



Indian
Menopause Society



Newsletter

Issue No. 2
June – July 2021

Highlights

Articles on

- Reversal of Aging
- Skin Changes in Menopause
- New Clinical Trial Regulations in India
- Ethics in Medical Research

Message



Dr. Ambuja Choranur



Dr. Sudhaa Sharma

Dear IMS Family,

Hope you all are doing good & taking all precautions in this COVID-19 pandemic. Our team 2021 – 22 took over in March 2021 & since then all the activities are being done on virtual platform, the way they were being done earlier. Hope to meet you all soon physically in IMSCON 2021 @ Varanasi.

We are pleased to release the 2nd issue (June – July) of Newsletter of our tenure.

The highlights of this issue are few scientific articles.

1. Reversal of Aging – Dr. Ambuja Choranur
2. Skin Changes in Menopause – Dr. Arti Nanda
3. New Clinical Trial Regulations in India – Dr. Vishal Tandon, Dr. Sudhaa Sharma & Dr. Annil Mahajan
4. Ethics in Medical Research – Dr. Laxmi Shrikhande

Hope you all enjoy reading this. Waiting for your valuable feedback.

Warm Regards

Dr. Ambuja Choranur
President
IMS India, 2021 – 2022

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

International News

Indian Menopause Society International Affiliations

Council of Affiliated Menopause Societies (CAMS) International Menopause Society Promoting education and research on middle women's health 	WORLD NCD FEDERATION  	The International Society of Gynecological Endocrinology (ISGE) 			
International Academic Exchange					
IMS International Menopause Society Promoting education and research on middle women's health	BMS British Menopause Society	EMAS EUROPEAN MENOPAUSE AND ANDROPAUSE SOCIETY 	APMF ASIA PACIFIC MENOPAUSE FEDERATION 	SAFOMS	ISGE INTERNATIONAL SOCIETY OF GYNECOLOGICAL ENDOCRINOLOGY 

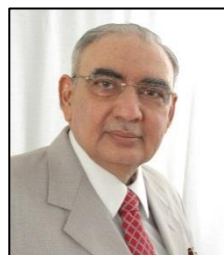
IMS International Representatives 2021 & 2022



Dr. Sunila Khandelwal
Advocacy Committee
International
Menopause Society



Dr. Ambuja Chorapur
International
Menopause Society –
CAMS



Dr. Atul Munshi
Asia Pacific
Menopause
Federation –
APMF



Dr. Jignesh Shah
South Asian
Federation of
Menopause Societies
– SAFOMS

Report from APMF



Dr. Atul Munshi
APMF Representative
Indian Menopause Society

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.

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.

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.

Reversal of Aging

Dr. Ambuja Choranur

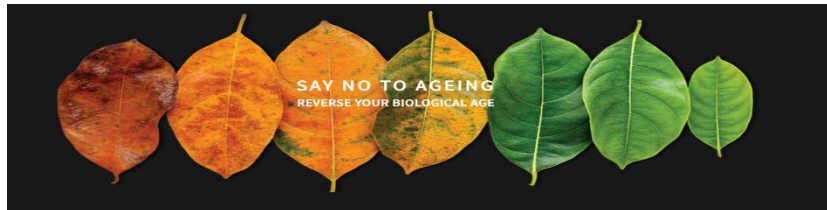
Rtrd. Professor of Ob & Gyn.

Osmania Medical college

Hyderabad



The COVID 19 pandemic has changed our lives and thrown the whole world into uncertainty and apprehension. A ray of hope after first wave. But second wave has come like tsunami which was much more devastating, It has been over eighteen months since the start of the pandemic and there is no end in sight yet. But positive aspect is acquiring more knowledge about e-learning and much more!



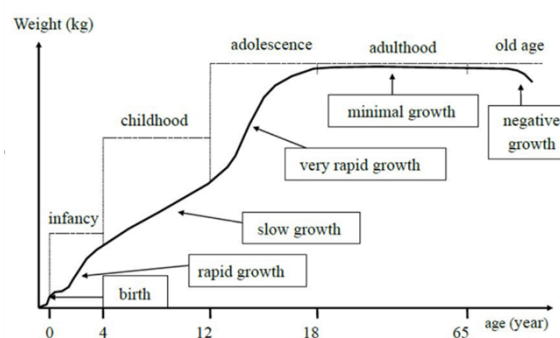
In simple terms, aging is defined as the process of becoming older.

Most evolutionary biologists define aging as an age-dependent or age-progressive decline in intrinsic physiological function, leading to an increase in age-specific mortality rate (i.e., a decrease in survival rate) and a decrease in age-specific reproductive rate (1)

At the biological level, ageing results from the impact of the accumulation of a wide variety of molecular and cellular damage over time. This leads to a gradual decrease in physical and mental capacity, a growing risk of disease, and ultimately, death. The concept of successful ageing has induced much debate.(2)

World progresses by reproduction, because it's not in nature's best interest to perfectly repair our bodies. The main thing is to keep us reproductive as long as possible, and then let our bodies deteriorate. Human cell divides 50 times and stops – permanently, that is senescence (3). By Wear and tear tissues are damaged, which is not possible to repair completely.

Human Growth Curves



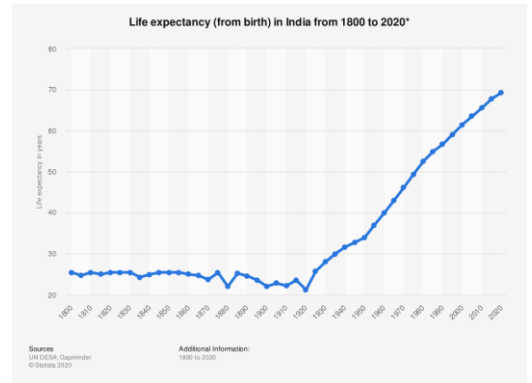
Dumesic

Wrinkles on the skin, gray hair, poor physical and cognitive health are some of the common manifestations of aging .

Why do we talk about Reversal of aging ?
As longevity of human beings is increasing, 1/3 of woman's life is spent in post-menopausal state.

Apart from external features of aging, Non communicable diseases (NCDs) like cardiovascular disease, Hypertension, Diabetes mellitus, obesity, osteoporosis and cancers increase with aging. post-menopausal oestrogen deficiency accelerates NCDs.

By 2026, 400 million women in India are more than 45 yrs of age (4)



Can Science Stop Aging?

- Aging is both universal and inevitable.
- It is characterized by the declining ability to respond to stress, loss of viability and increase in vulnerability

Aging is of two types

1. Chronological aging



2. Biological aging



How we age is beyond our control. It's primarily influenced by genetics.

Effect of genetics on aging is only 25% , epigenetics plays a major role i.e 75% of times . The fact remains that healthy aging and longevity is largely influenced by our environment – that is, what we eat, how much we exercise, stress and smoking, where we live and the compounds and toxins we are exposed to throughout our lifetime.

And research from Sweden's Karolinska Institutet (resource no longer available at www.nature.com) – published in 2013 – suggested that the aging process is influenced by mitochondrial DNA that we inherit from our mothers.

Hall marks of Biological aging are (5)

1. Cellular senescence
2. **Telomere** – Shortening
3. DNA damage
4. Immune senescence

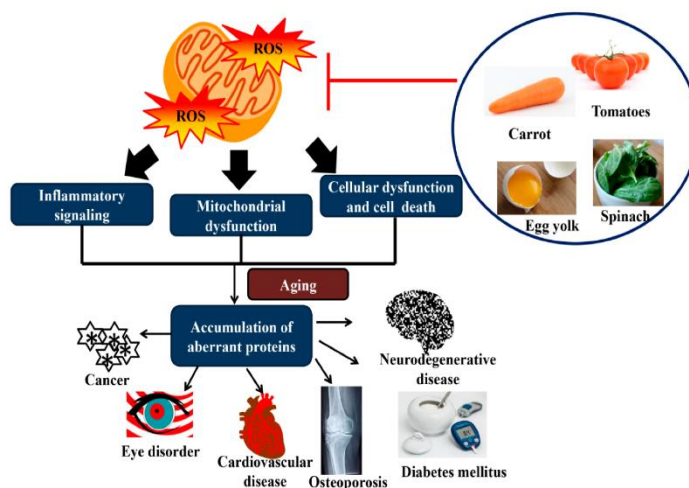
Every time a cell divides, the telomeres get shorter. After they get too short, the cell no longer can divide and becomes inactive or dies. This process is related with aging and age related diseases. Evidence clearly shows that people with long telomeres age healthier & live longer

Telomeres are the nucleotides on the ends of chromosomes. They keep the ends of chromosomes from deteriorating and fusing with a nearby chromosome. Essentially, telomeres dictate how quickly cells age and die.

Telomere shortening leads to DNA damage. DNA repair is important in preventing senescence. Epigenetics play a part in mutation of damaged DNA synthesizing enzymes, leading to immune senescence,

Scientists have discovered that the higher a person's chronological age, the shorter their telomeres. One study found that people with shorter telomeres were more likely to have an early death or develop a disease or neurodegenerative disorder. (6) that maintaining a healthy lifestyle can actually reverse aging by lengthening telomeres, During normal metabolism reactive oxygen species (ROS) formed are scavenged by healthy mitochondria in the cell.

Immune senescence. DNA mutations leads to mitochondrial damage and ROS accumulation and consequent NCDs.



ROS can damage the mitochondria's DNA (mtDNA) and proteins, and the mutant mtDNA in turn are more liable to produce ROS byproducts. Therefore a positive feedback loop of ROS is established. With age the number of mutant mtDNA increase and the mitochondrial functions decline, leading to an increased production of ROS

The increased generation of ROS can cause lipid peroxidation, protein damage, and several types of DNA lesions in cells. Therefore, ROS are considered important factors in the mechanisms of such diseases as diabetes, cancer, atherosclerosis, heart attacks, Alzheimer's disease, as well as in aging.

Conclusion

1. One cannot reverse the aging, but effects of aging can be reversed.
2. Genetics Cannot be changed so tackle Epigenetics. Promote healthy aging by lifestyle changes.
3. Sleep (at least 7 hours), oral hygiene, nutrition and exercise help to maintain chromosomes so that cells could replicate longer and thus stay alive longer.. Specifically, sleep seven hours and exercise 30 minutes a day, five days a week make miracles

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1. Fabian D., Flatt T. (2011). A new definition of aging? Department of Biomedical Sciences, Institute of Population Genetics, Vetmeduni Vienna, Vienna, Austria *Front. Gene.* **3**:134. doi: 10.3389/fgene.2012.00134
2. Calasanti T. Combating ageism: How successful is successful aging? *The Gerontologist*. 2016;56:1093–1101. doi:10.1093/geront/gnv076
3. [McHugh D, Gil J.J.](#) Senescence and aging: Causes, consequences, and therapeutic avenues. *Cell Biol.* 2018, Jan 2;217(1):65-77
4. [Aaron O'Neill](#) Statista.com Life expectancy of women in India 2019
5. López-Otín C, Blasco MA, Partridge L, et al. The hallmarks of aging. *Cell* (2013) 153(6):1194–217
6. FS Hackenhaar · 2021 — ... **25-year Alzheimer's disease** incidence in non-APOE ε4-carriers. *Alzheimers Res Ther.* **2021 Jul 15**;13(1):130

TOT Sessions

TOT Session of IMS

e-MENOPAUSE MASTERCLASS
EVIDENCE BASED TREATMENT

NORTH ZONE, GROUP D TRAINING
FARIDABAD, JAMMU, AMRITSAR
15th JUNE 2021
TUESDAY
4:00 pm to 6:00 pm
[CLICK HERE TO REGISTER](#)

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Dr. Sudha Sharma
Former Professor,
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Secretary General, IMS 2021

SPEAKERS
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GMC Jammu,
Secretary General, IMS 2021
Dr. Sheela Mane
Chairperson,
Exam Committee
Indian Menopause Society
2020 & 2021

Supported by TEAM *Milana* A Division of Abbott India

3rd TOT Session on **15th June 2021**

With Faridabad, Jammu & Amritsar

Faculty: **Dr. Sudha Sharma & Dr. Sheela Mane**

e-MENOPAUSE MASTERCLASS
EVIDENCE BASED TREATMENT

SOUTH ZONE, GROUP A TRAINING
BANGALORE & CHENNAI
22nd JUNE 2021
TUESDAY
4:00 pm to 6:00 pm
[CLICK HERE TO REGISTER](#)

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GMC Jammu,
Secretary General, IMS 2021

SPEAKERS
Dr. Jyothika Desai
Chairperson,
Website Committee
IMS, 2021 & 2022
Dr. Suvarna Khadilkar
Past President,
Indian Menopause Society

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4th TOT Session on **22nd June 2021**

With Bangalore & Chennai

Faculty: **Dr. Jyothika Desai & Dr. Suvarna Khadilkar**

e-MENOPAUSE MASTERCLASS
EVIDENCE BASED TREATMENT

SOUTH ZONE, GROUP C TRAINING
GWALIOR, MUMBAI & PUNE
6th JULY 2021
TUESDAY
4:00 pm to 6:00 pm
[CLICK HERE TO REGISTER](#)

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Secretary General, IMS 2021

SPEAKERS
Dr. Jyothi Unni
Past President,
Indian Menopause Society
Dr. Parag Biniwale
Past President,
Indian Menopause Society

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5th TOT Session on **6th July 2021**

With Gwalior, Mumbai & Nagpur

Faculty: **Dr. Jyothi Unni & Dr. Parag Biniwale**

e-MENOPAUSE MASTERCLASS
EVIDENCE BASED TREATMENT

SOUTH ZONE, GROUP C TRAINING
PUNE & VIJAYWADA
13th JULY 2021
TUESDAY
4:00 pm to 6:00 pm
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SPEAKERS
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Past President,
Indian Menopause Society
Dr. Lakshmi Rathna
Joint Secretary
Indian Menopause Society, 2021 - 2022

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6th TOT Session on **13th July 2021**

With Pune & Vijaywada

Faculty: **Dr. Suvarna Khadilkar & Dr. Lakshmi Rathna**

TOT Session of IMS

e-MENOPAUSE MASTERCLASS
EVIDENCE BASED TREATMENT

SOUTH ZONE: GROUP D TRAINING
HYDERABAD & CALICUT
26th JULY 2021
TUESDAY
4:00 pm to 6:00 pm
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GMC Jamnā,
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IMS 2021

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International Representative,
Asia Pacific Menopause Fellowship
Past President, IMS
Dr. Hephzibah Kirubamani
President,
Menopause Society of Chennai

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7th TOT Session on **20th July 2021**

With Hyderabad & Calicut

Faculty: **Dr. Atul Munshi &
Dr. Hephzibah Kirubamani**

e-MENOPAUSE MASTERCLASS
EVIDENCE BASED TREATMENT

WEST ZONE: GROUP A TRAINING
AHMEDABAD, AJMER & BHARUCH
27th JULY 2021
TUESDAY
4:00 pm to 6:00 pm
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IMS 2021

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Bans. Prof & Head (OSG) Dept.,
Chemist Medical College, Hyderabad
Dr. Bipasa Sen
Joint Treasurer
Indian Menopause Society,
2021 - 2022

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8th TOT Session on **27th July 2021**

With Ahmedabad, Ajmer & Bharuch

Faculty: **Dr. Ambuja Choranur &
Dr. Bipasa Sen**

e-MENOPAUSE MASTERCLASS
EVIDENCE BASED TREATMENT

WEST ZONE: GROUP B TRAINING
JODHPUR, JAIPUR & INDORE
10th AUGUST 2021
TUESDAY
4:00 pm to 6:00 pm
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Past President, Indian Menopause Society
Member Board of Trustees,
Ex. Treasurer, International Menopause Society
Dr. Seema Sharma
Ex. Secretary General, IMS
Vice President Elect, IMS

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9th TOT Session on **10th August 2021**

With Jaipur, Jodhpur & Indore

Faculty: **Dr. Sunila Khandelwal &
Dr. Seema Sharma**

e-MENOPAUSE MASTERCLASS
EVIDENCE BASED TREATMENT

WEST ZONE: GROUP C TRAINING
SURAT, UDAIPUR & VADODARA
17th AUGUST 2021
TUESDAY
4:00 pm to 6:00 pm
[CLICK HERE TO REGISTER](#)

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Dr. Parag Biniwale
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10th TOT Session on **17th August 2021**

With Surat, Udaipur & Vadodara

Faculty: **Dr. Parag Biniwale
& Dr. Jyothi Unni**

Menopause Connect Clinic

Inauguration of Menopause Connect Clinic

14th July 2021



Menopause connect clinic

Dear Doctor,

Season's Greeting

We are pleased to invite you for "Virtual Inauguration of Menopause Connect Clinic". Menopause connect clinic is an initiative to address issues faced by Women with PMS. This Program is in collaboration with Indian Menopause Society across 28 cities.

SPEAKER:-

DR. AMBUJA CHORANUR

DR. SUDHAA SHARMA

DR. LAKSHMI R. MARKANI

MBBS DGO, PRESIDENT, INDIAN MENOPAUSE SOCIETY

SECRETARY GENERAL

JOINT SECRETARY

On Every:

If you are 40 Years & above having symptoms like



Breast Pain



Irregular periods



Vaginal Dryness



Mood Swing

DATE:- 14TH JULY'21 TIME:- 4:00 PM

Your presence will certainly add value & grace to the occasion

Form for Indian Menopause Society affiliation, including fields for Name, Address, Contact, and a list of members.

Form for Carcinoma of Breast, including fields for Patient Information, Clinical Examination, and Risk Factors.

Form for Gynecological History and Physical Examination, including fields for Menstrual History, Physical Examination, and Abdominal Examination.

Form for Endometrial Cancer and Hysteroscopy Findings, including fields for History, Physical Examination, and Hysteroscopy Findings.

Skin Changes in Menopause

Dr. Arti Nanda

MD, DNBE, FRCP (Edinburgh)

Consultant Dermatologist,

Head of Unit, As'ad Al-Hamad Dermatology Center, Kuwait



The symptoms of menopause can be distressing, particularly as they occur at a time when women have important roles in society, within the family, and at the workplace. Hormonal changes that begin during the menopausal transition affect many biological systems and the skin is one of the important organs that is affected and because of its visibility and cosmetic importance, it can have more of a negative impact on the psychosocial development in women. The aim of this brief overview is to bring awareness to the common skin problems encountered in women after menopause to educate them and to advise them about when to seek specialist's advice.

A. Skin Changes Related to Decrease in Estrogens During Menopause:^{1,2,3}

Most of the signs and symptoms observed during menopause are attributed to a decrease in estrogen levels. Estrogens are C-18 steroids synthesized from cholesterol in the ovary premenopausally and in the peripheral tissue in postmenopausal women. A number of studies have shown that estrogens have many important beneficial and protective roles in skin physiology and also offer some degree of protection against skin photoaging. Studies of postmenopausal women indicate that estrogen deprivation is associated with dryness, atrophy, fine wrinkling, poor healing, and hot flashes. Epidermal thinning, declining dermal collagen content, diminished skin moisture, decreased laxity, and impaired wound healing have been reported in postmenopausal women.

A.1 Skin Dryness:

Skin dryness is the most common complaint of postmenopausal women. This is imparted to:

- a. The decreased water content of skin due to increased trans-epidermal water loss. Lipids in the epidermis impart to water holding capacity thus prevent trans-epidermal water loss. How estrogens influence the epidermis is not fully understood. It has been shown that estrogens have some role to play on skin lipids including sphingolipids in the stratum corneum. Postmenopausal women taking hormone replacement therapy (HRT) were observed to have increased skin lipids and moisture content of the skin.
- b. Estrogen also helps retain and restore skin moisture through the promotion of sebum secretion, primarily by regulating the expression of insulin-like growth factor receptors and increasing the production of insulin-like growth factors from fibroblasts, which in turn induces lipogenesis in human sebocytes and leads to moisture retention.

- c. The dermis contributes to the water-holding capacity through its content of hydrophilic glycosaminoglycans. Decreased glycosaminoglycan content has been demonstrated with aging and is thought to contribute to skin dryness, wrinkling, and atrophy. Animal studies support a hormonal role by demonstrating marked increases in glycosaminoglycans within 2 weeks of estrogen therapy.

Treatment: Liberal use of moisturizers, bath oils, topical estradiol and isoflavones, hormonal (estrogen) replacement therapy, and selective estrogen receptor modulators (SERMs).

A.2 Easy Bruisability:

Easy bruisability and delayed wound healing in postmenopausal women has been related to decreased collagen content. Estrogens seem to prevent collagen loss in women. On average 1% to 2% per year decrease in collagen content has been reported after menopause.

Treatment: Liberal use of moisturizers, prevention of friction, trauma, HRT, and appropriate wound care if bruising/wound develops.

A.3 Ageing: Skin laxity and Wrinkling.

Laxity and wrinkling are two cutaneous signs of aging that are related to the loss of elasticity within the skin. The relationship between estrogen deprivation and degenerative changes of dermal elastic fibers has been documented in post-menopausal women. Changes in skin elasticity and wrinkling are also influenced by photodamage.

Treatment: Liberal use of moisturizers, sunblocks, and photoprotection, ascorbic acid (vitamin C), antioxidants, HRT, and cosmetic surgery if indicated.

A.4 Wound Healing:

Cutaneous wound healing is initially characterized by inflammation followed by the formation of granulation tissue, subsequent re-epithelialization, and finally tissue remodeling. Delayed wound healing often occurs in the elderly and estrogen has been shown to play a crucial role in wound healing.

A5. Vulvovaginal Atrophy:

Decreased estrogen content in postmenopausal women also leads to dryness and atrophy of the vulvovaginal mucosae. This can result in burning, itching, irritation, and bleeding.

Treatment: Lubricants, topical estrogen creams/gels/patches, HRT.

A6. Side Effects Related to HRT:²

a. Pigmentation:

Melasma is symmetric, blotchy, irregular light to dark-brown pigmentation on sun-exposed areas. It most often involves the cheeks, forehead, nose, and chin. It is commonly seen in pregnant women and those receiving oral contraceptives. Other known causative factors include hormone therapy, cosmetic use, certain drugs, and photosensitizing agents, genetic predisposition, and sunlight exposure. Melasma has also been reported with HRT used by premenopausal or menopausal women.

Treatment: Hydroquinones (2-4%), topical retinoids, sunblocks, photoprotection, use of antioxidants, topical skin peels, laser resurfacing.

- b. Facial Erythema, acne, hirsutism and androgenetic alopecia are other commonly reported side effects of HRT.

B. Frontal Fibrosing Alopecia (FFA):⁴

FFA is primary cicatricial alopecia characterized by loss of follicular stem cells, fibrosis, and a receding frontotemporal hairline, with frequent loss of eyebrows, and less commonly, body hair involvement. Diagnosis is clinical and the disease most often affects postmenopausal women. The exact etiology of FFA is unknown. Genetic, hormonal, autoimmune, inflammatory and environmental factors are suggested to contribute to the pathophysiology. An androgen-dependent etiology has been proposed based on the predominance of postmenopausal women, frequent coexistence with AGA, and the clinical improvement was seen with anti-androgens.

Treatment: Topical/intra-lesional steroids, minocycline, topical calcineurin inhibitors, 5 alpha-reductase inhibitors, and retinoids.

