

**Surat Menopause Society**

The "Lock" is released!  
**Dr. Asha Bhatt & her team assumed office**  
 In 2020, March.  
 &  
 The "Lock" closed Down!  
 It's transit time, now!  
 "Unlock" & Scale up!

**Dr. Darpana Trivedi & her team**  
**For**  
**Surat Menopause Society.**

We cordially invite you to grace the installation of  
**Dr. Darpana Trivedi & her team** for the  
 tenure 2022-2024, on 1<sup>st</sup> of May, 2022  
 @  
**Cumin Banquet Hall**  
 IBC Building, Piplood Dumas Road, Surat

Between 10:00 a.m. to 1:00 p.m.  
**Dr. Binal Shah**, Chairperson, Club 35+, IMS  
 Will do the honors.

**Dr. Asha Bhatt**                      **Dr. Rupal Shah**  
 President                              Secretary

**Surat Menopause Society**

-: Guest of Honor :-  
**Dr. Binal Shah**  
 Chairperson, Club 35+, IMS



**FLOW OF EVENTS**

9-30 am to 10-00 am	Registration & Gossips
10-00 am to 10-10 am	President's welcome- <b>Dr. Asha Bhatt</b>
10-10 am to 10-20 am	Secretary's report – <b>Dr. Rupal Shah</b>
10-20 am to 10-30 am	Know our Guest of Honor - <b>Dr. Binal Shah</b>
10-30 am to 10-40 am	Get familiar with our incoming President – <b>Dr. Darpana Trivedi</b>
10-40 am to 10-45 am	Change of collar
10-45 am to 10-55 am	Investiture address – <b>Dr. Binal Shah</b>
11-00 am to 11-15 am	Shape of the things to come - <b>Dr. Darpana Trivedi</b>
11-15 am to 11-45 am	<b>Body composition at 40+ -</b> <b>Dr. Binal Shah</b>
11-45 am to 12-00 noon	Our gratitude to one and all – <b>Dr. Tejal Shah</b>
	LUNCH

Comperere – **Dr. Trupti Chaudhary-Patel**

**Dr. Asha Bhatt**                      **Dr. Rupal Shah**  
 President                              Secretary

**Surat Menopause Society**

**Executive Board**  
 2022 – 2024

**Dr. Darpana Trivedi**                      **Dr. Tejal Shah**  
 President                                      Hon. Secretary

**Dr. Malti Dalal**  
 Hon. Treasurer

**Dr. Jagruti Desai**                      **Dr. Anita Shah**  
 Vice President                              Patron

**Dr. Asha Bhatt**                      **Dr. Rupal Shah**  
 IPP    Past Secretary

**EC Members**

**Dr. Arpit Vachhani**                      **Dr. Ashwin Vachhani**  
**Dr. Dipti Patel**                              **Dr. Kokila Desai**  
**Dr. Nisith Shroff**                              **Dr. Pradip Dalwadi**  
**Dr. Sejal Naik**                              **Dr. Sonal Jain**  
**Dr. Sonia Chandnani**

**Dr. Prakash Bhatt**  
 Advisor






  
**INDIAN MEDICAL ASSOCIATION, SURAT**  
**SURAT MEDICAL CONSULTANTS' ASSOCIATION**  
**FAMILY PHYSICIANS' ASSOCIATION, SURAT**  
**ASSOCIATION OF PHYSICIANS OF SURAT**  
**SURAT OBSTETRIC AND GYNAECOLOGIST SOCIETY**  
**SURAT ANAESTHETIST ASSOCIATION**  
**MENOPAUSE SOCIETY SURAT**  
**WOMAN DOCTORS' WING IMA SURAT**  
**ROTARY CLUB OF SURAT ROUNDTOWN**  
 Celebrate

**International Day of YOGA**  
 Date : **21<sup>st</sup> JUNE 2022**  
 Time : 7:00 to 8:00 am


  
**YOG & FUNCERISE with INTERNATIONAL HOLISTIC FITNESS EXPERT...**


**Dr Raj Shetty**  
 Venue : Aayu Fitness Centre, 4th Floor, Roof Top, Regent Mall, Ghod dod Road, Surat  
 You are invited to join with your spouse  
 Coordinators : Dr Snehal Talati, Dr Miral Shah

