28th National Conference of Indian Menopause Society

Organized by: Calicut Menopause Society

Under the aegis of: Indian Menopause Society

Theme: Enjoy Menopause with Dignity

17, 18 & 19 February 2023
Hotel Apollo Dimora, Calicut

14 IMS Credit Points
From the Desk of
IMS PRESIDENT (2022-23)

Dear Friends & Colleagues,

It is indeed a proud moment for me to host the 28th National Conference of IMS, in my own state of Kerala – God’s Own Country. This prestigious conference organized by Calicut Menopause Society is a three day event jam packed with academic activities and cultural extravaganza. I am sure this will truly be a memorable event for all of us, as Kerala is known for its hospitality.

I wish the organizing team all the very best for the great success of this mega event.

Dr Shobhana Mohandas
Dear All,

**GREETINGS FROM TEAM IMSCON 2023**

We take great pride & pleasure in welcoming you to the Land of Zamorins, Kozhikode for the prestigious IMSCON 2023, the 28th National Conference of IMS organized by the Calicut Menopause Society under the aegis of IMS on 17th, 18th & 19th February 2023 at Hotel Apollo Dimora.

An Academic feast awaits you at IMSCON 2023 with speakers of National & International repute. Highlights of the event being Workshops, Oration, Panel discussions, Debates, Free papers, Posters & Quiz.

We have also arranged a tour to Wayanad on the 16th, one of the most spectacular hill stations of Kerala.

**A hearty welcome to one & all to God’s Own Country, Kerala.**

**EDUCATE, ENJOY & ENLIVEN AT IMSCON 2023**

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Organizing Chairpersons

**DR V K CHELLAMMA**

📞 9447155887

**DR AJITHA P N**

📞 9847262510

---

Organizing Secretary

**DR LAKSHMY S**

📞 7736969408

---

Joint Organizing Secretary

**DR MUMTAZ P**

📞 9847180613
NATIONAL TEAM 2022-23

DR SHOBHANA MOHANDAS  
President

DR SEEMA SHARMA  
Vice President

DR ANJU SONI  
Secretary General

DR BIPASA SEN  
Treasurer

DR ASHWINI BHALERAO GANDHI  
Joint Treasurer

DR JYOTHI JAISWAL  
Joint Secretary

PROF. CHORANUR AMBUJA  
IPP

DR PUSHPA SETHI  
President Elect

DR SUDHA SHARMA  
Ex Officio
ORGANIZING COMMITTEES

Scientific Committee
- Dr N S Sreedevi
- Dr Ajith S
- Dr Jyoti Ramesh Chandran
- Dr M K Valsan
- Dr V P Radha Devi
- Dr Lalithambica K

Work Shop
- Dr Jeena Baburaj
- Dr Shyjus P
- Dr Santhosh Kuriakose
- Dr Hema Warrier

Reception and Registration
- Dr Amrutha R
- Dr Jayasree S
- Dr Rajani M
- Dr Reshma Sajan
- Dr Fathima Thasneem

Free Paper & Poster
- Dr Sajala Vimal Raj
- Dr Bindu V K
- Dr Suneela M S
- Dr Chandramathy K

Quiz
- Dr Simi Kurian
- Dr Usha Menon
- Dr Elizabeth Jacob
- Dr Darshana K
AUDIO-VISUAL
- Dr Rajina E P
- Dr Reshma Rasheed
- Dr Heera Shenoy T
- Dr Elizabeth Jacob
- Dr Viswan V

VENUE
- Dr Mili Moni
- Dr Smitha Santhosh
- Dr Anandasubramaniam
- Dr Riza S

FOOD AND DECORATION
- Dr Beena Guhan
- Dr Smitha Sreenivas
- Dr Lisha Govind
- Dr Shyalaja P

TRAVEL AND ACCOMMODATION
- Dr Rajeeh S Ravi
- Dr T Nazer
- Dr Sooraj S

CULTURAL PROGRAMME
- Dr Sheeba T Joseph
- Dr Bala Guhan
- Dr Jitha Vineeth

MEMENTO
- Dr Balan N K
- Dr Shameema P
- Dr Dhanalekshmi P
- Dr Chandni S

SOUVENIR
- Dr Reshma Sajan
- Dr Simi Kurian
- Dr Fathima Thasneem
INTERNATIONAL FACULTY

PROF. SK ZINNAT ARA NASREEN
MPH, FCPS, MRCOG, FRCOG, FIAOG
Professor & Head (Obs/Gyne) department
ZH Shikder Women's Medical College & Hospital.
Chair Scientific Committee of OGSB (Obs/Gyne Society of Bangladesh).
Secretary General BMS (Bangladesh Menopause Society).