Care of Skin During Menopause:

1. Skin Care:

- a. Regular use of moisturizers and bath oils.
- b. Use of gentle cleansers is better than soaps.
- c. Regular use of dermatologically tested sunblocks preferably with a sun protection factor (SPF) 50.

2. Diet Care:

- a. Eight to twelve glasses of water intake
- b. Intake of fresh fruits and vegetables
- c. Diet rich in antioxidants, phytoestrogens, vitamins C and D

3. Supplements:

- a. Evening primrose oil
- b. Omega-3 fatty acids
- c. Vitamin B-6 and -12
- d. Vitamin C
- e. Vitamin D

In presence of significant skin changes related to menopause, it is recommended to seek the advice of a dermatologist for an appropriate selection of treatment/s and if indicated of a gynecologist, particularly if considering for HRT.

References:

- 1. Stevenson S, Thornton J. Effects of estrogens on skin aging and the potential role of SERMS. Clin Interv Aging 2007; 2: 283-297.
- 2. Hall G, Philips TJ. Estrogens and skin: the effect of estrogens, menopause, and hormonal replacement therapy on the skin. J Am Acad Dermatol 2005; 53: 555-568.
- 3. LePillouier-Prost A, Kerob D, Nielsen M, Taieb C, Mantelet LM. Skin and menopause: women's point of view. J Eur Acad Derm Venereol 2020; 34: e267-e269.
- 4. Gamret AC, Potluri VS, Krishnamurthy K, Fertig RM. Frontal fibrosing alopecia: efficacy of treatment modalities. Int J Womens Health 2019; 11: 273-285.

New Clinical Trial Regulations in India



Dr Vishal R Tandon

*Professor, PG Department of Pharmacology & Therapeutics
Govt. Medical College, Jammu,*



Dr Sudhaa Sharma

*Secretary General IMS 2021-22
Honorary Professor Indian Medical Association
Former Professor Dept. of Obst & Gyane, GMC Jammu*



Dr Annil Mahajan

*Honorary Professor Indian Medical Association
Consultant Physician & Rheumatologist
Former Professor and Head of Internal Medicine, Govt. Medical College Jammu*

New Drugs and Clinical Trials (NDCT) Rules, 2019 are now Regulating conduct of clinical Trial on new drugs, investigational new drugs for human use, bioequivalence study, bioavailability study and also regulate the formation of mandatory provision of Ethics Committee as per its requirement.

Previously these regulatory clinical trials were dealt under “schedule Y” of Drug and Cosmetic Act. But now after the enforcement of NDTC Rules, 2019 the said schedule is no more applicable.

Clinical Trials that come under its preview

Any Clinical Trial to be done on “investigational new drug” which as per NDCT- 2019 means, a new chemical or biological entity or substance that has not been approved for marketing as a drug in any country.

The preview is extended to new chemical entity” which is defined as any substance that has not been approved for marketing as a drug by a drug regulatory authority of any country and is proposed to be developed as a new drug for the first time by establishing its safety and efficacy.

Similarly its preview is also extended to “new drug” means, which include active pharmaceutical ingredient or phytopharmaceutical drug, which has not been used in the country and has not been approved as safe and efficacious by the Central Licencing Authority with respect to its claims.

Regulatory requirement to conduct such trial

Central Licencing/Permission giving authority for such clinical trials will be Central Drugs Standard Control Organisation (CDSCO), New Delhi. Further, the institution in which any such regulatory trials are to be conducted must have registered Institutional Ethics Committee under the provisions of New Drug Clinical Trials with CDSCO, New Delhi by the medium of SUGAM portal. The clinical trial should be preferably first approved by institutional Ethics Committee and in case of Multicentre study either by all institutional Ethics Committees of respective institutions or central Ethics Committee of any central funding agencies like ICMR. However, in any case after IEC approval, the final approving authority would be CDSCO, New Delhi. Further, any such clinical Trial must be registered with Clinical Trials Registry - India (CTRI) registry.

Clinical Trials that do not come under its regulatory preview

Academic clinical trial” now has been kept out of the preview of NDTC and has been redefined to facilitate the academic research in Institutions of Country, which now means a clinical trial of a drug already approved for a certain claim and initiated by any investigator, academic or research institution for a new indication or new route of administration or new dose or new dosage form, where the results of such a trial are intended to be used only for academic or research purposes and not for seeking approval of the Central Licencing Authority or regulatory authority of any country for marketing or commercial purpose.

Regulatory requirement to conduct such academic trials

It does not require any permission from CDSCO, but it is mandatory to have clearance in its favour from registered IEC of the institutions either with CDSCO or biomedical and health research, where the study is to be conducted. Even such Clinical Trial must be registered with CTRI registry.

Other regulations issued under New drug and Clinical Trials Rule

Further, under the provision of New drug and Clinical Trials, 2019 “clinical trial” now has been defined as “any systematic study of such new drug or investigational new drug in human subjects to generate data for discovering or verifying its,-

- (i) Clinical or;
- (ii) Pharmacological including pharmacodynamics, pharmacokinetics or;
- (iii) Adverse effects, with the objective of determining the safety, efficacy or tolerance of such new drug or investigational new drug.”

Also under its regulatory provisions “**Ethics Committee of any institute**” now should be registered on mandatory basis , for the purpose of, -

- (i) Regulatory clinical trial, Ethics Committee, constituted under rule 7 and registered under rule 8; of NDCT rule 2019 with CDSCO
- (ii) Academic Clinical Trials should be registered with biomedical and health research, Ethics Committee, constituted under rule 16 and registered under rule 17;

“Good Clinical Practices Guidelines” also have been issued under its regulatory provision. It is defined as “ A standard for the design, conduct, performance, monitoring, auditing, recording, analysis, and reporting of clinical trials that provides assurance that the data and reported results are credible and accurate, and that the rights, integrity, and confidentiality of trial subjects are protected”.

Further, to determine the quantum of **compensation** in the cases of clinical trial related Serious Adverse Events, injury or death has been framed to protect the legal rights of the clinical subjects under its provision for the first time.

We are sure these important regulatory issue will find attention of our readers so that these regulations are followed in letter and spirit in the interest of clinical subjects enrolled under conduct of any clinical trial in India.

References:

1. Gazzate Notifivation of India, CDSCO . New Drug Trial Clinical Rules 2019.
https://cdsco.gov.in/opencms/export/sites/CDSCO_WEB/Pdf-documents/NewDrugs_CTRules_2019.pdf

Committee Reports

Aesthetic Health Committee

Dr. Ragini Agrawal



- **MENOAPUSE -AN ETERNAL TRUTH -9 IN ASSOCIATION WITH VADODARA MENOPAUSE SOCIETY & GURUGRAM MENOPAUSE SOCIETY**

- **MENOAPUSE -AN ETERNAL TRUTH -10 IN ASSOCIATION WITH AMRITSAR MENOPAUSE SOCIETY & GURUGRAM MENOPAUSE SOCIETY**




Aesthetic health committee of IMS and IACDG in association with Vadodara and Gurugram Menopause society and IMA Gurugram Presents Menopause an Eternal truth Episode No-9 on Fit at Fifty.

*
Date: 18th June, 2021 | Time: 4 - 7 pm.

Inauguration 4 - 4.30 pm

Chief Guests		Program Director	
 Dr. C Ambuja President, IMS	 Dr. Jignesh Shah Past President, IMS	 Dr. Ragini Agrawal VP FOGSI-2020, Founder chair Aesthetic health committee - IMS, President IACDG	

*
Guests Of Honour

 Dr. Sudha Sharma Secretary General IMS	 Dr. Anita Shah Past Secretary General, IMS	 Dr. Lakshmi Rathna Marakani Joint Secretary of IMS 2021-22	 Dr. Vandana Narula President IMA Gurugram
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*
Special Guest

 Dr. Vandana Narula President IMA Gurugram

Scientific Program: 4.30-5.30 p.m

Chairpersons

 Dr. Kshama Kedar President -Nagpur Menopause Society	 Dr. Vandana Narula President IMA Gurugram	 Dr. Saroj Kumar Secretary-Gurugram menopause society Treasurer-HAR-OBGYN
--	---	--

Speakers

 Dr. Binal Shah President-Vadodara Menopause Society Topic: FR & Falutov at 50	 Dr. Ujjwala Kedare Ex President- Menopause Society Nagpur Topic: Personality Grooming at 50
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Date: 16th July, 2021 | Time: 4:00pm - 7:00pm

Aesthetic Health Committee of IMS and IACDG in association with Amritsar and Gurugram Menopause society and IMA Gurugram Presents Menopause an Eternal truth

4-4.30pm - Inauguration

CHEIF GUESTS		GUESTS OF HONOUR	
 Dr. C Ambuja President, IMS	 Dr. Jignesh Shah Past President-IMS	 Dr. Sudha Sharma Secretary General, IMS	 Dr. Anita Shah Past Secretary General, IMS

PROGRAM DIRECTOR

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

SPECIAL GUESTS

 Dr. Shobha Mohandas Vice President Elect,IMS
--

4.30-5.30 p.m - Topic Discussion

CHAIRPERSONS

 Dr. Archana Beri Director of Birl Hospital, Amritsar	 Dr. Preet Kamal Associate Professor of Obs & Gyne SGRDIMS, Amritsar	 Dr. Saroj Kumar Secretary-Gurugram menopause society, Treasurer-HAR-OBGYN
--	---	---

SPEAKER

 Dr. Ragini Agrawal Topic: Breast issues at 40+ VP FOGSI-2020, Founder chair Aesthetic health committee IMS, President-IACDG	 Dr. Seema Mittal Topic: Breast Cosmesis Sr Consultant Cosmetic & Plastic Surgeon
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Club 35+ Committee

Dr. Aarti Gupta



Health direct Rasoi se was public awareness program by Indian Menopause society along with Rajkot menopause society with club 35 plus, Around 2000 members participated, topics discussed were healthy carbohydrates by Dr. Lata Jethwani. Fat and oil which and how much by Dr. Jigna Ganatra and panel discussion was on healthy dietary habits conducted by Dr. Aarti Gupta and Dr. Ami Mehta with penalist Dr. Maya Modi, Dr. Ragini Varma, Dr. Lata Jethwani, Dr. Jigna Ganatra and Simi Khanna. Very useful and important discussion on healthy diet for 35 plus women were done and shared

Final results are as follows....

Iron Rich Recipes

- 1st prize goes to Sarla Nihlani for Rainbow Cheela
- 2nd prize goes to Varsha Prasanna for Carrot Beetroot Halwa
- 3rd prize goes to Poonam Gupta for Iron rich smoothie

Calcium Rich Recipes

- 1st prize goes to Hiral Pandya for Ragi appam with banana dates smoothie
- 2nd prize goes to Surabhi Deva for Orange Sandesh
- 3rd prize goes to Shobha Shingala for Broccoli paneer balls

Appreciation prize goes to....

- 1) Ranjana Tandon 2) Neelam Mishra 3) Anita Shah

INDIAN MENOPAUSE SOCIETY & CLUB 35+

COOKING COMPETITION

HEALTH रसोई से

To participate, send your name, 1-2 min video and written recipe of any Iron or Calcium rich dish by 9PM, 5th June, 2021 to the judges via WhatsApp: Dr. Jamuna Devi-9989067111 Rekha Gupta - 7753911133 Monica Malik - 9815523722

Indian Menopause Society (IMS)
with
Rajkot Menopause Chapter & Club 35+
Cordially invite you to

CORCONNECT- Live WEBINAR
On
Health : Direct Rasoi Se

TO JOIN
www.corconnect.org/7
© HELP LINE : +91-9481507191

Sat, 12th Jun, 21 4.00 PM

Rajkot Menopause Society Bearers

Dr. Ami Mehta
President
Rajkot Menopause Society

Dr. Hina Popat
Secretary
Rajkot Menopause Society

Guest of Honour

Dr. Ambuja Choranur
President
Indian Menopause Society

Chief Guests

Dr. Jyoti Shah
National Treasurer - IMS

Dr. Sudha Sharma
Secretary General - IMS

Dr. Aarti Gupta
National Club 35+ Coordinator

Speakers

Swasthya Rahein Mast Rahein.
स्वस्थ रहें, मस्त रहें।

Oil : kya Sahi? Kya Nahin?
ऑइल (तेल) : क्या सही? क्या नहीं?

Dr. Lata Jethwani
Secretary
Rajkot Menopause Society

Dr. Jigna Ganatra
Treasurer
Rajkot Menopause Society

Q & A session

आप पूछें ! हम बताएं !

Khana Hai Zaroori, Lekin Kya? Kab? Kitna?
खाना है जरूरी, लेकिन क्या? कब? कितना?

Moderators

Dr. Ami Mehta
President
Rajkot Menopause Society

Dr. Lata Jethwani
Secretary
Rajkot Menopause Society

Panelists

Dr. Maya Modi
Senior Gynaecologist - Bhamda

Dr. Ragini Agarwal
Vice President - POGSI

Mrs. Simmi Khanna
Endocrinologist
Jhargpur

Dr. Jigna Ganatra
Treasurer
Rajkot Menopause Society

Club 35+ Committee

Experience An Uniqueness of
YOGA & MEDITATION

An exclusive initiative by
Federation of Obstetrics & Gynecology Society of India (FOGSI)
In association with
Indian Menopause Society (IMS)

21st June, 2021 **4.00 PM to 5.30 PM**

TO JOIN **www.corconnect.org/7**
HELP LINE : +91-9481507191

Chief Guests

Guests of Honour

Session Introduction **Closing Remarks** **Yoga Pose Competition Announcement** **Master of Ceremony**

Dr. Nirja Chawla Founder - Digital Education Committee - IMS
Dr. Aarti Sharma President, AOGS National Club 35+ Coordinator
Dr. Binal Shah President, Vadodara Menopause Society
Dr. Ratna Sharma President, Agra Menopause Society

व्यायामात् लभते स्वास्थ्यं दीर्घायुष्यं बलं सुखं।
आरोग्यं परमं भाग्यं स्वास्थ्यं सर्वार्थसाधनम् ॥

Yoga Pose COMPETITION

Dear Friends,

21st June is celebrated as WORLD YOGA day.
Under the auspices of **INDIAN MENOPAUSE SOCIETY, Menopause Society VADODARA & CLUB 35+** is inviting all Yoga enthusiasts to participate in this contest

Please Note :

- Send 2 pics - front view & side view in SAME YOGA POSE
- Max one entry per participant - 1 Yoga pose per person
- Mention Your Full Name
- Name of Society/ chapter
- Date of birth
- Name of Asan

Send by mail to **menopausevadodara@gmail.com**
Last date to submit 15th June 12 noon

3 Winners in each CATEGORY

Junior category
below 50 years

Senior category
above 50 years age

Open for all IMS members as well as Club 35+ members, all over India

After First round, judges may ask for video and benefits of that Asana to the Finalists

IMS office bearers

Dr. Ambuja Choranur
President

Dr. Sudha Sharma
Secretary General

Dr. Aarti Gupta
Club 35+ coordinator

Menopause Society Vadodara Office bearers

Dr. Binal D Shah
President

Dr. Pallavi Satarkar
Secretary

Dr. Uma Solankee
Project coordinator

Yog Gurus & Judges

Meeta Shah, Yog Guru & Dr. Nilima Sompura



Indian Menopause Society
Kanpur Menopause Society
in association with
Club 35+ Public Awareness Committee
Cordially invite you to
CORCONNECT- Live WEBINAR
Public Forum and e-Conclave on Domestic Violence and Legal Rights for Women
मुश्किलों से मंजिल तक

TO JOIN **www.corconnect.org/7**
HELP LINE : +91-9481507191

10th July, 21 **5.30 PM To 8.00 PM**

Granted 1 IMS Point

Esteemed Guests

Mrs. Neelima Katiyar Hon'ble Minister/State for Higher Education and Science & Technology, Government of UP
Dr. C. Ambuja President, IMS
Dr. Mandakini Megh Chairperson ICOS 2020-2021
Dr. Meera Agnihotri Chief Patron KMS, President www.foundation

Chief Organizers

Dr. Aarti Gupta National Coordinator, Club 35+ Public Awareness Committee
Dr. Kiran Pandey Founder President, KMS
Dr. Garima Gupta Secretary, KMS

Kanpur Menopause Society
In association with
Club 35+ Public Awareness Committee & Indian Menopause Society

Invites you for
Public Forum Competitions

Domestic Violence and Legal Rights of Women
मुश्किलों से मंजिल तक

स्लोगन (नार) / ई-पोस्टर (Slogan/e-Poster)
Maximum 4 lines
सुरक्षित नारी सशक्त समाज
Empowered women empowered society

अलेख (Write Up)
Maximum 200 words
घरेलू हिंसा: बचाव के उपाय
Domestic violence: Suggestion for prevention

वीडियो/दस्तावेज (Video/Documentary)
Maximum 2 minutes
घरेलू हिंसा अब और नहीं
Say no to domestic violence

Entries to be sent on Whatsapp / E mail id
9839932286
kanpurs2@gmail.com

Entries to be sent on Whatsapp / E mail id
9839932286
kanpurs2@gmail.com

Entries to be sent on Whatsapp / E mail id
9839932286
kanpurs2@gmail.com

★ Entries may be in Hindi or English
★ All the entries will be judged by eminent judges
★ Best 3 entries will be awarded
★ The decision of the Judges will be considered final
★ All the participants will receive a participation eCertificate
★ Last date of entry is 07/07/2021 by 5 pm

Dr. C. Ambuja President, Indian Menopause Society
Dr. Sudha Sharma Secretary General, Indian Menopause Society
Dr. Aarti Gupta Coordinator, National Club 35+ PAC
Dr. Kiran Pandey President, Kanpur Menopause Society
Dr. Garima Gupta Secretary, Kanpur Menopause Society
Dr. Renu Tandon Vice President, Kanpur Menopause Society, Coordinator, Kanpur Club 35+ PAC

Education Committee

Dr. Laxmi Shrikhande



- 5th June 2021: Motherhood @ 40



IMS Education Committee presents

LIVE WEBINAR ON

Theme:- Motherhood @ 40

Link:- <http://bit.ly/MOTHERHOODAT40-WBWEBINAR>
 Date: **Saturday 05th June'21, Time: 4:00 PM - 6:00 PM**

Chief Guest	Guest of Honour	Convenor
 Dr. Ambuja Choranur President	 Dr. Sudhaa Sharma Secretary General	 Dr. Laxmi Shrikhande Chairperson IMS Education Committee

Topic 1: Fertility @ 40

Speaker  Dr. Jaydeep Tank Secretary General, IOGSI	Chairpersons  Dr. Anju Soni Secretary General IMS 2022 Elect	 Dr. Jyoti Shah Treasurer, IMS
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Topic 2: Pregnancy @ 40

Moderator  Dr. Laxmi Shrikhande Medical Director Shrikhande Hospital, Nagpur	International Expert  Dr. Ruma Bhargava Specialist Reproductive Medicine Dubai
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Panellists

 Dr. S. Sampath Kumar Chief & HOD, MWCE Chennai	 Dr. Kiran Pandey President, Kenger Menopause Society	 Dr. Bipasa Saini JL, Treasurer, IMS	 Dr. Sureshna Tayade JMC, Secy Menopause Society	 Dr. Sakshi Chaudhary Professor Dept. of OBG, Gauhati Medical College	 Dr. Rajat Sanghvi Consultant Gynae, Sanghvi Hospital, Nagpur
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MOC


Dr. Vidya Sutaone
 Consultant Obs. & Gynaec, Nagpur

Supported by:  Walter Bushnell

- 3rd July 2021: Peri - menopausal AUB



IMS Education Committee presents

LIVE WEBINAR ON

Theme:- Updates on Peri Menopausal AUB

Link:- <https://bit.ly/WB-IMSWEBINAR>
 Date: **Saturday 3rd July'21, Time: 4:00 PM - 6:00 PM**

Chief Guest	Guest of Honour	Convenor
 Dr. Ambuja Choranur President	 Dr. Sudhaa Sharma Secretary General	 Dr. Laxmi Shrikhande Chairperson IMS Education Committee

Topic: Pragmatic approach to peri menopausal AUB

Speaker  Dr. Laxmi Shrikhande Medical Director, Shrikhande Hospital Nagpur	Chairpersons  Dr. Jignesh Shah Immediate Past President IMS	 Dr. Seema Sharma HOD- MGU, Jaipur
---	---	---

Panel: Peri Menopausal AUB & Fertility

Moderator  Dr. Parikshit Tank Consultant, Ashwini Maternity Hospital, Mumbai	International Expert  Dr. Dib Datta Consultant Maidstone & Tunbridge Wells NHS Trust, England
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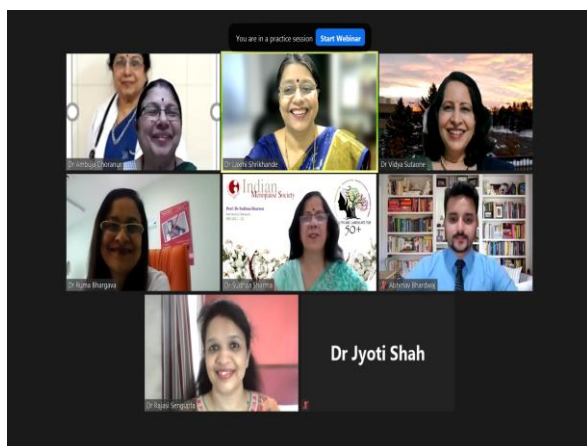
Panellists

 Dr. Rajendra Nagarkatti Consultant Subacute Maternity Hospital, Mumbai	 Dr. Rachika Gang Associate Professor, S.N Medical College, Agra	 Dr. Jyoti Malik Medical Superintendent, J.I Institute of Medical Sciences, Bikaner	 Dr. Banu Maheswari Founder Secretary, IMS Jodhpur	 Dr. Shweta Jain Consultant M.C. Sule Institute of Medical Sciences Nagpur	 Dr. Beeti Malhotra Professor, GMC, Chandigarh
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MOC


Dr. Prajakta Barde
 MOC

Supported by:  Walter Bushnell



Exam Committee

Dr. Sheela Mane



CIMP EXAM REPORT

On 16th March 2021

- IMS President: Dr. Jignesh Shah
- IMS Secretary: Dr. Anita Shah
- CIMP EXAM Committee
Chairperson: Dr. Sheela Mane

Technical support POCI

It was an online Exam with 60 MCQS

Study material provided

- Clinical practice Guidelines 2020
- Sunday whatsapp Quiz
- 1000 Questions Book
- No of members appeared
 - 105 – New
 - 3 – Renewal
- Everyone cleared the exam

List of winners

CIMP Exam Online Result

Sr. No.	Name	Answers Given	Correct Answers	% Achieved to Appeared Qns	Rank
1	Dr. Parul Gadhia	60	60	100	First
2	Dr. Manjula Patil	60	59	98	Second
3	Dr. Vinita Awasthi	60	59	98	Second
4	Dr. Kiran Pandey	60	58	97	Third
5	Dr. Lata Jethwani	60	58	97	Third
6	Dr. Nilam R. Desai	60	58	97	Third
7	Dr. Parul Jain	60	58	97	Third
8	Dr. Pavika Lal	60	58	97	Third
9	Dr. Prachi Gupta	60	58	97	Third
10	Dr. Reeta Agarwal	60	58	97	Third
11	Dr. Ritu Jain	60	58	97	Third
12	Dr. Shaily Agarwal	60	58	97	Third
13	Dr. Shweta Mendiratta	60	58	97	Third

I would like to thank Dr. Jignesh & Dr. Anita for their immense guidance and support to conduct this exam.

