

## FELLOWSHIP IN OBESITY & METABOLISM

---

### ABOUT THE UNIVERSITY

Malla Reddy Vishwavidyapeeth is a reputed educational institution located in Hyderabad, Telangana, India. Recognized as a “Deemed to be University under Distinct (Existing) Category,” the university offers multidisciplinary programs in medical, dental, nursing, pharmaceutical sciences, engineering, and allied health sciences. The institution emphasizes academic excellence, clinical proficiency, innovation, and global collaborations, contributing significantly to advanced healthcare education and training.

---

### PROGRAM OVERVIEW

The Fellowship in Obesity & Metabolism is a comprehensive clinical training program designed to provide in-depth knowledge and expertise in the prevention, diagnosis, and management of obesity and metabolic disorders. The program focuses on:

- Pathophysiology of obesity and metabolic disorders
- Clinical evaluation and diagnosis of obesity
- Nutritional, lifestyle, and behavioral interventions
- Pharmacological and surgical management of obesity
- Management of metabolic syndrome and associated conditions
- Public health approaches to obesity prevention

The program integrates **theoretical learning, clinical exposure, and hands-on training**, ensuring competency in modern metabolic healthcare.

---

### PROGRAM EDUCATIONAL OBJECTIVES (PEOS)

Graduates will be able to:

1. Diagnose and manage obesity and metabolic disorders effectively.
  2. Apply lifestyle, nutritional, and pharmacological interventions in patient care.
  3. Understand and manage metabolic syndrome and associated diseases.
  4. Promote preventive healthcare and public health strategies for obesity control.
- 

### PROGRAM OUTCOMES (POS)

1. **Clinical Expertise:** Diagnose and manage obesity and related metabolic disorders.
2. **Metabolic Disorder Management:** Treat conditions such as insulin resistance, NAFLD, and dyslipidemia.

3. **Lifestyle Intervention Skills:** Implement behavioral, dietary, and exercise-based interventions.
  4. **Therapeutic Proficiency:** Apply pharmacological and surgical treatment strategies.
  5. **Age-Specific Care:** Address obesity management across pediatric, adult, and geriatric populations.
  6. **Public Health Approach:** Develop community-based obesity prevention strategies.
  7. **Evidence-Based Practice:** Apply research and clinical evidence in metabolic care.
- 

#### COURSE OUTCOMES (COS)

- **CO1:** Understand the pathophysiology and classification of obesity.
  - **CO2:** Perform clinical evaluation and diagnosis using standard assessment tools.
  - **CO3:** Implement lifestyle and behavioral interventions for weight management.
  - **CO4:** Apply pharmacological and surgical treatment approaches.
  - **CO5:** Manage metabolic complications and associated disorders.
- 

#### PROGRAM-SPECIFIC OUTCOMES (PSOS)

1. Demonstrate competency in clinical evaluation and management of obesity.
  2. Apply integrated treatment approaches including lifestyle, pharmacological, and surgical interventions.
  3. Develop preventive and community-based strategies for metabolic health.
- 

#### PROGRAM DETAILS

- **Certificate Awarded by:** Malla Reddy Vishwavidyapeeth
  - **Program Duration:** One-Year Fellowship
  - **Mode of Delivery:** Hybrid (Clinical Training + Theoretical Learning + Hands-on Practice)
- 

#### ELIGIBILITY CRITERIA

- **Academic Qualification:** MBBS with Internship Completion / MD/DNB in General Medicine / Endocrinology / Family Medicine or related fields
  - **Professional Requirement:** As per institutional and regulatory guidelines
- 

#### KEY FEATURES

- Specialized training in obesity and metabolic disorders

- Hands-on clinical exposure in metabolic and obesity clinics
  - Focus on lifestyle, nutrition, and behavioral interventions
  - Training in pharmacological and surgical obesity management
  - Integration of endocrinology and metabolic care
  - Community-based obesity prevention programs
  - Evidence-based clinical practice
- 

## LEARNING OUTCOMES

---

### KNOWLEDGE & UNDERSTANDING

- Comprehensive understanding of obesity, metabolism, and associated disorders.
- 

### COGNITIVE SKILLS

- Clinical reasoning and decision-making in metabolic disease management.
- 

### PRACTICAL & PROFESSIONAL SKILLS

- Proficiency in obesity assessment, treatment planning, and patient management.
  - Hands-on experience in metabolic clinics and patient care.
- 

### TRANSFERABLE SKILLS

- Patient counseling and lifestyle modification guidance.
  - Clinical documentation and reporting skills.
- 

### SUBJECT-SPECIFIC SKILLS

- Integrated management of obesity using multidisciplinary approaches.
- 

## CURRICULUM MODULES – THEORY

- Introduction to Obesity and Metabolism
- Pathophysiology of Obesity
- Clinical Assessment and Diagnosis
- Lifestyle and Behavioral Interventions
- Endocrinology of Obesity
- Metabolic Syndrome and Insulin Resistance
- Pharmacological Management of Obesity
- Obesity and Cardiovascular Diseases
- Pediatric and Adolescent Obesity
- Surgical Interventions (Bariatric Surgery)
- Exercise Science and Physical Activity

- Public Health and Preventive Strategies
- 

#### PRACTICAL COURSEWORK

- Clinical training in obesity and metabolic disorder clinics
  - Patient assessment and diagnosis using clinical tools
  - Implementation of lifestyle and dietary interventions
  - Pharmacological and surgical case exposure
  - Management of metabolic syndrome and complications
  - Community health programs and preventive strategies
  - Case documentation and clinical evaluation
- 

#### CAREER OUTCOMES

Graduates of the Fellowship in Obesity & Metabolism can pursue careers as:

- Obesity & Metabolic Disorder Specialist
- Consultant in Endocrinology and Metabolic Clinics
- Lifestyle and Preventive Healthcare Specialist
- Clinical Practitioner in Hospitals and Wellness Centers
- Public Health and Nutrition Consultant
- Academic and Research Roles in Metabolic Medicine



**MALLA REDDY  
VISHWAVIDYAPEETH**  
(Deemed to be University)