



1ST AIIMS OBESITY SUMMIT 2026

"Decoding Obesity: Biology to Remedy"

September 5 – 6, 2026 | JLN Auditorium, AIIMS New Delhi

Conference Brochure

2

Days of Intensive Science

25+

Expert Talks & Sessions

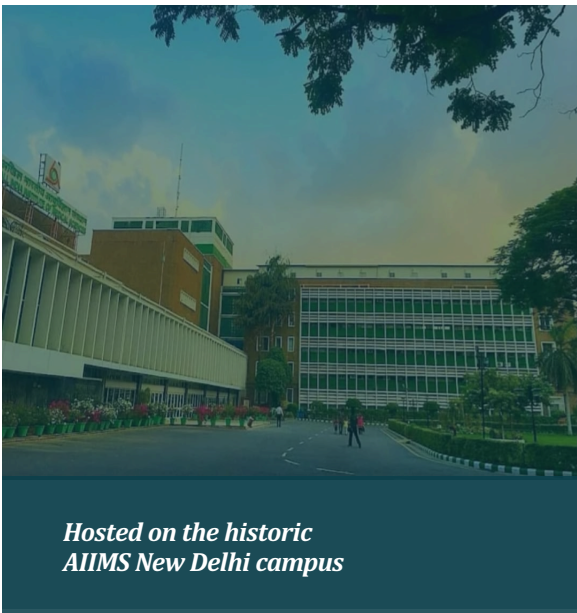
300+

Delegates Expected

6+24

Oral & Poster Presentations

From biology to remedy — advancing the science and practice of obesity care.



Hosted on the historic AIIMS New Delhi campus

AT A GLANCE

Dates
5 – 6 September 2026

Venue
JLN Auditorium, AIIMS New Delhi

Organiser
Dept. of Medicine, AIIMS · AoP Medicine

National Quiz
PG quiz — free with registration

Abstracts
Open — awards for oral & poster

Who attends
Physicians · Endocrinologists · Surgeons · PGs

FIVE SCIENTIFIC THEMES

Biology & Mechanisms

Obesity Across the Life Course

Evaluation & Complications

Treatment & Pharmacotherapy

Surgery & Clinic Models

Register →

Submit Abstract

Patron's Message



It gives me immense pleasure to welcome all delegates, faculty members, students, researchers, policymakers, and guests to the 1st AIIMS Obesity Summit 2026, organized by the Department of Medicine, AIIMS New Delhi.

Obesity is one of the defining health challenges of the 21st century. It is a chronic disease that fuels diabetes, cardiovascular disease, fatty liver disease, cancer, and numerous other conditions, affecting millions of lives and placing a growing burden on healthcare systems worldwide.

The theme of this summit, "Decoding Obesity: Biology to Remedy," is a call to action. For researchers, it is a call to generate new knowledge. For clinicians, a call to deliver compassionate, evidence-based care. For educators, a call to promote healthy habits early in life. For policymakers, a call to create environments that make healthy choices easier. And for every citizen, it is a reminder that daily choices related to nutrition, physical activity, sleep, and stress management can profoundly influence lifelong health.

No single individual, institution, or nation can solve this challenge alone. Together, through science, innovation, education, public policy, and personal responsibility, we can reverse the tide of obesity and build healthier communities.

I congratulate Prof. Naval K. Vikram, the Organizing Chairman, and the entire organizing committee for their vision, dedication, and hard work in bringing this important initiative to fruition. I am confident that this summit will stimulate meaningful scientific exchange, inspire future collaborations, and contribute to advancing obesity prevention, care, research, and policy in India and beyond.

My warmest wishes for the resounding success of the 1st AIIMS Obesity Summit 2026.



Prof. Naveet Wig

Patron, 1st AIIMS Obesity Summit 2026

Head of Department
Department of Medicine
AIIMS New Delhi

Welcome

Why Attend

Highlights

Committee

Speakers

PROG.

Day One

Day Two

Quiz

Abstracts

Registration

Venue

Book



Welcome Message

It is my great pleasure to welcome you to the 1st AIIMS Obesity Summit 2026. The theme of this summit reflects the urgent need to understand obesity as a complex chronic disease that extends far beyond excess body weight.

Obesity is no longer merely an aesthetic concern — it is a chronic, progressive and relapsing disease, now firmly placed at the crossroads of metabolic, cardiovascular, hepatic and psychosocial health. India faces a rapidly evolving obesity epidemic, and AIIMS New Delhi has a unique responsibility to translate the latest science into actionable clinical practice.

This summit brings together leading experts, researchers, and healthcare professionals from across the country to share insights, discuss emerging evidence, and explore practical solutions for obesity prevention and management. I am confident that the scientific deliberations and interactions during this meeting will foster collaboration and contribute to improving obesity care in India.

We have also created a platform for young researchers through competitive abstract presentations, with attractive prizes and the opportunity to present on a national stage.

I warmly invite you to join us on the historic AIIMS campus this September.



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Prof. Naval K Vikram

Organizing Chairman, 1st AIIMS Obesity Summit 2026
Department of Medicine,
AIIMS New Delhi

Benefits of Attending



Translational science, start to finish



A curated journey from adipose biology and appetite regulation through to evidence-based remedy — lifestyle, pharmacotherapy and surgery.

A national, multidisciplinary faculty



Leading voices across medicine, endocrinology, nutrition, gastroenterology, surgery, geriatrics and behavioural science.

Present your research



Free-paper and poster sessions with cash prizes, certificates and registration-fee reimbursement for presenters.

Panels on what matters in India



Precision nutrition, fasting & keto in Asian Indians; and the next decade of obesity pharmacotherapy in India.

Learn, compete & connect



Expert orations, two industry symposia, an interactive national postgraduate quiz and dedicated networking.

DON'T MISS THESE

Signature Sessions

- Oration: Obesity as a Chronic Disease — Beyond BMI
- Panel discussions on Nutrition and the Next Decade of Obesity Care in India
- National PG Medical Quiz — Grand Finale
- Plenary talks from the leading experts working in the field of obesity
- Building the AIIMS Multidisciplinary Obesity Clinic
- Two Industry Symposia

