West Zone Conference
Indian Menopause Society

Hosted by
Jaipur Menopause Society

24th - 25th September 2022

VENUE: Hotel Royal Orchid, Tonk Road, Jaipur
Dear Friends,

We are immensely delighted to invite you to the Royal City of forts and palaces, Jaipur for the Prestigious West Zone Conference of Indian Menopause Society to be held in Jaipur on 24 - 25 September 2022 on the theme of

“Midlife Health : The Way Forward”.

The conference will ensure excellent exposure to midlife and menopausal issues with a cutting edge scientific bonanza to update knowledge, exchange views and share our experiences. Do not miss the opportunity to cherish the memories of the beautiful, breath-taking, fascinating, rustic heritage with a guided tour of the city arranged on September 23. Feel the Rajasthani hospitality, folk-lore and traditional cuisine with a dinner at Chokhi Dhani at the end of the tour.

An entertaining evening with gala dinner is waiting for you on 24th September.

Kindly accept our invitation for an academically rejuvenating and professionally satisfying experience with eminent experts in the field of menopause medicine.

Dr Sunila Khandelwal
Founder Patron J.M.S

Dr Shobna Mohandas
President I.M.S

Dr Anju Soni
Secretary. Gen IMS

Dr Shubha Sethia
Org. Chairperson

Dr Neelam Jain
Org. Co-Chairperson

Dr Madhulika Agarwal
Org. Secretary
PRESIDENT IMS
Dr Shobhana Mohandas

SECRETARY GEN IMS
Dr Anju Soni

FOUNDER PATRON JMS
Dr Sunila Khandelwal
Past President IMS
Board Member International M.S.

ORGANISING CHAIRPERSON
Dr Shubha Sethia

ORGANISING CO. CHAIRPERSON
Dr Neelam Jain

ORGANISING SECRETARY
Dr Madhulika Agarwal

SCIENTIFIC CHAIRPERSONS
Dr Ranu Patni
Dr Seema Sharma
Dr Alka Kumar
Dr Asha Verma
CONFERENCE ADVISORS

Dr Padma Nagpal
Dr Anju Taly
Dr Veena Acharya
Dr Mridul Gehlot

Dr Rakesh Khuteta
Dr Susheela Khuteta
Dr Lila Vyas
Dr Preeti Sharma

Dr Ritu Joshi
Dr Suman Mittal
Dr Usha Shekhawat
Dr Neelam Bhardwaj

Dr K.P.Banerjee
Dr B.S.Meena
Dr Lata Rajoria
Dr Pushpa Nagar

Dr Sucheta Panicker
Dr Nisha Naruka
Dr Alaka Rao
Dr Manju Maheshwari

Dr Neela Baheti
Dr Narendra Gupta
Dr Swati Garg
Dr Nupur Hooja
RECEPTION COMMITTEE

Dr Manisha Nijhawan  
Dr Mini Bhargava  
Dr Kanan Sharma  
Dr Sunita Maheshwari  
Dr Alka Sharma  
Dr Simmi Pokharna  
Dr Shalu Kakkar  
Dr Supriya Ghiya  
Dr Sharmila Jalewa  
Dr Sapna Basandani  
Dr Priyanka Thakur  
Dr Indira Sarin

PRESS & MEDIA

Dr Vinita Patni  
Dr Poonam Yadav  
Dr Renu Jain  
Dr Kiran Malpani  
Dr Anju Kabra  
Dr Anita Narula  
Dr Nimita Bharti  
Dr P. G. Gupta  
Dr Poonam Upadhyay  
Dr Alka Garg  
Dr Harpreet Bajwa  
Dr Poonam Jangid  
Dr Priyanka Goyal

BANQUET & FOOD

Dr Ratna Baid  
Dr Premlata Sharma  
Dr Keerti Mathur  
Dr Shailee Agarwal  
Dr Sandhya Vyas  
Dr Anita Maheshwari  
Dr Aruna Makhija  
Dr Madhu Goyal  
Dr Manisha Rastogi  
Dr Kalpana Tiwari  
Dr Manila Nainawat  
Dr Nishi Gupta

