions, and strategies for sustainable long-term weight management.

A special emphasis will be placed on the questions we increasingly face in our clinics: Whom should we treat early? Which therapy should we choose? How should we sequence or combine therapies? When should we consider metabolic interventions? And how do we maintain weight loss over the long term? Importantly, these discussions will be viewed through the realities of Indian clinical practice and Indian patients, making the symposium particularly relevant to endocrinologists, physicians, postgraduate trainees and everyone involved in metabolic medicine.

Beyond the lectures, we hope this will be an opportunity to meet colleagues, interact directly with experts, exchange perspectives and be part of the conversations that are shaping the future of obesity care in India. With the pace at which obesity management is evolving, this is one session at **ESICON 2026** that I would strongly encourage you to make time for. Come prepared to question current practice, discover what is changing, and take-home ideas that you can use in your clinic the very next day.

We would be delighted to have you with us in Chennai and look forward to welcoming you personally to **ESICON 2026** and the Obesity Symposium.

Warm regards,

Dr. Muthukumaran Jayapaul
Organizing Secretary

Dr. Krishna G Seshadri
Program Chair



OBESITY SYMPOSIUM FOR PHYSICIANS

Day 1 | 22nd October (Thursday) | Hall - A

Time	Topic	Speaker	Chairperson
11.00 to 11.40 AM	All you need to know about Obesity in 2026		Dr. S. Murthy Dr. K. Shunmugam
11.00 to 11.15 AM	Defining, Measuring and Classifying Obesity in the Indian Context	Dr. Sandeep Kumar	
11.15 to 11.30 AM	What causes Obesity?	Dr. NK Agarwal	
11.30 to 11.40 AM	Discussion		
11.40 to 11.55 AM	The consequences of Obesity	Dr. Ritesh Agrawal	Dr. Abhishek Pandey Dr. Balamurugan
11.55 to 12.10 PM	Work up the patient with Obesity	Dr. Sushil Jindal	
12.10 to 12.20 PM	Discussion		
12.20 to 12.40 PM	Monogenic and Childhood Obesity	Dr. Barbara McGowan	Dr. Balaji Chidambaram Dr. Kavitha Sakamuri
12.40 to 01.00 PM	Suspecting and investigating secondary causes in Obesity	Dr. JJ Mukherjee	
01.00 to 01.10 PM	Discussion		
01:10 to 02:00 PM - Lunch			
02.00 to 02.20 PM	Lifestyle changes in Obesity: Separating the Myths & Facts	Dr. Sowrabha Bhat	Dr. Debharchan Jena Dr. Mohd. Hayat Bhat
02.20 to 02.40 PM	Medical Therapy: Principles and Therapeutic Outcomes	Dr. Vijay Sekar Reddy	
02.40 to 03.00 PM	Metabolic Surgery: Relevance Who, What & When?	Dr. KD Modi	
03.00 to 03.10 PM	Discussion		
03.10 to 03.30 PM	Medical Therapy for Obesity: Who, What & How?	Dr. Shyam Kalavapalli	Dr. A. Shanmugam Dr. G. Vijayakumar
03.30 to 03.50 PM	Medical Therapy: Illustrative Case based examples	Dr. Sunil Kota	
03.50 to 04.00 PM	Discussion and Open House		

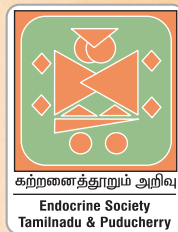
Venue :
Chennai Trade Center,
Nandambakkam,
Chennai

Contact us!

Conference Secretariat
Arka Center for Hormonal Health Pvt Ltd
5/2, First Avenue, Sastri Nagar,
Adyar, Chennai - 600 020.
94980 41000 | esicon2026@gmail.com
www.esicon2026.com

The Endocrine Society - Tamil Nadu and Puducherry

The Endocrine Society of Tamil Nadu and Puducherry was formed in 2013 with a view to spread awareness about the specialty to the public and to fulfill the need for a state level organization for the specialty. The aim of the Society is to unite all practicing physician endocrinologists qualified and trained or otherwise interested to work for the cause of Endocrinology and subjects with Endocrine disorders. The other aims are to propagate recent developments in the endocrine science through periodic conduct of conferences and publish journals, newsletters or guidelines. To publish books for lay public, under and post graduate medical students and others.



ESICON 2026 will represent the 55th Annual Conference of the Endocrine Society of India. ESTN as one of the earliest affiliates of the Endocrine Society of India is honoured to host **ESICON 2026** in Chennai. This conference is conducted with a view to spreading up-to-date evidence based knowledge in Endocrinology & Diabetes to Endocrinologists, Senior Physicians, specialists with allied interests such as Gynecologists and Pediatricians.

Memberships & Subscriptions

Full membership - Physician with a postgraduate qualification in Endocrinology and/or trained in Endocrinology - Life membership Rs. 10,000/- only, entry fee Rs.1000/-

Associate members - Physicians and Basic scientists who do not meet the above requirements but are interested in Endocrinology Rs.10,000/- only as life membership & entry fee Rs.1000/-

Student members - Medical and Basic science students undergoing postgraduate courses in Endocrine or other related sciences Rs.3000/- for the period of current studentship with an entry fee Rs.250/- only

Corporate membership - Institutions and industries interested in the advancement of Endocrinology - Rs.1,00,000/- only with an entry fee of Rs.1000/- only (One time)

Current Office Bearers

President	:	Dr. Muthukumaran Jayapaul
Vice Presidents	:	Dr. Jayashree Gopal Dr. Suresh Damodharan
Secretary	:	Dr. Vijaya Bhaskar Reddy
Treasurer	:	Dr. Dukhabandhu Naik

EC Members

Dr. Kumaravel
Dr. Shriraam Mahadevan
Dr. Bharath R
Dr. Usha Ayyagari
Dr. Sridhar S
Dr. Warun Kumar
Dr. Geethalakshmi
Dr. Nitin Kapoor
Dr. Jayaprakash Sahoo

For enquiries :

**The Endocrine Society -
Tamil Nadu and Puducherry**

**Contact : Dr. Vijaya Bhaskar Reddy
E-mail : estnendo@gmail.com**