

Groom yourself transform yourself, it was unique concept of self grooming organized by Rajkot Manhasset Society, club 35 plus and WDW on 16/04/2022, Saturday.

Easy Make Up

Easy Hair Style

Sari Drapping and Latest Fashion Tips were demonstrated by eminent beautician, fashion designer and member of our society.

Felicitation of Quiz and Poster competition winners of club 35 plus was done. More than 200 delegates attended, soon coming with mind and soul grooming session.



" Groom Yourself "

" Transform yourself "

RAJKOT MENOPAUSE SOCIETY, WOMEN DOCTORS WING & ROTARY CLUB OF RAJKOT GREATER

Have Organised a beautiful event for All female members,
friends and family members



Attractive session on

- ~ Sari drapping
- ~ Make up-basic step
- ~ Easy Hair style
(Nayna Patel)
- ~ Aesthetic Dressing
(Shruti Shah)

Date
16/04/2022, Saturday

Time
04:30 to 06:30 pm sharp

Venue
Rotary greater bhavan, Vidhyanagar Main Road, Rajkot

Book Your Seat before 12/04/2022
by Calling on : 80007 01110 | 97225 04099 | 73591 25226

"Limited Seats Available on First Come First Serve Basis"

RMS	WDW	Project Chair Person			RCRG	
 Dr.Ami mehta	 Dr.Swati Popat	 Dr.Pratixa Desai	 Dr.Sweta Patel	 Dr.Manisha Moteria	 Aashini modi	 Grishma Nathwani





- It was a joint CME of ROGS and RMS. Excellent and very much precise presentation of Dr Puja Tanna on 24/4/2022 on significance of ovarian tumor markers.
- Dr Anjanaben Chauhan president of Ahmedabad menopause society has beautifully explained regarding uterine malignancy screening updates.
- Panel discussion was on menopause transition, different symptoms and how to deal with them was well moderated by Dr Ami Mehta and Dr Lata Jethwani.
- Respected Dr Sushmitaben Dave and Dr Rekaben Patel chaired the session and gave their very much informative inputs.

For the use of a registered medical practitioner or hospital/ laboratory only.

Rajkot OBS & GYN Society | Rajkot Menopause Society
Menopause Transition

SUNDAY | 24th APRIL 2022 | 10:00 am to 1.00 pm

VENUE : HOTEL IMPERIAL PALACE , DR YAGNIK ROAD , JAGNATH PLOT, RAJKOT.

PRESIDENT ROGS	PRESIDENT RMS			
 Dr. Dhiren Taraviya	 Dr. Ami Mehta			
SECRETARY ROGS	SECRETARY RMS			
 Dr. Jigna Ganatra	 Dr. Hina Popat			
SPEAKERS, PANELIST & EXPERT FACULTY				
 Dr. Anjana Chauhan	 Dr. Pooja Tanna	 Dr. Lata Jethwani	 Dr. Minakshi Rakholiya	
 Dr. Aman Mukhi	 Dr. Vipul Solanki	 Dr. Bhakti Ganatra	 Dr. Jyoti Parmar	 Dr. Rashmi Mehta
CHAIRPERSONS				
 Dr. Susmita Dave		 Dr. Rekha Patel		

Academic Partner: **TEAM Meliana** A Division of Abbott India





IMS along with agra, Ahmedabad and rajkot menopause society had organized webinar on cervical cancer screening and management on 27/4/2022.

 Indian Menopause Society along with Menopause Society of Agra, Menopause Society of Rajkot, Menopause Society of Ahmedabad

Cordially invites you to

Cervical Cancer Screening and Management

Date: 27th April, 2022 | 5PM - 7PM IST

Chief guest	Guest of honour	Coordinator	Master of ceremony
 Dr. Shobhana Mohandas President, IMS	 Dr. Anju Soni Secretary General IMS	 Dr. Savita Tyagi Chairperson Rural committee IMS	 Dr. Nidhi Bansal Secretary, Agra menopause society

Topic1: Cervical cancer screening - which one is best

Speaker	Chairpersons
 Dr. Sarita Shyam Sunder Consultant & Professor, Vardhman Mahavir Medical College & Safdarjung Hospital, New Delhi, India	 Dr. C. Ambuja IPV, IMS  Dr. Pushpa Sethi Senior Practising Obstetrician and Gynaecologist, at Gurgaon

