



JABALPUR MENOPAUSE SOCIETY



CLUB 35 +

APRIL -22 MONTH ACTIVITIES



www.wewishes.com

*All mother of universe is best gift of
for all universe children.
May God best health my mother
forever.*



President - JMS



Secretary - JMS



11.04.2022

SAFE MOTHERHOOD CELEBRATION

Vimal Nursing Home

Celebrated at Vimal Nursing Home Adhartal Jabalpur on 11th April 2022. Patients attending OPD were given Awareness talk by Dr Alka Agrawal.... Importance of Diet, Nutrition, regular ANC Check ups, Sonography, Positive thoughts, Exercise, Yoga, positive atmosphere at home were explained. complications of pregnancy and delivery like PPH, Toxemia, Anaemia, IUGR were also explained to OPD patients.





20.04.2022

AWARENESS PROGRAMME ON COSMETIC GYNAECOLOGY

Hotel Krishna

Awareness programme organized on Cosmetic
Gynaecology for Club 35 + members



JABALPUR MENOPAUSE SOCIETY

HELLO EVERYONE!!!!

AFTER LONG TIME WE ARE MEETING WITH A VERY NEW AND INTERESTING TOPIC SO PLEASE DO COME AND TAKE PART IN OPEN DISCUSSION AND SOLVE YOUR QUERIES OF MID LIFE, WE ARE ORGANIZING A VERY INFORMATIVE PROGRAM FOR YOU THIS WEEK ON COSMETIC GYNECOLOGY

LET ME ASK.....

- DO YOU PEE WHEN U LAUGH HARD !
- DO YOU WANT TO KNOW ABOUT YOUR SEXUAL HEALTH
- HAVE YOU HEARD ABOUT G SPOT ?
- DO YOU ORGASMEVERYTIME YOU HAVE INTERCOURSE?
- WHAT IS KIEGELS EXERCISE AND WHY SHOULD EVERYONE DO IT ?
- WHAT IS GEMITOURINARY SYNDROME ?

SPEAKERS

DR AMITA SAXENA, PRESIDENT - JOGS
DR RICH A DHIRAWANI ,SECRETARY - JOGS

DAY : 20TH APRIL TIME : 4PM
VENUE : HOTEL GUZAR NATIONAL HIGHWAY 12A,
MAHANANDA, NAGPUR RD, MADAN MAHAL,
JABALPUR, MADHYA PRADESH 482002

THE PROGRAM WILL BE FOLLOWED BY MUSIC AND MASTI AND HIGHTEA



JABALPUR MENOPAUSE SOCIETY



20.04.2022

AWARENESS PROGRAMME ON COSMETIC GYNAECOLOGY

Hotel Gulzar Tower



JABALPUR MENOPAUSE SOCIETY

CLUB 35 +



MAY - 2022

MONTH ACTIVITIES



President - JMS



Secretary - JMS



25.05.2022

ANAEMIA AWARENESS FOR VILLAGERS

Village Panagar

*Dr Sharda Mishra,
Dr Chitra, Dr Sonal
and me organized
a program at
Panagar Hospital
for ladies including
pregnant women
Dr Sonal tell them
about anemia and
Dr Sharda Mishra
oriented them on
Garbh Sanskar
about 50 ladies
ASHA workers and
staff nurses were
benefitted
Total 72 -
ANC 52 -
Feeding Mother 11
Other Asha 12*





