On world cancer day 4\textsuperscript{th} Feb Chennai menopause society conducted Awareness programme & health check-up for 62 women, Clinical breast examination, pap smear for 25 women was done at St. Thomas hospital.

23\textsuperscript{rd} feb, CMS conducted- “Know your MOM” awareness programme for DMI engineering students and staff - 125 persons benefited.
CHENNAI MENOPAUSE SOCIETY

“Changes not challenges”

February-2022

International Webinar - POP in Midlife on 9th Feb

Chief guest : Dr. Ambuja IMS President & Released Newsletter

Guest of Honor - Dr. Sudha. Sharma . Dr. Kurian Joseph

International Faculty : Dr. Jagdesh Gandhi - UK, Dr. Red Alinsod - USA

National Faculty - Dr. Hafeez Rahman, Dr. Malaraj, Dr. A. Tamil Selvi
CHENNAI MENOPAUSE SOCIETY

“Changes not challenges”

March 2022

1. Awareness Programme for CISF employees - 1200

2. March 5th in Person CME - Pregnancy at forty – Problems & Solutions & International Women’s day celebration
3. March 6th Walkathon – VAW (DEERA) – CMS along with IMA Tambaram

4. March 8th Awareness Program on women’s health at Sea Water system company & 10 samplings were planted
5. March 9th March – Webinar - Endometriosis in Midlife & released News letter
Chief Guest : Dr. Shobanamohandas & released News Letter
Faculty : Dr. Damodar Rao, Dr. Ritu, Dr. Ramanidevi, Dr. Vidya Thobbi

6. March 13th – Comprehensive Health checkup for all age group by specialists, HB, CBG, ECG, BMD, Neuropathy was detected with vibrocheck, free drugs were given
7. March 26th webinar planned - CMS with GIBS – Dr. Shobana, Dr. Srikala, Dr. Tamilselvi – doing Panel & GSM in midlife – Dr. Hephzbah
18-4-22
CMS Conducted health checkup and awareness talk for transgender at Redhills, Chennai. 42 people benefitted. Programme ended with entertainment by them. Many of them were found to be hypertensive and diabetic.
CHENNAI MENOPAUSE SOCIETY

“Changes not challenges”

April 2022

19-04-22

CMS conducted CME ON wellness of Mature women along with obgyn dept of stanley medical college. Director of Medical Education was the chief guest. A booklet on Menopause in regional language written by Dr Hepsibah Kirubamani was released. Panel discussion on Ease the Menopause, Lectures on Bone health, Mind the mind, Metabolic syndrome in menopause were informative and interesting.
Winner- Dr Yashaswi Pandey - Southern Railway Headquarters hospital - Chennai. She will be representing Chennai Menopause Society at the All India Quiz
First runner up – Dr Vidhya R - Railway Hospital , Perambur
Second runner up – Dr Kiruthiga S - Cuddalore district headquarters Hospital
- On June 11th along with Patna OBG society – CMS conducted webinar on Basics of Menopause. 120 medical students benefitted from this session.

- On June 22nd, celebrating the International Yoga day -CMS conducted a webinar on Tips 7 Tricks of Yoga by Dr Karthiyanin. Our chief guest was Dr Shobana Mohandas, President IMS and Dr Mahinder Ahuja was the Guest of Honour. It was a very useful and interesting session.

- A webinar organized by women empowerment cell and CMS in June 2022, benefitted more than 75 delegates
On July 8th CMS conducted awareness program for PG students at Stanley Medical College

On July 16th CMS conducted CME on Midlife AUB - Theme emphasis on Saving the Uterus at Sakthi Hospital

On 17th July CMS conducted a NCD camp at Mercy Home – Home for the aged with inmates of around 150.

On 22nd July, Poster competition for postgraduates on Mid-life health was held by Chennai Menopause society.

Total of 48 students participated in the e-poster competition and cash prizes were given to the first 3 prize winners.
- **IMS South Zone International** Conference was held on August 5th, 6th & 7th 2022, hosted by Chennai Menopause Society in Chennai. The program earned TNMC credit points. There were two workshops held along with the conference.

- On 5th August, Live Operative Laparoscopy Workshop on Uterine Preservation & Restorative Surgery in Midlife, was conducted. On 6th August, workshop on USG of Pelvis in Peri & Postmenopausal woman was held between 8.30 to 10.30 am.

- The inaugural ceremony was addressed by the IMS President Dr Shobana Mohandas and the guests of Honour werer Mrs. C Sangamithrai, Special Government Pleader – Govt. of TN & by Mrs. V. Vanitha IPS, ADG Police Railways, Govt. of TN, At the inauguration there was Launch of a Smart 7 Handy device for cervical cancer screening and Launch of “Midlife & Beyond App” both designed by CMS President Dr Hepzibah Kirubamani.

- The scientific program was well appreciated by one and all and there were excellent deliberations in the scientific content.
On August 15th, NCD camp was conducted by the CMS, in the occasion of Independence day.

On August 29th, an awareness program on Menopause, was conducted for the postgraduate students of Kilpauk Medical College, Chennai.

On September 4th, in association with World Association of Sexual health & OGSSI, CMS participated in the Public awareness program held on World Sexual Health day.

Program held on Sept 10th on Thyroid dysfunction in Midlife by CMS
On September 14th in association with WAS & Indian Association of Sexology, a webinar was held on the theme – “Practical Approach to Positive Sexual Health”

On 21-09-22, CMS and Vijayawada menopause society conducted webinar on bone health. DR.Shobana Mohandas was the chief guest, Dr.Hara Patnaick sir and Dr.Ambuja were our Guests of honour. Dr.Ramadevi President of Vijayawada menopause society chaired the session. Total of 132 participants benefitted in this session.