



Indian
Menopause Society



Indian
Menopause Society
Jalandhar Chapter

In Association with FOGSI - Jalandhar

NORTH ZONE CONFERENCE OF INDIAN MENOPAUSE SOCIETY 2017

Organized by: Jalandhar Chapter

THEME-MUSCULOSKELETAL HEALTH

Date: 06th - 07th May 2017

Venue: Regent Park, Gujral Nagar, Jalandhar



Conference Secretariat:

Parivaar Test Tube Baby Centre

Holy Family Nursing Home

70, SUS Nagar, Jalandhar (Punjab)

Contact: 98158 00431, 94172 88176, 98140 22276

Email: holyfami@gmail.com

6PMC & 2ICOG

Credit Points

Message from IMS Chairperson and Organizing Secretary

Dear friends,

It is indeed a great pleasure to invite you all to Jalandhar for the forthcoming Zonal Conference on 6th and 7th May 2017. I am sure, the deliberations of the conference and all other chapter activities will be beneficial to all the members of Punjab region.

Jalandhar city was known as Prasthala in the time of the Mahabharat. Jalandhar is the son of SHIVA. He was born when Lord Shiva's third eye had opened out of anger and had fallen in the ocean in the form of firewall.

Shri Devi Talab Mandir is known for TRIPURMALINI SIDH PEETH which is one of the 52 sidh Peeths of India.

We invite you to share your knowledge at the Zonal Conference. We know that you will enjoy being a part of this brilliant meeting, just as we have enjoyed putting it together for you.



Dr. C. Ambuja
Secretary General
IMS



Dr. Suvarna Khadilkar
Organizing Chairperson
President IMS



Dr. Surjeet Kaur
Organizing Secretary
Jalandhar

National Governing Council Members of IMS

VICE PRESIDENT

Dr. Jignesh Shah

JOINT SECRETARY

Dr. Parag Biniwale

TREASURER

Dr. R.N. Goel

Jt. TREASURER

Dr. Mrutyunjay Mohanatra

PRESIDENT ELECT 2018

Dr. Ratnabali Chakravorty

IMMEDIATE PAST PRESIDENT

Dr. Jaideep Malhotra

EX OFFICIO SECRETARY

Dr. Shobhana Mohandas

IMS Jalandhar Chapter Office Bearers

Patron & Founder Secretary

Dr. Sushma Chawla

Chapter Secretary

Dr. Surjeet Kaur

Hony. Jt Secretary

Dr. Damanjeet Makkar

Treasurer

Dr. H.K. Oberoi

Organizing Committee

Organizing Chairperson

Dr. Suvarna Khadilkar

Co-Organizing Secretary

Dr. Amita Sharma

Press and Media

Dr. Sukriti Sharma Bansal

Joint Treasurer

Dr. Harneet Grover

Conference Advisor

Dr. Chitra Gupta

Dr. Arpana Chodha

Dr. Ritu Nanda

Dr. Shalini Pal

Reception Committee

Dr. Manjeet Kaur Bawa
Dr. Surjit Kaur (Kapurthala)
Dr. Gurpreet Kaur
All the IMS Member

Club 35 + Committee

Dr. Deepali Luthra
Dr. Jasleen Randhawa
Dr. Malti Thapar

Registration Charges - Rs. 2000/- including workshop

One day conference on 07-05-2017

Rs. 800/-

Only Workshop

Rs. 1200/-

P.G Students

Rs. 600/-



North Zone Conference

6th and 7th May 2017

Live operative workshop by Indian Menopause Society, Jalandhar Chapter in association with IMA Jalandhar.

Uro Gynae Workshop - Applying knowledge into clinical practice.

6th May (Saturday) 3 Pm onwards

Cases for Surgery on 6th May stress incontinence, prolapse uterus, sacrospinous fixation, NDVH for DUB, Fibroid uterus, vault prolapse, suture less Hysterectomy NDVH on availability of cases. Dr Jignesh Shah will be demonstrating TOT procedure.

Dr. HARA PATNAIK



DR JIGNESH SHAH



VENUE: Live operative workshop, Patel Hospital, Civil Lines, Jalandhar

Workshop Co-ordinator:

Dr. SURJEET KAUR DR. AMITA SHARMA DR. DEEPAK CHAWLA

Advisors:

