



# CERTIFICATION IN INTEGRATED CARE FOR OBESITY



**Dr. Sarfaraz Baig**

Director, Digestive Surgery Clinic,  
Belle Vue Hospital



**Dr. Richa Jaswal**

Registered Dietician, AIIMS  
New Delhi

# CICO PROGRAM

03.01.2026 to 08.01.2026

## 03/01/26, Saturday Welcome Address: OSSI President

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

## 04/01/26, Sunday

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

## 10/01/26, Saturday

<u>TOPIC</u>	<u>SPEAKER</u>	<u>MODERATOR</u>
Nutritional Assessment for Obesity, Challenges and Way Forward	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

## 11/01/26, Saturday

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

## 17/01/26, Saturday

<u>TOPIC</u>	<u>SPEAKER</u>	<u>MODERATOR</u>
Obesity Management Medications (OMM)	Mohammad Kermansaravi	Sarfaraz Baig
Adolescent Obesity and Treatment Plan	Aashima Gupta Dabbas	Mahender Narwaria
Group Activity		SB, RJ

## 18/01/26, Sunday

<u>TOPIC</u>	<u>SPEAKER</u>	<u>MODERATOR</u>
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	Jarryd Walkley	Sarfaraz Baig

## 24/01/26, Saturday

<u>TOPIC</u>	<u>SPEAKER</u>
Benefits Of Weight Loss on Diabetes, Obstructive Sleep Apnea, Osteoarthritis, Neurological, Immunity Parameters and Infertility in Medical and Surgical Contexts	Randeep Wadhwan
Perioperative Management of Patients Undergoing Metabolic Bariatric Surgery	Richa Jaiswal



## 25/01/26, Sunday

<u>TOPIC</u>	<u>SPEAKER</u>	<u>MODERATOR</u>
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

## 31/01/26, Saturday

<u>TOPIC</u>	<u>SPEAKER</u>	<u>MODERATOR</u>
Weight Regain	Sarfaraz Baig	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

## 01/02/2026, Sunday

Holistic Approach and Biological Clock in Weight Management	Richa Jaiswal
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**01/02/26, Sunday**  
**Moderator: Sarfaraz Baig, Richa Jaiswal, Radhika Shah**

<b><u>CASE CAPSULES-1</u></b>	<b><u>TOPICS</u></b>
Gyan Saurav	Gastric Oesophageal Reflux Disease (GERD)
Arun Kumar	Sub-Optimal Clinical Response Diabetes
Julie Parrot	Iron Deficiency
Anuja Aggrawla	Adolescent Obesity
Mariam Lakdawala	Chronic Kidney Disease (CKD)
Nikita	Pregnancy

**07/02/26, Saturday**

Algorithm for Management of Obesity- A Guide for Clinicians	Sarfaraz Baig
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**07/02/26, Saturday**  
**Moderator: Sarfaraz Baig, Richa Jaiswal, Shamika**

<b><u>CASE CAPSULES-2</u></b>	<b><u>TOPICS</u></b>
Madhu Goel	Alopecia
Raj Palaniappan	Bone Health and Sarcopenia
Beena Arora	Protein Energy Malnutrition (PEM)
Sarfaraz Baig	(SIBO), Steatorrhea Pancreatic Enzyme Deficiency
Deeba Siddiqui	Dumping Syndrome

**08/02/26, Sunday**

**Online Exam**

Attend the 23rd Annual Conference -  
 OSSICON 2026 from 25-28 February 2026 for the CICO convocation, if possible.