

ACTIVITY FOR THE MONTH OF APRIL 2022

LUDHIANA MENOPAUSE SOCIETY

A virtual academic event on the topic of " Sarcopenia during Menopause: Diagnosis to Management" was organised by the Ludhiana Menopause Society on 30 th April 2022. The webinar was attended by 45 delegates. The Chief Guests for the webinar were Dr Shobhana Mohandas, President IMS 2022 and Dr Anju Soni , Secretary General IMS 2022.

The Guests of Honour were Dr Ambuja Choranur, President IMS 2021 and Dr Sudhaa Sharma, Secretary General IMS 2021. There were three speakers who delivered talks on the topic of Sarcopenia - How to diagnose and manage.

The Organizing Secretary was Dr Kavita Mandrelle Bhatti, President Ludhiana Menopause Society and Dr Birinder Kaur Ahuja, Secretary, LMS.



Sarcopenia during Menopause: Diagnosis to Treatment

A Virtual Academic Event organized by "Ludhiana Menopause Society"
Under the aegis of Indian Menopause Society
30 APRIL, 2022 | 4:00 pm onwards

Chief Guests



Dr Shobhana Mohandas
President IMS 2022



Dr Anju Soni
Secretary General IMS 2022

Guests of Honour



Dr Ambuja Choranur
President IMS 2021



Dr Sudhaa Sharma
Secretary General
IMS 2021



Dr Iqbal S Ahuja
Chairman LMS

Topic:	Speaker:	Moderator:
Sarcopenia: Introduction- Causes & Tests	Dr Ashima Taneja	Dr Iqbal Singh Dr Promila Jindal
Sarcopenia: Diagnosis, Prevention & Treatment	Dr Meenakshi Ahuja	Dr Neelam Sodhi Dr Gitanjali Kaur
Muscle Strengthening Exercises Video- Live demonstrations	Dr Sandeep Singh Saini	Dr Gursimran Kaur Dr Mini Ahuja

Organizing Team



Dr Kavita M. Bhatti
President- Ludhiana Menopause Society



Dr Mini Ahuja
Secretary- Ludhiana Menopause Society

— Digital Partner —



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To Register

Launch of Club 70+ by Ludhiana Menopause Society

Club 70 plus was initiated by Ludhiana Menopause Society on 25 th June 2022. A visit was organized to the old age home – Heavenly Palace which is situated at Doraha, Ludhiana. It has approximately 100 inmates. A health camp was held in association with Christian Medical College and Hospital Ludhiana, which included medical, orthopaedic, cardiology, gynaecological and physiotherapy services. Blood pressure measurement, cardiology and orthopaedic check-ups were done by the specialists doctors from CMC Hospital Ludhiana. The inmates were given a talk on simple daily exercises by the physiotherapists. Gynaecological examination was also done for women with gynae complaints.



Launch of Club 70+
BY LUDHIANA MENOPAUSE SOCIETY
UNDER THE AEGIS OF INDIAN MENOPAUSE SOCIETY

Date: 25th June, 2022

Time: 11 am

**Venue: Heavenly Palace, Doraha,
Ludhiana**

Dr Kavita Mandrelle Bhatti
President
Ludhiana Menopause Society

Dr Birinder Kaur Ahuja
Secretary
Ludhiana Menopause Society





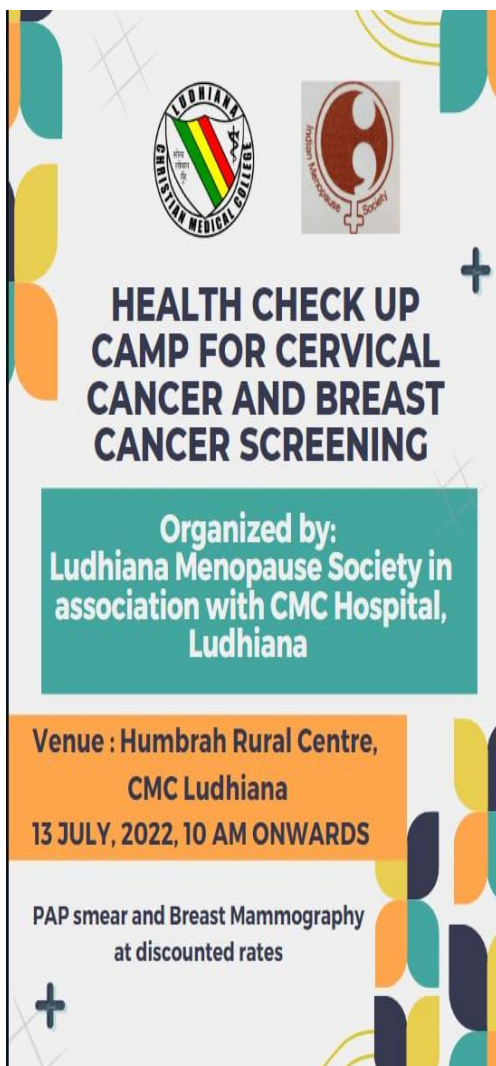






Ludhiana Menopause Society

- Ludhiana menopause Society in association with Christian Medical College and Hospital, Ludhiana conducted a Health Check up Camp for Cervical Cancer and Breast Cancer Screening at its peripheral health centre in Hambran.
- Facilities provided – Free gynaecological, medical and surgical check up, screening for cervical and breast cancer, lab investigations at 50 % concessional rates, Ultrasonography at 50% concession and Paps smear and mammography also at discounted rates . The patients were given health talks as well besides a free check up. They were made aware of importance of regular screening for breast and cervical screening. There were 37 women who attended the health camp.



The poster features the logos of Ludhiana Christian Medical College and the Ludhiana Menopause Society. The text reads: **HEALTH CHECK UP CAMP FOR CERVICAL CANCER AND BREAST CANCER SCREENING**. It is organized by the Ludhiana Menopause Society in association with CMC Hospital, Ludhiana. The venue is Humbrah Rural Centre, CMC Ludhiana, on 13 July, 2022, from 10 AM onwards. It also mentions that PAP smear and Breast Mammography are available at discounted rates.