Fertility & Aging Committee

Dr. Sushma Baxi

We had a webinar “ROSES IN DECEMBER” under the guidance of President DR. AMBUJA CHORANUR and secretary DR SUDHAA SHARMA on **16th June 2021**. DR SONIA MALIK joined as an expert in this webinar. It was attended by

75 + delegates. DR ALKA KUMAR talked on hysteroscopy in ageing females wanting conception, and there was panel discussion on when grand mothers become mothers – how to tackle??

Moderated by DR SUSHMA BAXI & DR RITU SANTWANI.

We have Panelists members as follows,

Dr Ritu Santwani – Pune

Dr Prabhavati – Hyderabad

Dr Neha Mahajan – Jammu

Dr Dipti Patel – Surat

Dr Reshmi Benerjee – Vadodara

Dr Bhavna Sheth – Bharuch

Dr Priya Bhavne – Bhopal



Indian Menopause Society Fertility and Ageing Committee
in association with
Vadodara Menopause Society
Presents

Roses in December
16th June, 2021 Wednesday
03:00 PM - 05:00 PM

Expert
Dr Sonia Malik
Past President,
Indian Fertility Society
New Delhi

Chief Guests
Dr Ambuja Choranur
President,
Indian Menopause Society
Dr. Jignesh Shah
Immediate Past President
Indian Menopause Society
Dr Sudhaa Sharma
Secretary General
Indian Menopause Society
Dr. Anita Shah
Immediate Past Sec Gen
Indian Menopause Society

Guests of Honour

Chairman Fertility
Dr Sushma Baxi
Chairperson Fertility
Aging committee of IMS,
IVF specialist, Oasis Vadodara

Welcome Address
Dr Binal Shah
President,
Vadodara Menopause Society

Topic - Hysteroscopy In Ageing Females Wanting Conception

Speaker
Dr Alka Kumar
Dir. And Senior
Hysteroscopic Surgeon
Women's Health Centre,
Queen's Road, Jaipur

Chair Persons
Dr Minaxi Patel
Dir. & Consultant
Sunshine Global & Baroda Hospital
President SOGO, Vadodara
Dr Prabhavati
Gynec Laparoscopic surgeon,
Vice President
Menopause society, Hyderabad

PANEL DISCUSSION
Topic - When Grand Mothers Become Mothers - How to Take Care of Them?

Masters of Ceremony
Dr Reshmi Banerjee
Infertility Specialist,
VP,Vadodara Menopause Society
Dr Bhavna Seth
Practicing Gynecologist
since last 41 years
Bharuch

Moderators
Dr Sushma Baxi
Chairperson Fertility
Aging Committee of IMS,
IVF specialist.
Dr Ritu Santwani
IVF specialist, Director
Shyam Well Women Clinic
Pune

Panelists
Dr Neha Mahajan
Assistant Professor
Obstetrics and Gynecology
GMC Jammu
Dr. Sri Lakshmi Brahmandam
ASSOCIATE PROF (Ob&Gyn)
Mem International
Menopause society
Dr Pallavi Satarkar
Secretary,
Vadodara Menopause Society
Dr Anant IVF
Dr Alka Patel
Senior consultant
Joint secretary
Vadodara Menopause Society
Dr Dipti Patel
Director ,LOVE N CARE hospital
Treasurer, Surat Oba & Gyn society
Chairperson IMA women's wing
Surat
Dr Hareesh Shah
Gynec-Oncologist
and Endoscopic
Surgeon in Vadodara
Dr Jyoti Jaiswal
Professor and head,
Dept of Obs and gyn,
Pt JNM Medical College
Rajpur Chhattisgarh

Vote of Thanks
Dr Alka Patel
Senior consultant
Joint secretary
Vadodara Menopause Society

IMS Credit Point 1

Click Here to Register

CITRNET
Digital Partner



JMH Committee



Dr. Meeta Singh



Dr. Vishal Tandon

Journal of Mid-life Health is the official journal of Indian Menopause Society. The journal is available in both print and online versions. Print ISSN: 0976-7800, online ISSN: 0976-7819. The frequency of the journal is quarterly. Scopus citation overview for a set of 257 documents gives H index as 12. Journal of mid-life health is with Wolters Kluwer health | Medknow since March 2010.

The journal is registered with the following abstracting partners: baidu scholar, CNKI (China National Knowledge Infrastructure), EBSCO publishing's electronic databases, Ex Libris – Primo Central, Google Scholar, Hinari, Infotrieve, National Science Library, ProQuest, Tdnet, Wanfang data. The journal is indexed with: DOAJ, emerging sources citation index, Indian science abstracts, PubMed Central, SCOPUS, web of Science. The journal was indexed in emerging sources citation index in February 2021.

The journal indexing such as SCI, ESCI, and SCIE are received more good reputation across the publishing industries to measure performance and citation metrics of both at the journal and author level. Journals that pass all 24 quality criteria are included in the emerging sources citation index (ESCI). All journals are also evaluated against four impact criteria — so WoS core collection has 28 evaluation criteria in total.

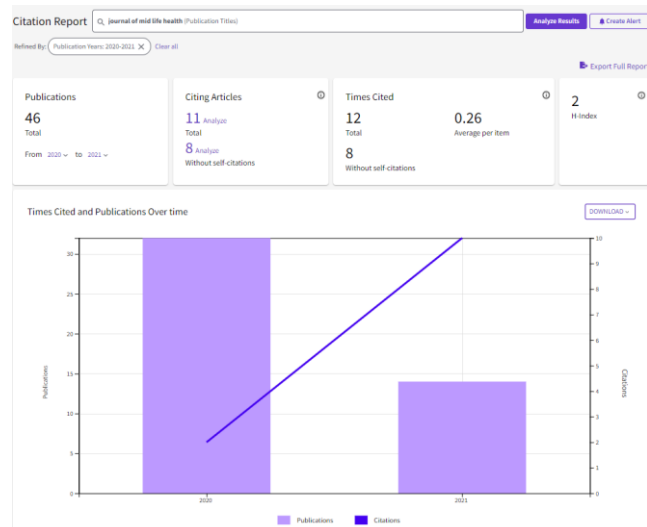
- Dr Sunila's "JMH Best Research Paper Award of the year 2020".
- Predicting malignancy in adnexal masses by the international ovarian tumor analysis-simple rules
- Vrushti Solanki, Pratibha Singh, Charu Sharma, Navdeep Ghuman, Binit Sureka¹, Shashank Shekhar, Meenakshi Gothwal, Garima Yadav
- Departments of Obstetrics and Gynecology and ¹Radiodiagnosis, All India Institute of Medical Sciences, Jodhpur, Rajasthan, India

Pfizer- 2020	Rs 59,000
Pfizer- 15/3/2021 - 14 /3/2022	Rs 2,36,000
Abbott— 2020	Rs 2,50,000
Santis— 2020	Rs 29,500
Torrent—2021	RS 40,000

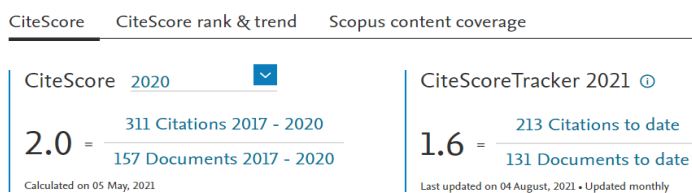
TOTAL- Rs 6,18,500

JMH Committee

Web Of Science Citation Report: Out of total 46 publications (from 2020-2021), 32 articles were published in 2020 with 2 citations & 14 articles were published in 2021 with 10 citations.



Cite Score of the Journal: Cite Score of the journal in 2020 is 2.0

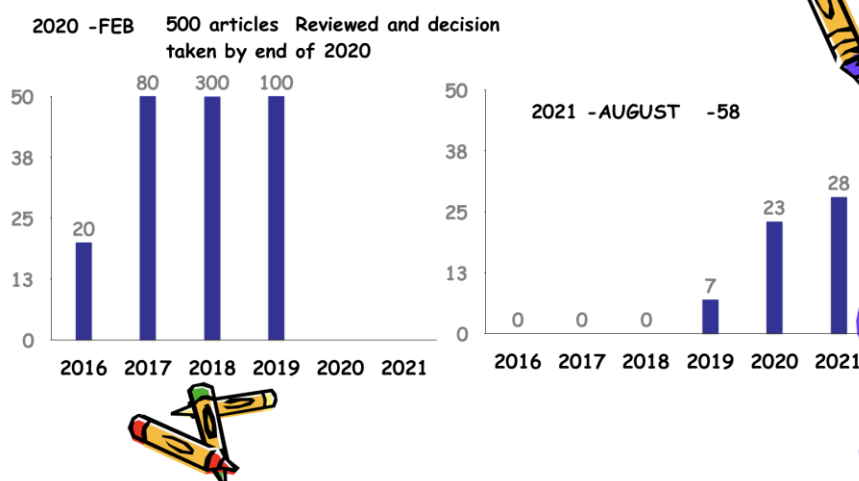


Citation Chart Form: citation overview from SCOPUS for a set of 257 documents and gives H index as 12.



Cite Score of the Journal: Cite Score of the journal in 2020 is 2.0

Articles Under Review



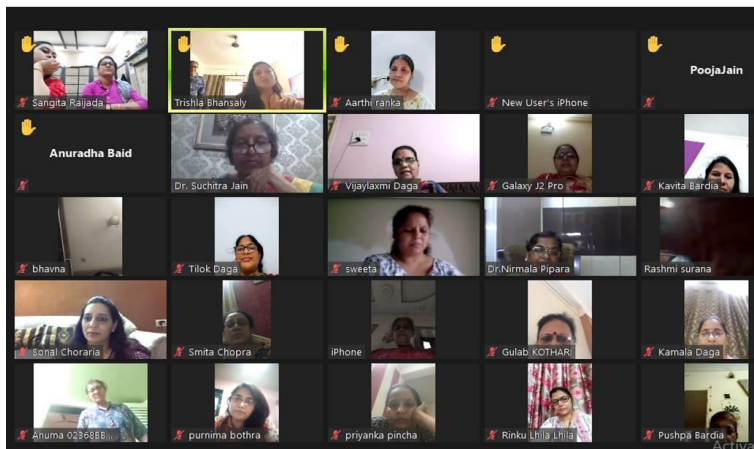
JMH Committee

Country ?	Acquisition		
	Users ? ↓	New Users ?	Sessions ?
	144,470 % of Total: 100.00% (144,470)	145,332 % of Total: 100.07% (145,230)	187,894 % of Total: 100.00% (187,894)
1.  India	53,303 (36.99%)	54,270 (37.34%)	80,988 (43.10%)
2.  United States	26,384 (18.31%)	26,490 (18.23%)	28,895 (15.38%)
3.  United Kingdom	5,959 (4.13%)	5,959 (4.10%)	6,810 (3.62%)
4.  China	3,396 (2.36%)	3,398 (2.34%)	3,933 (2.09%)
5.  Australia	3,312 (2.30%)	3,316 (2.28%)	3,790 (2.02%)
6.  Indonesia	3,215 (2.23%)	3,230 (2.22%)	4,068 (2.17%)
7.  Canada	2,720 (1.89%)	2,726 (1.88%)	3,006 (1.60%)
8.  Philippines	2,465 (1.71%)	2,476 (1.70%)	3,001 (1.60%)
9.  Brazil	2,225 (1.54%)	2,234 (1.54%)	2,693 (1.43%)
10.  Turkey	1,668 (1.16%)	1,675 (1.15%)	2,055 (1.09%)

City ?	Acquisition		
	Users ? ↓	New Users ?	Sessions ?
	131,316 % of Total: 90.89% (144,470)	132,109 % of Total: 90.97% (145,230)	170,705 % of Total: 90.85% (187,894)
1. Bengaluru	4,587 (3.38%)	4,530 (3.43%)	5,961 (3.49%)
2. Chennai	4,441 (3.28%)	4,323 (3.27%)	6,222 (3.64%)
3. Mumbai	3,790 (2.80%)	3,763 (2.85%)	5,340 (3.13%)
4. Hyderabad	3,530 (2.60%)	3,474 (2.63%)	4,616 (2.70%)
5. Pune	2,758 (2.03%)	2,700 (2.04%)	4,018 (2.35%)
6. Delhi	2,598 (1.92%)	2,483 (1.88%)	3,806 (2.23%)
7. New Delhi	2,171 (1.60%)	2,024 (1.53%)	3,107 (1.82%)
8. Kolkata	1,964 (1.45%)	1,923 (1.46%)	2,744 (1.61%)
9. Lucknow	1,697 (1.25%)	1,658 (1.26%)	2,454 (1.44%)
10. Ahmedabad	1,601 (1.18%)	1,569 (1.19%)	2,280 (1.34%)

MHCC Committee

Sr NO	Date	Organized By	Patient Examined
1.	1/7/2021	Kolkata	70 Community Service Programme
2.	1/8/2021	Kolkata	19 Health Camp for Senior Citizens
3.	1/8/2021	Kolkata	75 Sugar, TSH, BMD, HB



Rural Committee

Dr. Savita Tyagi



Online free yoga classes by Dr Chitra Bansal to menopausal women of nearby village of Dhaulpur

Every Sunday Dr Chitra is providing free yoga session to all postmenopausal women

I Dr. Hina popat secretary of rajkot menopause society presenting my rural activity of may and june month.

Due to pandemic physical meet was not possible and as rural women don't use smart phone much we decided to visit a pipalava village of jasdan district. It is around 70 km away from rajkot. We met around 12-15 women including ashra workers and past village head.

I distributed mask and sanitizers along with food kit to all of them. I advised all women to take proper nutrition and visit to me if any gynec problem. I also insisted to them to take both doses of vaccine.



Webinar on Bone health and menopause on 22nd of July 2021

Invitation
IMS Rural Committee & Menopause Society of Agra
welcomes you all for a LIVE Virtual Scientific Program

TOPIC: RECENT ADVANCES IN POST MENOPAUSAL BONE HEALTH

Chief Guests

- Dr. Ambuja Chauranur, President IMS
- Dr. Sandhya Agarwal, Prof. Ex. Dept. of Obst & Gyn, S.N. Medical College, Agra

Guests of Honor

- Dr. Sachin Sharma, Secretary, District Health
- Dr. Anil Sen, Senior Consultant
- Dr. Anurag Sharma, Chair Person, IMS
- Dr. Savita Tyagi, Chair Person, IMS Rural Committee

Chair Persons

- Dr. Rakesh Kanti, President, IMS
- Dr. Vanshika Singhal, Executive Member of IMS

Speakers

- Dr. Parvinder Sharma, Professor, Department of Obstetrics & Gynecology, S.N. Medical College, Agra
- Dr. Vinod Pathak, Professor, Department of Obstetrics & Gynecology, S.N. Medical College, Agra

Organizers

- Dr. Rakesh Sharma, President
- Dr. Nishi Bansal, Secretary
- Dr. Kanya P. Jain, Secretary

Master of Ceremony

22nd July '21, Thursday 5 pm to 7 pm

- This webinar was on bone health 1st topic on- Understanding osteoporosis- Dr Parvender Sharma sr ortho
- 2nd topic –Osteoarthritis recent advances & novel therapeutic agents
- Attended by 104 members



Research Committee

Dr. Reeti Mehra



Research project on correlation of obesity and metabolic syndrome with bone mineral density

- 150 subjects taken
- FBS ,Lipid profile , BMI , Abdominal circumference ,Waist hip measurements to see metabolic syndrome and categorise in normal ,overweight and obese by Asian standards
- Bone density by DEXA to see osteopenia,osteoporosis
- Analysis being done of the results

2nd research project

- Correlation of covid and menstrual dysfunction
- Chief investigator : Dr Sandhya Dixit
- Co investigator : Dr Reeti Mehra
- Results will be compiled soon

Paper published

- Comparison of Safety and efficacy of biweekly dosage of mifepristone vs daily dosage in fibroid uterus
- JMH

Monthly Journal club to apprise of new publications and motivate for research

Dr Reeti Mehra :

- 1) -Met S and NAFLD in pre and post menopausal women.
- 2) Effects of tibolone and on the CNS – experimental and clinical approaches

Dr Rimpay Tandon

- 1) Hormone therapy for postmenopausal women –NEJM
- 2) Does age of start of treatment for vaginal atrophy predict response ;Post hoc analysis

Dr Kiran Aggarwal

- 1) Treatment of ex labia and vaginal canal with CO2 laser for vulvovaginal atrophy
- 2) RCT ,double blinded trial of morus Nigra on menopausal symptoms

Dr Sandhya Dixit

- 1) Estrogens and covid 19 symptoms
- 2) covid and domestic violence

Dr Shailja :

- 1) Postmenopause endometriosis revisited

CME organised

INVITATION
PCOS UPDATE

In association with
Research Committee of Indian Menopause Society (IMS),
Chandigarh Menopause Society (CRMS)
and Mohali Obstetrics and Gynaecological Society (MOHOGS)

CHIEF GUEST
Dr. Anshu
President - IMS

GUEST OF HONOR
Prof. Suman Agarwal
President - IMS

CHAIRPERSONS
Dr. Lovleen Sodhi
Prof. Manish Thakkar
Dr. Anshu
Prof. Nandini Aggarwal

SPEAKERS
Dr. Preeti Jindal
Topic : Prevalence and Diagnosis of PCOS
Dr. Ashima Arora
Topic : Update in management of PCOS
Dr. Shreemant Kaur
Topic : Role of Myo Inositol in PCOS

MODERATORS
Prof. Pooja Garg
Prof. Ruchi Mehra

PANELIST
Dr. Rimpay Tandon
Prof. Ruchi Mehra
Dr. Anshu
Dr. Rimpay Tandon
Dr. Suman Agarwal

PROGRAM COORDINATOR
Dr. Ramanpreet

ORGANIZING COMMITTEE
• Dr. Reeti Mehra • Dr. Lovleen Sodhi
• Dr. Preeti Jindal • Dr. Rimpay Tandon
• Dr. Ramanpreet

Date : July 10, 2021 | Time : 3:30 – 6:00 pm

Website Committee

Dr. Jyothika Desai



Doctor's Day Celebrations by IMS. An exclusive Webinar titled "Health Landscape for 50+" was organized by IMS along with the Website Committee on **1st July 2021**.

The programme was not the usual run of the mill type. Dr Sunila Khandelwal kindly consented to be the Chief Guest and praised the work done by the present Team under Dr Ambuja Choranur.

Dr Ambuja Choranur welcomed all warmly and delivered the Presidential Address outlining her vision for the year. Next we had a very informative talk on "Covid in the 50+, Is it different?" by Dr K S Satish, President, Karnataka Pulmonologist's Association, Bangalore. It generated many questions, which were very patiently answered by Dr K S Satish. This was followed by a crisp talk on "Eye Donation- let us all do it" by Dr Naveen Radhakrishnan, Consultant, Cornea and Refractive Surgery, Aravind Eye Hospital, Madurai. We all took a pledge that we would donate our eyes at the end of his inspiring talk.

Dr Ambuja next spoke on "Reversal of Ageing-the need of the age". The talk was very well presented and appreciated by all. Lastly we had Dr Saraswathi Ramesh, Director, BEST Institute and Research Centre, Bangalore talk on "Yoga in 50+, Goodbye Sarcopenia", with videos on Asanas. She described the importance of Yoga and the benefits of various Asanas and Pranayama techniques on health and disease.

Dr Sudhaa Sharma graciously thanked all, specially the Website Committee of IMS- Dr Jyothika Desai, the Chair and Dr Revathy Janakiram, Dr Kanchan Sortey, Dr Sangeta Pahwa, Dr Manjula Rapolu, the members for their active participation. She also thanked Dr Sheela Mane, Chair, CIMP Exam Committee, IMS for her contribution. All in all, it was a day worth remembering. The highlight was that the organizing team wore white doctor's coats with stethoscopes around their necks to commemorate Doctor's Day.

Indian Menopause Society
Presents
Health Landscape for 50+
Doctors' Day Celebration
1st July, 2021 Thursday | 02:00 PM - 04:30 PM

Program Agenda

- 02:00 pm : Welcome: Dr Ambuja Choranur
- 02:30 pm - 02:15 pm : Introduction of Chief Guest and address
- 02:15 pm - 02:35 pm : "Covid in 50+, Is it different?" Dr K. S. Satish
- 02:40 pm - 02:55 pm : "Eye Donation- let us all do it" Dr Naveen Radhakrishnan
- 03:00 pm - 03:15 pm : "Reversal of Ageing-the need of the age"- Dr Ambuja Choranur
- 03:15 pm - 03:30 pm : "Immunization in 50+, a much neglected area" Dr Meeta Singh
- 03:30 pm - 04:00 pm : "Yoga in 50+, Goodbye Sarcopenia"- Dr Saraswathi Ramesh
- 04:00 pm - 04:30 pm : Interaction
- 04:30 pm : Vote of Thanks: Dr Sudhaa Sharma

Chief Guest

Dr Sunila Khandelwal
Executive member Board
International Menopause Society
Past President
Indian Menopause Society

Speakers

Dr Naveen Radhakrishnan
Consultant, Cornea and
Refractive Surgery,
Aravind Eye Hospital,
Madurai

Dr K.S. Satish
In-Charge of the Pulmonology and
HIV Department, Fortis and
Vikram Hospital, Bangalore
President, Karnataka Pulmonologists
Association (KAP)

Dr Ambuja Choranur
President,
Indian Menopause Society

Dr Meeta Singh
Founder President
Indian Menopause Society,
Hyderabad Chapter

Dr Saraswati Ramesh
Senior Consultant,
Obs Gynec,
Laparoscopic Surgeon

Program Co-ordinators

Dr Jyothika Desai
Imm Past President
Bangalore Menopause Society

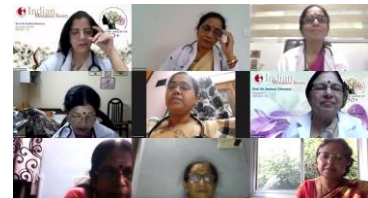
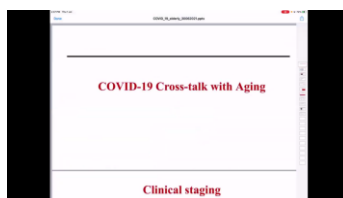
Dr Sheela Mane
President
Bangalore Menopause Society

Vote of Thanks

Dr Sudhaa Sharma
Secretary General
Indian Menopause Society

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Ethics in Medical Research

Dr. Laxmi Shrikhande

MD(OB/GY); FICOG; FICMU; FICMCH

Chairperson, Education Committee, IMS



Medical research is subject to **ethical** standards that promote and ensure respect for all human subjects and protect their health and rights. While the primary purpose of **medical research** is to generate new knowledge, this goal can never take precedence over the rights and interests of individual **research** subjects.

The World Medical Association (WMA) has developed the Declaration of Helsinki as a statement of ethical principles for medical research involving human subjects, including research on identifiable human material and data. Consistent with the mandate of the WMA, the declaration is addressed primarily to physicians. The WMA encourages others who are involved in medical research involving human subjects to adopt these principles.¹

Physicians must consider the ethical, legal and regulatory norms and standards for research involving human subjects in their own countries as well as applicable international norms and standards. No national or international ethical, legal or regulatory requirement should reduce or eliminate any of the protections for research subjects set forth in this declaration.

