THE DERM EDIT / BEYOND THE SCALE

Medical Weight Loss Workshop

Sunday, 6 December 2026 · 9:30 AM–4:40 PM IST · Perungudi, Chennai

Full-day workshop for doctors

Fifteen modules cover obesity assessment, prescribing, nutrition, muscle preservation and follow-up. The day includes a clinical case exchange, seven live demonstrations and a take-home kit for your clinic.

The day at a glance

Prescribe	**9:30–11:35 AM**	Assessment and medicines
Protect	**11:45 AM–12:45 PM**	Diet, mind and muscle
Correct	**1:30–2:00 PM**	Skin, hair and contouring
Monetise	**2:00–2:30 PM**	Practice and case exchange
Teach	**2:30–4:40 PM**	Device and injectable demos

Workshop faculty



Dr. Sarat Anandh

Dermatologist · Founder of Beyond the Scale and The Derm Edit

@drsaratanandh



Dr. Chinnadorai Rajeswaran

Endocrinologist · The London Obesity Clinic

@drcrajeswaran



Dr. Avinash Pravin

MD (DVL) · Consultant dermatologist, Pravin Skin Clinic, Nagercoil

@kanyakumaridermatologist



Dr. Jayanthy Ravindran

MS, MRCSEd, DNB (Plastic Surgery) · Founder and CEO, Tamira Aesthetic Healthcare

@drjayanthy



Dr. Krithika Bhaskar

MBBS, MD (Bio), DNB, MBA (Hospital & Health Care Management), Fellowship in Clinical Nutrition · Founder, ATP and Health

@dr.krithikabhaskar



Mrs. Kala Rajeshwaran

Cognitive behavior therapist and counselor · The London Obesity & Endocrine Clinic, Chennai

Spectra Medical India Pvt Ltd · Perungudi — **Register online · ₹3,500**

Morning programme

9:30 AM–1:30 PM IST · Prescribe and Protect

Prescribe — The medicine — 9:30–11:35 AM

9:30 AM	**Registration and welcome kit**	
10:00 AM	**Opening on medical weight loss** The evolving role of medical weight loss and how to bring it into clinical practice.	Dr. Sarat Anandh
10:05 AM	**M1 Obesity biology, biochemistry and diagnostic workup** Appetite regulation, insulin resistance, obesity-related biochemistry and baseline investigations.	Dr. Krithika Bhaskar
10:30 AM	**M2 Incretin pharmacology and GLP-1 and GIP agonists** GLP-1 and GIP pathways, their effects on appetite and metabolism, and the evidence landscape.	Dr. Chinnadorai Rajeswaran
10:45 AM	**M3 Patient selection, comorbidities and contraindications** Assess eligibility, comorbidities and contraindications. Discuss consent and when to refer.	Dr. Sarat Anandh
11:00 AM	**M4 Dosing, titration and practical administration** Choosing a formulation, reviewing titration schedules, and teaching administration and storage.	Dr. Chinnadorai Rajeswaran
11:15 AM	**M5 Co-medication management** Review diabetes, blood pressure and other medicines as treatment and weight change.	Dr. Chinnadorai Rajeswaran
11:25 AM	**M6 Recognising and managing adverse effects** Recognise common side effects and identify symptoms that need urgent assessment.	Dr. Avinash Pravin
11:35 AM	**Tea break** 11:35–11:45 AM	

Protect — Diet, mind, muscle and maintenance — 11:45 AM–12:45 PM

11:45 AM	**M7 Medical nutrition therapy during treatment** Set calorie and protein targets, adapt Indian meals, and review hydration and deficiencies.	Dr. Krithika Bhaskar
11:55 AM	**M8 Behavioural therapy, counselling and CBT** Counselling, screening for disordered eating, CBT strategies and referral pathways.	Mrs. Kala Rajeshwaran
12:10 PM	**M9 Preserving lean mass and assessing body composition** Track lean and fat mass and discuss protein and resistance training during weight loss.	Dr. Avinash Pravin
12:20 PM	**M10 Exercise prescription, myokines, adipokines and sleep** Build a progressive activity plan and discuss muscle signalling, sleep and sleep apnoea.	Dr. Avinash Pravin
12:35 PM	**M11 Weight plateaus, maintenance and long-term follow-up** Review causes of plateaus, maintenance planning, follow-up measurements and specialist referral.	Dr. Sarat Anandh
12:45 PM	**Networking lunch** 12:45–1:30 PM	

