



Indian Menopause Society



Newsletter

Issue No. 5

December 2021 - January 2022

Message



Dr. Ambuja Choranur



Dr. Sudhaa Sharma

Dear IMS Family,

With almighty's blessings and prayers from everyone, havoc (Kahar) of Covid-19 has come down to a greater extent. We sincerely wish good health and happiness for everyone in coming times.

Many societies and organization have started doing offline, physical meetings, hope to meet everyone in person soon.

Highlights of this issue of Newsletter is “**Glorious History of Indian Menopause Society**” by one of the Founder and Executive Committee Member of Indian Menopause Society, **Dr. Rashmi Shah** where she has beautifully highlighted the work done by all the presidents along with their teams. Hope you enjoy reading this.

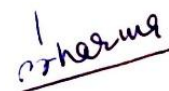
As you all know that, because of rising cases of covid-19 during third wave, Our 27th IMSCON @ Vadodara (Baroda), Gujarat which was supposed to be held on 11th to 13th February 2022 (physically) was postponed and the new dates for the same are 3rd, 4th & 5th June 2022. Dr Binal Shah (Past President of VMS) along with her team is working hard to organize it. We request all of you to join in large number and enjoy their hospitality. We wish them all the success.

Thanks and Regards

Long Live IMS



Dr. Ambuja Choranur
President
IMS India, 2021 – 2022



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

Indian Menopause Society International Affiliations



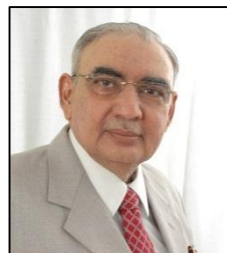
IMS International Representatives 2021 & 2022



Dr. Sunila Khandelwal
Advocacy Committee
International
Menopause Society



Dr. Hara Pattnaik
International
Menopause Society –
CAMS



Dr. Atul Munshi
Asia Pacific
Menopause
Federation – APMF



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

18th World Congress on Menopause



Dr. Hara Pattnaik
Representative
International Menopause Society

Sejam bem-vindos

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



Lisbon



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

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

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

Barcelona



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

Madrid

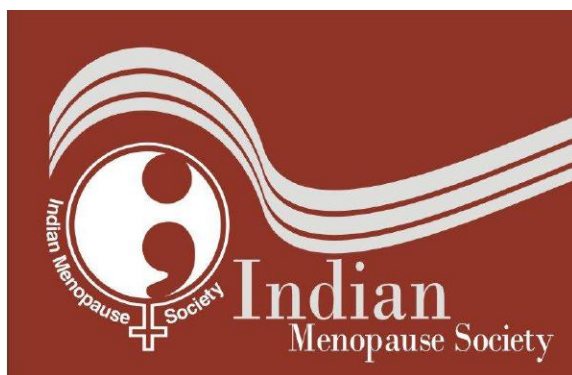


Madrid, Spain's central capital, is a city of elegant boulevards and expansive, manicured parks such as the Buen Retiro. It's renowned for its rich repositories of European art, including the Prado Museum's works by Goya, Velázquez and other Spanish masters. The heart of old Hapsburg Madrid is the portico-lined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



Indian Menopause Society

Glorious History of Indian Menopause Society



History of IMS

Dr. Rashmi Shah

Executive Committee Member



HISTORY OF IMS



A GLORIOUS JOURNEY

Compiled by

Dr Rashmi Shah

Founder & Executive Committee Member

History of the Foundation of IMS

First Steps

An intent meeting to start the Indian Menopause Society took place in 1995 in a small room adjacent to the radiology department of Hinduja Hospital, Mumbai with a multidisciplinary specialty group of eight under the leadership of Dr. Urvashi Jha



Manoj Bharucha
Breast Ca Surgeon



V R Joshi
Rheumatologist



Manu Shroff
Radiologist



Asha Kapadia
Oncologist



N F Shah
Endocrinologist



Urvashi Jha
Gynaecologist



Rama Vaidya
Reproductive
Endocrinologist



Asrani
Psychiatrist

Courtesy Dr Rama Vaidya



History (contd)

Dr Urvashi Jha and Dr Rama Vaidya had the pleasure of writing the first guidelines at Dr Vaidya's residence at Juhu, Mumbai also with inputs from Dr Ashok Vaidya and Mr Kotian (CA)

Histories are often not written but lived and the memories cherished.....
I am thankful to several of the subsequent presidents who have given their best for preserving the uniqueness of IMS and contributing to the momentum of its ongoing progress.

Dr Rama Vaidya



Dr Urvashi Jha



Dr Ashok Vaidya



Dr Rama Vaidya)

Goals of the Society

To increase awareness regarding menopause and aging through public health and education activities.

To promote a multi-disciplinary multi-factorial comprehensive approach to the care of these women — medical and non-medical.

To regularly update doctors and health professionals in the field of menopausal medicine to ensure appropriate health care for these women.

To facilitate exchange of ideas and experiences of different disciplines since the physical, mental and emotional health of women in the years after menopause is truly multidimensional.

To collect information and data with particular reference to Indian women.

To encourage research on relevant aspects in the Indian context.

To help provide awareness and services to the less-privileged group of women of society

Indian Menopause Society

40 Societies, 5 Chapters, > 4200 Members



Cities having IMS Chapters / Societies

Indian MS	19 th Sept 1995 (Urvashi)	Patiala	Oct 2008
Delhi	July 1996 (Urvashi, Sonia 1998)	Gwalior	March 2009
Mumbai	July 1996 (Rashmi Shah)	Allahabad	April 2009
Jaipur	July 1997 (Sunila)	Jodhpur	April 2009
Pune	Oct 1998 (Jyothi Unni)	Udaipur	May 2009
Lucknow	Nov 1998 (Saroj)	Calicut	June 2009
Hyderabad	March 1999 (Meeta)	Ludhiana	June 2009
Ahmedabad	Dec 1999 (Behram)	Ajmer	Nov 2009
Kolkata	March 2003	Raipur	2009
Chandigarh	April 2003	Guwahati	June 2010
Rajkot	Oct 2003	Bikaner	Aug 2010
Chennai	Nov 2003	Bhopal	Dec 2011
Jammu	Nov 2004	Shimla	March 2014
Surat	Dec 2004	Vadodara	July 2014
Faridabad	June 2006	Patna	Oct 2014
Cuttack	Aug 2006	Madurai	July 2015
Bharuch	Feb 2007	Bhagalpur	Oct 2015
Agra	April 2007	Gorakhpur	Nov 2016
Nagpur	Aug 2007	Vijayawada	Feb 2018
Indore	Aug 2007	Jabalpur	Sept 2018
Gurgaon	Sept 2007	Dibrugarh	Feb 2019
Bangalore	Sept 2007	Kanpur	Oct 2020
Navi Mumbai	April 2008	Amritsar	March 2021
Jalandhar	July 2008		
Varanasi	Aug 2008		

National Presidents

Dr. Rama Vaidya
1995 - 2004

Dr. Urvashi Jha
2004 -2005

Dr. Asha Kapadia
2005-2006

Late Dr. B. Anklesaria
2006-2007

Dr. Sonia Malik
2007-2008

Dr. Duru Shah
2008- 2009

Dr. Sunila Khandelwal
2009-2010

Dr. Atul Munshi
2010-2011

Dr. Saroj Srivastava
2011-2012

Dr. Meeta
2012-2013

Dr. Jyothi Unni
2013-2014

Dr Maninder Ahuja
2014-2015

Dr H P Pattanaik
2015-2016

Dr Jaideep Malhotra
2016-2017

Dr Suvarna Khadilkar
2017-2018

Dr Ratnabali Chakravorty
2018-2019

Dr Neelam Agarwal
2019-2020

Dr Jignesh Shah
2020 – 2021

Dr Ambuja 2021-2022

Dr. Rashmi Shah Executive Committee Member

Compilation

A Herculean Task.....

Journey of 25 years.....1995 to 2020..... only some of the significant contributions of the Past Presidents will be highlighted, whether they occurred during their tenure or during later years, given the time constraints

President's Team : Executive Committee members / Subcommittees

Local Societies / Chapters / Members of each Committee / Active members

Key to Success : by team work

IMS Newsletters.....well highlighted





1995 to 2004

Founder Editor : Journal of Midlife Health
Official Journal of IMS
First Issue in January 2010
Got indexed within 3 years of Initiation



Dr Rama Vaidya
Founder President 1995



“Award of Excellence”, Conferred on her for Life-Time Contributions in Pioneering Pragmatic Approach in the field of **MENOPAUSAL HEALTH CARE & IMS ORATION** at **IMSCON 2010** at **Chennai**



Interview of most senior O & G on issues women face around menopause and beyond : Asia Pacific Region



Maitreyi: An Initiative for Comprehensive Health-Care Program for Menopausal Women since two decades



Founder President **Dr Rama Vaidya's Message** **Sept 1995 Newsletter**

.....over and above pharmacological measures to treat the symptom complex, advice for diet, physical exercise, modes of stress management should be professionally offered by appropriate expert team in an integrated manner.

Postgraduates, postdoctoral fellows and residents learn and assist in the process of integration of a multidisciplinary service for diverse problems of perimenopausal women.

Besides multidisciplinary experts from within the modern system involvement of social scientists, anthropologists, women's health advocates and basic scientists was suggested



MP Dr Renuka Chaudhary (2002)

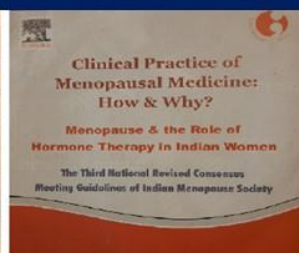
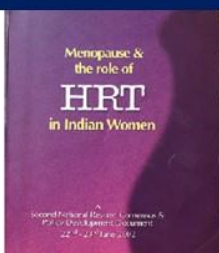
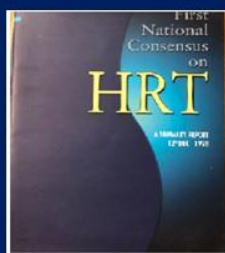
2004 -2005

Journey of IMS started
with

Dr Urvashi Jha's Dream and Vision



Dr Urvashi Jha
Founder Sec 1995



Created by
Dr. Meeta Dr. Asha kapadia
General secretary, IMS Past- President, IMS

With special gratitude to
IMS- Executive council

President	Dr. Bhargavi Kulkarni
Vice President	Dr. Durga Shah
General Secretary	Dr. Meeta
Treasurer	Dr. Priya Gaur
Founder President	Dr. Rama Vaidya
Past presidents	Dr. Urvashi Jha
President Elect	Dr. Asha Kapadia
	Dr. Sonia Malik

2005 – 2006



Dr Asha Kapadia
Founder Member

- The first life member of IMS L - 1
- The only non gynecological President of IMS Medical Oncologist
- Witnessed menopausal symptoms in women given chemotherapy post breast cancer surgery. That's how her journey with IMS began
- Created Education module on Menopause for family physicians to educate at grass root level of society
- CD was made for the same and distributed along with Dr Meeta Singh (Vice President)
- Poster on Breast Cancer Awareness for family physicians was made and distributed



2006 – 2007



First Council Meeting, Sri Lanka, 2010

Staging of Menopause,
Dr. Behram S. Anklesaria, 1997

STAGE	Stage 1	Stage 2	Stage 3	Stage 4
1. Age	40-45	46-50	51-55	56-60
2. Duration of symptoms	Less than 1 year	1-2 years	2-3 years	More than 3 years
3. Severity of symptoms	Mild	Moderate	Severe	Very severe
4. Treatment	No treatment	Local treatment	Systemic treatment	Systemic treatment with hormone therapy



Late Dr Behram Anklesaria
Founder Sec, Ahmedabad



- **SAFOMS : Founder President (2010)**
- **SAFOMS session held every year during Annual Conference**
- **Created “Staging of Menopause “ in the year 1997. First staging system in the world.**
- **Encouraged doctors from various parts of the country to become members of IMS**
- **Initiated formation of new chapters in various parts of the country**



World Congress Madrid



2007 – 2008



Dr Sonia Malik
Joined in 1998

Started IMS patient education magazine : POISE in 2009

The Year of Networking

Networking with other specialists looking after women, NGOs, lay people

Introduced IMS to the International circles

IMS became member of International Menopause Society in 2007

Held the first International Meeting in 2008

1st IMS Representative to CAMS & IMS,

Revived membership Of APMF

Member World School Of Menopause till 2011



IMS Symposium



IMS joins CAMS 2007



Inauguration of International Conference

2008 – 2009



the IM

Flag 2008



Dr Duru Shah



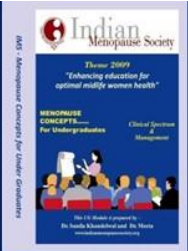
- Created the IMS logo and IMS Flag 2008
- Initiated IMS Quiz and IMS Duru Shah Oration
- Initiated “IMS Insight” a Quarterly Scientific publication focused on one topic
- Initiated “IMS Mirror” – Quarterly Newsletter
- Created IMS Mantra....an audio visual song....released by Mrs Tina Ambani
- Created “IMS Symposia” CD- an electronic version of multiple lectures
- Published “Hand Book for Mature Women” dedicated to Menopausal Health
- Formed IMS Foundation : Raised Money For Research when she organized 2ND International Congress in 2013

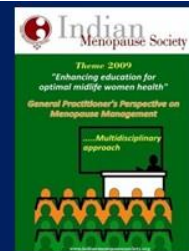
Contributions Internationally



- Promoted a partnership between IMS- India & BMS British Menopause Society
- Organized International Congress “Challenges in Women's health” in 2013
- Member of the IMS Board for 8 years 2011 - 2019
- Chair of the Education Committee – 2014 - 2016
- Director of Digital Education – 2016 - 2018
- Co-Chair of IMPART – 2018 – 2019
- “Presidential Recognition Award” from the International Menopause Society (IMS) for her outstanding service to the Society in 2018
- Participated in a Clinical Research in Collaboration with International Menopause Society –“IMS-CAT Study”







2009 - 2010



Dr Sunila Khandelwal
Founder Sec, Jaipur 1997

Educational Teaching Modules






First Menopause clinic in Rajasthan in 1997

Documentary film “ Sumangala” for counselling Mature women

Founder Editor : Journal of Midlife Health : 2010

Theme : Enhancing Education for optimal midlife Women health

Slogan “Educate Young; Validate Experts & Aware Midlife Women”

Started Convocation for CIMP’s







Contributions Internationally





Treasurer International Menopause Society (2018-2020)

Board Member International Menopause Society (2016-2018)

Honoured with the most prestigious International **“Wulf Utian IMS/CAMS Award(2018)** for achievements in furthering Women’s Health across the Globe

Secretary General, International Menopause Society (CAMS) : (2014-2016)

Award of Excellence”(2016) by International Menopause Society for remarkable role of Secretary General CAMS

Representative of IMS to Asia Pacific Menopause Federation (APMF):(2015,2016)

Representative of IMS India to International Menopause society CAMS (2012,2014)

Representative IMS to NICOMO, North American Menopause society(2009-2011)

Project participation : APMF , CAMS, COMMA



IMS Flag and Logo Description



The significance of the colors and design of the flag are meaningful

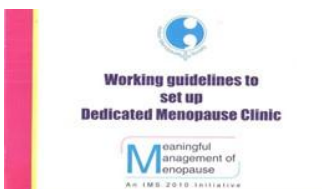
IMS Flag

The Maroon Color belongs to the family of Red, which signifies warmth. As the red color darkens into Maroon it mellows, beautifully describing a woman as she matures.

