



Indian
Menopause Society



HOLI – Contest 2023

Certificates





Indian
Menopause Society

HOLI – Contest 2023



Self picture in multicolored attire.

Satrangi Main - सतरंगी में

Judges



Dr. Ami Mehta
Past President
M S Rajkot



Dr. Sandhya Dixit
Treasurer
M S Hyderabad





Indian
Menopause Society

HOLI – Contest ***2023***



1st Prize

with outstanding Pics & Poses
For Self Picture on the theme of
“Satrangi Main”

Dr. Archana Dwivedi
from Menopause Society Vadodara





Indian
Menopause Society



Certificate

This is to certify that **Dr. Archana Dwivedi** from **Menopause Society Vadodara**, has participated in Holi Contest 2023 of Club 35+, Public Awareness Committee of Indian Menopause Society. She got **1st Prize** with outstanding pics & poses in the Category of Self Picture on the theme of **“Satrangi Main”**.

Dr. Pushpa Sethi
President
IMS 2023 – 24

Dr. Arti Gupta
Secretary General
IMS 2023 – 24

Dr. Binal Shah
Chairperson
Club 35+ , P A Comm.
IMS 2023 – 24

Dr. Ami Mehta
Judge
Rajkot

Dr. Sandhya Dixit
Judge
Hyderabad



Indian
Menopause Society

HOLI – Contest **2023**



1st Prize

For Self Picture on the theme of
“Satrangi Main”

Dr. Dipti Gupta
from Menopause Society Jalandhar





Indian
Menopause Society



Certificate

This is to certify that **Dr. Dipti Gupta** from **Menopause Society Jalandhar**, has participated in Holi Contest 2023 of Club 35+, Public Awareness Committee of Indian Menopause Society.

She got **1st Prize** for in the Category of Self Picture on the theme of
“Satrangi Main”.

Dr. Pushpa Sethi
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Secretary General
IMS 2023 – 24

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Chairperson
Club 35+ , P A Comm.
IMS 2023 – 24

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Judge
Rajkot

Dr. Sandhya Dixit
Judge
Hyderabad



Indian
Menopause Society

HOLI – Contest **2023**



2nd Prize

For Self Picture on the theme of
“Satrangi Main”

Dr. Nalini Sharma
from Menopause Society Udaipur





Indian
Menopause Society



Certificate

This is to certify that **Dr. Nalini Sharma** from **Menopause Society Udaipur**, has participated in Holi Contest 2023 of Club 35+, Public Awareness Committee of Indian Menopause Society.

She got **2nd Prize** for in the Category of Self Picture on the theme of **“Satrangi Main”**.

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Rajkot

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Judge
Hyderabad



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Menopause Society

HOLI – Contest **2023**



1st Prize

For Self Picture on the theme of
“Satrangi Main”

Ms. Uma Solankee
from Club 35+ Vadodara





Indian
Menopause Society



Certificate

This is to certify that **Ms. Uma Solankee** from **Club 35+ Vadodara**,
has participated in Holi Contest 2023 of Club 35+, Public
Awareness Committee of Indian Menopause Society.
She got **1st Prize** for in the Category of Self Picture on the theme of
“Satrangi Main”.

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Secretary General
IMS 2023 – 24

Dr. Binal Shah
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Club 35+ , P A Comm.
IMS 2023 – 24

Dr. Ami Mehta
Judge
Rajkot

Dr. Sandhya Dixit
Judge
Hyderabad



Indian
Menopause Society

HOLI – Contest **2023**



2nd Prize

For Self Picture on the theme of
“Satrangi Main”

Dr. Priya

from Club 35+ Varanasi





Indian
Menopause Society



Certificate

This is to certify that **Dr. Priya** from **Club 35+ Varanasi**, has participated in Holi Contest 2023 of Club 35+, Public Awareness Committee of Indian Menopause Society.

She got **2nd Prize** for in the Category of Self Picture on the theme of **“Satrangi Main”**.

