



Centre For Obesity
& Metabolic Therapy

GUT & METABOLIC SUMMIT 2025

Integrating Gut, Hormonal Health & Lifestyle in the Obesity Era

December 17 - 18
AIG Hospitals, Hyderabad



HIGHLIGHTS

- Leading International & National Faculty
- Spectrum of experts representing all allied specialties
- LIVE Transmission of EndoBariatric and Bariatric Procedures
- Hands-On Workshops
- AI-Driven Models for Metabolic Health
- Networking Opportunities

[Click Here](#) to Register

Message from the Chairman

Dear Colleagues,

Obesity and metabolic disorders today form the root of many chronic diseases we encounter such as diabetes, fatty liver, heart diseases, PCOD, sleep apnea, even certain cancers. Managing them requires more than isolated interventions; it needs an integrated, multidisciplinary approach.

The Gut & Metabolic Summit 2025 aims to bring together leading experts from across specialties to share the latest insights, evidence, and practical strategies for managing metabolic health. Designed especially for general physicians, the sessions will move from understanding mechanisms to applying solutions - covering hormones, gut, heart, nutrition, psychology, and lifestyle.

I warmly invite you to be part of this initiative at AIG Hospitals. Together, let's redefine how we prevent and treat metabolic diseases - scientifically, holistically, and collaboratively.

Dr. D. Nageshwar Reddy, Chairman, AIG Hospitals

Patrons



Dr D Nageshwar Reddy



Dr G V Rao

Organizing Chairperson



Dr Rakesh Kalapala

Organizing Secretary



Dr Abhishek Katakwar

Gastroenterology & Hepatology



Dr Mithun Sharma



Dr Anand Kulkarni



Dr Nitin Jagtap



Dr Anuj Kapadiya



Dr Vishwanath Gella

Cardiology

Pulmonology

ENT

Endocrinology

Gynaecology

Plastic Surgery

Functional Medicine



Dr Srinivas Kishore



Dr M Chandhana



Dr Sharadha
Ramchandani



Dr Ravi Kiran N



Dr Anusha D

Orthopedics

Genomic Medicine

Internal Medicine

Nutrition

Physiotherapy



Dr Srinivas Thati



Dr Hima Challa



Dr Mohsin Alam



Dr Apoorva M



Dr Radha Reddy



Dr Ramakrishna

PROGRAM SCHEDULE

GUT & METABOLIC
SUMMIT 2025

Integrating Gut, Hormonal Health & Lifestyle in the Obesity Era

December 17 - 18 | AIG Hospitals, Hyderabad

Day 1: December 17, 2025 (Wednesday)

Foundations of Metabolism: Understanding, Detecting & Managing the Obesity Spectrum

TIME	SESSION
10:00 - 10:10	Inaugural Welcome & Theme Introduction
10:10 - 10:20	Keynote Address: Obesity as a Multisystem Disease - The Evolving Challenge
Session 1: Hormones & Metabolism - The Root Cause	
10:20 - 10:35	Newer Weight-Loss Drugs: Endocrine Advances
10:35 - 11:15	Panel Discussion: New Anti-Obesity Medications - The Good, The Bad & The Ugly
10:20 - 10:35	Tea Break
Session 2: Nutrition, Internal Medicine & Lifestyle	
11:30 - 11:45	Effective Weight Loss: Best Practices in Sustainable Nutrition
11:45 - 12:30	Panel Discussion: Food Myths, Fads & Weight-Loss Powders - Science vs Marketing Moderator: Clinical Nutrition Expert
12:30 - 12:45	Metabolic Syndrome: The Common Denominator
12:45 - 01:30	Panel Discussion: Holistic Weight Management - Role of Physician as Gatekeeper GP-focused practical takeaways
01:30 - 02:30	Lunch Break
Session 3: Organ Systems Under Stress	
02:30 - 02:45	Obesity, Inflammation & Sudden Cardiac Death
02:45 - 03:30	Panel Discussion: Rhythm Disorders & Heart Failure in Obese Patients Multidisciplinary (Cardio + Internal Med)
03:30 - 03:45	Obesity and OSA / Asthma - The Pulmonary Perspective
03:45 - 04:30	Panel Discussion: Approach to OSA & Obesity Hypoventilation - ENT & Pulmo Interface
Session 4: Women, Mind & Movement	
04:45 - 05:00	PCOD & IVF in Obesity – The Gynaecological Angle
03:45 - 04:30	Panel Discussion: Women, Hormones & Weight – Beyond PCOD Gynaecology + Endocrine + Psychology
05:45 - 06:00	Functional Rehabilitation in Obesity
06:00 - 06:45	Panel Discussion: Strategy on Weight Loss - From Gym to Yoga to Track Field Physio, Orthopaedics, Sports Experts
06:45 - 07:00	Integrative Wellness & Sustainable Weight Loss
07:00 - 07:30	Panel Discussion: Mythbusters & Influencers - How Social Media Shapes Weight Perception With wellness experts & social media personalities
07:30 - 08:00	AIG Oration Followed by Networking Dinner

PROGRAM SCHEDULE

Day 2: December 18, 2025 (Thursday)

From Gut to Scalpel: Advanced & Futuristic Approaches in Metabolic Care



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TIME	SESSION
09:30 - 09:45	MASLD / Lean Fatty Liver - The Silent Epidemic
09:45 - 10:30	Panel Discussion: Fatty Liver & Metabolic Syndrome - Where Does the Gut Fit In?

Session 1: The Gut & the Microbiome

10:30 - 10:45	Metabolic Endoscopy Update
10:45 - 11:00	Gut Microbiome & Metabolic Health
11:00 - 11:45	Panel Discussion: Gut as the Metabolic Hub - From Endoscopy to Microbiota Modulation Interdisciplinary focus

11:45 - 12:00 **Tea Break**

Session 2: Surgical & Post-Weight-Loss Perspectives

12:00 - 12:15	Future of Bariatric & Metabolic Surgery
12:15 - 12:30	Body Contouring – Closing the Loop of Weight-Loss Journey
12:30 - 12:45	Panel Discussion: Surgical Metabolism - Who, When & How Much to Intervene? Bariatric, Plastic, Endocrine Experts
01:15 - 01:30	Mind Over Metabolism - Behavioural Aspects of Obesity

01:30 **Closing Remarks & Vote of Thanks**

Followed by Lunch