BRIG GEN DR SURAIYA RAHMAN
Senior Consultant, Lake View Clinic
Ex Head of Dept ObGyn Combined Military Hospital Dhaka
Vice President Bangladesh Menopause Society
Vice President SAFOMS
Founder President Midlife Club
Chairperson Palliative Care

DR. SANATH AKMEEMANA
Consultant Obstetrician & Gynaecologists, Colombo South Teaching Hospital. Immediate Past President, Menopause Society of Sri Lanka. Chairman Continuing Professional Development, Sri Lanka College of Obstetricians & Gynaecologists

DR. DARSHANA ABEGUNAWARDANA
Consultant Obstetrician & Gynaecologist, Base Hospital Homagama. Secretary, Menopause Society of Sri Lanka
Treasurer, Sri Lanka College of Obstetricians & Gynaecologists
NATIONAL FACULTY

- Adv Shyam Padman
- Dr Ajith S
- Dr Ajitha P N
- Dr Alka Kumar
- Dr Alope Sharma
- Dr Ambarish Bandiwad
- Dr Ambuja Choranur
- Dr Ambuja Mohan
- Dr Amrit Gupta
- Dr Amrita Sarkari Jaipuriar
- Dr Amrutha R
- Dr Anandasubramaniam
- Dr Anita Shah
- Dr Anjana Chauhan
- Dr Anju Gupta
- Dr Anju Soni
- Dr Anjula Sahai
- Dr Annil Mahajan
- Dr Apeksha Thakre
- Dr Archana Dwivedi
- Dr Archana Jha
- Dr Archana Shah
- Dr Arti Gupta
- Dr Aruna Menon
- Dr Asha Agarwal
- Dr Asishkumar M
- Dr Ashwath Kumar
- Dr Ashwini Bhalerao Gandhi
- Dr Asna Ashraf
- Dr Atul Munshi
- Dr Bala Guhan
- Dr Bavin Balakrishnan
- Dr Beena B
- Dr Beena Guhan
- Dr Bina Tandon
- Dr G. Bhavani
- Dr Bhavna Sheth
- Dr Binal Shah
- Dr Bindu V K
- Dr Bipasa Sen
- Dr Chandan Kachru
- Dr Chandramathy
- Dr Chellamma V. K.
- Dr Darshana K
- Dr Darshana Thakker
- Dr Deepa Kapoor
- Dr Deepa Thangamani
- Dr Dilip Gadhavi
- Dr E Prabhavathi
- Dr Elizabeth Jacob
- Dr Elizabeth Joseph
- Dr Fathima Thasneem
- Dr Fessy Louis
- Dr Gissy Kurian
- Dr Gopika
- Dr Hara Pattanaik
- Dr Hema Warrier
- Dr Hephzibah Kirubamani
- Dr Jamuna Devi
- Dr Jaya Chaudhari
Dr Jayalakshmi Suraj
Dr Jayant Shah
Dr Jayashree Gajaraj
Dr Jayasree S
Dr Jeena Baburaj
Dr Jignesh Shah
Dr Jyothi Unni
Dr Jyothika Desai
Dr Jyoti Chandran
Dr Jyoti Jaiswal
Dr Kamappa
Dr Kanchan Sortey
Dr Kaushal Chundawat
Dr Kiran Aggarwal
Dr Kshama Kedar
Dr Kunhumoideon
Dr Kusumam
Dr Lakshmi Rathna
Dr Lakshmy S
Dr Lalithambica K
Dr Laxmy Rajmohan
Dr Madhulika Agarwal
Dr Mamta Sharma
Dr Manjima Baishya
Dr Manju Tandon
Dr Manoj Chellani
Dr Meenakshi Ahuja
Dr Meenakshy
Dr Meenambal
Dr Meeta Singh
Dr Meetu Babel
Dr Megha Jayaparakash
Dr Mili Moni
Dr Mini Balakrishnan
Dr Mumtaz P
Dr N S Sreedevi
Dr Naini Tandon
Dr Nalini Kurve
Dr Nalini Menon
Dr Nalini Sharma
Dr Narumalar
Dr Nazer T
Dr Neelam Agarwal
Dr Neelam Jain
Dr Nilakshi Phukan
Dr Nirmala Pipara
Dr Nirmala Vaze
Dr Nirupama Aliganj
Dr Nirupama Singh
Dr Nishi Roshni
Dr Omana Madhusudanan
Dr P K Sekharan
Dr Payal Bhargava
Dr Pragati Khalatkar
Dr Prajakta Barde
Dr Pratibha Singh
Dr Preetha George
Dr Prejisha
Dr Priti Sharma
Dr Priya Ganeshkumar
Dr Priya N
Dr Pushpa Sethi
Dr R K Baxi
Dr R Premalatha
Dr Rabiyabi
Dr Radhadevi V P
Dr Ragini Agarwal
Dr Rajalakshmi A
Dr Rajani M
Dr Rasheeda Begum
Dr Rashmi Shah
Dr Ratna Sharma
Dr Reeta Agarwal
Dr E. P. Rajina
Dr Rejeesh S Ravi
Dr Rema P
Dr Renu Meena
Dr Reshma Sajan
Dr Reshmi Banerjee
Dr Revathy Janakiram
Dr Riddhi Shukla
Dr Ruchika Garg
Dr Rupa Ananthasivan
Dr Sabitha Nithyanandan
Dr Sajala Vimalraj
Dr Sam Abraham
Dr Sandhia V. K.
Dr Sandhya Dixit
Dr Sangeetha Mehrotra
Dr Sarala Nihalani
Dr Saroja
Dr Savita Tyagi
Dr Seema Sharma
Dr Shailesh Jain
Dr Shantala Bhole
Dr Shashi Srivastava
Dr Sheeba T Joseph
Dr Sheela Mane
Dr Shilpi Sud
Dr Shobha Gudi
Dr Shobhana Mohandas
Dr Shyjus Nair
Dr Simi Kurien
Dr Sindhu P. C.
Dr Smita Bariya
Dr Smitha D Couth
Dr Sonia Malik
Dr Srilaxmi
Dr Sruthy A G
Dr Subash Mallya
Dr Suchitra Sudhir
Dr Sudha Gandhi
Dr Sudhaa Sharma
Dr Sugesh Devu
Dr Sulochana K
Dr Suma Vishnu
Dr Sumangala Devi
Dr Suneela M S
Dr Sunila Khandelwal
Dr Sushma Verma
Dr Sushma Baxi
Dr Susila Pinnamani
Dr Suvarna Khadilkar
Dr T K Shanthi Gunasingh
Dr Tanveer Singh
Dr Taru Chhaya
Dr Teena Sleeba
Dr Tripti Nagaria
Dr Tripura Sundari
Dr Ujjwala Kedare
Dr Uma Radhesh
Dr Uma Randheer
Dr Uma Rani Swain
Dr Usha Menon
Dr Vandana Narula
Dr Vandana Bansal
Dr Varsha Jain
Dr Varsha Prapanna
Dr Vasudeva Panikkar
Dr Vidy Sutaone
Dr Vijayalakshmi Seshadri
Dr Vinayachandran S
Dr Vishal Tandon
Dr Winny Vijay
# 28TH NATIONAL CONFERENCE OF INDIAN MENOPAUSE SOCIETY

