



Indian
Menopause Society



Together We Can



Dr. Shobhana Mohandas
President,
IMS 2022 - 23



Dr. Anju Soni
Secretary General,
IMS 2022 - 23



Newsletter By

Indian Menopause Society

ISSUE 1

APRIL-MAY-JUNE, 2022

Blessings from our Founder President



Dr. Rama Vaidya

Founder President

Indian Menopause Society

Riots of color will flow from your brush as you are about to pen down the first newsletter. We, the members of the IMS family at large, have enjoyed the exquisite hospitality and excellent intellectual feast at multiple conferences organized by the Jaipur IMS.

Dr. Shobhana Mohandas as the IMS president and Dr. Anju Soni as the secretary general of IMS have initiated a unique dancercises. Improvements in the markers of neuroplasticity, cognition and brain functions in humans and animal models have been documented when a spectrum of varied dance forms, with or without Yoga, are offered as non-pharmacological therapy. I am sure we will learn a lot from the data generated through such activity when standardized and applied for menopausal symptoms and QOL in Indian peri- and post-menopausal women.

Learning together (Sahaadhyaan) within the IMS faculty and its members, as well as across multiple disciplines, about various aspects of menopausal health seems to be galvanizing the academic sphere of the IMS. I wish you all the very best for this year and years to come for your enthusiastic and inspiring dedication to innovative activities for Indian women's health at their menopausal transition and beyond even extending up to 70yrs. Empathetic visits to old people's homes by the members of our society must be lifting the spirit of the resident women, buttressing their resilience.

Regards

Dr. Rama Ashok Vaidya

MD, DGO, DFP, PhD

Founder President

Indian Menopause Society

Reg. No.18178

Vasudha Clinic, Santacruz (W),

Virtual consultation available

Phone: - 022-26492781, Mobile:-9820239947

From the Desk of President



Dr. Shobhana Mohandas

President
Indian Menopause Society

I am humbled & overwhelmed to take over the responsibility as the President of the prestigious Indian Menopause Society.

Many drops make a mighty ocean. In IMS the drops are trickles and are flowing perennially and the result can be seen in the first newsletter of my tenure, where we can see that all societies have worked hard to keep the IMS flag high.

In the 3 months from April onwards, IMS has started collecting data on incidence of hot flashes in perimenopause in the age group 40 to 60.

So far, about 260 forms have been collected. We need to touch 2000. This goes with the vision: Indian Data for Indian women. It will be a proud Moment for IMS to produce national data for international view. Charity begins at home. While we give public awareness programmes all over the societies to look after ourselves and our near and dear, we also have pledged.

To care for less privileged women who have to enjoy the evening years of life with other women of same age. Thus, visit to old age homes was made a slogan.

Caring for the elderly by way of visiting old age homes has struck a chord in many societies and many of our colleagues have visited old age homes and brought cheer to the inmates. I urge all of you to continue to do so in coming months too. Dancercise, a weekly exercise programme has completed 13 episodes, and is going strong.

We can see that beside the IMS center webinar series, both online and off line CME programmes are going on in full swing in many societies.

The newsletter highlights all the work done by all committees and societies. There are good articles too for the reader in you.....

We need to churn the energy in ourselves and in people around us. IMS societies have been doing that impressively as you can see from the newsletter...

With the Moto

TOGETHER WE CAN.... TOGETHER WE CARE

Dr. Shobhana Mohandas

President

IMS, 2022-2023

From the Desk of Secretary General



Dr. Anju Soni

Secretary General

Indian Menopause Society

No matter how many degrees we have or what kind of education we have received, there are still some things that we can only learn, in the school of life. My very own lesson in life has been ‘Success is not final; failure is not fatal: it is the courage to continue and tide over all adversities is what counts. In this context besides one’s own learnings, experience sharing is an important conduit for gaining not only knowledge but also wisdom – to perceive correctly, to understand implications and to execute efficiently.

There is a saying that if you want to make God laugh, tell him about your plans. While it is good to have a blueprint of how your roles and responsibilities will look like with a 3-5 year or even 20-25 years perspective, it is the day-to-day learnings and situations experienced and faced, that determine the steering course of life.

There is thus a need to focus on the pursuit of knowledge dissemination and experience sharing for imparting meaning to learning the endeavor and enriching one’s persona.

Traditional pedagogy tends to assume that the acquisition of knowledge and its understanding by the mind, is a passive exercise. However, it is not, and here I would add skill development as a very important component for excellence through consistency and regular upgrading of information and skill base.

In today's fast paced world and the pressure on time, nobody is going to give us the opportunity to engage in continuous learning and it has to be through our own initiative. To grow in our profession, we need to constantly hone our skills and capability. We need to share best practices and information on new technologies, as this would lead to lower the cost, beneficial to both the caregiver and the patients.

I would like to reiterate that continuous education will only make us feel more capable and keep us in a state of readiness to take on new challenges. It will broaden our knowledge base and give a new perspective on exciting methodology. My advice would be that always retain your curiosity, an enquiring mind will make sure that our mind does not atrophy.

So, I have three suggestions. Firstly, remain a lifelong student, don't lose your curiosity. Secondly, whatever you do, throw yourself into it. Throw your head, heart and hands into it. The third and most important one, please help others lead a healthy and comfortable life.

Dr. Anju Soni
Secretary General
IMS 2022-2023

Report of IMS representative to Asia Pacific Menopause Federation (APMF)

The virtual council meeting of APMF was held on **2nd April, 2022**.

The agenda of the meeting was:

- President's Report, Treasurer's Report, Secretary's Report
- Issues on the upcoming IMS in Lisbon Portugal
- Report on the AdHoc for technical writing on consensus guideline
- Other Matters
- Adjournment

The points discussed were:

- To start the news bulletin / journal of APMF.
- To generate income by various sources, other than conference contributions.
- To increase the membership.
- International Menopause conference in October 2022 at Lisbon, Portugal will have a special session of APMF topic will be “Menopause management in Asia Pacific region”.
- The 10th APMF scientific meeting in 2025 was allotted to Malaysia.
- India has to bid for 2027 at the Council meeting in Indonesia in 2023 at the 9th scientific meeting.
- Technical writing on consensus guidelines for the Asia Pacific region is under preparation.
- Meeting ended with thanks to the chair.

Thanking You,
Warm Personal Regards,

Dr. Atul Munshi

M.D., D.G.O., FICOG,

IMS representative

to APMF 2021 ~ 2022

IMS representative to CAMS 2017 ~ 2018

Chairperson ICOG 2014

Ex- Prof. & HOD, OBGYN,

GCS & NHL Medical College, Bangalore

FOGSI representative to SAFOG 2016 ~ 2017

Convener Academic Council ICOG 2015 ~ 2017

Munshi Hospital

50-51, Pritamnagar Society,

Near Gujarat College, Ellis

bridge,

Ahmedabad - 380006, Gujarat,

INDIA

Mobile No. - 09824021000

18 World Congress on Menopause



Dr. Hara Pattnaik
Representative
International
Menopause Society



Sejam bem-vindos

Itinerary Specially Prepared for Lisbon (Portugal), Barcelona and Madrid (Spain)



Lisbon



Sit in the estuary of the Tagus River, Lisbon is the westernmost capital city in continental Europe and serves as Portugal's chief port, largest and capital city, and commercial, political and tourist centre. It was once considered by Europeans to be the furthest edge of the known world before it became basecamp for the renowned Portuguese explorers of the 15th and 16th centuries, Vasco da Gama being the most well-known.

The city is defined geographically by seven hillsides which overlook the river, these vantage points being a highlight for anybody's visit. Much of the architecture is defined by a huge earthquake that destroyed much of Lisbon in 1755, the rebuilding exercise that followed providing the template of what stands today. As well as being scenically spectacular, Lisbon is a crucial economic centre and lies on a strategic sea route. Its port is bustling with activity, handling a large proportion of the trade between Portugal and neighbouring Spain.

The city is also culturally one of the country's most important hubs. Despite making up just three percent of Portugal's landmass, the metropolitan area is home to more than a quarter of the nation's population, owed much to the surge in migration from rural areas in the 1970s when industrial activity took off.

Madrid



Madrid, Spain's central capital, is a city of elegant boulevards and expansive, manicured parks such as the Buen Retiro. It's renowned for its rich repositories of European art, including the Prado Museum's works by Goya, Velázquez and other Spanish masters. The heart of old Hapsburg Madrid is the portico-lined Plaza Mayor, and nearby is the baroque Royal Palace and Armory, displaying historic weaponry.

Barcelona



Barcelona, the cosmopolitan capital of Spain's Catalonia region, is known for its art and architecture. The fantastical Sagrada Família church and other modernist landmarks designed by Antoni Gaudí dot the city. Museu Picasso and Fundació Joan Miró feature modern art by their namesakes. City history museum MUHBA, includes several Roman archaeological sites.

Day 1 (Arrival Lisbon and Sunset Cruise)

- Arrival at the Humberto Delgado Airport
- Complete your Immigration formalities and proceed for baggage collection
- Lunch at Restaurant
- Check in at the Hotel
- Time free to Relax and Freshen up
- Evening proceed for Sunset Sailing Cruise
- Dinner at Restaurant
- Return back to Hotel
- Overnight stay at the Hotel



Day 2 (Conference and City Tour)

- Buffet Breakfast at the Hotel
- Conference at the Hotel
- Packed Lunch to be provided
- Conference continues
- Time to change and freshen up
- Proceed for City tour on (Tuk-Tuk or Side Car Vintage bike tour)
- Dinner at Restaurant
- Return back to Hotel
- Overnight stay at the Hotel



Day 3 Conference

- Buffet Breakfast at the Hotel
- Full Day Conference
- Packed Lunch to be provided
- Dinner at pre decided Gala Venue
- Return back to Hotel
- Overnight stay at the Hotel



Day 4 Sintra Tour and Shopping

- Buffet Breakfast at the Hotel
- Proceed for Sintra Tour
- Lunch at Restaurant
- Shopping drop at Rua Augusta
- Dinner at Restaurant
- Return back to Hotel
- Overnight stay at the Hotel



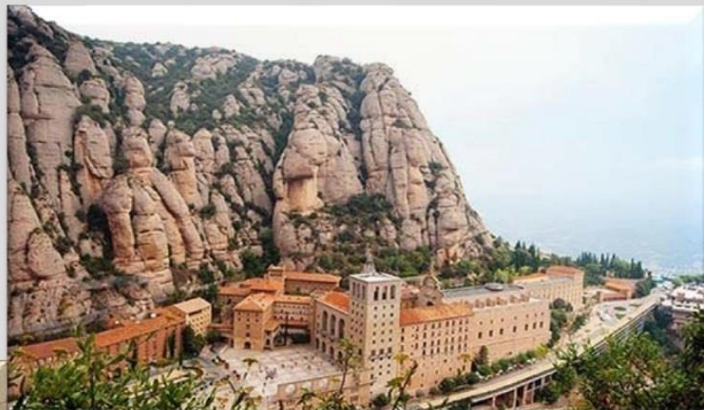
Day 5 Arrival Barcelona

- Buffet Breakfast at the Hotel
- Depart for Barcelona
- Upon Arrival Lunch at Restaurant
- Check in at the Hotel
- Time free to Relax
- Evening proceed for Sagrada Familia Guided Tour
- Dinner at Restaurant
- Return back to Hotel
- Overnight stay at the Hotel



Day 6 Barcelona

- Buffet Breakfast at the Hotel
- Proceed for Montserrat
- Visit the site and Enjoy the Cog Wheel Train ride
- Lunch at restaurant
- Entrance to Poble Espanyol (Spanish village).
- Small Souvenir shopping in las ramblas area
- Dinner at Restaurant
- Return back to Hotel
- Overnight stay at the Hotel



Day 7 Barcelona

- Buffet Breakfast at the Hotel
- Depart for Shopping La Rambla
- Lunch at Restaurant
- Shopping continues or return back to Hotel
- Evening proceed for Flamenco show with drinks and Dinner
(Enjoy a breathtaking evening at Las Carboneras Flamenco Show watching a fantastic flamenco performance. Singers, Guitarists and Dancers join their experience to make you feel the art of 'Flamenco')
- Return back to Hotel
- Overnight stay at the Hotel



Day 8 Madrid

- Buffet Breakfast at the Hotel
- Post breakfast, transfer to Train Station to board train to Madrid.
- Board your AVE Train to Madrid (650 km. in 03 hours)
- Arrive Madrid
- Enjoy the orientation tour of the Madrid city
- Visit the Royal Palace Madrid
- Lunch at Restaurant
- Check in at the Hotel
- Evening Enjoy the below optional tours
(**Segway tour/ Vespa Scooter tour/ Beer Bike Ride in Madrid Teams**)
- Dinner at Restaurant
- Return back to Hotel
- Overnight stay at the Hotel



Day 9 Madrid

- Buffet Breakfast at the Hotel
- Proceed for Half Day city tour of Madrid
- Visit the TOLEDO.

(Navigate the cobbled streets, and explore the diverse architecture of the medieval city. Admire masterpieces by El Greco including The Burial of the Count of Orgaz in the church of St. Tome)

- Visit to Swords factory showroom.
- Lunch at Restaurant
- Experience BULL fight show in Madrid.

(Bullfighting is a physical contest that involves humans and animals attempting to publicly subdue, immobilize, or kill a bull)

- Dinner at restaurant
- Return back to Hotel
- Overnight stay at the Hotel



Day 10 Departure Madrid

- Buffet Breakfast at the Hotel
- Visit the famous Santiago Bernabéu Stadium
(Home stadium of Real Madrid since its completion in 1947, with a current seating capacity of 81,044. Santiago Bernabéu is one of the world's most famous and prestigious football venues)
- Lunch at Restaurant
- Last minute Souvenir shopping at El Rastro
- Proceed for Flight back Home



Optional Sightseeing Tour

Parque Warner Theme Park, Madrid

Located 25 kilometres south of Madrid, Parque Warner Madrid is a theme park that aims to cater to everyone in the family, from thrill-seekers to children, and movie-and-entertainment fans. When it comes to rides, the park has no shortage, with options ranging from kid-friendly cartoon-themed adventures, to adrenaline-inducing twisters. During warmer (often scorching) Madrid months, you can even go on water rides, though plan and prepare to get drenched. Little ones will feel most at home in Cartoon Village, where there are plenty of rides suitable for the whole family, as well as photo opportunities with famous animated characters.

Location: San La Vega

Distance from Madrid: 35 Mins Drive

Duration- 06-08 Hours inside the Theme Park with Lot of Attractions and Shows and Food Outlets

List of Attractions- <https://www.parquewarner.com/en/in-the-park/attractions>



Optional Sightseeing Tour

Port Aventura Aquatic park, Barcelona

Come and discover the Port Aventura Costa Caribe Aquatic Park and enjoy an unforgettable holiday with the children in one of the best water parks in Spain. Installed in the heart of the Costa Daurada this amazing water park will plunge you into a refreshing trip that will transport you to paradise in an aquatic adventure.

Location: Tarragona

Distance from Barcelona: 1.30 Hours drive



Optional Sightseeing Tour

Arab Bath Madrid

Succumb to serenity at the soothing Arabian baths, Hamman Al Ándalus, with a luxurious massage. Immerse yourself in the relaxing resplendence of the candle-lit oasis, allowing your body and mind to unwind amid the Arabian décor and tranquil ambience of the spa. Sip on refreshing mint tea, submerge yourself in the soothing water of the pools then indulge in a massage delivered by an expert masseuse. Upgrade to enjoy a 30-minute massage and exfoliating body scrub.

Location: Madrid

Distance from City Centre: 10-15 Mins Drive

Capacity- 35-40 people at a time and needs to be divided in to different slots



Flight Options

Carrier	Flight	Class	Date	Day	From	To	Dep	Arr	Arr. Date
EK-Emirates Airline	513	Economy	25-Oct	Mon	Delhi (India)	Dubai (United Arab Emirates)	0415	0620	25-Oct
EK-Emirates Airline	191	Economy	25-Oct	Mon	Dubai (United Arab Emirates)	Lisbon (Portugal)	0725	1235	25-Oct
VY-Formosa Airlines	8461	Economy	29-Oct	Fri	Lisbon (Portugal)	Barcelona (Spain)	0905	1200	29-Oct
EK-Emirates Airline	142	Economy	03-Nov	Wed	Madrid (Spain)	Dubai (United Arab Emirates)	1425	0025	04-Nov
EK-Emirates Airline	510	Economy	04-Nov	Thu	Dubai (United Arab Emirates)	Delhi (India)	0420	0855	04-Nov

ROLE OF LEARNERS IN KNOWLEDGE CONSTRUCTION & TRANSMISSION

Dr. Anju Soni

There is a need to invoke an intuitive distinction between generation or construction of knowledge and transmission of knowledge. It seems obvious that generation concerns coming to know for oneself whereas, transmission concerns coming to know from someone else. Thus, knowledge construction is about producing knowledge while transmission is about distributing that which already exists.

A. Knowledge Construction

Knowledge creation is a process in which a person increases his knowledge by interacting with society from experiences or by formal education. By this a person enhances his knowledge base and adds to his knowledge creation. The construction of knowledge is an active process that happens through individual or social engagement and learning takes place through participatory methods. Thus, learners use their previous knowledge as a foundation and build on it with experiences. However, the factors affecting this process are individual competency information technology, intensive collaboration and visionary leadership.

Learning is a never-ending process and takes place from birth to death. When a child after birth comes in this world, it is totally new to him/her and this arises his curiosity and he is always eager to learn and explore to know what is going on all around. He, therefore, observes his family members & asks questions to build his own knowledge. He, thereafter, enters School, College, University, Work place and with the help of teachers and peer groups, text books, thoughts, practices and experiments, strives to build on this foundation to create an edifice of learning. The learner builds, enhances, & constructs his knowledge through several support mechanisms which are:

- 1. By Family:-** Family is the first instructor to a child and performs the initial role of providing a perspective on the mental canvas of a child and later it plays the most important role in internalizing the life experience which impart a vision and cohesiveness to the knowledge construction of the individual.
- 2. By society & environment:-** Due to laws, culture, rules, rituals a child gets to build knowledge relating to his society & environment. Individuals incorporate new content into their existing cognitive frame work formulating fresh theories and deriving new conclusions.

3. By trial & error:- An Individual learns by attempting and then succeeding or failing but for using these experiences for knowledge construction, he must act. It is, therefore, generating prudent meaning from an interaction between experiences and ideas.

