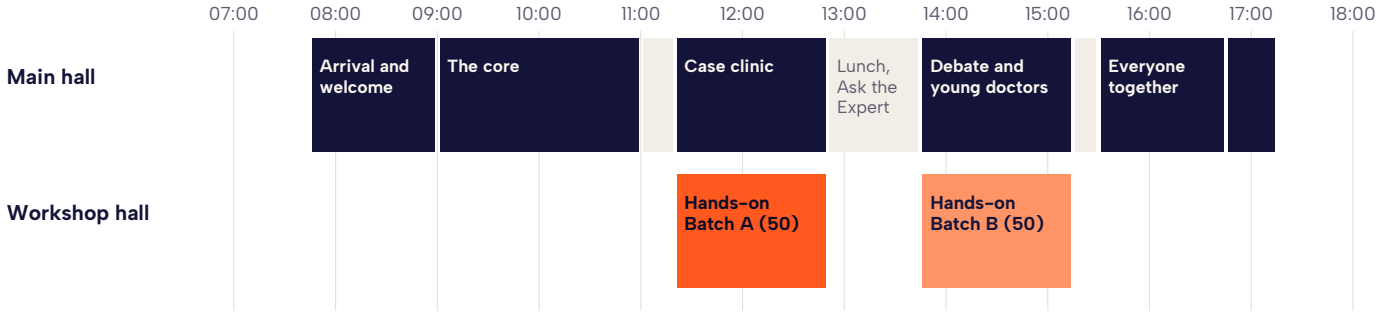
Hyderabad

Obesity-Ready Summit 2026

Learn on Sunday. Treat on Monday.

Sunday 29 November 2026, 8:45 AM · FTCCI, Federation House, Red Hills (provisional)

The day at a glance



Both halls run at the same time. Hands-on delegates receive recordings of the main-hall sessions they miss, so nobody loses a session.

29 Nov	16	6	2
Sunday	sessions	hands-on stations	halls running together

Register
betacellacademy.com/e/obesity-ready-summit-2026

Latest agenda
betacellacademy.com/e/obesity-ready-summit-2026/agenda.pdf

Feedback on the day
betacellacademy.com/f/obesity-ready-summit-2026

Organised by Caspian Healthcare Foundation, a registered public charitable trust. Academic partner: Beta Cell Academy.
The programme may change; the latest is always at betacellacademy.com/e/obesity-ready-summit-2026/agenda.pdf

07:45–09:00 Arrival and welcome

07:45 Registration, QR check-in, breakfast tea, stalls open

08:45 Why this day, and how it runs
Dr Khizer Hussain Junaidy

08:55 Message from the partner body

09:00–11:00 Block 1: The core

All delegates in the main hall

09:00 Obesity is a disease: diagnosis beyond BMI for Indians
Faculty to be announced
You will be able to: diagnose obesity in an Indian patient using waist, body fat and complications, not BMI alone.

09:25 The semaglutide generics era in India: brands, quality, dose equivalence, cost to the patient
Dr Khizer Hussain Junaidy
You will be able to: choose a generic semaglutide, convert doses between products and explain the monthly cost to a patient.

09:55 Starting and titrating GLP-1 medicines and tirzepatide
Faculty to be announced
You will be able to: start a GLP-1 medicine or tirzepatide and step up the dose safely.

10:20 Side effects in real practice, and when to stop
Faculty to be announced
You will be able to: manage nausea, constipation and other common side effects, and know when to stop.

10:45 Your questions

11:00–11:20 Tea and stalls

11:20–12:50 Block 2: Case clinic

Main hall. Hands-on Batch A runs at the same time in the workshop hall.

11:20 Three real cases with live voting: GLP-1 in CKD, in PCOS, in an elderly patient losing muscle
You will be able to: adjust GLP-1 treatment for kidney disease, PCOS and an older patient losing muscle.

11:50 Ask the pharmacologist: generics, switching, missed doses, interactions
Dr Khizer Hussain Junaidy
You will be able to: handle missed doses, switching between products and drug interactions.

