

## Activities of Nagpur Chapter from feb 2011

### Mahila din

Dr Seema Kanetkar along with Physiotherapists Dr Nita Bhave and Dr Kalyani Pimple were the speakers.

Dr Kanetkar enlightened the audience about the the health concern and “fit at 40, strong at 60 and independent at 80” in her lucid style . Dr Nita Bhave and Dr Kalyani advised and demonstrated various postures and exercises beneficial to ladies and were widely acclaimed. About 60 teachers from Primary to Junior College along with Vice Principal Dr Deshmukh attended the lecture.

2 A health awareness camp along with basic investigation camp was organized at Raliway Hospital Nagpur on 8<sup>th</sup> March on the eve of World Womens Day. The patients ,employees and other staff members of Railway Hospital were briefed by Dr Sandhya Hedawoo and other doctor at Railway hospital.

About 80 ladies attended the programme and were quite satisfied.



3 On 11<sup>th</sup> March a health check up and awareness camp was organized at Shree Shaktipeeth Ram Nagar Nagpur in association with Wockart Hospital Nagpur. There were 150 participants. The women were investigated for BMD along with CBC, Blood Sugar and ECG. The consultants from Wockard Hospital along with Dr Seema Kanetkar, Dr Sarita Bhonsule and Dr Mangala Ghisad examined the women.

Dr Ghisad and Dr Kanetkar also addressed the gathering regarding the motto “fit at 40, strong at 60 and independent at 80” with special emphasis on Diet and Exercise along with other details. The program was huge success.



**12th March a BMD Camp** was arranged for the ladies of Pratap Nagar at the residence of Adv Kanade. Dr Nirmala Vaze addressed the gathering and explained the concept of BMD and its relation with Calcium and Exercise. About 100 ladies attended the camp

5) On 13<sup>th</sup> March again a BMD camp and public education programme was organized at Rajaram Library Dharampeth for 'mahila sikhshak samiti,' of 'Maharashtra state teacher's association' Sulabha Joshi and Dr Savita Somalwar were the key speakers. They explained the concept of Menopause, and cancer of genital tract along with symptomatology and the necessary tips to the audience in a most enlightening style. Around 100 ladies were present.

A quiz was conducted for women on menopausal health, the women enjoyed it the most.

6) 11-3-2010-A 'Meet the masters and solve your queries' programme was arranged at buldi for women of purva vidarbha mahila parishad, dr niranjan dharaskar, orthopedician, dr sulabha joshi, gynaecologist, and dr arti dharaskar answered to the queries of women on different health aspects of menopause

7) 17-3-2011 – an educational programme for rural women of Hingana PHC was conducted by dr sulabha joshi. Around 200 women including anganwadi workers and ANM were present. It was highly appreciated, as it was an interactive session in their own language and they had many misconceptions and queries which were solved.

8) a camp was conducted at wani, where dr nirmala vaze, dr Bhagyashree gandhe, dr swati bhawe conducted gynaec check up of women above 40 on 5<sup>th</sup> march. A public education programme was organized on the same day

8) CEO of Wardha, miss leena Bansod had arranged MAHILA MELAWA a full day programme for female govt employees in wardha district and surrounding rural area on 9<sup>th</sup> march and had invited IMS Nagpur people to conduct educational program. Dr Ujwala Deshmukh conducted the health awareness programme for women, 250 women employees attended the programme

CUB 35+ - for club 35+ members, an interesting talk and demo by dr maninder ahuja on exercise in menopausal age group was arranged in hotel centre point in association with nogs during amogs conference

#### ACADEMIC ACTIVITIES

a colposcopy workshop was organised in association with narchi and om hospital on 1<sup>st</sup> may 2011 – organizers were dr sulabha joshi and dr chaitanya shembhekar

24<sup>th</sup> may, in association with narchi, one day conference on endometriosis is arranged. a guest lecture on management of endometriosis in extremes of reproductive age group will be delivered by dr tandulwadkar/dr prathmesh das mahapatra

Dr Alka Kumar, an active member of nagpur ims will be installed as secretary ims nagpur on the same day