**DAY 1 : 17th February, 2023 (Friday)**

**WORKSHOP**

<table>
<thead>
<tr>
<th>Time</th>
<th>Hall – A</th>
<th>Hall – B</th>
<th>Hall – C</th>
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<tbody>
<tr>
<td>09:00 AM to 09:30 AM</td>
<td><strong>VAGINAL SURGERIES (17+3)</strong> Chairpersons: Dr V.P. Radhadevi, Dr Sulochana K., Dr Beena Guhan, Dr Rashmi Shah</td>
<td><strong>PREVENTIVE ONCOLOGY (17+3)</strong> Chairpersons: Dr N.S.Sreedevi, Dr Sheeba T Joseph, Dr Omama Madhusudanan, Dr Varsha Prapanna</td>
<td><strong>PELVIC ANATOMY REVISITED (9AM–12PM)</strong> Chairpersons: Convener: Dr Nirmala Vaze, Dr Chellamma V K, Dr Jyoti R Chandran, Dr Jaya Chaudhary, Dr. Meenambaal</td>
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<tr>
<td>09:00 AM to 09:40 AM</td>
<td><strong>NDVH IN PREVIOUS LSCS</strong> Dr Amberish Bandiwad</td>
<td><strong>HPV TESTING</strong> Dr Preetha George</td>
<td><strong>INTRODUCTION</strong> Dr Nirmala Vaze</td>
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<tr>
<td>09:40 AM to 10:00 AM</td>
<td><strong>PERINEAL TEAR REPAIR IN ELDERLY</strong> Dr Jyoti Jaiswal</td>
<td><strong>DIFFERENT TYPE OF COLPOSCOPE</strong> Dr Reema P</td>
<td><strong>VULVA &amp; CLITORIS</strong> Dr Nirmala Vaze</td>
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<td>10:00 AM to 10:20 AM</td>
<td><strong>LE FORTES COLPOCLERISIS</strong> Dr Uma Rani Swain</td>
<td><strong>NORMAL COLPOSCOPY PROCEDURE AND FINDINGS</strong> Dr Jeena Baburej</td>
<td><strong>VAGINA</strong> Dr Pragati Khatalkar</td>
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<td>10:20 AM to 10:40 AM</td>
<td><strong>HIGH UTEROSACRAL LIGAMENT FIXATION</strong> Dr Harjeet Panicker</td>
<td><strong>ABNORMAL COLPOSCOPY</strong> Dr Priya Ganeshkumar</td>
<td><strong>PELVIC FLOOR</strong> Dr Kshama Kedar</td>
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<tr>
<td>10:40 AM to 11:00 AM</td>
<td><strong>SUTURELESS VAGINAL HYSTERECTOMY</strong> Dr Ghazala Jain</td>
<td><strong>ABLATIVE PROCEDURES FOR CIN</strong> Dr Jyoti R Chandran</td>
<td><strong>LAPAROSCOPIC VIEW</strong> Dr Shilpi Sud</td>
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<tr>
<td>11:00 AM to 11:20 AM</td>
<td><strong>SACRIFICE PVS IN LIGAMENTS</strong> Dr Ghazala Jain</td>
<td><strong>EXCISION PROCEDURES FOR PREMALIGNANT LESIONS</strong> Dr. Amrutha R</td>
<td><strong>UTERUS</strong> Dr Pragati Khatalkar</td>
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<td>11:20 AM to 11:40 AM</td>
<td><strong>INFLAMMATORY BERS: BASIC PERSPECTIVES</strong> Dr Priya N. , Dr Regina E.P.</td>
<td><strong>HYSTEROSCOPY (12+3)</strong> Chairpersons: Dr Subhash Maliya, Dr Ajitha P N, Dr Madhulika Agarwal</td>
<td>**ADNEXA – Dr. Shilpi Sud, URETER – Dr Nirmala Vaze, BLADDER – Dr Kshama Kedar, HANSO ON – Dr Kshama Kedar, BLADDER REPAIR, PELVIC SACRIFICE, CANCER SCREENING &amp; BREAST LUMP</td>
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<tr>
<td>11:40 AM to 12:00 PM</td>
<td><strong>BREAST CANCER IN THE POSTMENOPAUSAL WOMAN – ROLE OF IMAGING</strong> Speaker 1 : Dr Rupa Ananthaveni</td>
<td><strong>SUBMUCOUS FIBROID</strong> Dr Kunhumodeen</td>
<td><strong>VAGINAL REJUVENATION (2:15 -7PM)</strong> Chairpersons: Dr Vinayachandran S., Dr Usha Menon, Dr Beena B</td>
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<td>12:00 PM to 12:15 PM</td>
<td><strong>MANAGEMENT OF BREAST TUMORS</strong> Dr Meenakshi Ahuja</td>
<td><strong>ENDOMETRIAL POLYP - BENIGN VS MALIGNANT</strong> Dr Nazer.T</td>
<td><strong>TIGHTENING OF VAGINA</strong> Dr Sruthy A.G.(12+3 min)</td>
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<td>12:15 PM to 12:30 PM</td>
<td><strong>INFEERTILITY (12+4)</strong> Chairpersons: Dr Priya N., Dr Regina E.P.</td>
<td><strong>OFFICE HYSTEROSCOPY</strong> Dr Amrita Sarkari Jaipuriar</td>
<td><strong>PRP AND RADIO FREQUENCY</strong> Dr Sangeetha Mehta (12+3min)</td>
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<td>12:30 PM to 12:45 PM</td>
<td><strong>POOR OVARIAN RESERVE</strong> Dr Feesy Louis</td>
<td><strong>DIFFICULT CERVIX IN HYSTEROSCOPY</strong> Dr Tanveer Singh</td>
<td><strong>LASERS IN GSD</strong> Dr Riddhi Shukla (12+3min)</td>
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<td>12:45 PM to 01:00 PM</td>
<td><strong>OVARAN STIMULATION</strong> Dr Sushma Baxi</td>
<td><strong>COMPLICATIONS OF HYSTEROSCOPY</strong> Dr Sam Abraham</td>
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<td><strong>Lunch</strong></td>
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<td><strong>DISCUSSION</strong> Dr Subhash Maliya</td>
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<tr>
<td>02:00 PM to 02:20 PM</td>
<td>COMPLICATIONS IN LAPAROSCOPY</td>
<td>QUIZ PRELIMINARY ROUND (2-3PM)</td>
<td>GCM</td>
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<td>Dr Ashwath Kumar</td>
<td>Convener: Dr Neelam Jain</td>
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<td>Expert Speak (7+3)</td>
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<td>Dr Dilip Gadhave, Dr P K Sekharan, Dr Lakshmy S</td>
<td>Moot Court (3-5PM)</td>
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<td>Chairpersons</td>
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<td>Dr Subhash Mallya, Adv. Shyam Padman,</td>
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<td>Dr Ujjwala Kedare (Team Leader)</td>
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<td>Dr Nalini Kurve, Dr Shantala Bhote, Dr Vidya Sutaone, Dr Prajakta Barde</td>
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<td>02:20 PM to 02:40 PM</td>
<td>WISDOM VIBES AT MENOPAUSE</td>
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<td>Dr Ambuja Chorunur</td>
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<td>02:40 PM to 03:00 PM</td>
<td>JOINT PAINS IN PERIMENOPAUSE</td>
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<td>Dr Arun Mahajan</td>
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<td>03:00 PM to 03:20 PM</td>
<td>HEART IN MENOPAUSE</td>
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<td>Dr Acishkumar M</td>
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<td>03:20 PM to 03:40 PM</td>
<td>MEDICAL MANAGEMENT OF ADENOMYOSIS</td>
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<td>Dr Alul Munshi</td>
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<td>03:40 PM to 04:40 PM</td>
<td>HEALTH MELA &amp; PUBLIC AWARENESS PROGRAMME</td>
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<td>MOVATIONAL TALK: Dr Dushana Thakker</td>
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<td>CANCER AWARENESS IN MENOPAUSE</td>
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<td>Dr Mili Meel</td>
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<td>04:40 PM to 05:40 PM</td>
<td>FIMS PRESENTATION</td>
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**INAUGURATION**