4.Sensory Experiences:- Eyes, Ears, Skin, Tongue, Nose are the conduits to provide direct Knowledge. These encourage learning through exploration, curiosity, problem solving and creativity.

5.Logical Thinking:- Knowledge sources are practice based and research informed. All type of knowledge is not possible to be obtained from senses. We get it also from our analytical mind, concepts, clarity of thought and logical reasoning.

6.Intuition:- A form of tacit knowledge, it includes insights and intuitions. Sometimes knowledge suddenly arises in terms of light of knowledge. We immediately get an answer to questions and by our conscious reasoning, build and add onto our awareness and later structured learning.

7. Social Constructionism and Testimony:- In contemporary epistemology, testimony is the umbrella term to all that which includes perception, memory, consciousness, reason and is based on

experiences and observations of others. This knowledge becomes evident by reading, listening & observing the social milieu to provide meaning to otherwise worthless things and that which creates the real understanding of society.

B. Transmission of Knowledge

Exchange or passing of the knowledge or information between giver & receiver is known as transmission of knowledge. It is passive and gets passed on without any cognitive intervention of the receiver.

Newspaper, Radios, TV, Internet etc. are also good examples of informal education. The Transmitters have the role of ensuring that the learning process is smooth and can lead to successful passing of knowledge subsequent to the construction process.

Knowledge transmission refers to disseminating knowledge and seeks to organize, create, capture or distribute knowledge and ensure its availability for future users. It may be personalized or codified, but knowledge sharing culture (through discussions forums and peer engagement) paves way for further construction of new learning.

C. Role of a Learner:-

The major differences between learning as construction of knowledge and transmission of knowledge are based on number of parameters and the role of a learner gets

defined by his choice and the scope of his knowledge acquisition.

	Parameter	Construction	Transmission
1	Functioning	Own understanding of the learner	As received by the learner.
2	Role	Active Participation of the learner	Passiveness of the learner.
3	Process	Personal experiences play a huge role	Learning as gained by the teacher is passed to the learner.
4	Orientation	Self-directed learning	Teacher directed learning.
5	Focus	Learner Centered	Instructor Centered
6	Nature	Intrinsic Knowledge	Extrinsic knowledge.
7	Retention	Quantum of learning is not fixed.	Predetermined by the capacity of the instructor.

It is thus clear that individual characteristics are of immense importance in the learning exercise. Interpersonal relations and social structures too, enable or inhibit the sharing of knowledge. Transmitted knowledge acts as a catalyst to the creation of new knowledge and a learner who gets encouraged through self-analysis and assessment, draws the best results from his learning process.

IMS President's Webinar Series

Amritsar Menopause Society
is organising a webinar on
PELVIC PAIN
14th June, 2022 | 6:00PM to 8:00PM


DR SHOBHANA MOHANDAS
President IMS


DR ANJU SONI
Secretary IMS


DR SANGEETA PAHWA
President Amritsar Menopause Society

Guest of honor **Moderator**


DR SUDHA SHARMA
Secretary General IMS, 2021 - 2022


PROF. AMBUJA CHORANUR
Past President IMS


DR SANGEETA PAHWA
Professor and head of
Obstetrics and Gynaecology Department,
SRM Medical College, Amritsar

TOPIC 1:
Role of Antibiotics in pelvic pain


DR SHOBHANA MOHANDAS
Speaker


DR ANJU SONI
Secretary IMS


DR SANGEETA PAHWA
Professor and head of
Obstetrics and Gynaecology Department,
SRM Medical College, Amritsar

Panel Experts


DR SONIA MALIK
Chairperson
Past President, IMS 2021-22


DR ARCHANA BERI
Vice President
Amritsar Menopause Society


DR ARCHANA AGGARWAL
Treasurer
Amritsar Menopause Society

Panelists

TOPIC 2:
Recurrent UTI


DR KAVITA BHATTI
Speaker


DR ASHIMA TANEJA
President
Amritsar Menopause Society


DR RAGINI AGRAWAL
Fellow Clinical Dyke Endocrinology UK

VOTE OF THANKS


DR DINESH PATHAK
Fellow Secretary of
The Menopause Society


DR PREETI SINGH DEV
Secretary
Amritsar Menopause Society

Digital Partner: **CITRNET**



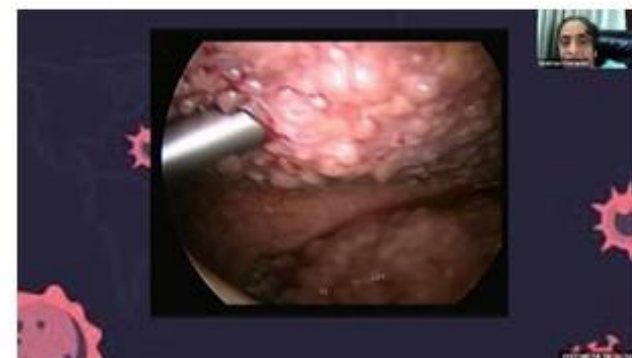
Answer to patient's question. Why did I get it?

Pathogenesis of pelvic inflammatory disease

PID begins with cervicitis (a). This is followed by a change in the cervicovaginal micro-environment (b) that leads to bacterial vaginosis (b). Finally, the original cervical pathogen, the Rose coccidia bacterial vaginosis or both ascend into the upper genital tract (c). The red arrows indicate the affected portions of the genital tract.



Microbiology 9th ed. W. Page 7. Med 2009; 1000: 111-116



INTERSTITIAL CYSTITIS

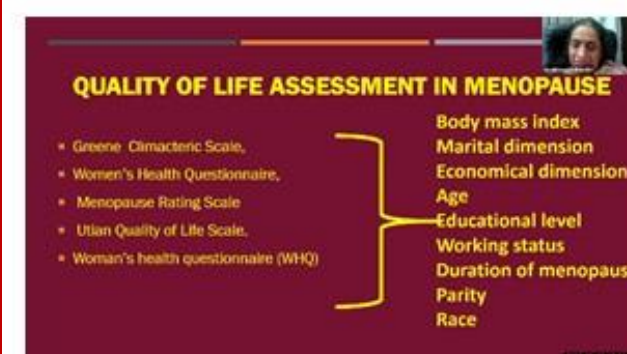
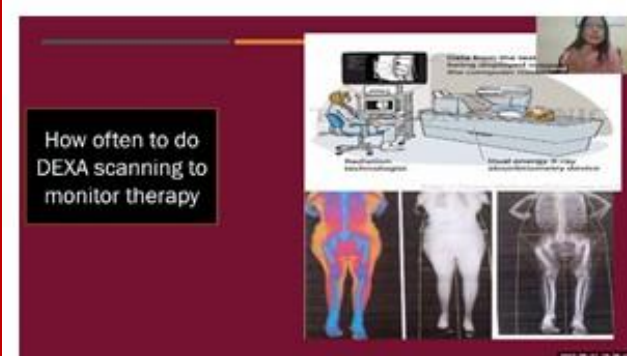
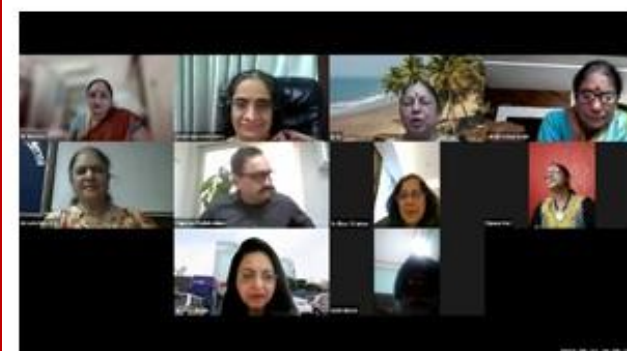
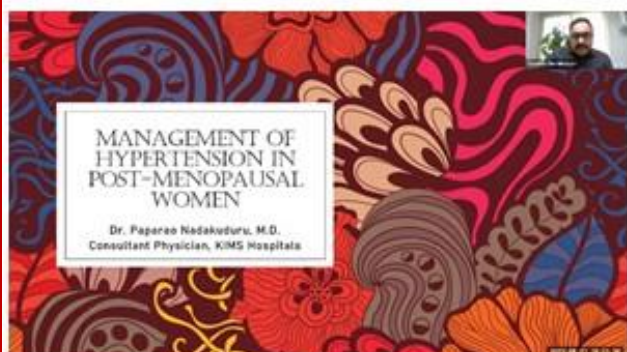
- Painful bladder syndrome
- Interstitial cystitis (IC) or painful bladder (PBS) is defined as a pain, pressure, or discomfort in the suprapubic or bladder area which can cause urinary frequency or the urge to urinate that has been present for at least six weeks
- Symptoms suggestive of interstitial cystitis are often present in women with chronic pelvic pain
- These conditions may be a primary cause of chronic pelvic pain, a component of chronic pelvic pain or a secondary effect caused by afferent neurological dysfunction in the presence of chronic pain



Treatment of trigger points

- Massage
- Relaxation techniques
- Psychotherapy
- Drugs: Analgesics, anti-inflammatory agents, muscle relaxants or neuroleptics can be prescribed
- Trigger point injections

IMS President's Webinar Series



Hyderabad Menopause Society
Presents
IMS President's Webinar Series
on
Hypertension Management & Risk Assessment in Midlife

21 June, 2022 | 6.00 pm to 7.30pm

Chief Guest
Dr Ambuja Choranur
President IMS 2021-2022

Guest of Honor
Dr Meeta
Founder and Past President of HMS,
Past President of IMS
Dr Sudha Sharma
General Secretary IMS 2021 - 2022

Speaker
Dr Papa Rao
Senior Physician, Kim's Hospital (Hyd)

Chairpersons
Dr Laxmi Ratna
Past President of HMS
Dr Mahalaxmi
Prof, Gandhi medical college

Panel Discussion on Risk Assessment in Menopausal Women

Moderator
Dr Shobhana Mohandas
National President IMS

Co Moderator
Dr E Prabhavathi
President HMS

Panelists
Dr Anju Sont, Jaipur
Dr Seema sharma, Jaipur
Dr Jyothi Jaiswal, Raipur
Dr Arti Gupta, Agra
Dr Bipasa Sen, West Bengal
Dr Lakshmi, Calicut
Vote of Thanks
Dr Bhavani
Infertility Specialist

- Digital Partner -
CLIRNET



IMS President's Webinar Series

Agra Menopause Society
Invites you to The Webinar on
Menopausal Hormone Therapy
23 June, 2022 | 5:00 pm - 6:30 pm

Guest of Honour
Dr. Ambuja Chouranur
JPP IMS

Chief Guest
Dr. Jignesh Shah
Past President, IMS

Dr. Sucha Sharma
Secretary General, IMS 2021 - 2022

Speakers
Topic: MHT
Dr. Shobhana Mohandas
National President, IMS

Topic: MHT in Comorbidities
Dr. Anja Bhow
Secretary General, 2022 - 2023

Expert Comment
Dr. Kiran Pandey
President, Rajput Menopause Society

Chairpersons
Dr. Pooja Sathya
Vice President, IMS Durugam

Dr. Aarti Gupta
President, AOGS

Dr. Nisha Singh
Prof. in Dept. of
Obst & Gynaecology,
S.N. Medical College

Dr. Sucha Sharma
Secretary General, IMS 2021 - 2022

Organiser
Dr. Savita Tyagi
Chair person,
IMS Rural Committee

Dr. Rishu Sharma
President Agra Menopause Society

Dr. Nisha Sharma
Secretary, AAG

Master of Ceremony
Dr. Karja P. Jain
MS, OBGYN
Consultant, Jyoti Vikas Nursing Home

Digital Partner:
CLIRNET



IMS President's Webinar Series



Oral Anti Diabetic Drugs

Dr. Sailesh Lodha
MD, DM Endocrinology (PGI Chandigarh)
Sr Endocrinologist, Eternal Hospital, Jaipur
saileshlodha@gmail.com



DYSLIPIDEMIA IN MIDLIFE & PERIMENOPAUSAL WOMEN

PROF. DR. VIJAY PATIL



AGEING GRACEFULLY

Moderators : 1) Dr. Anju Soni
2) Dr. Shubha Sethia

Panelists: 1) Dr. Shobana Mohandas
2) Dr. Seema Sharma
3) Dr. Revathy Janakiraman
4) Dr. Sweeti Soni
5) Dr. Pankhuri Goyal



Indian Menopause Society
IMS President's Webinar Series I
in Association with
Jaipur Menopause Society
Tuesday, 28th June 2022 | 4:00 pm - 6:00 pm

Chief Guests

Dr. Shobha Mohandas, President IMS
Dr. Seema Sharma, Vice President IMS
Dr. Anju Soni, Secretary General IMS
Dr. Shubha Sethia, President IMS

Guests of Honour

Dr. Sunila Khandewal, Executive Board Member International IMS
Dr. Shobha Mohandas, President IMS
Dr. Ajneesh Shukla, Past President IMS
Dr. Anju Soni, Secretary General IMS

Speakers

TOPIC: Oral Antidiabetics
Dr. Sailesh Lodha, Consultant Endocrinologist, BHO Hospital Jaipur

TOPIC: Managing Hyperlipidemia
Dr. Vijay Patil, Sr. Cardiologist, SMS Medical College Jaipur

Chairpersons

Dr. Laxmi Chikilanda, Chairperson BACH
Dr. Anuska Khanna, President, American MS

Moderators

Dr. Anju Soni, Secretary General IMS
Dr. Shubha Sethia, President IMS

PANEL DISCUSSION: AGEING GRACEFULLY

Panelists

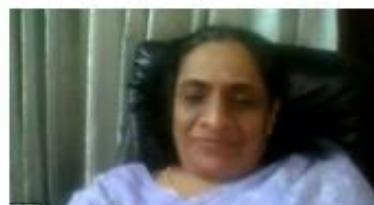
Dr. Shobha Mohandas, President IMS
Dr. Seema Sharma, Vice President IMS
Dr. Revathy Janakiraman, President Madurai MS
Dr. Sweeti Soni, Executive IMS
Dr. Pankhuri Goyal, Executive IMS

Vote of Thanks

Dr. Madhulika Agarwal, Secretary IMS

Role Play by

1. Dr. Anju Soni
2. Dr. Madhulika Agarwal
3. Dr. Yasmin Syed



DANCERCISE...

Hidden language of the soul of the body.

Dr Renu Meena

Dancing is one of the most fun and versatile fitness crazes to come along in a long time. It can be geared for just about any fitness level. Though many Dancing moves involve high-impact moves like bouncing and jumping, it can be modified to meet our needs. Dancing, If done regularly, can do wonders to our body .Keep Dancing can be a way to stay fit for people of all ages, shapes and sizes.

While dancing you not only move your body in a rhythmic way and express your feelings but You're also burning calories and getting a workout for sure. This creative, fun physical activity is also a boon to your brain functioning.

The benefits to your mental health that come from dancing might not be so readily apparent, but they are many and profound.

Dancing stimulates nerve growth factors

Dancing has many positive effects on the brain. The driving force behind its inhibition of aging relates to its ability to stimulate nerve growth factors. Nerve growth factors are proteins important for maintaining sensory neuron health.

In a study published in the Journal of Neuroscience & Biobehavioral Reviews, the researchers concluded that dancing can boost the connectivity between both cerebral hemispheres, and long-term dance practice positively affects brain activity. All these are linked to neuroplasticity, the brain's ability to form new neural connections to change and adapt. The combination of exercise and sensory enrichment during a dance can improve neuroplasticity. Hence, dancing can be used as an intervention for many neurological diseases.

Action Observation in Dance

Through technique practice, dancers are trained to understand where the body is located in space, navigate and coordinate actions through space, carefully assess the actions of another mover, and engage in a full spectrum of physical movements, ranging from gross motor to fine-tuned actions. Dancers need to develop the ability to quickly and effectively learn choreographic sequences from another dancer, often a teacher or fellow dancer, and execute these prescribed movements with ease and accuracy. Recent research indicates that the action observation network or mirror neuron system may be integral to this ability as well as the ability to perceive others' emotional landscape

The Neurobehavioral Functions of Dance and Their Connection to Neural Synchrony

Along with physical virtuosity, including strength, flexibility, balance, limb coordination, and gross and fine motor control, dance is a performance art and requires a skill set that includes aesthetic, affective, communicative, and social elements (Yarrow et al., 2009). Dancers must learn and execute complex movement sequences through either verbal direction from a choreographer or visual observation from other dancers. Dancers must also execute movements in a particular time sequence, often in response to musical or rhythmic cues. In an ensemble, dancers must also remain aware of the movements of other dancers as they move in synchrony or execute specifically timed movements in response to other dancers. Therefore, effective dancing requires high levels of functioning across several different cognitive domains. Indeed, recent research has shown that compared to non-dancers, dancers display enhanced cognitive abilities, as well as distinct structural and functional brain changes that support these abilities (Bläsing et al., 2012; Burzynska et al., 2017).

SYNCHRONICITY HYPOTHESES OF DANCE

The Synchronicity Hypothesis of Dance, which states that humans dance to enhance both intra- and inter-brain synchrony.

The Neurocentric definition of dance.

Dance encompasses an unlimited array of movement patterns that: (1) are spontaneously or intentionally generated; (2) are manifested for the purpose of ritual, performance, or social interactions; and (3) engage a diverse network of brain regions that support neurobehavioral processes in seven distinct areas:

- Sensory
- Motor
- Cognitive
- Social
- Emotional
- Rhythmic
- Creative.

To date, several studies have explored the therapeutic effect of Dance. Dance incorporates many aspects of interpersonal coordination, including touch, eye gaze, sensory-motor interactions, rhythmic or in tandem movement, physical movement coordination, facial expressions, or emotional qualities, and even synchronization with other physiological parameters, such as breathing, heartbeat, and sympathetic tone.

OTHER BENEFITS:

Depending on how intensely you jump up, and get down (jump, jump, jump, jump, etc.), dance can serve as a hard core workout that's good for our heart too.

Dancing is a great way to lose weight and build muscle. Your blood sugars will go down as your energy level soars. If done regularly Dancing can do wonders for us.

Many of our daily movements (walking, climbing stairs, etc) occur in a straight plane. Dance, however, also throws in lateral and rotational movements. Your body is never bored.

BENEFITS:

Dancing has a wide range of physical and mental benefits including:

- Improves the condition of your heart and lungs.
- Increase muscular strength, endurance and motor fitness.
- Increase aerobic fitness.
- Improve muscle tone and strength.
- Weight management.
- Improves bone health and reduces risk of osteoporosis.
- Improves coordination, agility and flexibility.
- Improve balance and spatial awareness.
- Increase self confidence and self-esteem.
- Improve mental functioning.
- Improve general and psychological health.
- Help in managing sugar levels and bad cholesterol.
- Reduces hot flushes and mood swings.

