

Chandigarh Menopause Society

- Postmenopausal osteoporosis A discussion with the endocrinologist on
- How to diagnose , prevent and treat osteoporosis With a practical approach toFRAX attended by more than 70 delegates



- Menopause Society Region Chandigarh organized a seminar for the senior citizens (70 plus) at Rajpura. There was a talk on prevention of fall in elderly and emphasis was also laid on the importance of mental health and a healthy lifestyle for overall well-being at this age as well as a motivational talk. A BMD test was done for the inmates along with giving them calcium and vitamin D3 supplies . They were offered refreshments at the end of the program.



- CRMS and Radiance hospital conducted the public talk cum health check up for the elderly at Radiance hospital. Very well attended worth about 40 -50 elderly women . Dr Rimmy Singla took a general health talk for them and there was a talk by a physiotherapist . Stress was made on cancer screening and lifestyle management along with the need of preventing osteoporosis , sarcopenia and women encouraged for good nutrition , exercise and regular health check ups and to cultivate hobbies !!



Chandigarh Menopause Society

Sweet Diabetes Foundation In Association
With Endocrine Society Of India
Cordially Invites You For
An Academic Endocrine Event

Healthy HORMONES

4-CME Hours Accredited by PMC

VENUE:
HOTEL HYATT REGENCY, CHANDIGARH

Date – 24 July 2022 Sunday
Timings – 8:45 AM to 5:30 PM

Supporting Scientific Bodies

For Contact – sweetdiabetesfoundation@gmail.com
☎ +91 99208-63723 ☎ +91 99149-44499

- CRMS in association with Sweet Diabetes Association and Endocrine society of India organized a gynae-endocrinology conference covering topics right from Menopause management, GDM, Hirsutism & Hyperprolactinemia in post lunch session. It had great faculty from all over the country Attended by over 300 delegates



AYKAI HOSPITAL
COMPASSION. COMMITMENT. TRUST

**CME Cum Workshop
on
Urogynaecology and Urodynamics**

Organized by
Urology, Transplant and Gynaecology Department
AYKAI HOSPITAL
in Collaboration with
Urogynaecology Committee of IMS &
Chandigarh Region Menopause Society

On Sunday, 21 Aug. from 09:00am to 05:00pm
Accreditation By PMC
4 PMC Credit Hours are Awarded

Sector-39A, Ldh-Chd Highway,
Ludiana-141008 [PB] Call us @ : 0161-5252525



ABBOTT IN ASSOCIATION WITH
MENOPAUSE SOCIETY REGION CHANDIGARH
INVITES YOU FOR WEBINAR ON
LET'S UNMUTE MENOPAUSE

25th AUGUST, 2022 | 7:30 pm to 8:30 pm | [CLICK HERE TO REGISTER](#)



OUR CHAIRPERSONS

Dr. Mohinder Kaushal
Chairman, Dept. of Gynecology
& Minimal Access Surgery
Tissey Hospital & Medical Research Institute
Vice President, World Endometriosis Society

Dr. Preeti Jindal
Senior Consultant Gynecologist,
FET & Cosmetic Gynecologist
President,
Mahil GBS & GYN Society

Dr. Reeti Mehra
Prof. & Consultant Gynecologist,
Govt Medical College & Hospital, Chandigarh
President,
Menopause Society Region Chandigarh

SPEAKERS

Dr. Kavita Bagat
Vice President, IODS
President, Menopause Society India
Topic: Right Estrogen & Progestosterone in Menopause

Dr. Lavleen Sodhi
Consultant Gynecologist & Infertility Specialist
Past President, Menopause Society Region Chandigarh 2015-2022
Topic: Bone Health & Menopause

Chandigarh Menopause Society

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Dr. Mangla Dogra (Gynaecologist)
Dr. Darshanjot Kaur (Gynaecologist)
Dr. Rameek Sharma (Gynaecologist)
Dr. Yash Bala (Gynaecologist)
Dr. Sandeep Grover (Psychiatrist)
Dr. Bhavana Rai (Radiation Oncologist)
Dr. Namita Grover (Gynaecologist)