28.05.2022

Radio Prog. On Menstrul Hygiene Day

Radio Akashwani



Dr Chitra Jain

Radio Programme on Menstrual Hygiene

On Radio mirchi today on Menstural hygiene day

Dr Chitra Jain



0:35



4:16 pm



Dr Chitra Jain

➔ Forwarded

E		G		G		G		G	
Message Log	Channel	Time Zone	Start Time	End Time	Break Status	Location			
18/05/2022	JALPA/P/WHICH 28.3	Morning	05:21:40	05:22:15	Not Break	Dr Chitra Jetti, Ambikapur, Chhattisgarh	Chhattisgarh	Chhattisgarh	
18/05/2022	JALPA/P/WHICH 28.3	Morning	06:22:20	06:23:00	Not Break	Dr Chitra Jetti, Ambikapur, Chhattisgarh	Chhattisgarh	Chhattisgarh	
18/05/2022	JALPA/P/WHICH 28.3	Afternoon	13:30:00	13:30:30	Not Break	Dr Chitra Jetti, Ambikapur, Chhattisgarh	Chhattisgarh	Chhattisgarh	
18/05/2022	JALPA/P/WHICH 28.3	Afternoon	13:30:20	13:30:30	Not Break	Dr Chitra Jetti, Ambikapur, Chhattisgarh	Chhattisgarh	Chhattisgarh	
18/05/2022	JALPA/P/WHICH 28.3	Evening	17:23:27	17:23:57	Not Break	Dr Chitra Jetti, Ambikapur, Chhattisgarh	Chhattisgarh	Chhattisgarh	
18/05/2022	JALPA/P/WHICH 28.3	Evening	18:23:16	18:23:26	Not Break	Dr Chitra Jetti, Ambikapur, Chhattisgarh	Chhattisgarh	Chhattisgarh	

A message on Menstrual hygiene by Dr Chitra jain



28.05.2022

MENTRUAL HYGIENE DAY CELEBRATION

Raza Chowk, Jabalpur



**Global Menstrual
Hygiene Day**
**Awareness talk given
by Dr Alka Agrawal at
Urban Family Welfare
Center Raja Chawk
Adhartal Jabalpur to
Girls and ladies .
Sanitary Napkin and
Iron and Calcium
tablets were also
distributed to all the
females attending the
Awareness talk. check
up of few girls and
women done by Dr
Alka Agrawal.**



28.05.2022

MENTRUAL HYGIENE DAY CELEBRATION

Sahu Mahila Samaj

**Global Menstrual
Hygiene Day
Awareness talk given
by Dr Nisha Sahu on
28.5.2022 at Sahu
Mahila Mandal.
Their queries
regarding Menstrual
Cup and other
questions were
answered and
Sanitary napkins
were distributer**





28.05.2022

MENTRUAL HYGIENE DAY CELEBRATION

**Jabalpur Hospital &
Research Centre**

**On the occasion
of World
Menstrual
Hygiene Day IMS
President Dr
Pragya Dhirawani
organized
awareness
programme for
Nurses and staff.
Dr Sangeeta
Shrivastava and
Dr Richa
Dhirawani also
talk about
Menstrual
Hygiene.**





28.05.2022

MENSTRUAL HYGIENE DAY CELEBRATION

**Ladli Basera Orphan
Girls Home**

**World
Menstrual
Hygiene day
celebration at
Ladli Basera,
Orphan Girls
Home, Vijay
Nagar by Dr
Sonal
Richhariya and
Dr Kaveri Shaw .
Donated
sanitary
napkins and
instructed for
hygiene**





JABALPUR MENOPAUSE SOCIETY



01.06.22 IMS Zonal Conference & 4TH Annual State Conf of Raipur Menopause Society

Conducted a Panel discussion on Urogenital

4TH ANNUAL STATE CONFERENCE
RAIPUR MENOPAUSE SOCIETY

INDIAN MENOPAUSE SOCIETY ZONAL CONFERENCE &

4TH ANNUAL STATE CONFERENCE OF RAIPUR MENOPAUSE SOCIETY



4TH ANNUAL STATE CONFERENCE
RAIPUR MENOPAUSE SOCIETY

Date: 01-06-2022
Venue: Jabalpur Convention Centre
Jabalpur



1-15
JUN 2022





31.05.2022

WORLD NO TOBACCO DAY CELEBRATION

Jabalpur Hospital &
Research Centre

World No Tobacco Day at JHRC by Dr Pragya Dhirawani, Dr Sangeeta Shrivastava, Dr Neetu Yadav and Dr Richa Dhirawani. Guest speaker were Dr Rajesh Dhirawani Sir spoke Chewing tobacco and snuff can cause cancer in the cheek, gums, and lips and Dr Deepak Baharani Sir spoke Long-term use of smokeless tobacco increases your risk of dying of heart disease and stroke. Dental disease.





