

Punjab's Top Bariatric Surgeon Launches Advanced Obesity Treatment Program



Moga, Punjab May 26, 2025 ([Issuewire.com](https://www.issuewire.com)) - Punjab, a state that was once known far and wide for its vibrant, rich culture and vast agricultural land, is now in the middle of an obesity epidemic. As per the reports of the National Family Health Survey-5 (NFHS-5), over 62.5% of women and 28.2% of men are classified as abdominally obese in Punjab. With an existing genetic predisposition, other factors like traditional diets, sedentary lifestyles, and easy access to junk food have made the matter worse. The upsurge in obesity rates in Punjab needs to be addressed immediately with a proactive and long-term solution. Dr. Amit Sood is a widely recognized [bariatric surgeon in Punjab](#), second to none in his exceptional surgical track record and vast medical background.

“Obesity is one of the most pressing health challenges of our time, especially in urban areas across Punjab. With the launch of this advanced obesity treatment program, we aim to provide patients not just with weight loss solutions but with a comprehensive, compassionate approach to reclaiming their health and confidence. Bariatric surgery, when combined with lifestyle support, can be truly life-changing.” said Dr Amit Sood, the founder of Coksmic Health City.

Dr. Sood has done some groundbreaking work in the laparoscopic, metabolic, and bariatric surgery fields. In his quest to tackle the menace of obesity in Punjab, Dr. Amit Sood, who is considered the [Best Bariatric Weight Loss Surgeon in Ludhiana](#), Punjab, Launches an Advanced Obesity Treatment Program to ensure weight management. The program works with an evidence-based treatment, including a personalized care plan, to deliver long-term and healthy weight loss solutions. Here is a quick breakdown of this Advanced Obesity Treatment Program to give you more valuable insights into

this program.

Obesity in Punjab: A Silent Health Crisis Demanding Solutions

A look around, and it is common to notice people with bulging bellies and excess body fat. The problem has escalated way more than what we expect, with around 30-40% of adults classified as overweight or obese as per the NFHS-5, 2019-21. Women in Punjab are grievously affected compared to men due to hormonal issues and post-pregnancy complications.

Obesity or high body fat percentage is linked to Non-Communicable Diseases (NCDs), covering diabetes, hypertension and heart disease, fatty liver disease, and joint problems. Therefore, the traditional methods are not sufficient to reverse this obesity epidemic in Punjab, necessitating the use of medical interventions.

Dawn of a New Era in Obesity Care With Advanced, Minimally Invasive Solutions

Almost everyone with obesity has once or more struggled to cope with social stigma, failed diets, health risks, and other health complications. Dr. Amit Sood breaks the stigma around seeking medical help for weight loss by introducing advanced treatments for obesity. In his Advanced Obesity Treatment Program, he combines minimally invasive technologies with a complete evaluation of a person's BMI and current health status to recommend the most personalized weight loss programs.

The advanced treatment program is designed to offer holistic weight loss support for people with different healthcare complications. Here are some key highlights of this advanced treatment program for obesity:

- Minimally invasive bariatric surgeries for effective weight loss.
- Non-surgical options like endoscopic procedures and medical weight management.
- Personalized treatment plans are curated to individual health needs and goals.
- A multidisciplinary team of surgeons, nutritionists, psychologists, and physiotherapists.
- Comprehensive pre and post-operative care ensuring long-term success.
- Treatment of obesity-related diseases (diabetes, hypertension, sleep apnea, etc.).
- High success rates with sustainable weight loss and improved quality of life.
- Free consultations/seminars to educate and guide patients.

Affordable and Accessible World-Class Obesity Care at Coksmic Health City

Dr. Amit Sood is also the esteemed founder of Coksmic Health City, a center of excellence for bariatric or laparoscopic surgeries. The modern healthcare center fosters a holistic health environment to ensure successful surgical results. It is a high-volume center fully equipped for gastric bypass, sleeve gastrectomy, or endoscopic options.

Coksmic Healthcity is a patient-centered care facility and stands out with state-of-the-art laparoscopic equipment and minimally invasive techniques. Here is how Coksmic Health City is equipped to improve patient outcomes and maintain high standards in advanced obesity treatment programs:

- Multidisciplinary Team Approach for comprehensive care.
- Advanced diagnostic tools and surgical technology to enhance precision.
- Standardized and research-backed protocols for patient selection.
- The only center in Punjab with robotic bariatric surgery capabilities

Why Expertise Matters?

Dr. Amit Sood has paved the way for medical and surgical treatments in Punjab by making them more accessible and affordable. He comes from an extensive scientific background, having a plethora of certifications and accolades to his name. What makes him stand out is how he has put his heart and soul into improving health for people with obesity or weight issues.

The Advanced Obesity Treatment Program is an honest attempt from Dr. Sood to simplify weight loss and make an impact with workable plans. His expertise in Minimally Invasive Surgery makes him a trusted choice for people searching their a way out of obesity.

Dealing with obesity can take a toll on your physical and mental health. Take charge of your health today and book a consultation with Dr. Amit Sood to learn more about advanced obesity treatment program or book the nearest date for your weight loss surgery after a comprehensive check up.



Media Contact

Ckosmic Health City - Dr Amit Sood

*****@gmail.com

+91-7341101891

G.T. Road

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