Topic2: HPV Testing

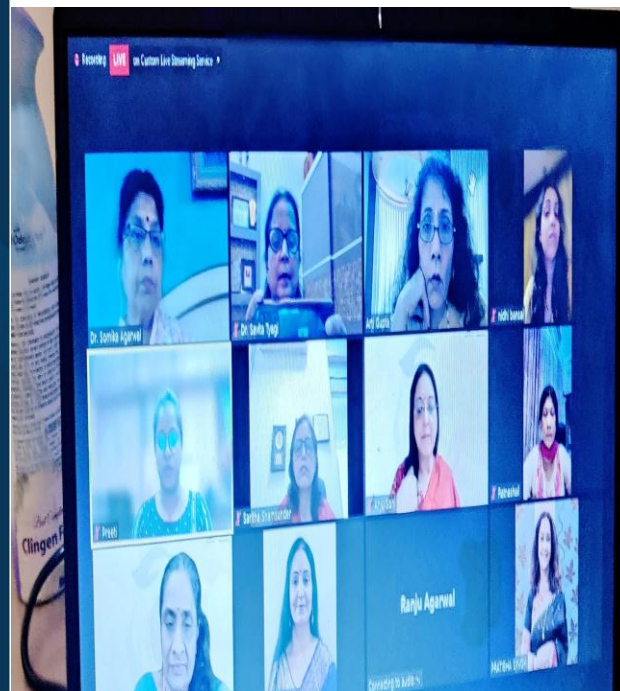
Speaker	Chairpersons
 Dr. Shobhana Mohandas President, IMS	 Dr. Ratna Sharma President Menopause society of Agra  Dr. Pratibha Singh Consultant Laparoscopic Gynaecologist and IVF Specialist

Panel on
Case based discussion on cervical cancer screening and management

 Dr. Archana Dhanoli President, MSOBS (2011-13)	 Dr. Anjana Choudhary President, Ahmedabad Menopause Society	 Dr. Ranju Agarwal Life member of IMS	 Dr. Anil Mehta President Menopause society of Rajkot	 Dr. Surabhi Mittal Professor, Dept of Radiation Oncology, I. A. Medical College & Hospital, Agra (2011)	 Dr. Anli Gupta Secretary general, IMS	 Dr. Savita Tyagi Chairperson, Rural committee IMS
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Moderator

 CLIRNEI



Bad camp organized on 06/05/2022 by Rajkot Menopause society for nagar parishad female screened 75 women and explained them regarding importance of calcium in diet, vit d, physiotherapist explain exercises according to their need and if needed medications.



RMS organized a cme on uti in all ages of women .

Dr ashish jasani delivered an excellent lecture on 17/06/2022.

Dr ashish jasani , on uti, cleared all doubts and share all practical aspects with evidence.

Everyone enjoyed.





Rajkot Menopause Society

- Salad studio organized a healthy lunch box competition and launched their healthy meal. This event was supported by Rajkot Menopause Society.
- It was on 10/07/2022. Dr. Ami Mehta explained sugar and salt proportions in daily diet and healthy diet habits. Dr. Darshna Pandya different types of salad sprouts, role of life style modifications to remain healthy. Dr Jyoti Shah was judge for the healthy lunch box competition.

Salad Studio
is launching a new diet dish.
This is going to start for the first time in Rajkot

Organized By : **Salad Studio**

Media Partner : **FIRST DREAMING**

Supported By : **RMS WDW**

Sponsored By : **HAPPY KIRAN'S QUALITY EYE CARE RAJ MANDIR CATERERS**

Healthy Bar

WELCOME DRINK
Mint Lemonade

STARTER
Weight Loos Soup
Fibre Rich Tikki
Mint Deep

MAIN COURSE (INDIAN BREAD)
Millet Bread (Gluten Free)
Corn Bread (Gluten Free)
Green Bhaji (Calcium Rich)
Carlic Galka (Low Calorie)

SALADS
Tomato
Cucumber
Kench Salad
Kalingar Musti Salad
Pahadi pototo
Sprout salad
More verayatsi

SWEET DISH
Beatroot Halwat

BEVERAGE
Spiced Buttermilk

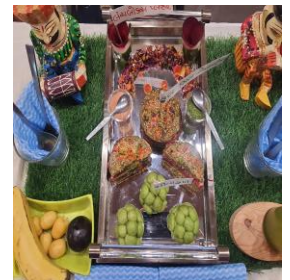
MOUTH FRESHNER

Only ₹ 350/-

10 July, 2022
At Happy Banquet
Kuvadava Road, Opp. Gokul Hospital,
Rajkot (Gujarat)
From 11:00 to 3:00 Pm

For any details, Contact now & Register Now :

Darshna Anadkat +91 99250 15455	Mishri Anadkat +91 95372 51729	Kanan Anadkat +91 90990 80620	Bijal H. Bakhai +91 95588 26706	Rita N Patel (Rita's Healthy Kitchen) +91 98798 78489
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- Our EC member Dr Shweta Trivedi had done a very good public awareness programme on "PERIMENOPAUSE PROBLEMS AND ITS SOLUTIONS"
- among most conservative society of vohra muslim community.
- There were 40-50 ladies were present.
- All participants were happy after the lecture and discussion.
- All were made aware about cancer prevention, bone health and menstrual irregularities in this period.



Rajkot Menopause Society

- Rajkot Menopause society organized IMS president webinar on 26/07/2022 on osteoporosis.