The curved lines cover the logo, suggesting different faculties coming together towards the care of the menopausal woman. The lines are encompassing the Indian Menopause Society logo to show, that they are working together towards “a better quality of life in her changing world”

The **IMS Logo** represents a semi-colon. A semi colon is used chiefly to connect 2 independent clauses of a compound sentence. Similarly in a woman's life, menopause is a phase which connects 2 major life spans, one before and another after, both spans very different from each other

Created by Dr Duru Shah



Good Clinical Practice Guidelines



2010 – 2011

Dedicated Menopause Clinics all over India
(Counseling, Information, Management)
Total of 43 Menopause Clinics started all over India



Dr Atul Munshi

1st Satellite Conference 2010 held in the history of IMS

Zonal Conferences : Another milestone during the year

Telemedicine: 12 e-manthan programs about menopause a month

Representative To “International Menopause Society” CAMS (2017-18)

Founder Member of SAFOMS & Hon. Jt. Secretary

On Editorial Board Journal of Midlife Health

Theme : Meaningful Management of Menopause

Motto : Work is Worship





Dr. Saroj Shrivastava, MBBS, MS, FACC, MRCOG, FRCOG, India



2011 -2012



Dr Saroj Shrivastava

Founder Sec, Lucknow 1998

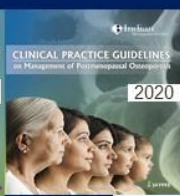
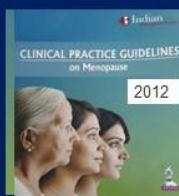
- North American Credentialed Menopause Practitioner (NCMP) in 2012
- Initiated Credentialed IMS Menopause Practitioner exams (CIMP)
- Health providers should give services to those who have crossed midlife
- Conducted educational, screening and examination camps
- Theme : Choti Didi se Badi Didi Tak....rendering help to ageing women

2012 – 2013

"Fit @ Forty, Strong @ Sixty and Independent @ Eighty"



Dr Meeta
Founder Sec Hyderabad



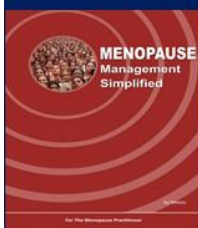
Chief
Editor



2012- "Menopausal Tool Kit"

Launch- Distribution To Members

1. Posters for display at Clinics-6
2. Menopause Performa
3. Book, Menopause Management Simplified
4. Booklets on diet
5. Booklets on exercise



Prescription Writing
Modules on
Menopause Hormone
Therapy (MHT)



2013 – 2014



Dr Jyothi Unni
Founder Sec, Pune, 1998



Nulife Clinic workshop

Awareness programs, patient information leaflets

Nulife Clinic Modules: In collaboration with FOGSI

Major contributions to IMS Constitutional Amendments in 2010, 2014, 2018

First International Congress of IMS in 2008 with Dr Sonia Malik

Managed IMS website for several years

Sec Gen (2007), Vice President (2010), President (2013)

Representative to CAMS (2015-2016) and to APMF (2019-2020)

Theme : Stabilise and Strengthen



2014 – 2015



Dr Maninder Ahuja



- **Many fitness workshops**
- **Online Voting.....initiated procedure and pursued till it materialised**
- **Started Rural Committee to give boost to the work done in rural areas**
- **Workshops, CMEs with IMA and other organizations**
- **Added "Independent at 80" to IMS slogan**
- **Website revamping**
- **Representative: APMF and International Menopause Society (2019-2020)**
- **SAFOMS Sec General 2015-2019 and Website Coordinator**
- **Theme : Ascent of Woman through Midlife- Spreading wings of IMS**



2015 – 2016



Dr Hara Pattnaik

Conducted 17 live operative workshop on urogynaecology in different societies of IMS and in Srilanka Menopause society in Colombo

"Management of Perimenopausal bleeding Conducted 14 CMEs on AUB (Perimenopausal bleeding)



Delivered oration in 25th Silver Jubilee conference of British Menopause society, London



2016 – 2017



Dr Jaideep Malhotra

Treasurer (Main Body) 2011-2014

Secretary General 2014-2015

President 2016-2017

Instituted Club 35 plus for public awareness and education in 2009

Club 35 plusalso at Bangladesh, Nepal and Sri Lanka

National Coordinator of Club-35 Plus

Started health camps for widows in Vrindavan city

Theme : Riding High on the waves of Menopause





South Asian Federation of
Menopause Societies



Launching of Nepal
Menopause Society 2012



SAFOMS 2015 conference



SAFOMS 2019 conference



Journal of SAFOMS

Contributions Internationally



President of SAFOMS 2019-2021

Organized SAFOMS Conference 2014 in Raipur

Founding Editor of Journal of SAFOMS

Oration in SAFOG Session at IMSCON Conference 2020, Bengaluru

Invited Speaker at British MS (BMS) to present the concept of Club-35

Invited Speaker at International MS (IMS), Cancun, Mexico to present
Holistic Approach in Menopause

2017 – 2018



Dr Suvarna Khadiilkar

Major contributions to IMS Constitutional Amendments in
2010, 2014, 2018, Administrative Guidelines book Feb 2018

Reaching the Unreached : Public awareness module

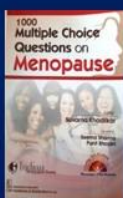
1000 MCQs on Menopause

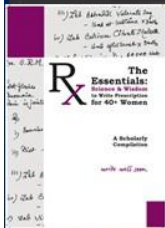
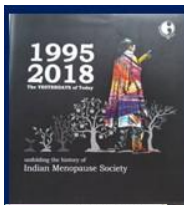
Initiated Federation mode so the chapters can become Independent
Societies

Gurukul Programme : Programme For Post Graduates
Comprehensive Learning Module on Menopause for Post Graduates

IMS Midlife Health Charitable Health Clinic : 5th of every month
for 50 + women (IMS Varishta Janaswasthya Yojana)

Theme : Menopause.....Creating a New Horizon for a New Beginning





2018 – 2019



Dr Ratnabali Chakraborty
Founder Sec, Kolkata 2003

- Coffee table Book – The Unfolding History of IMS
- Hand book of Prescription Writing
- Rejuvenate Body, Rekindle Soul - Yoga Workshops in Zonal and Annual Conference & throughout the year in all chapters
- POISE : For public awareness communication on Yoga in 40+ women (Published by Ayush, GOI)
- Collaboration with Central Govt. - Ministry of Ayush - for promotion of Yoga in 40+ women
- Experience Meditation - by Prajapita Brahma Kumari
- Theme : Menopause.... A New Mindset



2019 – 2020

Year of Collaborations



Indian Society of Bone and Mineral Research



World NCD federation



Indian Society of colposcopy and cervical pathology



WHO



Dr Neelam Agarwal

Collaborations : Aim of IMS Visibility Across the Globe & Other fields of Medicine

Manual For Menopause Health Management For Primary Care Practitioners & Nurses :

IMS convened an international meeting of menopausal societies of South East Asian region countries, in collaboration with WHO SEARO, to develop manual

WhiteCoats : Social media coverage of IMS on Facebook, Twitter and whatsapp

An effective way of connecting , collaboration & dissemination



Digital Education Committee : Just a hindsight became Future Lifeline

Social media coverage of IMS on Facebook, Twitter and Whatsapp

Theme : Menopause, A new beginning to a Healthy Inning





2020-2021



Dr Jignesh Shah



A Challenge Only Becomes An Obstacle When You Bow To It

To Be The Best, You Must Be Able To Handle The Worst !

Series of Webinars with cross talk- Gynaec Onco webinars, Menopause Master Classes etc. Lock down Sunday Quiz

Mid term GCM.....well attended with maximum attendance

Lockdown a Blessing in Disguise : creativity by members : cooking or dressing or music or dancing, painting or exercising

Theme :Flying High With The Wings of Menopause !



2021-2022

Theme of the Year



Dr C. Ambuja

Days of corona pandemic utilised to the full extent. We members of IMS worked together to achieve

- **Vision to reality TOT(Trainer of trinees) programme**– trained about risk assessment of various diseases in midlife to all the 4000 members of Indian menopause society in 20 sessions,
- **Campaign for Establishment of Dedicated menopausal clinic across the country**, until now 50 clinics are established
- **Know your Mother programme**– teaching all students, paramedics about menopausal problems and how to help their mothers and grand mothers in prevention, and early detection of all Non communicable diseases.
- **Gurukul programme** - Train medical graduates about menopause separate chapter about menopause was not present in Curriculum of Indian medical colleges. Now government recognized the importance and trying to introduce into the curriculum.
- **FIMS – Fellowship** is awarded to all the deserved in recognition of their contribution to development of IMS



Executive Committee Member



Dr Rashmi Shah
1995 to 2020

Guest Editor

Opportunity to serve the organization as



Patron : Mumbai Menopause Society : 1997 to 2003
Treasurer IMS Main Body : 2003 to 2005
Joint Secretary IMS Main Body : 2008 to 2009
JMH Founder Editor : 2009 to 2012

Reviewer , Member of National Advisory Board
International Conference on Challenges in Women's Health (2008)
Expert during Clinical Practice Guidelines : 1998, 2002, 2008
: 2013, 2020

Compilation of Memorandum, Rules and Regulations : 2010, 2018

Advisory board member for IMS Foundation Project : 2015 to date

Charity Commissioner work (Records cleared 1995 to 2014) : 2018 to date

Member of IMS Peer Review Task Force : 2018-2023



Charity Commissioner Office

Executive Director IMS 2010 - 2020



Arshia Akheel Ghani

- Stability to administrative aspects
- Membership enrollments streamlined
- Activities were regularized, compiled into newsletters
- Documents were brought under one umbrella, making it easy to retrieve reports and pictures

2007-2020

International Representation & Collaboration.....



- Representatives of IMS India to International Menopause society(CAMS)
- Representative of IMS to Asia Pacific Menopause Federation (APMF)
- Representative IMS to NICOMO, North American Menopause society(NAMS)
- Representative IMS to South Asian Menopause Federation(SAFOMS)
- Collaborations with British Menopause Society(BMS), ISGE, IOF



IMS is keen to improve its footprint of the major pillars who has contributed in advocacy by collaborative continuous efforts for healthy aging!

Goal is to cement the status of the Indian Menopause Society as the lead organisation in the field of menopause



Courtesy Dr Sunila Khndelwal

IMS Sessions & contributions.....

International Menopause Society



EMAS Congress



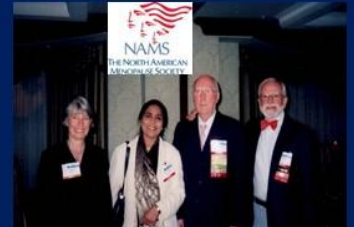
APMF Congress



Srilankan Menopause Society



SAMFOMS Congress



(Courtesy Dr Sunila Khandelwal)

International Recognition



Publications / Releases...







Activities by Committees

Aesthetic Health Committee

Dr. Ragini Agrawal



TWO DAYS CONFERENCE

MANAGING MIDLIFE –PREVENTION & SOLUTIONS

ORGANISED BY

HAROBGYN & IACDG IN ASSOCIATION WITH

AESTHETIC HEALTH COMMITTEE OF IMS

PUNE MENOPAUSE SOCIETY & GURGAON MENOPAUSE SOCIETY

UNDER BANNER OF NATIONAL IMS

MMLCON 2021

MANAGING MIDLIFE - PREVENTION & SOLUTIONS

On 25th December & 26th December 2021
Time: 10:30 AM - 6:30 PM

Organized by :
HARObGyn & IACDG in association with Aesthetic Health Committee of IMS, Pune Menopause Society & Gurgaon Menopause Society under banner of National IMS

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ORATION

MMLCON 2021

Managing Midlife - Prevention & Solutions
2 Days Conference

HARObGyn & IACDG in association with Aesthetic Health
Committee of IMS, Pune Menopause Society & Gurgaon
Menopause Society under banner of National IMS



10.30am to 6.30pm | December 25 & 26, 2021

Oration

Life After Hysterectomy



Dr C Ambuja

National President IMS
Chief Guest



Dr Suman Yadav

President Gurgaon Menopause
Society
Moderator

Organised By



Dr Ragini Agrawal



Dr Parag Biniwale



Dr Suman Yadav



Dr Saroj Kumar

Aesthetic Health Committee

KEY NOTE ADDRESS

MMLCON 2021

Managing Midlife - Prevention & Solutions
2 Days Conference

HARObGyn & IACDG in association with Aesthetic Health Committee of IMS, Pune Menopause Society & Gurgaon Menopause Society under banner of National IMS

10.30am to 6.30pm | December 25 & 26, 2021

Session -1 Key Note Address

Women 65+ - What She Needs Aging Gracefully... A Privileged Option Premature Ovarian Insufficiency



Dr Alka Mathur



Dr Sudhaa Sharma



Dr Parag Biniwale

EXPERTS



Dr Anjali Verma



Dr Shubhada Jathar



Dr Chandan Kachru

MODERATORS

Organised By



Dr Ragini Agrawal



Dr Parag Biniwale



Dr Suman Yadav



Dr Saroj Kumar

MMLCON 2021

Managing Midlife - Prevention & Solutions
2 Days Conference

HARObGyn & IACDG in association with Aesthetic Health Committee of IMS, Pune Menopause Society & Gurgaon Menopause Society under banner of National IMS

10.30am to 6.30pm | December 25 & 26, 2021

Session -4 Key Note Address

Mental Health in Old Women



Dr Subhna Mohan Das

EXPERT



Dr Saroj Kumar

MODERATOR

Organised By



Dr Ragini Agrawal



Dr Parag Biniwale



Dr Suman Yadav



Dr Saroj Kumar

MMLCON 2021 DAY -1

Managing Midlife - Prevention & Solutions
2 Days Conference

HARObGyn & IACDG in association with Aesthetic Health Committee of IMS, Pune Menopause Society & Gurgaon Menopause Society under banner of National IMS