AUDIO VISUAL

Dr Megha Shandilya  
Dr Kavita Sharma  
Dr Aparna Singhal  
Dr Indu Sharma  
Dr Gunjan Sharma  
Dr Shivani Baberwal  
Dr Nikky Punia  
Dr Manisha Rastogi  
Dr Sonam Chaudhary  
Dr Gunjan Agarwal  
Dr Aparna Sharma  
Dr Deepa Chaudhary
# SCIENTIFIC PROGRAMME

## Crystal Hall, 24th September 2022

### Hall Coordinators: Dr Megha Agarwal, Dr Pankhuri Goyal, Dr Shubhra Singh

<table>
<thead>
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<th>Session</th>
<th>Chairpersons</th>
<th>Moderators</th>
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</thead>
<tbody>
<tr>
<td>8.00-9.00am</td>
<td>Menocare</td>
<td>Dr Manju Maheshwari, Dr Sunita Maheshwari</td>
<td>Dr Bipasa Sen, Dr Anju Soni, Dr Ramani Devi, Dr Nirmala Pipara</td>
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<tr>
<td></td>
<td>Risk Screening in Menopause</td>
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<td>Dr Priyanka Thakur</td>
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<td>Often Neglected Anaemia</td>
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<td>Dr Dr Bipasa Sen, Dr Anju Soni, Dr Ramani Devi</td>
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<td>Endometriosis in Menopause</td>
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<td>Dr Dr Bipasa Sen, Dr Anju Soni, Dr Ramani Devi</td>
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<td>Immunisation in Menopause</td>
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<td>Dr Dr Bipasa Sen, Dr Anju Soni, Dr Ramani Devi</td>
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<td>9.05-10.05am</td>
<td>Panel Discussion: AUB</td>
<td>Dr Ambuja Choranur, Dr Sandhya Dixit</td>
<td>Dr Preeti Sharma, Dr Nupur Hooja, Dr Yasmin Syed, Dr Nishi Gupta, Dr Vinita Garg, Dr Urmla Mahla</td>
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<td>Moderators</td>
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<td>Dr Ambuja Choranur, Dr Sandhya Dixit</td>
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<td>10.10-10.55am</td>
<td>Points To Ponder</td>
<td>Dr Shashi Gupta, Dr Prabha Luhadai, Dr Neelam Bharadwaj, Dr Ranu Patni</td>
<td>Dr S.K.Sharma, Dr Ritu Joshi, Dr Ragini Agarwal</td>
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<td>Chairpersons</td>
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<td>Dr Shashi Gupta, Dr Prabha Luhadai, Dr Neelam Bharadwaj, Dr Ranu Patni</td>
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<td></td>
<td><strong>Thyroid Disorders in Menopause</strong></td>
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<td>Dr S.K.Sharma</td>
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<td><strong>Contraception in midlife</strong></td>
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<td>Dr Ritu Joshi</td>
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<td><strong>Obesity and Menopause</strong></td>
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<td>Dr Ragini Agarwal</td>
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<td>11.00-11.45am</td>
<td>Hidden Maladies</td>
<td>Dr Mridul Gehlot, Dr Rajprabha Pangariya, Dr Usha Shekhawat</td>
<td>Dr Parag Biniwale, Dr Lila Vyas, Dr Pushpa Sethi</td>
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<td>Dr Mridul Gehlot, Dr Rajprabha Pangariya</td>
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<td></td>
<td><strong>Genitourinary Syndrome of Menopause</strong></td>
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<td>Dr Dr Parag Biniwale</td>
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<td><strong>Role of laser in Genitourinary disorders</strong></td>
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<td>Dr Dr Lila Vyas</td>
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<td><strong>Premature Ovarian Insufficiency</strong></td>
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<td>Dr Dr Pushpa Sethi</td>
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<td>11.50-12.20pm</td>
<td>Keynote</td>
<td>Dr Hara Pathik, Dr Lila Vyas, Dr Anita Shah, Dr Parag Biniwale</td>
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<td>Chairpersons</td>
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<td>Dr Hara Pathik, Dr Lila Vyas, Dr Anita Shah, Dr Parag Biniwale</td>
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<td><strong>Mature women--what do they want</strong></td>
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<td><strong>Keynote</strong></td>
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<td><strong>Oration</strong></td>
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<td><strong>Stem Cell Therapy in Menopause</strong></td>
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<td>Dr Dr Shobhana Mohandas</td>
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<td>Dr Dr Shobhana Mohandas</td>
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<td><strong>Management of Menopause</strong></td>
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<td><strong>Medical V/S Surgical Management of Fibroids in midlife</strong></td>
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<td>Dr Dr Revathy Janakiraman V/S Dr Archana Dwivedi</td>
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<td><strong>Fibroids in midlife</strong></td>
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<td>Dr Dr T.K.Shaanti Guna Singh V/S Dr Narendra Gupta</td>
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<td>1.00-2.00pm</td>
<td>Inauguration Ceremony</td>
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<td>2.00-2.30pm</td>
<td>Lunch</td>
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### HALL COORDINATORS: Dr Anshu Patodiya, Dr Vinita Gokhru