Discussion: Research has found that Dance movement therapy (DMT) has also been found to have a positive effect on cognitive development. Dance can use spirituality, intelligence, spontaneity, and discovery while the body is producing movements, which is a form of art. Dance therapy can create a good environment for cognitive development.

Regular moderate-intensity dancing is associated with a reduced risk of death from cardiovascular disease. And this benefit is significantly more pronounced for dance than for walking. Many of our daily movements (walking, climbing stairs, etc.) occur in a straight plane. Dance, however, also throws in lateral and rotational movements. Your body is never bored. An effective Dance program can provides not only mental benefits, but also the health and social benefits .People can enjoy an improved quality of life with these combined (Dance+ exercise) perks.

Dr Renu Meena

Yoga Expert

Obstetrician & Gynaecologist

S.M.S Medical College, Jaipur

Sunday Dancercise



Indian Menopause Society
Invites you for **DANCERCISE**
Dance Away your blues Every Month

DATE : SUNDAY, 3rd April 2022 | **TIME : 7:30 AM- 8:30 AM**

CHIEF GUESTS
DR. SHOBNA MOHANDAS, PRESIDENT, IMS
DR. ANJULI CHANDRAN, PAST PRESIDENT, IMS
DR. PUSHPA SETHI, PRESIDENT ELEC, IMS

PROGRAMME COORDINATOR
DR. ANJU SOHI, SEC GENERAL, IMS
DR. RENU MEENA, YOGA ORTHOTICIAN & GYNAECOLOGIST, S.M.S MEDICAL COLLEGE, JAIPUR

Zoom ID : 914 2426 2755 | **Password : valest**

Walter Bushnell | Valest | MICROGEST | SMARTICAL

Indian Menopause Society
Invites you for **DANCERCISE**
Dance Away your blues Every Month

DATE : SUNDAY, 10th April 2022 | **TIME : 7:30 AM- 8:30 AM**

CHIEF GUESTS
DR. SHOBNA MOHANDAS, PRESIDENT, IMS
DR. ANJULI CHANDRAN, PAST PRESIDENT, IMS
DR. PUSHPA SETHI, PRESIDENT ELEC, IMS

PROGRAMME COORDINATOR
DR. ANJU SOHI, SEC GENERAL, IMS
DR. RENU MEENA, YOGA ORTHOTICIAN & GYNAECOLOGIST, S.M.S MEDICAL COLLEGE, JAIPUR

Zoom ID : 926 8553 1186 | **Password : Valest**

Walter Bushnell | Valest | MICROGEST | SMARTICAL



My Dancercise

- KEEPS ME MOTIVATED
- MAKES ME COME ALIVE
- MAKES ME STRONGER MENTALLY AND PHYSICALLY
- I SEE IT AS AN ADVENTURE / EXPERIENCE
- KEEPS ME YOUNG
- MAKES LIFE EXCITING
- HELPS ME GROW AND LEARN

Do's

Wear comfortable attire
Wear shoes with low tread
Start out with 2 or 3 classes per week
You can eat a meal 2 hrs prior to your zumba class
Hydrate well before the class



Sunday Dancercise



Indian Menopause Society
 Invites you for
DANCERCISE
 Dance Away your blues Every Month

DATE : SUNDAY, 17th April 2022 | TIME : 7:30 AM- 8:30 AM

DR. SHOBHA MOHANDAS
 PRESIDENT, IMS

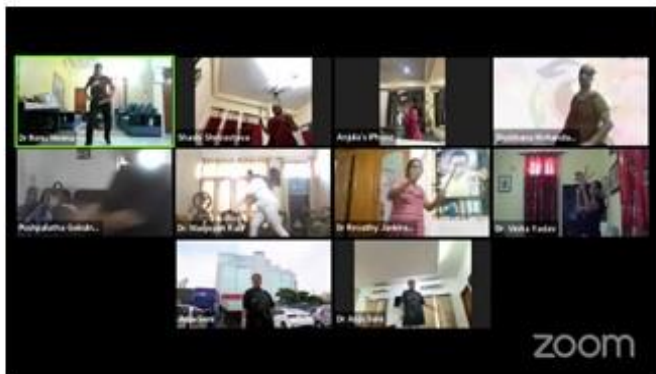
DR. ANJU SONI
 SEC. GENERAL, IMS

PROGRAMME COORDINATOR
DR. RENU MEHTA
 YOGA EXPERT
 DISTRICT & GYNACOLOGIST
 S.M.S. MEDICAL COLLEGE, JAIPUR

#Together We Can Make A Change

Join through

Zoom ID : 926 8553 1186 | Password : Valest



Indian Menopause Society
 Invites you for
DANCERCISE-4
 Dance Away your blues Every Month

DATE : SUNDAY, 24th April 2022 | TIME : 7:30 AM- 8:30 AM

DR. SHOBHA MOHANDAS
 PRESIDENT, IMS

DR. ANJU SONI
 SEC. GENERAL, IMS

PROGRAMME COORDINATOR
DR. RENU MEHTA
 YOGA EXPERT
 DISTRICT & GYNACOLOGIST
 S.M.S. MEDICAL COLLEGE, JAIPUR

#Together We Can Make A Change

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Sunday Dancercise

 **Indian Menopause Society**

Invites you for
DANCERCISE-6
Dance Away your blues Every Month

DATE : SUNDAY, 08th May 2022 | TIME : 7:30 AM- 8:30 AM



DR. SHOBHANA MOHANDAS
PRESIDENT, IMS



DR. ANJU SORA
SEC GENERAL, IMS

PROGRAMME COORDINATOR



DR. RESU MISHRA
YOGA EXPERT
DISTANCE & GYNAECOLOGIST
A.M.S MEDICAL COLLEGE, JALPURA

Together We Can Make A Change

#Together We Can

Join through 

Zoom ID : 926 8553 1186 | Password : Valest

 **Indian Menopause Society**

Invites you for
DANCERCISE-5
Dance Away your blues Every Month

DATE : SUNDAY, 1st May 2022 | TIME : 7:30 AM- 8:30 AM



DR. SHOBHANA MOHANDAS
PRESIDENT, IMS



DR. ANJU SORA
SEC GENERAL, IMS

PROGRAMME COORDINATOR



DR. RESU MISHRA
YOGA EXPERT
DISTANCE & GYNAECOLOGIST
A.M.S MEDICAL COLLEGE, JALPURA

Together We Can Make A Change

#Together We Can

Join through 

Zoom ID : 926 8553 1186 | Password : Valest



Sunday Dancercise



Indian Menopause Society
Invites you for
DANCERISE-7
Dance Away your blues Every Month

DATE : SUNDAY, 15th May 2022 | TIME : 7:30 AM- 8:30 AM

DR. SHOBHANA MOHANDAS
PRESIDENT, IMS

DR. ANJU SONI
SEC GENERAL, IMS

PROGRAMME COORDINATOR
DR. RENU MEENA
YOGA EXPERT
OBSTETRICIAN & GYNAECOLOGIST
S.M.J. MEDICAL COLLEGE, JAIPUR

#Together We Can

Join through **Zoom ID : 926 8553 1186** | **Password : Valest**



Indian Menopause Society
Invites you for
DANCERISE-8
Dance Away your blues Every Month

DATE : SUNDAY, 22nd May 2022 | TIME : 7:30 AM- 8:30 AM

DR. SHOBHANA MOHANDAS
PRESIDENT, IMS

DR. ANJU SONI
SEC GENERAL, IMS

PROGRAMME COORDINATOR
DR. RENU MEENA
YOGA EXPERT
OBSTETRICIAN & GYNAECOLOGIST
S.M.J. MEDICAL COLLEGE, JAIPUR

#Together We Can

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Sunday Dancercise



WOW Sunday's with Indian Menopause Society
Invites you to participate in

DANCERCISE-9

Dance Away your blues Every Sunday

DATE : SUNDAY, 29th May'2022 | TIME : 7:30 AM- 8:30 AM



DR. SHOBHANA MOHANDAS
PRESIDENT, IMS



DR. ANJU SOOD
SEC. GENERAL, IMS

PROGRAMME COORDINATOR



DR. DEEPA KAPOOR
SEC. GENERAL, IMS

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Zoom ID : 926 8553 1186
Zoom Password : Valest

Together We Can Make A Change

#Together We Can

Authenticity supported by: **Walter Bushnell** **Valest** **MICROGEST** **SMARTICAL**

WOW Sunday's with Indian Menopause Society
Invites you to participate in

DANCERCISE-10

Dance Away your blues Every Sunday

DATE : SUNDAY, 12th June'2022 | TIME : 7:30 AM- 8:30 AM



DR. SHOBHANA MOHANDAS
PRESIDENT, IMS



DR. ANJU SOOD
SEC. GENERAL, IMS

PROGRAMME COORDINATOR



DR. DEEPA KAPOOR
SEC. GENERAL, IMS

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Zoom Password : Valest

Together We Can Make A Change

#Together We Can

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Sunday Dancercise



WOW Sunday's & Indian Menopause Society
invites you to celebrate

International Yoga Day
with **DANCERCISE-10**
Dance Away your blues Every Sunday

DATE : SUNDAY, 19th June'2022 TIME : 7:30 AM- 8:30 AM

DR. SHOBHANA SACHAN
PRESIDENT, IMS

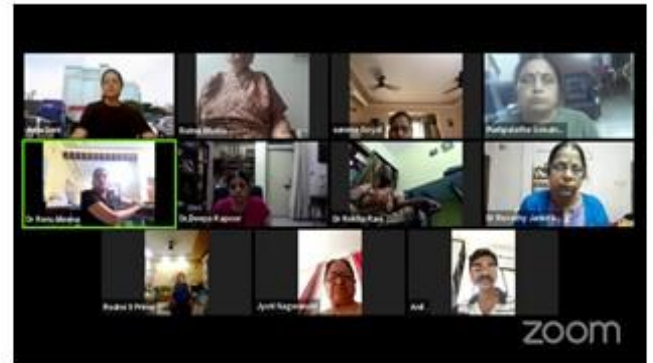
DR. RAJUL KUMAR
SEC. GENERAL, IMS

PROGRAMME COORDINATOR
DR. NEELU BHATT
YOGA EXPERT
DIETITIAN & SUPPLEMENTARY & HERBAL CONSULTANT, JALPAIGURI

Join through
Zoom ID : 926 8553 1186
Zoom Password : Valest

#Together We Can

Activity supported by: **Walter Bushnell** **Valest** **MICROGEST** **SMARTICAL**



WOW Sunday's & Indian Menopause Society
invites you to celebrate

International Yoga Day
with **DANCERCISE-11**
Dance Away your blues Every Sunday

DATE : SUNDAY, 26th June'2022 TIME : 7:30 AM- 8:30 AM

DR. SHOBHANA SACHAN
PRESIDENT, IMS

DR. RAJUL KUMAR
SEC. GENERAL, IMS

PROGRAMME COORDINATOR
DR. NEELU BHATT
YOGA EXPERT
DIETITIAN & SUPPLEMENTARY & HERBAL CONSULTANT, JALPAIGURI

Join through
Zoom ID : 926 8553 1186
Zoom Password : Valest

#Together We Can

Activity supported by: **Walter Bushnell** **Valest** **MICROGEST** **SMARTICAL**

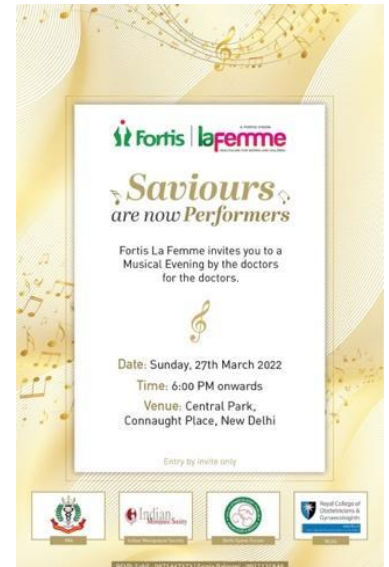


Glimpses of Activities of Various Societies and Chapters

DELHI MENOPAUSE SOCIETY

March'22

IMS Delhi chapter with Fortis La Femme , RCOG and IMA held a public event Saviours are now performers on **27 th March'22**. It was an evening where doctors had a chance to showcase their singing. It was very well appreciated.



NOGS & IMS DELHI CHAPTER in association of LUPIN LIMITED conducted a physical CME on **30th March 2022** at Radisson Noida, Sector-55. Dr. Chitra Setya HOD Obs & Gynae, Apollo, Noida, spoke on Latest Trends in Menopause Management, chaired by Dr. Abhilasha Pathak, Dr. Kiranjeet Kaur and Dr. Aradhana Singh (President NOGS). Second session was a Panel Discussion on Clinical Management of Menopause, Moderated by Dr. Jyoti Bhaskar, Sec. of Delhi IMS. Dr. Meenakshi Ahuja, Dr. Anjali Taneja, Dr. Sanchita Dube Ghonge and Dr. Mithee Bhanot were the expert panelists.



April'22

Conducted a Live phone in program on menopause on FM Radio, by Dr Renuka Malik , Vice President IMS Delhi chapter.



May'22

1. IMS NZ conference held on **15th May'2022**, at Raipur, was attended by IMS-Delhi chapter.

Dr Priti Dhamija Arora, Treasurer IMS Delhi chapter delivered a talk on "Prevention of vault Prolapse".



2. E-cme done on 24th May'22, on Role of 17 beta estradiol and dydrogesterone in POI. Dr Meenakshi Ahuja, President Delhi chapter-IMS was the speaker. The session was chaired by Dr Geeta Madiratta and Dr Shashi Lata Kabra. The session was well attended.



June'22

Delhi chapter IMS attended the National Conference of IMS at Vadodara held on **3rd, 4th & 5th June**, with full enthusiasm. 3 office bearers of Delhi chapter were invited as faculty. Dr Meenakshi Ahuja, President Delhi IMS co-moderated a Panel discussion with Dr Anita Shah. The panelists were Dr Reshmi Banerjee, Dr Lata Jethwani, Dr Lakshmi Rathna, Dr Jyoti Bhaskar, Dr Rama Srivastav, Dr Bhavna Patel, Dr Padmaja Pepalla, Dr Jagruti Desai and Dr Pinky Kataria. Dr Kiranjeet Kaur chaired a session on Cognitive function at menopause by Dr Suvarna Khadilkar.

3 Members from Delhi chapter- IMS were awarded CIMP. Dr Meenakshi Ahuja and Dr Kiranjeet Kaur got second prize and Dr Jyoti Bhaskar received 3rd prize. Delhi chapter also participated in the dance programme.

AHMEDABAD MENOPAUSE SOCIETY

April'22



CME **Benign Breast disease & Pre evaluation for MHT**

14th April, 2022



CME **Cervical Cancer Screening & Management**

27th April, 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	Cordinator	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. Saritha Shamsunder Consultant & Professor, Vardhman Mahadevi Medical College & Saffdarjung 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

Panel on						Moderator
 Dr. Archana Dixit President, IMSO 2021-22	 Dr. Arjana Chauhan President, Ahmedabad Menopause Society	 Dr. Ranju Agarwal Life member of IMSO	 Dr. Anil Mehta President Menopause society of Rajkot	 Dr. Surabhi Mittal Professor, Dept of Gynaecology & Obstetrics, SSG Hospital, Agra DPU	 Dr. Arati Gupta Secretary general IMSO 2021	 Dr. Savita Tyagi Chairperson, Rural committee IMSO

CITRNEI

May'22

Gujarat Day Celebration

1st May, 2022

Club 35+ Ahmedabad & Anand Hospital

Health Check-up Camp
Well-Meet
Health Awareness Talk
(75 women screened)



01-05-2022, રવિવાર
સવારે : ૯.૦૦ થી ૧૨.૦૦

ANAND HOSPITAL
Medicine, Surgery & Obstetrics & Gynaecology
Laparoscopic Centre

ગુજરાત

સ્થાપના દિવસ
મહિલાઓ માટે આરોગ્ય
જાગૃતિ શિબિર

સ્ક્રીનિંગ
ફરજિયાત
સ્ક્રીનિંગ માટે સંપર્ક
૯૪૨૬૪ ૫૫૭૨૬
(સવારે ૯.૦૦ થી સાંજે ૫.૦૦)

|| Screening ||

- Gynac Consultation
- Diet Consultatnt
- Pap Smear
- USG Pelvis
- Mammography
- BMD

|| વાર્તાલાપ ||

Dr. Anjana Chauhan
• સ્ત્રીમાં થતા સામાન્ય કેન્સર
અને HPV Vaccine

Dr. Bhairavi Joshi
• માસીક સ્ત્રાવ દરમિયાન રખાતી
ટેબ્લેટ

Organised By:
ANAND HOSPITAL

Dr. Mukesh Patel **Dr. Bhairavi Joshi** **Dr. Anjana Chauhan**

સ્થળ: બીજો માળ, પુષ્પક આર્ટ્સ, બજાર આશ્રમ પાસે,
નેશનલ હાઇવે નં-૮, હીરાવાડી, અમદાવાદ.
૯૪૨૬૪ ૫૫૭૨૫ | ૯૪૨૬૪ ૫૫૭૨૬ | ૯૮૨૫૩ ૬૮૩૪૬

Your Beauty - Our Secrets

7 May, 2022

Modern-day for the awareness
of trendsetter in Hair & skin
with Carrington family Salon



CME on 'Stress and Hormones'

26th May, 2022

Club 35+ Ahmedabad & Zydus Hospira Oncology Pvt. Ltd.

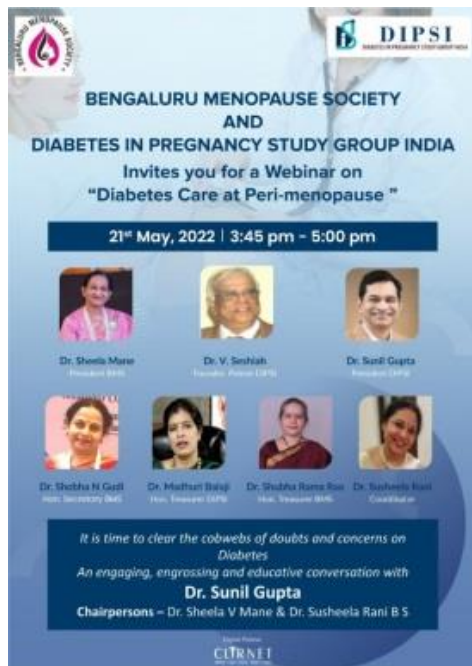


CME For Evening to Celebrate "Deliberation on Dilemmas"

31 May, 2022



Bengaluru Menopause Society



“Diabetes Care at Peri-Menopause”

Organised in association
with DIPSI.