JABALPUR MENOPAUSE SOCIETY



31.05.2022

WORLD NO TOBACCO DAY CELEBRATION

Cycle Rally from
Stadium to Victoria



On the occasion of World Tobacco Day IDA with JOGS, IMA, IMS & WDW
organized Cycle Rally from Stadium to Victoria



JABALPUR MENOPAUSE SOCIETY

CLUB 35 +



JUNE - 2022

MONTH ACTIVITIES



President - JMS



Secretary - JMS



01.06.22 Health Awareness talk about GSM & Osteoporosis Lijjat Papad Grah Udyog

Talk on Bone Health and Urogenital Problems related to Mid Life is given followed by a good Question and answer session and prize distribution



पापड़ बनाने वाली महिलाओं को स्वास्थ्य के प्रति जागरूक किया



बीमारियों से बचने की जानकारी देती महिला चिकित्सक। ● सो. सोसायटी

जबलपुर। मीनोपाजल सोसायटी जबलपुर आब्स्टेट्रिक एंड गायनिक सोसायटी के संयुक्त तत्वावधान में जागरूकता कार्यक्रम आयोजित किया गया। इस कार्यक्रम में पापड़ बनाने वाली क्रीव 200 महिलाओं को डा. प्रज्ञा धीरावाणी, डा. अर्चना श्रीवास्तव, डा. अमिता श्रीवास्तव व डा. नीना श्रीवास्तव ने संबोधित कर मीनोपाजल उम्र की महिलाओं में होने वाली परेशानियों

व उनके रोकथाम के उपायों के बारे में जानकारी दी।

उन्होंने बताया कि बड़ती उम्र में होने वाले हड्डियों के फ्रैक्चर से कैसे बचा जाना चाहिए। कैल्शियम व विटामिन डी का इस उम्र में क्या महत्व है। इस बारे में गहन चर्चा कर उनकी समस्त शंकाओं का समाधान किया गया। कार्यक्रम में प्रज्ञा ओसवाल व डाली ठक्कर भी शामिल रहे। (रि.)



JABALPUR MENOPAUSE SOCIETY



01.06.22 Health Awareness talk about GSM & Osteoporosis Lijjat Papad Grah Udyog





JABALPUR MENOPAUSE SOCIETY



01.06.22 Health Awareness talk about GSM & Osteoporosis Lijjat Papad Grah Udyog





JABALPUR MENOPAUSE SOCIETY



05.06.22

Tree Plantation by JMS Members

Vimal Nursing Home





JABALPUR MENOPAUSE SOCIETY



05.06.22

Tree Plantation by JMS Members

Vimal Nursing Home





JABALPUR MENOPAUSE SOCIETY



04.06.22

Tree Plantation by JMS Members

Vimal Nursing Home

हरिभूमि

जबलपुर - मुख्य संस्करण

6 Jun 2022

विश्व पर्यावरण दिवस पर डॉक्टरों ने पर्यावरण को बचाने का दिया अनूठा संदेश

हम दो, हमारे दो पेड़ की थीम में रोपा पौधा



विश्व पर्यावरण दिवस पर डॉक्टरों ने पर्यावरण को बचाने का दिया अनठा संदेश. देखिए यह खबर

www.elsevier.com/locate/jmb



JABALPUR MENOPAUSE SOCIETY



04.06.22

Tree Plantation by JMS Members

Kundam Village





JABALPUR MENOPAUSE SOCIETY



04.06.22

Tree Plantation by JMS Members

S M J HOSPITAL





05.06.22

Tree Plantation by JMS Members

JMS MEMBERS



राज एक्सप्रेस



Published on 06-Jun-2022 print edition of Raj Express

‘हम दो-हमारे दो पेड़’ की थीम में डॉक्टरों ने किया पौधरोपण

जबलपुर। अंतर्राष्ट्रीय पर्यावरण दिवस 5 जून के अवसर में जबलपुर स्त्री रोग विशेषज्ञा संघ के सदस्यों द्वारा विगत नवविंश शीत अग्रहास्तल डॉ अलका अग्रवाल के प्रांगण में पौधरोपण किया गया। यही विगत वर्ष किए गए पौधों की कुछ के स्वरूप में विचारिता हूए पेड़ पौधों को देखा। डॉ. अलका अग्रवाल ने बताया कि हमारा नारा है कि हम दो, हमसे दो इस थीम में विश्व पर्यावरण दिवस के अवसर पर पौधरोपण किया जा रहा है। उन्होंने बताया कि भविष्य पर्यावरण को सुरक्षित पर्यावरण में बदलने के लिए आज के परिवेष्ट में पौधरोपण करना अत्यंत आवश्यक है, पेड़ पौधे हवा को