Meet the experts: Menopause Hormone Therapy

Moderators: Dr Anita Shah, Dr Arti Gupta

Panelists: Dr Reshami Banerjee, Dr Reena Pant, Dr Taruchaya Bansal, Dr Renu Jain, Dr Vinita Gokhru, Dr Kavita Sharma, Dr Sharmila Jalewa

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<tr>
<th>Time</th>
<th>Session</th>
<th>Moderators</th>
<th>Panelists</th>
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<tbody>
<tr>
<td>3.30-4.10pm</td>
<td>Clash of Titans</td>
<td>Dr Revathy Janakiraman V/S Dr Archana Dwivedi</td>
<td>Dr T.K.Shaanthi Guna Singh V/S Dr Narendra Gupta</td>
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<td>Hormonal V/S Non-hormonal</td>
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<td>Management of Menopause</td>
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<td>Dr Dr T.K.Shaanthi Guna Singh V/S Dr Narendra Gupta</td>
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<td>4.15-5.15pm</td>
<td>Solving the intricacies: Metabolic Syndrome</td>
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<td>Moderators</td>
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<td>Dr Dr Ratnabali Chakravorty Dr Megha Agarwal</td>
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<td>Dr Dr S.K.Sharma, Dr Reeta Agarwal, Dr Anupama Gangwal</td>
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<td>Dr Poonam Yadav Dr Pankhuri Goyal Dr Aparna Singhal Dr Indra Lamba</td>
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## Chamber Hall, 24th September 2022

### Scientific Programme

#### Menopause Basics
8.00-9.00am

**Chairpersons**: Dr Suchita Panicker, Dr Jaya Chaudhary, Dr Sweeti Soni

- **Identifying issues in menopause**: Dr Richa Agarwal
- **Exercises: Lifestyle modification**: Dr Renu Meena
- **Eye care in menopause**: Dr Rohan Jain

#### Support your bones to Support You
9.00-10.00am

**Chairpersons**: Dr Reena Pant, Dr Ranu Patni, Dr Madhu Goyal, Dr Anshu Patodiya

- **Risk screening & Diagnosis of Osteoporosis**: Dr Devendra Beniwal
- **Managing weak bones**: Dr Jaya Chaudhary
- **Bone friendly lifestyle**: Dr Gunjan Sharma
- **Osteosarcopenia**: Dr Hepsibah .K.

