



Activity Report

digital education committee
March' 23- July' 24

6 WEBINARS
1 NATIONAL CONFERENCE

Dr. Sushma Verma , Chairperson.

Dr. Ritu Jain, coordinator.

Team ims-dec 2023-25.

Meet our team



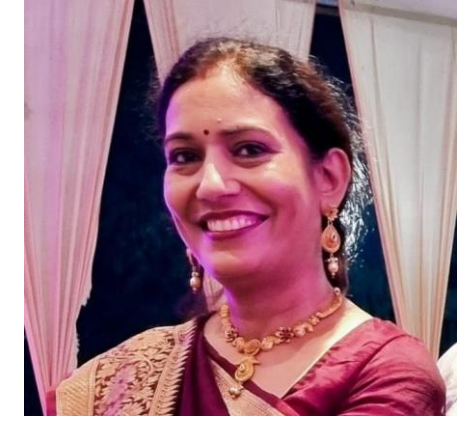
DR. ANJU SONU
President, IMS



DR. BIPASHA SEN
Secretary General, IMS



DR. SUDHA SHARMA
Vice President, IMS



DR. JYOTI JAISWAL
Treasurer, IMS



DR. SUSHMA VERMA
CHAIRPERSON, DEC 2023-25



DR. RITU JAIN
COORDINATOR, DEC



26th Aug 2023, Webinar Sexual Health at Menopause

- To Increase Awareness About Sexual Health, 4th September Is Celebrated As WORLD SEXUAL HEALTH Day Worldwide.
- To Raise Awareness On The Subject RMS Had Organized A Webinar In Association With Digital Education Committee IMS, On 26th August 23, Between 4 To 6pm, On Sexual Health At Menopause.
- 3 Talks & 1 Panel Were Held
- Webinar Was Attended By 50+ Delegates And Well Appreciated By All.

**IMS DIGITAL COMMUNICATIONS COMMITTEE
IN ASSOCIATION WITH
RAIPUR MENOPAUSE SOCIETY
ORGANISES A WEBINAR ON**

SEXUAL HEALTH AT MENOPAUSE

Date : 26th August 2023, Saturday | Time : 04:00 PM - 06:00 PM

**Welcome Speech & Introduction
Time : 04:00 - 04:10 PM**

IMS OFFICE BEARERS

Chief Guest



Dr. Pushpa Sethi
President, IMS

Special Guest



Dr. Anita Shah
Vice President, IMS

Guest of Honour



Dr. Arti Gupta
Secretary General, IMS

SOCIETY ORGANISING TEAM

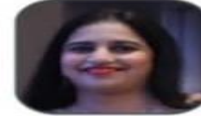
CONVENOR



Dr. Abha Singh
President, RMS



Dr. Sushma Verma
President, RMS,
Chief Organiser,
Chairperson, Digital
Communications Committee



Dr. Ritu Jain
Secretary,
RMS

**Session 1 : Genito Urinary Syndrome
Time : 04:10 - 04:30 PM**

Speaker



Dr. Pushpa Sethi
President, IMS

Chairperson



Dr. Arti Gupta
Secretary General, IMS

Chairperson



Dr. Shobhna Mohandas
Past President, IMS

**Session 2 : Keynote Address. - Female Sexual Interest/Arousal Disorder
Time : 04:30 - 04:50 PM**

Speaker



Dr. Neeraj Jadhav
Chairperson,
Sexual Medicine Committee,
FOGSI

Chairperson



Dr. Anita Shah
Vice President,
IMS

Chairperson



Dr. Abha Singh
Patron,
RMS

**Session 3: Vaginal Dysbiosis in Menopause
Time : 04:50 - 05:10 PM**

Speaker



Dr. C. Ambuja
Past President,
IMS

Chairperson



Dr. Asha Jain
Past President,
ROGS

Chairperson



Dr. Tripti Nagaria
Dean,
Pt. JNM Medical College, Raipur

**Session 4 : Panel Discussion - Menopause and sexuality
Time : 05:10 - 05:55 PM**

Moderator



Dr. Apurba Dutta
National Co-ordinator FOGSI,
Sexual Medicine Committee

Moderator



Dr. Jyothika Desai
Chairperson,
IMS Education Committee

Expert



Dr. Neeraj Jadhav
Chairperson,
Sexual Medicine Committee,
FOGSI

Panelists



Dr. Sheela Mane
Vice President Elect,
ICOG



Dr. Jyoti Jaiswal
Past President, RMS
Treasurer Elect, IMS



Dr. Priti Agrawal
Vice President,
RMS



Dr. Shashi Shrivastav
President,
Bhopal Menopause Society



Dr. Savita Tyagi
Past President,
Agra Menopause Society



Dr. Binai Shah
Chairperson, Club 35+,
Public Awareness Committee



Dr. Rekha Ratnani
Secretary,
CG ISAR

Vote of Thanks



Dr. Priti Agrawal
Vice President, RMS

MOC



Dr. Anushree Padegaonkar
Member, RMS

Digital Partner

CLTRNET

[Click Here to Register](#)

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Dr SUSHMA VERMA

Dr SHOBNA MOHA...

