Jammu Menopause Society

MENOPAUSAL CLINIC STARTS IN GMC Kathua

Jammu Menopause society-under the Agenesis of Indian Menopause Society today launched the weekly menopausal OPDs and patient education series in GMC Kathua.

The vision of starting this service was initiated Dr C Ambuja President Indian menopause society, and supervised and guided by Dr Sudhaa Sharma secretary general IMS.

The event was attended by Principal GMC Kathua Dr Anjali Nadir Bhat, faculty members, eminent doctors and social activists of Kathua district and the undergraduate students.

Greetings were received from President IMs, Dr C.Ambuja & Dr Sudhaa Sharma addressed the gathering virtually & introduced journey of Jammu Menopause Society.Dr Anil Mehta head of the department and President Jammu Menopause Society briefed the audience about the geriatric services and menopausal OPDs for women on a weekly basis and about the future endeavours that would be planned under the Society.

Awareness lectures on lifestyle and diet were given by Dr Pallavi sharma and Dr Saima Sadiq.Role of meditation and excercises was explained by Dr Nitin Sharma.Menopausal diet charts were distributed to patients and the faculty. The event was coordinated by Dr Minakeshi Rana,Dr Nishu priya chib,Dr shalu, Dr Madhu Dhingra and Dr Preeti Sharma .

This initiative is a big step towards promoting menopausal health and spreading awareness amongst women to avail expert opinion for various menopausal issues.
Jammu Menopause society-under the Agenesis of Indian Menopause Society and Jammu Obst & Gynae society conducted Menopause Masterclass Webinar series on 2nd June, Wednesday.

The vision of starting this masterclass series was initiated Dr C Ambuja President Indian menopause society, and supervised and guided by Dr Sudhaa Sharma secretary general IMS.

The session was started by Welcome address by our president Dr Anil Mehta, who welcomed all the faculties and audience of the session.

After taking blessings from the Almighty, the inaugural session started, and shower of blessings from the President IMS Dr C.Ambuja & Secretary General IMS,Dr Sudhaa Sharma was taken, who addressed the gathering virtually & introduced journey and vision of Indian Menopause Society.

Two sessions, first on UROGENITAL PROBLEMS IN MENOPAUSE by Dr Shobhana Mohandas, President elect IMS, and second on PREMATURE OVARIAN INSUFFICIENCY by Dr Parag Biniwale, President Pune Menopause society was conducted. Both the speakers kept the audience spell bound by their very informative talks.

The first session was chaired by Dr Sudhaa Sharma, Dr Jyoti Hak and Dr Sapna Khullar and second session was chaired by Dr Neelam Aggarwal, Dr Reema Khajuria and Dr Prabhjit Kour. At the end of each session, interactive discussion with the speakers was done by Dr Amita Gupta and Dr Jyotsana Lamba respectively and this was followed by question answer session to clear any doubts, if any, of the audience.

After completion of the above two sessions, another more interactive panel discussion on MENOPAUSE HORMONE THERAPY -CONFUSION TO CLARITY was conducted, which was moderated by Dr C.Ambuja and co-moderated by Dr Meeta Gupta. The panelists for the session were Dr Sandeep Kour, Dr Amandeep Kour, Dr Tania Kakkar, Dr Pallavi Sharma and Dr Shallu Jamwal who all actively participated in the session.

The event was coordinated by Dr Rimjhim, Dr Meeta Gupta, Dr Amandeep Kour, and Dr Neha Mahajan. Vote of thanks was forwarded by Dr Neha Mahajan.

This initiative is one of its kind and a big step towards promoting menopausal health and spreading awareness amongst doctors especially young gynaecologists regarding their doubts related to Menopausal Hormone Therapy-its initiation, follow up and in special circumstances.

Safe motherhood committee under the aegis of FOGSI conducted pan India METABOLIC WOMEN’S WORKSHOP, which included 13 such workshops in collaboration with various OBGYN societies of India.

The vision of starting this webinar series was initiated Dr Preeti Kumar, Chairperson Safe motherhood committee and supervised and guided by FOGSI President Dr Alpesh Gandhi, Vice-President Dr Atul Ganatra and Secretary General FOGSI Dr Jaydeep Tank.
Each workshop included talks on below mentioned topics by the Stalwarts of FOGSI:

1) HYPOTHYROIDISM-CONCEPTION TO POSTPARTUM
2) HYPERPROLACTINEMIA -ITS IMPACT ON REPRODUCTIVE HEALTH, followed by interactive panel discussion on VAGINAL DISCHARGE Specially Bacterial Vaginosis and its impact on women’s health.