Advisory Board
Dr. Neelam Aggarwal
Dr. Poonam Goel
Dr. Navneet Takkar
Dr. Reeti Mehra

Menopause Society Region Chandigarh (CRMS)
Chandigarh, Mohali, Panchkula, Ambala, Ropar, Fatehgarh Sahib & More....

cordially invites you to a
CME
Date : Saturday, 27th August, 2022
Venue : IMA Hall, Sector 35, Chandigarh
Time : 3.30 pm to 6.00 pm

1 CME hour granted by FMC

Welcome Address by Dr. Lavleen Kaur Sodhi 3.30 pm

Topic	Speaker	Time
Contraceptive Options in the older woman	Dr. Poonam Goel Prof Obs & Gyn (GMCH 32)	3.40 pm

Chairpersons
Dr. Mangla Dogra, Dr. Neelam Aggarwal & Dr. Navneet Takkar

Installation of new executive of CRMS 4.10 pm

Panel Discussion	AUB at perimenopause -Save the uterus	4.30 pm- 5.15 pm
Moderators Dr. Ashima Arora Associate Prof Obs & Gyn (PGIMER) Dr. Ritambhara Bhalla Consultant Clouidine Hospital Panelists Dr. Renu Chakravorty, Dr. Yash Bala, Dr. Minakshi Rohilla Dr. Dilpreet Pandher & Dr. Monika Narang		

Vote of Thanks by Dr. Seema Sharma 5.15 pm

Tea & Snacks



Dr. Nirja Chawla
Patron & Founder Secretary
President CRMS

WELCOME CEREMONY OF NEW TEAM MEMBERS

Organised By:-
CHANDIGARH REGION MENOPAUSE SOCIETY, CHANDIGARH

Working Committee
Dr. Reeti Mehra (President CRMS)
Dr. Bhavana Rai (Jt. Secretary CRMS)
Dr. Nupur Sharma (Treasurer CRMS)
Dr. Ruchi Rai Ahuja (J. Secy CRMS)
Dr. Shanujit Sodhi (Treasurer CRMS)

Advisory Board
Dr. Renu Chakravorty (Gynaecologist)
Dr. Sandeep Grover (Psychiatrist)
Dr. Bhavana Rai (Radiation Oncologist)
Dr. Namita Grover (Gynaecologist)
Dr. Minakshi Rohilla (Gynaecologist)
Dr. Yash Bala (Gynaecologist)
Dr. Rameek Sharma (Gynaecologist)
Dr. Darshanjot Kaur (Gynaecologist)
Dr. Mangla Dogra (Gynaecologist)
Dr. Ashima Arora (Associate Prof Obs & Gyn (PGIMER))
Dr. Ritambhara Bhalla (Consultant Clouidine Hospital)

FREE MEDICAL CHECK-UP CAMP ORGANISED BY CRMS on 15 Sep. 2022



Organized a mega Health check up camp involving gynecologists, medical specialists, psychologists and benefitted approx. 250 patients. Also held an awareness workshop of Asha workers on declining fertility with age and need for fertility treatment in women beyond 35 years of age in cases of late marriages on 16 October 2022



Chandigarh Menopause Society

- A skit was organized on world menopause day







CHANDIGARH REGION MENOPAUSE SOCIETY
In collaboration with
DEPARTMENT OF OBS & GYN - GMCH-32
MOHALI OBSTETRICS AND GYNAECOLOGY SOCIETY
CORDIALLY INVITES TO CME

