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
Sejam bem-vindos

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

Lisbon

Sat 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, 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, 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.
Glorious History of Indian Menopause Society
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.
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

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

<table>
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<tr>
<th>City</th>
<th>Month</th>
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<tr>
<td>Delhi</td>
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National Presidents

Dr. Rama Vaidya
1995 - 2004

Late Dr. B. Anklesaria
2006-2007

Dr. Sunila Khandelwal
2009-2010

Dr. Meeta
2012-2013

Dr H P Pattanaik
2015-2016

Dr Ratnabali Chakravorty
2018-2019

Dr Ambuja 2021-2022

Dr. Urvashi Jha
2004 -2005

Dr. Sonia Malik
2007-2008

Dr. Atul Munshi
2010-2011

Dr. Jyothi Unni
2013-2014

Dr Jaideep Malhotra
2016-2017

Dr Neelam Agarwal
2019-2020

Dr. Rashmi Shah  Executive Committee Member

Dr. Asha Kapadia
2005-2006

Dr. Duru Shah
2008- 2009

Dr. Saroj Srivastava
2011-2012

Dr Maninder Ahuja
2014-2015

Dr Suvarna Khadilkar
2017-2018

Dr Jignesh Shah
2020 – 2021

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

“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
2004 - 2005

Journey of IMS started with Dr Urvashi Jha’s Dream and Vision

Dr Urvashi Jha
Founder Sec 1995

MP Dr Renuka Chaudhary (2002)

2005 – 2006

- 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

- 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

2007 – 2008

- 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
2008 – 2009

- 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”
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(2016)” 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.

2010 – 2011

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

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
2011 -2012

- North American Credentialed Menopause Practioner (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 Taq….rendering help to ageing women

2012 – 2013

“Fit @ Forty, Strong @ Sixty and Independent @ Eighty”

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

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

- 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**

Conducted 17 live operative workshop on urogynaecology in different societies of IMS and in Sri Lanka 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**

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 plus ……also 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
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


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

- 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

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

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

Midterm 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

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

- Vision to reality TOT (Trainer of Trainees) 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 grandmothers in prevention, and early detection of all noncommunicable 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

Opportunity to serve the organization as

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
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

Executive Director IMS
2010 - 2020

- 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

IMS Sessions & contributions......

International Menopause Society

EMAS Congress
APMF Congress
Srilankan Menopause Society
SAMFOMS Congress

(Courtesy Dr Sumita Khedekar)
On the sands of time
Each step of your service & dedication is leaving an Impression

... for others to follow with salutes of recognition
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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REGISTER NOW
Aesthetic Health Committee

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

Organised By:

Dr Arika Mathur
Dr Sudha Sharma
Dr Parag Binwale

EXPERTS

Moderators

Dr Anjali Verma
Dr Shubhada Jethar
Dr Chandan Kachru

Organised By:

Dr Ragni Agrawal
Dr Parag Binwale
Dr Suman Yadav
Dr Saroj Kumar

Organised By:

Dr Pushpa Sethi

EXPERT

Dr Rana Dey

MODERATOR
Aesthetic Health Committee

2 CHEERY ON CAKE SESSIONS

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 14
Time: 2.30pm - 2.50pm

Reversing Menopause

Dr. Sonia Malik

EXPERT

Dr. Neeru Thakral

MODERATOR

Organised By
Dr. Ragini Agrawal  Dr. Parag Binnacle  Dr. Suman Yadav  Dr. Saroj Kumar

EXPERTS

Dr. Amrita Jaipurkar  Dr. Kawita Bapat  Dr. Anita Kant

Dr. Senum Sachdeva  Dr. Tarini Taneja  Dr. Kiran Chandna

MODERATORS

Dr. Ragini Agrawal  Dr. Parag Binnacle  Dr. Suman Yadav  Dr. Saroj Kumar

Organised By
Club 35+ Committee

Dr. Arti Gupta Sharma

Indian Menopause Society with Bharuch Menopause Society announces National Public Forum of Club 35+ on

Date: 11th Dec, 2021  
Time: 4:00 p.m. - 6:00 p.m.

**Guests of Honour**

- Dr. Pushpa Sethi, Vice President IMS 2021-22
- Dr. Sushma Baxi, Clinical Head and Fertility Specialist

**Topics**

1. "The Dying Beauty - Hair and It’s Care"
   - Speaker: Prof. Bhuvnesh Kumar Shah, Former Associate Prof and HOD GMERS
   - Expert Comments: Dr. Praakash Shatt, Sr. Gynae, Surat

2. "Can We Reverse Ageing?"
   - Speaker: Dr. Bhavanam Sethi, Practicing Gynaec since last 42 yrs.
   - Expert Comments: Dr. Atul Mishra, IMS Representative to APMI 2021-22

**Winners**

Laugh out loud

1) Dr. Priya - Varanasi Club 35+
2) Megha Tapiawalla - Bharuch
3) Dr. Smita Tandon - Varanasi

How happy am I

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

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 Inf. Secretary
General Delhi Gynae forum