**IMS DIGITAL COMMUNICATIONS COMMITTEE
IN ASSOCIATION WITH
RAIPUR MENOPAUSE SOCIETY**
ORGANISES A WEBINAR ON

SEXUAL HEALTH AT MENOPAUSE

Date : 26th August 2023, Saturday | Time : 04:00 PM - 06:00 PM

VAGINAL DYSBIOSIS AT MENOPAUSE & MANAGEMENT

Dr. Ambuja Choranur

Dr PUSHPA SETHI
MBBS; DGO; FICOG;
CIMP; FIAMS; FIMS

SENIOR PRACTISING OBGYN at GURGAON
DIRECTOR SETHI HOSPITAL (75 bedded multi speciality hospital)
PRESIDENT INDIAN MENOPAUSE SOCIETY (2023 - 2024)
Organizing Chairperson IMSCON 2018
Vice President Indian Menopause Society (2021 - 2022)
Secretary General Indian Menopause Society (2018-2019)
Chairperson CLUB 35 and POISE committee of IMS (2012016 - 2018)
Chairperson Midlife management committee FOGSI (2015 to 2018)
Past member executive council of SAFOMS
Past Patron IMA Gurgaon
Past president Gurgaon OBGYN society.
Past President Rotary club Gurgaon
Past secretary IMS Gurgaon Chapter
Delivered several orations, key note addresses & lectures nationally and internationally & written several chapters
RECIPIENT of life time achievement award by IMA Gurgaon
Awarded by Haryana Government for starting free breast cancer screening program in the state in association with Rotary
SOCIAL WORK .. Initiated Breast cancer screening program, Thalassemia screening program, anaemia eradication program in adolescent girls in association with Rotary. In Covid times worked in close association with Rotary Blood Bank Gurgaon, for making Plasma available for the needy patients.



Doctor



Doctor

REC



Dr AMBUJA



Doctor



**Genitourinary
Syndrome of
Menopause (GSM)**

Dr PUSHPA SETHI Presentation title
**President IMS 2023 - 2024
GURGAON**



Doctor



Webinar: Lumps & Bumps of Vulva!!

26th Oct 2023

- Raipur Menopause Society In Association With Digital Education Committee IMS Had Organised A Webinar On Lumps & Bumps Of Vulva On 26/10/23, 4-5.30pm.
- 3 Lectures Were Followed By Discussion On Each Topic With Valuable Insights By Our Esteemed Faculties.
- It Was A Interactive Webinar, Attended By 60+ Delegates.

**WORLD MENOPAUSE DAY CELEBRATION BY
IMS DIGITAL EDUCATION COMMITTEE
AND
RAIPUR MENOPAUSE SOCIETY**
PRESENTS A WEBINAR ON

LUMPS & BUMPS OF VULVA

Date : 26th October 2023, Thursday | Time : 04:00 PM - 05:35 PM

Welcome & Introduction
Time : 04:00 - 04:15 PM

IMS OFFICE BEARERS

Chief Guest



Dr. Hara Pattnaik
Past President, IMS

Guest of Honour



Dr. Pushpa Sethi
President, IMS

Special Guest



Dr. Arti Gupta
Secretary General
IMS

Special Guest



Dr. Anju Soni
President Elect
IMS 2024-25

SOCIETY ORGANISING TEAM



Dr. Abha Singh
Patron,
RMS



Dr. Sushma Verma
President, RMS,
Chief Organiser,
Chairperson, Digital
Education Committee



Dr. Ritu Jain
Secretary,
RMS

Session 1 : White Lesions of Vulva
Time : 04:15 - 04:35 PM

Speaker



Dr. Tripti Nagaria
Dean,
Pt. JNM Medical College, Raipur

Chairperson



Dr. Hara Pattnaik
Past President,
IMS

Chairperson



Dr. Anju Soni
President Elect
IMS 2024-25

Session 2 : Vulval Intraepithelial Neoplasia- What everyone should know?!
Time : 04:40 - 05:00 PM

Speaker



Dr. Asna Ashraf
Secretary,
Lucknow Menopause Society

Chairperson



Dr. C Ambuja
Past President,
IMS

Chairperson



Dr. Jyoti Jaiswal
Past President, RMS
Treasurer Elect, IMS

Session 3: Gynaecologist's Approach to Cancer Vulva
Time : 05:00 - 05:20 PM

Speaker



Dr. Bipasha Sen
Treasurer, IMS

Chairperson



Dr. Shobha Gudi
President
Bangalore Menopause Society

Chairperson



Dr. Manoj Chellani
Chairperson Urogynecology
Committee IMS,
Past President RMS

Concluding Remarks
Time : 05:20 - 05:30 PM

Vote of Thanks



Dr. Suma Ekka
EC Member RMS
AP- Pt. JNMC, Raipur CG

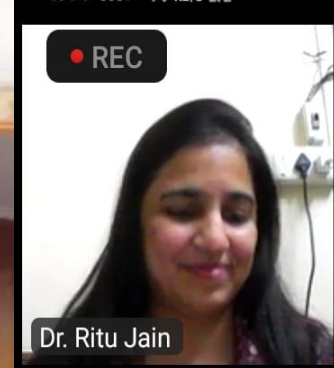
MOC



Dr. Ritu Jain
Secretary, RMS

(MD, FICOG, FMAS, CIMP)

- DEAN & Professor, Pt. JNM Medical College, Raipur, CG.
- Founder President- ISOPARB Raipur
- State Secretary (AOGCG)-Association Of Societies Of Ob-Gy Of
- Past President - ROGS- Raipur Obs & Gynae Society
- Past Secretary - ISAR CG Chapter, IMS Raipur Chapter
- Published 32 Papers & Contributed 8 Chapters In Books
- Corresponding National Editor Of JOGI
- Recipient Of Global Signature Award
- Invited Faculty In More Than 200 Conferences
- Organized- International Conference SAFOMS, National ISAR,



GYNAECOLOGIST'S APPROACH TOWARDS VULVAL CANCER

Dr. Bipasa Sen



Introduction

- There are no routine screening methods for VIN or vulvar carcinoma.
- Diagnosis is made clinically and confirmed with a biopsy.
- Early diagnosis and adequate treatment of VIN is the only method of secondary prevention currently available to prevent the development of vulvar SCC.



