

KOLKATA MENOPAUSE SOCIETY

(APRIL TO JULY 2024)

PRESENTER

DR NIRMALA PIPARA



Health check up camp

- **25.4.24** - Kolkata menopause society organised a Health checkup camp at Marwari Balika Vidyalaya, Kolkata. BMD was estimated for 52 ladies including the teachers and other female staff. 26 had osteopenia, 15 normal and 11 had osteoporosis. Vit D3 estimation was done and 46 of them had low level of Vitamin D3. Calcium and vitamin D tablets were distributed

Osteoporosis awareness camp





Health awareness camp

- **17.5.24** - Kolkata menopause society & The Bengal Obstetrics and Gynaecological Society organised a **Public awareness talk on bone health and also BMD estimation, vitamin D3 estimation** for 105 nursing staff , paramedic and patients at Matrimangal pratisthan, Kolkata.
- 18 women had normal BMD, 59 had osteopenia and 28 had osteoporosis.
- The program was attended by Dr Mumtaz Sanghmita, Dr Nirmala Pipara, Dr Bipasa Sen and Dr Tulika Jha. Dr Nirmala gave the welcome address, Dr Mumtaz Sanghmita talked on diet and BMD, Dr Bipasa Sen on role of exercise and Dr Tulika Jha on holistic approach to preserve bone health.



**THE
BENGAL
OBSTETRIC
&
GYNAECOLOGICAL
SOCIETY
ESTD. 1936**





International yoga day celebration

- Kolkata menopause society celebrated International Yoga Day at 9-11am on **21.06.2024** along with Mags &Urjo(an NGO working for empowering women) by a 1hr yoga session for 40 plus women led by yoga instructor Shyamali Saha, followed by a 15 minute talk by a dietitian on practical tips for ideal & healthy diet for elderly. 45 women including Kolkata menopause society office bearers participated. Breakfast and beverages were served at the end of the programme.





BRCA1
HLA
EXOME

Empowering
Women
to reach
for the stars

Email: ujjwalaprogram@ujjwala.org
Website: www.ujjwala.org

Empowering
Women
to reach
for the stars

Ujjwala



10th Dec 2017
11th Dec 2017
12th Dec 2017
13th Dec 2017
14th Dec 2017
15th Dec 2017
16th Dec 2017
17th Dec 2017
18th Dec 2017
19th Dec 2017
20th Dec 2017
21st Dec 2017
22nd Dec 2017
23rd Dec 2017
24th Dec 2017
25th Dec 2017
26th Dec 2017
27th Dec 2017
28th Dec 2017
29th Dec 2017
30th Dec 2017
31st Dec 2017







National YOGA Day Celebration & Health Awareness Programme

- Kolkata Menopause Society & The Bengal Obstetric & Gynaecological Society (BOGS) celebrated National YOGA Day Celebration & Health Awareness Programme on June 29, 2024, at The Stadel, Salt Lake, Kolkata in a huge way.
- The programme started with the Yoga session. Meditation, Yoga, Relaxation and Breathing practices were the events as directed by Yoga Trainer. Many of our Members with the Doctors and the members of URJO- an NGO joined in the programme. This was followed by healthy snacks meet. A session of Meditation for Healthy & Stress-Free Life was taken by Brahmakumari Sisters.
- Dr Pragya Mishra Chowdhury spoke on PCOS & Role of Lifestyle Modification. Dr Gita Ganguly Mukherjee, Dr Mausumi De Banerjee and Dr Jayita Chakrabarti chaired the session. Mrs Mansi Sanghvi Bhayani, Consultant Psychologist, Founder & Director of Marga Wellness Studio spoke on Mental Health. Dr Amit Basu, Dr Nirmala Pipara and Dr Saktirupa Chakraborty chaired the session. BMD measurement was also done.
- 59 participants (including doctors and general public) attended the programme.





Health check up camp

- Kolkata menopause society organized a Health camp & Public awareness program at Pareek Bhaban, North Calcutta on **27.07.2024**. 42 middle aged women were consulted and examined for HB, blood sugar and BMD. Awareness talk was given by Dr Mumtaz Sanghmita on bone health, Dr Bipasa Sen on genitourinary symptoms and Dr Nirmala Pipara on cervical cancer vaccination.

-

KOLKATA
MENOPAUSE
SOCIETY



॥ श्री पराशराय नमः ॥

पारीक सभा महिला समिति कोलकाता
आपका

हार्दिक अभिनंदन करती है

4, राजा बजेंद
गण स्ट्रीट, कोलकाता - 700





Gene
37

37



Thank You!