**ENTERTAINMENT & GALA DINNER**

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**28TH NATIONAL CONFERENCE OF INDIAN MENOPAUSE SOCIETY**

**DAY 2 : 18th February, 2023 (Saturday)**

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<th>Time</th>
<th>Hall – A</th>
<th>Hall – B</th>
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<tbody>
<tr>
<td>08:00 AM to 09:00 AM</td>
<td>FREE PAPERS</td>
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<td>09:00 AM to 09:15 AM</td>
<td>AUB - Less Trodden Areas (T2 + T3)</td>
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<td>Dr Kusumam, Dr Amrit Gupta, Dr Smita D Couth</td>
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<td>09:15 AM to 09:30 AM</td>
<td>AUB IN WOMEN WITH CLOTTING DISORDERS</td>
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<td>Dr Shobha Gudi</td>
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<td>09:30 AM to 09:45 AM</td>
<td>LNG IUS</td>
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<td>Dr Nitakshi Phukan</td>
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<td>09:45 AM to 10:00 AM</td>
<td>POST HYSTERECTOMY OVARIAN CYST</td>
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<td>Chairpersons</td>
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<td>Dr Archana Dwivedi</td>
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**Tea Break**

**PREMATURE OVARIAN FAILURE**

**Dr Pratibha Singh**

**LIFE STYLE MODIFICATIONS IN MENOPAUSE**

**Dr Aloke Sharma**

**SARCOPENIA**

**Dr Naini Tandon**

**NON HORMONAL MEDICATIONS FOR HOT FLASHES**

**Dr Ashwini Bhalerao Gandhi**

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**Day 2 Programme**

**Hall A**

1. **Comlications in Laparoscopy**
   - Dr. Ashwath Kumar
   - Expert Speak (7+3)
   - Chairpersons
   - Dr. Dilip Gadhave, Dr. P.K. Sekharan, Dr. Lakshmy S

2. **Wisdom Vibes at Menopause**
   - Dr. Ambuja Chorunur

3. **Joint Pains in Perimenopause**
   - Dr. Arun Mahajan

4. **Heart in Menopause**
   - Dr. Acishkumar M

5. **Medical Management of Adenomyosis**
   - Dr. Alul Munshi

6. **Health Mela & Public Awareness Programme**
   - Movational Talk: Dr. Dushana Thakker
   - Cancer Awareness in Menopause: Dr. Mili Meel

7. **FIMS Presentation**

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**Hall B**

1. **Quiz Preliminary Round (2-3PM)**
   - Convener: Dr. Neelam Jain
   - Chairpersons
   - Dr. Subhash Mallya, Adv. Shyam Padman, Dr. Ujjwala Kedare (Team Leader)
   - Dr. Nalini Kurve, Dr. Shantala Bhote, Dr. Vidya Sutaone, Dr. Prajakta Barde

2. **Moot Court (3-5PM)**
   - Chairpersons
   - Dr. Subhash Mallya, Adv. Shyam Padman, Dr. Ujjwala Kedare (Team Leader)
   - Dr. Nalini Kurve, Dr. Shantala Bhote, Dr. Vidya Sutaone, Dr. Prajakta Barde

3. **Health Mela & Public Awareness Programme**
   - Movational Talk: Dr. Dushana Thakker
   - Cancer Awareness in Menopause: Dr. Mili Meel

---

**Hall C**

1. **AUB - Less Trodden Areas (T2 + T3)**
   - Chairpersons
   - Dr. Kusumam, Dr. Amrit Gupta, Dr. Smita D Couth

2. **AUB in Women with Clotting Disorders**
   - Dr. Shobha Gudi

3. **LNG IUS**
   - Dr. Nitakshi Phukan

4. **Post Hysterectomy Ovarian Cyst**
   - Dr. Archana Dwivedi

5. **Pregnancy After 40**
   - Dr. Jignesh Shah

---

**Day 2 Programme**

**Hall A**

1. **Free Papers**
   - AUB - Less Trodden Areas (T2 + T3)
   - Chairpersons
   - Dr. Kusumam, Dr. Amrit Gupta, Dr. Smita D Couth

2. **AUB in Women with Clotting Disorders**
   - Dr. Shobha Gudi

3. **LNG IUS**
   - Dr. Nitakshi Phukan

4. **Post Hysterectomy Ovarian Cyst**
   - Dr. Archana Dwivedi

5. **Pregnancy After 40**
   - Dr. Jignesh Shah

---

**Hall B**

1. **Away from MIT - Some Thoughts**
   - Chairpersons
   - Dr. Asha Agarwal, Dr. Kiran Agarwal, Dr. Deepa Thangamani

2. **What Men Want?**
   - Dr. Harsh Patilak

3. **Menopause and Female Sexual Disorder**
   - Dr. Ragini Agarwal

4. **Yoga in Menopause**
   - Dr. Bhavna Seth

5. **Mind Body Medicine in Midlife**
   - Dr. Sunila Khandelwal

---

**Hall C**

1. **Menopausal Consequences and Solutions**
   - Chairpersons
   - Dr. Smita Barya, Dr. Rashmi Shah, Dr. Chandramathy

2. **Premature Ovarian Failure**
   - Dr. Pratibha Singh

3. **Life Style Modifications in Menopause**
   - Dr. Aloke Sharma

4. **Sarcopenia**
   - Dr. Naini Tandon

5. **Non Hormonal Medications for Hot Flashes**
   - Dr. Ashwini Bhalerao Gandhi

---

**Tea Break**
### Hall – A

**MICROBIOMES AND MENOPAUSE**  
Chairpersons: Dr. Shobhana Mohandas

**METABOLIC SYNDROME**  
Chairpersons: Dr. Pushpa Sethi

**SCIENCE OF SPIRITUALITY**  
Chairpersons: Dr. Anju Soni

---

### Key Note Addresses

**DR. DURU SHAH ORATION**  
Chairpersons: Dr. P.K. Sekharan, Dr. Pushpa Sethi, Dr. Meeta Singh  
Breast and the Menopausal Woman  
Dr. Suvarna Khadikar