शुद्ध करते हैं, पानी को संग्रहित करते हैं, जलवायु नियंत्रण में मदद करते हैं, कार्बन डाइऑक्साइड को अवशोषित करके अधिजीवन को वातावरण में छोड़ते हैं एवं अन्य कई हानिकारक मैसों को अवशोषित कर लेते हैं, इस तरह प्रदूषित वातावरण को शुद्ध करते हैं, मिट्टी की शक्ति को बचकर रखते हैं एवं जलवायु नियंत्रण में भी मदद करते हैं। कुछ पौधों के साथ बड़े जानवरी को भी आवास प्रदान करते हैं मानस एवं लक्ष और पशु पक्षी सब एक दूसरे के पुष्क हैं। पौधरोपण के कार्यक्रम में डॉ मीता शुद्धन, डॉन एनार्थरीनी मैथिलन कोलिय जबलपुर, डॉ प्रोफेसर कविता

रुप सिंह विभागाध्यक्ष स्त्री रोग विभाग एनार्थरीनी मैथिलन कोलिय, डॉ प्रभा धीरवनी, डॉ चित्रा जैन, डॉ पूषा पांडे, डॉ रंजना गुप्ता, डॉ ज्योत्सना पोसे, डॉ अनुराधा डोग, डॉ स्वराज नायक, डॉ नीना श्रीवास्तव, डॉ मिलिनी गुप्ता, डॉ अर्चना श्रीवास्तव, डॉ रिचा धीरवानी, डॉ शारदा मिश्रा, डॉ निधि पटेल, डॉ. सोनल रिछाविया, डॉ कावेरी शाह, डॉ कुसुम सोलंकी, डॉ निता साहू, डॉ कहलना राज, डॉ राश्वी कार्गवरी, डॉ नीलजा तिहारी, डॉ सुमति, डॉ राजू जैन, डॉ निराला बनसोडिया, डॉ अर्चना ठाकुर, डॉ निराला भारती, डॉ फलन राजा आदि की उपस्थिति रही।

पर्यावरण है तो हम है पर्यावरण नहीं तो हम नहीं



JABALPUR MENOPAUSE SOCIETY



14.06.22 Health Awareness & Checkup for Teacher

Nachiketa College Jabalpur



Dr Neena Shrivastava and Dr Richa Dhirawani delivered a talk on Mid Life Health for teachers of Nachiketa school





JABALPUR MENOPAUSE SOCIETY



15.06.22

Blood Donor Day

Jabalpur Blood Bank



Blood Donor Day at Jabalpur Blood Bank - JMS Member donated blood





JABALPUR MENOPAUSE SOCIETY



21.06.22

International Yoga Day

IMA HOUSE JABALPUR



IMA JABALPUR, IMA WDW STATE BRANCH
JABALPUR MENOPAUSE SOCIETY
JABALPUR OBSTETRICS & GYNAECOLOGICAL SOCIETY

TEAMWORK MAKES THE DREAM WORK

Date: 21st June 2022, Tuesday
at 7:30 AM - 8:30 AM, Venue: IMA House

21st June
International
Yoga Day



Dr. Pawan Shapok
President - IMA



Dr. Chitra Jain
State Chairperson
IMA WDW



Dr. Pragya Dhirawani
President JMS



Dr. Amita Saxena
President-JOGS



Dr. Roop Mandve
Secretary - IMA



Dr. Sonal Richhariya
State Secretary
IMA WDW



Dr. Archana Shrivastav
Secretary JMS



Dr. Richa Dhirawani
Secretary-JOGS





JABALPUR MENOPAUSE SOCIETY



21.06.22

International Yoga Day

IMA HOUSE JABALPUR



INDIAN MEDICAL ASSOCIATION JABALPUR



Thank You.