#### Imaging a boon
10.00-11.00am

**Chairpersons**: Dr Vimla Jain, Dr Aditi Bansal, Dr Priyanka Rahariya

- **IOTA**: Dr Karuna Yadav
- **Identify the patches**: Dr Sonia Beniwal
- **Imaging in pelvic floor dysfunction**: Dr Aparna Prakash

#### Stitch in time saves nine
11am-12noon

**Chairpersons**: Dr Premlata Sharma, Dr Nisha Naruka, Dr Madhu Patni

- **Cancer Ovary**: Don’t Let the bubble burst
- **Cancer Endometrium**: toe the lining carefully
- **Cancer Breast**: Make hay while the sun shines
- **Cancer Cervix**: Prevent the preventable

#### HYSTEROSCOPY WORKSHOP
2.00-5.00pm

**Coordinators**: Dr V.S. Nahata, Dr Farendra Bhardwaj, Dr Alka Kumar
## Scientific Programme

### Hall Coordinators: Dr Sweeti Soni, Dr Megha Shandilya, Dr Meenakshi Gaur

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<th>Time</th>
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<tr>
<td>8.00-8.45</td>
<td><strong>Hidden Mysteries</strong>&lt;br&gt;<strong>Chairpersons</strong>: Dr Uma Gupta, Dr Sarju Asalia, Dr Maya Mohanpuriya&lt;br&gt;<strong>Recurrent UTI</strong>: Dr Pushpa Nagar&lt;br&gt;<strong>Recurrent Vulvovaginitis</strong>: Dr Padma Nagpal&lt;br&gt;<strong>Benign Lesions of Vulva</strong>: Dr Laxmi Rathna</td>
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<td>8.50-9.35</td>
<td><strong>Break the silence</strong>&lt;br&gt;<strong>Chairpersons</strong>: Dr Padma Nagpal, Dr Devendra Benwal, Dr Supriya Ghiya&lt;br&gt;<strong>Voiding Dysfunction in Menopause</strong>: Dr Indra Sarin&lt;br&gt;<strong>Painful Bladder Syndrome</strong>: Dr Seema Sharma&lt;br&gt;<strong>Medical v/s Surgical management of urinary incontinence</strong>: Dr Manoj Chellani</td>
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<tr>
<td>9.40-10.25</td>
<td><strong>Mend the mind</strong>&lt;br&gt;<strong>Chairpersons</strong>: Dr Alaka Rao, Dr Shalu Kakkar, Dr Sandhya Vyas&lt;br&gt;<strong>Sleep Disorders</strong>: Dr Madhulika Agarwal&lt;br&gt;<strong>Dementia</strong>: Dr Neelam Jain&lt;br&gt;<strong>Depression in peri-and postmenopause</strong>: Dr Shubha Sethia</td>
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<td>10.30-11.00</td>
<td><strong>Hysteroscopy in perimenopausal years</strong>: Dr Alka Kumar&lt;br&gt;<strong>Chairpersons</strong>: Dr V.S. Nahata, Dr Swati Garg</td>
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<td>11:05-11.50</td>
<td><strong>Birds Eye View</strong>&lt;br&gt;<strong>Chairpersons</strong>: Dr B.S. Meena, Dr Suman Mittal, Dr Farendra Bhardwaj&lt;br&gt;<strong>Laparoscopic Myomectomy</strong>: Dr Shalesh Jain&lt;br&gt;<strong>Recent trends in Laparoscopic Endometriosis Surgery</strong>: Dr Sushila Saini&lt;br&gt;<strong>Laparoscopic Management of Endometrial Carcinoma</strong>: Dr C.P. Dadhich</td>
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<tr>
<td>11.55-12.25</td>
<td><strong>Theme Oration</strong>&lt;br&gt;<strong>Mind body medicine at midlife</strong>: Dr Sunila Khandelwal&lt;br&gt;<strong>Chairpersons</strong>: Dr Padma Nagpal, Dr Jignesh Shah, Dr C. Ambuja, Dr Neelam Jain</td>
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<tr>
<td>12.30-1.30</td>
<td><strong>Panel on PCOS</strong>&lt;br&gt;<strong>Moderators</strong>: Dr Anju Soni, Dr Sweeti Soni&lt;br&gt;<strong>Panelists</strong>: Dr Manisha Nijhawan, Dr Kaushal Chundawat, Dr Meenakshi Gaur, Dr Shubhra Singh, Dr Richa Gupta, Dr Sudha Gandhi</td>
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<td>1.35-1.55</td>
<td><strong>Keynote</strong>&lt;br&gt;<strong>Managing Sexual Health in Menopause</strong>: Dr Jignesh Shah&lt;br&gt;<strong>Chairpersons</strong>: Dr Lata Rajoria, Dr K.P. Banerjee, Dr Madhulika Agarwal, Dr Seema Sharma</td>
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<tr>
<td>2.00-2.30</td>
<td><strong>Lunch</strong>&lt;br&gt;<strong>Hall Coordinators</strong>: Dr Yasmin Syed, Dr Gunjan Sharma</td>
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<tr>
<td>2.35-3.35</td>
<td><strong>Panel Discussion - Fertility at midlife</strong>: Meeting the challenges of motherhood&lt;br&gt;<strong>Moderators</strong>: Dr Namita Kotia, Dr Neelam Bapna&lt;br&gt;<strong>Panelists</strong>: Dr Neela Baheti, Dr Anju Mathur, Dr Renu Makwana, Dr Alka Gehlot, Dr Harpreet Bajwa, Dr Tanu Batra</td>
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| 3.40-4.40   | **Valedictory**
## HYSTEROSCOPY WORKSHOP

