



AIAAROCON 2026

Annual conference of all India Association
of Advancing Research in obesity



HOTEL KIRANSHREE GRAND
Guwahati, Assam

11th to 13th December 2026

AIAAROCON 2026

Dear Colleagues,

All India Association of Advancing research in Obesity (AIAARO), Assam chapter excited to announce and warmly invite you to the 19th Annual Conference of AIAARO AIAAROCON 2026, to be held from 11th to 13th December 2026 in Guwahati, Assam.

Assam, known as "The Land Where Nature Breathes," is a state in Northeast India renowned for its rich biodiversity, including national parks like Kaziranga and Manas, and the Brahmaputra River, supporting diverse wildlife and a vibrant culture invites you to experience its breathtaking beauty and warm hospitality at 19th Annual conference **AIAAROCON 2026**.

Come immerse yourself in the mystic beauty of Assam, where lush tea gardens blend with vibrant cultures and ancient traditions. Experience the serenity and adventure of this exotic land, filled with unforgettable moments.

Please block these dates in your calendars and prepare for a memorable journey to the mystical and awe-inspiring Assam. We eagerly await your presence at what promises to be an enriching academic feast.

Dates; 11-13 December 2026

Venue; Kiranshree Grand, Guwahati – Assam

Warm regards,

AIAARO – Assam Chapter



Assam – Where Nature Breathes and Culture Thrives



Tucked in the emerald embrace of Northeast India, **Assam** is a land where the rhythm of nature moves in harmony with ancient traditions. Enigmatic, enchanting, and endlessly diverse, Assam offers the world a rare blend of **lush biodiversity, spiritual depth, and vibrant cultural heritage**.

At its heart flows the **majestic Brahmaputra River**, one of Asia's great rivers, nourishing

not just the land but the soul of Assam. This mighty river winds through misty hills and fertile plains, sustaining the state's celebrated **tea gardens, rice paddies, and forests teeming with life**.

Assam is home to **Kaziranga and Manas National Parks**, both UNESCO World Heritage Sites, where the endangered **one-horned rhinoceros**, tigers, elephants, and a kaleidoscope of birdlife roam free. The region's natural wonders are as spectacular as its people.

Historically, Assam holds a revered place through the legacy of **Chaolung Sukapha**, the founder of the Ahom kingdom, who established his first capital at Charaideo in 1228 AD. Today, Charaideo is renowned for its royal burial mounds — the Charaideo Maidams — which have recently been recognized as a UNESCO World Heritage Site. This historic site stands as a powerful symbol of Assam's rich cultural heritage and deep historical roots.

Culturally, Assam is a **melting pot of ethnicities and traditions**. From the rhythmic beats of **Bihu**, the festival that celebrates the cycles of life, to the divine grace of **Sattriya**, India's classical dance form rooted in spiritual expression, the Assamese identity is rich and soulful. The **handwoven silks of Sualkuchi**, the mystical **Kamakhya Temple**, and the unmatched warmth of Assamese hospitality leave an indelible mark on every visitor.

Assam is not just a destination — it is an **experience**. A land where ancient temples whisper tales of time, where every cup of tea carries the legacy of centuries, and where the air smells of rain, earth, and resilience.

To the world, **Assam is an invitation** — to explore, to connect, and to discover a place that is as authentic as it is awe-inspiring.



AIAAROCON 2026

AIAAROCON 2026, the Annual Conference of the Association for Advancing Research in Obesity (AIAARO), will be held at Kiranshree Grand, Guwahati, from **11th to 13th December 2026**.

This prestigious three-day academic event will commence with a comprehensive workshop on obesity, followed by an enriching scientific program dedicated to obesity and its multifaceted challenges. The conference will feature extensive deliberations on diabetes, hypertension, cardiovascular diseases, metabolic disorders, and the growing epidemic of childhood obesity, all of which are prominently highlighted in the conference brochure.

AIAAROCON 2026 is poised to bring together an exceptional assembly of experts, academicians, researchers, and clinicians from across the country. More than **200 national and regional faculty members** have already confirmed their participation, underscoring the academic significance of the event. We anticipate the attendance of nearly **1,000 delegates**, making it one of the largest and most influential gatherings in the field of obesity and metabolic health in India.

To further enrich the scientific content and provide a global perspective on contemporary challenges in obesity and metabolic medicine, we are also planning to invite **2–3 internationally renowned experts** in the field of obesity, diabetes, nutrition, and metabolic health. Their participation will foster international academic exchange and bring cutting-edge insights from global research and clinical practice to our delegates.

We are honored to present below a few of the distinguished personalities who have graciously consented to be part of this landmark academic congregation and contribute to its scientific excellence. We are confident that the inclusion of eminent international faculty will further elevate the academic stature of AIAAROCON 2026 and make it a truly memorable scientific event.

Prof Nikhil Tandon
Prof Brig M K Garg
Dr Mahendra Narwaria
Dr Mohan Badgandi
Prof A K Das
Dr Neeta Deshpande
Dr Anju Virmani
Dr Hari Kumar
Dr Ashish Kumar
Dr Sanjoy Kalra
Dr Ambuj Roy
Dr M C Patel
Dr Shashank Joshi
Dr Sunil Gupta
Dr Apurba Mukherjee
Dr Uday Phadke
Dr S V Madhu
Dr Sujoy Ghosh
Dr Manash Pratim Baurah
Dr Purvi Chawla

Dr Banshi Saboo
Prof Sarita Bajaj
Dr B M Makkar
Dr K M Prasanna Kumar
Prof C S Yajnik
Dr Rajesh Khagkadat
Dr. Rachna Keshwani
Dr Shilpa Joshi
Dr Ajay Duseja
Dr Soumitra Ghosh
Dr Basab Mukherjee
Dr Shashank Shah
Dr Nitin Kapoor
Prof Jayant Panda
Dr Vijay Panikar
Dr Raman Puri
Dr Aravinda J
Prof Uma K Saikia
Dr Devajit Kumar Sarma
Maj Gen Jayaraman Muthukrishnan

HIGHLIGHTS - AIAAROCON 2026

"Obesity: From Epidemic to Opportunity"

Clinical Diagnosis & Staging

Pharmacotherapy Masterclass Metabolic Surgery

"Obesity, Hypertension & the Heart: The Triple Threat"

Pathophysiology of Obesity

Nutrition & Obesity

Exercise & Energy Balance

Oration

Obesity-Related Diseases

Cardiometabolic Obesity

T2DM, NAFLD, Hypertension, Dyslipidemia

"Cardiometabolic Continuum: Bridging Obesity and Diabetes Care"

"The Pressure Within: Obesity and the Rise of Hypertension"

"Silent Tension: Managing Hypertension in the Obese Patient"

Obesity & Cancer/OSA/etc

Obesity in Practice – Panel Discussion

Pediatric & Adolescent Obesity

Obesity in Women

Geriatric Obesity

Obesity & Endocrine Disorder

Public Health Strategies

"Lifestyle in Action: Moving from Knowledge to Practice"

Yoga & Mindfulness Morning

Zumba : Dance for Health Session

Doctor–Chef Cooking Challenge

Obesity Run

Beyond the Scale: A Soulful Conversation on Mind, Mood & Metabolism

Panel: How to Talk About Weight – Empathy & Impact

Precision Medicine & Future of Obesity Care

Precision Obesity Care

Integrated Obesity Clinics –

Panel: The Future of Anti-Obesity Drugs

"AI in Obesity: Predict, Personalize, Prevent"

"Young Investigator & Free Paper Forum"

Closing Plenary - "Obesity Beyond 2026"





AIAARO – Central Executive Member

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