Webinar, 18.1.24, Endocrinopathies in Menopause. RMS, IMS-DEC & Chennai Menopause Society

- 1st- Lecture- Fat: An Endocrine Organ Speaker- Dr. Pushpa Sethi
- 2nd Lecture- Hyperandrogenism At Menopause Speaker- Dr Abha Singh
- 3rd - Understanding Insulin Resistance: Diagnosis & Management-speaker- Dr. Hephzibah Kirubani
- Panel Discussion On Metabolic Syndrome.
- Moderators - Dr. Jyoti Jaiswal, Dr. Nandita Thakkar, Expert - Dr. Ragini Agrawal
- Panelists - Dr. Vinaya Maiskar, Dr. Neha Thakur, Dr. Suma Ekka, Dr. Preeti Agrawal, Dr. Nidhi Sharma, Dr. D. Geetha
- Vote Of Thanks By Dr. Meera Raghavan, Secretary CMS, MOC- Dr. Ritu Jain, Secretary RMS.

It Was A Interactive Webinar, Attended By 60+ Delegates.

IMS DIGITAL EDUCATION COMMITTEE
RAIPUR MENOPAUSE SOCIETY
CHENNAI MENOPAUSE SOCIETY
PRESENTS A WEBINAR ON

ENDOCRINOPATHIES AT MENOPAUSE

Date : 18th January 2024, Thursday | Time : 04:00 PM - 06:00 PM

IMS OFFICE BEARERS

Chief Guest	Guest of Honour	Special Guest	Special Guest
Dr. Pushpa Sethi President, IMS	Dr. Anita Shah Vice President IMS	Dr. Arti Gupta Secretary General IMS	Dr. Ragini Agrawal Joint Secretary, IMS

SOCIETY ORGANISING TEAM

Dr. Abha Singh President, RIMS	Dr. Sushma Verma President, RIMS, Chief Organizer, Chairperson, Digital Education Committee	Dr. Dr. T. K. Shanthi Guna Singh President, CMS	Dr. Ritu Jain Secretary, RIMS
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Session 1 : Fat: An Endocrine Organ

Time : 04:10 - 04:30 PM

Speaker	Chairperson	Chairperson
Dr. Pushpa Sethi President IMS	Dr. Anita Shah Vice President IMS	Dr. Manoj Chellani Chairperson Urogynaecology Committee IMS, Past President RIMS

Session 2 : Hyperandrogenism at Menopause

Time : 04:30 - 04:50 PM

Speaker	Chairperson	Chairperson
Dr. Abha Singh President IMS	Dr. Mirja Chawla Founder Chairperson, Digital Education Committee	Dr. T.K. Shanthi Guna Singh President CMS

Session 4: Case based Panel - Metabo

Time : 05:10 - 05:50 PM

Moderator	Moderator
Dr. Jyoti Jaiswal Prof. & Head, Dept. of OBG & Gynae, Pt. JNMHC, Raipur	Dr. Handita Thakkar Associate Director Hendrick's Fertility, Chennai

Panelists:

Dr. Vinaya Malekar Consultant Shree Narayana, Raipur	Dr. Neha Thakur Associate Prof., Dept. of GNC, GMC, Mahesana (C.G.)
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Concluding Remarks

Time : 05:50 - 05:55 PM

Vote of Thanks

Master of Ceremony

Dr. Meera VV Bagavan
Consultant Urogynaecology
Apollo Hospitals Chennai

Dr. Ritu Jain
Secretary
Raipur Menopause Society

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2024/01/18 16:04

Zoom

REC LIVE

Dr. Abha Singh
MBBS, FICS, FICOG

FAT : AN ENDOCRINE ORGAN

Dr. PUSHPA SETHI
PRESIDENT IMS 2023 – 2024

REC LIVE

Dr. Abha Singh
MBBS, FICS, FICOG

- Vice President SOVSI, Founder & Present President AOGCG, Patron ROGS & IFSCG, IMS, Raipur
- Past President ROGS, IMS, Raipur
- Awarded:
 - CM Trophy for Meritorious Service 2002, Padmashri SK Mukerji Award 2005
 - Rashtriya Gaurav Award 2009, Best Paper in Oncology 2013, Health Icon of CG by Times of India 2016
- Ex-Dean Pandit JLN Medical College, Raipur
- Ex-Vice Chancellor Deen Dayal University of Medical Sciences
- Presented 110+ papers & posters in State, National & International Conference
- Written 80 articles in indexed journals and books
- Conducted live workshops on NDVH, Colposcopy, Programmed labour, Uterine A ligation, B Lynch technique for PPH
- Fields of interest in infertility, medical disorders of pregnancy, minimal invasive & vaginal surgery & AUB

REC LIVE

Webinar- ENDOCRINOPATHIES AT MENOPAUSE!!