10.30am to 6.30pm | December 25 & 26, 2021

Session -7 Key Note Address

Time: 4.30pm - 5.30pm

Sarcopenia



Dr Suverna Khadilkar

NDVH in Post Menopausal Women



Dr Hara Pattanaik

Ovarian Cysts in Postmenopausal Women



Dr Jyothi Unni

EXPERT



Dr Chanchal Dhir



Dr Sharmila Solanki



Dr Shraddha Agrawal

MODERATOR

Organised By



Dr Ragini Agrawal



Dr Parag Biniwale



Dr Suman Yadav



Dr Saroj Kumar

MMLCON 2021 DAY -2

Managing Midlife - Prevention & Solutions
2 Days Conference

HARObGyn & IACDG in association with Aesthetic Health Committee of IMS, Pune Menopause Society & Gurgaon Menopause Society under banner of National IMS

10.30am to 6.30pm | December 25 & 26, 2021

Session -9 Key Note Address

Time: 11.40 am - 12.00 Noon

Chilli Hot. Icy Cold



Dr Pushpa Sethi

EXPERT



Dr Roza Olyai

MODERATOR

Organised By



Dr Ragini Agrawal



Dr Parag Biniwale



Dr Suman Yadav



Dr Saroj Kumar

Aesthetic Health Committee

KEY NOTE ADDRESS

MMLCON 2021 DAY -2

Managing Midlife - Prevention & Solutions
2 Days Conference

HARObGyn & IACDG in association with Aesthetic Health Committee of IMS, Pune Menopause Society & Gurgaon Menopause Society under banner of National IMS

✓ 10.30am to 6.30pm | December 25 & 26, 2021

Session -II Key Note Address

Time: 1.00pm - 1.20pm

Andropause & FSD



Dr Padmini Prasad

EXPERT



Dr Suman Yadav

MODERATOR

Organised By



Dr Ragini Agrawal



Dr Parag Biniwale



Dr Suman Yadav



Dr Saroj Kumar

MMLCON 2021 DAY -2

Managing Midlife - Prevention & Solutions
2 Days Conference

HARObGyn & IACDG in association with Aesthetic Health Committee of IMS, Pune Menopause Society & Gurgaon Menopause Society under banner of National IMS

✓ 10.30am to 6.30pm | December 25 & 26, 2021

Session -I6 Key Note Address

Time: 3.30pm - 4.30pm

Life Beyond Menopause

Geriatric Care



Dr Revathi Jankiraman

Managing Incontinence in Older Women: Recent Updates



Dr Shobha Sikka

Post Menopausal Endometriosis



Dr Meets Singh

EXPERTS



Dr Priyankur Roy



Dr Ruchi Saxena



Dr Saroj Kumar

MODERATORS

Organised By



Dr Ragini Agrawal



Dr Parag Biniwale



Dr Suman Yadav



Dr Saroj Kumar

SYMPOSIUM

MMLCON 2021 DAY -1

Managing Midlife - Prevention & Solutions
2 Days Conference

HARObGyn & IACDG in association with Aesthetic Health Committee of IMS, Pune Menopause Society & Gurgaon Menopause Society under banner of National IMS

✓ 10.30am to 6.30pm | December 25 & 26, 2021

Session -5 Symposium :

Time: 2.30pm - 3.30pm

Obesity & Menopause - Nutritional Intervention



Dr Anita Shah

Fitness After 50+



Dr Binal Shah

Spiritualism



Dr Navneet Takkar

Menopause & Quality of Life



Dr Bipasa Sen

EXPERT



Dr Kiran Arora



Dr Hardeep Saluja



Dr Kamla Bhardwaj



Dr Suboohi Rizvi

MODERATOR

Organised By



Dr Ragini Agrawal



Dr Parag Biniwale



Dr Suman Yadav



Dr Saroj Kumar

MMLCON 2021 DAY -2

Managing Midlife - Prevention & Solutions
2 Days Conference

HARObGyn & IACDG in association with Aesthetic Health Committee of IMS, Pune Menopause Society & Gurgaon Menopause Society under banner of National IMS

✓ 10.30am to 6.30pm | December 25 & 26, 2021

Session -10 Symposium

Time: 12.00 Noon - 1.00pm

Post Menopausal Bleeding



Dr Kiran Aggarwal

Menopausal Hormone Therapy- Changing Scenario



Dr Reena Srivastava

Recurrent UTI



Dr Aarti Gupta

Menopause & Quality of Life



Dr Bipasa Sen

EXPERTS



Dr Amrapali Dixit



Dr Vineeta Yadav



Dr Suman Bishnoi



Dr Suboohi Rizvi

MODERATORS

Organised By



Dr Ragini Agrawal



Dr Parag Biniwale



Dr Suman Yadav



Dr Saroj Kumar

Aesthetic Health Committee



MIXED BAG

MMLCON 2021 DAY - 1

Managing Midlife - Prevention & Solutions
2 Days Conference

HARObGyn & IACDG in association with Aesthetic Health
Committee of IMS, Pune Menopause Society & Gurgaon
Menopause Society under banner of National IMS

10.30am to 6.30pm | December 25 & 26, 2021

Session - 6 Mixed Bag

Time: 3.30pm - 4.30pm

Newer Drugs in Menopause
Management



Dr Kiran Pandey

Psychosexual Disorder
in Menopause



Dr Manoj Chellani

Staging of Menopause-
Newer Classification



Dr Jyoti Jaiswal

EXPERT



Dr Lovleen Sodhi



Dr Pushpa Bishnoi



Dr Sunita Joshi

MODERATOR

Organised By



Dr Ragini Agrawal



Dr Parag Biniwale



Dr Suman Yadav



Dr Saroj Kumar

JEWEL OF MENOPAUSE MEDICINE



MMLCON 2021

Managing Midlife - Prevention & Solutions
2 Days Conference

HARObGyn & IACDG in association with Aesthetic Health Committee of
IMS, Pune Menopause Society & Gurgaon Menopause Society under
banner of National IMS

10.30am to 6.30pm | December 25 & 26, 2021



JEWELS OF MENOPAUSE MEDICINE

Moderator

Moderator

Aesthetic Health Committee

PANNEL DISCUSSION



MMLCON 2021

MANAGING MIDLIFE - PREVENTION & SOLUTIONS

On 25th December & 26th December 2021
Time: 10:30 AM - 6:30 PM

Organized by:
HARObGyn & IACDG in association with Aesthetic Health Committee of IMS, Pune Menopause Society & Gurgaon Menopause Society under banner of National IMS

8 IC06 POINTS GRANTED

DAY 1:
25th DEC 2021

PANEL DISCUSSION ON MID LIFE REJUVENATION
TIME 1:00 PM-1:40 PM

EXPERTS


Dr. Anju Soni
Chairperson HIV & AIDS Committee FOGSI


Dr. Jaishree Gajraj
Past President Chennai Menopause Society


Dr. Narendra Mathotra
Past President FOGSI


Dr. Ragini Agrawal
Chairperson AHIMS President HARObGyn President IACDG


Dr. Preeti Jindal
Chairperson HIV & AIDS Gynae Society


Dr. Reeta Darbari
Vice President Gurgaon Menopause Society


Dr. Reeti Mehra
Chairperson Research Committee IMS

ORGANIZERS


Chairperson AHIMS President HARObGyn President IACDG


President Pune Menopause Society


President Gurgaon Menopause Society


Secretary Gurgaon Menopause Society

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MMLCON 2021

MANAGING MIDLIFE - PREVENTION & SOLUTIONS

On 25th December & 26th December 2021
Time: 10:30 AM - 6:30 PM

Organized by:
HARObGyn & IACDG in association with Aesthetic Health Committee of IMS, Pune Menopause Society & Gurgaon Menopause Society under banner of National IMS

8 IC06 POINTS GRANTED

DAY 2:
26th DEC 2021

BONE HEALTH PANEL
TIME 10:35 AM-11:35 AM

EXPERTS


Dr. Anita Sharma
Past Secretary Gurgaon Obs Gyn Society


Dr. Lakshmi R. Marakani
National J. Secretary IMS


Dr. Madanjit Pasricha
Director Pasricha Hospital Gurgaon


Dr. Jyoti Bhaskar
Secretary IMS Delhi chapter


Dr. Meenakshi Ahuja
President IMS Delhi chapter


Dr. Pratibha Singh
National Coordinator IAC FOGSI


Dr. Ujjwala Kedare
Past President Nagpur Menopause Society

ORGANIZERS


Chairperson AHIMS President HARObGyn President IACDG


President Pune Menopause Society


President Gurgaon Menopause Society


Secretary Gurgaon Menopause Society

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MMLCON 2021

MANAGING MIDLIFE - PREVENTION & SOLUTIONS

On 25th December & 26th December 2021
Time: 10:30 AM - 6:30 PM

Organized by:
HARObGyn & IACDG in association with Aesthetic Health Committee of IMS, Pune Menopause Society & Gurgaon Menopause Society under banner of National IMS

8 IC06 POINTS GRANTED

DAY 2:
26th DEC 2021

CONTRACEPTION
TIME 1:20 PM - 2:00 PM

EXPERTS


Dr. Sheela Mane
Past VP FOGSI


Dr. Anuradha Khanna
President Varanasi Menopause Society


Dr. Bhavna Sheth
Secretary Asso Obs Gyn Panchkula


Dr. Jamuna Devi
Secretary Hyderabad Menopause Society


Dr. Shobha N. Gudi
Chairperson FWC FOGSI


Dr. Meenakshi Chouhan
Past Secretary & VP Rohan Branch FOGSI


Dr. Mitra Saxena
Chairperson POC FOGSI


Dr. Yashodra Pallamareddy
Secretary POC FOGSI

ORGANIZERS


Chairperson AHIMS President HARObGyn President IACDG


President Pune Menopause Society


President Gurgaon Menopause Society


Secretary Gurgaon Menopause Society

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MMLCON 2021

MANAGING MIDLIFE - PREVENTION & SOLUTIONS

On 25th December & 26th December 2021
Time: 10:30 AM - 6:30 PM

Organized by:
HARObGyn & IACDG in association with Aesthetic Health Committee of IMS, Pune Menopause Society & Gurgaon Menopause Society under banner of National IMS

8 IC06 POINTS GRANTED

DAY 2:
26th DEC 2021

PREGNANCY AFTER 40+
TIME 2:50 PM - 3:30 PM

EXPERTS


Dr. N. Hephzibah Kirubamani
Chairperson Elect ICODG


Dr. Kavita M. Bhatti
President Ludhiana Menopause Society


Dr. Ritu Jain
President Gurgaon Obs Gyn Society


Dr. Laxmi Shrikhande
Chairperson Elect ICODG


Dr. Sangeeta Palwa
Prof. & Head, SGSD IMSR, Amritsar


Dr. Vandana Bansal
Secretary HARObGyn

ORGANIZERS


Chairperson AHIMS President HARObGyn President IACDG


President Pune Menopause Society


President Gurgaon Menopause Society


Secretary Gurgaon Menopause Society

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2 CHEERY ON CAKE SESSIONS

MMLCON 2021 DAY-2

Managing Midlife - Prevention & Solutions
2 Days Conference

HARObGyn & IACDG in association with Aesthetic Health Committee of IMS, Pune Menopause Society & Gurgaon Menopause Society under banner of National IMS

10.30am to 6.30pm | December 25 & 26, 2021

Session -14

Time: 2.30pm - 2.50pm

Reversing Menopause



Dr Sonia Malik

EXPERT



Dr Neeru Thakral

MODERATOR

Organised By



Dr Ragini Agrawal



Dr Parag Biniwale



Dr Suman Yadav



Dr Saroj Kumar

MMLCON 2021 DAY-2

Managing Midlife - Prevention & Solutions
2 Days Conference

HARObGyn & IACDG in association with Aesthetic Health Committee of IMS, Pune Menopause Society & Gurgaon Menopause Society under banner of National IMS

10.30am to 6.30pm | December 25 & 26, 2021

Session -17 Perimenopausal Screening

Time: 4.30pm - 5.30pm

Menopausal Clinic-
My Experience



Dr Amrita Jaipuria

Breast Screening



Dr Kawita Bapat

Gynecological Cancer
Screening



Dr Anita Kant

EXPERTS



Dr Sonum Sachdeva



Dr Tarini Taneja



Dr Kiran Chandra

MODERATORS

Organised By



Dr Ragini Agrawal



Dr Parag Biniwale



Dr Suman Yadav



Dr Saroj Kumar

Dr. Sharmila D. Jayaram



LAUGH OUT LOUD

Bharuch Menopause Society
(under the aegis of Indian
Menopause Society & Club
35+)

**"Longest,
likeable
laughter in one
single breath"**

**Laughter
contest**

Send on
☎: 9664853157

**Before: 8th Dec
2021 5.00pm**

**Prepare a video of
the same**

- 1) Dr Priya -Varanasi Club35+
- 2) Megha Tapiawalla-Bharuch
- 3) DrSmita Tandon-Varanasi

All that is GOOD Begins with a SMILE

Bharuch Menopause Society (under aegis of Indian Menopause Society and Club 35+)

"How happy am I"

Exhibit your own self in your mood, masti & maaza with a title on it .

**Click your photo
and send on
9925244680**

Before :8th Dec, 2021 5:00pm

Contest
alert

First 2 winners will get a prize & highlighted in our "POISE" Magazine.

★ ★ ★

- 1) Dr Kusum Solankee-Jabalpur
- 2) Dr.Keya Shah-Surat
- 3) Dr.Archana Shrivastav-Jabalpur.

