



23rd Annual Conference of the Obesity and Metabolic Surgery Society of India (OSSI)

February 25 to 28, 2026

Ahmedabad INDIA

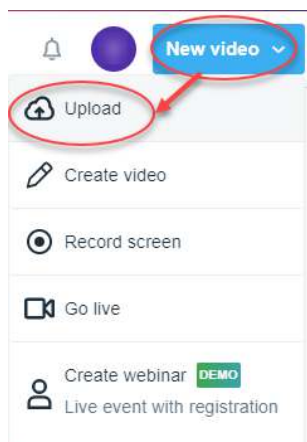
How to upload your video for abstract submission to VIMEO

Step 1: Access VIMEO and create an account or log into your existing account

<https://vimeo.com/>

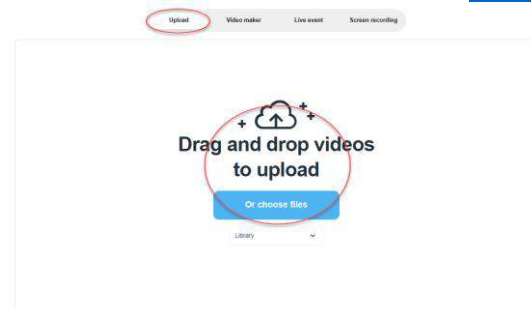


Step 2: Select “New Video” and then “Upload” from the upper right corner of the screen.



Step 3: Select the video you wish to upload

**Please ensure the video is created per the [Submission Guidelines](#)*





OSSICON 2026

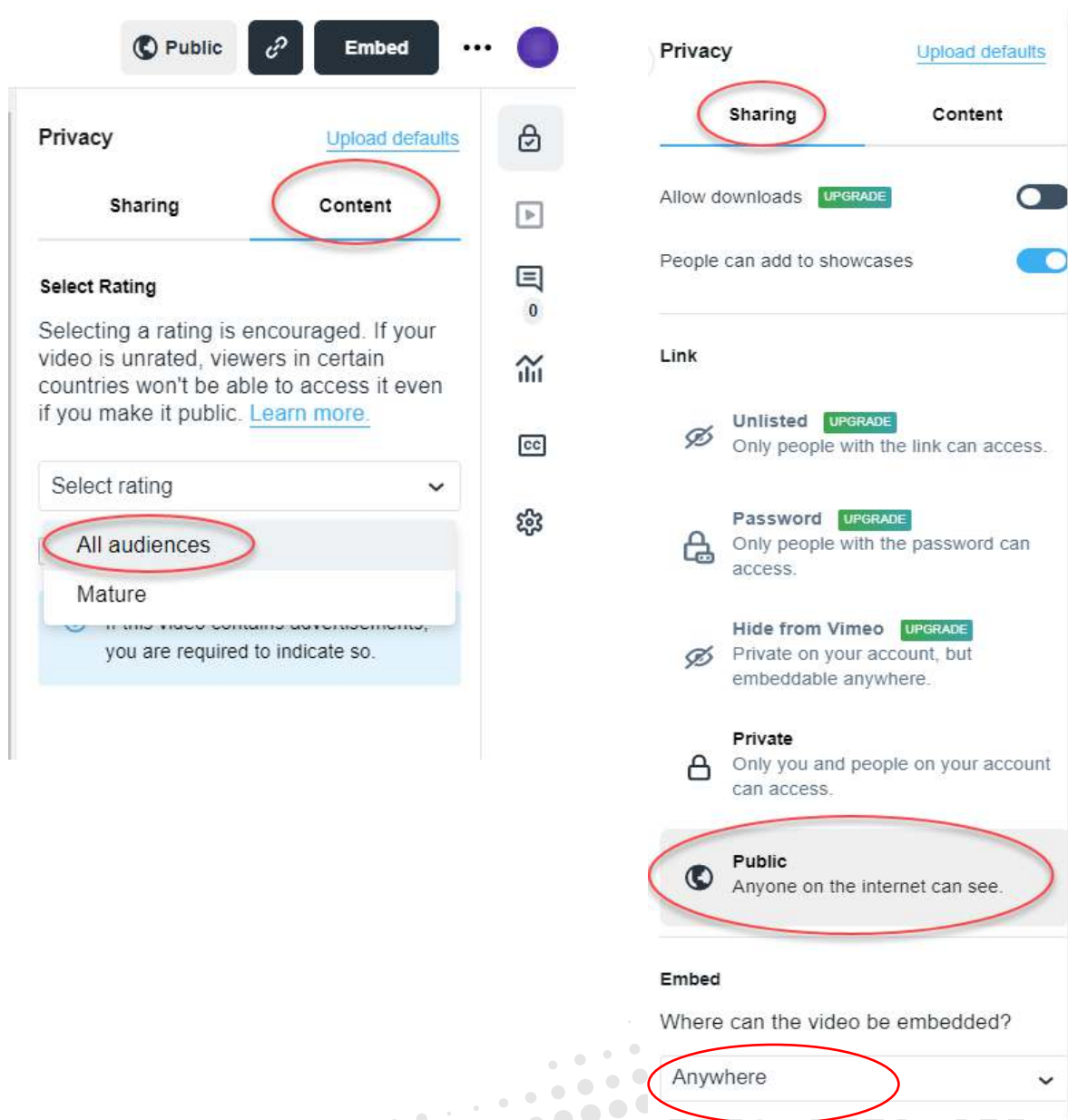
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Step 4: Set up the video for sharing

