

CICO PROGRAM-2026

Welcome Address: OSSI President

3/1/26, Saturday

TOPIC	SPEAKER
OVERVIEW Of Obesity – Need for CICO	Sarfaraz Baig and OSSI President - Opening Remarks
Linking Obesity and Metabolic Syndrome: Pathophysiology – Do We Understand It Well?	Sujoy Ghosh
Obesity Treatment Guidelines	Asim Shabbir

4/1/26

TOPIC	SPEAKER
Clinical Evaluation and Lab Tests for Obesity	Sarfaraz Baig (SB)
Obesity Assessment and Sarcopenia	Neeta Deshpande

10/1/26

TOPIC	SPEAKER	MODERATOR
Nutritional Assessment for Obesity	Radha Chada	Richa Jaiswal, Swapna Chaturvedi
Dietary Management of Obesity - Evidence Beyond the Fads	Lilian Dino Cragg	Ritika Samaddar
Mental Health and Obesity	Adrian Toh	Tham Kawang

11/1/26

TOPIC	SPEAKER	MODERATOR
Physical Training in The Management of Obesity	Devimeena	Praveen Raj
Group Activity	Delegates	Richa Jaiswal (RJ)

17/1/26

TOPIC	SPEAKER	MODERATOR
Obesity Management Medications (OMM)	Mohammad Kermansaravi	Sarfaraz Baig
Adolescent Obesity and Treatment Plan	Rajesh Khadgawat	Mahender Narwaria
Group Activity		SB, RJ

18/1/26

TOPIC	SPEAKER	Moderator
History of Surgical Treatment of Obesity, Mechanism and Careful Patient Selection	Praveen Raj	Sumeet Shah
Nurses' Role in the Continuum of Care for Obesity and Metabolic Bariatric Surgery	TBA	Sarfaraz Baig,

24/1/26

TOPIC	SPEAKER
Benefits Of Weight Loss on Diabetes, Obstructive Sleep Apnea, Osteoarthritis, Neurological, Immunity Parameters and Infertility in Medical and Surgical Contexts	Randeep Wadhawan

Perioperative Management of Patients Undergoing Metabolic Bariatric Surgery	Richa Jaiswal
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25/1/26

TOPIC	SPEAKER	Moderator
Common Nutritional Concerns After Metabolic Bariatric Surgery	Mary O Kane	Carlyne Remedios
Preparing Patients for Life After Metabolic Bariatric Surgery	Yitka Graham	Pinal Shah
Role Of Protein in Weight Management and Post-MBS	Gauri Murthy	Beena Arora

31/1/26

TOPIC	SPEAKER	
Weight Regain	Aparna Govil	Swapna Chaturvedi
Sarfarj Baig, Richa Jaiswal		
Panel Discussion- Integrating Obesity Management Medications Before and After Metabolic Bariatric Surgery: A New Paradigm	Chetan Parmar, Tham Kwang Wei, K.S.Kular, Randeep Wadhawan, Manish Khaitan, Ramen Goyal, Arun Prasad	
Rare Case and Nutritional Management- Group Discussion	Richa Jaiswal, Radhika Shah	

1/2/26

Holistic Approach and Biological Clock in Weight Management	Richa Jaiswal
1/2/26	Moderator: Sarfaraz Baig, Richa Jaiswal, Radhika Shah
Case capsules-1	TOPICS
Gyan Saurav Arun Kumar Mariam Julie Parrot Anuja Aggrawala Nikita	Gastric Oesophageal Reflux Disease (GERD) Sub-Optimal Clinical Response Diabetes Chronic Kidney Disease (CKD) Adolescent Obesity Iron Deficiency Pregnancy
7/2/26	Moderator: Sarfaraz Baig, Richa Jaiswal, Shamika
Case capsules-2	TOPICS
Algorithm for Management of Obesity- A Guide for Clinicians	Sarfaraz Baig
Madhu Goel Carlyne Remedios Raj Palaniappan Beena Arora Sarfaraz Baig Deeba Siddiqui	Alopecia Bone Health Sarcopenia/Protein Energy Malnutrition (PEM) Small Intestine Bacterial Overgrowth (SIBO) Steatorrhea Pancreatic Enzyme Deficiency Dumping Syndrome

8/2/26- Online Exam Attend the 23rd Annual Conference - OSSICON 2026 from 25-28 February 2026 for the CICO convocation, if possible.