Jabalpur Menopause Society

- CME Conducted By Jabalpur Menopause Society with JOGS on 1st JULY on Preserve the Uterus. Highlights of the programme were star studded eminent faculties .Dr. Sunita Tandulwadkar from Pune.Dr . Dipti Nabh from Delhi andThe eminent speakers from.our Society Dr.Gita GuinDr.Sangeeta Shrivastav Dr.Nidhi Jain.Dr Sonal Richariya and Dr Sonal Sahni Joined for the public Forum.Most importantly a Public Forum in the end was Conducted By Dr Archana Shrivastava for club 35 + members who participated in a 2 way Q&A session with their queries and doubts about Hysterectomies and can one avoid it.President of JMS- Dr Pragya Dhirawani boosted everyones morale.In the end Club 35+ Anthem Song - Love you Zindagi was performed.



- 3rd July awareness program was done with social workers (Volunteers of All World Gayatri Pariwar)on importance of saving the girl child .pamphlets were distributed with all thoughtful quotes to all of them, 100 members attended the program.



Jabalpur Menopause Society

- Physical CME on Women Health with IMS on 21st July 2022 at Hotel Gulzar Tower, Jabalpur



- PREMIUM GROOMING SESSION on 31st July 2022 at Hotel Satya Ashoka

PREMIUM GROOMING SESSION
Only For The Elite Ladies
Our Chairpersons

Date :- Sunday, 31st Of July
Time :- 11-1 pm

Workshop Organiser:-
Dr. Shrutu S. Agrawal

Dr. Pragna Dhirawani
President, Jabalpur Menopause Society

Dr. Anila Saxena
President, JMS Society

Dr. Sangeeta Shrivastava
Past President, JMS & JOGS

Mrs. Archana Shrivastava
President, MAWE

For Registrations
Piz Call/WhatsApp :- **9617297771**

Special Discount for Club-35 members ONLY
A Workshop On Etiquette & Grooming
An Event by JOGS & JMS

Date :- 31st July, SUNDAY
Time :- 11-1 pm

Venue :- Hotel Satya Ashoka

Registrations At Flat Rs.500/- Only

Workshop Organiser:- Dr Shrutu S. Agrawal

For registrations
Piz Call/WhatsApp :- **9617297771**

Premium Grooming Session for Professionals
An Event By **JOGS & JMS**
(Jabalpur Olds & Gynaec Society) (Jabalpur Menopause Society)

Date :- 31st July, SUNDAY
Time :- 11-1 pm

Venue :- Hotel Satya Ashoka

Speaker:- Lt. Dr. Rita Gangwani (Delhi)
Foundation Coach Of Miss India / Mrs India
Honoured by the World Book Of Records

Dr. Pragna Dhirawani
President, Jabalpur Menopause Society

Dr. Anila Saxena
President, JMS Society

Dr. Sangeeta Shrivastava
Past President, JMS & JOGS

Mrs. Archana Shrivastava
President, MAWE

Workshop Organiser:- Dr Shrutu S. Agrawal

For registrations Piz Call/WhatsApp :- **9617297771**



- CME ON GENITAL URINARY PROBLEMS on 6th August 2022 at Hotel Krishna

Jabalpur Menopause Society
committed to Women's Wellness

Invites
the Club35+ members
for an educational program on
**Genitourinary Problems
in Middle Aged Women**

Experts
Dr. Pragna Dhirawani
Dr. Swaraj Naik
Dr. Neena Shrivastav
Dr. Anupama Solanki
Dr. Nidhi Jain

Followed by AZADI KA AMRIT
MAHOTSAV Celebration
with Music and Masti
Date: 6th August, Saturday
Time: 4pm
Venue: Hotel Krishna

Dr Sharda Mishra, Dr Chitra, Dr Sonal and me organized a program at Panagar Hospital for ladies including pregnant women Dr Sonal tell them about anemia and Dr Sharda Mishra oriented them on Garbh Sanskar about 50 ladies ASHA workers and staff nurses were benefitted
Total 72 -
ANC 52 - Feeding
Mother 11
Other Asha 12



Jabalpur Menopause Society

- ORGAN DONATION RALLY on 26th August 2022 from FROM SHIVAJI GROUND TO PRNTINAKA SADAR

