Welcome Address

A warm welcome from the organising Committee of the North Zone Indian Menopause Society Conference (North Zone IMSCON) 2022.

With hearts full of warmth, we welcome each one of you to Dilwalon ki Dilli.

We promise you a weekend of academic interaction & deliberation, platform for ideation & conceptualization, corners for refreshing bonds & introspection, stage for revelation & inner gratification.

The organising committee supported by the patrons & seniors of the Delhi Chapter of IMS are teaming together to chart a very simple and practical education and scientific programme which shall help increase awareness, instill confidence in managing menopause & develop a holistic approach to menopause & it’s related issues.

We shall talk & openly discuss those untouched, unchartered areas of life of a menopause woman with experts from all fields so as to improve her quality of life.

Our Theme : Let us Stand Up for her Menopause Rights

We are eagerly waiting to welcome you physically to the capital of India, Delhi, the Dil of NZ IMS on 10-11th December 2022.

Stay tuned for more updates.

Organizing Committee

Dr. Meenakshi Ahuja
Organising Chairperson

Dr. Jyoti Bhaskar
Organising Secretary

Dr. Renuka Malik
Organising Vice Chairperson

Dr. Kiranjeet Kaur
Organising Joint Secretary

Dr. Priti Dhamija
Organising Joint Secretary & Treasurer

Dr. Shobhana Mohandas
President, IMS

Dr. Anju Soni
Secretary, IMS

Advisor
1. Workshops Committee
   
   A. Bone Health & Sarcopenia
   Dr. Jyoti Bhaskar
   Dr. Maninder Ahuja
   Dr. Garima Tyagi
   Dr. Meenakshi Sabharwal
   Dr. Meenakshi Sharma
   Dr. Ritu Arya
   Dr. Uma Vaidyanathan

   B. Nutrition & Nutraceuticals
   Dr. Meenakshi Ahuja
   Dr. Kiranjeet Kaur
   Dr. Anjila Aneja
   Dr. Kiran Chhabra
   Dr. Leena Gupta
   Dr. Raka Guleria
   Dr. Shelly Singh
   Dr. Susheela Gupta

   C. Prescription Writing in Menopause
   Dr. Kiran Agarwal
   Dr. Anuradha Singh
   Dr. Dipti Nabh
   Dr. Madhu Goel
   Dr. Sweta Mathur

   D. Urogynaecology
   Dr. Priti Dhamija
   Dr. Anita Sabharwal
   Dr. Sonal Bathla

2. Publicity & Social Media
   Dr. Ritu Arya
   Dr. Aradhna Singh
   Dr. Meenakshi Ahuja

3. Prizes & Momentoes
   Dr. Meenakshi Ahuja
   Dr. Deepa Gupta
   Dr. Deepshikha Goel
   Dr. Renu Chawla

4. Travel & Reception
   Dr. Priti Dhamija
   Dr. Deepshikha Goyal
   Dr. Seema Gupta
   Dr. Vandana Gupta

5. Scientific Conductance
   Dr. Jyoti Bhaskar
   Dr. Leena Sreedhar
   Dr. Neha Kapoor
   Dr. Nidhi Khera
   Dr. Shelly Singh
   Dr. Suyesha
   Dr. Vandana Gupta
   Dr. Yukti Wadhawan

6. Inaugration
   Dr. Kiranjeet Kaur
   Dr. Priti Dhamija
   Dr. Anita Sabharwal
   Dr. Kusum Bharadwal
   Dr. Sujata Agarwal
   Dr. Yukti Wadhawan

7. Sponsorship
   Dr. Kiranjeet Kaur
   Dr. Kiran Chhabra
   Dr. Susheela Gupta
   Dr. Tejashri Shirotri

8. Cultural & Dinner
   Dr. Meenakshi Ahuja
   Dr. Nimmi Rastogi
   Dr. Poonam Goyal
   Dr. Shelly Singh
   Dr. Sujata Agarwal
   Dr. Suyesha

9. Research Paper & Quiz
   Dr. Renuka Malik
   Dr. Anuradha Singh
   Dr. Namita Chopra
   Dr. Neha Pruthi Tandon

10. Public Forum Committee
    Dr. Pushpa Sethi
    Dr. Aarti from Agra
    Dr. Deepa Gupta
    Dr. Nidhi Khera
    Dr. Renuka Malik
Choose from 4 Workshops

Workshop 1
Bone Health & Sarcopenia

Workshop 2
Nutrition & Nutraceuticals

Workshop 3
Prescription Writing in Menopause

Workshop 4
Urogynaecology

Registration Details | 10th - 11th December, 2022

<table>
<thead>
<tr>
<th>Category</th>
<th>Early Bird Registration Till 15th November</th>
<th>16th November Onwards / Onspot</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member</td>
<td>INR 5000</td>
<td>INR 6000</td>
</tr>
<tr>
<td>Non Member</td>
<td>INR 6000</td>
<td>INR 7000</td>
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</tr>
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<td>PG Students</td>
<td>INR 3000</td>
<td>INR 4000</td>
</tr>
</tbody>
</table>