Physicians who combine medical research with medical care should involve their patients in research only to the extent that this is justified by its potential preventive, diagnostic or therapeutic value and if the physician has good reason to believe that participation in the research study will not adversely affect the health of the patients who serve as research subjects.

Informed consent

Participation by individuals capable of giving informed consent as subjects in medical research must be voluntary. Although it may be appropriate to consult family members or community leaders, no individual capable of giving informed consent may be enrolled in a research study unless he or she freely agrees.

Appropriate compensation and treatment for subjects who are harmed as a result of participating in research must be ensured.

PRINCIPLES OF ETHICS IN MEDICAL RESEARCH

Principles of essentiality

Refers to whether the research is considered to be absolutely essential after a due consideration of the existing scientific knowledge in the proposed area of research.

Principles of voluntariness, informed consent, and community agreement

Research participants should be fully apprised of the research and the associated risks and benefits. The participants should be informed of the right to abstain from the research or withdraw consent at any time. In case a person is incapable of giving consent, a legally acceptable guardian should give the informed consent.

Principles of non-exploitation

The participants should be fully apprised of all the possible dangers that may arise during the research so that they can appreciate all the physical and psychological risks.

Principles of privacy and confidentiality

The identity and records of the participants are as far as possible kept confidential (except when required for legal reasons).

Principles of precaution and risk minimization

Due care and caution should be taken at all stages of the research and experiment to ensure that the research participant and those affected by it including the community are put to the minimum risk, suffer from no known irreversible adverse effects, and generally, benefit from the research or experiment.

Principles of professional competence

Research should be conducted by competent and qualified persons who act with total integrity and impartiality and who have been made aware of the ethical considerations to be borne in mind in respect of such research or experiment.

Principles of accountability and transparency

The research or experiment should be conducted in a fair, honest, impartial, and transparent manner after full disclosure is made by those associated with the research or experiment of each aspect of their interest in the research, and any conflict of interest that may exist.

Principles of the maximization of the public interest and of distributive justice

The research or experiment and its subsequent application should be conducted and used to benefit all human kind (and not just those who are socially better off), in particular, the research participants themselves and or the community from which they are drawn.

Principles of public domain

The research findings should be brought into the public domain so that its results are generally made known through scientific and other publications.

Principles of totality of responsibility

Professional and moral responsibility should be observed, for the due observance of all the principles, guidelines, or prescriptions of those directly or indirectly connected with the medical research. ²

Research ethics committees

The research protocol must be submitted for consideration, comment, guidance and approval to the concerned Research Ethics Committee before the study begins. This committee must be transparent in its functioning, must be independent of the researcher, the sponsor and any other undue influence and must be duly qualified. It must take into consideration the laws and regulations of the country or countries in which the research is to be performed as well as applicable international norms and standards, but these must not be allowed to reduce or eliminate any of the protections for research subjects set forth in this declaration.

The committee must have the right to monitor ongoing studies. The researcher must provide monitoring information to the committee, especially information about any serious adverse events. No amendment to the protocol may be made without consideration and approval by the committee. After the end of the study, the researchers must submit a final report to the committee containing a summary of the study's findings and conclusions.

CONCLUSIONS

If one wants to create a scientific work, must have on his mind that creating a scientific work requires creativity and openness, honesty, trust, and obeying the ethical principles for writing a scientific paper.

An author in medical sciences should always follow the words; “The health of my patient will be my first consideration”, (Declaration of Geneva, Adopted by the 2nd General Assembly of the WMA, Geneva, Switzerland, September 1948).³

Informed consent, confidentiality, privacy, privileged communication, and respect and responsibility are key elements of ethics in research.⁴

1. WMA.net. [Last accessed on 2014 Jan 18, 19:08 h]. Available from: <http://www.wma.net/en/30publications/10policies/b3/index.html> .

2. Indian Council of Medical Research. *Ethical Guidelines for Biomedical Research on Human Subjects*, New Delhi. 2006

3.Wma.net. [Last accessed on 2014 Jan 19, 15:30 h]. Available from: <http://www.wma.net/en/30publications/10policies/g1/>

4. Polanin-Huk JJ, Huk J, Filip R. Fraud and misconduct in clinical research. *J Pre-Clin Clin Res*. 2010;4:158–60.

ZONAL Conferences

ZONAL Conference

(East Zone) PATNA MENOPAUSE SOCIETY

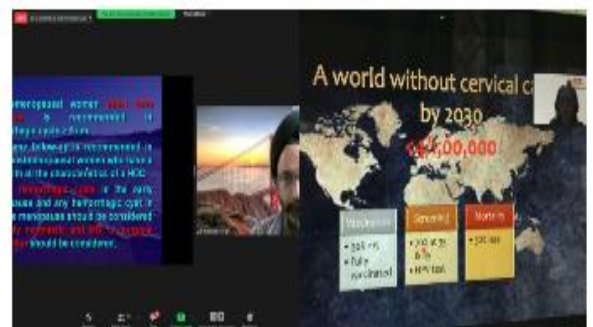
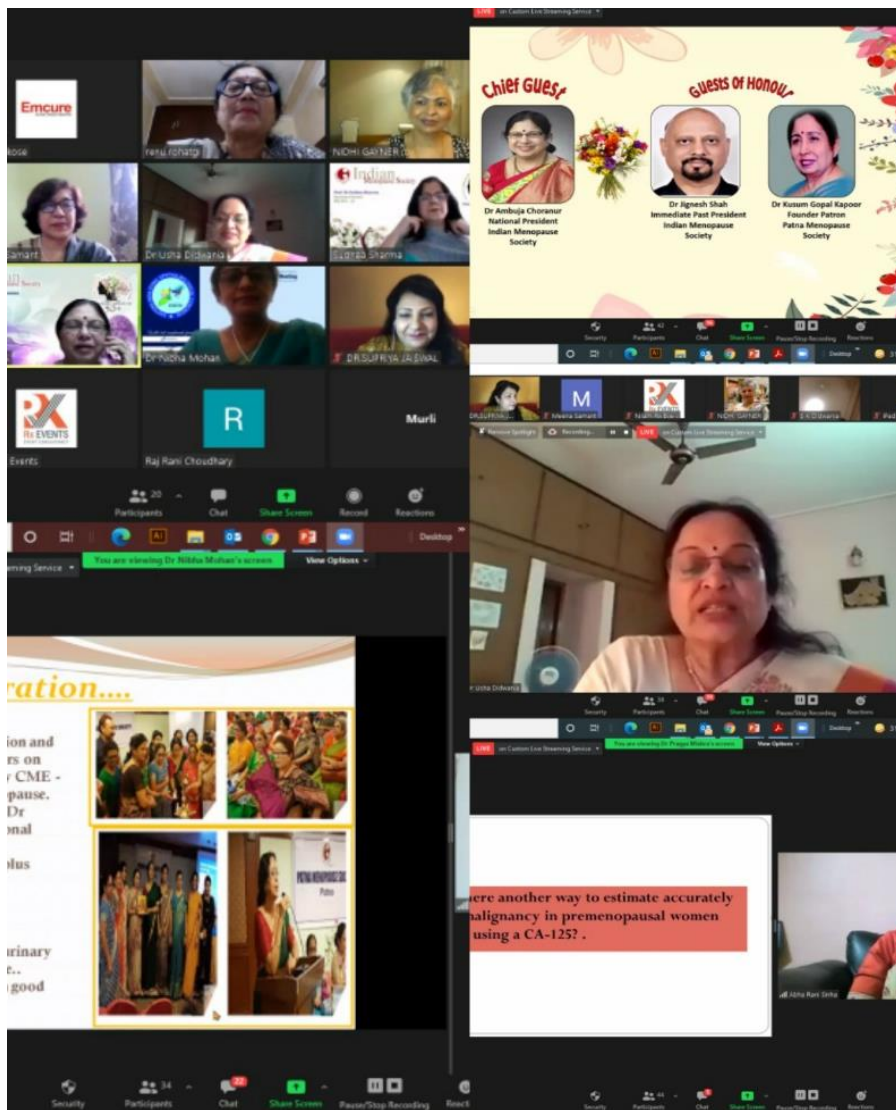
26th & 27th June 2021



Dr. Usha Didwania

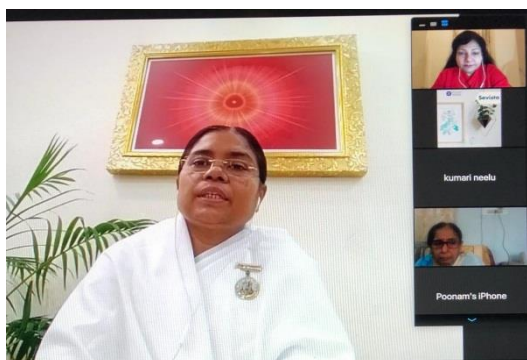
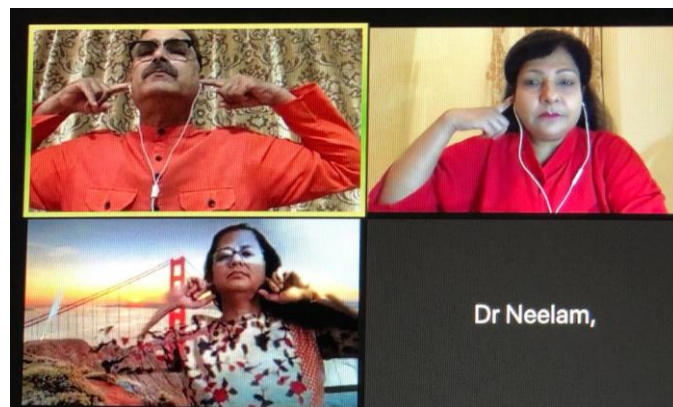
- Patna Menopause Society organized East Zone Conference of IMS on 26-06-2021 & 27-06-2021 Successfully--
- Two orations by Dr Duru Shah and Dr P C Mahapatrawere highly appreciated
- Two international guest speakers Dr Nidhi Tripaathi and Dr Jyoti Rachna were mind blowing.
- Talks by Gem of Speakers
- Dr Kuldeep Singh ,IMS President Dr C Ambuja, IMS Secretary General Dr Sudhaa Sharma, Dr Suwarna Khadilkar, Dr Ratnabali Charaborty, Dr Meeta, Dr Saritha Shamsunder, Dr Parag Binewale, Dr Yashodhra Pradeep Dr Shobha Guddi, Dr Shistha Nada Basu were extraordinary.
- Senior members of PMS-- Padmashree Dr Shanti Roy, Dr Manju Gita Mishra Dr Anita Singh presented excellent talks.
- Two panel discussions-- moderated by Dr Alka Pandey Dr Abha Rani Sinha Dr Meena Samant Dr Pragya Mishra Chaudhary were quite interactive.
- Beautiful Inauguration ceremony moderated by Dr Supriya Jaisawal
- Well organized by Organizing Chairperson Dr Usha Didwania Organizing Secretary Dr Nibha Mohan and team.

Patna Menopause Society



Patna Menopause Society

Patna Menopause Society along with POGS and BRAMHAKUMARIS organized a Webinar on INTERNATIONAL YOGA DAY today on **21st June 2021**. YOGA for WELLNESS by BK Damini sister , RAJYOGA MEDITATION by BK Sangeeta didiji and ABOUT PRANAYAM by Gururji Shri.D.K.Gupta ji was done and enthusiastically attended by members



ZONAL Conference

(South Zone) Madurai Chapter

31st July & 1st August 2021



Dr. Revathy Janakiram

Organized under the leadership of Prof. Dr. Revathy Janakiram, President, IMS Madurai Chapter.

As around 21 free papers were received, from various parts of the country, separate free paper session was conducted on 30.7.21 3 – 8 pm. The topics & presentations were excellent.

Dr. Shanthy Gunasingh (Chennai), Dr. Mahalakshmi (Madurai) Dr. E. Prabhavathy (Hyderabad) & Dr. Shantha Devi (Madurai) were the judges to select the best three papers, which of course was really a tough job. The first three papers were presented on 1.8.21, 9 – 10 am.

- First prize – Dr. T. Prathyusha – A Unique case of vulval Hydradenoma in an elderly.
- Second Prize – Dr. Sree Datri – Role of hysteroscopy in evaluation of AUB in peri & postmenopausal women.
- Third Prize – Dr. Asmitha (Madurai) – a rare case of huge parasitic Fibroid in a postmenopausal woman.

All winners were given prize of 32 GB pendrive as well as winner certificate.

**Zonal Conference IMS South Zone
Hosted By Madurai Chapter**
Under The Aegis Of
Indian Menopause Society

Educate Evaluate Enjoy

31st July, 2021 | 01st August, 2021
09:00 AM - 04:30 PM

**Dr. Ambuja Choranur**
President
IMS

**Dr. Sudhaa Sharma**
Secretary
IMS

**WORKSHOP ON
MYSTERIOUS CERVIX MADE CLEAR
SCREENING & THERAPIES**

**ORATION | EXPERT TALKS
PUBLIC AWARENESS PROGRAMME
FREE PAPERS
PANEL DISCUSSION & GRAND QUIZ**

Registration FREE but COMPULSORY.
Free papers - on any topic in Menopause.
Last date for submission - 25th July 2021
Abstract with short CV & Photo to be sent to mail id.
menozone2021@gmail.com

**Dr. Revathy Janakiram**
President
IMS MADURAI CHAPTER.

**Dr. Angayarkanni**
Secretary
IMS MADURAI CHAPTER

[Click Here to Register](#)

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**Zonal Conference IMS South Zone
Hosted By Madurai Chapter**

31st July & 1st August, 2021

**WORKSHOP ON
MYSTERIOUS CX MADE CLEAR**

**Dr. Ambuja Choranur**
Hyderabad
PAP SMEAR

**Dr. Saritha Shamsundar**
Mumbai
VIA VILI HPV TESTING.

**LIVE DEMO OF
PAP SMEAR | COLPOSCOPY | VIA VILI HPV TESTING | THERAPIES**

**Dr. Ramani Rajendran**
Chennai
COLPOSCOPY

**Dr. Priya Ganeshkumar**
Mumbai
THERAPY FOR
PRECANCEROUS LESIONS

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Madurai Zonal Conference

31.7.21, Saturday

Public awareness programme on menopause very well conducted by Madurai IMS members Dr. Yazhini Selvaraj & Dr. Bala Abirami where the interaction with public was quite interesting.

- The workshop on “MYSTERIOUS CERVIX MADE CLEAR “ by experts was very much appreciated by all.
- Prof Dr. Ambuja Choranur , (President IMS) – PAP SMEAR
- Prof.Dr.Saritha Shamsundar (President ISCCP Delhi) -- VIA VILI & HPV TESTING
- Prof.Dr.Ramani Rajendran (Chennai) – COLPOSCOPY
- Prof.Dr.Priya Ganesh Kumar (FOGSI Oncology committee chairperson, Mumbai) – Therapy on Precancerous lesions.

It was such a wonderful workshop .

Inauguration.

- Presided over by Dr. Ambuja Choranur welcome by Dr. Revathy Janakiram.
- Dr. Duru Shah graced the occasion as Chief Guest. We were honored to have Dr. Rama Vaidya (Founder president IMS) & Dr. Jaydeep Malhotra (Past president IMS) as Guest of honor.
- It started with Ganesha invocation song by our member Dr. Sivakami & ended with National anthem by veena recital by Dr. Revathy Janakiram.
- Dr. Angayarkanni Secretary gave vote of thanks.
- **Menopsules** on Midlife made easy by our young energetic members .
- Melt the Myoma – Dr. Niranjana Ashokan
- Phyting menopause naturally- Dr. Krithika Meenakshi J
- Chill your Flushes- Dr. Narumalar
- Sunshine vitamin sunset of life – Dr. Hemamalini
- Right choice of calcium in midlife – Dr. Jalaja
- Technique of hysteroscopy in 40 + - Dr. Lakshmi
- Excellent Quiz on OSTEOPOROSIS was conducted by Dr.Vijayalakshmi Sheshadri & Dr.SheelaMane in which all delegates participated interestingly.
- Dr.A.Narumalar (Madurai) was First prize winner in Quiz .
- Dr.Seema Mahotra & Dr.Raghavai Natarajan shared the second prize.
- Dr.Anita Sobti & Dr.Lakshmy S (Calicut) shared the third prize.

Madurai Zonal Conference

1.8.21, Sunday

- Mind blowing sessions with experts talking on various subjects made every one stuck to their chairs till the end.
- Highlight was Dr. Shalini Andrews' talk from London on sexual health in menopause.
- MIMS Madurai IMS oration by Dr. Meeta Singh on "Covid & midlife health MHT" was the topic delivered aptly for the present situation.
- Panel discussion on AUB in perimenopause was done by Dr. Jyotika Desai & Dr Parag Biniwale. With vibrant panelists, the discussions on case base, carried lot of take home messages and practical tips.
- EDUCATE EVALUATE ENJOY WAS THE THEME OF THE CONFERENCE.
- To EDUCATE & update doctors on Menopause.
- To teach them how to EVALUATE methodically menopausal women.
- Ultimately to make all ENJOY life in menopause.
- Hope we could do justice to the theme.
- Thank you all our IMScians for making this conference a grand success.



Zonal Conference IMS South Zone
Hosted By Madurai Chapter

31st July & 1st August, 2021



INTERESTING PANEL DISCUSSION ON AUB IN PERIMENOPAUSE - CASE BASED DISCUSSION

MODERATED BY



Dr Parag Biniwale
Pune



Dr Jyothika Desai
Bangalore

ORATION -COVID & MIDLIFE HEALTH MHT



Dr. Meeta Singh
Hyderabad

GUEST LECTURE



Dr Shalini Andrews
Surrey, UK.
Sexual health in menopause



Quiz on "OSTEOPOROSIS"



Dr Vijaylakshmi Seshadri
Chennai

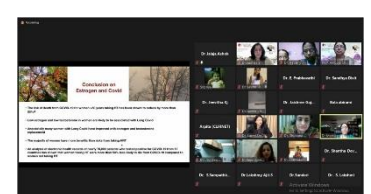
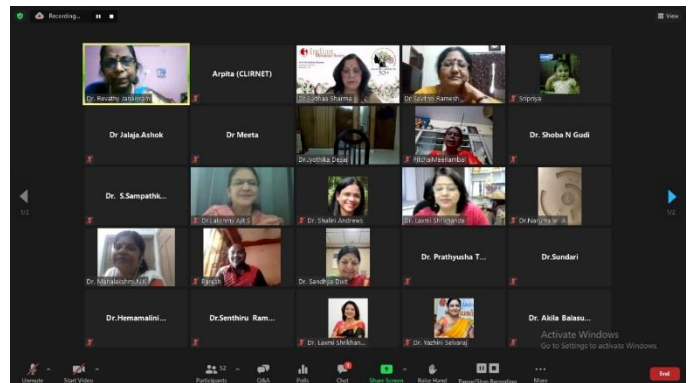


Dr. Sheela V Mane
Bangalore

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SUNDAY WhatsApp Quiz

QUIZ Committee

Dear all,

Quiz Committee is happy to continuing sharing the small WhatsApp quiz 1st & 3rd Sunday of every month. Thanks to President Dr Ambuja and General secretary Dr Sudha to encouragement and motivation. Quiz Committee members are being actively involved in the activity and reaching to all IMS members through small bundle of knowledge sharing.

My best wishes to all IMSians.



Dr. Jyoti Jaiswal

SUNDAY WhatsApp Quiz

Date: 6th June 2021

Theme – Visceral Fat, Obesity & Menopause

1. The prevalence of Metabolic syndrome reported in Indian Post-menopausal women is
A. 20-30% B. 30-50%
C. 5% D. 10%
2. An Asian Indian woman with BMI of 18-22.9kg/m² is categories as
A. Obese B. Healthy
C. Underweight D. Overweight
3. The estimated mean age of menopause is in India
A. 46 years B. 55 years
C. 50 years D. 35 years.
4. Life style modifications and drug therapy is required in patient with BMI of >25kg/m² in Indian Asian women if she has
A. Hypertension B. Obstructive sleep apnoea
C. Asthma D. Osteoporosis
5. Obesity is a modifiable risk factor for breast cancer?
True/False

Quiz compiled by

Dr Sunita Dubey

Member Quiz committee, IMS



ANSWER SHEET

- 1 – B: 30-50%
- 2 – B: Healthy
- 3 – A: 46 years
- 4 – A: Hypertension
- 5 – True

Reference

Clinical practice guidelines on menopause: *An executive summary and recommendations: Indian menopause society 2019–2020

Winners of WhatsApp quiz of 06/06/2021- on Visceral Fat, Obesity & Menopause

Dr. Parul Gadhia Ahmedabad	Dr. Preeti Arora Jaipur
Dr. Pooja Choudhary Amritsar	Dr. Chitra Gupta Jalandhar
Dr. Usha Vikrant Bengaluru	Dr. Harleen Jammu
Dr. Leena Nair Bhagalpur	Dr. Arti Singh Kanpur
Dr. Bhavna Sheth Bharuch	Dr. Amiya Das Kolkata
Dr. Meeta Agrawal Bhopal	Dr. Shipra Kumar Lucknow
Dr. Vishakha Gupta Chandigarh	Dr. Meghna Agrawal Nagpur
Dr. Shashi Jindal Faridabad	Dr. Arshdeep Patiala
Dr. Amrita Jaipuria Gorakhpur	Dr. Aparna Pune
Dr. Sunena Goyal Gurugram	Dr. Anshu Agarwal Raipur
Dr. Rajni Hyderabad	Dr. Manisha Moteria Rajkot
Dr. Jaya Chhabra Indore	Dr. Varsha Prapanna Vadodara

Date: 20th June 2021
Theme –Visceral Fat in Menopause

1.
Obesity in perimenopausal women leads to :
 A) Increased risk of leiomyosarcoma
 B) Increased risk of insulin resistance
 C) Worsens Hypothyroidism
 D) Improves insulin resistance

2.
Which of the following is not true regarding visceral fat:
 A) Is linked to an increase in insulin resistance
 B) It is more dangerous than subcutaneous fat
 C) It is metabolically less active
 D) It is linked to an increase in cardiovascular risk

3.
Which of the following is true about fat redistribution in menopausal women
 A) From visceral to subcutaneous fat
 B) From subcutaneous to visceral
 C) Pear- shaped obesity
 D) Development of lower obesity

4.
Correct way to measure waist circumference is :
 A) Waist circumference is measured in a horizontal plane
 B) Relaxed state with stretch resistant tape
 C) Directly over the skin
 D) All of the above

5.
What is the range of BMI for ideal weight ?
 A) 15-18.5 %
 B) 18.5-25 %
 C) 25-29.5 %
 D) >30 %

Quiz compiled by

Dr Sarita Bhalerao

Member, Quiz committee IMS



ANSWER SHEET

- 1 – B: Increased risk of insulin resistance
- 2 – C: It is metabolically less active
- 3 – B: From subcutaneous to visceral
- 4 – D: All of the above
- 5 – A: 15-18.5 %