---

### Hall – B

**OVARY & Menopause (17+3)**  
Chairpersons: Dr. Anju Soni, Dr. Dipansu Sen, Dr. Rashooda Begum

**PCOS AND MENOPAUSE**  
Chairpersons: Dr. Zinnat Nazreen

**PRESERVING OVARIAN FUNCTION: WHY AND HOW**  
Chairpersons: Dr. Sanath Akmowemana

**ENVIRONMENTAL EFFECTS ON OVARY & Menopause**  
Chairpersons: Dr. Sunila Khandelwal, Dr. Aruna Menon, Dr. Joyothi Unni

**CHEMOTHERAPY INDUCED OSTEOPOROSIS**  
Chairpersons: Dr. Darshana Abeygunawardana

**FINAL ROUND OF IMS NATIONAL QUIZ**  
Chairpersons: Dr. Neelam Jain

---

### Hall – C

**VULVA (12+3)**  
Chairpersons: Dr. Archana Jha, Dr. Navneet Menon, Dr. Kaushal Choudhary

**WHITE LESIONS OF VULVA**  
Chairpersons: Dr. Tripathi Nagaria

**CHRONIC FUNGAL INFECTIONS**  
Chairpersons: Dr. Suchana Varma

**VULVAR CANCER DIAGNOSIS**  
Chairpersons: Dr. Reeta Agarwal

**PFIZER Session (17+3)**  
Chairpersons: Dr. Jayanith Shah, Prof. Dr. R.K. Baxi, Dr. Sudha Gandhi

**PNEUMOCOCCAL VACCINE**  
Chairpersons: Dr. Raja Lakshmi A

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### Lunch Break

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### Hall – C

**BRITISH MENOPAUSE SOCIETY SESSION**  
Chairpersons: Dr. Sunila Khandelwal, Dr. Aruna Menon, Dr. Joyothi Unni

---

### Hall – C

**Panel – AUB (04:00 – 05:00 PM)**  
Chairpersons: Dr. Shashi Srivastava, Dr. Arli Gupta  
Panelists: Dr. Anju Singh, Dr. R Premalatha, Dr. Nirupama Alipan, Dr. Bhavani, Dr. Sri laxmi, Dr. Jamuna Devi

---

### Panel Discussion - Drug Therapy of Osteoporosis

**Panelists:** Dr. Jyothika Desai, Dr. Asna Ashraf

**Panelists:** Dr. Varsha Jain, Dr. Keharma Kedar

**Panelists:** Dr. Ratna Sharma, Dr. Madhulika, Dr. Sarsa Nihalani, Dr. Ruchika Garg

---

### Panel Discussion - Benign Vulval Lesions

**Panelists:** Dr. Bina Shah, Dr. Savitha Tyagi

**Panelists:** Dr. Payal Bhargava, Dr. Taru Chhaya, Dr. Anju Gupta, Dr. Prejitha B

**Panelists:** Dr. Elizabeth Joseph, Dr. T.K. Shanthy Gunasingham

---

### Panel Discussion - Benign Ovarian Masses

**Panelists:** Dr. Anjana Chauhan, Dr. Prabhavathi

**Panelists:** Dr. Reshmi Banerjee, Dr. Elizabeth Jacob, Dr. Sindhur P.C., Dr. Susila Pillamaneni, Dr. Manjima Balsetha, Dr. Mamta Sharma