Afternoon programme

1:30–4:40 PM IST · Correct, Monetise and Teach

Correct — Skin and structure — 1:30–2:00 PM

1:30 PM	**M12 Skin disease, hair and structural changes after weight loss** Skin and hair concerns, including shedding, facial volume loss and laxity after weight loss.	Dr. Sarat Anandh
1:45 PM	**M13 Body-contouring surgery, timing and referral** Patient readiness, procedure selection, staging, perioperative planning and surgical referral.	Dr. Jayanthy Ravindran

Monetise — The practice — 2:00–2:30 PM

2:00 PM	**M14 Running a weight-loss practice** Build a clinic service with team roles, follow-up, packages and patient support.	Dr. Sarat Anandh
2:15 PM	**Clinical case exchange** Bring a de-identified case on non-response, weight regain or complex comorbidities.	

Teach — M15 · Devices and injectables after weight loss — 2:30–4:40 PM

Teaching talks · 2:30–3:05 PM / 5 minutes each

2:30 PM	**Fotona 4D** Four-step treatment sequence for facial laxity after weight loss.	Dr. Sarat Anandh
2:35 PM	**Thermage FLX** Monopolar radiofrequency for the face and neck, including candidate selection.	Dr. Jayanthy Ravindran
2:40 PM	**TightSculpting (Fotona) and Venus Legacy** Laser and radiofrequency approaches to body laxity and session planning.	Dr. Sarat Anandh
2:45 PM	**CoolSculpting Elite and Venus Bliss** Cryolipolysis and diode laser for residual fat, with safety considerations.	Dr. Jayanthy Ravindran
2:50 PM	**CM Slim and StarFormer** Electromagnetic muscle stimulation as an adjunct to training.	Dr. Avinash Pravin
2:55 PM	**Botulinum toxin, HA fillers and skin boosters** Post-weight-loss changes in facial volume, skin quality and contours.	Speaker to be confirmed
3:00 PM	**Injection lipolysis and BodyShock** Approaches to localised fat pockets and patient selection.	Dr. Sarat Anandh

Live demonstrations · 3:05–4:40 PM

3:05 PM	**Fotona 4D**	25 min
3:30 PM	**Thermage FLX**	15 min
3:45 PM	**TightSculpting (Fotona) and Venus Legacy**	15 min
4:00 PM	**CoolSculpting Elite and Venus Bliss**	10 min
4:10 PM	**CM Slim and StarFormer**	5 min
4:15 PM	**Botulinum toxin, HA fillers and skin boosters**	20 min
4:35 PM	**Injection lipolysis and BodyShock**	5 min
4:40 PM	**Certificates and close**	

Plan your workshop day

Venue directions, registration and the resources included with your seat

Venue and directions

Spectra Medical India Pvt Ltd · Chennai Experience Centre

Plot No. 43, Developed Plots Industrial Estate, Perungudi, Chennai 600096

Open in Google Maps

Scan for directions

Use the map pin for a cab or driving directions. For public transport, select Transit in Google Maps. Ask reception for the workshop floor.

Registration for doctors

₹3,500 advance online · ₹5,000 at the venue

Spot registration is subject to availability. Admission is confirmed after successful payment. Registration is non-refundable.

Have your name, phone number, degree, medical registration number and clinic or workplace ready. IADVL number is optional.

Register for the workshop

Scan to register

Take-home workshop kit

Prescribing reference
Dosage charts and a customisation guide for treatment reviews.

Clinical monographs
In-depth semaglutide and tirzepatide manuals.

Clinic materials
Intake and follow-up worksheets, a symptom guide and service setup workflow.

Clinic Diet Plan Generator
Printable Indian meal plans built from clinician-set targets.

Calculate Your Numbers
BMI, BMR, TDEE, body fat, protein needs and macro split.

90-Day Action Tracker
Patient habits, weekly progress and 30-, 60- and 90-day check-ins.

The Bible of Health, Longevity & Muscle
Online access after registration. Original chapter pages are available to preview.

Preview the workshop kit

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