Club 35+ Committee

Dr. Arti Gupta Sharma



Indian Menopausal Society - Delhi chapter
Agra Menopause Society
with Agra obs and Gynae Society
INVITE YOU TO THE LIVE WEBINAR
IN PURSUIT OF HAPPINESS

15th January, 2022
4PM—6PM

Digital Partner:
CLIRNET

Chief Guests

Dr. Ambuja Choranur
President, IMS

Dr. Sudhaa Sharma
Secretary General, IMS

Dr. Arti Gupta
Chairperson, IMS.
Committee chair person
public awareness & Club 35+

Moderator

Dr. Priti Dhamija
Treasurer - IMS Delhi Chapter

Speakers

Dr. Sharda Jain
Director, Lifecare Ivf. Secretary
General Delhi Gynae forum

Dr. Sonia Malik
Director, Southend
fertility and Ivf clinic

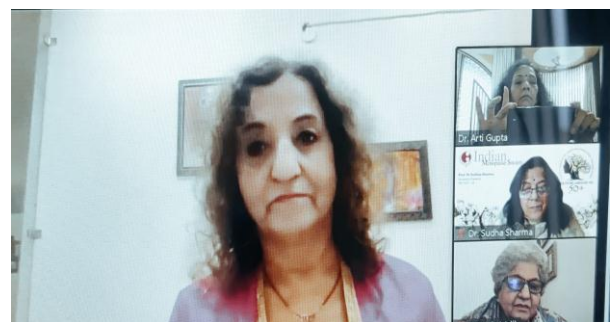
Dr. Maninder Ahuja
Director, Ahuja
healthcare, dental, infertility

Dr. Meenakshi Ahuja
President - IMS Delhi chapter

Dr. Jyoti Bhaskar
Secretary, IMS-delhi chapter

Dr. Kiranjeet kaur
Joint secretary - IMS, Delhi chapter

**All the 35+ girls
Just log in at 4 pm
On saturday the 15 th**



Education Committee

Dr. Laxmi Shrikhande



Webinar – Postmenopausal bleeding

18th December 2021

Indian Menopause Society
IMS Education Committee Presents IX
Live Webinar On
Theme : Postmenopausal Bleeding
Link:- <https://bit.ly/WB-Postmenopausal-Bleeding>
Date: Saturday, 18th December'21, Time: 4:00 PM - 6:00 PM

Chief Guest

Dr. Ambuja C. GOH
President, IMS

Guest of Honor

Dr. Sudhaa Sharma
Secretary General, IMS

Convener

Dr. Laxmi Shrikhande
Chairperson
IMS Education Committee

TOPIC 1: OVERVIEW OF POST MENOPAUSAL BLEEDING

Speaker

Dr. Kiran Pandey
Professor & HOD
Medical College,
Kanpur

Chairpersons

Dr. Vandana Narula
President IMA
Gurgaon

Dr. Nirmala Pipara
Consultant OBGY
Kolkata

TOPIC 2: CASE BASED PANEL ON POSTMENOPAUSAL BLEEDING

Moderator

Dr. Laxmi Shrikhande
Chairperson
IMS Education Committee

MOC

Dr. Bhakti Gurjar
Assistant Professor,
IGGMC Nagpur

Panelists

Dr. Jyoti Jaiswal
Professor & HOD
JNM Medical College,
Raipur

Dr. Savita Tyagi
Director &
Sr. Consultant,
Ishwar Nursing Home

Dr. Archana Shrivastava
Consultant OBGY
Jabalpur

Dr. Ashwini Bhalerao Gandhi
Consultant OBGY
P.D. Hinduja Hospital,
Mumbai

Dr. Alok Sharma
Consultant OBGY
Civil Hospital,
Mandi

Academic Partner : Walter Bushnell
Healthcare Foundation

Chief Guest- Dr Ambuja C

GOH- Dr Sudhaa Sharma

Key note on -Overview of post
menopausal Bleeding

Speaker- Dr Kiran Pande

Chairpersons-Dr Vandana Narula,
Dr Nirmala Pipara

Case Based Panel on

Postmenopausal Bleeding

Moderator- Dr Laxmi Shrikhande

Panelists-

Dr Jyoti Jaiswal

Dr Savita Tyagi

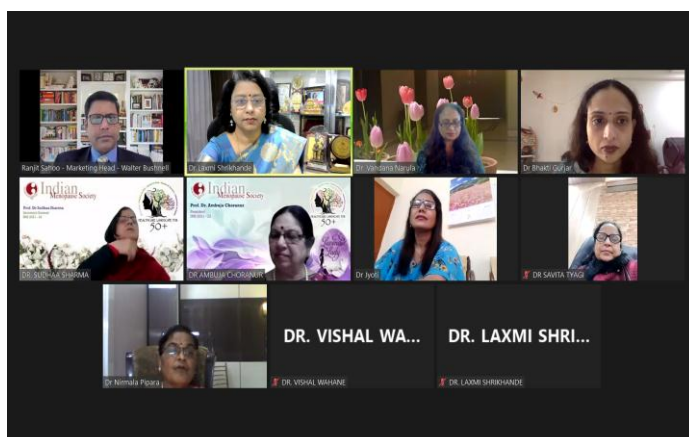
Dr Archana Shrivastava

Dr Anil Mehta

Dr Ashwini Bhalerao Gandhi

Dr Alok Sharma

MOC-Dr Bhakti Gurjar



Education Committee

Dr. Laxmi Shrikhande



Webinar – Sexuality in midlife & beyond

22nd January 2022

Indian Menopause Society

IMS Education Committee Presents X

Live Webinar On

Theme -Sexuality in midlife and beyond
Link : <https://bit.ly/WB-Sexuality-midlife-beyond>
Date: Saturday, 22nd January '22, Time: 5:00 PM - 7:00 PM

Chief Guest	Guest of Honor	Convenor
 Dr. Ambuja Choranner President Indian Menopause Society	 Dr. Sudhaa Sharma Secretary General, IMS	 Dr. Laxmi Shrikhande Chairperson IMS Education Committee

Topic 1: Overview of sexuality in midlife & beyond

Speaker	Chairpersons	
 Dr. Ragini Agrawal Head, Department of Cosmetic Gynecology & Pelvic reconstructive surgery Pratibha Hospital Gurgaon	 Dr. Reshmi Banerjee Vice President menopause Society Vadodara Organising Secretary, IMSCON	 Dr. Amrita Jaipurkar Secretary Gorakhpur Menopause Society

Topic 2: Case Based discussion on Sexuality in midlife & beyond

Speaker	MOC
 Dr. Padmini Prasad President Bangalore Society of Obstetrics and Gynaecology Medical Director, Ramamani Nursing and Maternity Home, Institute of Sexual Medicine, Bengaluru	 Dr. Trishala Dhemre Director, Shreepurva Nursing Home

Supported By :  Walter Bushnell
Healthcare Foundation

Chief Guest- Dr Ambuja C

GOH- Dr Sudhaa Sharma

Key note on -Overview of
sexuality in midlife & beyond

Speaker- Dr Ragini Agrawal

Chairpersons-Dr Reshmi

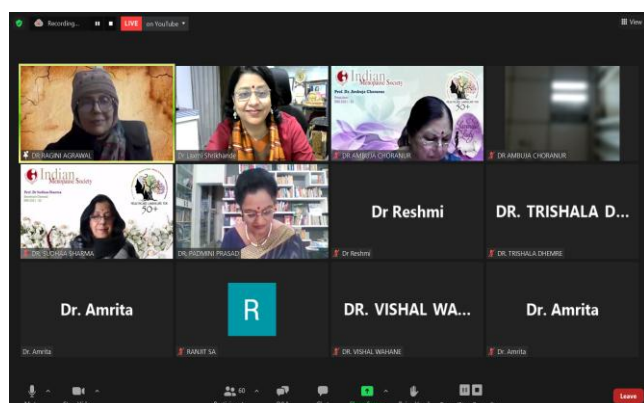
Banerjee, Dr Amrita Jaipurkar

Case Based discussion on

Sexuality in midlife & beyond

Speaker- Dr Padmini Prasad

MOC-Dr Trishla Dhemre



Rural Committee

Dr. Savita Tyagi



- In month of December did one webinar on mental health and menopause
- In month of January one awareness cum health checkup camp on 29th January in this camp awareness about cervical cancer was done and pap smear of 7 peri and postmenopausal women taken at nominal charges, free Hb, sugar was done for 35 women, these all women were from nearby village

IMS Rural Committee
In association with
Menopause Societies
Agra - Bhopal - Dibrugarh - Gorakhpur - Guwahati - Jodhpur

Cordially invite you to
CORCONNECT- Live WEBINAR
Theme Mental Health at Menopause

DEC 16 | 2021 **5:00 PM Onwards**

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

Participating Menopause Societies

- Agra Society**
Dr Ratna Sharma President
Dr Nidhi Bansal Secretary
- Bhopal Society**
Dr Sarala Jain President
Dr Vajjanti Kolekar Secretary
- Dibrugarh Society**
Dr Reena Ahmad President
Dr Pranay Pukhan Secretary
- Gorakhpur Society**
Dr Surheeta Kareem President
Dr Amrita Jaipuriyar Secretary
- Guwahati Society**
Dr Dilip Kumar Sarma President
Dr Minakshi Sarma Secretary
- Jodhpur Society**
Dr Renu Makwana Chapter Secretary

Chief Guest
Dr Ambuja Chaturvedi President, IMS India

Guest of Honour
Dr Sudhaa Sharma Secretary General, IMS India

Convenor
Dr Savita Tyagi Chairperson, IMS Rural Committee

Topic **Tips and Tricks to Improve Your Mental Health at Menopause**

Speaker
Dr Samant Dandhi President, IMS India

Chairpersons
Dr Nidhi Bansal Secretary, Agra Menopause Society
Dr Anurita Jaipuriyar Secretary, Gorakhpur Menopause Society

Panel Discussion **Role of MHT in Mental Health at Menopause**

Moderators
Dr Savita Tyagi Chairperson, IMS Rural Committee
Dr Arti Gupta President, Agra's IMS Society

Panelists
Dr Ratna Sharma President, Agra Menopause Society
Dr Sarala Jain President, Bhopal Menopause Society
Dr Renu Makwana Chapter Secretary, Jodhpur Menopause Society
Dr Dilip Kumar Sarma Chapter Secretary, Guwahati Menopause Society
Dr Pranay Pukhan Secretary, IMS Gorakhpur Menopause Society

Participation Benefits
Learning from experts
Open for all
Practice Changing updates
Clarify your queries from experts

Makers of:
COR-3 | **Trazer forte** | **Trazer M forte** | **STIMUCOR 25**





Sunday WhatsApp Quiz

Quiz Committee

Dr. Jyoti Jaiswal



Sunday WhatsApp Quiz

Date: 5th December 2021

Theme – Focus on belly fat, not just body weight

Choose one best answer

Q1.

Visceral fat is associated with all EXCEPT

- A. Production of inflammatory markers like IL6, TNF alpha
- B. Low carb diet
- C. Increased risk of chronic diseases
- D. Plaque formation inside arteries

Q2.

What is the effective way to shed visceral fat?

- A. Aerobic exercise
- B. High protein diet
- C. Soluble fiber in diet
- D. A and B
- E. All of the above

Q3.

The gold standard for the quantitative assessment of intra-abdominal adipose tissue is

- A. BMI
- B. Waist to hip ratio
- C. CT scan
- D. USG

Q4.

Bariatric weight loss surgeries have not been shown to reduce the risk of coronary artery disease

True/False

Q5.

Too much fat around midsection of body and vital organs increases the risk of heart disease even with normal BMI.

True /false

Quiz compiled by

Dr Jyoti Jaiswal

Chairperson, Quiz committee, IMS



ANSWER SHEET

- 1. 1.B
- 2. 2.E
- 3. 3.C
- 4. 4.False
- 5. 5.True

Reference

AHA guidelines and news

Winners of WhatsApp quiz of 05/12//2021- on Focus on belly fat, not just body weight

Dr. Savita Tyagi Agra	Dr. Samita Mukharjee Kolkata
Dr. Pratibha Singh Bhagalpur	Dr. Rita Das Lucknow
Dr. Bhavna Sheth Bharuch	Dr. Vaneet Kaur Ludhiana
Dr. Kirti Gupta Bhopal	Dr. Kavitha Madurai
Dr. Rashmi Bagga Chandigarh	Dr. Shefali Kumar Nagpur
Dr. Vijaya Lakshmi Chennai	Dr. Arshdeep Patiala
Dr. Puneeta Jaiswal Faridabad	Dr. Priyanka Patna
Dr. Niti Dogra Gorakhpur	Dr. Rajni Sao Raipur
Dr. Anita Sharma Gurugram	Dr. Veena Rajyaguru Rajkot
Dr. Shubhra Singh Jaipur	Dr. Chetna Shah Surat
Dr. Ruchi Bhargava Jalandhar	Dr. Varsha Prapanna Vadodara
Dr. Geetanjali Jammu	

Quiz Committee

Date: 19th December 2021

Theme –Insulin resistance

Choose one best answer

Q1.

All are risk factor for insulin resistance EXCEPT

- A. Gestational diabetes
- B. Family history of diabetes
- C. PCOS
- D. High protein diet

Q2.

Which is not a complication of insulin resistance ?

- A. High blood pressure
- B. Low blood pressure
- C. High blood sugar
- D. Low blood sugar

Q3.

Which statement is FALSE about type A insulin resistance?

- A. Rare disorder
- B. Characterized by severe insulin resistance
- C. Body tissue do not respond properly to insulin
- D. Common in overweight women above 50 yrs

Q4.

Which syndrome is not characterized by extreme insulin resistance?

- A. Amenorrhea galactorrhoea syndrome
- B. HAIR-AN syndrome
- C. Rabson mendenhall syndrome
- D. Lipodystrophy

Q5.

Type A insulin resistance is due to absent or dysfunctional insulin receptors and type B insulin resistance syndrome results from autoantibodies to the insulin receptors

True / False

Quiz compiled by

Dr Jyoti Jaiswal

Chairperson, Quiz committee, IMS



ANSWER SHEET

1 – D: High protein diet

2 – B: Low blood pressure

3 – D: Common in overweight women above 50 yrs

4 – A: Amenorrhea galactorrhoea syndrome

5 – True

Reference

<https://emedicin.medscape.com>

Insulin resistance

Syndrome of severe insulin resistance. Nicholas A Et al. Journal of clinical endocrinology.

Winners of WhatsApp quiz of 19/12/2021 – on Insulin resistance

Dr. Ratna Sharma Agra	Dr. Isha Sunil Jammu
Dr. Usha Patel Ahmedabad	Dr. Pavika Lal Kanpur
Dr. Gurpreet Amritsar	Dr. Ambe Shah Kolkata
Dr. Indu Singh Bhagalpur	Dr. Pammi Arora Lucknow
Dr. Hiral Pandya Bharuch	Dr. Neelam Sodhi Ludhiana
Dr. Meeta Agarwal Bhopal	Dr. Subashini Madurai
Dr. Vineet Nagpal Chandigarh	Dr. Manisha Sahu Nagpur
Dr. Padma Ravindram Chennai	Dr. Santosh Patiala
Dr. Preety Aggarwal Faridabad	Dr. Sushila Khunte Raipur
Dr. Shweta Gorakhpur	Dr. Neeta Shah Surat
Dr. Suman Bisnoi Gurugram	Dr. Shonali Agrawal Vadodara
Dr. Ruchi Bhargava Jalandhar	

Quiz Committee

Date: 2nd January 2022
Theme – PCOS and menopause

Choose one best answer

Q1.

Women with PCOS usually have all features EXCEPT

- A. Impaired glucose tolerance
- B. Type 1 diabetes
- C. Dyslipidemia
- D. Metabolic syndrome

Q2.

State TRUE/ FALSE

Metabolic syndrome is seen more often in women with PCOS

- A. TRUE
- B. FALSE

Q3.