Dr. Sonia Malik
Director, Southland
Fertility and Inf. clinic

Dr. Maninder Ahuja
Director, Ahuja
Healthcare, Dental, Infertility

Dr. Meenakshi Ahuja
President - IMS Delhi chapter

Dr. Jyoti Bhaskar
Secretary, IMS-dehli chapter

Dr. Kiranjeeet Kaur
Joint secretary - IMS, Delhi chapter

All the 35+ girls
Just log in at 4 pm
On Saturday the 15th
Webinar – Postmenopausal bleeding
18th December 2021

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
Webinar – Sexuality in midlife & beyond
22nd January 2022

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
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
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

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

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<thead>
<tr>
<th>Dr. Savita Tyagi Agra</th>
<th>Dr. Samita Mukharjee Kolkata</th>
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<tbody>
<tr>
<td>Dr. Pratibha Singh Bhagalpur</td>
<td>Dr. Rita Das Lucknow</td>
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<td>Dr. Bhavna Sheth Bharuch</td>
<td>Dr. Vaneet Kaur Ludhiana</td>
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<td>Dr. Kirti Gupta Bhopal</td>
<td>Dr. Kavitha Madurai</td>
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<td>Dr. Rashmi Bagga Chandigarh</td>
<td>Dr. Shefali Kumar Nagpur</td>
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<td>Dr. Chetna Shah Surat</td>
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<td>Dr. Ruchi Bhargava Jalandhar</td>
<td>Dr. Varsha Prapanna Vadodara</td>
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</tbody>
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Quiz compiled by
Dr Jyoti Jaiswal
Chairperson, Quiz committee, IMS
Date: 19th December 2021
Theme – Insulin resistance

Choose one best answer

Q1.
All are risk factors 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

---

**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://emedicine.medscape.com

Insulin resistance

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

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<th>Dr. Ratna Sharma Agra</th>
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<td>Dr. Pavika Lal Kanpur</td>
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<td>Dr. Ambe Shah Kolkata</td>
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<td>Dr. Hiral Pandya Bharruch</td>
<td>Dr. Neelam Sodhi Ludhiana</td>
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<td>Dr. Meeta Agarwal Bhopal</td>
<td>Dr. Subashini Madurai</td>
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<td>Dr. Vineet Nagpal Chandigarh</td>
<td>Dr. Manisha Sahu Nagpur</td>
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<td>Dr. Padma Ravindram Chennai</td>
<td>Dr. Santosh Patiala</td>
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<td>Dr. Preety Agarwal Faridabad</td>
<td>Dr. Sushila Khunte Raipur</td>
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<td>Dr. Shweta Gorakhpur</td>
<td>Dr. Neeta Shah Surat</td>
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<td>Dr. Suman Bisnoi Gurugram</td>
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<td>Dr. Ruchi Bhargava Jalandhar</td>
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**Quiz compiled by**

Dr. Jyoti Jaiswal
Chairperson, Quiz committee, IMS
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

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**Date: 2nd January 2022**
Theme – PCOS and menopause

<table>
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<tr>
<th>ANSWER SHEET</th>
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<td>1 – B: Type 1 diabetes</td>
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<tr>
<td>2 – A: True</td>
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<td>3 – B: False</td>
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<td>4 – B: False</td>
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**Winners of WhatsApp quiz of 02/01/2022- on PCOS and menopause**

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<th>Dr. Gayatri</th>
<th>Dr. Pratibha</th>
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<th>Dr. Shubhra Singh</th>
<th>Jaipur</th>
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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

<table>
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<tr>
<th>Name of Winner</th>
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<tr>
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<td>Dr. Arsh</td>
<td>Amritsar</td>
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<td>Dr. Varsha Prapan</td>
<td>Vadodara</td>
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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

IMS CON 2022
3rd to 5th June, 2022 I 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 I EXPERT TALKS
PUBLIC AWARENESS I
PANEL DISCUSSIONS I DEBATE
I FREE PAPERS I QUIZ

IMS CREDIT POINTS
Email: menopausevadodara@gmail.com

TOUR TO STATUE OF UNITY on 2nd JUNE
27th National Conference of Indian Menopause Society

IMSCON 2022
3rd to 5th June, 2022 | VAJDODARA
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 GE Healthcare
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
Dr Deepak Limbachiya
Dr Mahesh Gupta
Dr Haresh Waghasia
Dr Sujal Munshi
Dr Binal Shah
Dr Riddhi Shukla
Dr Anjana Chauhan

Dr Subash Mallya
Dr Ragini Agrawal
Dr Hara Pattnaik
Dr Haresh Shah
Chairperson - FOGSI Endoscopy Committee 2021-24
Chairperson - Aesthetic Committee IMS
Chairperson - Urogynec Committee IMS
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. Shillip Shukla
- Dr. Shailesh Talati
- Dr. Swar Shah

Workshop Co-ordinator
- Dr. Archana Dwivedi
- Dr. Meenakshi Patel
- Dr. Shweta Shah
REGISTRATION FORM

Name:

Institute / Hospital Name:

