



Indian
Menopause Society



Dr. Ambuja Choranur
President,
IMS 2021 – 2022



Dr. Sudhaa Sharma
Secretary General,
IMS 2021 – 2022



Newsletter by

Indian
Menopause
Society



Blessings from our Founder President



Dr. Rama Vaidya

**Founder President
Indian Menopause Society**

Dear Dr. Ambuja & Dr. Sudhaa Sharma,

It gives me great pleasure to pen down a few words of best wishes to Dr. Ambuja and Dr. Sudhaa as you are about to bring out the IMS Newsletter April – May 2021 issue, the first one from the current dynamic IMS Team 2021 – 2022.

It will have announcement about the exciting & Innovative action plans that Dr. Ambuja along with Team would be embarking upon like starting Dedicated Menopause Health Clinic in teaching institute in partnership with IMS Qualified Experts. One would wait to learn about IMS starting associate membership for members of the other science faculties of Universities like from the department of Social Science, Anthropology etc.

Dr. Sudhaa! Your Excellent Skills in writing and editing have always impressed me. Your long term experience of two decades as an editor of JK Science will surely be reflected in the quality of series of Newsletters during your tenure as secretary general of IMS 2021 – 2022. Newsletter from your pen will have freshness of inspiring themes and emerging new knowledge & understanding about the yet unresolved menopausal health issues.

Once again I end with the best wishes for the successful year of all-encompassing activities of IMS.

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. Ambuja Choranur
President
IMS India, 2021 – 2022

Dear IMS family members,

Thank you very much for electing me to this prestigious post of President of Indian Menopause Society.

Wish you all good health and spirit in corona pandemic whole one year we are battling with corona, hope this year will be functional and productive.

With blessings of almighty, I started my journey as 19th president of the vibrant organization with 46 societies and 3920 members

On 27th March 2021 On virtual platform. Though IMS deals with midlife and elderly this society is only 26 yrs old. Thanks to all previous presidents for their hard work to bring IMS to the present position. Menopause is eternal truth in Women's life. As the life expectancy is increasing so are the issues associated with it. A person who is currently 60 years of age can expect to live 20 years more, on average. so the time has come we address these issues head on, create awareness in our population about menopause.

- Non communicable diseases are increasing after menopause due to cellular senescence and immune senescence. Genetic causes are responsible in 25% only, 75% are epigenetic factors like environmental pollution, smoking, nutrition and life style. These are all preventable causes. With all these things in mind theme of this year is selected as “Health land scape for 50+”. Logo depicts a change of women's life from pink of youth to green of fertility passing through orange of perimenopause to rejuvenated lavender of menopause, the colorful journey of the woman is decorative in itself.
- **Road Ahead 2021-2022**
- Mission Sankalp -REACHING THE UNMET NEEDS OF MATURE WOMEN
- 1. Menopause Connect
- 1.1. Establishing Dedicated menopausal clinics – Medical college hospitals /institutes, conducting public forums to solve women's doubts and boost their health with the help of physiotherapist and nutritionist.
- 1.2 Updating the statistics done one decade ago.
- 1.3 Adopting a village and to maintain continuity and follow up monthly.
- 2. Know your Mother – undergraduates do not have curriculum in their course about menopause. they are the future physicians, to inculcate knowledge about menopause proposal is to take basic classes for them , modules are ready , because of corona , problem in taking classes.

- 3. 5.1. Revised menopausal guidelines 2020 by TOTs to all the members of IMS

Vision To Reality -science is never static, changes in understanding, management and preventive aspects are happening periodically. There are many grey areas as menopause management is concerned, there is a great fear in the minds of practitioners regarding prescribing hormone therapy and patients are always reluctant to take any medication especially if it is not an emergency. So the education is the only answer. Training our own members in the revised guidelines for menopause management, is in the pipeline.

- 4 Introduction of IMS credit points and FIMS certification: this is an encouragement to IMS members to involve more and more academic and social activities and recognizing their talents.
- 5. Weekly quiz contest is conducted to encourage members to update their knowledge

Visceral fat – an endocrine organ – is the theme of Quiz. Members all over India are actively participating and enjoying the program.

6, SAFOMS collaboration - Academic Newsletter MHT chronicle is planned to update the knowledge of Menopause Hormone therapy.

7. Research oriented Lecture series – as a part of education committee programme. Many of our members for that matter undergraduate and postgraduate students are not trained for writing thesis, submission of research papers to journals,

Statistical analysis etc. A small initiative to encourage research in IMS.

8, Collaboration with UPIA, Society of Vaginal surgeons of India is planned. Urogenital problems and sexuality is something which is a topic of forbidden nature, 45% of women are suffering with these problems and only 5% are seeking help. so this is the time we have to address this issue also.

Though the list is big, my plans are simple and essential and I hope will be effective as each one of you contribute a little for fulfilling the goals.

Menopause is not the end of life; it is the beginning of another winning. My plea to all my friends at IMS is to update yourself in menopause management and this will help the needy.

Looking forward to work together to fulfil the MISSION SANKALP



Dr. Ambuja Chorapur

President

IMS India, 2021 – 2022

From the Desk of Secretary General



Dr. Sudhaa Sharma
Secretary General
IMS India, 2021 – 2022

Dear Friends, IMS Family

It's a matter of great privilege and pleasure to release this issue of Newsletter of IMS.

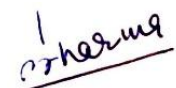
Hope this finds you in good health and spirit. This Covid pandemic has changed the whole scenario and our lifestyle as well. Virtual platform is one good thing which has emerged in this worst period and has made everyone connect globally. Wishing all a good health, peace and happiness and hoping to meet everyone physically in coming times.

With the blessings of “Almighty” & My dear ones, I very humbly started my journey as Secretary General 2021 – 2022 of this prestigious organization and trying my best to live up to the expectations bestowed upon me.

With increased Expectancy of life, more females are living beyond age of menopause and facing the challenges of this phase of life. Indian Menopause Society is, multidisciplinary society and mission is to take care of these elderly and mature women.

This newsletter is the mirror & reflection of all activities done under the aegis of IMS.

Long Live IMS



Dr. Sudhaa Sharma
Secretary General
IMS India, 2021 – 2022

International News

From the desk of Prof. Sunila Khandelwal, Chairman International Advocacy Committee

Dear Friends,

It's been over a year since the start of the COVID-19 pandemic and during this time the need for connection has never been greater. Connection is the essence of the IMS. We connect to share knowledge, to learn and to promote best practice in mid-life women's health care. The pandemic has sharpened the IMS's focus on strengthening our community through digital connection. I am happy the dynamic President of Indian Menopause society, Professor C. Ambuja is also the Representative of IMS to CAMS. Once again on behalf of the 2020–2022 Board of Directors, I welcome you to International Menopause Society Memberships!

The live webinar series is a well-established success, the 11th in the IMS Webinar Series was held on 18th May on 'Female hormones and Covid – how relevant are they?' Dr Louise Newson presented 'The protective role of Oestradiol in the COVID-19 pandemic' and Dr Jackie Maybin presented 'Long-COVID and the menstrual cycle'. This is now available at IMS Webinars. The webinars are hosted on Zoom with capacity for up to 1,000 participants. Additional participants can have the opportunity to view the livestreaming of the webinars on YouTube and Facebook. Recorded versions are being **available on the IMS website and YouTube**. The IMS You Tube channel can be found here: <https://www.youtube.com/channel/UC-4OHO-C2exmMFhKwVFgX6A/videos>

New Interview Series

The IMS is pleased to announce a new interview series for health-care professionals on current topics of interest in the field of menopause. IMS Board Member Dr Marla Shapiro interviews renowned experts on menopause and midlife women's health.