18TH JAN 2024, 4 TO 6PM

DIGITAL EDUCATION COMMITTEE, IMS
RAIPUR MENOPAUSE SOCIETY
CHENNAI MENOPAUSE SOCIETY

REC LIVE

Dr. Anita Shah - Vice President, IMS

REC LIVE

Fit at forty

Strong at Sixty

Independent at eighty

REC LIVE

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Dr.Sushma Verma

Dr. Ritu Jain

neha thakur

Ragini Agarwal

Preet Agarwal

Dr. Jyoti Jaiswal

D.Geetha OG.Dindigul medical college

Dr.Nidhi Sharma

Galaxy AS1

Nandita Thakkar

Dr. Abha Singh

Zoom user

Hepsi Kirubamani

M.G.Dhanalakshmi Dr.

Dr Sushma Verma

Shaanthy Gunas...

Meera Ragavan

Dr. Ritu Jain

ANKITA(CLIRNET)

Suma Velgin Ekka

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2024/01/18 17:39

16:46

REC

LIVE

Dr.Sushma Verma

Ragini Agarwal

Dr Pushpa Sethi

Dr. Ritu Jain

neha thakur

Dr Anita Shah - Vice President, IMS

Dr Abha Singh

Shaanthi

REC

LIVE



Prof. N. Hepzibah Kirubamani.
 M.D, D.G.O, F.R.C.O.G., F.I.C.O.G., A.C.M.F., F.I.M.S., PhD, D.Sc
 Former Superintendent Stanley Medical College & Prof Stanley Medical College
 Prof Saveetha University
 Past President of Obstetrics & Gynaec Society of Southern India
 Past President of Chennai Menopause Society, Past IMS Chair Person for Education Committee
 Joint treasurer IMS -2024-25
 Research Member Secretary Saveetha University
 PhD Guide for SRMC, Saveetha, SRM
 Published many papers in National & International journals. Invited speakers in national & International Congress
 Trained in Robotic Surgery
 Field of Interest – High-risk pregnancy, Menopause Medical Education
 Developed: Midlife & Beyond App, Preeclampsia Risk Assessment App, Reminder App for Expectant MOM
 Directed Two short films for Menopause Awareness
 Written Text Book – 1. Video Embedded Undergraduate Manual of Clinical, Obstetrics & Gynaecology-3rd Edition,
 2. Handbook on USG for Training MBBS doctors-3. FOGSI-FOCUS Endometriosis & Menopause
 Awards: A.J.Madalar Award-1985, Dr.C.S.Datta Award -2007
 Lifetime Achievement Award -T.N.Dr.M.G.R University -2012
 Life-Time Achievement Award -FOGSI-2015
 Dr. A.P.J AbulKalam Award -2017, Best scientist Award –2018, Best Faculty Award -2019, 2020
 Excellence Specialist Award from TN Medical Council received From Hon'ble Tamil Nadu Governor -2018
 Prestigious Dr. Datta Shah Award -2022
 ICON of INDIA –Award-2023, Most Inspiring Award –Dish Fado India foundation 2023
 Hobbies: Music lover, travel.



REC

LIVE



Metabolic Syndrome – panel discussion

Dr. Jyoti Jaiswal
 Prof & HOD JNM Medical college – Raipur
 Dr Nandita Thakkar
 Head of Academics, Mehta Hospitals – Chennai

Dr. T. K. SHAANTHY GUNASINGH



- President, Chennai Menopause Society
- Past President, OGSSI
- Former Director & Superintendent, Institute of Obstetrics & Gynaecology & ISO-KGH
- Former HOD of O&G, Kilpauk Medical College
- Served as Project Director, Centre of Excellence for Tubal Microsurgery for 6 Years
- Past President, Women Doctors Association, Tamil Nadu
- Master Trainer for BEmONC, CEmONC, Microsurgery, Lactation Management, Health, RAC, VAW and HPV Vaccine
- Conducting adolescent and menopause medicine programmes








Webinar – Bone Health, 15.2.2024

- **With Bhagalpur Menopause Society**
- **1st Lecture- Practical Management Of Osteoporosis, Speaker- Dr. Meeta Singh**
- **Expert- Dr. C Ambuja , Chairperson- Dr. Anju Soni, Dr. Pratibha Singh**
- **2nd Lecture- Medical Management Of Osteoporosis, Speaker- Dr. Arti Gupta**
- **Expert- Dr. Pushpa Sethi, Chairperson- Dr. Tripti Nagaria, Dr. Binal Shah**
- **3rd Lecture- Role Of Lifestyle Changes, Exercise For Bone Health, Speaker- Dr. Ragini Agrawal**
- **Expert - Dr. Maninder Ahuja, Chairperson- Dr. Archana Jha, Dr. Priti Agrawal**
- **Pearls Of Wisdom - How Different Exercises Change Us!! Speaker- Dr. Maninder Ahuja**
- **Chairperson - Dr. Archana Dwivedi, Dr. Sushma Verma**
- **Vote Of Thanks By Dr. Archana Jha, Secretary BMS**
- **MOC- Dr. Alka Jowhary, Member RMS.**

It Was A Interactive Webinar, Attended By 60+ Delegates.

