JABALPUR MENOPAUSE SOCIETY
CLUB 35 +

APRIL -22 MONTH ACTIVITIES

All mother of universe is best gift of
for all universe children.
May God best health my mother
forever.

President - JMS

Secretary - JMS
Celebrated at Vimal Nursing Home Adhartal Jabalpur on 11th April 2022. Patients attending OPD were given Awareness talk by Dr Alka Agrawal.... Importance of Diet, Nutrition, regular ANC Check ups, Sonography, Positive thoughts, Exercise, Yoga, positive atmosphere at home were explained. Complications of pregnancy and delivery like PPH, Toxemia, Anaemia, IUGR were also explained to OPD patients.
JABALPUR MENOPAUSE SOCIETY

20.04.2022

AWARENESS PROGRAMME ON COSMETIC GYNAECOLOGY

Hotel Krishna

Awareness programme organized on Cosmetic Gynaecology for Club 35 + members

HELLO EVERYONE!!!

AFTER LONG TIME WE ARE MEETING WITH A VERY NEW AND INTERESTING TOPIC SO PLEASE DO COME AND TAKE PART IN OPEN DISCUSSION AND SOLVE YOUR QUERIES OF MID LIFE. WE ARE ORGANIZING A VERY INFORMATIVE PROGRAM FOR YOU THIS WEEK ON COSMETIC GYNECOLOGY

LET ME ASK.....

• DO YOU PEE WHEN U LAUGH HARD!
• DO YOU WANT TO KNOW ABOUT YOUR SEXUAL HEALTH
• HAVE YOU HEARD ABOUT G SPOT?
• DO YOU ORGASM EVERYTIME YOU HAVE INTERCOURSE?
• WHAT IS KIEGELS EXERCISE AND WHY SHOULD EVERYONE DO IT?
• WHAT IS GEMITOURINARY SYNDROME?

SPEAKERS

DR AMITA SAXENA, PRESIDENT - JOGS
DR RICHA DHIRAWANI, SECRETARY - JOGS

DAY : 20TH APRIL TIME : 4PM
VENUE : HOTEL GUZAR NATIONAL HIGHWAY 12A,
MAHANANDA, NAGPUR RD. MADAN MAHAL,
JABALPUR, MADHYA PRADESH 482002

THE PROGRAM WILL BE FOLLOWED BY MUSIC AND MASTI AND HIGHTEA
20.04.2022

Jabalpur Menopause Society

Awareness Programme on Cosmetic Gynaecology

Hotel Gulzar Tower
JABALPUR MENOPAUSE SOCIETY
CLUB 35 +

MAY - 2022

MONTH ACTIVITIES

President - JMS

Secretary - JMS
Dr Sharda Mishra, Dr Chitra, Dr Sonal and me organized a program at Panagar Hospital for ladies including pregnant women. Dr Sonal told them about anemia and Dr Sharda Mishra oriented them on Garbh Sanskar about 50 ladies. ASHA workers and staff nurses were benefitted. Total 72 - ANC 52 - Feeding Mother 11 - Other Asha 12.
On Radio mirchi today on Menstrual hygiene day

Dr Chitra Jain

0:35
4:16 pm

A message on Menstrual hygiene by Dr Chitra jain
Global Menstrual Hygiene Day Awareness talk given by Dr Alka Agrawal at Urban Family Welfare Center Raja Chawk Adhartal Jabalpur to Girls and ladies. Sanitary Napkin and Iron and Calcium tablets were also distributed to all the females attending the Awareness talk. check up of few girls and women done by Dr Alka Agrawal.
Global Menstrual Hygiene Day
Awareness talk given by Dr Nisha Sahu on 28.5.2022 at Sahu Mahila Mandal.
Their queries regarding Menstrual Cup and other questions were answered and Sanitary napkins were distributer.
On the occasion of World Menstrual Hygiene Day IMS President Dr Pragya Dhirawani organized awareness programme for Nurses and staff. Dr Sangeeta Shrivastava and Dr Richa Dhirawani also talk about Menstrual Hygiene.
World Menstrual Hygiene day celebration at Ladli Basera, Orphan Girls Home, Vijay Nagar by Dr Sonal Richhariya and Dr Kaveri Shaw. Donated sanitary napkins and instructed for hygiene.
Jabalpur Menopause Society

01.06.22 IMS Zonal Conference & 4th Annual State Conf of Raipur Menopause Society

Conducted a Panel discussion on Urogenital
World No Tobacco Day at JHRC by Dr Pragya Dhirawani, Dr Sangeeta Shrivastava, Dr Neetu Yadav and Dr Richa Dhirawani. Guest speaker were Dr Rajesh Dhirawani Sir spoke Chewing tobacco and snuff can cause cancer in the cheek, gums, and lips and Dr Deepak Baharani Sir spoke Long-term use of smokeless tobacco increases your risk of dying of heart disease and stroke. Dental disease.
On the occasion of World Tobacco Day IDA with JOGS, IMA, IMS & WDW organized Cycle Rally from Stadium to Victoria
JABALPUR MENOPAUSE SOCIETY
CLUB 35 +