Dr. Sunil Gupta spoke on the topic

Calicut Menopause Society

**Election of New Office bearers of
CMS and CME ON MIDLIFE
HEALTH was held on
April 10th 2022**

**Speakers Borderline Decisions in
Hysterectomy at Perimenopause Dr.
Shobhana Mohandas**

**Mental Health – Challenges in
Midlife Dr. Suresh Kumar P.N**

**Midlife issues – Case based
Panel discussion**

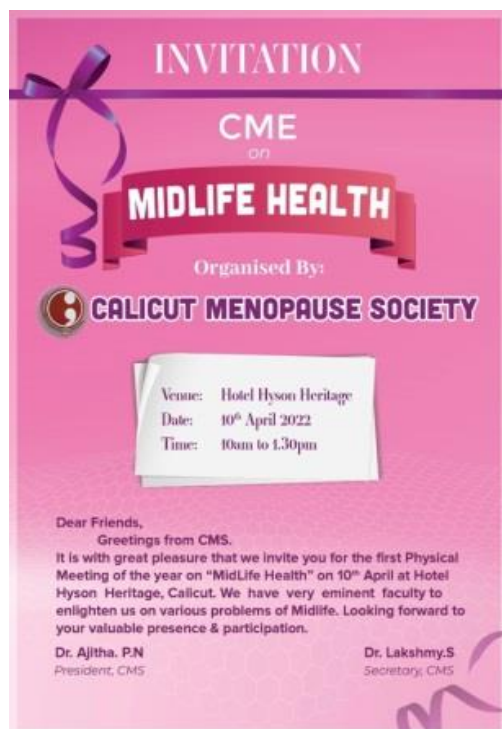
Moderator - Dr. Ajith S



**New team of Calicut
Menopause Society
(2022-2023)**



- **President** : **Dr. Lakshmy S**
- **Vice Presidents** : **Dr. Jeena Baburaj**
Dr. Amrutha Ramachandran
- **Secretary** : **Dr. Mumtaz P**
- **Joint Secretary** : **Dr. Sheeba T Joseph**
- **Treasurer** : **Dr. Subhash Mallya**
- **Joint Treasurer** : **Dr. Smitha Santhosh**



Visit to an old age home



- Members of CMS visited old age home ‘Sneha Bhavan’ with 33 inmates. All of them were destitute over 50 years, some with severe handicap.
- Donated a LPG stove and spent some time entertaining them.

Participation at IMSCON

June 3-4-5, 2022

- **Dr. Shobhana Mohandas, Founder President of CMS was installed as National President**
- **Dr. V.K Chellamma gave a talk on Isoflavones**
- **Dr. Ajitha PN- Panelist on “Are Surgeons born or made”**
- **Dr. Lakshmy S- Panelist in Urogynecology**
- **Dr. Subhash Mallya- Faculty in Endoscopy Workshop**



World Elder Abuse Awareness Day

15th June 2022

- **Members of CMS visited old age home 'Sneha Bhavan' on this day and distributed food and snacks to the inmates**
- **Had some fun time singing and dancing with them**



Webinar on Care of the Elderly

15th June 2022

Conducted Webinar in connection with World Elder Abuse Awareness Day from 7pm to 9pm

Speakers were

- **Sub Judge Shyjal MP - Legal aspects of Elderly Abuse**
- **Dr.Chandni R - Diabetes in Perimenopause**
- **Dr.Remya A - Screening for Malignancy in Elderly women**



Other CMEs attended by CMS members

11th May 2022

1. Faculty at AKCOG 2022 – Dr.Lakshmy S and Dr.Ajitha PN were panelists in a panel by Dr.Shobhaba Mohandas - Hysterectomy Boderline decision in Perimenopause.

2. Dr.V.K Chellamma, Dr.Ajith S, Dr. Subhash Mallya, Dr.Shyjus & Dr.Mumtaz were the other faculties.

3. Dr.Lakshmy S was a faculty at IMS Gurukul module conducted by Pfizer Medical on Topic GSM



4. Dr. Lakshmy S was awarded CIMP at the convocation on 4th June at IMSCON 2022



5. Was a panelist on Risk assessment in Midlife, moderated by Dr. Shobhana Mohandas at IMS President's Webinar series conducted by Hyderabad Menopause Society on 21st June

New Memberships

**Enrolled 11 new members to IMS
from April -June**

Chennai Menopause Society

18 April, 22

CMS Conducted health check-up and awareness talk for transgender at Redhills, Chennai. 42 people benefitted. Programme ended with entertainment by them. Many of them were found to be hypertensive and diabetic.



19 April, 22

CMS conducted CME ON wellness of Mature women along with Obgyn department of Stanley Medical College. Director of Medical Education was the chief guest.

A booklet on Menopause in regional language written by Dr Hepsibah Kirubamani was released.

Panel discussion on Ease the Menopause, Lectures on Bone health, Mind the mind, Metabolic syndrome in menopause were informative and interesting.



**Chennai Menopause Society
&
Govt. RSRM Lying in Hospital**



Cordially invite you for the
CME - "Wellness of Mature Women"
*On 19th April 2022 at Modernized Seminar Hall,
Govt. Stanley Medical College at 10 am.*

Chief Guest
Prof. Dr. R. NARAYANABABU M.D., DCH.,
DIRECTOR OF MEDICAL EDUCATION

Guest of honor
Prof. Dr. Vasantha Mani MD, DGO, MPharm, MBA,
ACME / Secretary, Selection Committee / Directorate Medical Education

Prof. Dr. N. Hepsibah Kirubamani MD, DGO, PhD, D Sc.,
President Chennai Menopause Society / Presently Professor Sreevidya Medical College

Prof. Dr. T.K. Shanthi Gurusaiingh MD, DGO, FICOG
Vice President, Chennai Menopause Society / Former Director, I.D.A, Mysore

Organizers
Prof. Dr. R. Balaji MD, **Prof. Dr. Jeevika** MD, **Prof. Dr. V. Rajalakshmi** MD, DGO,
Secy, Govt. Stanley Medical College / Vice President, Chennai / Superintendent Govt. RSRM Lying in Hospital

Programmer

10.00 AM - Invocation & Welcome Address
CME

10.30 AM - "Bone Health in Menopause" by Dr. Gurusaiingh, MD, Ortho
(Assistant Prof. Stanley Medical College)

10.45 AM - "Mind your Mind" by Dr. Priyashankar MD, Psychiatry
(Associate Prof. Stanley Medical College)

11.00 AM - "Metabolic Syndrome in Menopause" by Dr. S. Chandrasekar,
Prof & H.O.D., Dept. of General Medicine

RELEASE OF BOOKLET BY OUR RESPECTED CME

Panel Discussion - CASE SCENARIO BASED DISCUSSION
12 PM - 1 PM

Moderator - **Prof. Dr. N. Hepsibah Kirubamani**
MD, DGO, PhD, D.Sc.,
President Chennai Menopause Society
Presently Professor Sreevidya Medical College

Panelists - **Prof. Dr. T.K. Shanthi Gurusaiingh** MD, DGO, FICOG
Vice President, Chennai Menopause Society

Prof. Dr. Vasantha Mani MD, DGO, MPharm, MBA
ACME / Secretary Selection Committee
Directorate Medical Education

Prof. Dr. T. Srikanth Prasad MD, DGO, MCh
H.O.D. Dept. of UROLOGY
Govt. Chengalpattu Medical College

Prof. Dr. R.R. Rani MD, DGO,
Prof. UO & Gynaec

Chair of Stanley - **Dr. Vijayalakshmi** MD, DGO
Assistant Professor, Govt. RSRM Lying in Hospital





Chennai Menopause Society

"Visceral Fat as Endocrine Organ & Insulin Resistance"

29.04.22 (Friday) from 4.30 PM



Prof. N. Hephzibah Kirubamani
President, CMS



Dr. A. Tamilselvi
Secretary, CMS



Dr. Deepa Thangamani
Joint Secretary, CMS
will conduct QUIZ



Dr. R. Padma
Treasurer, CMS

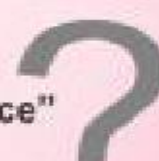


Dr. R. Geetha
E.C. Member, CMS

ONLINE QUIZ



"Visceral Fat as Endocrine Organ & Insulin Resistance"



CLICK HERE TO REGISTER

www.chennaimenopausesociety.org



Winner

Dr Yashaswi Pandey- Southern Railway
Headquarters hospital- Chennai. She will be
representing Chennai Menopause Society
at the All India Quiz

First runner up

Dr Vidhya .R - Railway Hospital, Perambur

Second runner up

Dr Kiruthiga S - Cuddalore district headquarters
Hospital

Gorakhpur Menopause Society

April 2022

- A physical CME was conducted at Sarovar Portico, Gorakhpur
- It was attended by 32 members
- Topics were -
 - 1 – Breast diseases
 - 2 – Bladder pain syndrome
 - 3 – Role of Ferrous carboxymaltose in Anaemia
- We had guest speakers from Lucknow
- Dr. Anurag Khare - specialist in Breast surgical Oncology
- Dr. Mayank Mohan Agrawal – Urologist
- Both were from Medanta Lucknow.
- Role of FCM in Anaemia was taken by me



Invitation

Gorakhpur Menopause Society

Cordially Invites You For a CME

On

Saturday, 09th April, 2022 | 07:00pm onwards

Venue:- Nirvana Sarovar Portico AD mall, Vijay Chowk
Cinema Road ,Gorakhpur

Patron

Dr. Reena Srivastava
M.S.(Obs.& Gynae)
Ex. Prof.&HOD
Dept (Gynae & Obs)
B.R.D Medical College Gorakhpur

President

Dr.Surheeta Kareem
M.S.(Obs.& Gynae)
Director
Star Hospital Pvt.Ltd Gorakhpur

Secretary

Dr Amrita S.Jaipuriar
M.S. DNB FICOG
Consultant Obs & Gyane

Topic

Speaker

Chairparson

Breast Diseases

Dr.Anurag Khare
Associate Director
Breast Surgical Oncology
Medanta Cancer Institute Lucknow

Dr.Mahendra Harbola
M.S.(Surgery)
Dr.Harshwardhan Rai
M.S.(Surgery)

Bladder pain Syndrome

Dr.Mayank Mohan Agarwal
Associate Director
Urology and Kidney Transplant
Medanta Kidney and Urology
Lucknow

Dr.Dileepmani Tripathi
M.Ch.(Urology)
Dr. Devershi Srivastava
M.Ch.(Urology)

Role of FCM in Anaemia

Dr Amrita S.Jaipuriar
M.S. DNB FICOG
Consultant Obs & Gyane





1st May 2022

A CME was conducted at Hotel Clarks Grand, Gorakhpur

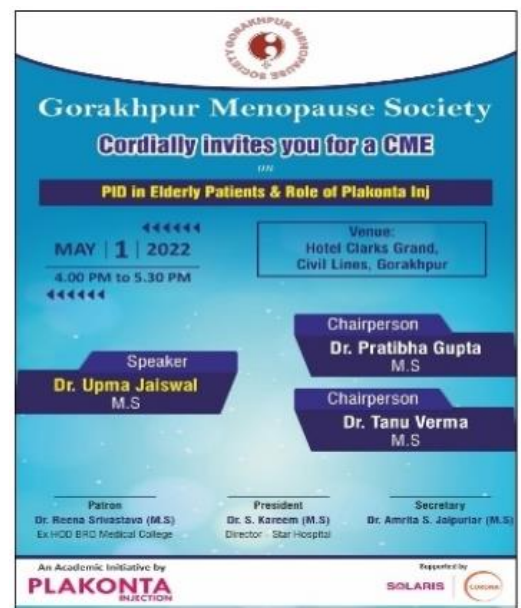
Topic was “PID in elderly Patients & role of Plakonta injection”

Speaker was our very dynamic and learned member Dr. Upma Jaiswal and Chair Persons were

Dr. Pratibha Gupta and Dr. Tanu Verma

It was a labour day

Considering the effort of all the 22 members who attended this CME all the attendees were gifted plants with beautiful planters.



June 2022

An amazing conference was organized at Vadodara, Gujarat by Dr. Binal Shah and team under the able leadership of Dr. Ambuja and Sudha.

Three of us from Gorakhpur attended this mega event- Dr. Reena Srivastava, Dr. Amrita Sarkari Jaipurkar, and Dr. Neeti Dogra

We participated in the Ramp walk of 'Weaves of India'. Attended the convocation – of CIMP.

Dr. Reena Srivastava chaired a session of guest lecture on Transdermal Estrogen, Sleep disorders, and Recurrent UTI.

Dr. Amrita Sarkari Jaipurkar chaired a Session of Guest lecture on MHT Newer concept and Brain in women v/s Men and a trip to Statue of Unity.



19th June, 2022
(3rd Sunday of the month)

10 members participated in the Sunday Quiz
Dr. Chhavi Goyal Sarkari was the winner.
Got 9/10 answers correct.

These are the results by Dr. Neelam Singh
Our National Quiz Master.



21st June 2022



The International Yoga Day – the members activity participated in the YOGA session followed by healthy breakfast.



On the same day with the help of the path kind lab we organized a Health camp for menopausal ladies and did a few tests as LBC, S. TSH, CBC, Lipid Profile – on
concession & BMD –

free of cost Appropriate suggestions were also given regarding proper diet and exercise.

CME **Gorakhpur Obs and Gynae Society**

26th June 2022

A very successful CME attended by more than seventy members.

The talk on The Medical Management of Myoma in elderly women by Dr. Amrita Sarkari Jaipuria



Ludhiana Menopause Society

April 2022

A virtual academic event on the topic of "Sarcopenia during Menopause: Diagnosis to Management" was organised by the Ludhiana Menopause Society on 30th April 2022. The webinar was attended by 45 delegates. The Chief Guests for the webinar were Dr Shobhana Mohandas, President IMS 2022 and Dr Anju Soni, Secretary General IMS 2022.

The Guests of Honour were Dr Ambuja Choranur, President IMS 2021 and Dr Sudhaa Sharma, Secretary General IMS 2021. There were three speakers who

delivered talks on the topic of Sarcopenia - How to diagnose and manage.

The Organizing Secretary was Dr Kavita Mandrelle Bhatti, President Ludhiana Menopause Society and Dr Birinder Kaur Ahuja, Secretary, LMS.

Sarcopenia during Menopause: Diagnosis to Treatment

A Virtual Academic Event organized by "Ludhiana Menopause Society" Under the aegis of Indian Menopause Society
30 APRIL, 2022 | 4:00 pm onwards

Chief Guests

Dr Shobhana Mohandas
President IMS 2022

Dr Anju Soni
Secretary General IMS 2022

Guests of Honour

Dr Ambuja Choranur
President IMS 2021

Dr Sudhaa Sharma
Secretary General IMS 2021

Dr Iqbal S Ahuja
Chairman LMS

Topic:	Speaker:	Moderator:
Sarcopenia: Introduction- Causes & Tests	Dr Ashima Taneja	Dr Iqbal Singh Dr Promila Jindal
Sarcopenia: Diagnosis, Prevention & Treatment	Dr Meenakshi Ahuja	Dr Neelam Sodhi Dr Gitanjali Kaur
Muscle Strengthening Exercises Video- Live demonstrations	Dr Sandeep Singh Saini	Dr Gursimran Kaur Dr Mini Ahuja

Organizing Team

Dr Kavita M. Bhatti
President- Ludhiana Menopause Society

Dr Mini Ahuja
Secretary- Ludhiana Menopause Society

— Digital Partner —
CLIRNET
Creating a Culture of Learning & Research

[Click Here To Register](#)

Launch of Club 70+ by Ludhiana Menopause Society

Club 70 plus was initiated by Ludhiana Menopause Society on 25 th June 2022. A visit was organized to the old age home – Heavenly Palace which is situated at Doraha, Ludhiana. It has approximately 100 inmates. A health camp was held in association with Christian Medical College and Hospital Ludhiana, which included medical, orthopaedic, cardiology, gynaecological and physiotherapy services. Blood pressure measurement, cardiology and orthopaedic check-ups were done by the specialists' doctors from CMC Hospital Ludhiana. The inmates were given a talk on simple daily exercises by the physiotherapists. Gynaecological examination was also done for women with gynae complaints.



Launch of Club 70+
BY LUDHIANA MENOPAUSE SOCIETY
UNDER THE AEGIS OF INDIAN MENOPAUSE SOCIETY
Date: 25th June, 2022
Time: 11 am
Venue: Heavenly Palace, Doraha, Ludhiana

Dr Kavita Mandrelle Bhatti
President
Ludhiana Menopause Society

Dr Birinder Kaur Ahuja
Secretary
Ludhiana Menopause Society



Madurai Menopause Society

Menopause clinic
by Dr. A.B Chitra-
Rajapalayam



Active participants
in Dancercise



Indian Menopause Society

IMS MADURAI CHAPTER

Invites you to the Webinar on
Intimate Aesthetic health in perimenopause- A matter of QOL

One IMS credit point for CME | 3rd April, 2022 | 3 to 5 pm

Welcome Address	Chief Guest
 Dr. Revathy Janakiram President IMS Madurai Chapter	 Dr. Shobhana Mohandas National IMS President - 2022-2023
Chairpersons	
 Dr. S. Bala Abirami Consultant Obstetrician and Gynecologist	 Dr. P. Meenambal Former prof & HOD dept OG MMC
Speakers	
 Dr. Ragini Agarwal Masterclass Cosmetics Gynecology, VF FOGSI- 2020	 Dr. Jeevitha K J Consultant Obstetrician & Gynecologist/ IVF Specialist, Madurai
Vote of Thanks	
 Dr. S Lakshmi Secretary IMS MADURAI CHAPTER	

Digital Partner: **CLINET**

Monthly CME

3rd April 2022

**“Intimate Aesthetic
Health in Menopause” by
Dr Raghini Agarwal**
**“Fertility at Forty” by
Dr Jeevitha K J**

Monthly CME on 8.5.22

Indian Menopause Society

IMS MADURAI CHAPTER
Invites you to the Webinar on
Life beyond Menopause & Thyroid in Menopause

One IMS credit point for CME | 8th May, 2022 | 3 P.M. to 5 P.M.