---

### Other Activities

**DANCercise - Dr. Renu Meena**

**ENTERTAINMENT & BANQUET**
<table>
<thead>
<tr>
<th>Time</th>
<th>Hall – A</th>
<th>Hall – B</th>
<th>Hall – C</th>
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<tbody>
<tr>
<td>08:00 AM to 09:00 AM</td>
<td><strong>Special Situations in Menopause</strong> (12×3)</td>
<td><strong>FREE PAPERS</strong></td>
<td><strong>MIXED BAG</strong></td>
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<tr>
<td></td>
<td>Chairpersons: Dr Chandan Kachru, Dr Ambuja Mohan</td>
<td><strong>Mind And Menopause</strong></td>
<td>Chairpersons: Dr Nirupama Singh, Dr Apeksha Thakre</td>
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<tr>
<td>09:00 AM to 09:15 AM</td>
<td><strong>HEART DISEASE AND MHT</strong></td>
<td><strong>BRAIN FOG</strong></td>
<td><strong>NOVEL DRUGS IN DIABETES AND OBESITY</strong></td>
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<td></td>
<td>Dr Jaishree Gajaraj</td>
<td>Dr V.K.Chellamma</td>
<td>Dr Vishal Tandon</td>
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<tr>
<td>09:15 AM to 09:30 AM</td>
<td><strong>THYROID IN MENOPAUSE</strong></td>
<td><strong>NEUROLOGY AND MENOPAUSE</strong></td>
<td><strong>OBESITY IN MENOPAUSE</strong></td>
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<td></td>
<td>Dr Sheela Mane</td>
<td>Dr Vidya Sutaene</td>
<td>Dr N.S Shreedev</td>
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<td>09:30 AM to 09:45 AM</td>
<td><strong>VASOMOTOR SYMPTOMS</strong></td>
<td><strong>INSOMNIA</strong></td>
<td><strong>MICRONISED PROGESTERONE IN MHT</strong></td>
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<tr>
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<td>Dr Sandhya Dixit</td>
<td>Dr Bipasa Sen</td>
<td>Dr Meetu Babel</td>
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<td>09:45 AM to 10:00 AM</td>
<td><strong>Cynanchum wilfordii</strong></td>
<td><strong>DEPRESSION IN MENOPAUSE</strong></td>
<td><strong>Tough Problems in Menopause</strong></td>
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<td></td>
<td>An Alternate Menopause Therapy</td>
<td>Dr Akka Kumar</td>
<td>(12×3)</td>
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<td></td>
<td>Dr Sobhana Mohandas</td>
<td><strong>When &amp; What to Test</strong> (12×3)</td>
<td><strong>Chairpersons: Dr Suneeta M S, Dr Laxmy Rajmohan</strong></td>
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<td><strong>The Leaking Bladder</strong> (12×3)</td>
<td><strong>Chairpersons: Dr Suchitra Sudhir, Dr Saroja</strong></td>
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<tr>
<td>10:00 AM to 10:15 AM</td>
<td><strong>STRESS INCONTINENCE - MEDICAL MANAGEMENT</strong></td>
<td><strong>USG IN PERIMENOPAUSAL BLEEDING</strong></td>
<td><strong>RESTLESS LEG SYMNDROSE</strong></td>
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<td></td>
<td>Dr Malini Sharma</td>
<td>Dr Lalithambika K</td>
<td>Dr Revathy Janakiram</td>
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<tr>
<td>10:15 AM to 10:30 AM</td>
<td><strong>STRESS INCONTINENCE - SURGICAL MANAGEMENT</strong></td>
<td><strong>SCREENING IN OSTEOPOROSIS</strong></td>
<td><strong>PELVIC VENOUS CONGESTION</strong></td>
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<td>Dr Manej Chethani</td>
<td>Dr Sudha Sharma</td>
<td>Dr Varsha Prapanna</td>
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<td>10:30 AM to 10:45 AM</td>