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IMS 2023 – 24

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Secretary General
IMS 2023 – 24

Dr Binal Shah
Chairperson
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Judge
Rajkot

Dr. Sandhya Dixit
Judge
Hyderabad



Indian
Menopause Society

HOLI – Contest ***2023***



Poem on "Rangon Bhari Holi ("रंगों भरी होली")

Judges



Dr. Jyothika Desai
Chairperson
Education Committee IMS



Dr. Payal Bhargava
EC Member
M S Hyderabad



HOLI – Contest 2023



Indian
Menopause Society



होली के रंग
कुछ घरा के रंग
कुछ गगन के रंग
कुछ हवा के रंग
कुछ चमन के रंग
रंग हो मोहबबत के, रंग आपसी मेल के
रंग में मिली सलोनी आशाएँ
रंग में धुली खुशी सब बिखरी
सभी रंग यही देखे
सभी रंग यही भोगे
तो फिर से वहे ---

25 SUNDAY

कुछ अमन के रंग
कुछ वतन के रंग
कुछ दोस्ती के रंग
कुछ मिलन के रंग

Susten
Original Nature Monitored Programme

1st Prize

For Best Poem on the theme of
“Rangon Bhari Holi”

Dr. Amrit Kapoor

from Menopause Society Delhi





Indian
Menopause Society



Certificate

This is to certify that **Dr. Amrit Kapoor** from **Menopause Society Delhi**, has participated in Holi Contest 2023 of Club 35+, Public Awareness Committee of Indian Menopause Society.

She got **1st Prize** for in the Category of Best Poem on the theme of
“Rangon Bhari Holi”.

Dr. Pushpa Sethi
President
IMS 2023 – 24

Dr Arti Gupta
Secretary General
IMS 2023 – 24

Dr Binal Shah
Chairperson
Club 35+ , P A Comm.
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Judge
Bangalore

Dr. Payal Bhargava
Judge
Hyderabad



Indian
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HOLI – Contest 2023



"रंगों भरी होली "



आयी रे रंगों भरी होली,
जैसे सजी फूलों की डोली।
चारों ओर है मीठी बोली,
खुशियों से भर गयी झोली।
आहा-आहा !रंगों भरी होली !

होली तो है सच की जीत,
ये तो है जीवन की रीत।
आपस में बढ़ गयी प्रीत,
दुश्मन भी बन गये मीत।
आहा आहा!रंगों भरी होली!

2nd Prize

For Best Poem on the theme of
"Rangon Bhari Holi"

Dr. Bhavana Jayesh Sheth
from Menopause Society Bharuch





Indian
Menopause Society



Certificate

This is to certify that **Dr. Bhavana Jayesh Sheth** from **Menopause Society Bharuch**, has participated in Holi Contest 2023 of Club 35+, Public Awareness Committee of Indian Menopause Society. She got **2nd Prize** for in the Category of Best Poem on the theme of **“Rangon Bhari Holi”**.

Dr. Pushpa Sethi
President
IMS 2023 – 24

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Secretary General
IMS 2023 – 24

Dr. Binal Shah
Chairperson
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IMS 2023 – 24

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Judge
Bangalore

Dr. Payal Bhargava
Judge
Hyderabad

HOLI – Contest 2023



Indian
Menopause Society



होली में मतभेद भुलाकर सबको गले लगाओ ।
धर्म जाति का बंधन तोड़ो मिलकर खुशी मनाओ ॥
रंगों का त्यौहार अनोखा दुनियाँ को रंग डालो ।
छिपी हुई उस मानवता को फिर से गले लगाओ ॥
राष्ट्रधर्म का नशा न उतरे दुनियाँ लोहा माने ।
भारत माता के सपूत हो अखिल धरा पहचाने ॥
काम क्रोध मद लोभ मोह की होली खूब जलाओ ।
ईर्ष्या कटुता वैमनस्य को मन से दूर भगाओ ॥
केसरिया रंग से सेना के हर सपूत को रंग दो ।
हरे रंग से भूमिपुत्र की काया मंगल कर दो ॥
श्वेत रंग से शांतिदूत बन अमन चैन फैलाओ ।
देशद्रोहियों गद्दारों को कालिख खूब लगाओ ॥
रंग जोगिया चमक उठा फिर भगवा ध्वज लहराया ।
ताल ठोक बुल्डोजर बाबा फिर यूपी में आया ॥
चोर उचक्के और माफिया बिल में जाइ छिपे हैं ।
त्राहि त्राहि अपराधी करते थाने द्वार खड़े हैं ॥
नहीं निकलते अब अपराधी जेल सुरक्षित मानें ।
बाहर आ ऊपर का रास्ता मिलै सभी ये जानें ॥
कब गाड़ी पल्टी खा जाए कब गोली तन छेदे ।
कब बाबा का दण्ड उधेड़े चमड़ी मन को भेदे ॥
राष्ट्रधर्म का रंग सुनहरा कभी पड़े ना फीका ।
मना रहे अमृत उत्सव सब मिलकर आज्ञादी का ॥

1st Prize

For Best Poem on the theme of
“Rangon Bhari Holi”

Dr. Neelam Gupta
from Club 35+ Varanasi





Indian
Menopause Society



Certificate

This is to certify that **Dr. Neelam Gupta** from **Club 35+ Varanasi** has participated in Holi Contest 2023 of Club 35+, Public Awareness Committee of Indian Menopause Society. She got **1st Prize** for in the Category of Best Poem on the theme of **“Rangon Bhari Holi”**.