Corresponding interviews on the same topics have also been recorded for women. New interviews for health-care professionals and for women will be released each month.

The video and podcast versions of the interviews will be available via the following links:
For professionals: <https://www.imsociety.org/education/videos/>
For women: <https://www.imsociety.org/for-women/videos/>.

World Congress: I would like to highlight that the next World Congress on the Menopause will be in Lisbon on October 26–29, 2022, with Dr Pauline Maki chairing the Scientific Program Committee. I suggest you all save the date now.

I am also delighted to share with you that the 2024 World Congress on the Menopause will now be held in Melbourne on October 18–22.

IMPART menopause online course: This free eight module course offers upon completion a one-year complimentary entry level membership to the IMS. The revised updated IMPART program is already launched. Please follow this link:

<https://internationalmenopausesociety.talentlms.com/>. Once registered, participants can also access IMPART via the talent LMS app:

<https://www.talentlms.com/mobile>, with over 1500 registrations since launch & India is in top two!!

The Menopause Live has launched a case report series, to encourage **the contribution of high-quality case reports**, relating to diverse disciplines, including gynaecological, endocrinological, metabolic, cardiovascular, bone, neurological, psychiatric post reproductive health. You may contact directly the editor at patrizia.monteleone@gmail.com.

The International Menopause Society Website is newly designed; provides easy access to all educational resources and exclusive members-only content. New features of the website include:

- streamlined membership application; Ability to book onto online events and view recordings of previous events;
- IMPART registration;
- Translation function;
- Member discussion forum; and
- Educational resources for women.

IMS members can log on to the new site with their existing username and password. Visit www.imsociety.org regularly for latest information and updated resources for healthcare professionals and women.

Free access to selected papers recently published in the journal Climacteric for a limited time. The following two papers from Climacteric, Volume 24, Issue 2 (2021), have Free Access for the next 3 months:

Vaginal Health: Insights, Views & Attitudes survey in Latin America (VIVA-LATAM): focus on Brazil L. M. Pompei et al.

<https://www.tandfonline.com/doi/full/10.1080/13697137.2020.1804546>

CO2 laser and the genitourinary syndrome of menopause: a randomized sham-controlled trial S. Salvatore et al.

<https://www.tandfonline.com/doi/full/10.1080/13697137.2020.1829584>

There are also two Open Access papers in Climacteric, Volume 24, Issue 2 (2021): Review & meta-analysis: isopropanolic black cohosh extract iCR for menopausal symptoms – an update on the evidence C. Castelo-Branco et al.

<https://www.tandfonline.com/doi/full/10.1080/13697137.2020.1820477>

Lessons from KEEPS: the Kronos Early Estrogen Prevention Study V. M. Miller et al.

<https://www.tandfonline.com/doi/full/10.1080/13697137.2020.1804545>

BECOME AN ISGE MEMBER!

ISGE Membership gives you access to Free Access to the digital edition of “Gynaecological Endocrinology”, Discount on all courses organized by the International School of Gynaecological and Reproductive Endocrinology, online access to all the lectures of the latest world congresses with slides and audio €100 discount on the World Congress registration.

- Monthly newsletter with news, abstracts, reviews and other contents on the Gynaecological Endocrinology topics. Registration Fee is €50 and gives you a TWO years’ membership

The International Society of Gynecological Endocrinology has created new open access journal: **GREM Gynecological and Reproductive Endocrinology and Metabolism**. The first hundred papers submitted to GREM will be published for free. Do enjoy and take this new opportunity!

Looking forward to your active participation at all international platforms.

My best wishes to you all.....Stay Safe& well !



Best regards,
Dr. Sunila Khandelwal
Advocacy Committee
International

International Forth coming Events

- **Malaysian International Virtual Conference on Menopause and Women's Health** on 9-11th July 2021. Please contact our APMF representative **Dr Atul Munshi** for details.
- ***European Congress on Menopause and Andropause*** at Florence, Italy, will take place in this city on 3-5 May 2023 as a face-to-face event!
- **NAMS 2021** Washington Hilton, Washington DC, September 22–25, 2021
www.menopause.org/annual-meetings/future-meetings

FIGO Triennial World Congress 2021 Sydney, Australia, October 24–29, 2021
www.figo2021.org/about-figo-ranzcog/

18th IMS World Congress on Menopause Lisbon, Portugal, October 26-29, 2022
www.imslisbon2022.com/

From the Desk of Dr. Atul Munshi, APMF Representative, IMS

1. After taking over as IMS representative to APMF from Dr. Jyothi Unni, attended 1st zoom meeting of Asia Pacific Menopause Federation on 8th of May, 2021 along with President Prof. Yu Qi (China) and Ma. Corazon Zaida N. Gamilla – convenor.

There were total 18 representatives from various Asia Pacific Countries, India was represented by Dr. Jyothi Unni and Dr. Atul Munshi.

Long awaited guidelines of APMF about Menopause Management were discussed at length by various representatives.

A detailed fruitful discussion lasted for about 2 hours.
Guidelines were accepted after necessary correction.

2. Malaysian International Virtual conference on Menopause and Woman's Health is planned on July 9th to 11th, 2021.

Interesting programme is planned out involving all aspects of Menopause.

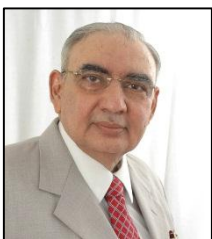
Members interested may visit Website link: <https://micomwh.com/> for program and for registration.

3. The 8th APMF scientific meeting is to be held from 14th to 17th October, 2021.
APMF have arranged exciting program for you to enjoy online, with many opportunities for learning about the latest scientific studies and research developments in the area of menopause.

Abstract submission is open, APMF have invited interested members to submit abstracts for inclusion in the scientific programme of the 8th Scientific Meeting of the Asia Pacific Menopause Federation.

Abstracts and papers can be sent for the meet – for detail kindly contact <https://apmf2021.sciconf.cn/>

Special session on “Challenges in the Management of Menopause during the Pandemic” – views of different countries will be discussed – IMS will also participate.



Dr. Atul Munshi
APMF Representative
Indian Menopause Society

Indian Menopause Society International Affiliations



International Academic Exchange

Installation of the New Team for the Year 2021 – 2022

Installation of the New Team for the Year 2021 – 2022 took over on 27th March 2021 in a virtual ceremony with “Ranga Rang Program” of Club 35 Plus Committee of IMS.



NEW TEAM OF IMS (2021-22)



Dr. Ambuja Choranur
President



Dr. Pushpa Shethi
Vice President



Dr. Sudhaa Sharma
Secretary General



Dr. Lakshmi Rathna
Joint Secretary



Dr. Jyoti M. Shah
Treasurer



Dr. Bipasa Sen
Joint Treasurer



Dr. Shobhana Mohandas
President Elect



Dr. Jignesh Shah
Immediate Past President

5th April 2021

First Interaction of Team 2021 – 2022

First Interaction with All the Presidents and Chapter Secretaries was held on **5th April 2021**, on virtual platform. In this meeting **Dr. Ambuja** shared her vision and theme for the year 2021-22 and discussed for execution at their local level.



Webinars

HEALTHCARE LANDSCAPE FOR 50+ Indian Menopause Society GMC, KATHUA

Jammu Menopause society

Under the Ages of Indian Menopause society

TUESDAY
6.04.2021
12pm- 1:15 pm

MENOPAUSE AND THE LIFE AHEAD...
Educational series Part 1

Organised by department of Obstetrics and gynecology).