<td><strong>RECURRENT UTI</strong></td>
<td><strong>EVALUATION OF OVARIAN TUMORS</strong></td>
<td><strong>UTERUS SPARING IN ENDOMETRIAL CANCER IN SELECTIVE CASES</strong></td>
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<td></td>
<td>Dr Seema Sharma</td>
<td>Dr Ajith S</td>
<td>Dr Lakehmi Rathna</td>
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<tr>
<td>10:45 AM to 11:00 AM</td>
<td><strong>URGENCY INCONTINENCE</strong></td>
<td><strong>RISK ASSESSMENT IN MIDDLE AGE : BASICS</strong></td>
<td><strong>OSTEOPOROSIS IN BEDRIEDEN PATIENTS</strong></td>
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<td></td>
<td>Dr Kanchan Sontey</td>
<td>Dr Hema Warrier</td>
<td>Dr Suma Vishnu</td>
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<td>11:00 AM to 11:15 AM</td>
<td><strong>OVERFLOW INCONTINENCE</strong></td>
<td><strong>Fibroids (12×3)</strong></td>
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<td>Dr Anjala Sahai</td>
<td><strong>Chairpersons: Dr Rabiyabi, Dr Gisey Kurian, Dr Sugeet Devu</strong></td>
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<td>11:15 AM to 11:30 PM</td>
<td><strong>IMAGING IN OSTEOPOROSIS</strong></td>
<td><strong>MEDICAL MANAGEMENT OF FIBROID</strong></td>
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<td></td>
<td>Dr Vandana Baner</td>
<td>Dr Vandana Narula</td>
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<tr>
<td>11:30 AM to 12:30 PM</td>
<td><strong>PANEL: COMPLICATIONS IN HYSTERECTOMY</strong></td>
<td><strong>UTERINE ARTERY EMBOLIZATION</strong></td>
<td><strong>PANEL: CONTRACEPTION IN MENOPAUSE</strong></td>
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<td>Moderators: Dr Mumtaz, Dr Bindu V K</td>
<td>Dr Megha Jyaprapakash</td>
<td>Moderator: Dr Smiti Kurien, Dr Reshama Sajan</td>
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<tr>
<td></td>
<td>Panelists: Dr Ravi Baiakrishnan, Dr Rajeev S Ravi, Dr Ashwani Thanwani,</td>
<td><strong>GROWING FIBROADS – WHERE TO DRAW THE LINE</strong></td>
<td>Panelists: Dr Jaysayree S, Dr Milanai Balakrishnan, Dr Winny Vijay, Dr Meenakshy, Dr Jayalakshmi Suraj, Dr Uma Randheer</td>
</tr>
</tbody>
</table>
Invitation

The Organizing Committee of
28TH NATIONAL CONFERENCE
OF INDIAN MENOPAUSE SOCIETY

IMSCON 2023

THEME: ENJOY MENOPAUSE WITH DIGNITY

Cordially invites you for the
Inauguration of Conference

on FRIDAY, 17TH FEBRUARY 2023
06:00 PM to 07:30 PM

Chief Guest: DR. BEENA PHILIP
Honourable Mayor
(Kozhikode Corporation)
THEME: ENJOY MENOPAUSE WITH DIGNITY

Cultural Extravaganza
Unleash your Passion at IMSCON 2023

17TH FEB, from 07:30 PM
Dance, Music & Drama by NATIONAL DELEGATES OF IMS SOCIETIES
Followed by Gala Dinner

18TH FEB, from 06:00 PM
Tradition meets Contemporary from CALICUT MENOPAUSE SOCIETY
Followed by Banquet
TOUR
To the Pristine Hills of Wayanad
16th February 2023, Starts @ 6.30am from Venue

Visit to

KURUVADWEEP
BANASURA SAGAR DAM
POOKODE LAKE

LUNCH @ HOTEL MOUNT AVENUE AMBALAVAYAL
GUIDELINES FOR E-POSTER AND ABSTRACT SUBMISSION

E-POSTER
- File format should be PowerPoint (.PPT/PPTX)
- Total size of the presentation should not exceed 5 MB.
- 1 slide per poster only.
- Presenter Name, Poster Title & e-poster Number should be placed in a title placeholder for final presentation.
- Illustrations / images /photographs used in the E-poster should be enlarged enough to show relevant details.
The E-poster will be displayed on standard LCD.