Dr. S.K Sharma

Dr. B.S Chopra

Dr. Swapan Sood

Dr. Sushma Chawla

Dr. Kamal Gupta

Dr. Promila Jindal

Dr. H.K Cheema

Dr. Kumud Pasricha

Dr. Chitra Gupta

Dr. Damanjit Makkar

Dr. B.S Johal

Dr. G.S Gill

Dr. P.S Bakshi

Dr. Navjot Dhahia

Dr. Rajeev Sood

Dr. J.P Singh

Dr. H.K Oberoi

IMS WORK SHOP ON HOLISTIC HEALTH - UROGNITAL ISSUE

SATURDAY 6th May 2017 AT PATEL HOSPITAL CIVIL LINES JALANDHAR

Presidents video message

ICOOG hour

Slot	Session	Speaker
3.00 pm - 3.20 pm	Urinary Incontinence	Dr. Hara Pattanaik
3.20 pm - 3.40 pm	Genital Prolapse	Dr. Reeti Mehra
3.40 pm - 4.00 pm	Genital Atrophy and Hygiene	Dr. Pushpa Sethi
4.00 pm onwards	Live Surgery	Dr. Hara Pattanaik

**Zonal Council and special GBM meeting at 8.00 pm to
8.30 pm @ Hotel Regent Park.**

Advisor:

Dr. Kamal Gupta
Dr. Navneet Takkar
Dr. Anupma Chopra
Dr. Ashima Taneja- Ludhiana
Dr. Reeti Mehra
Dr. Neelam Aggarwal
Dr. Sudha Sharma- Jammu
Dr. Shikha Chawla
Dr. Amritpal Kaur
Dr. Manveen Mann
Dr. Sarita Aggarwal
Dr. Parneet Kaur
Dr. Shweta Nanda
Dr. Pushpinder Kaur
Dr. Rajeshwari
Dr. Suman Mittal

Dr. Ravinder Kaur
Dr. Iqbal Singh Ahuja
Dr. Kamal Gupta
Dr. Madhu Nagpal
Dr. Promila Jindal
Dr. H.K. Cheema
Dr. Ruchi Bhargav
Dr. Veena Jain
Dr. Alok Sharma- Shimla
Dr. Sumel Bath
Dr. Jatinder Kaur Dang
Dr. Deepali Luthra
Dr. Kumud Pasricha
Dr. Swami Mahajan
Dr. Princee Malhotra
Dr. Deepak Chawla

For Workshop only Fifty Seats are available

"Osteoporosis Millennium Killer"

First time ever a multi disciplinary conference on Musculo Skeletal Health is being organized in Jalandhar, Punjab.

DAY-1

7th

May 2017

Slot	Session	Speaker	Chairperson
8.30 am - 9.00 am	Free Papers	PIMS & SGRD Medical PG Students	
Certificate Course	Menopause Management- an Executive Guide 2017	IMS Pfizer Initiative	
9.00 am - 9.30 am	Understanding Menopause Basics	Dr. Sudha Sharma	
9.30 am - 10.00 am	MHT Today, Evidence to Practice	Dr. Jignesh Shah	
10.00 am - 10.30 am	Screening and managing co-morbidities	Dr. C. Ambuja	
10.30 am - 11.00 am	Practical Prescribing Guide	Dr. Parag Biniwale	
11.00 am - 12.00 pm	Case Studies	Dr. Suvarna Khadilkar Dr. Hara Pattanaik	
12.00 pm - 12.30 pm	INAUGURATION		
12.30 pm - 1.00 pm	ORATION- SARCOPENIA	Dr. Suvarna Khadilkar	Dr. Surjeet Kaur
1.00 pm - 2.00 pm	LUNCH		
2.00 pm - 2.30 pm Discussion with Multi Disciplinary Experts	Panel Discussion Support you Bones they support you	Moderator- Dr. Maninder Ahuja Panelist- Dr. C.P Sikka Dr. Gulleria Mr. Kamal Aggarwal (Yoga) Mrs. Sardana Dr. Jignesh Shah Dr. Sumeet Gupta	
2.30 pm - 2.45 pm	Fibromyalgia in post menopausal women	Dr. Madhu Nagpal SGRD, Amritsar	
2.45 pm - 3.00 pm	Osteoporosis its diagnosis and fracture prevention	Dr. Promila Jindal	

(North Zone)
**INDIAN MENOPAUSE SOCIETY
ANNUAL ZONAL CONFERENCE**
Organized by: Jalandhar Chapter

7th May, 2017
**Venue: Regent Park, Gujral Nagar,
Jalandhar**

DAY-1

7th May 2017

Slot	Session	Speaker	Chairperson
3.00 pm - 3.30 pm Interaction with Multi disciplinary Experts	Panel Discussion non-pharmacological approach in Osteoporosis management	Morderator - Dr. Navneet Takkar Panelist- Dr. Sushma Chawla Dr. H.S Oberoi Dr. Tyna (Dietician) Mr. Vasal (Physciothrapist) Dr. Alok Sharma	
3.30 pm - 3.45 pm	WHO Theme: Depression in perimenopausal and menopausal Women	Dr. Sumeet Gupta	
3.45 pm - 4.00 pm	Osteoarthritis in menopause	Dr. Anil Mahajan	

VALEDICTORY