Dr. Pushpa Sethi
President
IMS 2023 – 24

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Secretary General
IMS 2023 – 24

Dr Binal Shah
Chairperson
Club 35+ , P A Comm.
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Judge
Bangalore

Dr. Payal Bhargava
Judge
Hyderabad



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HOLI – Contest 2023



जिस तरह रंगों भरी होली है 🧡
उस तरह ज़िन्दगी भी रंगोली है 🧡
हर रंग का अपना ही अलग मान है 🍀
होली में बुराई का अन्त और अच्छाई का सम्मान है 💙

जहां राधा संग कृष्ण की मस्ती है 💖
वहीं बाबा की मसाने की होली की भक्ति है 💖
जहां रंग में रंगीले होकर करते सब ठिठोली यां
🧡
वहां बच्चे भी पिचकारी संग बनाते अपनी टोलियां
💖
होली में खुशियों का चारों ओर उड़ता गुलाल है
🎉 🧨

यह त्योहार अपने में ही बेमिसाल है 🧑🏻🎉 🌈 💖

2nd Prize

For Best Poem on the theme of
“Rangon Bhari Holi”

Ms. Namita Tandon
from Club 35+ Varanasi





Indian
Menopause Society



Certificate

This is to certify that **Ms. Namita Tandon** from **Club 35+ Varanasi**,
has participated in Holi Contest 2023 of Club 35+, Public
Awareness Committee of Indian Menopause Society.
She got **2nd Prize** for in the Category of Best Poem on the theme of
“Rangon Bhari Holi”.

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IMS 2023 – 24

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Judge
Bangalore

Dr. Payal Bhargava
Judge
Hyderabad



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Menopause Society

HOLI – Contest ***2023***



Slogan Writing

"Save Water & Green Holi"