**Chamber Hall**

**24th September 2022**
**2 pm. to 5 pm.**

### Workshop Co-ordinators

- Dr. V. S. Nahata
- Dr. Alka Kumar
- Dr. Fareendra Bhardwaj

### Workshop Highlights

<table>
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<th>Speakers</th>
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<tr>
<td>Optics and Ergonomics in Hysteroscopy</td>
<td>02:00 to 02:15 PM</td>
<td>Dr. Shailesh Jain</td>
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<td>Sheaths in Hysteroscopy &amp; its principles</td>
<td>02:15 to 02:30 PM</td>
<td>Dr. Kalpana Tiwari</td>
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<td>Hysteropump &amp; managing distention by normal saline in hysteroscopy</td>
<td>02:30 to 02:45 PM</td>
<td>Dr. Priya Gupta (Kota)</td>
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<td>Cervix in hysteroscopy</td>
<td>02:45 to 03:00 PM</td>
<td>Dr. Fareendra Bhardwaj</td>
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<td>Visualization in hysteroscopy</td>
<td>03:00 to 03:15 PM</td>
<td>Dr. Alka Kumar</td>
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<td>Operative hysteroscopy for beginner</td>
<td>03:15 to 03:30 PM</td>
<td>Dr. Vijay Singh Nahata</td>
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<td>Training session</td>
<td>03:30 to 05:00 PM</td>
<td>Dr. VS Nahata, Dr. Alka Kumar, Dr. Fareendra Bhardwaj, Dr. Parul Sharma, Dr. Tanu Batra, Dr. Poonam Yadav</td>
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<tr>
<td>Stumps the experts</td>
<td>05:00 to 05:30 PM</td>
<td>All Delegates</td>
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ONLINE PAPER PRESENTATION

22\(^{nd}\) September 2022
7 pm. to 9 pm.*

POSTER PRESENTATION

24\(^{th}\) September 2022
at the Venue

ATTRACTIVE PRIZES
First Three Papers
First Three Posters
JAIPUR EXCURSION
23rd September 2022

Tour of Jaipur with visit to
Amer Fort, City Palace, Hawa Mahal,
Jal Mahal, Gatore Chatri, Isarlat
Birla Mandir, Albert Hall

DINNER AT CHOKHI DHANI

Dr Shubhra Singh    Dr Meenakshi Gaur    Dr Charul Mittal
Dr Sarju Asolia     Dr Maya Mohanpuria   Dr Indra Lamba
Dr Asha Verma
Invitation