Chief Guest

DR. H.P. PATTANAİK
National President IMS 2015-16

Speakers

Topic: Life beyond Menopause | Topic: Thyroid in Menopause

Dr. Revathy Janakiram
Founder President IMS Madurai Chapter

Dr. Pratik Tambe
Chairperson Endocrinology Committee FOGSI 2017-18

Chairpersons

Dr. Sunitha Prabakaran
President

Dr. V. Jothilakshmi
Secretary

Dr. Senthiru Ramachandran
President, IMS Madurai Chapter

Dr. S. Lakshmi
Secretary, IMS Madurai Chapter

Digital Partner: **CLIRNet**

DR. H.P. PATTANAİK
M.D., M.L.C.O.G., F.L.C.O.G., F.L.C.M.C.H.
Consultant Gynaecologist & Endoscopic Surgeon, Cuttack
Ph: 094370 28020 (M)
E-mail: harapattanaikscb@gmail.com

VICE-PRESIDENT FOGSI-2009
Secretary General, Society of Vaginal Surgeons of India (SOVSI)
President, Indian Menopause Society (IMS) 2015-16
Vice-President, FOGSI 2009
Vice-President, IMS- 2012 & Secretary General, IMS - 2010.
Founding Secretary, IMS Odisha Chapter

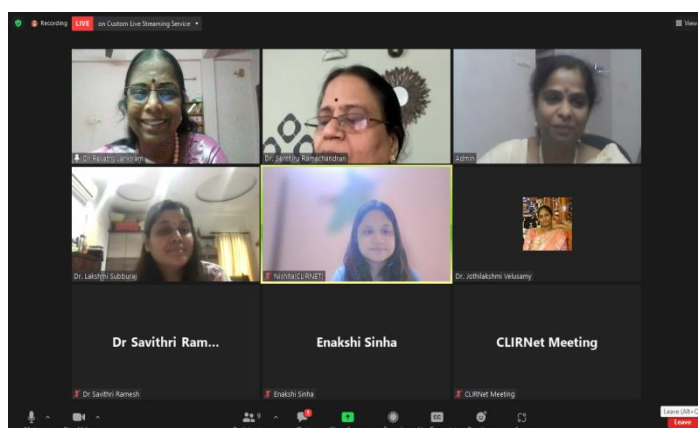
President Asso Obst & Gynaecologists of Odisha-2015-16
Governing Council Member, ICOG - 2010-2012
National Corresponding Editor, FOGSI Journal - 2012-2022
Chairperson, Geriatric Gynaecology Committee, FOGSI 2004-2008

Ex-Special Secretary, Health & Family Welfare, Odisha
Ex- Director Health Services & Director Public Health Odisha

Monthly CME

8 April 2022

Thyroid in Menopause – Dr. Pratik Tambe Life Beyond Menopause – Dr. Revathy Janakiram



Nutrition – Do's & Don'ts

- ✓ Discourage saturated and Trans fatty acid.
 - ✓ Encourage mono & Poly unsaturated fatty acids.
 - ✓ Limit salt intake
 - ✓ Micronutrient rich food
 - ✓ Encourage intake of fibre contents
 - ✓ Calcium, Vit D rich foods
 - ✓ Drink plenty of water.
- PUFA**

26-12-2021

PROFESSOR DR. REVATHY JANAKIRAM

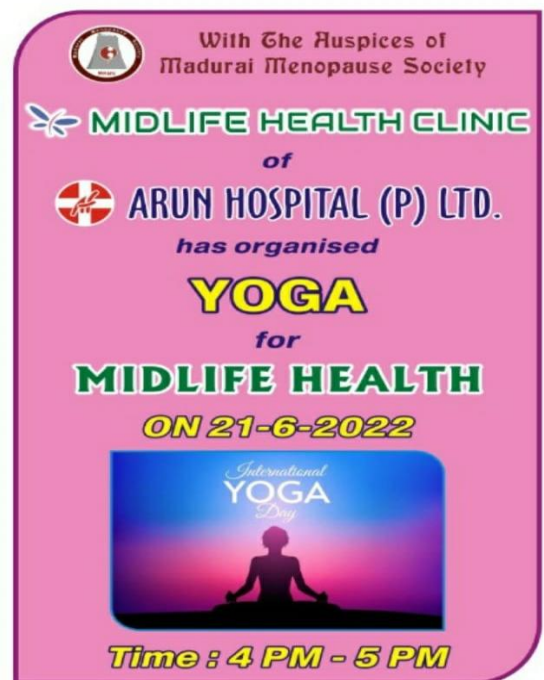
PROFESSOR DR. REVATHY JANAKIRAM

25

- Conducted quiz on the four topics of April & May CME
- Members actively participated with interest
- Winners given Prizes

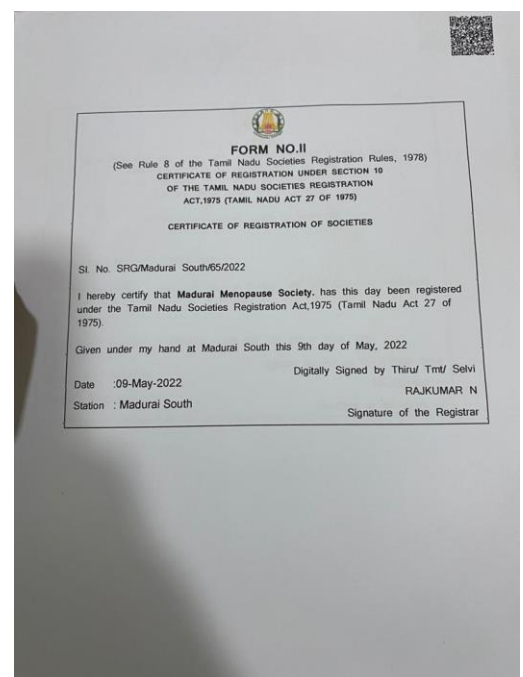


Exclusive camp on Urinary problem in 40+ women on 26.5.22



Midlife Health Clinic by our member Dr Bala Abirami

- Madurai Menopause Society has been registered on 9.5.22 successfully
- Planning for a live CME on MHT
- Handing over charges to New Team



Surat Menopause Society

Surat Menopause Society

The "Lock" is released!
Dr. Asha Bhatt & her team assumed office
In 2020, March.
&
The "Lock" closed Down!
It's transit time, now!
"Unlock" & Scale up!

Dr. Darpana Trivedi & her team
For
Surat Menopause Society.

We cordially invite you to grace the installation of
Dr. Darpana Trivedi & her team for the
tenure 2022-2024, on **1st of May, 2022**
@
Cumin Banquet Hall
IBC Building, Piplod Dumas Road, Surat

Between 10:00 a.m. to 1:00 p.m.
Dr. Binal Shah, Chairperson, Club 35+, IMS
Will do the honors.

Dr. Asha Bhatt
President

Dr. Rupal Shah
Secretary

Surat Menopause Society

:- Guest of Honor :-
Dr. Binal Shah
Chairperson, Club 35+, IMS

FLOW OF EVENTS

9-30 am to 10-00 am	Registration & Gossips
10-00 am to 10-10 am	President's welcome- Dr. Asha Bhatt
10-10 am to 10-20 am	Secretary's report - Dr. Rupal Shah
10-20 am to 10-30 am	Know our Guest of Honor - Dr. Binal Shah
10-30 am to 10-40 am	Get familiar with our incoming President - Dr. Darpana Trivedi
10-40 am to 10-45 am	Change of collar
10-45 am to 10-55 am	Investiture address - Dr. Binal Shah
11-00 am to 11-15 am	Shape of the things to come - Dr. Darpana Trivedi
11-15 am to 11-45 am	Body composition at 40+ - Dr. Binal Shah
11-45 am to 12-00 noon	Our gratitude to one and all - Dr. Tejal Shah
	LUNCH

Comperre - Dr. Trupti Chaudhary-Patel

Dr. Asha Bhatt
President

Dr. Rupal Shah
Secretary

Surat Menopause Society

Executive Board
2022 - 2024

Dr. Darpana Trivedi
President

Dr. Tejal Shah
Hon. Secretary

Dr. Malti Dalal
Hon. Treasurer

Dr. Jagruti Desai
Vice President

Dr. Anita Shah
Patron

Dr. Asha Bhatt
IPP

Dr. Rupal Shah
Past Secretary

EC Members

Dr. Arpit Vachhani **Dr. Ashwin Vachhani**
Dr. Dipti Patel **Dr. Kokila Desai**
Dr. Nisith Shroff **Dr. Pradip Dalwadi**
Dr. Sejal Naik **Dr. Sonal Jain**
Dr. Sonia Chandnani

Dr. Prakash Bhatt
Advisor

Fair & Lovely...

Make Up ?
Yess.....!!!

It adds to your confidence.
Enhance your "Inner Beauty" with
Make Up & Hair Style.

Be There on 7th May 2022, Saturday 4:00 PM
Venue: Adwi (Labelia), Vanita Vishram,
Opp. Chowpati, Athwagate, Surat.

Dr. Darpana Trivedi
President

Dr. Tejal Shah
Secretary





INDIAN MEDICAL ASSOCIATION, SURAT
 SURAT MEDICAL CONSULTANTS' ASSOCIATION
 FAMILY PHYSICIANS' ASSOCIATION, SURAT
 ASSOCIATION OF PHYSICIANS OF SURAT
 SURAT OBSTETRIC AND GYNAECOLOGIST SOCIETY
 SURAT ANAESTHETIST ASSOCIATION
 MENOPAUSE SOCIETY SURAT
 WOMAN DOCTORS' WING IMA SURAT
 ROTARY CLUB OF SURAT ROUNDTOWN
 Celebrate
International Day of YOGA
 Date : **21st JUNE 2022**
 Time : 7:00 to 8:00 am

YOG & FUNCERCISE with INTERNATIONAL HOLISTIC FITNESS EXPERT...
 **Dr Raj Shetty**
 Venue : Aayu Fitness Centre, 4th Floor, Roof Top, Regent Mall, Ghod dod Road, Surat
 You are invited to join with your spouse
 Coordinators : Dr Snehal Talati, Dr Hirai Shah

Dr Anish D Patel President IMA	Dr Anish Shah President SMCA	Dr C K Patel President FPA	Dr Ramesh Modi President APS	Dr Dhanesh Wadani President SOGS	Dr Dilip Raoporia President SAA	Dr Deepanshu Trivedi President MSS	Dr Mitul Garg Chairperson WDW	Dr Bhavini Jainwala President RCSR
Dr Sunanda Pranjapati Secretary	Dr Kartik Desai Secretary	Dr Jatin Jainwala Secretary	Dr Tarun Chavda Secretary	Dr Ravindra Kooner Secretary	Dr Kishor Ruparel Secretary	Dr Tejpal Shah Secretary	Dr Manu Jain Secretary	Dr Harshad Gandhi Secretary

 Register yourself on following link <https://forms.gle/c4KC1zCQvaEhU88K6>
 Preferably bring your Own Yoga mat (if you have) & Water bottle with light exercise dress, walking shoes must (along with yoga we will be doing FUNCERCISE)
 Don't come empty stomach
 Program Will be followed by light refreshment.



Faridabad Menopause Society

Faridabad Menopause Society in association with “Asian Institute of Medical Sciences”

Organized a Cancer awareness and screening camp at Senior Citizens Residential Facility... 'Golden Estate' on 26th May...

Awareness talk was given by Dr Punita Hasija

About 50 female residents were screened by Mammography, Pap Smear, Blood Sugar, Blood Pressure



Faridabad Menopause Society conducted a successful Webinar on-

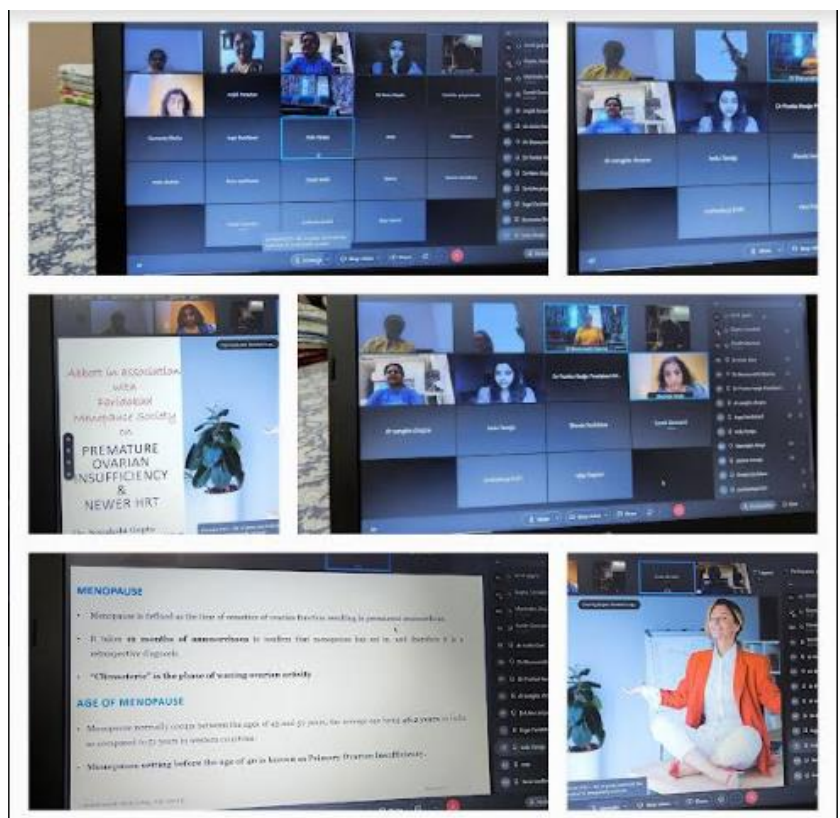
1. Premature Ovarian Insufficiency

Speaker: Dr Sonakshi Gupta

2. Case based panel discussion on Peri Menopause and related issues

Moderator: Dr Anita Kant & Dr Usha Priyambada

It was very practical, interactive, and well attended session.



A webinar was held on *27th June 2022*

Topic : MHT and Pre-treatment evaluation before starting MHT

Speaker: Dr Sonakshi Gupta
Medical Advisor Abbott

2. Panel Discussion

Need Based Tailored MHT

Expert Panelists

1. Dr Maninder Ahuja

2. Dr Anita Kant

Panelists

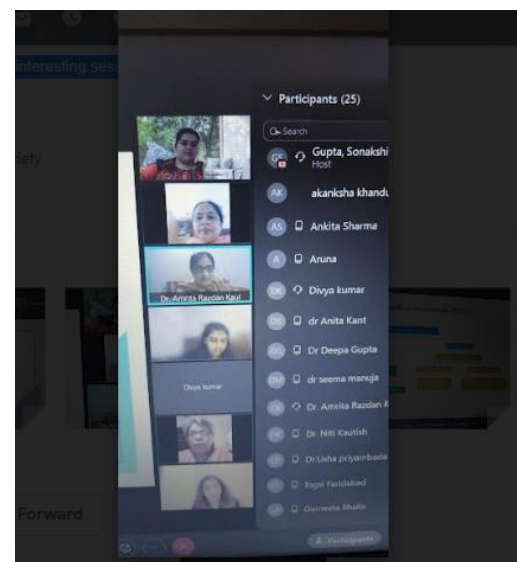
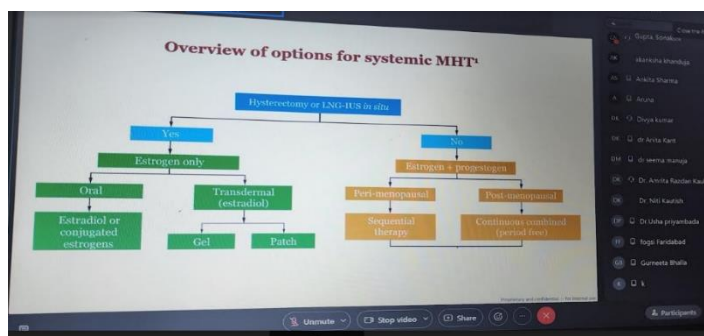
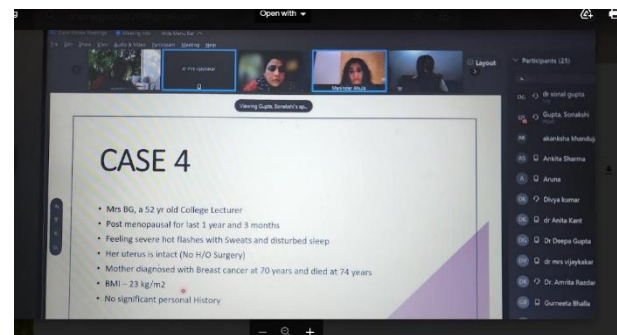
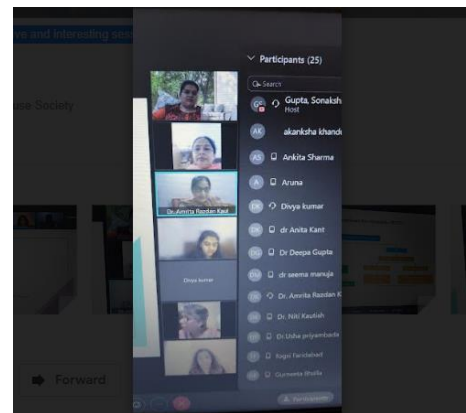
1. Dr Kiran Chandana

2. Dr Niti Kautish

3. Dr Gurneeta Bhalla

4. Dr Divya Kumar

It was very interactive and interesting session with more than 25 participants.



Jaipur Menopause Society

MS conducted a live webinar on 1st April on How to keep your bones healthy in menopause Dr. Shubha Sethia president JMS Dr. Madhulika Agarwal Secretary JMS, Dr. Shailesh Jain Treasurer along with guest speaker Dr. Aditya Soral (ortho) answered all questions asked from audience

Jaipur Menopause Society
Handing Over Ceremony
JMS ORATION
Held on 10th April

- Dr. Sunila Khandelwal, Patron Jaipur Menopause Society, Founder member IMS, Executive Board member International Menopause Society gave the first JMS ORATION on

"Management of Menopause"
Past Present and Future

Dr. Shubha Sethia took over as new President and Dr Madhulika Agarwal as new Secretary



May 2022

JMS conducted a CME on recurrent UTI and panel on genitourinary syndrome of menopause Dr Shivam Priyadarshi showed beautiful video on urethroplasty Dr Shubha and Dr Neelam Bapna conducted panel.