JUNE - 2022

MONTH ACTIVITIES

President - JMS

Secretary - JMS
01.06.22 Health Awareness talk about GSM & Osteoporosis  Lijjat Papad Grah Udyog

Talk on Bone Health and Urogenital Problems related to Mid Life is given followed by a good Question and answer session and prize distribution
01.06.22 Health Awareness talk about GSM & Osteoporosis  Lijjad Papad Grah Udyog
01.06.22   Health Awareness talk about GSM & Osteoporosis   Lijjat Papad Grah Udyog
05.06.22
Tree Plantation by JMS Members
Vimal Nursing Home
04.06.22

Tree Plantation by JMS Members

Vimal Nursing Home
04.06.22  Tree Plantation by JMS Members  Kundam Village
फूलकोक और छोटे फूलों के साथ फूलकोक और छोटे फूलों के साथ फूलकोक और छोटे फूलों के साथ फूलकोक और छोटे फूलों के साथ
14.06.22  Health Awareness & Checkup for Teacher  Nachiketa College Jabalpur

Dr Neena Shrivastava and Dr Richa Dhirawani delivered a talk on Mid Life Health for teachers of Nachiketa school
Blood Donor Day at Jabalpur Blood Bank - JMS Member donated blood
21.06.22
International Yoga Day

IMA JABALPUR, IMA WDW STATE BRANCH
JABALPUR MENOPAUSE SOCIETY
JABALPUR OBSTETRICS & GYNAECOLOGICAL SOCIETY

21st June
International
Yoga Day

Date: 21st June 2022, Tuesday
at 7:30 AM - 8:30 AM, Venue: IMA House

Dr. Pawan Sthapak
President - IMA
Dr. Roop Mandwe
Secretary - IMA

Dr. Chitra Jain
State Chairperson - IMA WDW
Dr. Sonal Richhariya
State Secretary - IMA WDW

Dr. Pragya Dhirawani
President - JMS
Dr. Archana Shrivastav
Secretary - JMS

Dr. Amita Saxena
President - JOGS
Dr. Richa Dhirawani
Secretary - JOGS

JABALPUR MENOPAUSE SOCIETY

IMA HOUSE JABALPUR
21.06.22

International Yoga Day

IMA HOUSE JABALPUR

JABALPUR MENOPAUSE SOCIETY

INDIAN MEDICAL ASSOCIATION
JABALPUR

INDIAN MEDICAL ASSOCIATION
JABALPUR BRANCH
Thank You.
CME Conducted By Jabalpur Menopause Society with JOGS on 1st JULY on Preserve the Uterus. Highlights of the programme were star studded eminent faculties .Dr. Sunita Tandulwadkar from Pune.Dr . Dipti Nabh from Delhi and The eminent speakers from our Society Dr.Gita GuinDr.Sangeeta Shrivastav Dr.Nidhi Jain.Dr Sonal Richariya and Dr Sonal Sahni Joined for the public Forum. Most importantly a Public Forum in the end was Conducted By Dr Archana Shrivastava for club 35+ members who participated in a 2 way Q&A session with their queries and doubts about Hysterectomies and can one avoid it. President of JMS- Dr Pragya Dhirawani boosted everyones morale. In the end Club 35+ Anthem Song - Love you Zindagi was performed.

3rd July awareness program was done with social workers (Volunteers of All World Gayatri Pariwar) on importance of saving the girl child. Pamphlets were distributed with all thoughtful quotes to all of them, 100 members attended the program.
- Physical CME on Women Health with IMS on 21st July 2022 at Hotel Gulzar Tower, Jabalpur

- PREMIUM GROOMING SESSION on 31st July 2022 at Hotel Satya Ashoka

- CME ON GENITAL URINARY PROBLEMS on 6th August 2022 at Hotel Krishna

Dr Sharda Mishra, Dr Chitra, Dr Sonal and me organized a program at Panagar Hospital for ladies including pregnant women. Dr Sonal told them about anemia and Dr Sharda Mishra oriented them on Garbh Sanskar. About 50 ladies, ASHA workers and staff nurses were benefitted. Total 72 - ANC 52 - Feeding Mother 11 Other Asha 12
Jabalpur Menopause Society

- ORGAN DONATION RALLY on 26th August 2022 from FROM SHIVAJI GROUND TO PRNTINAKA SADAR