12:10 Live on stage: FibroScan or body composition on a volunteer
You will be able to: read a body composition or FibroScan result and use it when counselling a patient.

12:25 Beyond medicines: a diet prescription patients follow, and protecting muscle
You will be able to: write a simple diet prescription and protect muscle during weight loss.

12:50–13:45 Lunch, Ask the Expert tables and stalls

13:45–15:15 Block 3: Debate and young doctors

Main hall. Hands-on Batch B runs at the same time in the workshop hall.

13:45 Debate: every obese type 2 diabetes patient should start a GLP-1 before anything else
You will be able to: decide when a GLP-1 medicine should come first in type 2 diabetes with obesity.

14:15 Best Case contest: six young doctors, five minutes each

15:00	Commonly missed in obesity: fatty liver (MASLD) and sleep apnoea You will be able to: screen every patient with obesity for fatty liver and sleep apnoea in your clinic.
15:15–15:30	Tea

15:30–16:45 Block 4: Everyone together

15:30	In the patient's words: living with obesity, and what helped
15:40	Hard-cases panel: weight regain, cost, adolescents, planning a pregnancy You will be able to: plan care for weight regain, cost limits, adolescents and pregnancy planning.
16:05	Build your obesity clinic: setup, team, pricing, follow-up, and the NMC advertising rules **Dr Khizer Hussain Junaidy** You will be able to: set up an obesity clinic: team, pricing, follow-up and advertising within the NMC rules.
16:40	Your toolkit: protocols, handouts and templates

16:45–17:15 Closing

16:45	Quiz with prizes, Best Case winner, your commitment card, feedback
17:10	Vote of thanks. Certificates by email the same evening.

Hands-on workshop

Two batches of 50: Batch A at 11:20, Batch B at 13:45. Each batch splits into six groups of about eight, and every group spends about 12 minutes at each station. Your skills card is stamped at each station and the skills are printed on your certificate.

1

Waist, body composition and BMI

Measure the waist the right way and read a body composition report: fat, muscle and visceral fat.

2

Teaching a GLP-1 pen injection

Teach a patient to set the dose, inject, store the pen and throw away needles safely.

3

The diet prescription

Build a high-protein Indian plate and write a one-page diet prescription a patient will follow.

4

CGM and glucose review

Read a CGM report and adjust diabetes medicines as weight comes down, to avoid lows.

5

Reading a FibroScan report

Read liver stiffness and fat scores, and decide who needs a hepatologist.

6

Setting up your obesity clinic

Use the intake form, consent, follow-up schedule and NMC-safe patient material from your toolkit.

Rotation

	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6
Group 1	Station 1	Station 2	Station 3	Station 4	Station 5	Station 6
Group 2	Station 2	Station 3	Station 4	Station 5	Station 6	Station 1
Group 3	Station 3	Station 4	Station 5	Station 6	Station 1	Station 2
Group 4	Station 4	Station 5	Station 6	Station 1	Station 2	Station 3
Group 5	Station 5	Station 6	Station 1	Station 2	Station 3	Station 4
Group 6	Station 6	Station 1	Station 2	Station 3	Station 4	Station 5

Provisional venue: to be confirmed. Registered doctors will be told as soon as it is final.

FTCCI, Federation House, Red Hills

The Federation of Telangana Chambers of Commerce and Industry (FTCCI), Federation House, Red Hills, near Lakdikapul, Hyderabad

Where everything happens

Main hall	KLN Prasad Auditorium (350 seats)
Hands-on workshop	Dhanjibhai Sawla Hall
Lunch, stalls, Ask the Expert	Banarsilal Gupta Exhibition Hall
Registration desk	Foyer outside the KLN Prasad Auditorium

Getting there

- Nearest metro: Lakdikapul (Red Line), a short walk.
- By road: Red Hills, between Lakdikapul and Nampally.
- Parking: details will be shared with registered doctors before the day.

Good to know

- Registration opens at 7:45 am. Please come early: the first session starts at 9:00 sharp.
- The halls are air-conditioned; carry a light jacket.
- Desk contact on the day will be sent to you on WhatsApp.

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