**IN ASSOCIATION WITH
RAIPUR MENOPAUSE SOCIETY &
BHAGALPUR MENOPAUSE SOCIETY
PRESENTS A WEBINAR ON**

BONE HEALTH

Date : 15th February 2024, Thursday | Time : 04:00 PM - 06:00 PM

IMS OFFICE BEARERS

NAME OF OFFICER **CHIEF OFFICER**

Dr. Pushpa Sethi
President, IMS

Dr. Anju Soni
Executive & Joint
Pres.

Dr. Anika Ghosh
Joint President
IMS

Dr. Arti Gupta
General Secretary
IMS

Dr. Ragini Agrawal
Joint General Secy
IMS

SOCIETY ORGANISING TEAM

Dr. Aditya Singh
President
IMS

Dr. Sushma Verma
President, IMS
Chief Organizer,
Postmenopausal Society,
Chandigarh, Punjab &
Education Committee

Dr. Pratiksha Singh
President
Postmenopausal Society,
Chandigarh, Punjab &
Sports Committee

Dr. Ritu Jain
Secretary, IMS

**Welcome & Introduction
Time : 04:00 - 04:15 PM**

**Session 1 : Practical management of Postmenopausal Osteoporosis
Time : 04:15 - 04:35 PM**

Speaker **Co-Speaker** **Chief Guest** **Chairperson**

Dr. Meeta Singh
Joint President, IMS

Dr. Camila
Post President
IMS

Dr. Anika Ghosh
Joint President
IMS

Dr. Anju Soni
Executive & Joint
Pres.

**Session 3 : Role of life style changes
Time : 05:00 - 05:15 PM**

Speaker **Co-Speaker**

Dr. Ragini Agrawal
Joint General Secy
IMS

Dr. Maninder Ahuja
Joint President
IMS

**Pearls of wisdom - How Do I
Time : 05:15 - 05:30 PM**

Speaker **Co-Speaker**

Dr. Maninder Ahuja
Joint President
IMS

Dr. Anshika Dhillon
General Secretary
IMS

Dr. Sushma Verma
President, IMS
Chief Organizer,
Postmenopausal Society,
Chandigarh, Punjab &
Education Committee

Vote of Thanks **Master of Ceremony**

Dr. Anju Soni
Executive & Joint
Pres.

Dr. Anika Ghosh
Joint President
IMS

Dr. Sushma Verma
President, IMS
Chief Organizer,
Postmenopausal Society,
Chandigarh, Punjab &
Education Committee

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Participants 23

Chat

Q&A

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Apps

More

Indian Menopause Society

Post Dr. Ambuja Choranur

Dr. Ritu Jain

Meeta

Dr. Arti Gupta

Dr. Sushma Verma

DR PRATIBHA SINGH

Dr. Anju Soni

Ambuja Choranur

Dr. Ritu Jain

Shreyasi (CLIRN...)

Dr. Ambuja Choranur

Ambuja Choranur

Dr. Ritu Jain

Shreyasi (CLIRNET)

Zoom

Q&A

Le...

Dr. Arti Gupta

Dr. Alka Johari

Ambuja Choranur

DR PRATIBHA SINGH

Dr. Anju Soni

16

REC

Zoom

Q&A

Le...e

Change in Bone in untreated women

Baseline

One year after

Low bone density

Osteoporosis

TAKE HOME MESSAGE

Attain peak bone mass

Prevent first fragility fracture or future fractures if one has already occurred

IT IS NEVER TOO EARLY TO START PREVENTION OF OSTEOPOROSIS

IT IS NEVER TOO LATE TO START TREATMENT OF OSTEOPOROSIS

REC

Zoom

Q&A

Le...e

KEY MESSAGES

- ET/MHT IN WOMEN < 10 YRS FROM MENOPAUSE , RISK FACTORS FOR MHT
- TIBOLONE/ Bazedoxifene, CAN BE GIVEN IN POSTMENOPAUSAL WOMEN WITH A UTERUS WITH VMS. RALOXIFENE IN SIMILAR CASES BUT WITHOUT VMS
- BISPHOSPHONATES ARE MAINSTAY OF TREATMENT FOR ALL 10 YRS POST MENOPAUSE
- FOR GIOP AND CKD- TERIPARATIDE, DENOSUMAB AND CALCITRIOL
- NO ROLE FOR CALCITONIN IN OSTEOPOROSIS IN MODERN PRACTICE

REC

Zoom

Q&A

Le...e

SESSION

4

HOW DIFFERENT EXERCISES CHANGES US ?!!

PEARLS OF WISDOM - DR. MANINDER AHUJA

CHAIRPERSON

DR. SUSHMA VERMA, DR. ARCHANA DWIVEDI

REC

Zoom

Q&A

Le...e

Yoga: Another way to prevent osteoporosis?

- A dozen yoga poses, performed daily, may increase bone density.