1. Welcome address - Dr Shallu Jamwal
2. Jammu Menopause society- Introduction and annual program- Dr Anil Mehta
3. Menopause Myths and Facts -Dr Pallavi sharma
4. Diet and menopause -Dr Saima Sadiq
5. Yoga and the ageing Woman -Dr Nitin Sharma.
6. Vote of Thanks- Dr Nishupriya Chib

On the occasion of World Health Day ... An Insightful Webinar on

Feeling Positive No Matter What & Introduction to VIHASA



BK Dr Manoj Marmad
Pediatric Nephrologist, Pune



Dr C Ambuja
President, IMS



BK Dr Umarani
Executive Member,
Medical Wing, Brahma Kumaris



Dr Sudha Sharma
Secretary General TMS



Dr BK Shubhada Neel
Sr Gynaecologist, New Panvel

Wednesday, 7th April, 3.00pm - 5.00 pm

Zoom ID:
957 7053 2019
Passcode:
health

Organisers:
Brahma Kumaris, Malakpet, Hyd.
Ph : 93965 23404
&
Indian Menopause Society (IMS)

Indian Menopause Society (IMS)
In association with
Menopause Society Region Chandigarh (CRMS)
Cordially invite you to

COR CONNECT- Live WEBINAR

FRI | APR 09 | 2021 **4:00 - 5:30 PM**

TO JOIN
www.corconnect.org/3

Existing User
Login with E-mail &
Password

New User
Register with E-mail &
other details

HELP LINE : +91-9481507191

Guests of honour

Office Bearers CRMS

Program Schedule

4.00 - 4.10 pm
Welcome address by Dr Ritambhara Bhalla

4.10 - 4.15 pm
Inauguration by Dr Arti Gupta

4.15 - 4.45 pm
Reflex Disease and Acidity
Medical Aspects by Prof. Surinder Rana
Nutritional Aspects by Ms Monica Malik

4.45 - 5.15 pm
Constipation
Medical Aspects by Prof. Surinder Rana
Nutritional Aspects by Ms Monica Malik

5.15 - 5.30 pm
Q & A live interaction with audience

5.30 pm
Vote of thanks by Dr Nupur Sharma

Chairpersons

Speakers

Convenors Club 35+ India

Participation benefits

From the makers of:
COR-3 | Trazer forte | Trazer M forte | Stimu-let

Webinar organized by Indore Menopause Society



Dr. Kawita Bapat
President IMS



Dr. Shubhangi Nirkhawale
Secretary IMS



Dr. Poornima Nadkarni



Dr. Seema Vijaywargiya



Dr. Laxmi Shrikhande
Topic: Sleep: the sleep guide to 50+



Dr. Pushpa Sethi
Topic: Strong bones for strong middle



Dr. Shobhana Mohandas
Topic: Puberty and menopause



Dr. Varsha Lahade



Dr. Jyoti Malik



Dr. Charulata Bapaye



Dr. Surekha Tayade



Dr. B. Aruna Suman

Master of Ceremony: Dr Poonam Raikawar | Dr Komal Jain
Vote of thanks: Dr Sandhya Khare

Date: 13th April, 2021 | Time: 04:00 pm to 06:00 pm

REDULID HB

REGESTRONE

Evalon

torrent

Indian Menopause Society
Presents

Know tips and tricks of Urogynecology

16th April, 2021 Friday | 3:30 PM - 5:30 PM

Chief Guests

Dr. Ambuja Choranur
President
Indian Menopause society

Dr. Jignesh Shah
Past President
Indian Menopause society

Executive Members

Dr. Sudhaa Sharma
Secretary General,
Indian Menopause Society

Dr. Anita Shaw
Past Secretary,
Indian Menopause Society

Convenors

Dr. Hara Pattanaik
Chairperson
UROGYNAECOLOGY committee IMS,
Past President IMS

Dr. Manoj Chellani
President Rajgarh Menopause society,
Co-chairperson urogynecology committee
Indian menopause society

Speaker

Dr. Tamil Selvi
Secretary- Chennai Menopause Society
Consultant Urogynecologist & Pelvic Floor
Surgeon- Madras Medical Mission Hospital Chennai

Dr. Vinit Mishra
Director IKDRC
Indian menopause society

Session Talk:

Dr. Tamil Selvi
Fothergill's operation

Dr. Vinit Mishra
SUI

Program Agenda

Digital Partner: **CITRNET**

Available on Google Play and App Store

Indian Menopause Society

IMS Education Committee Presents
LIVE WEBINAR on

Theme: Revisit Systematic Write Ups - Series 1

Link: <http://bit.ly/WBWEBINAR-IMSOCIETY>
Date: Saturday, 24th April, 2021 | Time : 4:00 PM - 6:00 PM

Chief-Guest: **Dr. Ambuja Choranur**
President

Guest-of-Honour: **Dr. Sudhaa Sharma**
Secretary General

Convenor: **Dr. Laxmi Shrikhande**
Chairperson
IMS Education Committee

Topic 1: Art & Craft of Writing a Paper

Speaker: **Dr. Suvama Khadilkar**
Prof. & HOD Obgyn
Bombay Hospital Institute of
Medical Sciences, Mumbai

Chairperson: **Dr. Shobhana Mohandas**
Chief Consultant,
Sun Medical Center,
Kerala

Dr. Nirmal Vaze
Consultant Obs/Gyn,
Sankalp Hospital,
Nagpur

Topic 2: Know Peer Reviewing & Editorial Process

Speaker: **Dr. Geetha Balsarkar**
Professor Seth G. S. Medical
College and Nourjee Wadia
Maternity Hospital

Chairperson: **Dr. Anita Shah**
Practicing Gynecologist,
Surat

Dr. Sulabha Joshi
Prof. & HOD
Obgyn KPSIMS & LMH,
Nagpur

Topic 3: Different Study Types

Speaker: **Dr. Sujata Dalvi**
Consultant Obstetricians &
Gynecologist, Mumbai

Chairperson: **Dr. Pushpa Sethi**
Director, Sethi Hospital,
Gurgaon

Dr. Kshama Kedar
Associate professor &
Unit Head, IGGMC, Nagpur

Supported by: **Walter Bushnell**

Get in touch with your inner warrior
&
step on the mat
Indian Menopause Society
Presents

Yoga & Health

Date : 25th April, 2021 | Time : 5:30 to 6:30 pm

Organizers

Dr. Ambuja Choranur
President, IMS

Dr. Neelam Aggarwal
Past President, IMS

Dr. Sudhaa Sharma
Secretary General, IMS

Below are some Pre-requisites, to get a hands-on learning in a live session

1. Comfortable athletic clothing
2. Empty stomach (light meal is allowed 2 hours before the session).
3. Yoga mat/any cotton sheet.

Digital Partner: **CITRNET**

Available on Google Play and App Store

Get in touch with your inner warrior
&
step on the mat
Indian Menopause Society
Presents

Yoga & Health

Date : 25th April, 2021 | Time : 5:30 to 6:30 pm

Yoga Instructor

Srishti Kaushik
Graduate from DU, Daulat Ram College, Diploma in Yoga Science from BVB Yoga certification from MDNIY. Skilled in different styles of Yoga including Hatha, Yin, Yang, Restorative, Vinyasa, Ashtanga, Laughter, Ayurveda and Yogic management of diseases. Four times National gold medalist in State and National level competitions organised by Akhil Bhartiya and SGFI games Federations.