State TRUE/ FALSE

PCOS goes away once the women enters in menopause

- A. TRUE
- B. FALSE

Q4.

State TRUE/ FALSE

Menopause may come earlier in women with PCOS

- A. TRUE
- B. FALSE

Quiz compiled by

Dr Jyoti Jaiswal

Chairperson, Quiz committee, IMS



ANSWER SHEET

1 – B: Type 1 diabetes

2 – A: True

3 – B: False

4 – B: False

Winners of WhatsApp quiz of 02/01/2022- on PCOS and menopause

Dr. Gayatri Agra	Dr. Pratibha Jalandhar
Dr. Jayshree Sheth Ahmedabad	Dr. Isha Sunil Jammu
Dr. Leena Nair Bhagalpur	Dr. Mandala Harsha Kolkata
Dr. Hitesh Bharuch	Dr. Seema Mehrotra Lucknow
Dr. Ishrat Zuber Bhopal	Dr. Subashini Madurai
Dr. Anupam Goel Chandigarh	Dr. Moushami Parpillewar Nagpur
Dr. M. Gomathy Chennai	Dr. Manjeet Kaur Patiala
Dr. Mithesh Bansal Faridabad	Dr. Divya Raipur
Dr. Reeta Singh Gorakhpur	Dr. Neeta Shah Surat
Dr. Vinaybala Gurugram	Dr. Varsha Prapanna Vadodara
Dr. Shubhra Singh Jaipur	

Quiz Committee

Date: 16th January 2022

Theme – Obesity

Choose one best answer

Q1.

What is severe obesity

- A. BMI of 30 and more
- B. BMI of 35 and more
- C. BMI of 40 and more
- D. BMI of 50 and more

Q2.

What is super morbid obesity

- A. More than 150% of ideal body weight.
- B. More than 175% of ideal body weight.
- C. More than 200% of ideal body weight.
- D. More than 225% of ideal body weight.

Q3.

Since 1975, worldwide obesity has nearly got -

- A. Doubled
- B. Tripled
- C. Four times
- D. Six times

Q4.

Overweight and obesity are linked to more deaths worldwide than underweight

- A. TRUE
- B. FALSE

Q5.

There is increased risk of fractures in obese children.

- A. TRUE
- B. FALSE

Quiz compiled by

Dr Jyoti Jaiswal

Chairperson, Quiz committee, IMS



ANSWER SHEET

1 – C: BMI of 40 and more

2 – D: More than 225% of ideal body weight

3 – B: Tripled

4 – True

5 – True

Reference

WHO.int

Obesity and overweight.

- Defining adult overweight and obesity, CDC

Winners of WhatsApp quiz of 16/01/2022 – on Obesity

Dr. Vidhya Chauhan Ahmedabad	Dr. Chitra Gupta Jalandhar
Dr. Arsh Amritsar	Dr. Isha Sunil Jammu
Dr. Leena Nair Bhagalpur	Dr. Anita Gautam Kanpur
Dr. Bhavna Sheth Bharuch	Dr. Arjunayan Roy Kolkata
Dr. Sandhya Gadre Bhopal	Dr. Parul Gupta Lucknow
Dr. Shanujeet Sodhi Chandigarh	Dr. Indra Priyadarsini Madurai
Dr. T K Shanthi Chennai	Dr. Moushami Parpillewar Nagpur
Dr. Mithelesh Bansal Faridabad	Dr. Parneet Kaur Patiala
Dr. Geeta Gupta Gorakhpur	Dr. Ankita Agrawal Raipur
Dr. Sunena Goyal Gurugram	Dr. Jigna Ganatra Rajkot
Dr. Simmi Pokharna Jaipur	Dr. Varsha Prapanna Vadodara



Upcoming Event

**IMSCON 2022
@ Vadodara**

3rd, 4th & 5th June 2022

27th National Conference

of Indian Menopause Society



HOSTED BY

MENOPAUSE SOCIETY VADODARA

UNDER AEGIS OF
INDIAN MENOPAUSE SOCIETY



IMSCON 2022

3rd to 5th June, 2022 | VADODARA

Theme : **HEALTHCARE LANDSCAPE FOR 50+**

Venue :

Grand Mercure Suryapalace Hotel

WORKSHOPS

- Minimal Access Surgery
- Uro Gynec, Vaginal Rejuvenation, Colposcopy
- Ultrasound in Gynec & Infertility



**ORATION | EXPERT TALKS
PUBLIC AWARENESS |
PANEL DISCUSSIONS | DEBATE
| FREE PAPERS | QUIZ**

IMS CREDIT POINTS

Email : menopausevadodara@gmail.com

**TOUR TO
STATUE OF UNITY
on 2nd JUNE**



Organizing Team

ORG. CHAIRPERSONS



Dr. Choranur Ambuja
National President - IMS
(2021-22)



Dr. Binal D. Shah
President - MSV
(2021-22)



Dr. Shobhna Mohandas
National President - IMS
(2022-23)

ORG. SECRETARIES



Dr. Sudhaa Sharma
Secretary General - IMS
(2021-22)



Dr. Reshmi Benarjee
President - MSV
(2022-23)



Dr. Pallavi Satarkar
Vice President - MSV
(2022-23)



Dr. Anju Soni
Secretary General - IMS
(2022-23)

JT. ORG. CO. CHAIRPERSONS



Dr. Lakshmi R. Markani
Joint Secretary - IMS
(2021-22)



Dr. Archana Dwivedi
President - BOGS
(2021-22)



Dr. Pushpa Sethi
Vice President - IMS
(2021-22)

PATRONS



Dr. Sushma Baxi
Founder Secretary



Dr. Priti Niranjana



Dr. Meenakshi Patel
Hon. Secretary-MSV
(2022-23)

WORKSHOP CONVENERS



Dr. Ajay Valia
Master Class Series
in Gynec Ultrasound



Dr. Divyesh Shukla
Live Operative
Gynecology Workshop



Dr. Mahesh Gupta
Chairman
IAGE Gujarat Chapter



27th National Conference of Indian Menopause Society

HOSTED BY : MENOPAUSE SOCIETY VADODARA
UNDER AEGIS OF : INDIAN MENOPAUSE SOCIETY

IMSCON 2022

3rd to 5th June, 2022 | VADODARA

Theme : **HEALTHCARE LANDSCAPE FOR 50+**



Venue : Grand Mercure, Surya Palace Hotel, Sayajigunj, Vadodara

MASTER CLASS SERIES IN GYNEC ULTRASOUND LIVE WORKSHOP BY EXPERTS

03.06.2022 | 8.00 - 10.00 am



Dr. Sridevi

Topic :
MUSA, Consensus Fibroids,
Adenomyosis & Adnexal Mass...



Dr. Sonal Panchal

Topic :
Subfertility in elderly..

Live Demo on Fibroids, Adenomyosis, Adnexal Mass, Folliculometry

04.06.2022 | 8.00 - 10.00 am



Dr. TLN Praveen

Topic :
IETA and
Post Menopausal Bleeding



Dr. Narendra Malhotra

Topic :
Gynec USG systematic approach
International Deep
Endometriosis Classification
(IDEA)

Live Demo on Endometrioma, Deep Endometriosis - Uterine Malignancy

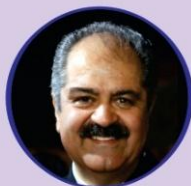
05.06.2022 | 8.00 - 10.00 am

Master Class : 05.06.2022 | 2.00 - 3.30 pm



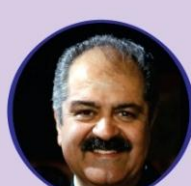
Dr. Mala Sibbal

Topic : IOTA



Dr. Ashok Khurana

Topic : Role of 3D / 4D in Gynec. USG



Dr. Ashok Khurana

Topic :
USG in Pelvic floor displacement &
3D/4D Hands on Master Class

Workshop Convener



Dr. Ajay Valia

Workshop Coordinators



Dr. Alka Patel



Dr. Sheel Shah

Powered by



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27th National Conference of Indian Menopause Society

HOSTED BY : MENOPAUSE SOCIETY VADODARA
UNDER AEGIS OF : INDIAN MENOPAUSE SOCIETY

IMSCON 2022

3rd to 5th June, 2022 | VADODARA

Theme : **HEALTHCARE LANDSCAPE FOR 50+**



Watch the LEGENDS Operate LIVE

LIVE OPERATIVE GYNECOLOGY WORKSHOP IMSCON National Conference

Hosted by Menopause Society Vadodara

in association with IAGE GUJARAT CHAPTER,

Aesthetic Committee IMS, Urogynec Committee IMS



**on 3rd June, relayed at Suryapalace Hotel, Vadodara.
Surgery at ISHA Hospital**



Dr Sanjay Patel



Dr Divyesh Shukla
WORKSHOP CONVENER



Dr Deepak Limbachiya
Secretary - IAGE Gujarat Chapter



Dr Mahesh Gupta
Chairman - IAGE Gujarat Chapter



Dr Haresh Wagharia



Dr Sujal Munshi



Dr Binal Shah



Dr Riddhi Shukla



Dr Anjana Chauhan



Dr Subash Mallya
Chairperson
FOGSI Endoscopy Committee 2021-22



Dr Ragini Agrawal
Chairperson
Aesthetic Committee IMS



Dr Hara Pattnaik
Chairperson
Urogynec Committee IMS



Dr Haresh Shah
Jt Convener

Cases to be demonstrated*

- Advance LAPAROSCOPY (complicated TLH, prolapse surgery, Radical lap Hysterectomy)
- Office & operative HYSTEROSCOPY, NDVH, TOT, Vaginal Rejuvenation (labiaplasty, Lasers , Fillers)
- Colposcopy (with staining techniques)will be demonstrated

* as per availability

OT Co-ordinator

- Dr. Shilip Shukla
- Dr. Shailesh Talati
- Dr. Swar Shah

Workshop Co-ordinator

- Dr. Archana Dwivedi
- Dr. Meenakshi Patel
- Dr. Shweta Shah



27th National Conference of Indian Menopause Society

HOSTED BY : MENOPAUSE SOCIETY VADODARA
UNDER AEGIS OF : INDIAN MENOPAUSE SOCIETY

IMSCON 2022

3rd to 5th June, 2022 | VADODARA

Theme : **HEALTHCARE LANDSCAPE FOR 50+**

Venue : Grand Mercure Suryapalace Hotel



REGISTRATION FORM

Conference Secretariat : Dr. Binal D. Shah C/o Dwarakesh Hospital
10-11, Shivali Society, Nr. Lion Circle, VIP Road, Karelibaug, Vadodara - 390 018.
Email : menopausevadodara@gmail.com

Name: _____

Institute / Hospital Name: _____

Postal Address _____

City: _____ State: _____ Country: _____ PIN:

Phone (STD/ISD) Code: _____ (0): _____ (R): _____

E-mail: _____ Mobile

MCI No.: _____ IMS Membership No.: _____

Covid Vaccination 2 doses : Yes/ No _____ AADHAR No. :

Conference Registration	Early Bird upto 31 st March, 2022	1 st April to 15 th May, 2022	16 th May, 2022 to SPOT
IMS Member	INR 9000	INR 10000	INR 11000
Non-Member	INR 10000	INR 11000	INR 12000
Post Graduates	INR 8000	INR 9000	INR 10000
Senior Citizen (Above 75 Years)	INR 6000	INR 7000	INR 8000
Accompanying Person	INR 8500	INR 9500	INR 10500

Premium Registration	Early Bird upto 31 st March, 2022	1 st April to 15 th May, 2022	16 th May, 2022 to SPOT
Conference & SOU Tour SOU TOUR include : (@2 nd June to & fro, lunch, dinner, Gallery ticket)	INR 13000	INR 15000	NA

Residential Registration	Early Bird upto 31 st March, 2022		1 st April to 15 th May, 2022	
	Double Occupancy	Single Occupancy	Double Occupancy	Single Occupancy
1) Conference + Tour + 3 Nights Stay at Hotel in Vadodara (Surya Palace / Sayaji)	INR 22000	INR 28000	INR 24000	INR 30000
2) Conference + SOU Ticket + 1 Night Tent at SOU + 2 Night at Hotel in Vadodara (Surya Palace / Sayaji)	INR 23000	NA	INR 25000	NA
3) Conference + 2 Night at Hotel in Vadodara (Surya Palace / Sayaji)	INR 15000	INR 19000	INR 17000	INR 21000

Only for PG, only for participation in PG activity (Paper/ Poster) Rs 2,000=00 (not workshop or conference)
Includes Breakfast and Lunch for the day of their turn for 1 day

Note : TENT STAY will be subject to availability. Earlier the better Contact person for Residential registration
ESPI TOURS & TRAVELS (Ms. Priyanka M : 8980311777 , 7624020202 Email : domestic@espiritravels.in
Any query for Residential Registration Contact : Dr Reshmi Banerjee M. : 9825036991

ACCOMPANYING PERSONS DETAILS

No.	Title	Full Name	Relationship	Age	Gender

WORKSHOPS

- Operative Gynecology & Vaginal Rejuvenation
- Ultrasound In Gynecology

REGISTRATION GUIDELINES

- Conference Registration Includes
- BOTH Workshops
 - Breakfast, Lunch on 3, 4 & 5 June and Banquet Gala Dinner 3 & 4 - JUNE
 - Scientific sessions entry
 - Conference Kit
 - Trade Exhibition entry
 - Tea / Coffee
 - Spot Registrants MAY NOT get Conference Kit

Kindly send DD or Cheque In favour of
Menopause Society Vadodara
and send to Global Baroda Hospital
C/o. Dr. Meenakshi Patel,
Nr. Shreyas School, Manjalpur, Vadodara.
(PI mention your name and Mobile Number over the back of Cheque or DD)
Note : Please attached filled registration form with Cheque/DD.

FOR ONLINE
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Use CLIRNT Platform Link
or Scan QR Code
<https://doctor.clirnet.com/mastercast/connect/D0211-imscon>



PAYMENT DETAILS

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

Cheque / DD / UTR No. _____

Bank Name _____

Date _____

Total amount paid _____

Amount in words _____

Share filled form & receipt of payment transaction on following number : M. : 7874638030 / 9376715777

A large, stylized scroll graphic with a light orange top section and a darker orange bottom section. The scroll is unrolled, showing the title text in the center. The left edge of the scroll is decorated with a wavy, purple-to-blue gradient border.

Activities by Local Societies

Agra Menopause Society

- On 28th January we did an awareness program and camp in Achhnera PHC with the help of Dr Anjana Chaudhary.
- We did BMD camp and distributed medicines to nearly 100 patients.
- We made aware women regarding good health and nutrition.