For any Information, Contact- +91- 8810265272

The above fees is inclusive of 18% GST

IMS Delhi Chapter Life Membership & Conference Registration @ INR 10000 Only

Click Here To Avail Special Offer

Click Here To Avail Early Bird Offer

REGISTER AT
www.nzimscon.com

Visit: www.nzimscon.com
REGISTER Now @ INR 10000 Only

https://rzp.io/l/specialofferregistration
Click Here To Avail Special Offer
### Scientific Program

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 - 12:00 Noon</td>
<td><strong>Workshops:</strong></td>
</tr>
<tr>
<td></td>
<td>1. Bone Health &amp; Sarcopenia</td>
</tr>
<tr>
<td></td>
<td>2. Nutrition &amp; Nutraceuticals</td>
</tr>
<tr>
<td></td>
<td>3. Prescription Writing in Menopause</td>
</tr>
<tr>
<td></td>
<td>4. Urogynaecology</td>
</tr>
<tr>
<td>12:30 - 1:30 PM</td>
<td>Inauguration</td>
</tr>
<tr>
<td>1:30 - 2:15 PM</td>
<td>Presidential Oration</td>
</tr>
<tr>
<td>2:15 - 3:00 PM</td>
<td>Lunch</td>
</tr>
<tr>
<td>3:00 - 4:00 PM</td>
<td><strong>Panel Discussion:</strong></td>
</tr>
<tr>
<td></td>
<td>Sexual Life After Menopause</td>
</tr>
<tr>
<td>4:00 - 5:00 PM</td>
<td><strong>Panel Discussion:</strong></td>
</tr>
<tr>
<td></td>
<td>Maintaining Sanity And Mental Health</td>
</tr>
<tr>
<td>5:30 - 6:30 PM</td>
<td>Public Forum</td>
</tr>
<tr>
<td>7:00 PM Onwards</td>
<td>Cultural Evening &amp; Dinner</td>
</tr>
</tbody>
</table>
## SCIENTIFIC PROGRAM

### Day 2 | 11<sup>th</sup> December, 2022

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 - 7:00 AM</td>
<td>Zumba</td>
</tr>
<tr>
<td>8:00 - 9:00 AM</td>
<td>Paper Presentation</td>
</tr>
</tbody>
</table>

**Academic Session – Need of The Hour**

<table>
<thead>
<tr>
<th>Time</th>
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</table>
| 9:00 - 10:00 AM  | **Uterus Calls**  
Panel Discussion: Perimenopausal AUB & Postmenopausal Bleeding |
| 10:00 - 11:00 AM | **Vulval Graphics**  
1. Benign Lesions Of Postmenopausal Vulva  
2. Genitourinary Syndrome of Menopause  
3. Vaginal Rejuvenation |
| 11:00 - 12:00 Noon | **Breast Saga**  
Multidisciplinary Panel Discussion |
| 12:00 - 1:00 PM  | **Quality Of Life Matters**  
1. Hair And Skin  
2. Dental Care  
3. Attaining Economic Independence |
| 1:00 - 2:00 PM   | **Ovarian Dream**  
A Multidimensional Panel Discussion |
| 2:00 - 3:00 PM   | Quiz & Prizes                                                        |
| 2:30 PM Onwards  | Lunch                                                                |
Conference Venue
Hotel Pride Plaza, Aerocity | New Delhi

Conferences International
B-220/2, 2nd Floor,
Opposite Kali Masjid, Savitri Nagar
New Delhi – 110017
M: +91-8810265272

www.nzimscon.com
# Registration Form

**Title:**
- Prof / Dr / Mr / Ms

**Gender:**
- Male [ ]
- Female [ ]

**First Name:** _____________________________
**Last Name:** _________________________________

**Institution / Affiliation:** ____________________________________________________________

**Correspondence Address:** ______________________________________________________________________________________

**City:** __________________________

**Pin Code:** __________
**State:** ____________________________
**Country:** ____________________________

**Mobile No.:** _____________________________
**Email:** ____________________________________________________________

(All the above fields are mandatory)

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## Conference Registration

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*PG Students need to Submit their Bonafide Certificate from HOD

The above fees is inclusive of 18% GST

## Registration Inclusions

- Access to Scientific Sessions
- Access to the Exhibition Area
- Lunch (10th & 11th Dec.)
- 1 Pre Conference Workshop
- Dinner 10th Dec.
- Tea/Coffee Breaks During Conference
- Conference Kit
- Certificate of Participation

## Pre-Conference Workshops (Choose Any One)

- Bone Health & Sarcopenia
- Nutrition & Nutraceuticals
- Prescription Writing in Menopause
- Urogynaecology

Conference Registration is Mandatory to Attend the Workshop
Cancellation Policy

- Cancellation till 15th November: 50% Refund.
- Cancellation from 16th November onwards: No Refund.
- All refunds will be made after the Congress.

Mode of Payments

1. Draft/Cheque To be made in favor of “Conferences International”
2. Bank Transfer Details

Account Holder Name: Conferences International
Bank Name & Address: Axis Bank Ltd,
South City II G GUR HR, Gurgaon – 122018

Account Number: 920020017754100
IFSC Code: UTIB0003292

Note: *Kindly email us the bank deposit slip / UTR number, along with the filled Registration Form once you have made the payment.

To Register Online Log On To: www.nzimscon.com

Conference Manager

Mr. Shivam Verma
Conferences International
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Opposite Kali Masjid, Savitri Nagar
New Delhi – 110017
M: +91 88102 65272
Email: nzimscon@gmail.com