Moderator

Dr. Jitesh Jeswani
MD (Medicine), DM (Nephrology),
European SE Nephrology
ISN CNC Nephrology
Consultant Nephrologist and Transplant Physician at
Jeswani Hospital and Kidney Care Unit, Nagpur

Brief about the session

- The first segment (10 min)- Different types of breathing exercises including Shatkarma breathing practices and Prayanama especially designed for this summer season and relaxation.
- The second segment (25 min)- Sukshma kriyas for joints mobility, Chair Yoga, Iyengar Yoga for better alignment, Yoga for back stiffness and legs mobility, Ashtanga A for better health.
- Third segment (15 min)- Ccooldown series with some good stretches and Chanting
- Fourth segment (10 min)- Q&A

Digital Partner: **CITRNET**

Available on Google Play and App Store

CME ON 'PEARLS OF WISDOM AT 40'S AND BEYOND'

Organised by
Calicut Menopause Society and Perinthalmanna O&G Society
On 1st May 2021 at 5.00pm



POGS

Faculty



Dr. Ambuja C.
Hyderabad
President, IMS



Dr. Sudha Sharma
Jammu (J&K)
Secretary, IMS



Dr. Shobhana Mohandas
Thiruvur
President Elect, IMS



Dr. Sudha Prasad
New Delhi
President, IFS



Dr. B. Presannakumari
Adoor
President, IFS



Dr. VK Chellamma
Kozhikode



Dr. Ajith S.
Kanur



Dr. PN Ajitha
Kozhikode



Dr. Lakshmy S.
Kozhikode



Dr. K. U. Kunjimoideen
Perinthalmanna



Dr. Abdul Vahab
Perinthalmanna



Dr. P. Mumtaz
Perinthalmanna



Dr. Lisha Govind
Kozhikode

REGISTER NOW

Programme

5.00pm: Inauguration

Chief Guest: Dr. Ambuja C., President, Indian Menopause Society

- 5.15pm: *Clinical approach to adnexal mass in peri and post Menopause*
Speaker: Dr. Ambuja, Hyderabad
Chairpersons: Dr. Sudha Sharma, New Delhi; Dr. VK Chellamma, Kozhikode
- 5.45pm: Discussion
- 6.00pm: *Hormone therapy 2021*
Speaker: Dr. B. Presannakumari, Adoor
Chairperson: Dr. Shobhana Mohandas, Thrissur
- 6.30pm: Discussion
- 6.45pm: *Fertility during 40s*
Speaker: Dr. Sudha Prasad, New Delhi
Chairperson: Dr. K. U. Kunjimoideen, Perinthalmanna
- 7.15pm: Discussion
- 7.30pm: *Abnormal uterine Bleeding - Peri & Post menopause - Panel Discussion*
Moderator: Dr. VK Chellamma, Kozhikode
Panelists: Dr. S. Ajith, Dr. Lakshmy S., Dr. Mumtaz, Dr. Lisha Govind
- 8.30pm: Vote of thanks - Dr. Lakshmy S.

Dr. Ajitha PN
President, Calicut Menopause Society

Dr. Lakshmy S.
Secretary, Calicut Menopause Society

Dr. K. U. Kunjimoideen
President, POGS

Dr. Abdul Vahab
Secretary, POGS

ACADEMIC PARTNER: LUPIN PHARMACEUTICALS

Online event by
MEDKON India Events

Indian Menopause Society (IMS)
with
Ahmedabad Menopause Chapter & Club 35+ Ahmedabad

Cordially invite you to
A Public Awareness Webinar
With
COR CONNECT
On
"Light in the Darkness of the Corona times"
अमिट अंधकार में आशा की किरण ?

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New User
Register with E-mail & other Link

HELP LINE : +91-9481507181

Sat, 8th May, 21

4.00 PM

Program Co-ordinators: Dr. Arti Gupta & Dr. Anjana Chauhan

Master of Ceremony

Guest of Honour



Dr. Anjana Chauhan
Speaker & Co-ordinator
The Indian Menopause Society
Ahmedabad Chapter, Ahmedabad



Dr. Ambuja Chauranur
President, Ahmedabad IMS
President, Ahmedabad IMS
President, Ahmedabad IMS



Dr. Jigesh Shah
President, Ahmedabad IMS
President, Ahmedabad IMS
President, Ahmedabad IMS

Chief Guests



Dr. Atul Munshi
President, Ahmedabad IMS
President, Ahmedabad IMS
President, Ahmedabad IMS



Dr. Sudha Sharma
President, Ahmedabad IMS
President, Ahmedabad IMS
President, Ahmedabad IMS



Dr. Dilip Ghadhi
President, Ahmedabad IMS
President, Ahmedabad IMS
President, Ahmedabad IMS

Indian Menopause Society

IMS Education Committee Presents
LIVE WEBINAR on
Theme: Revisit Systematic Write Ups - Series II

Link:- <http://bit.ly/IMSSOCIETY-WBWEBINAR>
Date: Saturday, 15th May, 2021 | Time: 4:00 PM - 6:00 PM

Chief-Guest
Dr. Ambuja Chauranur
President

Guest-of-Honour
Dr. Sudha Sharma
Secretary General

Convener
Dr. Lakshmi Shrikhande
Chairperson
IMS Education Committee

Topic 1: How to write a thesis

Speaker
Dr. Geetha Balsarkar
Professor S. G. S. Medical
College and Novrosjee Wadia
Maternity Hospital, Mumbai

Chairpersons
Dr. Shobhana Mohandas
Chief Consultant,
Sun Medical Center,
Kerala

Dr. Tripura Sundari
Head, Dept. of
Obst. & Gyn., KIMS,
Secunderabad

Topic 2: How to do literature search

Speaker
Dr. Himanshu Negandhi
MD, MMed (Clinical Epidemiology)
Additional Prof., Indian Institute
of Public Health, Delhi

Chairpersons
Dr. Jigesh Shah
Immediate
Past President IMS

Dr. Moushmi Tadas
Associate Prof., GMC,
Nagpur

Topic 3: Interpretation of systematic reviews & meta-analysis

Speaker
Dr. Madhuri Patil
Clinical Director
Dr. Patil's Fertility & Endoscopic
Clinic, Bangalore

Chairpersons
Dr. Lakshmi Markani
Joint Secretary,
IMS

Dr. Sheela Mane
Professor,
KC General Hospital
Bangalore

Supported by: Walter Bushnell

Aesthetic health committee of IMS and Indian Academy of
cosmetic dermatology and gynecology (IACDG) in association with
Jammu Menopause Society & Gurugram menopause society
Presents **MENOPAUSE an eternal truth episode 8**
On Doubts Dilemmas and Diagnosis in Postmenopausal bleeding

Date: 21st May, 2021 | Time: 4 - 7 pm.