Winners of WhatsApp quiz of 20/06/2021 – on Visceral Fat & Menopause

Dr. Parul Gadhia Ahmedabad	Dr. Chitra Gupta Jalandhar
Dr. Arsh Amritsar	Dr. Isha Jammu
Dr. Indu Singh Bhagalpur	Dr. Pavika Lal Kanpur
Dr. Pragati Prajapati Bharuch	Dr. Minakshi Bajpayee Kolkata
Dr. Meeta Agrawal Bhopal	Dr. Bhavna Khera Lucknow
Dr. Rashmi Bagga Chandigarh	Dr. Meghna Agrawal Nagpur
Dr. Shashi Jindal Faridabad	Dr. Arshdeep Patiala
Dr. Vikrant Gorakhpur	Dr. Shushila Khunte Raipur
Dr. Sunena Goyal Gurugram	Dr. Jigna Ganatra Rajkot
Dr. Preeti Arora Jaipur	Dr. Ushma Maniar Vadodara

Date: 4th July 2021
Theme – Biochemistry of Adipose Tissue

1.
All statements are correct regarding adipose tissue EXCEPT
 A. It is inert tissue that stores fat
 B. It is capable of expanding through hypertrophy of existing adipocytes
 C. Initiates differentiation of pre adipocytes
 D. Adipose tissue metabolism exerts an impact on whole body metabolism
2.
Adipose tissue is
 A. An endocrine organ
 B. Responsible for synthesis and secretion of several hormone
 C. A metabolically dynamic organ
 D. All of the above
3.
Which hormone substance is secreted by adipose tissue
 A. Angiotensin B. TNF alpha
 C. IL6 D. All of the above
4.
Stroma vascular fraction of adipose tissue consist of
 A. Blood cells B. Endothelial cells
 C. Adipose precursor cells D. A and B
 E. All of the above
5.
State True/False
 Adipogenesis refers to differentiation of pre-adipocytes into mature fat cells

Quiz compiled by

Dr Jyoti Jaiswal

Chairperson, Quiz committee, IMS



ANSWER SHEET

- 1 – A: It is inert tissue that stores fat
- 2 – D: All of the above
- 3 – D: All of the above
- 4 – E: All of the above
- 5 – True

Reference

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3648822/>

Winners of WhatsApp quiz of 04/07/2021- on Biochemistry of Adipose Tissue

Dr. Usha Patel Ahmedabad	Dr. Sapna Singh Kanpur
Dr. Indu Singh Bhagalpur	Dr. Ambe Shah Kolkata
Dr. Hiral Pandya Bharuch	Dr. Pammi Arora Lucknow
Dr. Meeta Agrawal Bhopala	Dr. Ulaganayaki Madurai
Dr. Rashmi Bagga Chandigarh	Dr. Shushma Khandagale Nagpur
Dr. Shashi Jindal Faridabad	Dr. Arshdeep Patiala
Dr. Rita Singh Gorakhpur	Dr. Shruti Verma Patna
Dr. Madanjeet Gurugram	Dr. Aparna Pune
Dr. Sandhya Rani Gwalior	Dr. Thandaram Patel Raipur
Dr. Taruchhaya Bansal Jaipur	Dr. Shaily Rajkot
Dr. Chitra Gupta Jalandhar	Dr. Varsha Prapanna Vadodara
Dr. Shazia Jammu	

Date: 18th July 2021
Theme – Adipose Tissue

1.
Following are the types of adipose tissue in mammals
 A. White B. Brown
 C. Both A and B D. None

2.
Brown adipose tissue is predominantly found
 A. At birth B. In adult
 C. In old age D. All of the above

3.
Which adipose tissue is specialized in thermogenesis
 A. White B. Brown
 C. Red D. Yellow

4.
Which fat tissue is rich in mitochondria
 A. White B. Brown
 C. Red D. Yellow

5.
Which adipose tissue is predominantly more common in hollow viscera of abdominal cavity
 A. White B. Brown
 C. Both D. None of the above

Quiz compiled by

Dr Jyoti Jaiswal

Chairperson, Quiz committee, IMS



ANSWER SHEET

- 1 – C: Both A and B
 2 – A: At birth
 3 – B: Brown
 4 – B: Brown
 5 – A: White

Reference

Biochemistry of adipose tissue

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3648822/>

Winners of WhatsApp quiz of 18/07/2021 – on Adipose Tissue

Dr. Arti Manoj Agra	Dr. Sunita Maheshwari Jaipur
Dr. Parul Gadhia Ahmedabad	Dr. Chitra Gupta Jalandhar
Dr. Arsh Amritsar	Dr. Shazia Jammu
Dr. Seema Singh Bhagalpur	Dr. Sneha Roy Kolkata
Dr. Bhavna Sheth Bharuch	Dr. Pammi Arora Lucknow
Dr. Beena Jain Bhopal	Dr. Shantala Bhole Nagpur
Dr. Dilpreet Pandher Chandigarh	Dr. Ruchi Patiala
Dr. T K Shanthu Chennai	Dr. Padmini Ghosh Patna
Dr. Raina Chawla Faridabad	Dr. Akanksha Mishra Raipur
Dr. Abhinav Gorakhpur	Dr. Neeta Shah Surat
Dr. Vandana Narula Gurugram	Dr. Chaitali Patel Vadodara

Local Society Reports

Ahmedabad Menopause Society

1.	Public Awareness Webinar on Light in the Darkness of the Corona times	8-05-2021	IMS – Ahmedabad Chapter & Club 35+ Ahmedabad in Association of IMS
2.	Yoga Demonstration	21-06-2021	IMS – Ahmedabad Chapter & Club 35+ Ahmedabad
3.	Optimising Menopause	25-06-2021	IMS – Ahmedabad Chapter
4.	“જન- જાગૃતિ વેબિનાર” Public Awareness Webinar	21-07-2021	IMS- Ahmedabad & Club 35 + Ahmedabad
5.	e-Menopause Master Class Evidence based Treatment, Managing Menopause Workshop Series 2021	27-07-2021	IMS & (TOT), West Zone Group Training: Amjer, Ahmedabad, Bharuch

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

A Public Awareness Webinar
With **CORCONNECT**
On
“Light in the Darkness of the Corona times”
अमिट अंधकार में आशा की किरण ?

TO JOIN
www.corconnect.org

Existing User Login with E-mail & Password
New User Register with E-mail & other Link

HELP LINE : +91-9481507191

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

Master of Ceremony
Dr Anjana Chauhan
Dr Ambhaja Chormar
Dr Jignesh Shah

Guest of Honour
Dr Arti Gupta
Dr Anjana Chauhan
Dr Dilip Ghadvi

Chief Guests
Dr Atul Mundi
Dr Sudha Sharma
Dr Dilip Ghadvi

Club 35 Ahmedabad & Indian Menopause Society (Ahmedabad Chapter)
Presents
Rejuvenating Yourself With Yoga
On
“WORLD YOGA DAY”

MONDAY JUNE 21, 2021
START: 7.30 AM to 8.30 AM

You are cordially invited to join for
“Yoga Demonstration”

Chief Guest
Dr. Arti Gupta
Hosted by
Dr. Jagruti Sanghvi

Yoga Therapist
Rachana Shah

Organisers
Dr. Arti Gupta
Dr. Jagruti Sanghvi
Dr. Anjana Chauhan

Join Zoom Meeting
<https://us04web.zoom.us/j/6191455357?pwd=MnJlRlVwSE5lbnZkSHBjKlYlRVNnQ0R0>
Meeting ID : 619 145 5357
Password : 16371

Club 35 AHMEDABAD & Indian Menopause Society (Ahmedabad Chapter)
પ્રસ્તુતકરે
“જન- જાગૃતિ વેબિનાર”

21st July, 2021 04:00 p.m. – 06:00 p.m.

કાર્યક્રમ સંચાલક - Dr. Jaysri Gandhi અને Dr. Anjana Chauhan

કાર્યકર્તા સુચકાર
Dr. Anjana Chauhan
Dr. Jaysri Gandhi
Dr. Anjana Chauhan

ખાતિ વિધિ
Dr. Anjana Chauhan
Dr. Jaysri Gandhi
Dr. Anjana Chauhan

વક્તાઓ અને વિષય
વિષય : મેનોપોઝી જાગૃતિ
વિષય : ચારીત્ર વર્ણન મુજબની વાતો
વિષય : મેનોપોઝી માં શુ અસર ને નુકસાન

Zoom Link : <https://us02web.zoom.us/j/88097297027?pwd=OXVhODZkbnZkSHBjKlYlRVNnQ0R0>
My80dHJEdz09
Meeting ID : 880 9729 7027
Password : FEMARELLE

Academic Partner: **Doxinate 24** **Femarelle** **DYSMEN**

Indian Menopause Society
Ahmedabad Chapter

OPTIMISING MENOPAUSE
23rd JUNE 2021 | 8:00 pm to 9:30 pm

KEYNOTE
Dr. Anjana Chauhan
Dr. Jaysri Gandhi
Dr. Anjana Chauhan

CO-ORDINATOR
Dr. Anjana Chauhan
Dr. Jaysri Gandhi
Dr. Anjana Chauhan

EXPERT FACULTY
Dr. Anjana Chauhan
Dr. Jaysri Gandhi
Dr. Anjana Chauhan

SPONSOR
Dr. Anjana Chauhan
Dr. Jaysri Gandhi
Dr. Anjana Chauhan

e-MENOPAUSE MASTERCLASS
EVIDENCE BASED TREATMENT

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

INDIAN MENOPAUSE SOCIETY

CO-ORDINATOR
Dr. Anjana Chauhan
Dr. Jaysri Gandhi
Dr. Anjana Chauhan

EXPERT FACULTY
Dr. Anjana Chauhan
Dr. Jaysri Gandhi
Dr. Anjana Chauhan

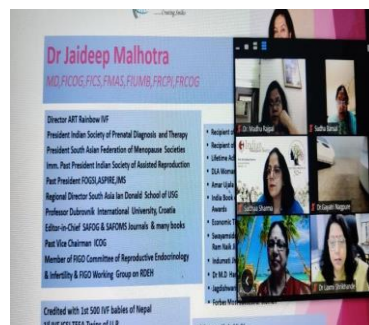
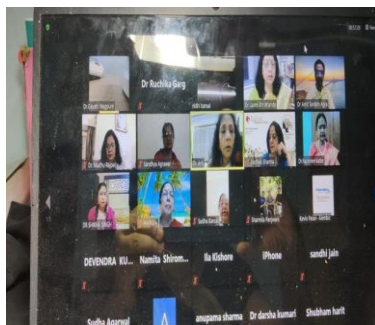
SPONSOR
Dr. Anjana Chauhan
Dr. Jaysri Gandhi
Dr. Anjana Chauhan

Agra Menopause Society

- In month of June we further did anemia awareness program at different clinics.



- On **16th June 2021** we did a webinar on peri and postmenopausal bleeding per vaginum. Talk by Dr Ruchika Garg
- A Panel discussion by Dr Laxmi Srikhande and Dr Rajshree Katke as moderator and very eminent panelists. Webinar was attended by 500 members



- On **21st June 2021** in combination with AOGS we did a webinar on YOGA DAY. YOGA instructor Usha Chengappa taught us yoga and it was attended by thousand n more people.



Agra Menopause Society

- On **22nd July 2021** we did again an interesting webinar on bone health in menopause and osteoporosis and osteoarthritis.
- Talk by senior orthopedicians of Agra Dr Pavendra Sharma & Dr Vineet Pathak
- Very interactive session with more than with hundred attendees.



- On **27TH July 2021** Dr Nidhi Bansal did a menopausal clinic and osteoporosis awareness camp at her center and more than 50 patients were seen free and their BMD was done free and they provided calcium and vit D tablets.



Bhopal Menopause Society

International Yoga Day Celebrations by Bhopal Menopause Society A few pics of members practicing Asanas on Yoga Day.



Celebrated Independence Day by having a get together. All members were dressed in colors of our flag . Programme started with a Quiz on theme of Independence Struggle. Prizes won by

- 1st Dr Vinita,
- 2nd Dr Gore
- 3rd Dr Shraddha

We had a competition on self composed poems on deshbhakti and prizes won by

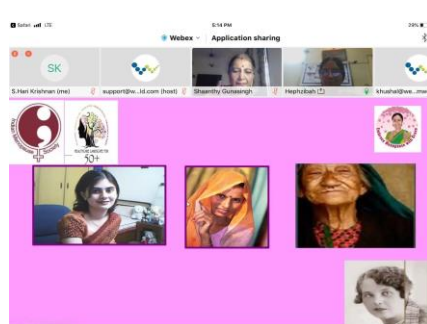
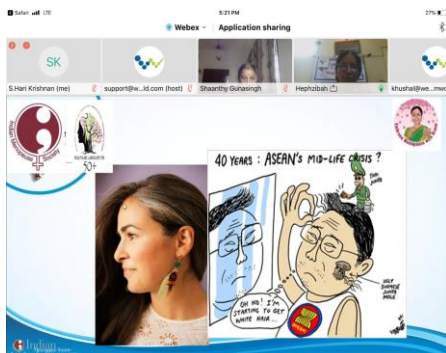
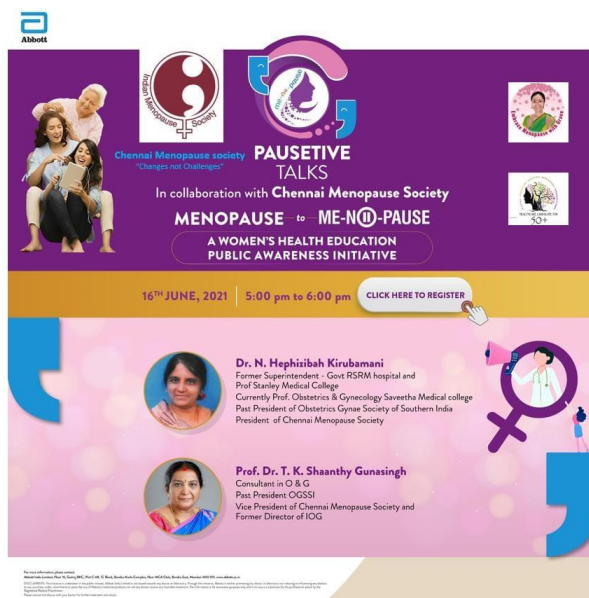
- 1st Dr Basanti.
- 2nd Dr Vaijaynti and
- 3rd Dr Sandhya

We all sang patriotic songs ,solo and chorus.



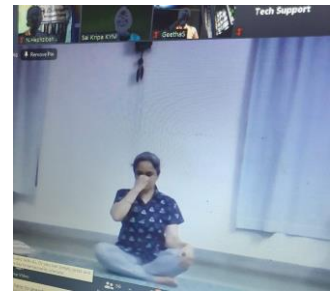
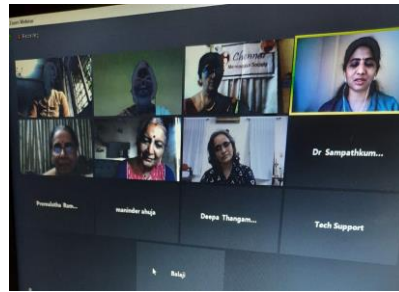
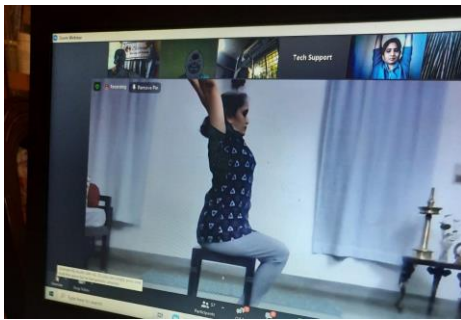
Chennai Menopause Society

- **6th June 2021** – Installation of New Office Bearers and Update on Healthy Aging Series 1
- Dr Rama Vidya – Funder President of the IMS graced the occasion as the Chief Guest. Dr Ambuja Choranur- President IMS, Dr Jaideep Malhotra, Dr Sudha Sharmaz and Dr Gita Arjun, were the Guests of honour. A short film on Midlife women directed by Dr Hepsibah Kirubamani was played. . First news letter of the Chennai Menopause Society was released.
- The Installation of the new team was followed by the scientific session. A talk on “Update on Healthy Aging” was delivered by Dr Ambuja Choranur and talk on “Menopause & Thyroid Dysfunction” was delivered by Dr Usha Shriram.
- **16th June 2021** – Public awareness initiative for Government School teachers was held by the Chennai Menopause Society. Dr. Hepzibah Kirubamani & Dr Shaanthy Gunasingh conducted the webinar and answered the queries of the women. Called The Pausetive talks, it was a Women’s Health Education Initiative attended by over 60 women.



Chennai Menopause Society

- International yoga day celebration was held on the **25th of June**, with practical session by the yoga tutors from the Krishnamacharya Yoga Mandiram. Dr Maninder Ahuja, Past president of the IMS & Dr Shobana Mohandas were the Chief guests.



- CMS along with Rotract Club of Saveetha Medical College, conducted a session on “Woman’s Health and Covid Vaccine” on **3rd July 2021**.

Rotary District 3232 Rotaract

ROTARACT CLUB OF SAVEETHA MEDICAL COLLEGE
Sponsored by Rotary Club of Guindy, RID 3232
Chennai Menopause Society

MANGAI
A SESSION ON
WOMEN HEALTH AND COVID VACCINE

DR. N. HEPHZIBAH KIRUBAMANI
MD, DGO, Ph.D, D.Sc, FICOG, FRCOG

3rd July 2021 | 04.30 pm onwards
ONLINE PLATFORM: CISCO WEBEX

<https://sjcc.webex.com/meet/scahs2>

Rtr. Srinivasan S K Event Chairman | Dr. Shruthi P Faculty Advisor | Rtr. Atchaya G S Event Secretary
Rtr. Binu Shervin J President (20-21) | Rtr. Niranjana M Secretary (20-21) | Rtr. Niranjana M President (21-22) | Rtr. Shri Raam Rathan M Secretary (21-22)

தடுப்பூசி பாதுகாப்பானதா இல்லையா?

vaccines are 2 doses

Covaxin - 4-6 weeks

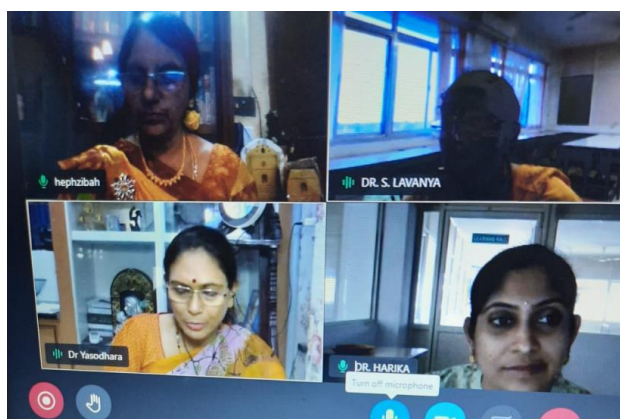
Covishield - 90days

Protection begins 1-2 weeks after the second dose

Hephzibah

Chennai Menopause Society

- Chennai Menopause society in association with the Narayana Medical college & NOGS conducted a Webinar on Basic aspects and understanding of the menopause on **17th July 2021**. Society President Dr Hepzibah Kirubamani delivered the talk on “How to live with menopause”.
- CMS & Woman Doctors Association of Tamilnadu, celebrated the World Population day event on **28th July 2021** with a Panel discussion on Rights and Choices in Woman’s Journey.
- Prof. J A Jayalal, President IMA was the Chief guest and the guests of Honour were IMS President, Dr Ambuja Choranur and IMS Secretary, Dr Sudha Sharma. Prof Jayalal, emphasised the need for woman doctors, to become part of larger organisations like IMA and spread their wings beyond the confines of their own speciality. The Panel discussion provided insights on common problems encountered by women of all ages.

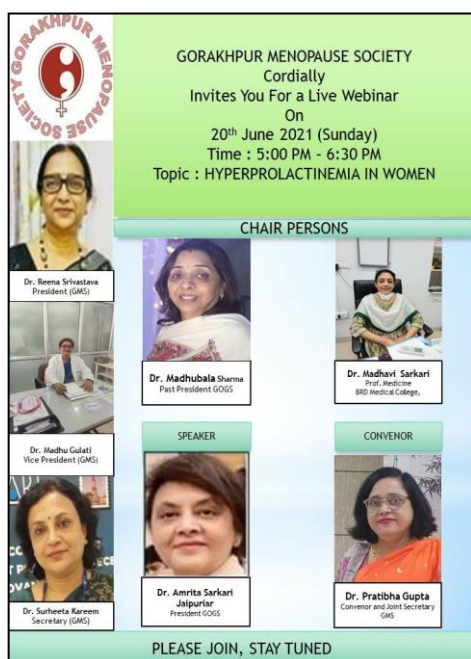


Gorakhpur Menopause Society

- **20th June 2021**, The Gorakhpur Menopause Society Organised a Webinar on :
- Topic - Hyperprolactinemia in women

Chair Persons were- Dr. Madhubala (Ex. President GOGS) Dr. Madhavi Sarkari (Prof. of Medicine B.R.D. Medical College Gorakhpur

Speaker Dr. Amrita Sarkari Jaipurkar



On the same day new body was formed. Details are mentioned on the right side

President- Dr. Surheeta Kareem
 Vice President- Dr. Madhubala Sharma
 Secretary- Dr. Amrita Sarkari Jaipurkar
 Treasurer- Dr. Meenakshi Gupta
 Joint Sec.- Dr. Geeta Gupta

Past Society President- Dr. Reena Srivastava

Working Committee / Council

1. Dr. Madhu Gulati
2. Dr. Savita Agrawal
3. Dr. Vani Aditya
4. Dr. Reeta Singh
5. Dr. Tanu Verma
6. Dr. Neeti Dogra
7. Dr. Chhavi Goel Sarkari

Ex. Officio Secretary: Dr. Surheeta Kareem

Founder Chapter Sec.: Dr. Surheeta Kareem

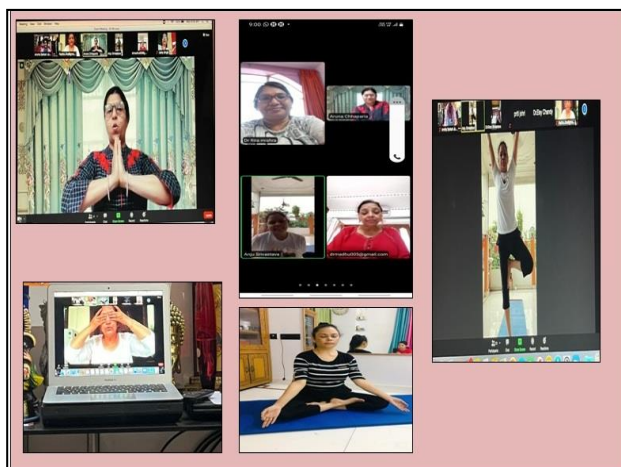
Founder Chapter President:
 Dr. Reena Srivastava

Mam these names I have put.
 Neeti I have added as I find her active both in GOGS group and GMS .
 She regularly participates in quiz also.
 I will talk to everyone individually after your approval.
 Thanks

Gorakhpur Menopause Society

21st June 2021 – International Yoga Day, One Hour Yoga Session was organized

Respected and Very Dear members of GOGS, ISOPARB Gorakhpur Chapter and Gorakhpur Menopause Society,
On the Occasion of International Yoga day all the three societies have jointly organised a yoga session at 8 AM on 21.06.2021.