Date & Time
Sunday, 16th Oct. 2022 | 11:00 AM to 2:00PM

Venue
HYATT REGENCY

PROGRAMME

welcome address
Dr. Poonam Goel | Dr. Reeti Mehra

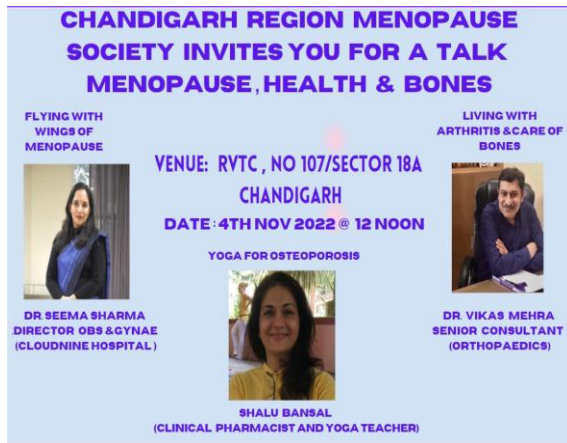
Topic 1
Meeting challenges in Endoscopy
Management of RPL
Chairpersons
Dr Vanita Jain | Dr Poonam Goel | Dr Ajay Aggarwal
Speaker
Dr. Sunita Tandulwadkar

Topic 2
Management Of AUB: Medical Vs Hystrectomy
Chairpersons
Dr Lakhbir Kaur Dhaliwal | Dr. Umesh Jindal | Dr Ritambara Bhalla
Dr Bharti Goel
Speaker
Dr. Rashmi Bagga

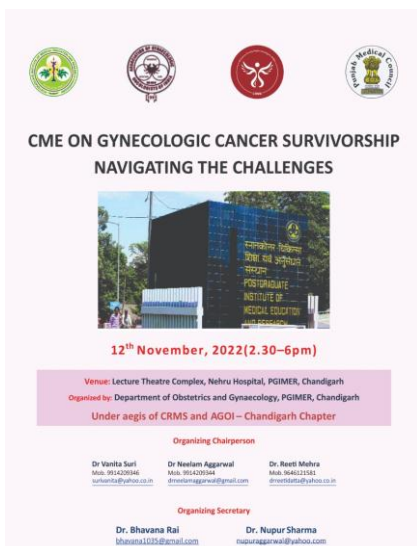


Chandigarh Menopause Society

- Activity conducted under banner of club 35 plus in collaboration with Innerwheel club ..The meeting was attended by nearly 50 women. Dr Vikas Mehra sensitised the audience regarding "Living with arthritis and bone health ",Talk on menopause awareness by Dr Seema Sharma followed by "Yoga for prevention of osteoporosis "by Ms Shalu ...Dr Ritambhara Bhalla inspired women to come forward and get enrolled for Club 35 plus



CRMS and AGOI organised a fantastic cme on cancer survivorship at Pgi under the able leadership of our vice president Dr Bhavna , Prof Radiation oncology . Very well attended by about 120 delegates with excellent deliberations .



melan on Saturday. HT PHOTO

based on an episode from the Mahabharat, Purohit felicitated the actors and artists of the play with mementos. HTC

Walkathon held to create awareness on child abuse
CHANDIGARH: The Association of Paediatricians and Chandigarh Commission for Protection of Child Rights jointly organised a walkathon at Sukhna lake. Organiser Dr Jatinder Sharma said the purpose of organising this

walkathon was to make children aware of child abuse and their rights. PGI doctors, PU students and many NGOs working for child development along with kids from various schools participated in the event. HTC

Needs of gynaecological cancer survivors discussed
CHANDIGARH: To emphasise on the emerging issue of cancer diagnosis and its treatment and the physical and psycho-sexual needs of the gynaecological cancer survivors, a CME was organised by the department of obstetrics and gynaecology, PGIMER in collaboration with Chandigarh chapter of Association of Gynaecological-oncologists of India and Regional Menopause Society. HTC

Legal conclave concludes at DPS
CHANDIGARH: The two-day legal conclave, an initiative and annual event of Delhi Public School, Chandigarh concluded on Saturday. As many as 85 talented teams consisting of 288 students from the tricity showcased their prowess in various events. HTC