Inauguration 4 - 4:30 pm

Program Director
Dr. Ragini Agrawal
VP FOGS 2020, Founder chair
Aesthetic health committee - IMS,
President IACDG

Chief Guests
Dr. C. Ambuja
President, IMS

Dr. Jigesh Shah
Past President, IMS

Guests Of Honour
Dr. Sudha Sharma
Secretary General IMS

Dr. Anita Shah
Past Secretary General,
IMS

Special Guest
Dr. Pooja Sethi
Director, Sethi Hospital,
Gurgaon

Scientific Program: 4:30 - 5 pm

Speaker
Dr. Sudha Sharma
Secretary General IMS

Topic:
Doubts dilemmas and diagnosis in
Postmenopausal bleeding key note address
Doubts dilemmas and diagnosis in
Postmenopausal bleeding an Overview

Chairpersons
Dr. Anil Mehta
Professor & HOD,
Govt medical college,
Kathua, JK

Dr. Saman Yadav
Director, Pushpangkar
Hospital, Gurugram

Moderator
Dr. Ragini Agrawal
VP FOGS 2020, Founder chair
Aesthetic health committee - IMS,
President IACDG

Dr. Saroj Kumar
Secretary-General
menopause society
Treasurer IACDG

Panelists Expert
Dr. Sneha Bhuyar
Chairperson of Breast
Committee
FOGSI, GCMC, KOG

Dr. Anita Shah
Past Secretary
General, IMS

Panelists
Dr. Pallavi Sharma
Assistant professor,
Govt medical college,
Kathua, JK

Dr. Neha Mahajan
Assistant professor
Dept. of Obs & gynec
Govt Medical college, Jammu

Dr. Meeta Gupta
Associate professor
Dept. of Obs & gynec
Acharya Shri Chandra Hospital
& Medical College Jammu

Dr. Shyju P.
President, Cosmocon
OGG Society
Kerala 2019-20

Q&A: 6:30 - 7 pm

MOC
Dr. Chandan Kachru
Sr. Consultant Gyn &
Advanced Health Specialist,
W. Pratiksha Hospital, Gurugram

Vote Of Thanks
Dr. Avantika Sharma
Sr. Consultant obs & gynec
Director, Ujjwal Medical
center Gurugram

Join Zoom Meeting: <https://torrentpharma.zoom.us/j/95492544254?pwd=UEdRd0RlS0BhNTA0dGxvUldiSzZzOTQ0>
Meeting ID: 954 9254 4254 | Passcode: EVALON





IMS RURAL COMMITTEE, AOGS and AMS along with TORRENT PHARMA WELCOMES YOU FOR LIVE CME

One IMS Credit Point
DATE: 22nd MAY 2021
TIME: 04:00 pm - 6:00 pm
One ICOG Credit Point

CHIEF GUESTS



DR. AMBUJA CHORANUR
President IMS 2021-22



DR. (PROF) SAROJ SINGH
HOD Dept. of OBG and GYN,
S. N Medical College, AGRA

GUESTS OF HONOUR



DR. JAIDEEP MALHOTRA
President SATOC and
Past president ICOG



DR. SUDHA SHARMA
Secretary General IMS,
Honorary Professor IMA



DR. SAVITA TYAGI
Chairperson Rural Committee IMS
Secretary, AOGS



DR. ARTI GUPTA SHARMA
Chairperson Club 35+
President AOGS

CONVENOR



DR. SAVITA TYAGI
Chairperson Rural Committee IMS
Secretary, AOGS

PRESIDENT AOGS



DR. ARTI GUPTA SHARMA
Chairperson Club 35+
President AOGS

TOPIC: PSYCHOSEXUAL HEALTH AT MENOPAUSE

SPEAKER



DR. POOJA SETHI
Vice President IMS 2021-22
Organizing Chairperson EMOCON 2018

CHAIR PERSONS



DR. (PROF) ANURADHA KHANNA
President Gynae,
Menopause Society



DR. ANIL MEHTA
President, Jaipur
Menopause Society

PANEL DISCUSSION

MANAGEMENT OF PSYCHOSEXUAL HEALTH ISSUES AT MENOPAUSE

MODERATORS



DR. AMBUJA CHORANUR
President IMS 2021-22



DR. POOJA SETHI
Vice President IMS 2021-22

PANELISTS



DR. ANITA SHAH
President
Sonal Obs & Gyn Society
(2009-2011), Sec. Gen. Indian
Menopause Society (2009-21)



DR. REVATHY JANAKIRAM
President
Madurai Menopause Society



DR. KIRAN PANDEY
President
Kanpur Menopause Society



DR. NAVNEET TARKAR
Professor & Unit Head in Obs
& Gyn, GMCH Chandigarh



DR. ARCHANA
President IMS 2019-20
(President ICOG 2021)

MASTER OF CEREMONY

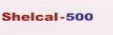


DR. ILA KISHORE
Director of Post Grad School
of best student,
President gold medal in
Pharmacology and Pathology



DR. NIDHI BANSAL
Secretary Jaga
Menopause Society

Zoom link: <https://zoom.us/j/793025087991?pwd=Nm00aU9vYVYvdzR1aU9hUkZSMHh5UT09>
 Meeting ID: 793 0250 87991 Password: 146141







JAIPUR MENOPAUSE SOCIETY

Invites you for a Webinar on

MENTAL HEALTH

Date: 26th May 2021 (Wednesday)
Time: 03:45 PM to 06:30 PM

Guests of Honour



Dr. Ambuja Choranur
President,
Indian Menopause Society



Dr. Sunila Khandelwal
Executive Member,
International Menopause Society



Dr. Sudha Sharma
Secretary General,
Indian Menopause Society

Session 1

Time: 04:00 PM

Key Note Speaker



**Respected Spiritual Teacher,
Brahma Kumaris
Sister B. K. Shivani**

Moderator



Dr. Neelam Jain
President,
Jaipur Menopause Society

Session 2

**Panel Discussion on Mental Health in Menopause
(Dementia, Depression, Anxiety, Sleep)**

Moderators



Dr. Neelam Jain
President,
Jaipur Menopause Society



Dr. Shubha Sathia
Secretary,
Jaipur Menopause Society



Dr. Sweetie Soni
Sr. Consultant, Obs & Gyn

Panelists



Dr. Shobhana Mohandas
President Elect 2022,
IMS



Dr. Sanjay Jain
Sr. Prof, Dept of
Psychiatry, SMS
Medical College



Dr. Anju Soni
Secretary General,
Elect 2022, IMS



Dr. Madhulika Agarwal
Treasurer,
Jaipur Menopause Society



Dr. Sakshi
Psychiatrist,
Miami



International Women's Health Day

LET'S JOIN THE

WOMEN'S HEALTH WEBINAR

ORGANIZED BY

JABALPUR MENOPAUSE SOCIETY

in association with

JABALPUR OBSTETRICS & GYNCOLOGICAL SOCIETY

31st MAY MONDAY
TIMINGS 4:00 - 6:00 PM IST

Chief Guest



DR. AMBUJA CHORANUR
President
(Indian Menopause Society)

Guest of Honour



DR. SUDHA SHARMA
Secretary
(General Indian Menopause Society)

Guest Speaker



DR. RICHA DHIRAWANI
M.B.B.S, M.D (OBG)

SESSION 1 4:00 - 5:00 PM

Chairpersons: Dr. Swaraj Naik
Dr. Priyadarshini Tiwari
Dr. Nita Parashar

4:00 - 4:20 PM **Recent Advances in MHT**
 • Dr. Recma Arya (Postgraduate Student) • Dr. Arti Kumari (Senior Resident)

4:20 - 4:50 PM **Role of Nutrition & Lifestyle Management in Menopause**
(Dr. Richa Dhirawani)

4:50 - 5:00 PM **Q & A Session**

SESSION 2 5:00 - 6:00 PM

Chairpersons: Dr. Rooplekha Chauhan
Dr. Rekha James
Dr. Neena Shrivastav

5:00 - 5:50 PM **Metabolic Syndrome in Perimenopausal women**

Dr. Ambuja Choranur
President
(Indian Menopause Society)

5:50 - 6:00 PM **Q & A Session**

JOIN US ON Webex

Link for the WEBINAR will be shared soon



Dr. Pragya Dhirawani
President, JMS



Dr. Archana Shrivastav
Secretary, JMS



Dr. Gita Guin
President, JOGS



Dr. Sonal Sahni
Secretary JOGS

TOT Sessions



e-MENOPAUSE MASTERCLASS
EVIDENCE BASED TREATMENT

FACULTY TRAINING | 2nd MAY 2021 | 4:00 pm to 6:00 pm | [BLOCK YOUR DATE](#)