ABSTRACT SUBMISSION GUIDELINES
You may submit only one abstract either paper or poster. Abstract should be sent in Microsoft word format only.
- TITLE - Maximum 15-20 words, in UPPER CASE, font size 12
- AUTHORS - Presenting author should be first or second author. The name of the presenting author should be typed in bold letters, font size 11.
- TEXT - Text to be typewritten in black ink, “Times New Roman” Font size 10. Number of words not to exceed 250.
- BACKGROUND - The current knowledge about your field of work and why the study is important can be summarized in one or two sentences.
- AIMS AND OBJECTIVES - Mention the aim of the study and short statement of the hypothesis if any.
- METHODS - Study design, context of the study, study subjects and the measurements made in the study.
- RESULTS - Present only the most important data of your study on which your conclusions will be based. Tables and figures are not needed.
- CONCLUSIONS - Derive conclusions based on the data presented in one or two sentences indicating the importance and implications of your findings.

The time allocated for each oral presentation will be 6 minutes and 2 minutes for discussion.

Kindly provide author's contact details (should be the same as the submitting author so that the presenting author receives the correspondence about the abstract)
Email address
Phone number

Author and co-authors' details
Full name with affiliation details: department, institution / hospital, city, state and name of the menopause society.

CONFLICT OF INTEREST & ETHICAL APPROVAL
Abstract submitter must attach approval letter from HOD / Superintendent declaring that it was not submitted previously in any conference and there is no conflict of interests in the presentation.

REGISTRATION IS MANDATORY FOR E-POSTER/ FREE PAPER PRESENTATION
THE DECISION OF THE SCIENTIFIC COMMITTEE WILL BE FINAL.
## Registration Details

<table>
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<tr>
<th>Conference Registration</th>
<th>Up to 15th Dec 2022</th>
<th>16th Dec to 15th Jan</th>
<th>16th Jan to Spot</th>
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<td>Non-Member</td>
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<tr>
<td>Post Graduates</td>
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<td>Senior Citizen (Over 75 Years)</td>
<td>INR 6,000</td>
<td>INR 7,000</td>
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<td>Accompanying Person</td>
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## Premium Registration

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<td>Conference + Wayanad Tour</td>
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<td>(Tour on 16th includes Travel &amp; Food)</td>
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## Residential Registration

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<th>Pre congress workshop, conference &amp; 3 Nights stay at Apollo Dimora</th>
<th>Double Occupancy</th>
<th>Single Occupancy</th>
<th>Residential Registration</th>
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<td>INR 18,000</td>
<td>INR 23,000</td>
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## Wayanad Tour - Rs 2000/- per head

- Includes Travel & Food
- Tour starts at 6.30 am from Apollo Dimora on 16th February 2023

## Hotel Tariff

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<th>Hotel</th>
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<td>Apollo Dimora</td>
<td>3,920</td>
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<td>Tripenta</td>
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<td>Raviz Kadavu</td>
<td>6,500</td>
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<td>Taj Gateway</td>
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## Account Details

- **Account Name**: IMSCON 2023
- **Bank**: Dhanlaxmi Bank
- **Branch**: Chevarambalam, Chevayur
- **Account No**: 013305300004643
- **IFSC Code**: DLXB0000133

*Please mention your Name, City and Mobile number in your transactions.*

Kindly send the registration form & payment details to the following mail ID

**imsconcalicut2023@gmail.com**
**REGISTRATION FORM**

Name: ..........................................................

Institute or Hospital: ..................................................................................

Postal Address: .....................................................................................

.............................................................................................................. PIN: ☐ ☐ ☐ ☐ ☐ ☐

city: ........................................ State: ........................................ Country: ...................

Phone (STD / ISD Code) : ...... (0): ............................................... (R): ................................

Email: .................................................................................................. MOB: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

MCI NO: ..............................................................................................

Covid Vaccination 2 dose : Yes / No Adhaar NO: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

**Registration Details**

<table>
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<th>16th Dec to 15th Jan</th>
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**Premium Registration**

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**Residential Registration**

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**Wayanad Tour - Rs 2000/- per head**

- Includes Travel & Food
- Tour starts at 6.30 am from Apollo Dimora on 16th February 2023

**Accompanying Person Details**

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**Account Details** (FOR NEFT/RTGS/Transfer)

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Please mention your Name, City and Mobile number in your transactions.
About CALICUT

Also known as Kozhikode, it is a city along the Malabar Coast in the state of Kerala in India. It the second largest metropolitan City in Kerala and the 19th largest in India. In the medieval period, Kozhikode was dubbed the “City of Spices” for its role as the major trading point for Indian spices. It was the capital of an independent kingdom ruled by the Samoothiris (Zamorins). Hence it is also known as the “City of Zamorins”. The port at Kozhikode acted as the gateway to South Indian coast for the Chinese, the Persians, the Arabs and finally the Europeans.

Today it is a city filled with lush greenery, beautiful beaches and historical spots. The simple lifestyle and hospitality of the city will sweep your heart away and don’t forget to give your taste buds a delightful treat with Malabar cuisine.

MANANCHIRA SQUARE  KAPPAD BEACH  BEYPORE BEACH

THUSHARAGIRI WATERFALLS  KADALUNDI BIRD SANCTUARY  PAZHASSIRAJA MUSEUM
Free Papers and Posters at IMSCON 2023
THEME - MIDLIFE HEALTH & BEYOND
Last date for submission of Abstracts is 20-01-2023

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