Inauguration Ceremony

West Zone Conference
Indian Menopause Society

Date: 24th September 2022
Time: 1.00 pm. onwards

Master of Ceremony
Dr. Ranu Patni        Dr. Alka Kumar

Dr. Shubha Sethia  Dr. Neelam Jain  Dr. Madhulika Agarwal
Org. Chairperson  Org. Co-Chairperson  Org. Secretary

VENUE: Hotel Royal Orchid, Tonk Road, Jaipur
GALA DINNER & CULTURAL EVENING

24th September 2022
7pm onwards

CULTURAL COMMITTEE

Dr Mallika Swarup
Dr Vinita Gokhru
Dr Renu Meena
Dr Anupama Gangwal

VENUE: Hotel Royal Orchid, Tonk Road, Jaipur
CONFERENCE SECRETARIAT

Dr. Shubha Sethia
32A, Uniara Garden, Trimurti Circle, Jaipur
Mobile : 9950983838
E-mail : jaipurmenopausesociety@gmail.com

FOR ANY ENQUIRY

Dr. Neelam Jain  Dr. Madhulika Agarwal
9414075806    9928072960

Dr. Shailesh Jain
9414238568
# West Zone Conference

**Indian Menopause Society**

**Hosted by Jaipur Menopause Society**

**24th - 25th September 2022**

**VENUE**: Hotel Royal Orchid, Tonk Road, Jaipur

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**REGISTRATION FORM**

Dr. ................................................................. (please fill the name as you want in certificate)  
Age ...................................... Sex .............. M .............. F .............. IMS Membership no : .........................

**Qualification**  
Address ........................................................................................................................................................................................................................................

City ......................................................................................................... PIn Code .............................................................................................................

Mobile no ................................................................................................................. Tel No ........................................................................................................

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<th>IMS Members</th>
<th>Non-IMS members</th>
<th>Postgraduates/senior Citizens (75+)</th>
<th>Accompanying person</th>
<th>Accommodation (single occupancy)</th>
<th>Accommodation (double occupancy)</th>
<th>Accommodation (Twin Sharing)</th>
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**JAIPUR EXCURSION** ON 23th September (11.30 am-6.30 pm) & Gala Dinner at Chokhi Dhani  
Will Include a tour of Amer Forte, City Palace, Hawa Mahal, Jal Mahal, Gatore Cintriphs, Isarlait Kanak Vrindawan Laxminarayan Temple (Birla Mandir), Albert Hall, Dinner at chokhi Dhani / Lunch / Monuments Entry / Transportation  
Tariff-Rupess 4000/- per person

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**PAYMENT DETAILS** (Tick the required column/write number)

Conference | IMS member | IMS non-member | Senior Citizen | PG | Accompanying Person
---|---|---|---|---|---
Stay(5 star) | Single | Double | Twin sharing | No Of Days

workshop (Rs1000/-choose any one) | Hysteroscopy (max 30) | Gynae Ultrasound

**JAIPUR EXCURSION .............. NO. OF PERSONS**

**TOTAL AMOUNT Rs. .................................................................**

**CASH ................................. CHEQUE NO .................................................................**

**DD No ................................................................. NEFT .................................................................**

**DATED ................................................................. Drawn on (bank) .................................................................**

**Bank Details** : State Bank of India  
**Account Name** : Jaipur Menopause Society  
**A/c No :** 37522861645  
**IFSC** : SBIN0031477  
**Branch** : Bapu Nagar, Jaipur

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**Conferences Secretariat : Dr Shubha Sethia, 32A Uniara Garden, Trimurti Circle, Jaipur  
Mobile : 9950963838 email : jaipurmenopausesociety@gmail.com**

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**Kindly Note**

1. Please send all drafts/cheques in the name of Jaipur Menopause Society
2. In case of electronic transfer e-mail : jaipurmenopausesociety@gmail.com
3. Papers/Posters to be sent to jaipurmenopausesociety@gmail.com