VISION TO REALITY
MANAGING MENOPAUSE WORKSHOP SERIES 2021
APPLYING THE CLINICAL PRACTICE GUIDELINE
INDIAN MENOPAUSE SOCIETY

CHAIRPERSON
Dr. C. Ambhuj
President, Indian Menopause Society 2021

COURSE CO-ORDINATOR
Dr. Meeta Singh
Consultant Gynaecologist, Tumor Hospital, Hyderabad, India Editor, Indian Menopause Guidelines 2020

EXPERT FACULTY
Dr. Jideep Malhotra
Consultant Gynecologist & Director, Rainbow Hospitals, Agra, India and President SAFOMS

EVENT CO-ORDINATOR
Dr. Sudhna Sharma
Former Professor, Department of OBG, GMC Jamna, Secretary General, IMS 2021

Supported by TEAM *Milaha* A Division of Abbott India

First Faculty Training
On 2nd May 2021



e-MENOPAUSE MASTERCLASS
EVIDENCE BASED TREATMENT

SECOND FACULTY TRAINING | 7th MAY 2021 | 4:00 pm to 6:00 pm | [CLICK HERE TO REGISTER](#)

VISION TO REALITY
MANAGING MENOPAUSE WORKSHOP SERIES 2021
APPLYING THE CLINICAL PRACTICE GUIDELINE
INDIAN MENOPAUSE SOCIETY

CHAIRPERSON
Dr. Ambuja Chauran
President, IMS 2021-22

COURSE CO-ORDINATOR
Dr. Meeta Singh
Consultant Gynaecologist, Tumor Hospital, Hyderabad, India Editor, Indian Menopause Guidelines 2020

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Dr. Jideep Malhotra
Consultant Gynecologist & Director, Rainbow Hospitals, Agra, India and President SAFOMS

EVENT CO-ORDINATOR
Dr. Sudhna Sharma
Former Professor, Department of OBG, GMC Jamna, Secretary General, IMS 2021

Supported by TEAM *Milaha* A Division of Abbott India

Second Faculty Training
On 7th May 2021



e-MENOPAUSE MASTERCLASS
EVIDENCE BASED TREATMENT

NORTH ZONE: GROUP B TRAINING
GURUGRAM, JABALPUR, PATNA | 16th MAY 2021 | 4:00 pm to 6:00 pm | [CLICK HERE TO REGISTER](#)

VISION TO REALITY
MANAGING MENOPAUSE WORKSHOP SERIES 2021
APPLYING THE CLINICAL PRACTICE GUIDELINE
INDIAN MENOPAUSE SOCIETY

CHAIRPERSON
Dr. Ambuja Chauran
President, IMS 2021-22

COURSE CO-ORDINATOR
Dr. Meeta Singh
Consultant Gynaecologist, Tumor Hospital, Hyderabad, India Editor, Indian Menopause Guidelines 2020

EXPERT FACULTY
Dr. Jideep Malhotra
Consultant Gynecologist & Director, Rainbow Hospitals, Agra, India and President SAFOMS

EVENT CO-ORDINATOR
Dr. Sudhna Sharma
Former Professor, Department of OBG, GMC Jamna, Secretary General, IMS 2021

Supported by TEAM *Milaha* A Division of Abbott India

1st TOT Session on 16th May 2021
With Gurugram, Jabalpur & Patna



e-MENOPAUSE MASTERCLASS
EVIDENCE BASED TREATMENT

NORTH ZONE: GROUP C TRAINING
LUDHIANA, SHIMLA, JALANDHAR | 25th MAY 2021 | 4:00 pm to 6:00 pm | [CLICK HERE TO REGISTER](#)

VISION TO REALITY
MANAGING MENOPAUSE WORKSHOP SERIES 2021
APPLYING THE CLINICAL PRACTICE GUIDELINE
INDIAN MENOPAUSE SOCIETY

CHAIRPERSON
Dr. Ambuja Chauran
President, IMS 2021-22

COURSE CO-ORDINATOR
Dr. Meeta Singh
Consultant Gynaecologist, Tumor Hospital, Hyderabad, India Editor, Indian Menopause Guidelines 2020

EXPERT FACULTY
Dr. Jideep Malhotra
Consultant Gynecologist & Director, Rainbow Hospitals, Agra, India and President SAFOMS

EVENT CO-ORDINATOR
Dr. Sudhna Sharma
Former Professor, Department of OBG, GMC Jamna, Secretary General, IMS 2021

SPEAKERS
Dr. Lakshmi Ramesh
Joint Secretary, IMS 2021-22, Dr. Consultants, Apollo Hospital, Hyderabad.

Dr. Tejendra Soodari
President, Professional Menopause Society.

Dr. Hemalata Krishnamoorti
Vice President, Indian Menopause Society
Past Chairman, Education Committee, IMS.

Supported by TEAM *Milaha* A Division of Abbott India

2nd TOT Session on 25th May 2021
With Ludhiana, Shimla & Jalandhar

SUNDAY WhatsApp Quiz

Date: 2nd May 2021

Theme – Visceral Fat & Menopause

1. All the following factors lead to development of obesity in postmenopausal women except?
A. Decrease in estrogen levels
B. Increase in androgen levels.
C. Decline in basal metabolic rate
D. Increase in progesterone levels.
2. All of the following psychological causes leads to emotional eating in postmenopausal period except?
A. Depression
B. Sleep disturbance
C. Sexual disorders
D. Mania
3. High abdominal fat distribution in perimenopause female leads to following complications except
A. Hypertension
B. Insulin resistance
C. Deranged lipid profile
D. Osteoporosis
4. Is it true that higher BMI is an independent risk factor for breast, endometrium, and uterine cancers in perimenopausal women?
True/False
5. Following are the complications of increase in fat deposition in perimenopausal women except
A. Chronic kidney disease
B. Chronic liver disease
C. Obstructive sleep apnea
D. Deep vein thrombosis

Quiz compiled by

Dr Sunita Dubey

Member Quiz committee, IMS



ANSWER SHEET

- 1 – D: Increase in progesterone levels
- 2 – D: Mania
- 3 – D: Osteoporosis
- 4 – True
- 5 – D: Deep vein thrombosis

Reference

Q – 1 & 2

Jung SY, Vitolins MZ, Fenton J, Frazier-Wood AC, Hursting SD, Chang S. Risk profiles for weight gain among postmenopausal women: A classification and regression tree analysis approach. PLoS One. 2015;10:e0121430. [PMC free article] [PubMed] [Google Scholar]

Q – 3

Sen P, Das S, Hore S, Bhattacharjee S, Choudhuri D. Obesity and associated cardiometabolic risk among women from Tripura – A Northeastern state of India. J Midlife Health. 2017;8:110–7. [PMC free article] [PubMed] [Google Scholar]

Q – 4

Key TJ, Appleby PN, Reeves GK, Roddam A, Dorgan JF, Longcope C, et al. Body mass index, serum sex hormones, and breast cancer risk in postmenopausal women. J Natl Cancer Inst. 2003;95:1218–26. [PubMed] [Google Scholar]

Q – 5

Atapattu P. Obesity at menopause: An expanding problem. J Pat Care. 2015;1:2–7. [Google Scholar]

