



Health and YOU Community Wellness Series

Metabolic Health in Ramadan

This session explores how fasting affects metabolic health, with special attention to obesity and diabetes management during Ramadan, and offers practical behavioral strategies to help individuals optimize their metabolic health while fasting.



Live Webinar

March 9, 2026

1:00 - 2:00 PM

(Qatar Time)



Speaker

Dr. Tariq Chukir

*Assistant Professor of Medicine
Weill Cornell Medicine-Qatar*

*Endocrinologist
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Dr. Chukir is a clinician-educator at Weill Cornell Medicine-Qatar. He practices endocrinology and obesity medicine at the Qatar Metabolic Institute and Sidra Medicine. He is actively involved in undergraduate and postgraduate medical education and conducts clinical research in obesity and metabolic health. Dr. Chukir has authored several peer-reviewed publications and book chapters in the field of obesity and serves on multiple committees at the local, national, and international levels.