Jaipur Menopause Society
Cordially invites you
for a CME on

Friday 13th May 2022 Time: 7pm - 9 pm
Venue: Hotel Radisson Blue, Tonk Road, Jaipur

Session 1
Panel Discussion
Genitourinary Syndrome of Menopause

Panellists

 Dr Lila Vyas Past V.P.FOGSI	 Dr Simmi Pokharna Member JMS	 Dr Poonam Yadav Member JMS	 Dr Yasmin Syed Member JMS	 Dr Indra Sarin Urogynaecologist
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Moderators

 Dr Shubha Sethia President JMS	 Dr Neelam Bapna Secretary JMS (Jaipur)
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TOPIC: Recurrent UTI In Midlife and Postmenopause

Speaker

 Dr Shivam Priyadarshi HOD Dept of Urology SMS Medical College, Jpr
--

Chairpersons

 Dr Anju Soni Secretary General IMS	 Dr Seema Sharma Vice President IMS	 Dr Malika Swaroop Member IMS	 Dr Reena Pant Unit Head, Zenana Hos
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Programme Coordinators

 Dr Madhulika Agarwal Secretary JMS	 Dr Shailesh Jain Treasurer JMS	 Dr Pankhuri Goyal Executive JMS
--	--	--

Programme will be followed by Dinner



JMS along with IMS conducted quiz on visceral fat an endocrine organ at EHCC Hospital the winner of quiz Dr. Manu Agarwal participated in national Quiz at

Vadodara. Dr Shubha Sethia Dr. Madhulika Agarwal
Dr. Shailesh Dr Jaya Dr. Pankhuri Dr Meenakshi
conducted the Quiz.



Jaipur Menopause Society organised a successful health check-up camp at Ashadeep Atmanirbhar Vridhaashram at Mansarovar BMD, ECG, Blood Sugar, general health check-up was done Dr Anju Soni, Dr Sweeti Soni, Dr Shailesh Jain, and Dr Meenakshi Gaur Conducted the camp. We will now follow these people and ensure adequate treatment help including facilities for CT angiography at SMS Inmates were very happy. Some women were found osteopenic diet, exercise and follow up advised.



Patiala Menopause society

Dr. Ruby Bhatia prof. & HOD deptt Obs & Gynae MMIMSR organized monthly Varisht Mahilla Swasth Shivir, under the patronage of honourable Chairman Sh. Tarsem garg respected principal,

vice principal , M.S , CEO sir MMIMSR under
aegis of Indian Menopausal Society,

MHCC.A perimenopausal health camp was
conducted on 10th April 2022 from 10am to 2 pm
in Gurudwara sahib, Jansui village, Ambala
district.

Talk on:-

- a) Lecture on safe motherhood - By Dr. Ruby Bhatia Prof & HOD, MMIMSR.
- b)) Diet & Exercise in Menopause – Dr. A.S Dhillon Prof. & Unit chief OBG, MMIMSR.
- c) Awareness of cervical cancer, Pap Smear Screening - Dr. Tajinder Kaur prof. & unit chief, OBG, MMIMSR.



Udaipur menopause Society

- Udaipur menopause society organised a free cervical cancer screening camp at ARMY Cantonment for the families of army officers and soldiers. 37 women were screened by liquid based cytology sponsored by Sanjivani foundation -a registered charitable trust !
- It was organised by AWWA.....ARMY WIVES WELFARE ASSOCIATION
- Next session for same is promised for their staff at Mt.Abu, wherein almost 50 paps will be done.



Rajkot Menopause Society

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

Saree draping and latest fashion tips were demonstrated by eminent beautician, fashion designer and member of our society.



" 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 draping
- ~ 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

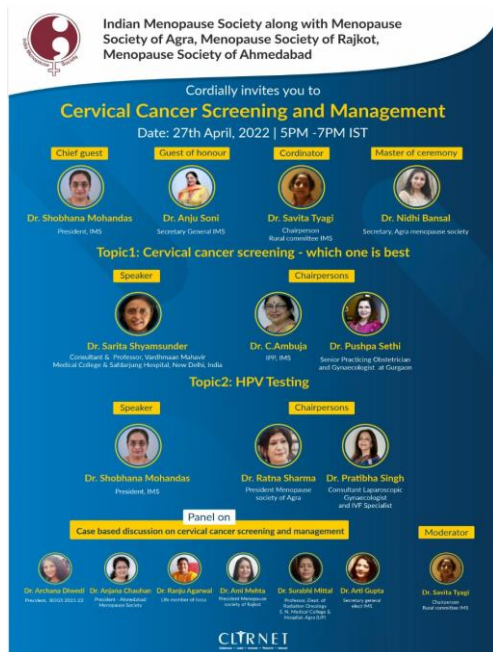


Felicitation of Quiz and Poster competition winners of club 35 plus was done. More than 200 delegates attended, soon coming with mind and soul grooming session.

- 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 tumour markers.
- Dr Anjanaben Chauhan president of Ahmedabad menopause society has beautifully explained regarding uterine malignancy screening updates.
- Penal 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.



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



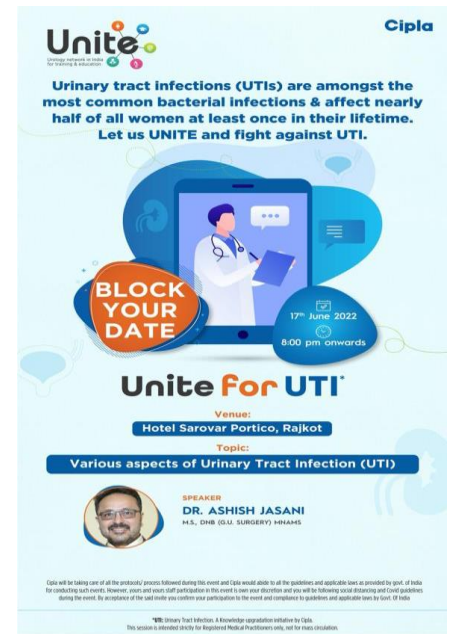
Bad camp organized on 06/05/2022 by Rajkot Menopause society for Nagar Parishad female screened 75 women and explained them regarding importance of calcium in diet, vitamin D, physiotherapist explain exercises according to their need and if needed medications.



RMS organized a CME on UTI in all ages of women.

Dr Ashish Jasani delivered an excellent lecture on 17/06/2022, on UTI, cleared all doubts and share all practical aspects with evidence.

Everyone enjoyed!



Kolkata Menopause Society

Full Day Physical CME

15th May 2022



Date - 15.05.2022

Time - 12pm - 4 pm.

Venue - Hotel Altair

12 pm - Registration

12.30 pm - 1.30pm - Mixed Bag

Chairpersons

Dr Kalpana Sarkar

Dr Suranjan Chakraborty

Speakers - Dr Sukanta Mishra

Topic - Dydrogesterone in Luteal Phase Defect

Speaker - Dr Subhash Mukhopadhyay

Topic - Menopause and Skin

Speaker - Dr Bipasa Sen

Topic - Quality of Life in Menopause

1.30pm- 2 pm - Dydrogesterone - in current Updates

Chairpersons - Dr Kalidas Bakshi

Dr Sudip Chakraborty

Speaker - Dr Jayanta Kumar Gupta

2pm - 2.40pm - Lunch

2.45pm - 3.45 pm - Panel Discussion

Topic - HRT - The latest Consensus

Moderators - Dr Arnab Basak

Dr Nirmala Pipara.

Panelists - Dr Shipra Roy Chowdhury

Dr Saktirupa Chakraborty

Dr Tulika Jha

Dr Suchitra Jain

Dr Pallab Gangopadhyay

Dr Abhinibesh Chatterjee

3.45pm -

Vote of Thanks



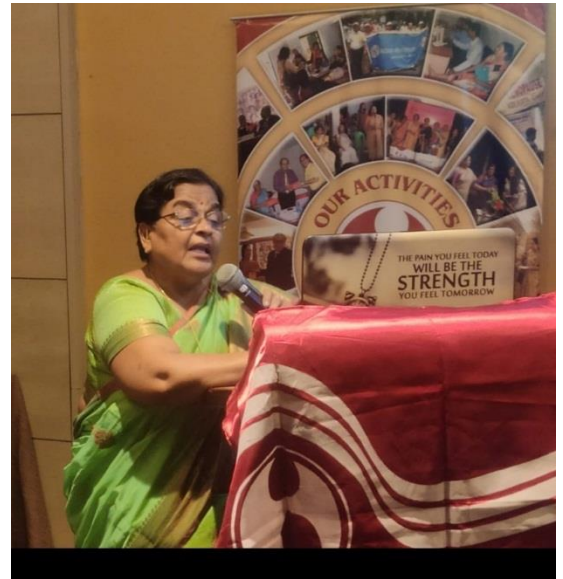
**Kolkata Menopause Society organised a CME on 12th June, 2022 at Hotel Altair, Salt Lake. The program included 3 talks - 1. Dydrogesterone in clinical practice - Dr Nirmala Pipara
2. Advances in surgical management of Endometriosis**

3. Hysteroscopy in post-menopausal bleeding.

These talks were followed by a panel discussion on perimenopausal bleeding - S was - Dr Suranjan Chakraborty, Dr Bipasa Sen, Dr Dhruba Roy, Dr Bindu Rohtagi and Dr Priyanka Pipara. The panel was moderated jointly by Dr Basab Mukherjee & Dr Jayita Chakraborty.

In this program, the FIMS Award by Indian Menopause Society was handed over to National Past President Dr Ratnabali Chakraborty and the memento of appreciation was handed over to Kolkata Menopause Society President Dr Jayanta Kumar Gupta.

The program was attended by 30 doctors.



Kolkata Menopause Society celebrated World Yoga Day on 2 successive days -

**Day 1. 21.06 2022 - at Matrimangal Pratisthan, 228, Rabindra
Sarani, Kolkata.**

**Here Yoga instructor Ms Bharti Agarwal (aged 60 +)
demonstrated different Yoga postures and their benefits to 35
participants including doctors, sisters and paramedical staff.**



**Day 2. 22.06 2022 - in collaboration with The Bengal
Obstetrics and Gynaecological Society at Salt Lake, Kolkata.**



Here Yoga instructor Mr Bikram demonstrated different Yoga postures along with dancercise to a group of 15 member doctors.



Kolkata Menopause Society organised MHCC program on 05.07.2022 by holding a **Health Check-up Camp at Matrimangal Pratisthan**, 228, Rabindra Sarani, Kolkata. BMD was done for 60 middle aged women, Hb & Random sugar test done for 46 women. Dr Nirmala Pipara, Dr Subhash Ranjan Saha, Dr Anindya Kundu and Dr Ranjit Dhar attended the program.



Nagpur Menopause Society

CME in association with NARCHI Nagpur

14th May 2022

Dr Vishakha Jogdand spoke on “Role of Dinogest in HMB”

PANEL DISCUSSION was held on “Ulipristal in Fibroid”

Moderated by Dr Ujjwala Deshmukh & Dr Sheela Jain

Panelists: Dr Chaitanya Shembekar, Dr Pragati

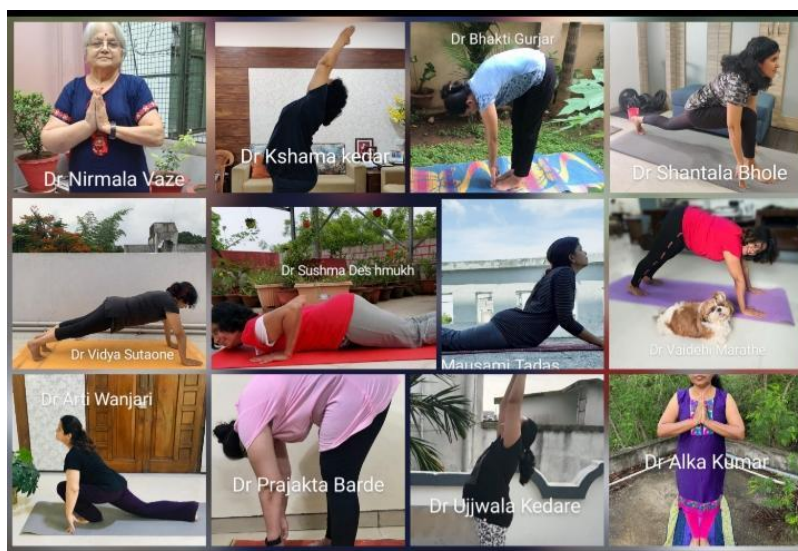
Khalatkar, Dr Savita Somalwar and Dr Vidya Sutaone

Meeting was very well attended.



International Yoga Day Celebration

21st June 2022





International Yoga Day

Organize by



Menopause Society Nagpur in Association with
NARCHI Nagpur Chapter &
Janardhan Swami Yogabhyasi Mandal Nagpur

Date : 21/06/2022 Time : 4.30 - 5.30pm

Venue : Sankalp Hospital, Khare Town
Dharampeth, Nagpur



Importance of Yoga in Daily Life
&
Demonstration on Yoga
By Dr. Ujjwala Deshmukh



DR. KSHAMA KEDAR
President



DR. VIDYA SUTAONE
Hon. Secretary

Menopause Society Nagpur



DR. MANIULA ROHATGI



DR. NIRMALA VAZE

PATRON

PATRON

NARCHI Nagpur Chapter & MSN



**CME ON
27 JUNE
2022**



NATIONAL ASSOCIATION FOR REPRODUCTIVE & CHILD
HEALTH OF INDIA
(NARCHI) Nagpur Chapter
in association with
Menopause Society Nagpur

Invites you for CME on
Date : 29th June 2022 Time : 5.30pm
Venue - Hotel Hardeo, Nagpur

Topic - "Iron Deficiency Anemia - What's New"

Speaker

Chairpersons



Dr. Trishala Dhemre



DR. NIRMALA VAZE



DR. KANCHAN DWIDMUTHE



DR. UJJWALA DESHMUKH



DR. SHEELA JAIN



DR. KSHAMA KEDAR



DR. VIDYA SUTAONE

NARCHI, Nagpur Chapter

Menopause Society Nagpur



**CME ON 29th
JUNE 2022**

Jabalpur Menopause Society

April 2022

Celebrated at Vimal Nursing Home Adhartal Jabalpur on *11th April 2022*. Patients attending OPD were given Awareness talk by Dr Alka Agrawal.... Importance of Diet, Nutrition, regular ANC Check-ups, Sonography, Positive thoughts, Exercise, Yoga, positive atmosphere at home were explained. complications of pregnancy and delivery like PPH, Toxaemia, Anaemia, IUGR were also explained to OPD patients.



Awareness programme organized on Cosmetic Gynaecology for Club 35 + members



JABALPUR MENOPAUSE SOCIETY

HELLO EVERYONE!!!!

AFTER LONG TIME WE ARE MEETING WITH A VERY NEW AND INTERESTING TOPIC SO PLEASE DO COME AND TAKE PART IN OPEN DISCUSSION AND SOLVE YOUR QUERIES OF MID LIFE, WE ARE ORGANIZING A VERY INFORMATIVE PROGRAM FOR YOU THIS WEEK ON COSMETIC GYNECOLOGY

LET ME ASK.....

- DO YOU PEE WHEN U LAUGH HARD !
- DO YOU WANT TO KNOW ABOUT YOUR SEXUAL HEALTH
- HAVE YOU HEARD ABOUT G SPOT ?
- DO YOU ORGASMEVERYTIME YOU HAVE INTERCOURSE?
- WHAT IS KIEGELS EXERCISE AND WHY SHOULD EVERYONE DO IT ?
- WHAT IS GEMITOURINARY SYNDROME ?

SPEAKERS

DR AMITA SAXENA, PRESIDENT - JOGS
DR RICH A DHIRAWANI, SECRETARY - JOGS

DAY - 20TH APRIL TIME - 4PM
VENUE : HOTEL GUZAR NATIONAL HIGHWAY 12A,
MAHANANDA, NAGPUR RD, MADAN MAHAL,
JABALPUR, MADHYA PRADESH 482002

THE PROGRAM WILL BE FOLLOWED BY MUSIC AND MASTI AND HICHTEA



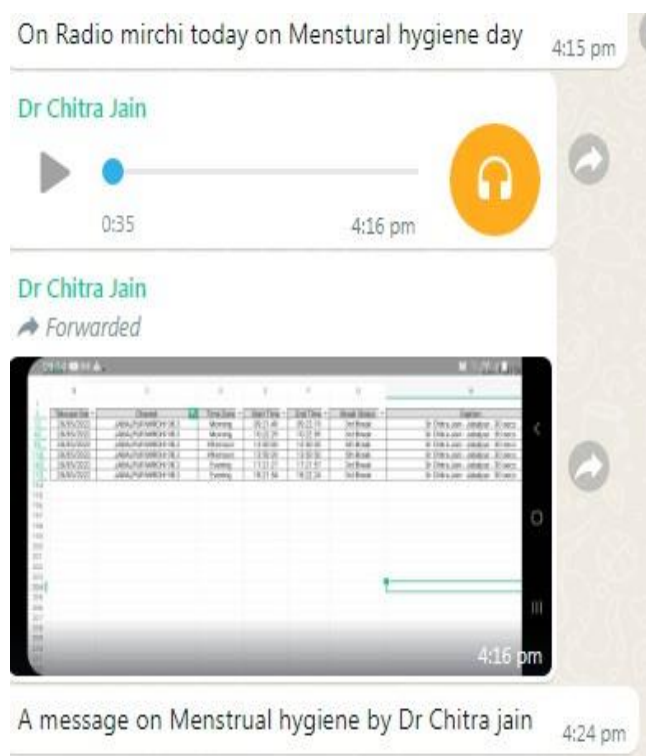
ANAEMIA AWARENESS FOR VILLAGERS

May 2022

Dr Sharda Mishra, Dr Chitra, Dr Sonal and me organized a program at Panagar Hospital for ladies including pregnant women Dr Sonal tell them about anaemia and Dr Sharda Mishra oriented them on Garbh Sanskar about 50 ladies ASHA workers and staff nurses were benefitted
Total 72 d - ANC 52 -
Feeding Mother 11 Other
Asha 12



Radio Prog. On Menstrual Hygiene Day



Dr Chitra Jain Radio Programme on Menstrual Hygiene

MENSTRUAL HYGIENE DAY CELEBRATION

28th May 2022

Global Menstrual Hygiene Day Awareness talk given by Dr Alka Agrawal at **Urban Family Welfare Center** Raja Chawk Adhartal Jabalpur to Girls and ladies. Sanitary Napkin and Iron and Calcium tablets were also distributed to all the females attending the Awareness talk. Check-up of few girls and women done by Dr Alka



Global Menstrual Hygiene Day
Awareness talk given by Dr Nisha
Sahu on 28.5.2022 at **Sahu Mahila
Mandal**. Their queries regarding
Menstrual Cup and other questions
were answered and Sanitary napkins
were distributer.