Winners of WhatsApp quiz of 02/05/2021- on Visceral Fat & Menopause



Dr. Bhavana Singh
Agra



Dr. Ruchi Bhargava
Jalandhar



Dr. Jagruti Sanghvi
Ahmedabad

Dr. Isha Sunil
Jammu



Dr. Arshdeep Kaur
Amritsar

Dr. Pratima Maurya
Kolkata



Dr. Usha Vikrant
Bangalore

Dr. Pammi Arora
Lucknow



Dr. Shashi Jindal
Faridabad



Dr. Shushila Khunte
Raipur



Dr. Leena Nair
Bhagalpur



Dr. Hema Malini
Madurai



Dr. Anubha Gupta
Gorakhpur



Dr. Lata Jethwani
Rajkot



Dr. Bhavna Sheth
Bharuch



Dr. Savita Somalawar
Nagpur



Dr. Sunena Goyal
Gurugram



Dr. Malti Dalal
Surat



Dr. Sarita Bhargawa
Bhopal



Dr. Manjeet Kaur
Patiala



Dr. Taruchhaya Bansal
Jaipur



Dr. Varsha Prapanna
Vadodara



Dr. Shanthi Gunasingh
Chennai



Dr. Bharti Abhayankar
Pune

Date: 16th May 2021

Theme – Menopause & Visceral Abdominal Fat

1. Obesity in menopause is associated with:
 - a. An increase in total body fat
 - b. An Increase in Visceral Abdominal Fat
 - c. Decreased fat oxidation
 - d. All of the above
2. MONW (Metabolically Obese Normal Weight) are characterized by
 - a. Excess visceral adipose tissue and ectopic fat deposition
 - b. Adipose tissue inflammation
 - c. Reduce Skeletal Muscle Mass
 - d. All of the above
3. The compartment corresponding to the widely used “visceral adipose tissue” designation generally includes
 - a. omental,
 - b. mesenteric
 - c. extraperitoneal adipose tissue.
 - d. All of the above
4. State True/False
Chronic, low-grade inflammation caused by adipokine secretion may alter glucose and lipid metabolism and contribute to cardiometabolic risk of individuals with visceral obesity.

5.

State True/False

Lipotoxicity leads to type 2 diabetes, non-alcoholic fatty liver disease, cardiovascular disease.

Quiz compiled by

Dr Payal Bhargava

Member, Quiz committee IMS



ANSWER SHEET

- 1: D – All of the above
- 2: D – All of the above
- 3: D – All of the above
- 4: True
- 5: True

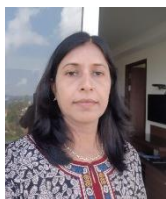
Reference

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2748330/>

2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5509974/>

3. <http://accurateclinic.com/wp-content/uploads/2016/01/Pathophysiology-of-Human-Visceral-Obesity-An-Update.pdf>

Winners of WhatsApp quiz of 16/05/2021 – on Menopause & Visceral Abdominal Fat



Dr. Vidya Chauhan
Ahmedabad



Dr. Nikita Gandotra
Jammu

Dr. Arshi
Amritsar

Dr. Vineeta Awasthi
Kanpur



Dr. Shylaja N
Bangalore



Dr. Minakshi Bajpayee
Kolkata



Dr. Pratibha Singh
Bhagalpur



Dr. Seema Mehrotra
Lucknow



Dr. Hiral Pandya
Bharuch



Dr. Narumalar
Madurai



Dr. Jayshri Beedkar
Bhopal



Dr. Shantala Bhole
Nagpur



Dr. Rashmi Bagga
Chandigarh



Dr. Ruchi
Patiala



Dr. Shashi Jindal
Faridabad



Dr. Vineeta Sharma
Patna



Dr. Chavi Sarkari
Gorakhpur



Dr. Pooja
Pune



Dr. Madanjeet
Gurugram



Dr. Sonal Dubey
Raipur



Dr. Shailesh Jain
Jaipur



Dr. Shaily Modi
Rajkot



Dr. Ruchi Bhargava
Jalandhar



Dr. Ushma Maniar
Vadodara

Website Quiz Winners

April - 2021



1. Dr. Ameer Mehta
Rajkot



1. Ruchi Bhargava
Jalandhar



2. Dr. Geeta Gupta
Gorakhpur



3. Dr. Nikita
Gandotra
Jammu

Glimpses of Activities of Various Societies and Chapter

Hyderabad Menopause Society

- Mission sankalp –Dedicated Menopause clinics-initiated at Hyderabad, Telangana at 4 places
- Mallareddy Medical college for Women, under the leadership of Dr. Anupama Hari prof & HOD , started dedicated menopause clinic for peri and post-menopausal women
- the Medical college caters middle and low income group of people.
- Caters four districts around Suraram village where this Medical college is situated.
- Once a week Menopause clinic is conducted by menopause specialists.
- Once in 2 months' public awareness programme is done in the same clinic with the participation of Nutritionist and physiotherapist.
- pamphlets regarding menopause health, nutrition with local available food products, and feasible exercises for local set of people is printed
- Being Medical college basic investigations are done free of cost, ofcourse free consultation
- Follow up with the same set of Doctors every week.
- The following are the inauguration photos



2nd clinic started at Krishna Institute of Medical sciences

- It is a multi specialty hospital under CSR scheme- this clinic started under the leadership of Dr, Tripura Sundari, president Hyderabad society and HOD , KIMS hospital
- Consultation from all the specialists and basic investigations are free.
- Clinic is for peri and post menopausal women once a week , again by Menopause specialists Doctors

3rd clinic at Kondapuram menopause clinic

- Under the leadership of Dr, Sandhya Dixit, retired professor of ob & Gyn from Govt Medical College,
- Caters all low income and middle income group, apart from free checkup, investigations free Medicines are distributed every week, free awareness programme is conducted once in 2 months along with dental surgeon and ophthalmologist. The following are the inauguration photos



Jammu Menopause Society

MENOPAUSAL CLINIC STARTS IN GMC Kathua

Jammu Menopause society-under the Agesis of Indian Menopause Society today launched the weekly menopausal OPDs and patient education series in GMC Kathua.

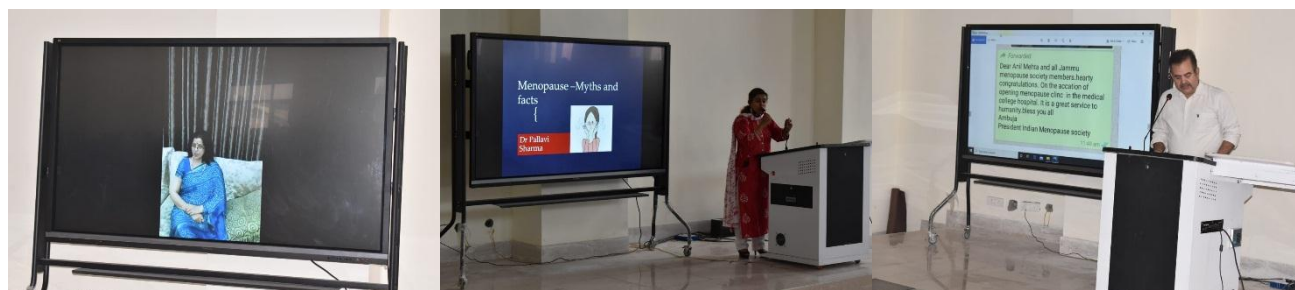
The vision of starting this service was initiated Dr C Ambuja President Indian menopause society, and supervised and guided by Dr Sudhaa Sharma secretary general IMS.

The event was attended by Principal GMC Kathua Dr Anjali Nadir Bhat, faculty members, eminent doctors and social activists of Kathua district and the undergraduate students.

Greetings were received from President IMs, Dr C.Ambuja & Dr Sudhaa Sharma addressed the gathering virtually & introduced journey of Jammu Menopause Society.Dr Anil Mehta head of the department and President Jammu Menopause Society briefed the audience about the geriatric services and menopausal OPDs for women on a weekly basis and about the future endeavours that would be planned under the Society.