**Please ensure the Privacy setting – Content, is set to “All audiences”. Under Sharing, select “Public” for Link Settings and “Anywhere” for the Embed Settings.*



Public Embed ...

Privacy [Upload defaults](#)

Sharing **Content**

Select Rating

Selecting a rating is encouraged. If your video is unrated, viewers in certain countries won't be able to access it even if you make it public. [Learn more.](#)

Select rating

All audiences

Mature

Privacy [Upload defaults](#)

Sharing **Content**

Allow downloads [UPGRADE](#) ☐

People can add to showcases ☒

Link

Unlisted [UPGRADE](#)
Only people with the link can access.

Password [UPGRADE](#)
Only people with the password can access.

Hide from Vimeo [UPGRADE](#)
Private on your account, but embeddable anywhere.

Private
Only you and people on your account can access.

Public
Anyone on the internet can see.

Embed

Where can the video be embedded?

Anywhere



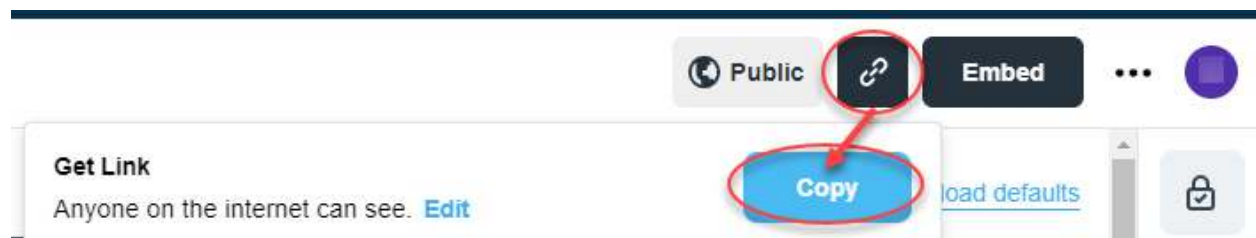
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Step 5: Copy the link and paste it into the field within the abstract submission site.

**Please note – to test whether the video is properly set up for public access, open the link in an incognito window of your browser.*



Abstract Submission site:

Provide Vimeo link in the textbox below

Please contact info@ossicon2026.com
if you have any questions about the submission requirements.

Thank you for your video submission!