On World Menstrual Hygiene Day IMS
President Dr Pragya Dhirawani
organized awareness programme for
Nurses and staff. Dr Sangeeta
Shrivastava and Dr Richa Dhirawani
also talk about Menstrual Hygiene.



World Menstrual Hygiene day celebration
at **Ladli Basera, Orphan Girls Home,**
Vijay Nagar by Dr Sonal Richhariya and Dr
Kaveri Shaw. Donated sanitary napkins and
instructed for hygiene.



IMS Zonal Conference & 4th Annual State Conference of Raipur Menopause

01 June 2022

Conducted a Panel discussion on Urogenital



WORLD NO TOBACCO DAY CELEBRATION

World No Tobacco Day at JHRC by Dr Pragya Dhirawani, Dr Sangeeta Shrivastava, Dr Neetu Yadav and Dr Richa Dhirawani. Guest speaker were Dr Rajesh Dhirawani Sir spoke Chewing tobacco and snuff can cause cancer in the cheek, gums, and



lips and Dr Deepak Baharani Sir spoke Long-term use of smokeless tobacco increases your risk of dying of heart disease and stroke. Dental disease.

01.06.22

Health Awareness talk about GSM & Osteoporosis Talk on Bone Health and Urogenital Problems related to Mid Life is given followed by a good Question and answer session and prize distribution.



पापड़ बनाने वाली महिलाओं को स्वास्थ्य के प्रति जागरूक किया



बीमारियों से बचने की जानकारी देती महिला चिकित्सक। ● सो. सोसायटी

जबलपुर। मीनोपाजल सोसायटी जबलपुर आब्स्टेट्रिक एंड गायनिक सोसायटी के संयुक्त तत्वावधान में जागरूकता कार्यक्रम आयोजित किया गया। इस कार्यक्रम में पापड़ बनाने वाली क्रीव 200 महिलाओं को डा. प्रज्ञा धीरावाणी, डा. अर्चना श्रीवास्तव, डा. अमिता श्रीवास्तव व डा. नीना श्रीवास्तव ने संबोधित कर मीनोपाजल उम्र की महिलाओं में होने वाली परेशानियों

व उनके रोकथाम के उपायों के बारे में जानकारी दी।

उन्होंने बताया कि बड़ती उम्र में होने वाले हड्डियों के प्रेनचर से कैसे बचा जाना चाहिए। कैल्शियम व विटामिन डी का इस उम्र में क्या महत्व है। इस बारे में गहन चर्चा कर उनकी समस्त शंकाओं का समाधान किया गया। कार्यक्रम में प्रज्ञा ओसवाल व डाली ठक्कर भी शामिल रहे। (चि.)





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विश्व पर्यावरण दिवस पर डॉक्टरों ने पर्यावरण को बचाने का दिया अनठा संदेश. देखिए यह खबर



Health Awareness & Check-up for Teacher

14.06.22

Dr Neena Shrivastava and Dr Richa Dhirawani delivered a talk on Mid Life Health for teachers of Nachiketa school.



Blood Donor Day

15.06.22

Blood Donor Day at Jabalpur Blood Bank - JMS Member donated blood



International Yoga Day

21.06.22





IMA JABALPUR, IMAWDW STATE BRANCH
JABALPUR MENOPAUSE SOCIETY
JABALPUR OBSTETRICS & GYNAECOLOGICAL SOCIETY

21st June International Yoga Day

TEAMWORK MAKES THE DREAM WORK

Date : 21st June 2022, Tuesday
at 7:30 AM - 8:30 AM , Venue : IMA House

 Dr Pawan Shapok President - IMA	 Dr Chitra Jain State Chairperson IMA WDW	 Dr Pragya Dhirawani President JMS	 Dr Amita Saxena President - JGS
 Dr Roop Mandwe Secretary - IMA	 Dr Sonal Richhariya State Secretary IMA WDW	 Dr Archana Shrivastav Secretary JMS	 Dr Richa Dhirawani Secretary - JGS



Lucknow Menopause Society

1. CME on Menopause

- Lucknow Menopause Society organised a CME on Menopause management on 13th May 2022 from 4.30 to 6.30 pm at Hotel Clark Awadh, Lucknow.
- The programme started with the welcome address by the Secretary Dr Asna Ashraf. The first talk was by the President of LMS Dr Yashodhara Pradeep on 'Risk Assessment at Menopause'.
- The chairpersons for the first session were Dr Naini Tandon, Vice President LMS and Dr Uma Gupta, President LMS.



HOD Dept of ObGyn,
Era Medical College
Lucknow.

- The second session was a Case- Based Panel Discussion on Menopause Management and MHT. The moderators for the panel were Dr Asna Ashraf and Dr Seema Mehrotra.



- The expert for the panel was Dr Sharad Kumar, renowned endocrinologist of Lucknow. The panelists were Dr Deepa Kapoor, Dr Pammi Arora, Dr Amrit Gupta, Dr Fatima Sheeba and Dr Vandana Solanki.



It was a very interactive panel with crisp take messages. The audience was also informed about the CIMP exam and motivated to appear for it next year. It was attended by more than 60 people.

2. Guest Lecture

Dr Sangeeta Mehrotra, Jt. Sec LMS was invited to give a guest Lecture on 6.05.2022, in Hind Institute of Medical Sciences, Ataria on Sexuality in Menopausal Women

Guest Lecture- on 6/05/22, in HIMS, Ataria
SEXUALITY IN MENOPAUSAL WOMEN



3. LMS QUIZ 2022

- Lucknow menopause society organized a postgraduate quiz on 13th May 2022.
- The theme was “VISCERAL FAT AS ENDOCRINE ORGAN AND INSULIN RESISTANCE”

- 20 PGs from various medical colleges participated
- Dr Ayushi from Vivekanand secured 1st Position
- Dr Shirya Kashiv from Era medical college secured Second Position
- Dr Aparna Jha from KGMU Secured third Position
- Quiz master was Dr Sangeeta Mehrotra and quiz coordinator Neerja Singh



Public Awareness Programme -

- Lucknow Menopause Society in association with Inner Wheel Club, Prerna, organised a Menopause Awareness Programme at the premises of the One Stop Centre, Lokbandhu hospital, Krishnanagar, Lucknow on Mother's Day, *8th May 2022*.
- There were 65 participants comprising of policewomen of 181 helpline police force,



members of Inner wheel club and other women workers of One stop centre.

- Dr Naini Tandon, Vice President LMS and Dr Asna Ashraf, Secretary LMS addressed the audience on health issues related to Menopause like diet, exercise, osteoporosis, cancer prevention and screening and also answered their queries. There was a press briefing after the programme.



Public Awareness Programme -

- Lucknow Menopause Society in association with Lions Club, Pratishtha, organised a public awareness programme on Health Awareness at Midlife on *19th May 2022*.

- 30 women comprising of members of Lions club and their workers actively participated. Health check-up was done by measuring weight, blood pressure and pulse. Two women



had high blood pressure and were advised further monitoring and treatment. All queries of the audience were answered.

- Dr Yashodhara Pradeep and Dr Asna Ashraf addressed the audience on health issues related to Menopause like diet, exercise, osteoporosis, cervical cancer prevention and screening and self-breast examination.



Dr Deepa Kapoor, Past Secretary LMS participated in a T.V programme for Doordarshan Uttar Pradesh titled Mission Health on 26.05.2022. She spoke on Health awareness after menopause.



Public Awareness Programme -

Dr Deepa Kapoor, Past Secretary LMS participated in a T.V programme for Doordarshan Uttar Pradesh titled Mission Health on 26.05.2022. She spoke on Health awareness after menopause.

Public Awareness Programme -

- Awareness programme with officers of CGST at Indian Industries Association organized by Lucknow Menopause Society on 31.05.2022
- Dr Yashodhara Pradeep, President LMS and Dr Sangeeta Mehrotra, Jt. Secretary spoke on Cervical Cancer screening and other health problems of perimenopausal and menopausal women • The programme was very much appreciated by the audience.



Involvement of members in IMSCON 2022

- Dr Yashodhara Pradeep, Dr Naini Tandon, Dr Deepa Kapoor, Dr Asna Ashraf, Dr Sangeeta Mehrotra and Dr Neerja Singh attended IMSCON 2022, at Vadodara and actively participated in the scientific deliberations and cultural events. • Dr Yashodhara Pradeep gave a talk on “Overview of Risk assessment” and Dr Asna Ashraf participated in a panel on Postmenopausal bleeding at IMSCON Vadodara
- Dr Yashodhara Pradeep attended the GCM at IMSCON Vadodara.
- Dr Deepa Kapoor, ex-officio Secretary LMS cleared the CIMP and was felicitated in the convocation.
- Dr Neerja Singh gave a dance performance and Dr Naini Tandon sang a song in the cultural evening of IMSCON

BHOPAL MENOPAUSE SOCIETY

First CME organized with private hospital covering various topics affecting the life of menopausal women. Activity done on 27/3/22



BHOPAL MENOPAUSE SOCIETY & LIFE LINE HOSPITAL

Invites you for CME

27 Sunday March 2022

11 AM TO 2 PM
followed by lunch

Jehan Numa Palace Hotel, Bhopal

Estroeease - Latest trend in Menopause

In association with **Lupin Pharma (Estroeease)**

DR SUSHRUTA SHRIVASTAVA Consultant Gynaecologist	Health Maintenance in Postmenopausal Women & Role of Phytoestrogens
DR MANSI JAIN Consultant Radiologist	Public Imaging in Peri and Post Menopausal Women
DR MANEESHA SHRIVASTAVA Consultant Gynaecologist and Minimal Access Surgeon	Role of Hysteroscopy in Evaluation of AUB / PMBS
DR NIDHI GUPTA Consultant Surgeon and Sports Gynaecologist	Musculoskeletal problems after Menopause "Let your strength be your strength"
DR APOORVA JAIN Consultant Cardiacologist	Cardiovascular Health After Menopause
DR PANKAJ GOYAL Consultant Interventional Radiologist	Role of Interventional Radiology in Peri and post menopausal women



As we are serving all mothers, how could we forget “Mother Earth..” This event was dedicated to her. Speaker were Dr Madhuri Chandra on Calcium supplementation , Mrs Neelam Sarda, Social activist ,talked on Menstrual Cup & it’s advantages. Followed by Ramp walk by members with slogan for Save The Planet. Activity done on 8/5/22.



International Menstrual Hygiene Day , all members participated in awareness program for patients attending

OPD , government & private hospitals.

Menstruation is a still taboo in our society so it is our duty to eradicate it

and try to maintain a sustainable eco friendly hygienic Menstrual system. So to people around us in clinic or in society Most of our members done the job and some pictures of World Menstrual day activity on 28/5/22.



14th June is a **World Blood Donation Day,**

Dr. Shraddha Agrawal the secretary of Bhopal Menopause Society done the Blood Donation and motivate others in a unique way.



On **International Yoga Day** our members enthusiastically did yoga. 21st June.



Our 5 members attended national conference at Vadodara. All events and activities were attended by our members in full strength.

Kanpur Menopause Society

2nd April 2022

**Holi Milan Samaroh
Cultural Activity**



Chief Guest- Mrs. Pramila Pandey (Kanpur Mayor)



Public Awareness Programme on Bone Health

24th April 2022

Yashraj Institute of Professional Studies, Kanpur

CHIEF GUEST-

Mr. Ashish Shukla “KNOW YOUR MOTHER”

- Talk 1 – Dr. Kiran Pandey- Bone Health
- Quiz- Dr. Garima Gupta
- Total Participants ~ 250 (BSc. Nursing Students)





Cervical Cancer Awareness Programme 21st May 2022 CSJM University, Kanpur

CHIEF GUEST- Dr. Vandana Pathak
(Vice Chancellor- Kanpur University)

- Talk 1 - Dr. Garima Gupta-
Introduction & Epidemiology
- Talk 2- Dr. Pavika Lal-
Screening
- Talk 3 – Dr. Kiran Pandey-
HPV Vaccination
- Total Participants ~150





cervical cancer awareness program
"endless hope saves from a hopeless end"



Public Awareness Programme NGO- Sakhi Kendra, Kanpur

15th June 2022

- Talk 1- Dr. Divya Tripathi- P/V Discharge & Cervical Cancer
- Talk 2- Dr. Garima Gupta- Ca. Breast & Anaemia
- Total Participants ~ 50



Club

3rd April 2022

Nutrition Quiz

Participants actively answered and later we had discussed too. Harvinder was the winner.

27th April 2022

Bachpan Ki Yaden

Activity was about sharing one's childhood memories of vacations. Members put down their childhood experiences in prose and poem.

18th April 2022

Movie Quiz

Most of the people got correct answers but questions had twists so winner was Prachi Dhawan

2nd June 2022

Teach a Girl Campaign

We have started this campaign that all members would find a girl and bear the expenses of her studies. Asked to post the picture, some did, and most were not willing to show their good work on social platforms.

16th June 2022

Sudoku

A brain exercise to keep mentally young in menopause.
Winners were Anita Gautam & Ranjana Tandon.

21st June 2022

Yoga Day

Pictures posted of Yoga done by members. One 90 year old Mrs Banga also posted.



Vadodara Menopause Society

2nd April 2022



Rally organised by IMA Vadodara n supported by MSV to condemn suicide by Dr. Archana Verma in Rajasthan, following death of postpartum patient due to PPH & subsequent harassment by Local politicians and police



8th April 2022



MYTHS ABOUT OBESITY

- Obesity causes Diabetes
- Obese individuals are less active than their normal weight counterparts
- Exercising is better than dieting to lose weight

Emcure
Pharmaceuticals

Join us for

AN INTERACTIVE WEBINAR ON **OBESITY & BODY SHAMING**



Dr. Binal Shah

Consultant Gynecologist & Laparoscopic surgeon
MD (O&G) Gold Medalist, M.S University
Dwarkesh Hospital - Baroda Gujarat



Leena Darne

Sales Head,
Emcure Pharmaceuticals

Date: 08th April, 2022 **Time:** 3:00 - 4:00 PM

To register, click on the below link
<https://exiweb.in/unconditionyourself>

Scan the
QR Code

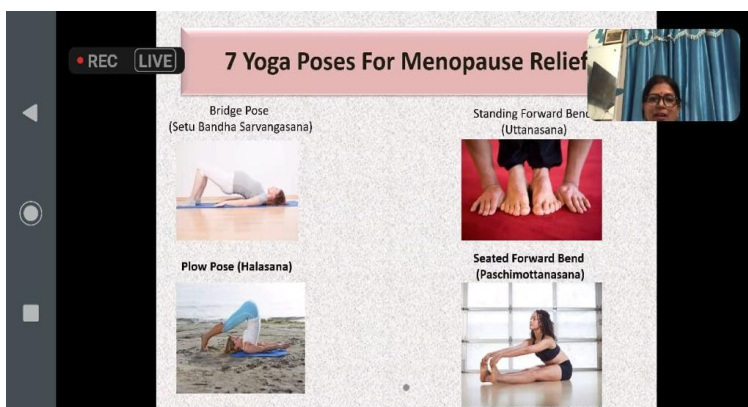
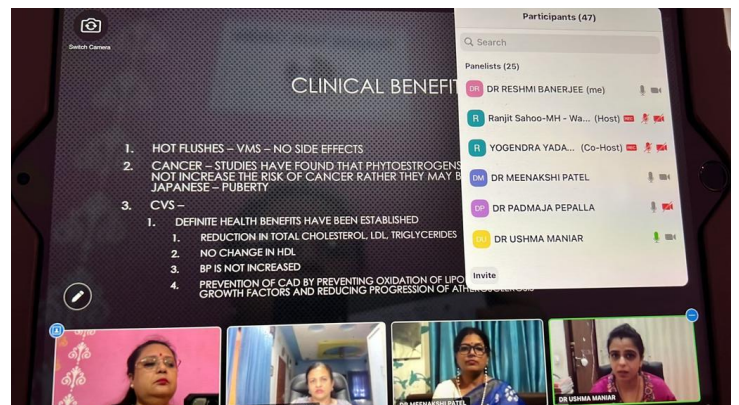
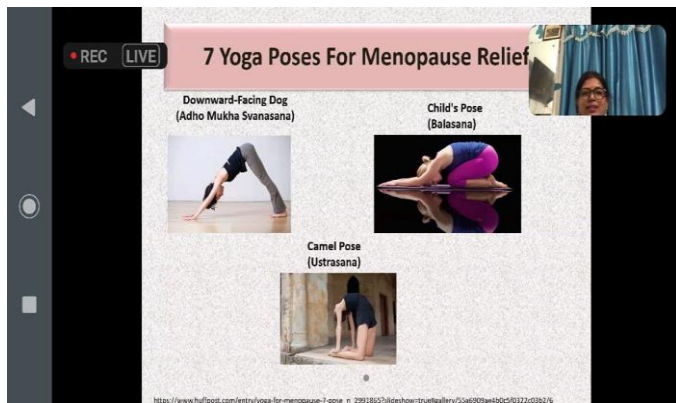


27th April 2022
**Webinar by CIMP
Graduates
on Vaccine in
Midlife and
Immunization in**

SESSION A- VACCINES IN MIDLIFE AND BEYOND		SESSION B- IMMUNIZATION IN MENOPAUSE- INDIAN MENOPAUSE SOCIETY 2020 GUIDELINES	
DEBATE- LIFE STYLE MANAGEMENT VS ALTERNATIVE THERAPY IN PERIMENOPAUSE N MENOPAUSE		TOPIC-IMMUNIZATION SCHEDULE IN MENOPAUSE	
 DR ALKA PATEL OBST & GYNIC, ASHVINI MATERNITY & SURGICAL HOSPITAL	 DR KSHAMA CHANDRAKAR SENIOR MEDICAL OFFICER AND CONSULTANT GUJARAT RETIREE HOSPITAL (SOCL)	 DR MEENAKSHI PATEL DIRECTOR AND CONSULTANT OF SUPREME GLOBAL AND SHARON HOSPITAL	 DR. BINA SHAH CONSULTANT OBSTETRICIAN & GYNECOLOGIST, INFERTILITY & IVF SPECIALIST
TOPIC-LIFESTYLE MANAGEMENT		TOPIC-FLU VACCINES	
 DR MEENA SINGH PEDIATRICIAN AND MENOPAUSE PRACTITIONER	 DR URMILA NANKAR CONSULTANT GYNAECOLOGIST, OBSTETRICIAN, INFERTILITY AND MENOPAUSE SPECIALIST	 DR RAVI BHOJ CONSULTANT GYNECOLOGIST, OBSTETRICIAN AND GYNAECOLOGIST	 DR CHAITALI PATEL CONSULTANT GYNECOLOGIST
TOPIC-ALTERNATIVE MEDICINE		TOPIC-HPV VACCINES	
 DR NEHA DOSHI OBSTETRICIAN AND GYNECOLOGIST		 DR SEEMA PANDEY CONSULTANT GYNECOLOGIST GUJARAT RETIREE HOSPITAL	
TOPIC-COVID VACCINES		TOPIC-HPV VACCINES	
 DR VIRENDR BHA CONSULTANT PHYSICIAN		 DR NEHA BHATNAGAR PRESIDENT VAKODARA MANUPURSE SOCIETY	
MOD		VOTE OF THANKS	
 DR VIRENDR BHA CONSULTANT PHYSICIAN		 DR SEEMA PANDEY CONSULTANT GYNECOLOGIST GUJARAT RETIREE HOSPITAL	

Menopause – IMS 2020 Guideline.