Judges



Dr. Ambuja Choranur
Past President
IMS



Dr. Renu Tandon
Vice President
M S Kanpur

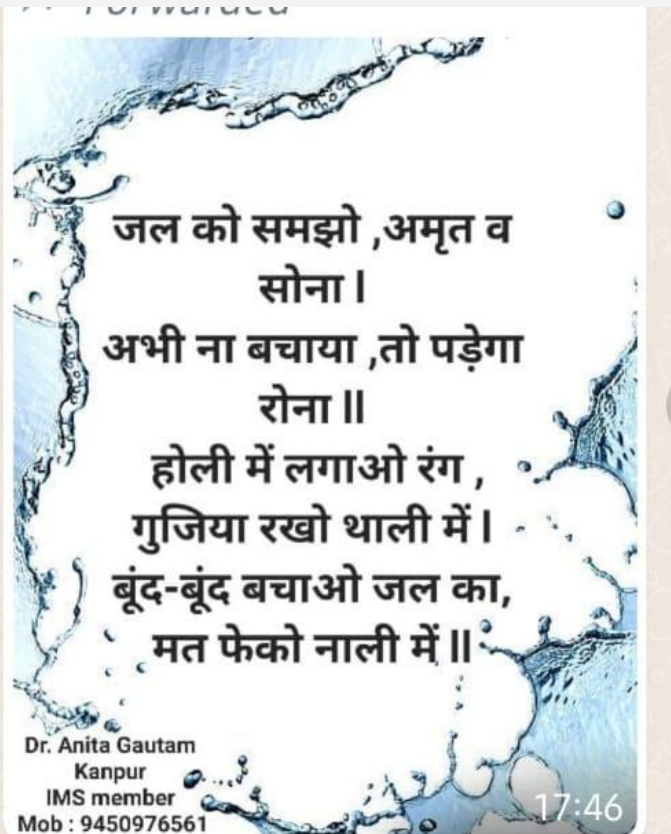


HOLI – Contest

2023



Indian
Menopause Society

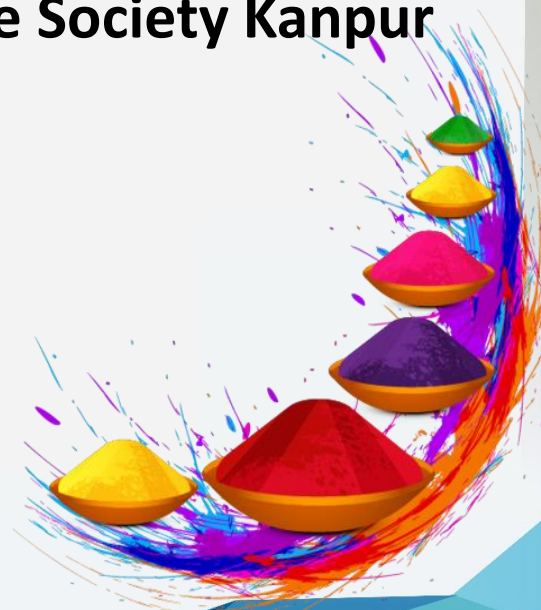


1st Prize

Best Slogan on the theme of
“Save Water & Green Holi”

Dr. Anita Gautam

from Menopause Society Kanpur





Indian
Menopause Society



Certificate

This is to certify that **Dr. Anita Gautam** from **Menopause Society Kanpur**, has participated in Holi Contest 2023 of Club 35+, Public Awareness Committee of Indian Menopause Society.

She got **1st Prize** for in the Category of Best Slogan on the theme of
“Save Water & Green Holi”.

Dr. Pushpa Sethi
President
IMS 2023 – 24

Dr Arti Gupta
Secretary General
IMS 2023 – 24

Dr Binal Shah
Chairperson
Club 35+ , P A Comm.
IMS 2023 – 24

Dr. Ambuja Chorapur
Judge
Hyderabad

Dr. Renu Tandon
Judge
Kanpur



Indian
Menopause Society

HOLI – Contest 2023



जिंदगी जीने की है एक कला
जल रहित होली को इसमें मिला।
आदत बनाओ खेलो फूलों से सूखी होली
जल बचाओ नहीं तो होगी सूखी प्रकृति ॥

09:38

2nd Prize

Best Slogan on the theme of
“Save Water & Green Holi”

Dr. Pratibha Singh
from Menopause Society Bhagalpur





Indian
Menopause Society



Certificate

This is to certify that **Dr. Pratibha Singh** from **Menopause Society Bhagalpur**, has participated in Holi Contest 2023 of Club 35+, Public Awareness Committee of Indian Menopause Society.

She got **2nd Prize** for in the Category of Best Slogan on the theme of
“Save Water & Green Holi”.

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President
IMS 2023 – 24

Dr Arti Gupta
Secretary General
IMS 2023 – 24

Dr Binal Shah
Chairperson
Club 35+ , P A Comm.
IMS 2023 – 24

Dr. Ambuja Chorapur
Judge
Hyderabad

Dr. Renu Tandon
Judge
Kanpur



Indian
Menopause Society

HOLI – Contest 2023



"फागुन के इस उत्सव में
पलाशी, कचनारी रंगों को लगाओ।
केसर, चंदन, अबीर चहुं ओर उड़ाओ।
पानी को बचाओ, और पानी ना फैलाओ" 🙏



रीता अनिल
Member Club 35
Mo. No 9411082660 Agra

08:38

1st Prize

Best Slogan on the theme of
“Save Water & Green Holi”

Ms. Rita Anil

from Club 35+ Agra





Indian
Menopause Society



Certificate

This is to certify that **Ms. Rita Anil** from **Club 35+ Agra**
Has participated in Holi Contest 2023 of Club 35+, Public
Awareness Committee of Indian Menopause Society.
She got **1st Prize** for in the Category of Best Slogan on the theme of
“Save Water & Green Holi”.

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Judge
Hyderabad

Dr. Renu Tandon
Judge
Kanpur



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Menopause Society

HOLI – Contest 2023



रंगोत्सव मनाओ, होलिका में दुष्ट प्रवृत्ति को
जलाओ।
जल ही जीवन, वृक्ष प्राण धन, इन्हें बचाओ
धरा को सुंदर बनाओ

09:16

2nd Prize

Best Slogan on the theme of
“Save Water & Green Holi”

Ms. Seema Bakre
from Club 35+ Kanpur





Indian
Menopause Society



Certificate

This is to certify that **Ms. Seema Bakre** from **Club 35+ Kanpur**
Has participated in Holi Contest 2023 of Club 35+, Public Awareness
Committee of Indian Menopause Society.
She got **2nd Prize** for in the Category of Best Slogan on the theme of
“Save Water & Green Holi”.

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Judge
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Judge
Kanpur