Awareness lectures on lifestyle and diet were given by Dr Pallavi sharma and Dr Saima Sadiq.Role of meditation and excercises was explained by Dr Nitin Sharma.Menopausal diet charts were distributed to patients and the faculty. The event was coordinated by Dr Minakeshi Rana,Dr Nishu priya chib,Dr shalu, Dr Madhu Dhingra and Dr Preeti Sharma .

This initiative is a big step towards promoting menopausal health and spreading awareness amongst women to avail expert opinion for various menopausal issues.



Bhopal Menopause Society

On occasion of World Health Day ,small programmes were arranged by BMS members in their OPD only ,due to the pandemic and increasing cases of covid.Talks regarding importance of good menstrual hygiene ,proper disposal of sanitary pads ,importance of exercises etc were arranged and sanitizers and masks were distributed to all patients attending OPD.



Nagpur Menopause Society

A webinar was held on 2 may 2021 by Menopause Society Nagpur, “Hormones and Empowerment”

- Dr Kshama kedar (President MSN) talked briefly on “Importance of MHT”
- Dr Sheela Jain spoke on “Basics of MHT”
- Dr Bhakti Gurjar spoke on “Recent Advances in menopausal treatment”
- Dr Vidya Sutaone and Dr Shantala Bhole talked on “Shopping and Women Empowerment” a mood uplifting talk in these sombre times.
- Dr Surekha Khandale and Dr Rujuta Fuke were the MOC
- The webinar was well attended and well appreciated.



Newspaper article on “Ovarian Malignancy “ was written by Dr Prajakta Barde, to propagate public awareness.



Patiala Menopause Society

Camp was organized on 5th of April 2021

17 patients were examined and calcium & vit.D tabs were distributed. Patiala menopause society. Govt. Medical college Patiala.



Under Varisht Mahila Swasth Karykram.

Dr.Ruby Bhatia, prof. & Head of Department of Obs & Gynae, MMIMSR Mullana Ambala Haryana under Aegies of IMS & Patronage of chancellor Sh. Taresem Garg, principal, Vice principal, CEO, organized a program on Awareness, Attitude and practices regarding elimination of carcinoma cervix among female opd patients to celebrate monthly Varisht mahila swastha shivir under aegis of IMS under MHCC. A step towards Healthy Menopause on 13th April, 2021 at 11 am

4 lectures were taken;

Dr.Ruby Bhatia (prof&Head): screening of carcinoma cervix

Dr.Tajinder kaur (prof): Risk factors of ca cervix

Dr.A.S.Dhillon (prof): Diet at Menopause

Dr.sukhbhir kaur (Asso. Prof): lifestyle modification at menopause

40opd patients (10 pcos, 13 obesity, 5 cervicitis, 5 AUB, 5 h/o addictions, 2 family h/o cancer) attended the camp,General examination was done for all and papsmear was taken for 22 patients.All patients counselled about menopausal health .

Venue: Obstetrics and Gynaecology OPD



Dr.Ruby Bhatia, prof. & Head of Department of Obs & Gynae, MMIMSR Mullana Ambala Haryana under Aegies of IMS & Patronage of chancellor Sh. Taresem Garg, principal, Vice principal, CEO conducted the Varisht Mahilla Swasth Karykram in Gynae OPD on Thursday , 27 May 2020

10 perimenopausal women were evaluated (Detailed history ,Height , weight were taken , general physical examination done , BMI were calculated) . Investigations such as Blood sugar , S.TSH were sent.Pap smears were done for all the patients.

2 patients had vaginal discharge, 1 patient had adnexal mass, 2 patients had atrophic vaginitis

2 patients had uterovaginal prolapse, 3 patients had urinary complaints

All the patients were advised regarding the appropriate management , holistic approach to health , nutrition and importance of personal hygiene .

Patients were taught breast self examination and advised to frequently perform the same.

Motivational and educational words of wisdom were shared by Dr Ruby Bhatia (prof & Head) .

Entire department was enthusiastic in spreading awareness about perimenopausal women health and self breast examination .

Venue: Obstetrics and Gynaecology OPD



Amritsar Menopause Society

An awareness programme was conducted by **Amritsar Menopause Society** under the **Aegis of Indian Menopause Society** at **SGRD Medical College Amritsar** on **27.04.21**.

Conducted by: Dr Sangeeta Pahwa

Target group : Group of helpers and fourth class of the institute.

Observation:

1. They **attained menopause** at an **early age** or they were ignorant about their age.
2. Problems told by them were foul smelling discharge, joint pains, psychological problems etc.

What was done?

They were **counselled** regarding life style modifications, investigations and approach for treatment as and when required as well proper follow up. Because our aim was to analyse how fruitful this is and if we are able to treat them.

Acknowledgments

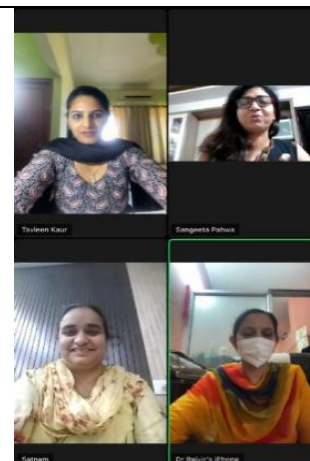
Sincere thanks to **Dr. Ambuja mam**, **Dr. Sudhaa mam** and **Dr. Savita mam** for providing me this golden opportunity to work for this group of women



UNDERSTANDING MENOPAUSE for WOMEN of VILLAGE KHALRA in AMRITSAR

Date: 27/05/2021

Conducted by: Dr Sangeeta Pahwa and Dr Tavleen Kaur



Rajkot Menopause Society

Rajkot menopause society along with IMS and club 35+ arranged an essay competition on mother's day. Throughout India 80 participants participated and they were divided according to age and language wise. Dr. Ketan thakrar, Dr. Sushmitaben Dave and Dr. Yogesh mehta did the difficult job of Judging this event. Total 16 winners were given trophies and certificates. This programme was sponsored by Dr .Darshan sureja.



Name of the winners

English seniors	Gujrati seniors	Hindi seniors	Juniors
1..Dr. Nidhi shendurnikar	1.Dr.Vasudha Joshi	1.Dr. Shruti Agarwal	1.Alisha Bhargav
2.Dhara Gangadia 2.Jigyasa Dengra	2.Dr. Jayshree K Gandhi	2.Dr. Usha Didwania	2.Preksha Jain
3.Dr. Nina rajyaguru 3.Dr. Niyati shah	3.Dr. Shweta Shah	3.Dr.Shailesh Jain 3.Dr.Sarita Agrawal 3.Ms. Ritu Arora	3.Amar Jiruwala

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Vice President



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Dr. Jignesh Shah
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Dr. Anita Shah
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2004 -2005



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2007-2008



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2014-2015



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2015-2016



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2016-2017



Dr. Suvarna Khadilkar
2017-2018



Dr. Ratnabali Chakravorty
2018-2019



Dr. Neelam Agarwal
2019-2020

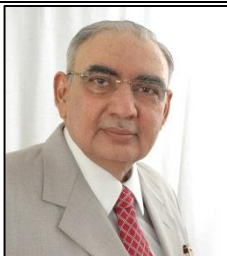


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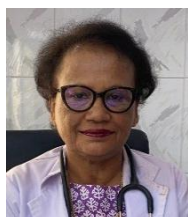
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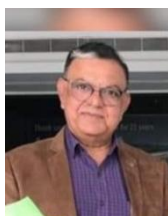
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