The above workshops were conducted in collaboration with the following societies of INDIA, namely

- 17th March 2021-Jabalpur, Ratlam, Bhopal and Gwalior societies
- 23rd March 2021-OGSSI Chennai
- 7th April 2021- Lucknow, Kanpur, Merrut, & Allahabad
- 18th April 2021-Patna, Bhagalpur, & Muzaffarpur
- 29th April 2021-societies of Northern India, Ludhiana &Jammu
- 3rd May 2021 -Ahmedabad, Vadodara, Surat & Rajkot
- 7th May 2021-KSOGA
- 27th May 2021-Jaipur, Jodhpur, Bikaner, Kota, Alwar, Bharatpur, Udaipur, & Sriganganagar
- 31st May 2021-Cuttack, Rourkela, Burla, Berhampur & Balasore
- 11th June2021-Ghaziabad, Noida, & Aligarh
- 15th June2021-Association of Obst & Gynaes of Delhi (AOGD)
- 17th June 2021- Bengal, Kalyani, Durgapur & Bardhaman
- 23rd June 2021-Siliguri, Shillong, Agartala & Guwahati

The successful completion of the workshop was possible with involvement of about 200 faculty members and experienced Teachers and Stalwarts of FOGSI, who were able to reach about 5850 delegates all over India. This initiative is one of its kind and a big step towards promoting safe motherhood and spreading awareness amongst doctors specially young obstetricians regarding their doubts related to Thyroid disorders, hyperprolactinemia, and Vaginal discharge -their management, treatment and follow up.
KNOW YOUR MOTHER

The department of Obstetrics and gynecology GMC Kathua under the aegis of Jammu menopause society today organized an awareness lecture for the undergraduate students of 3rd semester. Prof Anil Mehta, head of the department and president Jammu menopause society, briefed the importance of menopausal heath, its multidimensional impact on the overall wellbeing of a woman and the consequences of morbid menopause. In this interactive session students were told how to approach elderly women at home undergoing menopause /menopausal transition, remedies to cope with them and the facility of elderly women clinic at GMC Kathua which has been started especially for peri-menopausal and menopausal women. The students thoroughly enjoyed the interaction and came up with many queries and problems about the family members. The faculty of OBGY, GMC Kathua has decided to take awareness lectures for the elderly women of Kathua district and adjoining areas since a huge percentage of women need care related to menopausal health.
Jammu Menopause Society organized National CME on Scientific Writing & Paper Publication held on 27th September, 2021. Enthusiastic response of delegates in the CME made it very successful & we proudly share that 1036 delegates attended this CME. Thanks to eminent faculty also for their valuable & interesting presentations.
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AGE AND FERTILITY

FERTILITY AND AGING COMMITTEE OF Indian Menopause Society in association with Jammu OBG SOCIETY AND ASCOMS

Date - 19th October, 2021 | Time - 4:00 pm to 6:00 pm

Chief guest
Dr. Aradhya Chavan
President, Indian Menopause Society

Guest of honour
Dr. Sudha Sharma
Secretary general Indian Menopause Society

Organiser & chairperson
Dr. Sushma Razi
Chairperson, fertility and aging committee RGS

Chairpersons
Dr. Vyoli Tak
President, Jammu OBG Society
Dr. Nisha Parel
President, ASCOMS
Dr. Nanda Sharma
Chairperson, fertility committee JMG

Speakers
Dr. Krishna Mantravadi
Scientific director, state centre for reproductive medicine and infertlity
Dr. Shalini Gaur
Director, ICMR vitro centre, Jammu and Kashmir
Dr. Nirmal Jadhav
Chairperson, sexual cummunity JMG

Moderators
Dr. Neha Mahajan
Member, fertility and aging committee JMG
Dr. Pallavi Sharma
Sexual health co-ordinator, JMG

Dr. Krishna - 20 minutes - Advanced paternal age and fertility management
Dr. Shivani Gaur - 20 minutes - ART in 40+
Dr. Nirmal Jadhav - 20 minutes - Sexual problems in 40 + females
Faculty of Gynae GMC Kathua organized a Menopause awareness program with patients above 45.

Dietitian Deepshikha emphasized on diet in menopause and special instructions to take care of bones especially. Today on 20th of Nov 2021 a seminar was conducted on menopause and its management at GMC kathua dept of obs and Gynae under the aegis of Indian Menopause Society.

Seminar was attended by faculty of Gynae GMC kathua and presentation was made by Dr Kritika Resident in Gynae. Under the patronage of Jammu Menopause society and under the ages of Indian Menopause society GMC Kathua organised a seminar on menopause and its management on 20.11.2021.

The seminar was attended by a faculty of obstetrics and Gynae. Presentation was done by Dr Kritika resident in Gynae at GMC Kathua.
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