Bhopal Menopause Society

- Members of Bhopal Menopause Society undertook a 'Van Yatra' on 26th December 2021 (Sunday).
- They visited an Interior village and interacted with the women and educated them on importance of cleanliness, menstrual hygiene and importance of proper diet and checkups during pregnancy
- Wollens were distributed to them
- They also visited the local school and interacted with the children
- Wollens ,tooth brushes ,soap and pencil boxes were distributed in the school
- Tree plantation also done A few glimpses of the Van Yatra



Organised a recipe contest for its members for Paushtik Laddo and Christmas Cake
Winners for paushtik laddo

1st prize Dr. Sandhya Gadre for Methi dane ke laddo

2nd prize shared by Dr Manisha Khare for Dry fruits dates laddo & Dr Sarita Agrawal for Atta flaxseed laddo

Winner of cake contest

Dr Madhuri Chandra for Rum Raisin Cake

Methi dane ke laddo

Dry fruits dates laddo

Atta flaxseed laddo

Rum raisin cake



Bhopal Menopause Society

- Due to the raging pandemic and many members down with corona ,members of Bhopal Menopause Society decided to unfurl the national flag at their respective places of work between 9.30am and 10 am with their staff members
- A few glimpses

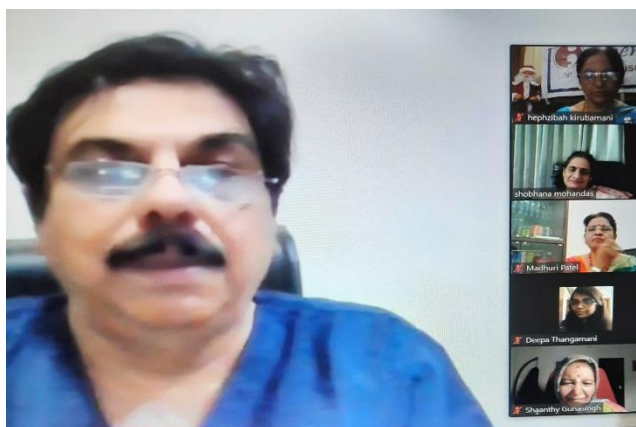


Chennai Menopause Society

- Gurukul programme at Muthukumaran Medical College, on 6th Dec 2021.
100 undergraduates attended the event

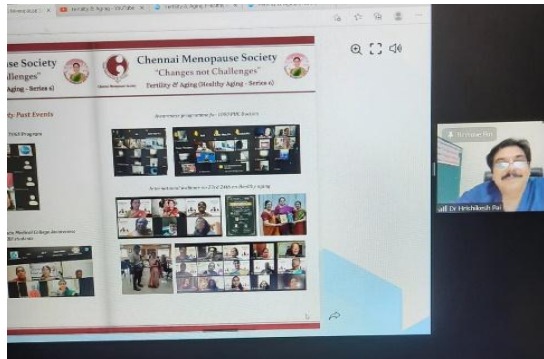


- CME on 8th December 2021, in association with FOGSI Infertility committee on Fertility and Aging. Dr. Harishikesh Pai President, FOGSI Elect was the chief guest of the event, Dr Shobana Mohandas President, IMS elect & Dr Madhuri Patel FOGSI Deputy General secretary were the guests of honour.



Chennai Menopause Society

- Chennai Menopause society 2nd edition of Newsletter was released on 8th December 2021



- Menopause CME at Tagore Medical college, on 28/01/22. Nearly 150 MBBS students attended.



- An awareness program on Menopause was conducted for the Occupational therapy students on 31st Jan 2022



Delhi Menopause Society

- IMS Delhi chapter in association with SMLM successfully conducted a webinar on Cervical Cancer Screening & Colposcopy Updates on 28th January 2022.
- Stalwarts Dr Maninder Ahuja, President SMLM was the convenor; Dr Choranur Ambuja, President Indian Menopause Society was the chief guest and Dr Mala Srivastava, Vice President Elect ISOPARB 2023-24 Guest of Honour. Topics covered by the speakers were **SCREENING OF CX CANCER CYTOLOGY OR VISUAL** by Dr Meenakshi Ahuja, President IMS (Delhi);
- HPV DNA AS PRIMARY TESTING** by Dr Ruchika Garg, Secretary IMS (Agra) 2018-20; and
- COLPOSCOPY - FROM NORMAL TO ABNORMAL** by Dr Maninder Ahuja, President SMLM.
- The session was amicably conducted by Dr Gurpreet Kaur, Secretary Raipur Menopause Society. Dr Sonal Gupta, Secretary Faridabad Menopause Society, Dr Indu Taneja, Vice President Faridabad Obs Gyn Society and Dr Anita Sabharwal, Chairperson Public Awareness Committee ISCCP provided full support.





SMLM in association with IMS Delhi Chapter

present

Cx Cancer Screening & Colposcopy Updates

Friday, Jan 28, 2022 | 7:00 PM - 8:30 PM

CHIEF GUEST	GUEST OF HONOUR
 Dr. Choranur Ambuja President Indian Menopause Society	 Dr. Mala Srivastava Vice President Elect ISOPARB 2023-24 Jt. Secretary IMS 2016-19
CONVENOR	MOC
 Dr. Maninder Ahuja President SMLM	 Dr. Gurpreet Kaur Secretary Raipur Menopause Society
SCREENING OF CX CANCER CYTOLOGY OR VISUAL	
SPEAKER  Dr. Meenakshi Ahuja President Indian Menopause Society (Delhi)	CHAIRPERSON  Dr. Sonal Gupta Secretary Faridabad Menopause Society
HPV DNA AS PRIMARY TESTING	
SPEAKER  Dr. Ruchika Garg Secretary Indian Menopause Society (Agra) 2018-20	CHAIRPERSON  Dr. Indu Taneja Vice President Faridabad Obs Gyn Society
COLPOSCOPY - FROM NORMAL TO ABNORMAL	
SPEAKER  Dr. Maninder Ahuja President Society of Meaningful Life Management	CHAIRPERSON  Dr. Anita Sabharwal Chairperson Public Awareness Committee ISCCP



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VOTE OF THANKS

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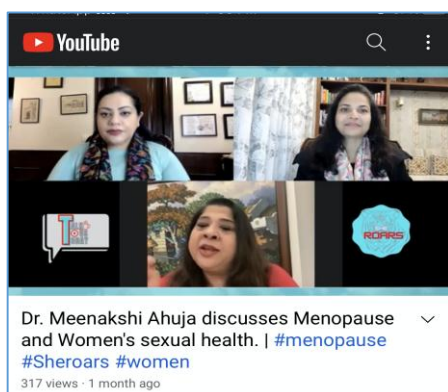
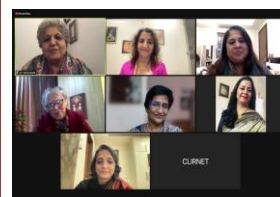
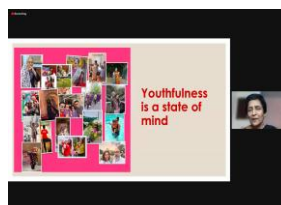



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Delhi Menopause Society

Public forum

- **Walkathon / step counting competition on the eve of new year**, organized by IMS Delhi chapter from 21st Dec to 30th Dec 2021. The event received an overwhelming response from women of 35+. The results were declared in the live public event on 15th Jan'22.
- **JEE LE APN ZINDAGI Contest**, envisaged by IMS Delhi chapter in month of Jan'2022. The contest received an unprecedented response from all over India with more than 100 entries. Age was no bar. Passion and love for life was the motto.
- **IN PURSUIT OF HAPPINESS**, Live webinar organized by IMS Delhi chapter, Agra Menopause society and Agra Obs and Gynae Society on 15th Jan'2022. Experts Dr Sonia Malik, Dr Maninder Ahuja, Dr Sharda Jain, Dr Meenakshi Ahuja, Dr Jyoti Bhaskar and Dr Kiranjeet Kaur coming together on a platform sharing their life experiences and life mantras with the audience. The session was excellently anchored and handled by Dr Priti Dhamija, treasurer IMS Delhi chapter. Attended by over 100 participants and well appreciated event.
- Public forum by Dr Meenakshi Ahuja (Live interview) on Talktoustoday, Sheroars segment. Topic of discussion Menopause and Women's sexual health, on 21st Jan'22



meeahuja Posted @withregram • @talk2ustoday On today's episode of TalktousToday, Simrit and Namita interview renowned gynecologist Dr. Meenakshi Ahuja, director La Femme, Fortis for their Sheroars segment. The conversation is all about menopause, and women's health. Dr. Meenakshi answers questions asked by women in perimenopause and menopause.

#womenshealth #sheroars

Gorakhpur Menopause Society

Gorakhpur Menopause Society

Report : 10 – 12- 2021

Month of: December 2021



You are cordially invited to

Recent Update On Endometriosis
and Panel discussion on different case scenario

Date : 10th December 2021
Time : 7:00 PM Onwards

Speaker



Dr. Anuradha Khanna
MD, FAMS, MAMS, FIACC, FICOG,
FICS, FOWA
Sr. MCO Obs & Gyn
Dept. IMS BHU, Varanasi

Moderator



Dr. Reena Srivastava
EX Professor and MCO Obs & Gyn
B.I.D. Medical College
Gorakhpur

Chairpersons:

Dr. Sadhana Gupta & Dr. Madhu Gulati

Dr. Anuradha Khanna	Recent Update On Endometriosis & its Management	40 mins
Dr. Reena Srivastava	Panel discussion on different case scenarios of Endometriosis	60 mins

Panellists:

Dr. Surheeta Kareem, Dr. Amrita Sarkar Jaipurkar, Dr. Ekika Singh
Dr. Reeta Singh, Dr. Sudhir Gupta, Dr. Chhavi Sarkari, Dr. Nutan Jina

Meeting Convener - Dr. Chhavi Sarkari

CHAIRPERSONS



Dr. Sadhana Gupta
FOGSI representative to SAFOG (2018-21)
ICOG, Governing Council member (2018-21)
Gorakhpur



Dr. Madhu Gulati
MBBS, DGO
Gulati Infertility Center
Gorakhpur

PANELLISTS



Dr. Surheeta Kareem
MBBS, MRCOG, FRCOG
Sree Hospital Pvt Ltd
Gorakhpur



Dr. Amrita Sarkari
MBBS, MD, DNB, FICOG
Ganga Hospital
Gorakhpur



Dr. Ekika Singh
MBBS, MD, DGO
Sharda Narayana Hospital
Pvt Ltd - Mau



Dr. Reeta Singh
Associate Professor
Obs & Gyn Department
BRD Medical College
Gorakhpur



Dr. Sudhir Gupta
Associate Professor
Obs & Gyn, Sr. Assistant
BID Medical College
Gorakhpur



Dr. Chhavi Sarkari
MBBS, MD (Obs and Gyn)
Sarkari Menopause Center
Gorakhpur



Dr. Nutan Jina
MBBS, DGO (ONR)
Dr. Jina Infertility and
laparoscopy center,
Gorakhpur

President - GOGS



Dr. Amrita Sarkar Jaipurkar

Secretary - GOGS



Dr. Anika Chhapana

President - Obs. Menopause Society



Dr. Surheeta Kareem

Secretary - Obs. Menopause Society



Dr. Amrita Sarkar Jaipurkar

Gorakhpur Obs. & Gynae. Society & Gorakhpur Menopause Society Organized a webinar on **Recent update on Endometriosis**

Session 1 Topic: Recent Updates on Endometriosis and its management

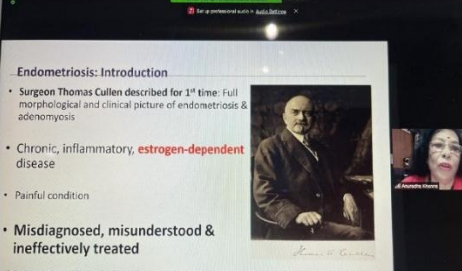
Honorable Dr. Anuradha Khanna madam was the Speaker,
Dr. Sadhana Gupta and Dr. Madhu Gulati were the Chair Persons

Session-2

Moderator- Dr Reena Srivastava
Panel discussion on different cases of Endometriosis-

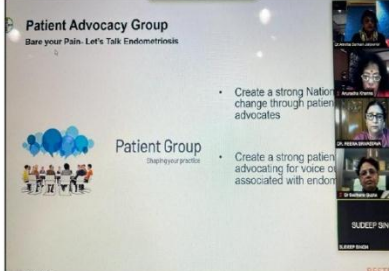
Panelists

Dr Surheeta Kareem ,Dr Amrita Sarkari ,Dr Ekika Singh ,Dr Rita Singh,Dr Sudheer Gupta ,Dr Chavvi Sarkari ,Dr Nutan Jina



Endometriosis: Introduction

- Surgeon Thomas Cullen described for 1st time: Full morphological and clinical picture of endometriosis & adenomyosis
- Chronic, inflammatory, **estrogen-dependent** disease
- Painful condition
- Misdiagnosed, misunderstood & ineffectively treated



Patient Advocacy Group
Bare your Pain. Let's Talk Endometriosis

- Create a strong Nation change through patient advocates
- Create a strong patient advocating for voice of associated with endon

**Pictures of webinar on
December 10- 12 - 2021**

59

Gorakhpur Menopause Society

THE GORAKHPUR OBSTETRICS & GYNCOLOGICAL SOCIETY
and
GORAKHPUR MENOPAUSE SOCIETY
Cordially invite you for a WEBINAR
29th January 7:00 PM ONWARDS
Theme: Ovary to Uterus

President: Dr. Anrita Sarkar Jaipurkar
Consultant Gynaecologist
Secretary Gorakhpur Menopause Society

Secretary: Dr. Aruna Chhaparia
Consultant Gynaecologist

Topic 1 : LUTEAL PHASE DEFECT

Speaker: Dr. Tanu Verma
Consultant Gynaecologist
Radha Hospital

Chairpersons: Dr. Anita Khare
Consultant Gynaecologist
Dr. Radha Jina
Consultant Gynaecologist
DBS Medical College
(Former Gorakhpur Menopause Society)

Topic 2 : CONTEMPORARY MANAGEMENT AND CONTROVERSIES IN MANAGEMENT OF ENDOMETRIAL CANCER

Speaker: Dr. Vani Aditya
Professor Gynaecologist
DBS Medical College

Chairpersons: Dr. Meenakshi Gupta
Consultant Gynaecologist
Dr. Reena Srivastava
Consultant Gynaecologist
(Former Gorakhpur Menopause Society)

Topic 3 : PRINCIPLES OF SURGERY & ADJUVANT TREATMENT FOR ENDOMETRIAL CARCINOMA

Speaker: Dr. Avinash Reddy
MD, MS, MCh
(Surgical oncology) and prof.
DBS Medical College

Chairpersons: Dr. Madhu Gulati
Consultant Gynaecologist
Dr. Surbha Karim
President Gorakhpur Menopause Society

From Emcare Pharmaceutical
maker of **Dydrofem**
www.dydrofem.com

https://bit.ly/Dydrofem_29thjan_07PM

Gorakhpur Menopause Society

Report :

Month of: January 2022

Theme : Ovary to Uterus

Topic -1 Luteal Phase Defect

Speaker : Dr Tanu Verma

Chairpersons: Dr. Anita Khare, Dr. Radha Jina

Topic – 2 Contemporary Management & Controversies in Management of Endometrial Cancer

Speaker : Dr. Vani Aditya

Chairpersons : Dr. Meenakshi Gupta, Dr. Reena Srivastava

Topic – 3 Principles of Surgery & Adjuvant Treatment for Endometrial Carcinoma

Speaker : Dr. Avinash Reddy

Chairpersons : Dr. Madhu Gulati, Dr. Surbha Karim

METHODS OF CONSERVATIVE TREATMENT

Most experience is with oral progestins and success 76 to 86 % has been reported. However more likely to recurrences and systemic side effects

MPA 420-600 mg / day or Megestrol Acetate 160-320 mg / day is the recommended dose for 6 to 12 months (grade A)

Patients who received endometrial resection follow progestin therapy achieve the highest remission and therefore hysteroscopy guided resection prior to progestin therapy can be considered (III, B)

CANCER ENDOMETRIUM

RISK GROUP SHOULD BE ASSIGNED

MOLECULAR CLASSIFICATION KNOWN/UNKNOWN

HISTOPATHOLOGICAL TYPE

GRADE

MYOMETRIAL INVASION

LVSI NO/FOCAL/SUBSTANTIAL

SHOULD BE RECORDED IN PATIENTS

according to the degree of histological differentiation

Grade 1 non squamous or non mucinous solid pattern <5% LOW GRADE

Grade 2 non squamous or non mucinous solid pattern 6-49% LOW GRADE

Grade 3 non squamous or non mucinous solid pattern >50% HIGH GRADE

Sentinel node biopsy

Figure 6 The blue square for sentinel staging of endometrial cancer?