1) Vrksasana (tree pose)

2) Trikanasana (triangle pose)

3) Virabhadrasana II (warrior II pose)

4) Parsvotthanasana (side-angle pose)

5) Parivrtta trikanasana (twisted triangle pose)

6) Salabhasana (locust pose)

Webinar- Aberrant Menopause, 25.4.2024

With Jaipur Menopause Society

- **1st lecture- Approach to Surgical Menopause ; Speaker- Dr. Binal Shah**
- Expert Chairperson- Dr. Sunila Khandelwal, Dr. Sheela Mane
- **2nd lecture- Delayed Menopause: Health Implications and Preventive Health Care!!**
- **Speaker- Dr. Laxmi Shrikhande**, Expert Chairperson- Dr. Jignesh Shah, Dr. Bipasha Sen
- **Panel Discussion on Premature Ovarian Insufficiency**
- Moderator- Dr. Shubha Sethia ; Co-moderator- Dr. Ritu Jain ; Expert - Dr. C Ambuja
- Panellists- Dr. Madhulika Agrawal, Dr. Namita Kotia, Dr. Yasmin Syed, Dr. Asha Jain, Dr. Rajni Sao, Dr. Shalini Agrawal
- **Vote of thanks** by Dr. Ritu Jain, Secretary Raipur Menopause Society.
- **MOC-** Dr. Sanjita Pal (Member RMS)

Attended by 60+ delegates.



IMS DIGITAL EDUCATION COMMITTEE

IN ASSOCIATION WITH
**RAIPUR MENOPAUSE SOCIETY &
JAIPUR MENOPAUSE SOCIETY**

PRESENTS A WEBINAR ON

ABERRANT MENOPAUSE !!

Date : 25th April 2024, Thursday | Time : 04:00 PM - 06:00 PM

IMS TEAM

Chief Guest



Dr. Anju Soni
President
IMS

Guest of Honour



Dr. Bipasha Sen
Secretary General
IMS

Special Guest



Dr. Jignesh Shah
IMS Representative
to Asia-Pacific
Menopause Federation
(APMF),
Past President, IMS

Special Guest



Dr. Sheela Mane
Past President
BMS



Dr. Sudha Sharma
Vice President
IMS

SOCIETY ORGANISING TEAM



Dr. Abha Singh
Patron,
RMS



Dr. Sushma Verma
President, RMS
Chief Organiser,
Chairperson, IMS Digital
Education Committee



Dr. Shubha Sethia
Immediate
Past President
JMS



Dr. Madhulika Agrawal
President
JMS



Dr. Ritu Jain
Secretary, RMS
Convenor

Welcome & Introduction

Time : 04:00 - 04:15 PM

Session 1 : Approach in Surgical Menopause patient!!

Time : 04:15 - 04:35 PM

Speaker



Dr. Binal Shah
Past President
Vadodara Menopause Society
Chairperson IMS Club 35+
PAC (2022-24)

Expert Chairperson



Dr. Sunila Khandelwal
Chairperson
International Advocacy
Committee,
Past President IMS



Dr. Sheela Mane
Past President
BMS

REC



Introduction

- Menopause, the natural cessation of menstrual cycles marking the end of a woman's reproductive years, typically occurs around the age of 51 in most women.
- However, a subset of women experience menopause later in life, termed delayed menopause.
- This delayed transition poses unique challenges and considerations that are crucial for us, as gynaecologists, to understand and address effectively.
- Throughout this presentation, we will uncover the factors contributing to delayed menopause, its clinical presentation, associated health risks, diagnostic nuances, management strategies, and the importance of personalized care in this context.

REC



SURGICAL MENOPAUSE & ITS EFFECTS DR BINAL SHAH

Session 2 : Delayed Menopause: Health Implications & Preventive health care!!

Time : 04:40 - 05:00 PM

Speaker



Dr. Laxmi Shrikhande
Joint Secretary
IMS

Expert Chairperson



Dr. Jignesh Shah
IMS Representative
to Asia-Pacific
Menopause Federation
(APMF),
Past President, IMS



Dr. Bipasha Sen
Secretary General
IMS

Session 3 : Case based Panel on Premature Ovarian Insufficiency.

Time : 05:05 - 05:45 PM

Expert



Dr. C Ambuja
IMS Representative to
South Asian Federation
of Menopause Societies
(SAFOMS),
Past President IMS