GORAKHPUR OBSTETRICS & GYNNECOLOGICAL SOCIETY (GOGS) AND GORAKHPUR MENOPAUSE SOCIETY (GMS)

CORDIALLY INVITE YOU FOR A WEBINAR ON THE Theme - Adolescence to Menopause

Date - 17/07/2021 Time - 7:30PM

Session 1: Topic - PCOS

Speaker: Dr. Anurupa Singh, Professor, GGS, Gorakhpur

Chairpersons: Dr. Radha Jina, Prof. & Head, Department of Obstetrics & Gynaecology, Gorakhpur Medical College, Gorakhpur; Dr. Sufia Abbasi, Director of Obstetrics & Gynaecology, Gorakhpur Medical College, Gorakhpur

Session 2: Topic - Non-hormonal treatment of Menopause

Speaker: Dr. Madhu Gulati, Director of Obstetrics & Gynaecology, Gorakhpur Medical College, Gorakhpur

Chairpersons: Dr. Surheeta Kareem, Director of Obstetrics & Gynaecology, Gorakhpur Medical College, Gorakhpur; Dr. Babita Shukla, Director of Obstetrics & Gynaecology, Gorakhpur Medical College, Gorakhpur

Nopause The Angewomen's Guide Series

santis

[Click Here http://swamintouch.com/Adolescence-to-Menopause/](http://swamintouch.com/Adolescence-to-Menopause/)

17th July 2021

Gorakhpur Menopause Society & Gorakhpur Obs & Gynae Society jointly organized a webinar.

Theme – Adolescence to Menopause

Session: 1 – PCOS

Speaker : Dr. Kumkum Srivastava (Ex.Principal – ERA Medical College Lucknow)

Chairpersons : Dr. Radha Jina
Dr. Sufia Abbasi

Session 2 : Non Hormonal treatment in menopause

Speaker : Dr. Madhu Gulati

Chairpersons : Dr. Surheeta Kareem
Dr. Babita Shukla



Gurugram Menopause Society

- Conducted 3 group activities .
One was held on **18th June 2021** and Second on **21st June 2021**, IACDG and Vadodra in association with Gurugram menopause society.
Third on **12th July 2021** Gurugram menopause society

INDIAN MENOPAUSE SOCIETY & GURGAON MENOPAUSE SOCIETY (GMS)
Cordially invites you all

WEBINAR
Monday, 12th July 2021
Time : 4:00 pm to 6:00 pm

Chief Guest
Dr. Ambuja Choranur
President IMS

Guest Of Honour
Dr. Sudha Sharma
Secretary General IMS
Dr. Ragini Agarwal
Vice President FOGSI
Dr. Pushpa Sethi
Vice President IMS

Topic 1 : Nutrition in menopause & lifestyle
Dr. Alka Mathur
Speaker

Topic 2 : Genito Urinary Syndrome
Dr. Geeta Rustogi
Chairperson
Dr. Kiran Arora
Chairperson
Dr. Chandan Kachru
Chairperson

Topic 3 : Bone Health : Adolescent to Menopause
Dr. Vandana Narula
Chairperson
Dr. Hardeep Saluja
Chairperson
Dr. Promila Malik
Chairperson

Vote of Thanks
Dr. Anu Sidana

Click To Join
<https://mydanone.webex.com/join/pankaj.agnihotri>

1 ICOG Credit Point
Protinex

GMS HAROBGYN IMS
Cordially invite you all for Scientific CME

WEBINAR
Monday 26 th July 2021
Time : 4:00 PM to 5:30 PM

Weblink: <https://global.qotomeeting.com/join/841881365> Password: 841-881-365

CHIEF GUEST
Dr. Ambuja Choranur
President IMS

GUEST OF HONOUR
Dr. Sudha Sharma
Secretary General IMS
Dr. Ragini Agarwal
President HAROBGYN
Dr. Pushpa Sethi
Vice President IMS

Topic and Speaker:1
Cyproterone Acetate in PCOS: A Magic Pill
Dr. Ashima Taneja
Prof.DMC, Ludhiana

ChairPersons
Dr. Vandana Narula
Dr. Rita Darbari
Dr. Jyoti

Topic and Speaker:2
Ensuring Full Bloom: Role of NMP-SR in prevention of PTL
Dr. Aditi Nadkarni
IVF Specialist, Vapi, Gujarat

ChairPersons
Dr. Promila Malik
Dr. Suman Yadav
Dr. Alka

Topic and Speaker:3
Bone Health : Adolescent to Menopause
Dr. Madanjeet Kaur
Senior Gynecologist, Gurugram

ChairPersons
Dr. Anu Sidana
Dr. Suboohi Rizvi
Dr. Jyoti Yadav

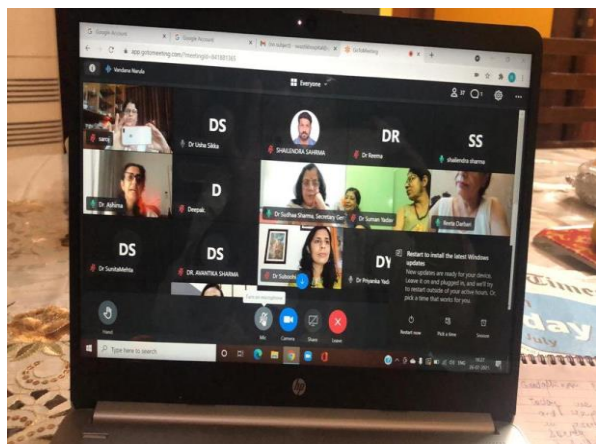
Question and Answer
Dr. Avantika Sharma

MOC
Dr. Reema Goel

Dr. Suman Yadav
President GMS

Dr. Saroj Kumar
Secretary GMS

Dicalis
Serena
Susten
Florida
Krimson 35



Hyderabad Menopause Society

1. Menopause Society of Hyderabad , under guidance of IMS Conducted clinics in all the four menopausal clinics started at Hyderabad.
2. Awareness programs were conducted for adolescents & women regarding health and diet.
3. Several webinars were conducted on variety of topics-
 - Evaluation of perimenopausal AUB
 - POST Menopausal bleeding.
 - Nutrition, exercise , in menopause.
 - Care of cardiovascular system- talk by Cardiologist
 - Taking care of thrombus in the leg. - by vascular surgeon
 - Newer contraceptives safer for elderly
 - A webinar by south Indian doctors on WORLD POPULATION DAY- with wonderful lectures by Dr. Hepzibah – Chennai, Dr. Revati Janakiram – Madurai, Dr. Chellamma – Calicut, Dr. Erika Patel
 - On care of mothers and Grand mothers was organized on 15th July 2021.



Hyderabad Menopause Society
Under guidance of
INDIAN MENOPAUSE SOCIETY
is inviting you to participate in

World population week celebrations
Caring Mothers and Grandmas

15th July, 2021 Thursday | 06:30 - 08:30 PM

Session 1

Chair Persons

Dr. Balamba Hyderabad, Dr. Meeta Hyderabad, Dr. Rama Devi Vijaywada

Speakers

Dr. Chellamma Calicut, Dr. Revathi Janakiram Madurai

Topic: Master Health Check-ups When, Why & What?
Topic: Fighting with obesity Diet for housewives

Session 2

Chair Persons

Dr. Susheela Rani Bengaluru, Dr. Shilaja Hyderabad, Dr. Sarojini Devi Hyderabad

Speakers

Dr. Erika Patel Chennai, Dr. Hepzibah Kirubamani Chennai

Topic: Exercise in Menopause
Topic: Forgetfulness to Mindfulness

Digital Partner
CITRNET



Indore Menopause Society



INDIAN
MENOPAUSE
SOCIETY



Menopause Society Chapter Indore Installation & Online Webinar on Orbit of Menopause



Date: 24th June 2020



Time: 4.00 to 5.30 pm

SPEAKER



Dr. Jignesh Shah
President - IMS

SPEAKER



Dr. Rajendra Nagarkatti
Chairperson -
Midlife Management
Committee FOGSI

PATRON



Dr. Prof. Kumud Bhagwat

MODERATOR



Dr. Asha Baxi
Organizing Secretary
AICOG (2020-21)

PANELIST



Dr. Poonam Mathur
Founder President -
Menopause Society Indore

PANELIST



Dr. Brajbala Tiwari
Secretary -
Menopause Society Indore

PANELIST



Dr. Kavita Bapat
Incoming President
Menopause Society Indore

TOPIC

SPEAKER

TIME

Welcome

Dr. Poonam Mathur

4:00 to 4:05

Secretary report

Dr. Brajbala Tiwari

4:05 to 4:10

Words of Wisdom & Blessing

Dr. Prof. Kumud Bhagwat

4:10 to 4:20

Outgoing President Address

Dr. Poonam Mathur

4:20 to 4:25

Incoming President Address

Dr. Kavita Bapat

4:25 to 4:30

Menopause Practice in India - where do we stand?

Dr. Jignesh Shaha

4:30 to 4:45

What is new

Osteoporosis in Midlife - Prevention & Management - Need of the hour!

Dr. Rajendra Nagarkatti

4:45 to 5:00

Panel Discussion

Dr. Asha Baxi (Moderator)

5:00 to 5:30

Q & A

VOTE OF THANKS

—❁— PARTICIPANTS WILL GET 1 ICOG CREDIT POINT —❁—



IMS INDORE CHAPTER INVITES YOU TO A LIVE WEBINAR ON MENOPAUSE MANAGEMENT

LINK TO REGISTER: [HTTP://BIT.LY/WB-MENOPAUSE MANAGEMENT](http://bit.ly/wb-menopause-management)

DATE: 16th JULY'21 FRIDAY | TIME: 4:00 PM - 6:00 PM

GUEST OF HONOUR



DR BIPIN PANDIT
VP FOGSI



DR KAVITA BAPAT
VP FOGSI
PRESIDENT IMS INDORE



DR SHUBHANGI NIRKHWALE
SECRETARY IMS INDORE

SCIENTIFIC SESSION

TOPIC 1: BEATING THE BATTLE OF BULGE

SPEAKER



DR. SARITA BHALERAO

TOPIC 2: CARE IN MENOPAUSE & MANAGEMENT OF SYMPTOMS

SPEAKER



DR. GEETHA BALASARKAR

CHAIR PERSONS



DR. MANILA JAIN KAUSHAL



DR. JYOTI BUNGLOWALA



DR. MUKTA JAIN



DR. KAVITA SINGH

PANEL DISCUSSION ON CONTRACEPTIVE IN PERIMENOPAUSE

MODERATOR



DR. BRAJBALA TIWARI
VP IMS INDORE

PANELISTS



DR POONAM MATHUR



DR SUMITRA YADAV



DR ANUPAMA DAVE



DR RENUKA GUPTA

MASTER OF CEREMONY - DR. RANJAN PREET SINGH

VOTE OF THANKS - DR. VAJAYANTI BHORASKAR



Jabalpur Menopause Society

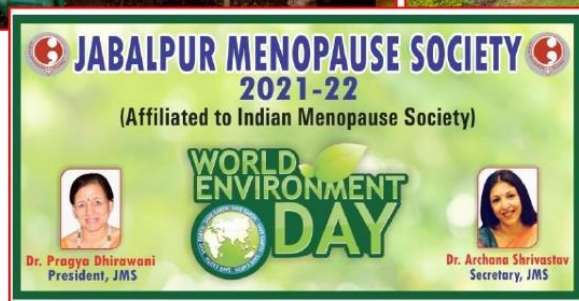
TREE PLANTATION DAY CELEBRATION

Date : 05th June, 2021

Topic : Tree Plantation Day Celebration

Faculty : Jabalpur Menopause Society Members

Summary : Tree plantation by Jabalpur Menopause Society members on World environment day on 5th June 2021 at Vimal Nursing home Adhartal, Dr Alka Agrawal 'a residence.



Jabalpur Menopause Society

INTERNATIONAL YOGA DAY CELEBRATION

Date : 21st June, 2021

Topic : International Yoga Day Celebration

Faculty : Jabalpur Menopause Society Members

Summary : 21st June is celebrated as International Yoga Day. On 20th June being Sunday, at IMA Hall Jabalpur, Members of IMA Jabalpur were invited for a live Yoga demonstration class. members actively participated and performed various asanas, pranayams and Surya Namaskar



Date : 20.06.2021
Sunday, 9 – 10 am
IMA House, Wright Town

Celebrate INTERNATIONAL DAY OF YOGA 2021

Dear members,
Yoga is for relaxing your mind, body & soul, its literal meaning is to have connection with God. So on International Yoga Day we invite you all for a live yoga session.

Do come and feel the energy and passivity in the environment.
Please bring your Yoga mat with you and wear loose cloths.

Dr Chitra Jain Chairperson - WDW
Dr Pragyaa Mishra President - JMS
Prof. Dr Gita Guin President - JOGS
Dr Deepak Sahu President - IMA
Dr Sonal Richhariya Secretary - IMA WDW
Dr Archana Shrivastava Secretary - JMS
Dr Sonal Sahni Secretary - JOGS
Dr Brajesh Choudhary Secretary - IMA

Yoga for Harmony & Peace



Jabalpur Menopause Society

INTERNATIONAL YOGA DAY CELEBRATION

Date : 21st June, 2021

Topic : International Yoga Day Celebration

: IMS Presenting A Special virtual Session on RAJYOG

Faculty : Rajyogi “Mr Avinash Vankar

Summary : 21st June International Yoga Day was celebrated with Rajyogi Mr. Avinash Vankar Globally renowned Meditation Coach. This was a special virtual session By Indian Menopause Society, Jabalpur Menopause Society being the convenor



Jabalpur Menopause Society

EXECUTIVE BODY MEETING

Date : 23rd June, 2021

Topic : Executive Body Meeting

Venue : Hotel Krishna

Agenda : Executive Committee Meeting was called and the old Executive Members and New Executive Members were invited. Taking over of Accounts was done between the Treasurers.

All relevant documents and Certificates were taken by the New Committee.



Jaipur Menopause Society

WEBINAR ON YOGA DAY 20th June 2021

Jaipur Menopause Society, Club 35 plus & WOW
We're going to Celebrate
Yoga Day : Union of Mind, Body & Soul

DATE : SUNDAY, 20th June 2021 | TIME : 7:30 am- 9:00 am

SERIES CONVENOR
• DR. ANIL KUMAR (Secretary General West Zone)

PROGRAMME HOSTS
• DR. SUDHA SHARMA (President, JMS)
• DR. SHOBHA SHARMA (Secretary, JMS)

CHIEF GUESTS
• DR. SUNITA KHOSLA (Executive Board Member, International Menopause Society)
• DR. AMBULIA CHIBBAR (President, Indian Menopause Society)

GUESTS OF HONOUR
• DR. SUDHA SHARMA (Secretary General West Zone)
• DR. SHOBHA SHARMA (President, JMS)
• DR. SUNITA KHOSLA (Executive Board Member, International Menopause Society)
• DR. AMBULIA CHIBBAR (President, Indian Menopause Society)

CLUB 35 REPRESENTATION
• DR. BANDANA JAIN (JMS President, West Zone)
• DR. SUNITA KHOSLA (Executive Board Member, International Menopause Society)
• DR. AMBULIA CHIBBAR (President, Indian Menopause Society)

PROGRAMME DETAILS
• 7:30 AM - 8:00 AM : Registration & Welcome
• 8:00 AM - 8:30 AM : Yoga by Dr. Sunita Khosla
• 8:30 AM - 9:00 AM : Discussion & Q&A by Dr. Ambulia Chibbar

Link to register : <http://bit.ly/WB-Celebrate-Yoga-Day>



SKIT ON IMPORTANCE OF YOGA (PUBLIC AWARENESS)



POEM ON YOGA BY CLUB 35 MEMBERS

मैं योग हूँ।

मैं योग हूँ।

“तन मन मस्तिष्क अरु श्वास से गहरा है मेरा नाता,
व्याधियों को भगाना मुझे है आता।
प्राणवायु में वृद्धि करता हूँ,
रक्तसंचार को संतुलित रखता हूँ।
मैं योग हूँ।

“चित्ता- तनाव- क्रोध वश में हूँ मेरे,
सुविचार- शांति- सुकून मेरे मन को घेरे।
निर्मल सलिल की भांति
आत्मा में बहता हूँ
रग-रग में नित जोश भरता हूँ।
मैं योग हूँ।

“जीवन शैली में परिवर्तन लाता हूँ
जीने की कला सिखलाता हूँ।
मुझसे ही दिलो-दिमाग में एकाग्रता बढ़ती है,
मांसपेशियों की गति मिलती है और मन को सुकून।
मैं योग हूँ।

“ खुली हवा मेरा साथ है देती
घटती सांसें में करती बढ़ावती।
मैं एक प्रेरक हूँ, आदत हूँ
जो मनुष्य को दीर्घायु
रखता है।
मैं योग हूँ।

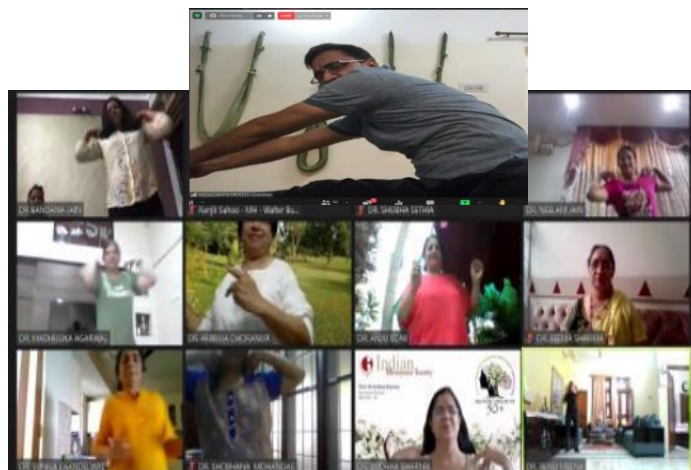
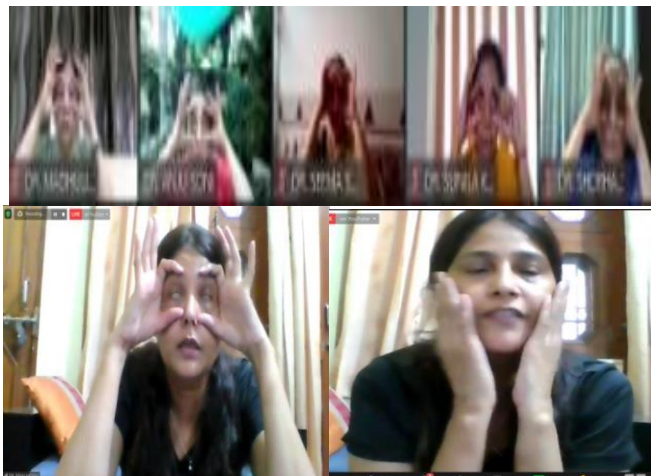
“वेद पुराणों में मेरी गाथा है
विज्ञान पर आधारित मेरे आसन क्रियाएं हैं
आज मनुष्य का मित्र बन गया हूँ
मुझसे सभी रखो नाता,
स्वस्थ रहना ही, जीवन को सुहाता।
मैं योग हूँ।

“बहु आयामी, गुणकारी हूँ
एक बार मुझे अजमा के लो देखो,
“दोस्त अपना बना के लो देखो।
“व्याधियां घटती नजर आएंगी,
“जिंदगी में नए रंग भर जाएंगी।
मैं योग हूँ।

DR. BANDANA JAIN

Jaipur Menopause Society

- LIVE DEMO OF FACIAL YOGA
- LIVE YOGA AND AEROBICS PRACTICE



- WEBINAR ON METABOLIC SYNDROME





JAIPUR MENOPAUSE SOCIETY

WELLNESS OF WOMEN (WOW) AND CLUB 35

Invite You for a Webinar on

METABOLIC SYNDROME IN MENOPAUSE

Date: Monday, 5th July 2021
Time: 5:00pm - 7:00pm

WOW SERIES CONVENOR



Dr. Anju Soni
Sec Gen (Elect 945)

PROGRAMME HOSTS



Dr. Narejan Jain
President JMS



Dr. Shobha Sethia
Secretary JMS



Dr. Mathulika Jain
Treasurer JMS

CHIEF GUESTS



Dr. Smriti Khadwal
Executive Board Member
International Menopause Society



Dr. Anshuja Chaurman
President Indian
Menopause Society



Dr. Susha Bhandari
Principal JMS Medical
College Jaipur



Dr. Jyoti Tamh
Sec Gen (JMS)

KEY NOTE SPEAKER

PANEL DISCUSSION

CHAIRPERSONS



Dr. Leela Vyas
Ex Vice President FOGSI



Dr. Preeti Sharma
President Elect JOCG



Dr. Drega Masand
HOD Gyn & Obs NIMS

MODERATORS



Dr. Sudhas Sharma
Sec Gen IMS



Dr. Jaya Choudhary
Past Treasurer JMS

PANELISTS



Dr. Saleeh Lodha
Endocrinologist HCCC JPR



Dr. Nikhil Pareek
Cardiologist Smt Hospital JPR



Dr. Seema Sharma
Vice President ELEC IN

Club 35 Representative



Dr. Jai Shree Chandra
Ex Pres CYS

ROLE PLAY: Active Members JMS



Dr. Tarachaya Bansal



Dr. Yashini Sayed



Dr. Preeti Arora








KEYNOTE ADDRESS

Metabolic Syndrome and Menopause

Dr. Jaydeep Tank
MD, PhD, FRCG, FRCR, FRCOG

Invited Past Secretary General - Federation of Obstetrics and Gynaecological Societies of India (FOGSI)
Past President, Metabolic Diseases and Gerontology Society (MDSG)
Apex Secretary for Clinical Practice of Obstetrics and Gynaecology (FOGOG)
Chair International Federation of Obstetrics and Gynaecology (FIGO) 54th Executive Committee

Ex Chair, Fertilisation Committee (KFRS)
Ex Chair, Reproductive Endocrinology and Infertility Committee - Fertility Protection for Endometrium of Quality in Fertilisation (EPURE)
Ex Chairman IFF Committee (FIGO) 2004 - 08

*Consultant, Obstetric Medicine and Surgical Hospital,
 Cancer for Endocrine and IFF*
Program Director and Member of Board, ProfNet IFF
Consultant, Apurva Hospital, Faridkot and IFF Chair
Rotary Chancellor for IFF
Editor, Alkalay, Alkalay, Tassi, Journal
Chairperson, Apurva, Lucknow

PANEL DISCUSSION

Dr Sudhaa Sharma
Dr Jaya Chaudhary

Metabolic syndrome menopause - can prevent it?

5th July 2021

Jalandhar Menopause Society

International yoga day was celebrated on **21st June 2021**. About 25 members attended and actively participated in a relaxing yoga conducted by a yoga trainer. After addressing the gathering we had one hour yoga session conducted by an expert.