Postal Address:

City: __________________ State: __________________ Country: __________________ PIN: __________________

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

E-mail: __________________

MCI No.: __________________ IMS Membership No.: __________________

Covid Vaccination 2 doses : Yes/ No

AADHAR No.: __________________

Conference Registration

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<th>Early Bird upto 31st March, 2022</th>
<th>1st April to 15th May, 2022</th>
<th>16th May, 2022 to SPOT</th>
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<td>IMS Member</td>
<td>INR 9000</td>
<td>INR 10000</td>
<td>INR 11000</td>
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Premium Registration

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<td>Conference &amp; SOU Tour</td>
<td>INR 13000</td>
<td>INR 15000</td>
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SoU TOUR include : (02 Days from June to 3rd June, lunch, dinner, Gallery ticket)

Residential Registration

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<td>Double Occupancy</td>
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<td>Single Occupancy</td>
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<tr>
<td>1) Conference + Tour + 2 Night Stay at Hotel in Vadodara (Surya Palace / Sayaji)</td>
<td>INR 22000</td>
<td>INR 20000</td>
<td>INR 24000</td>
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<tr>
<td>2) Conference + SOU Ticket + 1 Night Tent at SOU + 2 Night at Hotel in Vadodara (Surya Palace / Sayaji)</td>
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<tr>
<td>3) Conference + 2 Night at Hotel in Vadodara (Surya Palace / Sayaji)</td>
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<td>INR 19000</td>
<td>INR 17000</td>
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Only for PG, only for participation in PG activity (Paper/ Poster) Rs 2,000 = 00 (net 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 : 9869311777 , 7924022962 Email: domestic@espitravels.in
Any query for Residential Registration Contact : Dr. Resmi Banerjee M : 9825036981

ACCOMPANYING PERSONS DETAILS

<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Full Name</th>
<th>Relationship</th>
<th>Age</th>
<th>Gender</th>
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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 Co. Dr. Meenakshi Patil,
Nr. Shreyas School, Manjapur, Vadodara.
(PI mention your name and Mobile Number over the back of Cheque or DD)

Note: Please attach filled registration form with Cheque/DD.

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
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.
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 Ladoo 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
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
- Gurukal 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 2\textsuperscript{nd} edition of Newsletter was released on 8\textsuperscript{th} 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
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.
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
Gorakhpur Menopause Society

Report: 10 – 12- 2021
Month of: December 2021

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

*Session 1* Topic: Recent Updates on Endometriosis and it’s management
Honorable Dr. Amrudha Khanna maada was the Speaker,
Dr. Sadhana Gupta and Dr. Madhu Galati were the Chair Persons

*Session 2*
Moderator: Dr Reema Srivastava
Panel discussion on different cases of Endometriosis

*Panelists*
Dr Surbeeta Kairem, Dr Amrita Sarkari, Dr Ekika Singh, Dr Rita Singh, Dr Sudheer Gupta, Dr Chhavi Sarkari, Dr Nutan Jina

Pictures of webinar on December 10-12-2021
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. Surhita Karim
Activity done by Gurugram menopause society in association with IMS and IACDG

- **21st December 2021**
- Peri menopause women
- Top to toe part two
- Cutaneous menopause manifestation in menopause
- Metabolic syndrome
- Endometrial hyperplasia
- January month

- **MMLCON in association with IMS, HAROBGYN, IACDG on 25 and 26 January 2022**
Felicitating THE menopausal great grand mother, independent at 89 years. may God give her 100 full years of life


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

Awareness 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

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 Kanchanpur, 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 Khirana, Jabalpur
Topic: General Body Meeting
Agenda:
- A General Body Meeting of JMS 21-22 was conducted on 20th Jan 2022.
- Following are the details of our discussion:

1. To discuss about the future programs with Club 35+ and JMMS
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 JMMS office.
4. Discussion on how to increase new members

All suggestions and inputs are welcome...
Thank you and have a nice day.

WEBINAR ON COVID 19 - OMICRON

Date: 27th Jan 2022
Venue: Online Zoom Meeting
Topic: Webinar on Covid 19 - 2nd Wave on Omicron
Summary: Awareness Programme for Club 35+ plus on OMICRON

ACTIVITY REPORT
JANUARY 2022

ਕੋਰੋਨਾ ਵਾਯਰਸ ਦੇ ਲਈ ਕੋਲੀਂਟਰ ਵੈਟੇਰੀਨਾਰ ਦੀ ਵਿਚਾਰੋਂ ਨਾਲ ਵੋਨ ਵੈਲਾਂ ਦਾ ਅਧਿਐਨ ਕੀਤਾ ਜਾਣਵੇ.
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

- 26th January 2022- felicitation of non-doctor Covid warriors by Kanpur menopause society

- 30th January 2022- Online workshop on Science of meditation
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.
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 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
- Dr Kshama kedar participated in public awareness program concerning “Violence 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 December 2021
9 am - 4:30 pm
Venue: Zoom
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 chief, OBGY, MMIMSR

c) 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
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.
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.
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
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...

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

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