Debate on Lifestyle v/s alternative therapy for Menopause



Visit Old Age Home by Club 35+ Members on 26th April, 2022



Local Quiz

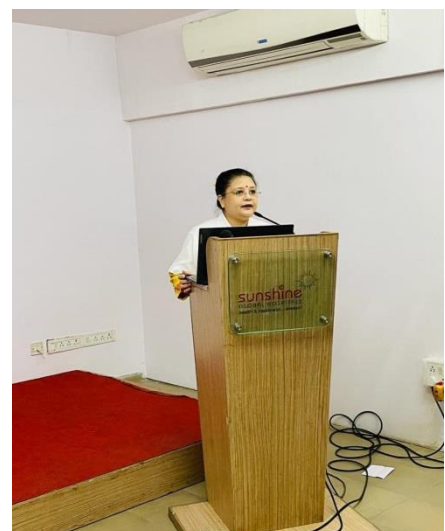
- 3rd April – Dr. Roopal Panchani
- 10th April – Dr. Maya Modi
- 24th April – Dr. Ushma Maniar



4th May 2022 - Visit to Swarg old age home by Dr. Reshmi Banerjee and Dr. Archana along with club 35+ members and Lions Club. Distributed diapers and healthy snacks and spent time with them.

5th May, 2022

International Nurses Day celebrations by Menopause Society Vadodara, Baroda OBGY Society along with Sunshine Global Hospital with Cancer early detection awareness session n Menopause Health awareness session taken by 111 president Dr Reshmi Banerjee & Secretary Dr Meenakshi Patel





INTERNATIONAL MOTHER'S DAY 2022

08th May 2022

ME AND MOTHER/MOTHER-FIGURE PHOTOGRAPHY COMPETITION

FIRST

DR. SUSHMA DALAL
With Mother

SECOND

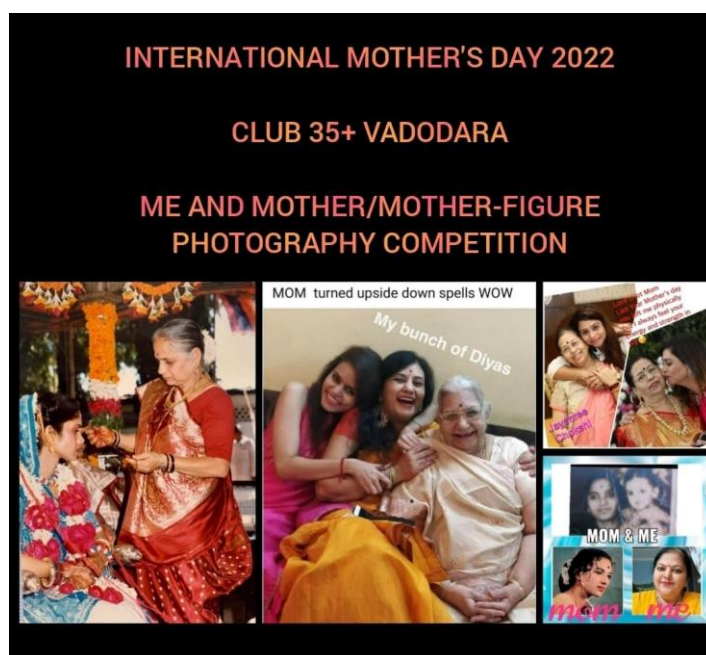
**DR. NEELIMA
SOMPURA**
With Mother and
Daughter

FIRST RUNNER-UP

JAYSHREE CHOKSHI
With Mother

SECOND RUNNER-UP

SANGEETA PATEL
With Mother



On *8th May, 2022* to celebrate International Mother's Day, free Gynec Consultation camp was organised by MSV, BOGS & SGH. Secretary Dr Minaxiben & Jt. Sec. Dr Amitaben examined patients



18th May 2022

First Joint Webinar by Vadodara and Ahmedabad Menopause Societies with Innovative Journal club reading, online quiz & Case Based Panel discussion. Faculties & Delegates from both Societies participated in large numbers & made the joint venture a success

Menopause Initiative in collaboration with Menopause society Vadodra & Menopause Society Ahmedabad

Date: 18th May 2022 | Time: 3.00 pm to 4.30 pm

[CLICK HERE TO REGISTER](#)

WELCOME & INTRODUCTION
Dr. Priti Niranjani

CHIEF GUEST
Dr. Shobhana Mohandas & Dr. Anju Soni

MOC
Dr. Ranjana Parekh (Baroda) & Dr. Monika Patel

EXPERTS
Dr. Sushma Baxi & Dr. Atul Munshi

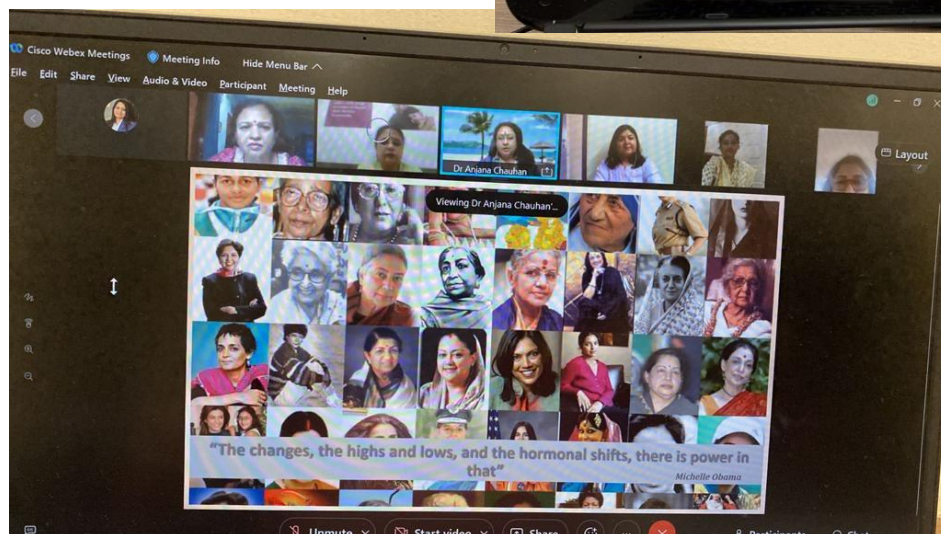
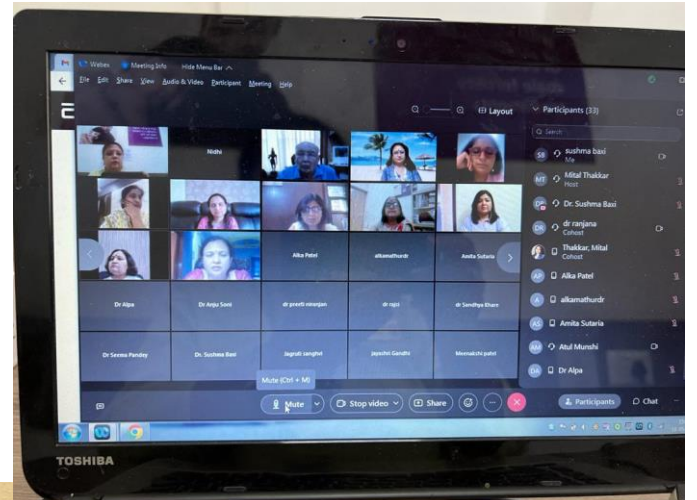
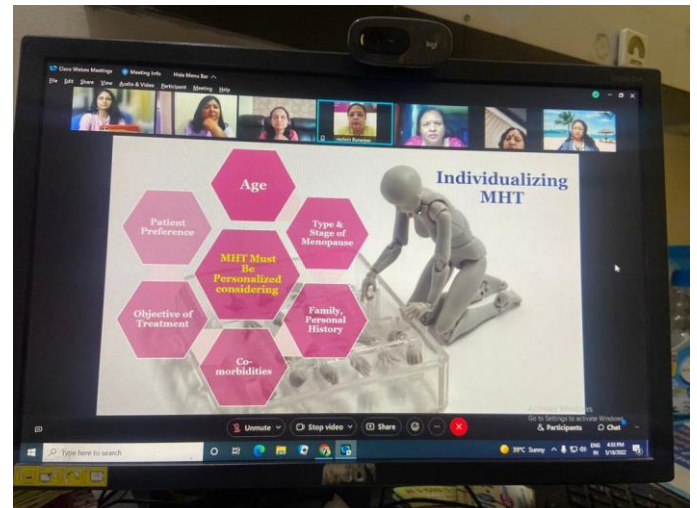
SESSION 1
Role of 17-β Estradiol & Dydrogesterone in POI
Speaker: Dr. Reshmi Banerjee & Dr. Anjana Chauhan

SESSION 2
Panel Discussion:
Case Based Approach for Ageing Gracefully
Moderator: Dr. Reshmi Banerjee & Dr. Anjana Chauhan
Panelist: Dr. Archana Deivedi, Dr. Nilam Desai, Dr. Rama Bhardwaj (Anand), Dr. Janaki Desai, Dr. Bhairavi Joshi

QUIZ
Dr. Varsha Prapanna

VOTE OF THANKS
Dr. Reshmi Banerjee & Dr. Anjana Chauhan

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Local Quiz

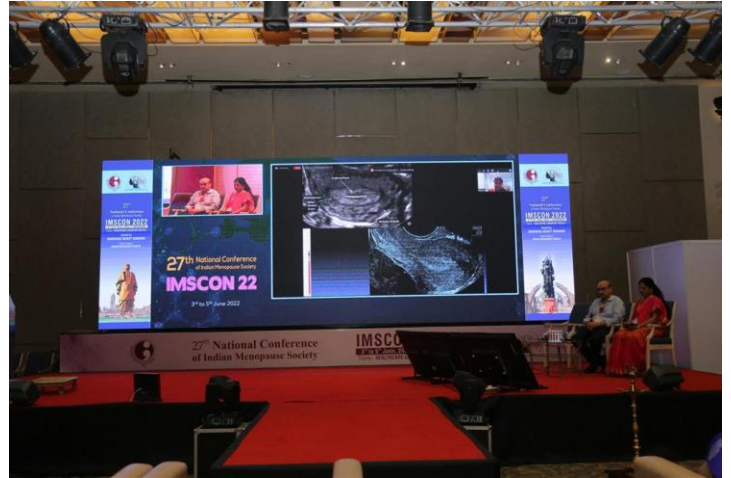
- 8th May – Dr. Ushma Maniar
- 22nd May – Dr. Chaitali Patel

27TH IMSCON 2022 3RD-5TH June



**FUN TRIP TO
STATUE OF
UNITY –
WORLD ‘S
TALLEST
STATUE**

Workshop- Live Operative and Gynec Sonography



INAUGURATION



PROF DURU SHAH ORATION BY DR JAIDEEP MALHOTRA



MEMORY, MINDSET AND MENOPAUSE



Moot Court by Nagpur Team

SAFOMS ORATION BY DR ROHANA HATHHOTUWA

Enhancing Quality of Life
with Advancing Age





MSV ORATION BY DR SUSHMA BAXI – Roses in December-Dilemma Vs Desire



CIMP CONVOCATION 2021 & 2022



FIMS AWARD CEREMONY-FIRST EVER DURING IMSCON 2022

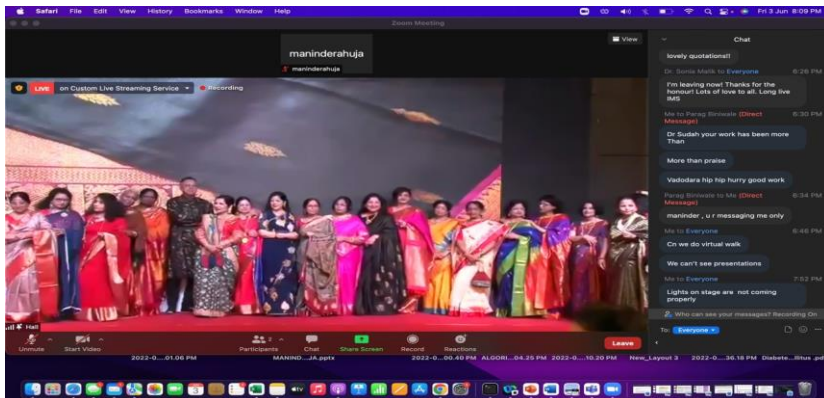


CULTURAL PROGRAM





RAMP WALK IN TRADITIONAL WEAVES BY GCM MEMBERS



WALKATHON FOR GYNEC CANCER AWARENESS AND TREE PLANTATION

INTERNATIONAL YOGA DAY

CLUB 35+ MEMBERS & YOG JAGRUTI GROUP

Indian Menopause Society
Club 35+ Committee &
Menopause Society Vadodara
In collaboration with Yog Jagruti group
on the occasion of

INTERNATIONAL YOGA DAY
21st June, 2022
6.20 am to 8.20 am
@ Amphi Theatre,
Kamatibaug

We Welcome you to participate in this enthralling session to experience the power of YOGA

Session comprises of

- Omkar Dhyan
- Sukshmakriya
- Surya Namaskar
- Yoga Dance
- Virbhadrans Series
- Flat Belly Asans
- Benefits of Yoga Testimonials

SESSIONS EXPERTS

Dr. Binal D. Shah
Chairperson - Club 35+, IMS

Dr. Reshmi Banerjee
President - IMS

Dr. Menakshi Patel
Hon. Secretary - IMS

Dr. Neelima Sompura
Mrs. Gujarat
Power Yoga Expert

Shafali Sheth
Physiotherapist

Bhavana Sargata
International Fitness Trainer
& Self hypnotherapist

Registration is
FREE
but Compulsory



WEBINAR WITH NATIONAL

CLUB 35+ COMMITTEE

Indian Menopause Society
Club 35+ Committee &
Menopause Society Vadodara
On the occasion of "YOGA Day"

21st June 2022 (Tuesday), 3:30 PM to 5:00 PM

VIRTUAL YOGA Session on
Face Yoga, Chair Yoga & Chakradhyan

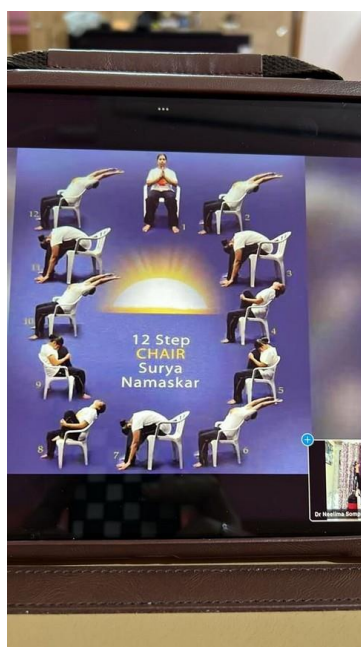
Dr. Neelima Sompura
Power Yoga Expert
Mrs. Gujarat

Chief Guest :-
Dr. Shobhana Mohandas
President, IMS 2022-23

Guest of Honor :-
Dr. Anju Soni
Secretary General, IMS 2022-23

Guest :-
Dr. Aarti Gupta Sharma
Ex Chairperson, Club 35+, IMS

Program Co-ordinator :-
Dr. Binal Shah
Chairperson, Club 35+, IMS



[illegible]



MSV with Midlife Fertility & Ageing Committee, IMS and Safe Motherhood Committee, Fogsi conducted CME on 26/06/22.



Topics- Calcium and Vit D in Bone health, reproductive health, pregnancy and lactation, quiz on osteoporosis, elderly pregnancy risks and relevance of HDU/OICU, Endometrial Surveillance-current recommendations by Dr Anjana from Ahmedabad.



Mrs Tasneem Manaf & Ahmareen participated in Gujarat's first beach marathon at Valsad Tithal Beach on 26th June. Completed 10 kms.



June Quiz

- Local
 - 12th June- Dr Maya Modi
 - 26th June- Dr Meera Vaishnavi
- National
 - 19th June- Dr Sapna Kumar

What is Breast Awareness?

- Know what is normal for you. Become familiar with your breasts. If you know what the normal appearance of your breasts is at different times, it will be easier to realize any untoward changes
- Look at and feel your breasts.
- Know what changes to look for (lumps, pain, discharge from the nipple or anything else unusual).
- Tell your doctor about any changes immediately.
- Go for breast screening regularly if you are over 40.

Risk Factors that Cannot Be Controlled

All women are at risk

- Family/Personal History
- Age
- Race
- Treatment with HRT
- Radiation
- Genetic Factors
- Menstrual History
- Reproductive History

Sterling Hospitals - Vadodara had organised an awareness session on "Brest Cancer & Prevention" by Dr. Archana Dwivedi for Female employees of Postal Training center on 25/06/2022

20⁺ years
Hope • Health • Happiness

sterling[®]
Hospitals
Because life matters



Indian Menopause Society



Request to all Presidents & Chapter Secretaries to encourage your Members to visit The IMS Website:
www.indianmenopausesociety.org

- Please send brief report of your activities with 3-4 good Pics to

activityims@gmail.com

- Please send Membership Form and Message regarding Membership to Mail ID

imsmemberships@gmail.com

- Mail ID for General Communication and Messages to IMS

indianmenopausesociety2020@gmail.com

- Mail ID for Any Financial Communication and Messages to IMS Finance Committee

indianmenopausesocietyfinances@gmail.com

Mobile: 99496 21094 / 88491 58739

E-Mail Id: indianmenopausesociety2020@gmail.com