Rajkot Menopause Society Presents
IMS president's Webinar Series on
" OSTEOPOROSIS "
 26th July 2022, Tuesday | 6:30pm to 8:30pm

Guests of Honour

Welcome Note

Topic: Risk Assessment in Osteoporosis

Speakers

Chairpersons

Topic: Management in Osteoporosis

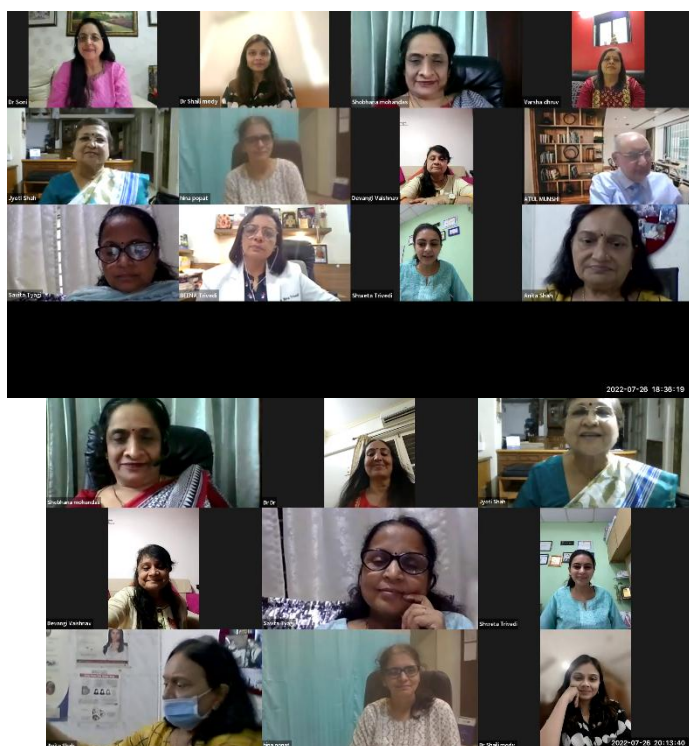
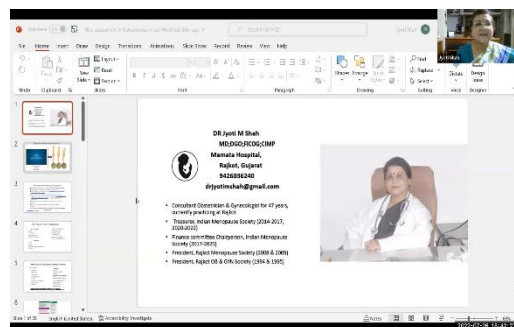
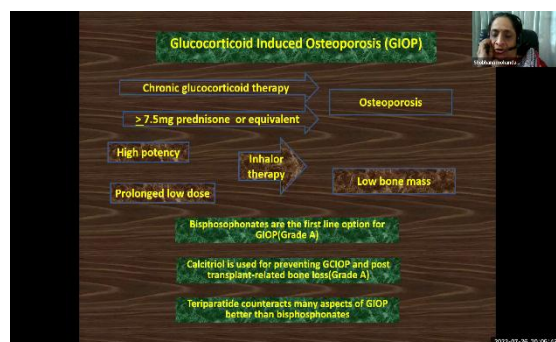
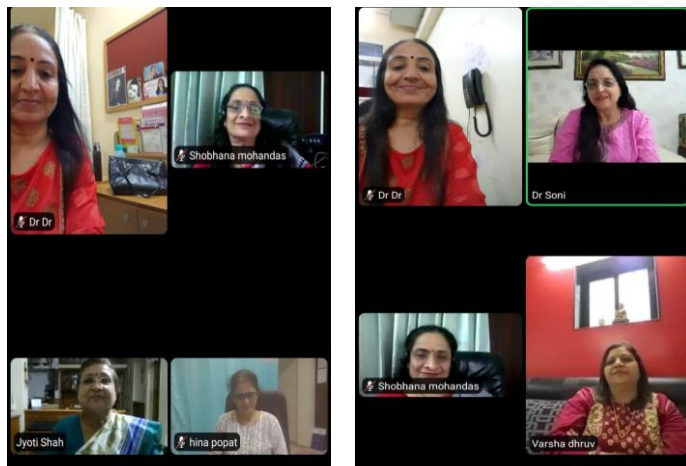
Panel Discussion

Moderator

Panelist

MOC and Vote of Thanks

Digital Partner: CLINET



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- Consulting Obstetrician and Gynaecologist
- Director at Mumukshu Group of Hospitals, Ahmedabad
- Fellow of Prof. & HOD at GCS and NHI Medical College, Ahmedabad
- Associate Editor - Journal of Middle Health
- IMS Representative for Asia Pacific Menopause Federation APMF 2021 - 2022
- Chairperson ICGO 2014
- President, IMS 2010
- Si Vice President (FOGSI, 2007)
- Past President, Ahmedabad CBOVN
- On Editorial Board - Pediatric Oncol Journal