Preoperative & intraoperative evaluation & sampling

Not confirmed evaluation

Excision of preoperative SLN (not undergoing)

also lymphadenectomy (not on removed stage due to inability)

If there is uncertainty of a histopathologic diagnosis, a second SLN is preferred

Pre- and post-operative evaluation

The Leiden/TransPORTEC & Vancouver/ProMise studies

Leiden/TransPORTEC molecular classification

ProMise/ProMise molecular classification

ProMise/ProMise molecular classification

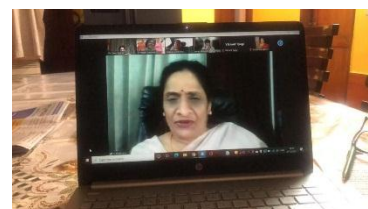
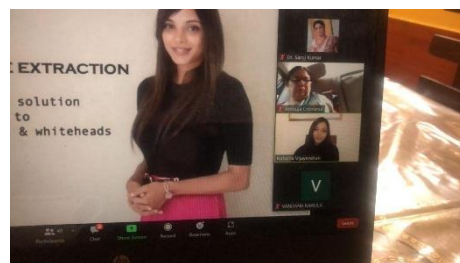
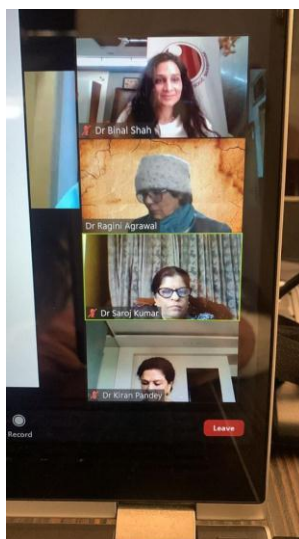
Gurugram Menopause Society

Activity done by Gurugram menopause society in association with I M S and IACDG

- 21st December 2021
- Peri menopause women Top to toe part two
- Cutaneous menopause menifestation in menopause
- Metabolic syndrome
- Endometrial hyperplasia

January month

- MMLCON in association with IMS , HAROBYGYN,IACDG on 25 and 26 January 2022



Hyderabad Menopause Society

Felicitating THE menopausal great grand mother, independent at 89 years. may God give her 100 full years of life

Public forum and menopausal clinic run at KishnRao hospital, under agies of Hyderabad Menopauseclinic.

General health camp plus menopause counseling sessions, free medicines distributions, free tests,hb%,rbs tsh ,ecg,in December 2022



Avareness More than 75 people attended the programme by Dr. Prabhavati and her team, to increase the awareness and membership drive,



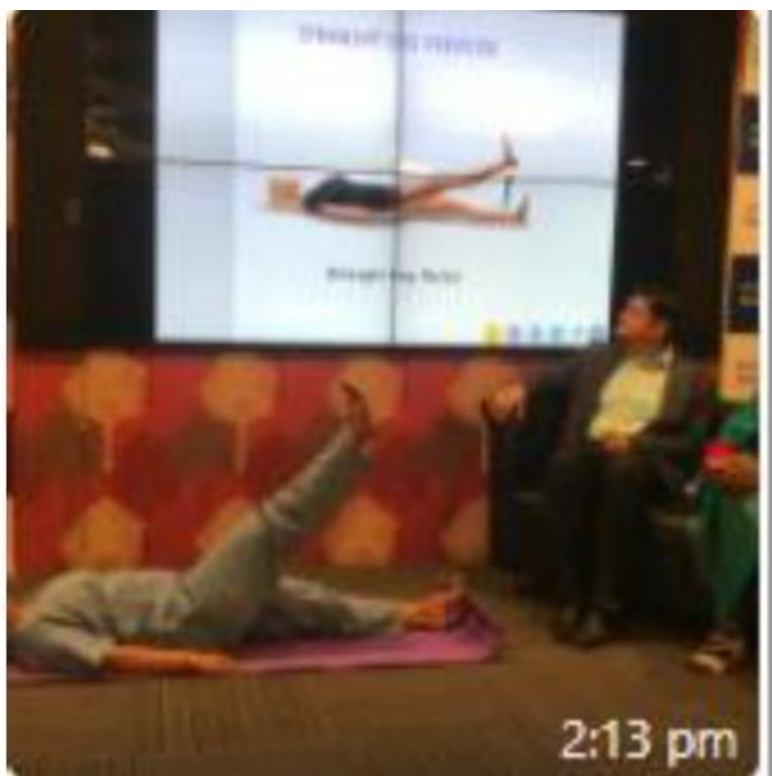
PUBLIC AWARENESS PROGRAMME ON NUTRITION AND EXERCISES ON 30.1.22

You are viewing Dr. Richa Mittal's screen View Options



DIETARY PRESCRIPTIONS

- Calories Count- should be decided according to the individual body weight and height. Distribution of calories- 60% Carbohydrates, 20% Protein and 20% Fat.
- Protein- moderate because activity level decreases, because body building is not there. 1gm/Kg body weight protein is sufficient.
- Carbohydrates- Complex carbohydrates which includes fiber, natural forms of sugar like whole cereals, brans, kidney beans, pulses, barley, etc.
- Fat- 20-25 gm/Day- It is important to use combination of fats everyday, for good supply of fatty acids.



Jabalpur Menopause Society

CANCER AWARENESS PROGRAMME

Date : 10th Dec 2021
Venue : Nirmal Hospital Kanchghar, Jabalpur
Topic : Cancer Awareness Programme
Summary : Under the aegis of Jabalpur Menopause Society Cancer Awareness programmes were organised at various places in the district of Jabalpur by the members of Jabalpur Menopause Society.



GENERAL BODY MEETING

Date : 20th Dec 2021
Venue : Hotel Krishna, Jabalpur
Topic : General Body Meeting
Agenda : A General Body Meeting of IMS 21-22 was conducted on 20th Jan....
 Following are the details of our discussion ...
 1. To discuss about the future programs with Club 35+ and J M S
 2. Also various members were given responsibilities to conduct cancer awareness programs in different places on the same day 4th Feb. that is World Cancer Day
 3. Annual maintenance amount to be paid as early as possible to JMS office,
 4. Discussion on increasing new members
 All suggestions and inputs are welcome...
 Thank you and have a nice day



ACTIVITY REPORT JANUARY 2022



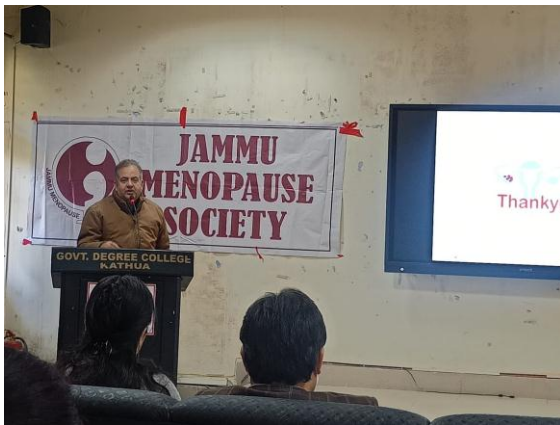
WEBINAR ON COVID 19 -OMICRON

Date : 27th Jan 2022
Venue : Online Zoom Meeting
Topic : Webinar on Covid 19 - 3rd Wave on Omicron
Summary : Awareness Programme for Club 35 plus onOMICRON



Jammu Menopause Society

- Under the banner of Indian menopause society and guidance of dr Sudha Sharma Jammu menopause Society conducted an awareness program at Govt degree College Kathua J and K, Department of PSM also joined dept of Gynae. Dr Kritika spoke on how to recognise menopause and role of diet and exercise .It was attended by principal degree college and dignitaries from SMVDU central university Jammu and university of Kashmir. About 200 scout students attended it on 11.12.2021



Kanpur Menopause Society

- Free health camp and awareness camp. Beneficiary-post menopausal ladies on 10th December 2021. Total participants-56.



- 26th January 2022- felicitation of non-doctor Covid warriors by Kanpur menopause society
- 30th January 2022- Online workshop on Science of meditation



KANPUR MENOPAUSE SOCIETY
under the aegis of
INDIAN MENOPAUSE SOCIETY



PRESENTS
**online
WORKSHOP**

on "Revitalize, Rejuvenate and Refresh"

Sunday, 30th Jan'22

2
PM
start on
platform

05:00 to 06:00 PM

MOC	CHIEF GUEST	GUEST OF HONOUR	CONVENOR
 Dr. Sangeta Sarinwal Treasurer, KMS	 Dr. C. Amboja President, KMS	 Dr. Sudha Sharma Secretary General, KMS	 Dr. Meera Agnihotri Patron, KMS
 Dr. Garima Gupta Secretary, KMS	 Dr. Pankaj Lal Jt. Secretary, KMS	 Dr. Divya Tripathi Jt. Treasurer, KMS	 Dr. Renu Tandon Vice President, KMS

SESSION 1	
Duration : 30 min. Topic - Art and Science of Meditation.	
 Mr. Ankur Mehta Founder of Prana n Leela (PnL)	 Dr. Kalpana Dixit Founder Member, KMS
 Dr. Sangeeta Arya Member, KMS	

SESSION 2	
Practical Session on Meditation Duration : 20 min. Topic - Mindful Meditation.	
 Mr. Ankur Mehta Founder of Prana n Leela (PnL)	 Dr. Preeti Kumar Chairperson, Safe Motherhood Committee



Brought to you by
Makers of **Estrocase**

Join Zoom Meeting
<https://join.zoom.us/j/913448824677>
pwd=ZUJMbGJhNnV4ckxBOZxa2JCOW1CZz09
Meeting ID: 913 4488 2467 Passcode: 565137

PHOENIX

Kolkata Menopause Society

- Date 5.1.2022
- Dr Bipasa Sen examined 8 women of 40 plus age at S.V.Debi Charitable Trust clinic , North Kolkata , arranged for free Hb & sugar test (3 found anemic with Hb less than 7.5 and 1 found hyperglycemic).
General examination, breast examination was done for all and vaginal examination in those having specific symptoms. Free medicines were distributed to all.



Ludhiana Menopause Society

- A Hybrid Academic Event was organized by the Ludhiana menopause Society ON 14TH December 2021.
- During which we had Installation of the Ludhiana Menopause Connect Clinic
- The chief guest at the event was National President IMS, Dr Ambuja Choranur, and Guests of Honour were National Secretary General IMS, Dr. Sudhaa Sharma and Chairman LMS, Dr. Iqbal Singh Ahuja
- The theme of the academic event was- Menopause: Problems and Solutions
- Speakers at the event were Dr Parag Biniwale, President Pune Menopause Society, Dr Ragini Agarwal, President HarObGyn, and Dr Vaneet Kaur, Senior Gynaecologist, Ludhiana.
- The Installation of Ludhiana Menopause Connect Clinic and Organization of the hybrid event was done by Dr. Kavita Mandrelle Bhatti, President, Ludhiana Menopause Society and Dr. Birinder Ahuja, Secretary, Ludhiana Menopause Society under the guidance and blessings of Chairman, Dr. Iqbal Singh Ahuja.



Madurai Menopause Society

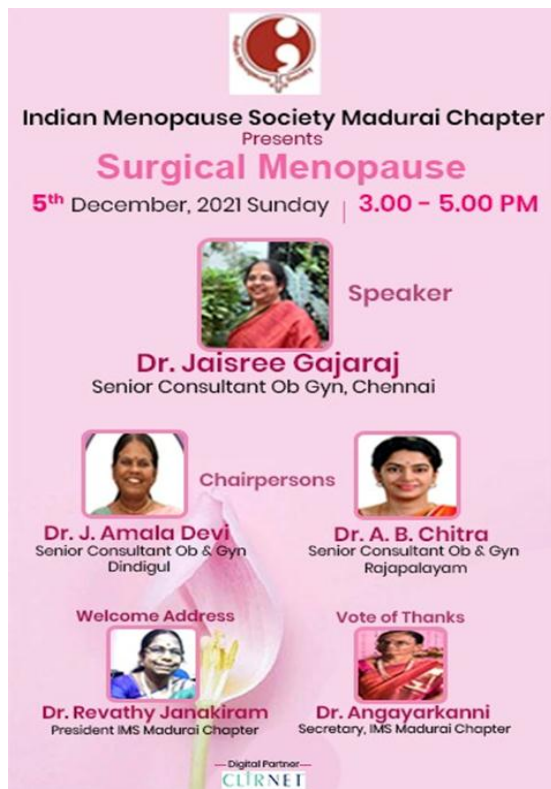
Madurai IMS Chapter has planned monthly CMEs online webinars on every First Sunday.