Moderators



Dr. Shubha Sethia
Immediate Past President
JMS



Dr. Ritu Jain
Secretary
RMS

Panelists



Dr. Madhulika Agrawal
President
JMS



Dr. Namita Kotia
Treasurer
JMS



Dr. Yasmin Syed
Executive
JMS



Dr. Asha Jain
Ex- President
ROGS



Dr. Rajni Sao
Ex- President
ROGS



Dr. Shalini Agrawal
Ex Treasurer
RMS

Concluding Remarks

Time : 05:45 - 05:55 PM

Vote of Thanks

Master of Ceremony



Dr. Ritu Jain
Secretary, RMS

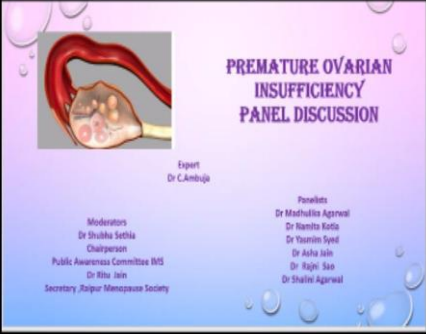


Dr. Sanjita Pal
RMS Member

REC




REC



Dr Madhulika Agrawal

DR SUDHAA SHARMA



DOCTOR

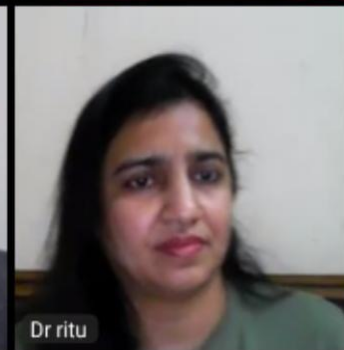
Dr Binal

REC



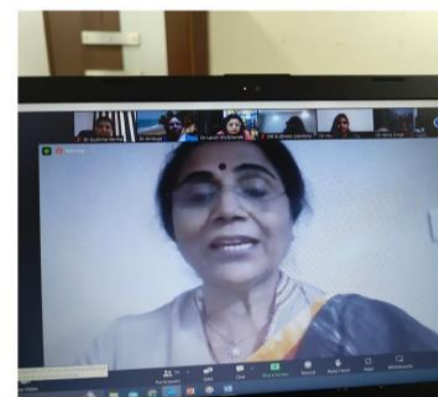

DR SUDHAA SHARMA

Dr Sushma Verma

Dr Sunila

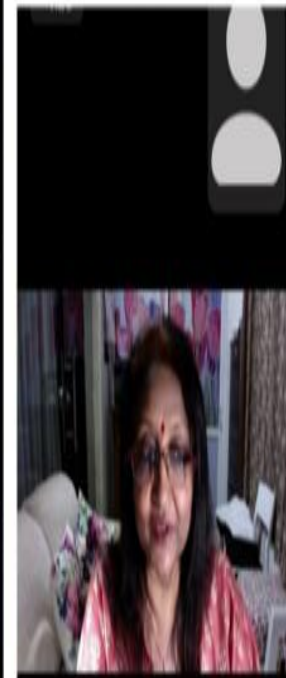
Dr ritu






Dr Sushma Verma

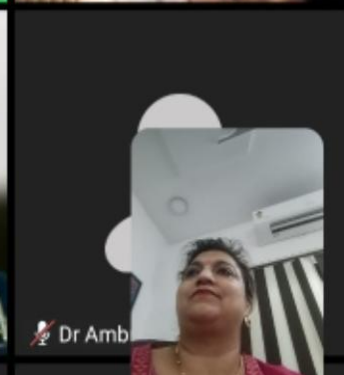
Dr Sunila





DR BINAL SHAH

DOCTOR

Dr Sanjita Pal

Dr Ambika

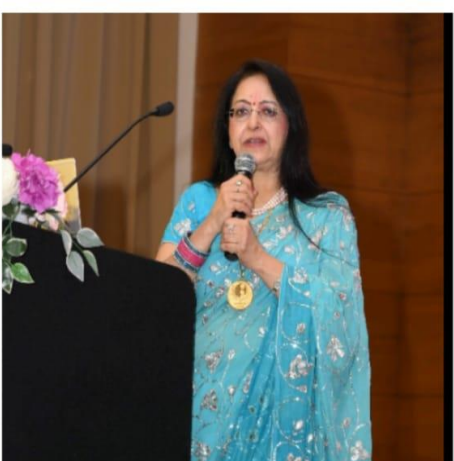



IMS PRESIDENTIAL CONFERENCE

UDAAN, 15-16TH JUNE 2024

- First IMS PRESIDENTIAL CONFERENCE BY IMS DEC & RAIPUR MENOPAUSE SOCIETY,
- **THEME- WELLNESS OF WOMEN 360* REJUVENATE & REVERSE**
- **2 Workshops-** Hysteroscopy &
- Aesthetics, Functional, Regenerative Gynaecology
- **2 Orations, 5 Panel Discussions, 6 Key Notes, 2 Debates, 20+ Talks**
- **Paper, Poster Session , Rms Annual Quiz**
- **VIBRANT CULTURAL, THEME FASHION WALK & GALA DINNER**
- **11 Invited National Faculties**

Attended By **150+ Delegates & Faculties**











🌈 Udaan Final winners 🌟

Paper-

🥇 Dr. Ipsita Priyadarshini

🥈 Dr. Akriti Yadav

Poster-

🥇 Dr. Ritu Jain
(40+ category)

🥈 Dr. Roohi Jain

🥉 Dr. Neha Jaiswal

Quiz-

🥇 Dr. Rakhi Sachdev

🥈 Dr. G Padmavati



Poster Winners



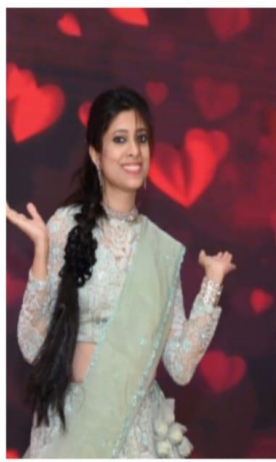
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6th Webinar- BREAST & MENOPAUSE

In association with RMS

- 8th August 2024, 4 To 6pm
- **Lecture- Breast Examination**, Dr. Rajni Sao
- **Lecture2- Breast Lump Found- What Next?!!**, Dr. Veronica Yeul
- **Panel- Genetics & Breast Disease**, Moderator- Dr. Yashwant Kashyap, Oncologist
- Panelists- Dr. Chetna Ramani, Dr. Preeti Singh, Dr. Rashmi Sood, Dr. Reema Dilawari, Dr. Sanjita Pal, Dr. Ritu Verma, Dr. Kritika Verma
- Attended By 40+ Delegates