Our Charter president Dr. Sushma Chawla, myself, president Jalandhar Menopause Society, vice president Dr. Damanjit Kaur, Treasurer Dr. Gurpreet Kaur, club 35 Co ordinatoe Dr. Deepali luthra, Dr. Surjit Kaur, Dr. Rajeshwari, Dr. Anupma Chopra and 20 other members attended a wonderful yoga session. Dr. Gurpreet Kaur actively helped me in arranging the event. Yoga session was followed by herbal tea and healthy snacks. Please find pictures as attachment. This was followed by healthy snacks and herbal tea.



Jammu Menopause Society

Jammu Menopause society-under the Agesis of Indian Menopause Society and Jammu Obst & Gynae society conducted Menopause Masterclass Webinair series on 2nd June, Wednesday.

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

The session was started by Welcome address by our president Dr Anil Mehta, who welcomed all the faculties and audience of the session.

After taking blessings from the Almighty, the inaugural session started, and shower of blessings from the President IMS Dr C.Ambuja & Secretary General IMS,Dr Sudhaa Sharma was taken, who addressed the gathering virtually & introduced journey and vision of Indian Menopause Society.

Two sessions, first on UROGENITAL PROBLEMS IN MENOPAUSE by Dr Shobhana Mohandas, President elect IMS, and second on PREMATURE OVARIAN INSUFFICIENCY by Dr Parag Biniwale, President Pune Menopause society was conducted. Both the speakers kept the audience spell bound by their very informative talks.

The first session was chaired by Dr Sudhaa Sharma, Dr Jyoti Hak and Dr Sapna Khullar and second session was chaired by Dr Neelam Aggarwal, Dr Reema Khajuria and Dr Prabhjit Kour. At the end of each session, interactive discussion with the speakers was done by Dr Amita Gupta and Dr Jyotsana Lamba respectively and this was followed by question answer session to clear any doubts, if any, of the audience.

After completion of the above two sessions, another more interactive panel discussion on MENOPAUSE HORMONE THERAPY -CONFUSION TO CLARITY was conducted, which was moderated by Dr C.Ambuja and co-moderated by Dr Meeta Gupta. The panelists for the session were Dr Sandeep Kour, Dr Amandeep Kour, Dr Tania Kakkar, Dr Pallavi Sharma and Dr Shallu Jamwal who all actively participated in the session.

The event was coordinated by Dr Rimjhim, Dr Meeta Gupta, Dr Amandeep Kour, and Dr Neha Mahajan. Vote of thanks was forwarded by Dr Neha Mahajan.

This initiative is one of its kind and a big step towards promoting menopausal health and spreading awareness amongst doctors especially young gynaecologists regarding their doubts related to Menopausal Hormone Therapy-its initiation, follow up and in special circumstances.

Safe motherhood committee under the aegis of FOGSI conducted pan India METABOLIC WOMEN'S WORKSHOP, which included 13 such workshops in collaboration with various OBGYN societies of India.

The vision of starting this webinar series was initiated Dr Preeti Kumar, Chairperson Safe motherhood committee and supervised and guided by FOGSI President Dr Alpesh Gandhi, Vice-President Dr Atul Ganatra and Secretary General FOGSI Dr Jaydeep Tank.

Jammu Menopause Society

Each workshop included talks on below mentioned topics by the Stalwarts of FOGSI:

- 1) HYPOTHYROIDISM-CONCEPTION TO POSTPARTUM
- 2) HYPERPROLACTINEMIA -ITS IMPACT ON REPRODUCTIVE HEALTH, followed by interactive panel discussion on VAGINAL DISCHARGE Specially Bacterial Vaginosis and its impact on women's health.

The above workshops were conducted in collaboration with the following societies of INDIA, namely

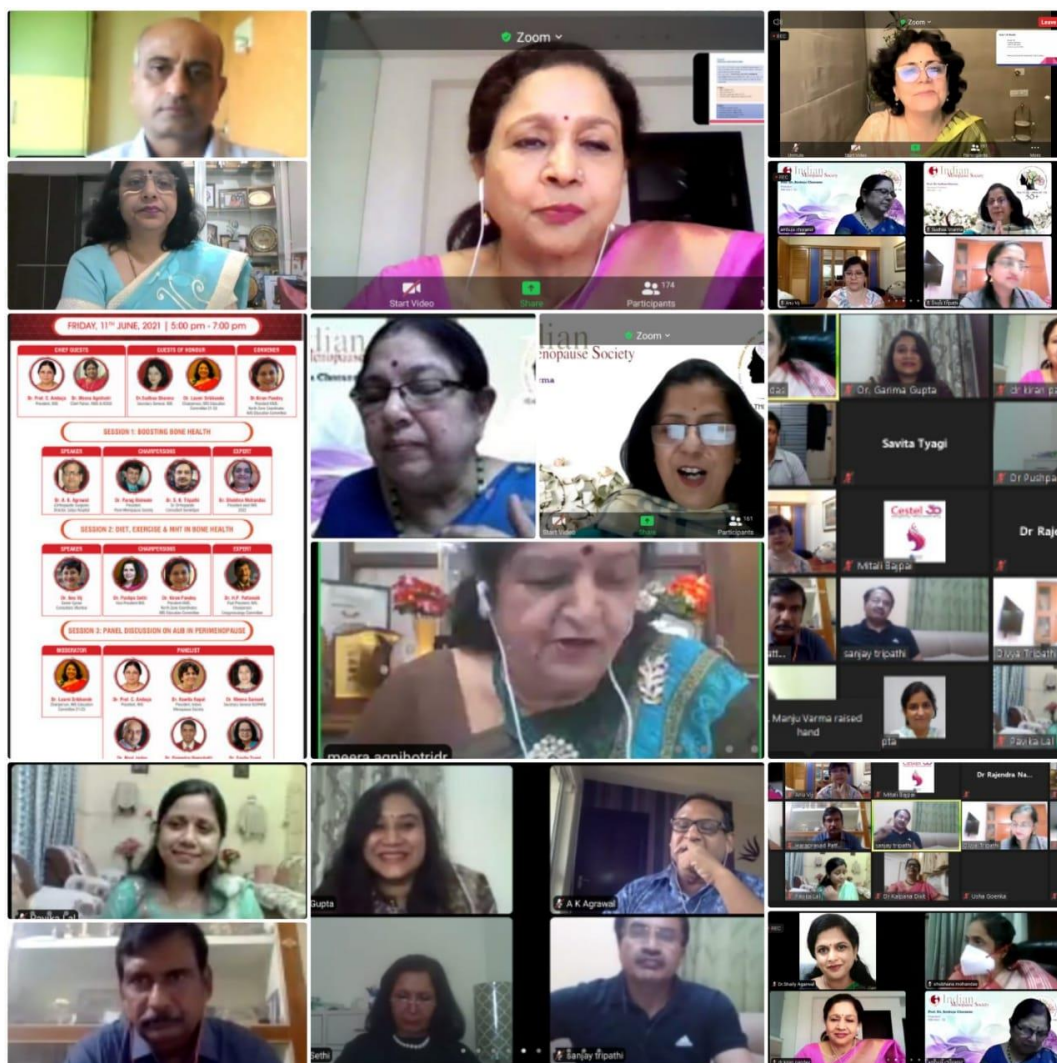
- 17th March 2021-Jabalpur, Ratlam, Bhopal and Gwalior societies
- 23rd March 2021-OGSSI Chennai
- 7th April 2021- Lucknow, Kanpur, Merrut,& Allahabad
- 18th April 2021-Patna, Bhagalpur, & Muzaffarpur
- 29th April 2021-societies of Northern India, Ludhiana & Jammu
- 3rd May 2021 -Ahmedabad, Vadodara, Surat & Rajkot
- 7th May 2021-KSOGA
- 27th May 2021-Jaipur, Jodhpur, Bikaner, Kota, Alwar, Bharatpur, Udaipur,& Sriganganagar
- 31st May 2021-Cuttack, Rourkela, Burla, Berhampur & Balasore
- 11th June 2021-Ghaziabad, Noida, & Aligarh
- 15th June 2021-Association of Obst & Gynaes of Delhi (AOGD)
- 17th June 2021- Bengal, Kalyani, Durgapur & Bardhaman
- 23rd June 2021-Siliguri, Shillong, Agartala & Guwahati

The successful completion of the workshop was possible with involvement of about 200 faculty members and experienced Teachers and Stalwarts of FOGSI, who were able to reach about 5850 delegates all over India. This initiative is one of its kind and a big step towards promoting safe motherhood and spreading awareness amongst doctors specially young obstetricians regarding their doubts related to Thyroid disorders, hyperprolactinemia, and Vaginal discharge -their management, treatment and follow up.



Kanpur Menopause Society

- Under the aegis of IMS education committee organized a webinar on the theme “Preserving the Perimenopausal Health” on **11th June 2021**.
- It was a great academic extravaganza with 505 registration. The chief guest was the Prof Dr. C ambuja president IMS and Dr Meera Agnihotri (chief patron KMS). The guest of honour were Dr.Sudha Sharma (secretaryIMS) and Dr. Laxmi Shrikhande (chairperson IMS education committee)
- It was a splendid and spectacular event with mesmerizing and interesting talk by our both knowledgeable speakers. The panel was very interactive and interesting with valuable inputs from our stalwart Dr.Laxmi as well as from our esteemed panelists with crystal clear take home messages.
- Our event was graced by dignitaries, Dr Pushpa Sethi, Dr. Shobhana Mohandas, Dr. Hara Pattnaik, Dr.Parag Binewale, Dr.SK Tripathi. The program co ordination was done by Dr. Garima Gupta and Dr. Divya Tripathi followed by a vote of thanks given by Dr. Pavika Lal



Kanpur Menopause Society

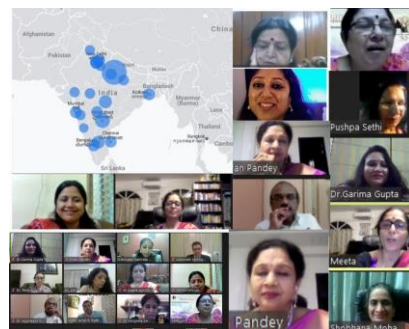
- In Association with Indian Menopause society along with public awareness committee club 35 Plus organised a public forum on national platform on **10th July 2021** from 5:30 pm to 9:00 pm on a very important issue amid covid times that is domestic violence and legal rights for women
- Chief organizers of the program Dr Kiran Pandey founder president Kanpur Menopause society chairperson public awareness committee Dr Aarti Gupta
- Dr Garima Gupta secretary Kanpur Menopause society It was a grand success with approximately 3000 participants from all over India .
- Chief guest Dr C Ambuja president Indian Menopause society Dr Meera Agnihotri President www foundation Dr Mandakini Megh chairperson ICOG
- first talk by eminent speaker Mr Amit Pathak advocate Supreme Court of India - legal rights for women .He emphasized the importance of women rights laid in our constitution .
- Second talk - speaker advocate Namrata Mishra on domestic violence . She told that domestic violence includes not only physical abuse but also mental as well as economical.
- Second session- interactive session on the theme Aabla Se Sabla Astitva safari ka-
- It was moderated by Dr Kiran Pandey and the intellectuals who participated were Dr Meera Agnihotri, Dr Jamuna, Dr Jagdish Gandhi, Mrs Neelima Chaturvedi Advocate Namrata , Advocate Vaibhav. It was a very interesting discussion with valuable inputs from all the esteemed delegates about the preventive strategies and remedies for this problem.
- The program was followed by announcement of the results of following competitions which were judged by distinguished judges from Pan India .
- slogan competition Judges- dr shubha mohandas, dr Neelam agarwal
- first prize Dr Anita Gautam 2nd prize shivali tanfon Vineeta Misra jyoti purohita preeti pathak shefali oande

Essay judges Dr Meeta Singh & Dr Pushpa Sethi

- 1st prize Dr Uruj Jahan
- 2nd prize Amrit Kaur
- 3rd prize Dr Chitra Bansal

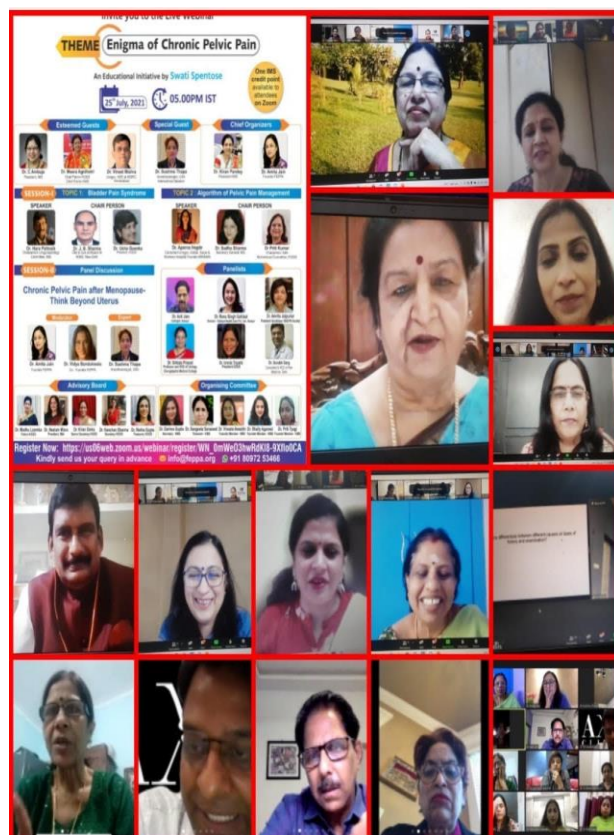
Documentary Dr Anju Soni & Dr Ratnabali

- 1st prize Mansi Tandon
- 2nd prize Sumeet Kaur
- 3rd prize Dr Pratima



Kanpur Menopause Society

- A webinar on this very important yet neglected subject was organized by Kanpur Menopause Society and FEPPA on **25th July 2021** under leadership of Dr Kiran pandey - president Kanpur menopause society with Dr Garima gupta secretary Kanpur menopause society.
- Excellent Lectures on Bladder Pain Syndrome and Algorithm of management of pelvic pain were delivered by eminent speakers dr Hara Pattanaik and dr Aparna Hegde respectively . Followed by case based panel discussion by Dr Amita Jain and drVidya Bandoowala . Webinar was graced by DrMeera Agnihotri mam ,Dr Ambuja maam national president IMS, dr Vineet Mishra sir dr Sudhaa Sharma maam , dr JB Sharma sir Dr Sushma Thapa From USA ,
- Renu Singh Gahlaut maam, dr amrita , dr urmila , dr Sri kala Maam, dr anil jain and sorabh garg. Program was well coordinated by Dr Vineeta Awasthi Dr shaily Agrawal and Dr preeti Tyagi. total attendees 250 and total registration 350



Kolkata Menopause Society

Installation Ceremony of the new Executive Committee of Kolkata Menopause Society.

Was held on Saturday the 19th June, 2021. The program was on a virtual platform held between 7:00 and 8:30 pm, organised by the outgoing our President Dr Sudip Chakraborty and the honorary Secretary Dr Sudip Saha.

The Master of Ceremony for the evening, Dr Amitoj Atwal welcomed all the invited dignitaries and delegates. Welcome address was delivered by Dr Sudip Chakraborty (Out-going President KMS; 2019-21), who in turn invited our Chief Guest Dr Rama Vaidya (Founder President of IMS) to deliver the Keynote address. The topic was- “IMS; the Road thus travelled”. She spoke about how the society was founded and the journey thereafter, which was appropriated by the participants.

She set the stage for the proceedings of the evening. The inauguration started off with lightening the ceremonial lamp. This was followed by rendition of a melodious invocation of Saraswati Vandana, by Dr Madanki Srinivas. Then, Dr Sudip Saha (Secretary KMS; 21-23) installed the new Executive Committee of Kolkata Menopause Society- 2021-23. The new President, Dr Jayanta Kumar Gupta had a short and crisp message, where he spoke about AIM- the strategy for his tenure. Thereafter, he introduced our Guest of Honour, Dr C. Ambuja (President IMS; 2021-22). She delivered the keynote address where she spoke on “It’s time to integrate Menopausal Health Care into the mainstream medical curriculum”. She made pertinent points of pitching it in the right forum, so that the geriatric population can be offered holistic care.

The next speakers were our own representatives to the Indian Menopause Society, Dr Bipasa Sen- Joint Treasurer 2020-22, Dr Nirmala Pipara- Chairperson, Menopausal Health Community Committee and last but not the least Dr Ratnabali Chakraborty- past President IMS 2018-19 and presently Chairperson of National Advocacy Committee; all presented their reports.

The final session was a panel discussion on “ Changing Landscape of management of AUB in 40+”. This was moderated by Dr Basab Mukherjee, Vice-President KMS 2021-23 and Dr Arnab Basak, Treasurer KMS 2021-23. The panel was graced by imminent members, Dr Neelam Agarwal, Dr Hara P Patnaik - all past Presidents and Dr Sudhaa Sharma, Secretary General of IMS. Three cases were presented and the view of the panellists’ were noted. The panel was appreciated by the members as being very simple, concise and clinically relevant.

Dr Subhash Mukhopadhyay, Secretary KMS 2021-23 offered the vote of thanks, and congratulated our academic partner Bayer Zydus for coming forward to partner with us.

Kolkata Menopause Society

Installation Ceremony of the new Executive Committee of Kolkata Menopause Society.








Bayer Zydus Pharma

Academic Partner

Installation Ceremony of the New Executive Committee of Kolkata Menopause Society.

Date- 19.06.21

Time- 7pm - 9pm

Welcome by

Member of Ceremony



Dr. Amitoj Atwal

Welcome address by



Dr. Sudip Chakraborty
Out-going President IMS, 2019-21

Chief Guest



Dr. Rama Vaidya
Founder President of IMS

Keynote address:



Dr. Rama Vaidya

Topic: IMS; the Road thus travelled.

Chairpersons



Dr. Kalidas Bakshi



Dr. Sudip Chakraborty



Dr. Jayanta Gupta

Installation Ceremony



Lighting of the Ceremonial Lamp



Inaugural song by
Dr. Madanki Srinivasan



Installation of new Executive Committee of Kolkata Menopause Society
Dr. Sudip Chakraborty
Secretary, KMS 2019-21

Address by:



Dr. Jayanta Kr Gupta
President KMS 2017-23

Address by Guest of Honour:



Dr. C. Ambuja
President IMS, 2001-22

KMS representation in IMS



Dr. Bipasa Sen
Joint treasurer, 2020 - 22



Dr. Nirmala Pipra
Chairperson MHCC



Dr. Ratnasabhi Chakraborty
Past President IMS 2018-19,
Chairperson
National Advocacy Committee

Topic: It's time to integrate Menopausal Health Care into mainstream Medical Curriculum

Panel Discussion

Moderator



Dr. Arnab Basak
treasurer KMS
21-23

Topic - Changing Landscape of AUB in 40+

Panel members



Dr. Basabi Mukherjee
Vice President KMS
21-23



Dr. Neelam Agarwal
Past President
IMS



Dr. Hara Prasad Pattnaik
Past President
IMS



Dr. Sudhaa Sharma
Secretary General
IMS



Dr. Jaideep Malhotra
Past President
IMS

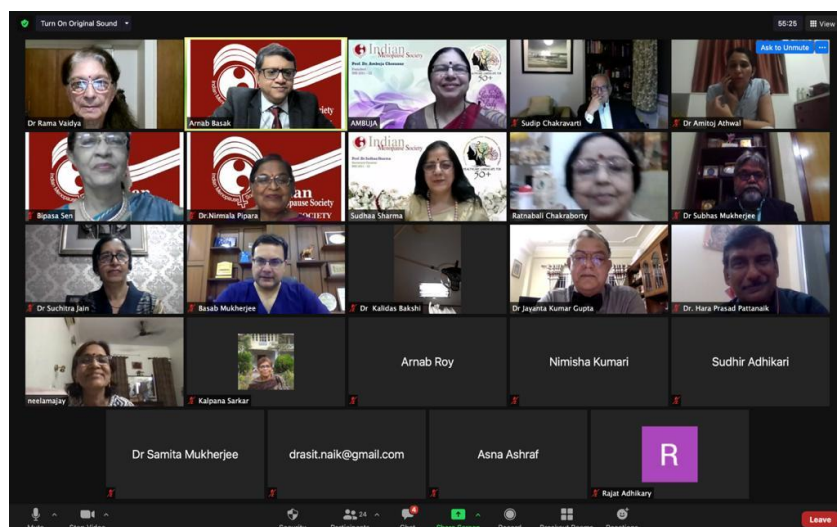
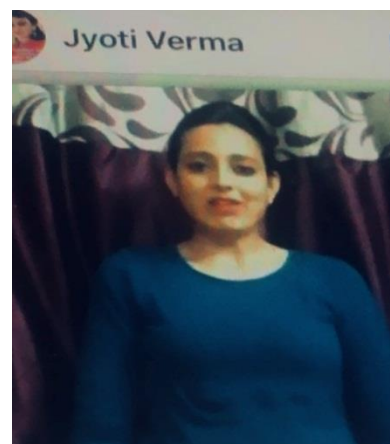
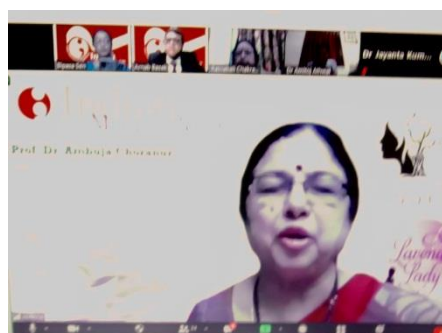
Vote of thanks



Dr. Subhash Mukhopadhyay
Secretary KMS 21-23

Zoom Meeting Link :

<https://us02web.zoom.us/j/8669183666?pwd=OTlmZk10Mk1TFFZlQzBUUzNWVlYVlsVks0Q090>



Kolkata Menopause Society

International Yoga Day & Kolkata Menopause Society

Celebrated on June 21, International Yoga Day inculcates the physical and spiritual prowess that yoga has brought to the world stage. To mark this occasion, Kolkata Menopause Society (KMS) in partnership with Bengal Obstetric & Gynecological Society (BOGS) celebrated International yoga day this year, on a virtual platform. This program was jointly organised by J R S Mahila Mandal & Jain Conference.

The occasion was inaugurated by Dr Ratnabali Chakraborty, past President IMS, who delivered an introductory speech on the various activities of KMS. Dr Bhaskar Pal, President BOGS, gave a welcome address to all the doctors & delegates. Live YOGA demonstration was performed by Mrs. Jyoti Verma, who is a Yoga Consultant at ITC Sonar. She showed various Mudras, Ahsanas, and Pranayamas to connect the body, mind and soul in a way that has existed for centuries.