Accordingly, First CME on 5.12.21

- Topic :- Surgical Menopause- by DR. Jaishree Gajaraj
- Chairpersons :- Dr.Amala Devi (DGL) DR,A B Chitra (Rajapalayam)
- “Dialogue on prophylactic oophorectomy at 50- Point and Counterpoint
– DR.Sneha & DR.Divya (Chennai)

Second on 2.1.22

- Topic :- Endometrium in Menopause by Dr.Meeta Singh
- Chairpersons _ Dr.Yazhini Selvaraj & DR.Senthiru Ramachandran



Indian Menopause Society Madurai Chapter
Presents
Surgical Menopause
5th December, 2021 Sunday | 3.00 – 5.00 PM

Speaker

Dr. Jaisree Gajaraj
Senior Consultant Ob Gyn, Chennai

Chairpersons

Dr. J. Amala Devi
Senior Consultant Ob & Gyn
Dindigul


Dr. A. B. Chitra
Senior Consultant Ob & Gyn
Rajapalayam

Welcome Address

Dr. Revathy Janakiram
President IMS Madurai Chapter

Vote of Thanks

Dr. Angayarkanni
Secretary, IMS Madurai Chapter

—Digital Partner—
CLIRNET



Indian Menopause Society Madurai Chapter
Presents
Endometrium in Menopause
2nd January, 2022 | Sunday | 3pm to 5pm

Speaker

Dr. Meeta Singh
Co Director, Consultant, Obstetric & Gynaecology,
Tanvir Hospital, Hyderabad

Chairpersons

Dr. Yazhini Selvaraj
Managing Director &
Chief Consultant Gynecologist ,
IVF Specialist - PONNI FERTILITY
AND RESEARCH CENTRE, Madurai


Dr. Senthiru Ramachandran
Senior Consultant,
Obstetrician & Gynaecologist,
Anand Elumalai Hospital, Madurai

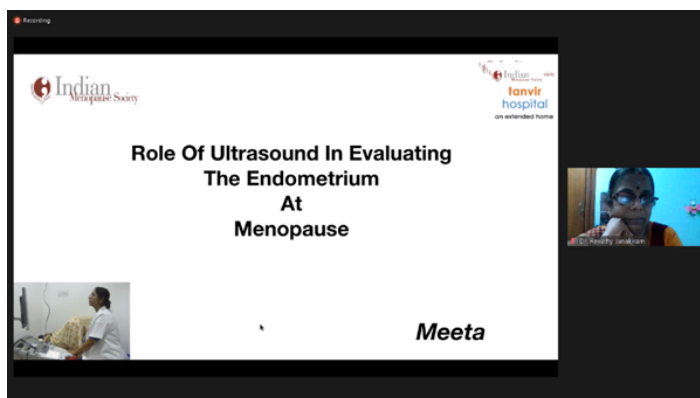
Welcome Address

Dr. Revathy Janakiram
President, IMS Madurai Chapter

Vote of Thanks

Dr. Angayarkanni
Secretary, IMS Madurai Chapter

—Digital Partner—
CLIRNET



Recording

Indian Menopause Society

tanvir hospital
an extended home

**Role Of Ultrasound In Evaluating
The Endometrium
At
Menopause**

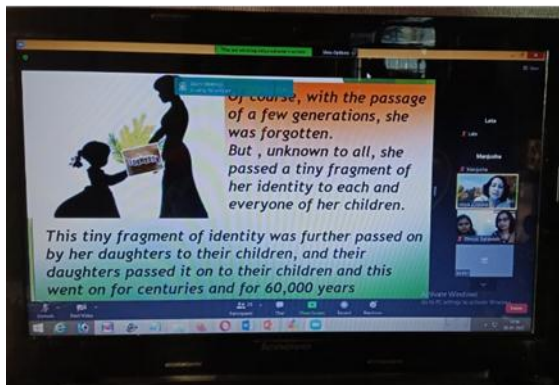
Meeta

Nagpur Menopause Society

- Dr Kshama kedar participated in public awareness program concerning “Voilence against women”.
- An 18 days “No sugar challenge” was given to all our club 35 members
- During this period information regarding benefits of totally removing sugar from diet was imparted to the club 35 members. While a large number participated in the challenge, none was able to go totally sugar free for 18 days.



- A webinar was organised on 28th Jan 2022. Dr Rashmi Kahar spoke on AUB.
- Republic day celebration was held with a panel discussion on
- “Women of India: Forging ahead.”
- It was expertly moderated by Dr Shantala Bhole.





DEPT OF OBS & GYNAE, MMIMSR, MULLANA, MMDU, HARYANA
In association with SOGA/Patiala Menopausal Society
Under aegis of ICOG, FOGSI, Uroendogynaecological Committee FOGSI & IMS

VIRTUAL CME & PG TEACHING PROGRAM

Refreshing obs & gynae for all

ICOG CREDIT HOURS : 10

HMC CREDIT POINTS : SIX

IMS CREDIT POINTS AWARDED

1st-3rd decemeber 2021

9am - 4:30pm

Venue : Zoom

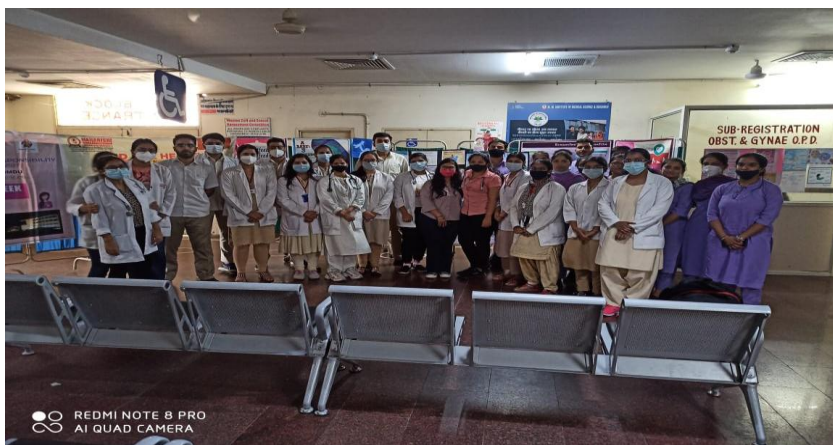
Patiala Menopause Society

Under Varisht Mahila Swasth Karykram.

Dr. Ruby Bhatia prof. & HOD dept Obs & Gynae MMIMSR organized monthly Varisht Mahilla Swasth Shivir, under the patronage of honourable Chairman Sh. Tarsem garg respected principal, vice principal sir, M.S sir, CEO sir & under aegis of Indian Menopausal Society, MHCC Conducted an awareness program for breast cancer & breast self examination, on **05/01/2022** for women aged above 20 years were examined. 7 patients were Obese or over weight, 3 patients had PCOS, 5 patients had abnormal uterine bleed, 3 patient had vaginitis

Talk on:-

- a) Breast Self-examination - Dr Ruby Bhatia (Prof.& HOD), MMIMSR
- b) High risk factors for Breast Cancer - Dr A.S. Dhillon Prof. unit cheif, OBGY, MMIMSR
- a) Screening & diagnosis of breast cancer-DR.Tajinder kaur prof. & unit chief , OBG, MMIMSR.
- d) Self breast video presentation/examination – Dr. Bhavika PG 3rd year OBG.MMIMSR



Patna Menopause Society

- An awareness program was organised at Sadbhavana Clinic, Bihta, Patna to create awareness in rural women against osteoporosis on 4th December 2021. Dr Nerlam, Vice President, Patna Menopause Society, gave talk on Osteoporosis and its importance at Menopause. Detail information was given on prevention of osteoporosis and role of exercise, Vit D and Calcium. Importance of protein and micronutrients were also discussed. About 50 women were present. All women got their BMD done, and were advised on their reports. Almost all were suffering from osteopenia.



- Patna menopause society organized a seminar at Nalanda Medical College on 21.12.21. Dr Jyoti 3rd year postgraduate student spoke on Abnormal Uterine Bleeding. Very interactive session. well attended by faculty and pg students



- Patna menopause society organized a hybrid CME on Skin problems and Menopause at Hotel Lemon tree Patna on 26-12-2021.
- Dermatologists Dr Vikas Shanker(PMCH Patna) and Dr Mankul Goyal (New Delhi) gave extensive deliberations.
- Dr Pramila Modi Dr Usha Diwania and Dr Swetalina Pradhan were esteemed Chairpersons.
- CME was very interactive and well attended.



Pune Menopause Society

For the use of a registered medical practitioner or hospital or laboratory only.



Premature Ovarian Insufficiency Program

In association with Menopause Society Pune

27TH JANUARY 2022 | 4:00 pm to 5:00 pm

[CLICK HERE TO REGISTER](#)

GUEST OF HONOUR



Dr. Sudha Sharma
Obstetrician & Gynaecologist
Secretary General Indian Menopause society,
Jammu and Kashmir

SPEAKER

Topic: POI : Management of Menopausal Symptoms



Dr. Parag Biniwale
Consultant Obstetrician & Gynaecologist
President Menopause Society Pune,
Biniwale clinic

Topic: POI : Fertility Management



Dr. Kundan Ingale
Obstetrics & Gynecology Infertility Specialist,
Chairperson of Infertility committee FOGSI,
Niramitra Clinic - IVF clinic

SECRETARY OF MSP



Dr. Shubhda Jathar
Consultant Obstetrician & Gynaecologist
Secretary Menopause Society Pune,
Amey clinic

Supported by **TEAM Meliana** A Division of Abbott India

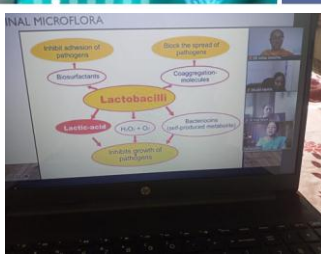
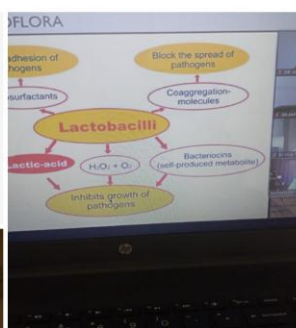
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Rajkot Menopause Society

- Dr. Jyotiben Shah, our senior most gynecologist and treasurer of IMS conducted cervical and breast cancer screening camp at Mandvi, Kutch on 10/12/2021.
- 87 women are screened and 48 pap smear were done.
- We are very grateful to her for such social services.



- Rajkot menopause society along with Rajkot obs. gynec society conducted a webinar on vaginal discharge dilemmas on 23/1/2022. Dr. Sushila Rani from Bangalore was our star speaker .We covered pruritus vulva, atrophic vaginitis, vulvovaginitis in different age group .
- Dr. Jyotiben shah was our expert.
- All speakers gave an excellent talk and gave full insight to the subject. All delegates enjoyed such common but bothersome and recurrent topic affecting all women.



**RAJKOT OBS & GYN SOCIETY
RAJKOT MENOPAUSE SOCIETY**

VAGINAL DISCHARGE DILEMMAS

23rd January Sunday
10:30 AM to 1:00 PM

ROGS PRESIDENT

Dr. Manisha Moteria

ROGS SECRETARY

Dr. Rakesh Ghodasara

RMS PRESIDENT

Dr. Ami Mehta

MOC

Dr. Jigna Ganatra

SPEAKER & EXPERT FACULTY

Dr. Sushila Rani
Vulvo vaginal infection in different age groups & Pruritus Vulvae

Dr. Jyoti Shah
Expert Comment

Dr. Lata Jethwani
Genitourinary syndrome (Atrophic vaginitis)

Dr. Hina Popat
Vaginal infection in women

● 10:30 to 10:40 am Introduction And Welcome Dr.Ami Mehta

● 10:40 to 11:00 am Genitourinary Syndrome (Atrophic Vaginitis) – Dr. Lata Jethwani

● 11:00 to 11:40 am Vulvo Vaginal Infection in Different Age Groups-Dr. Sushila Rani

● 11:50 to 12:10 am Prevention of Vaginal Infection in Women – Dr. Hina Popat

● 12:20 to 12:40 pm Pruritus Vulvae – Dr. Sushila Rani

● 12:50 to 01:00 pm Vote Of Thanks
Dr. Jyoti Shah
Expert Comment

● Vote Of Thanks
Dr. Manisha Moteria

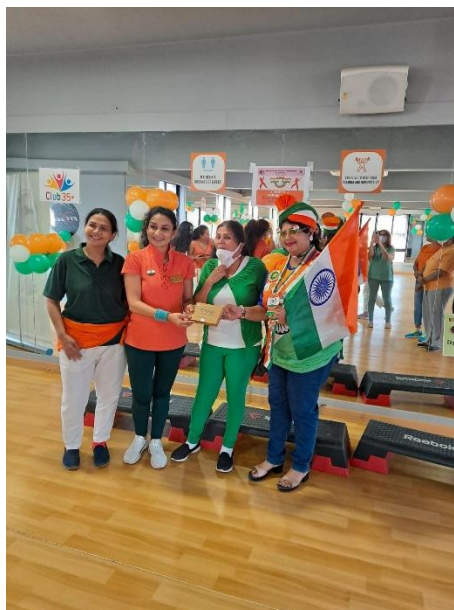
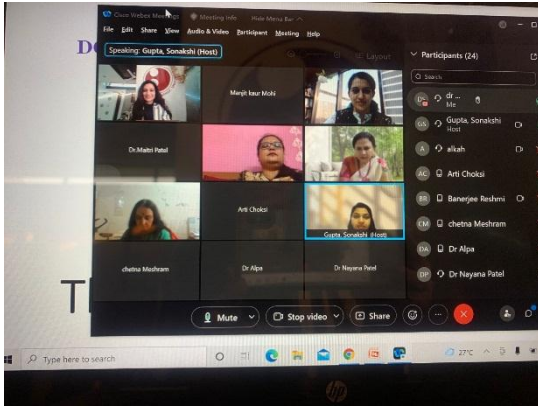
TOUCH THE ICON JOIN TO ZOOM

Scientific Initiative by

75

Vadodara Menopause Society

- Challenge in Management of Transition Years on 21st January 2022
- Have Fun with Fitness Zumba on 26th January 2022 as a part of Republic Day Celebration with Club 35+ Vadodara





Happy International Women's Day

A woman is a womb of universe, who then nurtures life beyond. Why do we celebrate women's day because only a happy woman would make a Happy Home, Happy Society and Happy Nation at large. They say spring and woman have much in common, They both are about Flowering, Revival, inspiration and Beauty.

*Dear, women over there,
Be proud to be a woman, as only you can bring life to this world, no one else.*

So **HAPPY WOMEN'S DAY** to all of us...



Dr. Ambuja Choranur
President,
IMS 2021-22



Dr. Sudhaa Sharma
Secretary General,
IMS 2021-22

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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