Twilight by RMS

Webinar #01

RAIPUR MENOPAUSE SOCIETY

In association with

DIGITAL EDUCATION COMMITTEE IMS

Breast and Menopause

Cordially invite you to

Live WEBINAR

CLICK
HERE

To Join
<https://iyyo.in/twilight01>

Date :- 08 Aug, 2024, Thursday | Time:- 03:00 PM - 05:00 PM

SOCIETY ORGANISING TEAM



Dr. Asha Jain
President RMS



Dr. Shalini Jain
Secretary RMS



Dr. Monika Pathak
Treasurer RMS



Dr. Sushma Verma
Chairperson IMS Digital
Education Committee

Session 01 : Breast Examination

SPEAKER



Dr. Rajni Sao
President of Raipur Obs & Gyn
Society (2008-2010)

CHAIRPERSONS



Dr. Vinaya Maiskar
Consult. Obst & Gynaec, Shree Narayana
Hospital Avni Clinic, Raipur (CG)

Session 02 : Breast Lump Found - What next ?

SPEAKER



Dr. Veronica Yuel
Joint Treasurer - Chhattisgarh ISAR

CHAIRPERSONS



Dr. Joffi Chacko
Consultant Obstetrician & Gynaecologist
at Dr Joffi's Clinic, Raipur

Panel Discussion : Genetics and Breast Disease

MODERATOR



Dr. Yashwant Kashyap
Senior Consultant Medical
Oncology Balco Medical center Naya Raipur

PANELISTS



Dr. Preeti Singh
Practising Gynecology for 23 years,
Devi women and child hospital Raipur



Dr. Rashmi Sood Vats
Joint Secretary RMS



Dr. Reema Dilawari
Consultant Gyan Devi Clinic
Devendra Nagar Raipur



Dr. Sanjita Pal
MBBS, MS (Obs & Gyna)
(Pt JNM Medical College Raipur)



Dr. Ritu Shilp Verma
Executive Member of
RMS(2024-2026)



Dr. Kritika Verma
MBBS, MS Obs and Gynae
(GMC, Raipur)



Dr. Chetna Ramani
Consultant OBG Ramkrishna Care Hospital
& THE NEST Mothers Clinic Raipur



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Hospital Auni Clinic, Raipur (CG)

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Joint Treasurer - Chhattisgarh (SAR)

CHAIRPERSONS



Dr. Joffi Chacko
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MBBS, MS (Obs & Gyna)
(P.J.N.M Medical College Raipur)



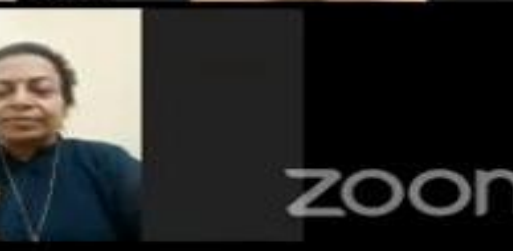
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Consult. Obst & Gynaec, Shree Narayana
Hospital Auni Clinic, Raipur (CG)

Breast examination

DR. RAJNI SAO
MD, FICOG, FMAS, CIMP

Session 02 : Breast Lump Found - What next ?

SPEAKER

Dr. Monika Yuel
Joint Treasurer - Chhattisgarh ISAR

CHAIRPERSONS

Dr Joffi Chacko
Consultant Obstetrician & Gynaecologist
at Dr Joffi's Clinic, Raipur

zoom

Overview of *BRCA* Mutation

- ~5% of all breast cancers have mutation in *BRCA1/2*
- BRCA* mutations occur in ~10% of HR+/HER2- breast cancers and 10% to 20% of triple-negative breast cancers



Source: Pharmacogenomics Pers Med. 2020;13:227. Tutt. NEJM. 2021;384:2394. NCCN. clinical practice guidelines in oncology: breast cancer. v.2.2023. nccn.org. O'Shaughnessy. Breast Cancer Res. 2020;22:114. Atchley. JCO. 2008;26:4282. Hartman. Cancer. 2012;118:2787.

Slide credit: [PPTCR.com](https://www.pptcr.com) and clinicalguidelines.com

LIVE

Veronica Yuel's screen

Zoom meeting grid showing participants:

- Asha Jain
- Ritu
- Dr Kritika
- Dr Sanjita
- Dr. Shalini Jain
- rashmi sood vats
- iPhone
- Preeti Singh
- joffi's iPhone

BREAST LUMP: ASSESSING PATIENT HISTORY

Consider the following when assessing the patient:

RED FLAG SYMPTOMS

- Breast or axillary lump
- Skin changes
- Unilateral bloody or clear discharge
- Nipple inversion

EXPOSURE TO ESTROGEN

- Age
- Menarche/menopause
- Parity and breastfeeding
- HRT/OCP
- Obesity
- Alcohol excess

FAMILY HISTORY

- Take 1st and 2nd degree FHs
- Breast cancer <50 year
- Bilateral breast cancer
- Male breast cancer
- Breast and ovarian cancer in the family
- Jewish ancestry



Thank you



Upcoming Webinars-

Oct 24

Dec 24

Feb 25

Meet our team



DR. ANJU SONU
President, IMS



DR. BIPASHA SEN
Secretary General, IMS



DR. SUDHA SHARMA
Vice President, IMS



DR. JYOTI JAISWAL
Treasurer, IMS



DR. SUSHMA VERMA
CHAIRPERSON, DEC 2023-25



DR. RITU JAIN
COORDINATOR, DEC