There were about 70 enthusiastic participants. Everyone enjoyed the programme. It was a grand success

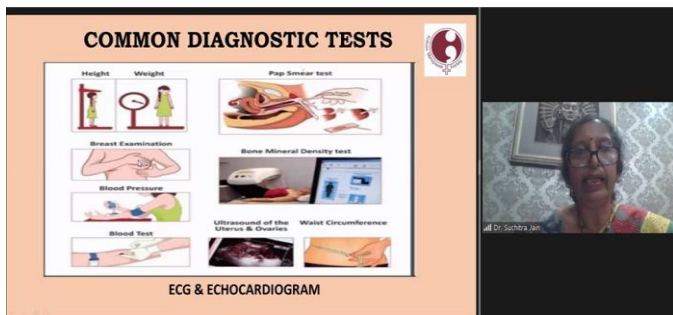
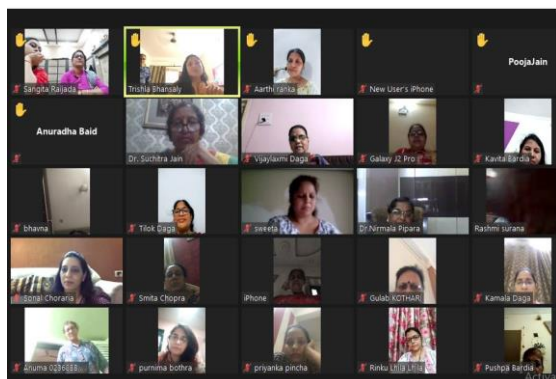
AWARENESS TALK on Menopause and Beyond on 1st July 2021

- **Presented by:** Dr. Suchitra Jain, Joint secretary, KMS
- **Audience:** 70 women of different age groups

After consultation with and guidance from Dr. Jayanta Kumar Gupta. President and Dr. Subhash Mukhopadhyay, Secretary, an awareness presentation on “**Menopause and Beyond...**” was done for about 45 minutes with the help of a power point presentation during which various aspects, symptoms, need of screening & diagnostics etc in pre and post-menopausal era were explained. The importance of general life style and medical assistance to keep oneself physically, mentally and socially healthy was elaborated in detail.

Presentation was followed by an interactive session for about 45 minutes with active participation from the audience. Dr. Nimala Pipara, Chairperson, Community & Social Responsibility also actively participated in the event.

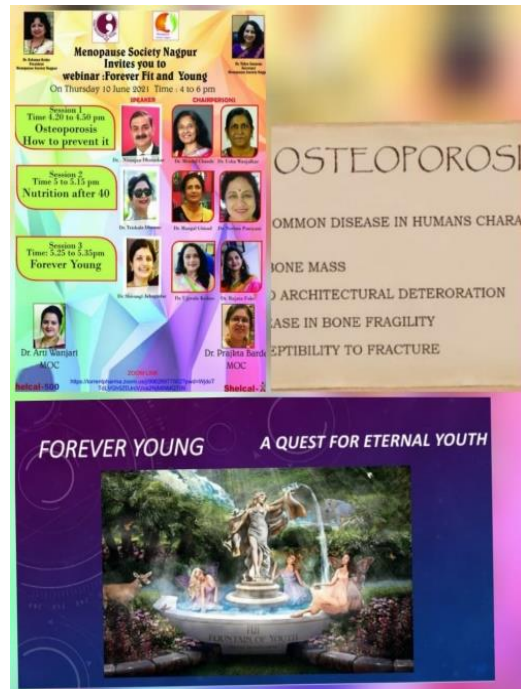
The talk finished with a vote of thanks from the Secretary of SAKHii



Nagpur Menopause Society

Webinar was held on 10th June 2021,

- By menopause society Nagpur, on “Forever Fit and Young.”
- Dr Kshama Kedar , president MSN , spoke briefly on Aging gracefully.
- Dr Nirnanjan Dharaskar, spoke on “Osteoporosis: how to prevent it”
- Dr Trishala Dhemre spoke on “Diet @ 40.”
- Dr Shivangi Jagirdar spoke on “Forever Young”
- A talk on latest research on reversing cellular aging, interspersed with inspirational quotes.
- Dr Prajakta Barde and Dr. Arti Wanjari were the MOC.
- Dr. Vidya Sutaone proposed vote of thanks
- The webinar was well attended and well appreciated.



From Menopause Society Nagpur

Yoga day was celebrated on 21 June 2021.

A video was made of Suryanamaskar by different members of MSN

A collage of photos in various poses was also made.

Menopause Society Nagpur.

A webinar was held on **24th July 2021,**

Dr Archana Deshpande talked on “Tackling pain in midlife”

Dr Mausami Tadas on “Femarelle”

Dr Shantala Bhole moderated the debate on “When should Doctors Retire”

Dr Nirmala Vaze talked in favour of late retirement and Dr Meghana Agarwal talked in favour of early retirement.

Guru Purnima celebration was held and 5 senior Doctors/ stalwarts were honoured by Dr Kshama Kedar MOC were Dr Bhakti Gurjar and Dr Lata Meghrajani. Vote of the proposed by Dr. Vidya Sutaone



Patiala Menopause Society

Patiala Menopause Society held a virtual yoga camp to celebrate International Yoga Day on 20/6/21 from 7 am to 8 am and about 20 members participated. Dr Manpreet Vice President Patiala Menopause Society convened the session



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. Tarsem Garg , Principal , Vice Principal, CEO, is conducted of an awreness programme regarding Care in Covid -19 Pandemic & Covid -19 vaccination monthly Varisht mahila swastha shivir under aegis of IMS under MHCC.A Step towards Healthy Menopause on 07th July 2021 .

- Lecture on importance of Care in Covid -19 Pandemic by Dr. Ruby Bhatia
- Covid -19 vaccination by Dr. A.S.DHILLON
- All covid warriors of the obs and gynae department were given appreciation certificates by Dr. B K Agarwal, Principal, Mmimsr



Rajkot Menopause Society

Rajkot menopause society and club 35+ along with IMS and FOGSI did a public awareness programme on **12th June 2021**.

The topic was how to choose nutritive foods in menopause. Titled as 'health direct rasoi se'. Topics covered were

- Swasth rahe mast rahe by Dr. Lata jethwani.
- Oil kya sahi kya nhi by Dr. Jigna ganatra.

Panel discussion was on khana hai jarur lekin kya!? Kab!? Kitna!? was moderated by Dr. Ami Mehta and Dr. Aarti gupta mam. Panelists Dr. Ragini agrawal, Dr. Mayamodi, Ms. Simi khanna and Dr. Lata and Dr. Jigna answered all questions very beautifully . The whole programme was in hindi. The programme was chaired by Dr. Ambuja mam, Dr. Sudhaa sharma and Dr. Jyoti shah mam.

Total 2355 members all over India watched live on YouTube and recorded videos are still being watched. It was well appreciated by one and all rajkot society members did really had work for this public forum. Full credit goes to Dr. Ambuja mam, Dr. Aarti mam and Dr. Ami mam.

Indian Menopause Society (IMS)
with **Rajkot Menopause Society & Club**
 cordially invite you to

COR CONNECT- Live WEBINAR
On **Health : Direct Rasoi Se**

TO JOIN
www.corconnect.org/7
HELP LINE : +91-9451507191

Sat, 12th Jun, 21 **4.00 PM**

Rajkot Menopause Society Bear

Guest of Honour

Chief Guests

Speakers

Q & A session

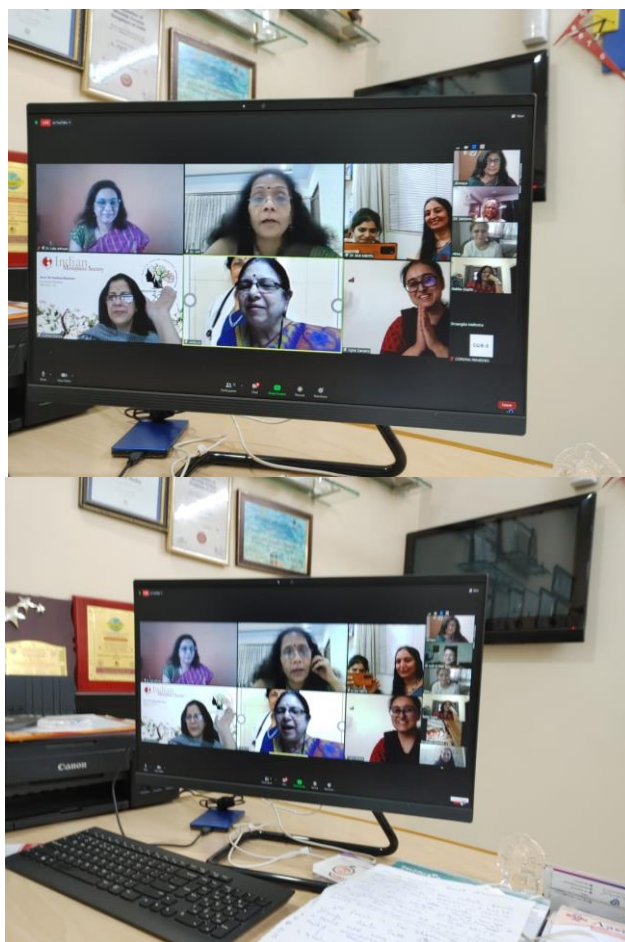
Moderators

Panelists

Participation Benefits

From the makers of:

COR-3 | **Trazer** | **Trazer M forte** | **eema-HMG**



Rajkot Menopause Society

- Rajkot menopause society along with rajkot obgyec society and association of surgeon rajkot held a urogynec webinar on 13th June Sunday morning.

The programme covered all urogynec topics.

UTI in women by Dr. Neelam desai
SUI by Dr. Aashish jasani
OAB by Dr. Sanjay popat
GUT injuries by Dr. Sunil moteria.

- The session was chaired by Dr. Nirnanjan parikh sir and moderated by Dr. Shaily modi.
- The programme covered all the routine problems regarding the subject and was well discussed and well attended by all society members.

UI Type	Description
Urge UI	Involuntary leakage associated with a sudden strong need to void; often associated with overactive bladder.
Stress UI	Involuntary leakage associated with sudden pressure on the bladder, as with coughing, sneezing, or exercise.
Mixed UI	Involuntary leakage associated with a combination of urge and stress UI symptoms.
Overflow UI	Involuntary leakage associated with loss of bladder muscle contractile strength and/or bladder outlet obstruction, resulting in incomplete emptying of the bladder and retention of urine.
Functional UI	Involuntary leakage associated with cognitive, functional, or mobility difficulties that impair the ability to use the toilet, but without failure of

UTI IN DIFFERENT STAGES OF LIFE IN W

Diagnosis & Evaluation:

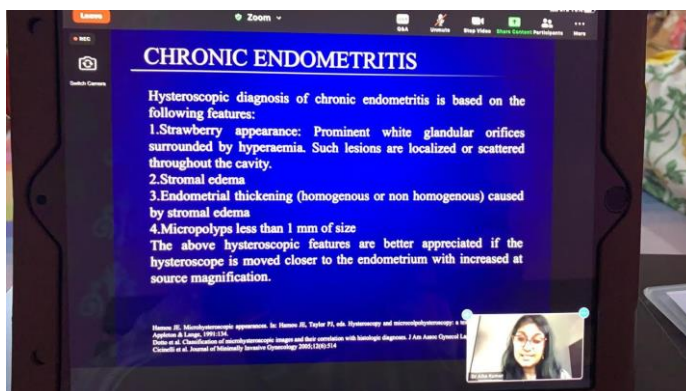
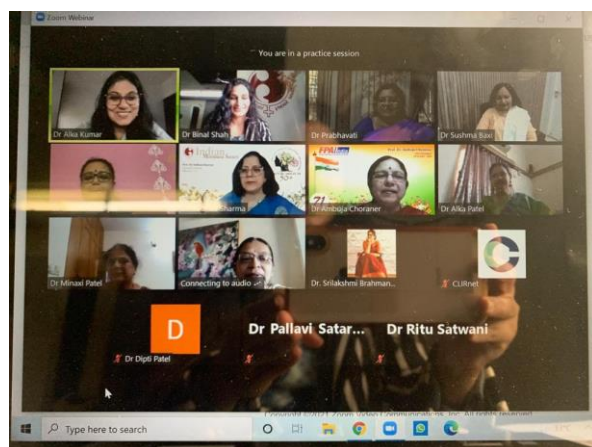
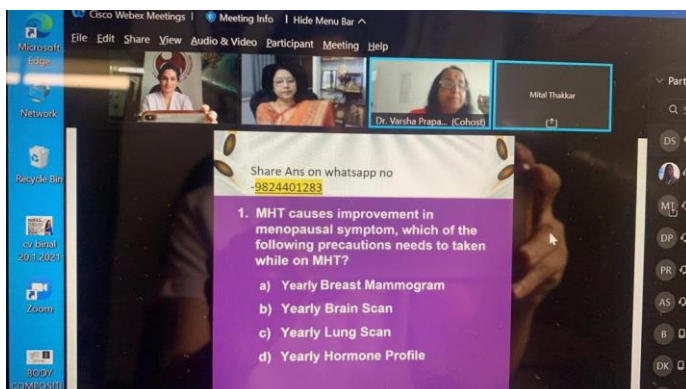
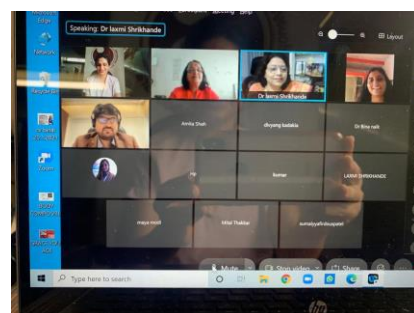
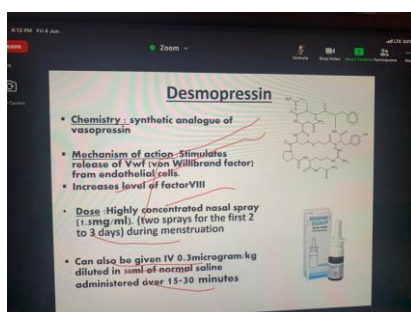
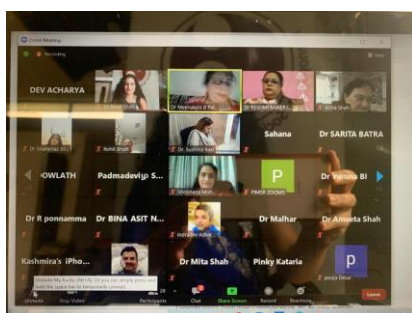
Investigations: Urine R & M

Mid stream clean catch urine collection technique (MSSC urine sample) to prevent contamination of urine with introital bacteria & WBCs

Technique: After a good hand wash, clean the labia with soap, spread the labia, wash & cleanse periurethral area with soap, allow initial portion of urine to pass & collect mid stream urine in sterile lab bottle. This sample should be immediately sent to lab.

Vadodara Menopause Society

- 4th June 2021 – Webinar on AUB
- 16th June 2021 – Roses in December with Fertility and Ageing Committee (IMS)
- 18th June 2021 – Fit at 50 Webinar with Aesthetic Health Committee (IMS)
- 20th June 2021 – Importance of Pranayam on International Yoga Day.
- 21st June 2021 – Conducted Yoga Aasan Contest at national level for all IMS & Club 35+ Members
- 14th July 2021 – E-Menopause Cross Talk with Endocrinologists
(Myths and Facts of MHT)



26th National Conference

IMSCON
2021
Varanasi

26th National Conference

of Indian Menopause Society Under Aegis of Varanasi Menopause Society

Preventing The Preventable

IMSCON 2021

1st 2nd & 3rd OCTOBER 2021
VARANASI, UP, INDIA

Venue:  **TAJ** GANGES

WWW.IMSCON2021.COM



The Joy of Aging: Mind Body & Spirit

Welcome to IMSCON-2021

Organizing Chairpersons



Dr. Jignesh Shah
President IMS
2020-21



Dr. Anuradha Khanna
President VMS
2020-21



Dr. Ambuja Choranur
President IMS
2021-22

Organizing Secretaries



Dr. Anita Shah
Secretary Gen IMS
2020-21



Dr. Neelam Ohri
Secretary VMS
2020-21



Dr. Sudhaa Sharma
Secretary Gen IMS
2021-22

Dear Friends,

We are delighted to invite you to **Varanasi** for **IMSCON-2021** on **1st-3rd October, 2021**. We will be having a physical conference after a long spell of distancing. We are committed to following all social distancing protocols and etiquette necessary for everyone's safety.

The life of a woman at its middle and beyond sees lots of changes in terms of **'Body, Mind and Spirit'**. A comprehensive understanding of this 'phase' is necessary in terms of how it affects the individual physiology, psychology and other age-related comorbidities. We as health care professionals need to understand these conditions completely and upgrade our knowledge to help this section of society at large.

Join the scientific extravaganza. Please confirm your participation and register soon. Online registration and call-in forms for stay in Taj Ganges are available on www.imscon2021.com.

The city of lord Shiva, the city of cultural heritage and music awaits you.

Menopause

Conference Highlights

1st October, Friday, 2021

DEDICATED WORKSHOPS



Flying High on the Wings of Menopause



The Joy of Ageing: Mind, Body & Spirit



Preventing the Preventable

Urogynae & Pelvic Health



Get acquainted to basic and recent advances in Urogynaecology with brain storming sessions.

Feminine Rejuvenation & Sexual health



Burning topics of these days. Look deep into her inner mind to understand her desires. Explore the options in Feminine rejuvenation & Sexual Health.

Preventive Oncology & Midlife Dilemmas



Update yourself with current scenario of preventive oncology & various issues related with midlife of women.

2 Days Conference 2nd & 3rd October 2021

FOCUSED ON WOMEN AT MIDLIFE

Informing and Engaging

- Menopause Hormone Therapy. Breaking the silence of millions of Indian women. Bursting the bubbles of misconceptions with MHT and looking at it in its entirety.
- Bone Health
- Heart matters
- The Ageing ovaries
- The Healing cut
- Fertility horizons at midlife
- With women empowerment taking priority in society, many middle aged women are looking for ways of improving their quality of life. So, join in and inform yourselves of the options you could provide to them.

Special Attractions

- South Asian Federation of Menopause Societies Session
- IMS Quiz
- Moot court
- Focussed Panel Discussions
- Key Note Addresses
- Orations
- Paper Presentations
- Debates
- Club 35 plus activities

Cynosure

- Cultural Show
- Kashi Darshan
- Heritage Walk
- Banarasi Fabric and cuisine



Ganga Arti



**Experience
Varanasi's Cultural Heritage
With
Banaras Cultural Foundation**



Vishwanath Corridor



Heritage Walk



Banarasi Sari



Local Delicacies

Conference Secretariat



CIN : U85300UP2018PTC102966

70-Gandhi Nagar, Sagra, Varanasi-221010 U.P.
Mobile No. : 993 51 33187, 765 20 48743
www.imscon2021.com | drneelamohri@gmail.com

Name: _____

Institute / Hospital Name: _____

Postal Address _____

City: _____ State: _____ Country: _____ PIN:

Phone (STD/ISD) Code: _____ (O): _____ (R): _____

E-mail: _____ Mobile

MCI No.: _____ IMS Membership No.: _____

CATEGORY	15 th June to 14 th September 2021	15 th September 2021 to SPOT
IMS MEMBER	INR 9000	INR 10500
NON-MEMBER	INR 10000	INR 11500
POST GRADUATES	INR 6000	INR 7000
SENIOR CITIZEN (ABOVE 75 YEARS)	INR 6000	INR 7500
ACCOMPANYING PERSON	INR 8500	INR 9500

* Above rates are inclusive of all taxes

ACCOMPANYING PERSONS DETAILS

No.	Title	Full Name	Relationship	Age	Gender

WORKSHOP (Select any One)

☐ Midlife Dilemmas & Preventive Oncology
 ☐ Feminine Rejuvenation & Sexual Health
 ☐ Urogynecology & Pelvic Health

REGISTRATION GUIDELINES

- Conference Registration Includes
- ONE Workshop
- All conference Lunches and Banquet Dinner on 12th June 2021
- Scientific sessions entry
- Conference Kit
- Trade Exhibition entry
- Tea / Coffee at Venue
- Spot Registrants MAY NOT get Conference Kit

Kindly send DD or Cheque In favour Of
'IMSCON 2021'

Payable at VARANASI

at conference Secretariat Address

(Please mention your name, city and mobile number over the back of cheque or DD)

RTGS / NEFT / TRANSFER DETAILS :

ACCOUNT NAME : IMSCON 2021

BANK NAME : CENTRAL BANK OF INDIA

BRANCH : NAGAR MAHALIKA, VARANASI -221010, U.P.

CURRENT ACCOUNT NO. : 380 268 4363

IFSC CODE : CBIN 0280 197

SWIFT CODE : CBININBLKO

PAN NO. : AAEEAN 4922 F

PAYMENT DETAILS

Payment mode: ☐ Cash ☐ Cheque ☐ DD ☐ NEFT /RTGS

Cheque / DD / UTR No. _____

Bank Name _____

Date _____

Total amount paid _____

Amount in words _____



HOTEL RESERVATION FORM

GROUP REFERENCE – IMSCON 2021

30th September to 03rd October 2021

Sales Coordinator: Mr. Rohit Singh/ Mr. Ravi Pandey

TEL: +91 542 666 0001

Email : s.rohit@tajhotels.com /
tajganges.varanasi@tajhotels.com

Taj Ganges Varanasi

Nadesar Palace Grounds, Varanasi -221002 India

Taj Ganges Varanasi

Note: The office operates from 0900 hrs to 1800 hrs, closed on Sunday's and other Public holidays

PERSONAL DETAILS

Check-in Date:	30 th September 2021	Arrival Flight:		Arrival Time:	
Check-out Date:		Departure Flight:		Departure Time:	
Guest 1:		First Name:			
Last Name:		First Name			
Guest 2:		First Name			
Last Name:		First Name			
Address:		Phone:			
Category of room to be blocked					

Category	Single Occupancy		Double Occupancy		Triple Occupancy	
	Published Tariff	Special Rates	Published Tariff	Special Rates	Published Tariff	Special Rates
Superior Room	20000	6500	21000	7500	22500	8500
Executive Suite	30000	14000	30000	15000	31500	16500
Deluxe Suite	35000	19000	35000	20000	36500	21000

Please Note:

- Allocation of Twin Bed rooms, if required, will be subject to availability.
- Room categories will be allocated on the day of arrival, subject to availability.
- Standard Check In time 1400 hrs
- Standard Check Out time 1200 hrs
- Early check in and late check out will be subject to room availability only.
- Above room rates are exclusive of currently applicable Govt. Taxes (12/18%). However, any subsequent government levies will be charged accordingly.

The above per night rate includes:

- Room charges per room per night.
- Buffet Breakfast at coffee shop Chowk Restaurant.
- 24 hrs standard Wi-Fi (up to 4 devices) per room

RESERVATION GUARANTEE

- All reservations have to be guaranteed with 100% advance payment or credit card authorization.
- You shall receive an email with link for payment for the amount payable directly.
- The card will be charged in order to confirm the room reservation. In case of a cancellation falling outside the cancellation period 100% retention will be charged.

TERMS & CONDITIONS FOR CALL IN BLOCK:

- Limited inventory, room category will be guaranteed on first confirmation basis only.
- Hotel check-in time is 14:00 hrs and check-out time is 12:00 hrs.
- Cut-off date to confirm the booking: **10th September 2021**. Post which the rooms will be subject to availability.
- All room and incidental charges are chargeable to your personal account and must be settled upon check-out.
- By providing above mentioned credit card details, cardholder agrees to the reservation terms and conditions stated on this form.

Hotel reserves the right to levy full retention room charges and taxes applicable there of as cancellation if the cancellation is received after **22nd September 2021**.

We should be lifting each other up,
and cheering one another on.
Not trying to outshine,
or one up each other.
The sky would be awfully dark
with only one star.

-Stacie Martin



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

Paresh Patel

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Indian Menopause Society

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E-Mail Id: indianmenopausesociety2020@gmail.com