



**Dr. Maninder Ahuja**  
President IMS India, 2014 -15

## Academic & Public Awareness Activities

### Report February 2014 to February 2015

Slogan: **Fit @ Forty, Strong @ Sixty & Independent @ Eighty**



## Gwalior Chapter

### Dr. Khozema Saify, Chapter Secretary Gwalior Chapter

#### 28<sup>TH</sup> December 2014 -Club 35 + - Public awareness activity - Skin pigmentation and anti-aging – The science.

A Seminar – Forever Young, Welcome – 2015.

Skin pigmentation and anti-aging – The science, Demonstration of various lasers and Mesotherapy Products. Topic: Skin Pigmentation, Science and Therapy of Aging Skin. Practical Demonstration

Venue: Hotel The Central Park Time: 2:00 - 5:00 pm.

Speaker: Dr Khozema Saify, Skin Specialist Gwalior

The Gwalior Chapter of Indian Menopause Society and Club 40 Plus organized a very lively and interactive seminar on the various disorders of pigmentation, aging skin, the science behind these disorders and the therapy to overcome these difficult to treat conditions.

This was followed by demonstration of the following lasers, machines and therapy instruments from Saify Skin Clinic of Dr Khozema Saify.

1. Hair Removal Laser – Nanolight 50, combined Platform.
2. Q Switched Laser.
3. CO2 Laser.
4. Mesotherapy.
5. Dermaroller.
6. Laser treatment of Xanthelasma, Warts, Tags.
7. Skin Rejuvenation Laser.
8. Laser Scar remodeling.

The Program started with lunch. Dr Roza Olyai introduced

the subject and brief presentation of past activities of the club. The program was conducted by Dr Nayson Olyai. Vote of thanks was given by Mrs Daisy Bapuna.

About 50 Club Members attended the Program along with the representation from Pharma Companies – Gracewell Speciality, Glennmark, IPCA Bionova, Dabur – Fem, Dr Reddy's Venusia Division and entire staff members of Dr Saify Skin Clinic. Satyam Agrawal of Alfa Medicals displayed various skin care products available in the market.

The program was very well covered by almost all the leading newspapers – The times of India, Dainik Bhaskar, Naiduniya, Patriks, Aachran.





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#### **28<sup>th</sup> December 2014 - CME on Osteoporosis**

*Topic:* Stand Tall: Protect your bones, they protect you. *Venue:* Hotel Central Park, *Time:* 1:00-2:00pm.

*Speaker:* Dr Nayson Olyai, Orthopedic Specialist,  
GR Medical College and Madhav Dispensary, Gwalior.

The Gwalior chapter of Indian Menopause society organized the CME "Stand Tall: protect your bones; they protect you" at Hotel The Central Park which was very attended and appreciated by Doctors, Society and Club 35 Plus Members' and media as well.

The CME started with welcome address by Dr Khozema Saify. Dr Roza Olyai conducted the program and introduced the speaker Dr Nayson Olyai.

Dr Nayson Olyai stressed the need to understand the bone and joint changes in menopause and how to combat them. He pointed out the different lifestyle changes, diet, exercises and medical therapies to protect bones and joint in routine and after menopause in particular.

Mrs Daisy Bapuna a very active member of the society gave the vote of thanks to the speaker, delegate and media persons who made this event a grand success.





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#### 11<sup>th</sup> December 2014 – CME on CHD

Topic: CHD- Risk Prevention and role of HRT, Where it stands today?

Venue: Olyai Hospital, Time: 1:30-4:00 pm. Date: 11-12-2014, Thursday.

Speaker: Dr. Ajaypal Singh, Associate Professor of Medicine, GR medical college, Gwalior.

The CME started with the introduction given by Dr Khozema Saify, Chapter Secretary. Dr Nayson Olyai welcomed Dr Khozema Saify and Dr Roza Olyai welcomed Dr. Ajaypal Singh.

Special Guest of the event was Dr P K Tiwari senior orthopedic surgeon of the town and in-charge of Trauma Center of G R Medical College, Gwalior. Dr Ajaypal Singh spoke on the need of hormone replacement, benefits, and risks and how to follow-up the patients undergoing hormone replacement. This was followed by Panel discussion moderated by senior physician and chapter member Dr Jai Mathur.

Vote of thanks was given by Dr Veena Pradhan. The CME was attended by 20 doctors. The CME was followed by lunch.