Dr Gani D Patel	Dr Ansh Dub	Dr C K Patel	Dr Ranesh Modi	Dr Sushree Sankar	Dr Dilip Rajgopal	Dr Deepam Trivedi	Dr Mani Gang	Dr Bhanu Jankari
President	President	President	President	President	President	President	President	President
Dr Sarvesh Patel	Dr Harsh Shah	Dr Jitesh Jankari	Dr Suraj Chavda	Dr Jitesh Khandari	Dr Vikram Rajgopal	Dr Nigal Shah	Dr Himanshu Jain	Dr Bhaskar Gadhvi
Secretary	Secretary	Secretary	Secretary	Secretary	Secretary	Secretary	Secretary	Secretary
IMA	DMCA	FPA	APS	SDDS	SAA	MSS	WDW	RCSR

Register yourself on following link: <https://forms.gle/64KCLCQv8ENJ88K6>

 Preferably bring your Chen Yoga mat (if you have) & Water bottle with light exercise dress, walking shoes must (along with yoga we will be doing FUNCERISE)  
 Don't come empty stomach.

Program Will be followed by light refreshment.



# Surat Menopause Society



## Menopause Society Surat

Dr. Anita Shah  
Patron  
Club 35+, MSS  
M. 98747 17194

Dr. Darpana Trivedi  
President  
MSS  
M. 94284 09020

Dr. Jagruti Desai  
Vice President  
MSS  
M. 98790 12116

Dr. Tejal Shah  
Secretary  
MSS  
M. 9035137854

Dr. Malti Dalal  
Treasurer  
MSS  
M. 9874714476

Dr. Asha Bhatt  
Immediate Past President  
M. 98551 89216

Dr. Rupal Shah  
Ex - Office  
M. 99252 82244

Dr. Prakash Bhatt  
Advisor  
M. 90241 34053

### Past Presidents

Dr. C. H. Trivedi  
M. 98747 12987

Dr. Manisha Jhavar  
M. 90351 39184

Dr. Sandhya Chhasatia  
M. 85119 42125

### EC Members

Dr. Arpit Vachhani  
M. 98250 95073

Dr. Ashwin Vachhani  
M. 98252 95073

Dr. Dipi Patel  
M. 98255 72031

Dr. Nikhila Desai  
M. 98797 48769

Dr. Nishit Shroff  
M. 90251 17955

Dr. Pradip Dalwadi  
M. 99800 81264

Dr. Sejal Naik  
M. 99099 18081

Dr. Sonal Jain  
M. 99789 11850

Dr. Sonia Chandnani  
M. 92279 04564

8-Aug-22

Dear Friends,

Let us get ready for our next program of club 35+, Menopause Society Surat. It is on "ART AS THERAPY"

Art is a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental and emotional well-being.

Date & Time : 13/08/2022, 4:00 pm

Guest Speaker : Mrs. Nita Chhatani

Venue : Sarvajani B. Ed. college auditorium,  
Lal Bungalow, Surat



One more interesting announcement.....

Fun, Frolics & Fiesta

First, Let us congratulate our own selves- we are the Corona warriors & it is a reflection of our slogan -

**"Fit at 40, Strong at 60 & Independent at 80"**

Let us make ourselves again active, do some exercise to remain fit & healthy.

Let us rejuvenate by our most loved, famous & fabulous signature program of our club 35+

**"DANCE - MOOD ELEVATOR"**

Let us start planning & execution.

We will be meeting same day after our program at same place.

Dr. Darpana Trivedi  
President, MSS

Dr. Tejal Shah  
Secretary, MSS

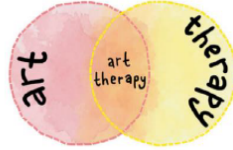
Let us get ready for our next program of club 35+, Menopause Society Surat. It is on "ART AS THERAPY"

Art is a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental and emotional well-being.

Date & Time : 13/08/2022, 4:00 pm

Guest Speaker : Mrs. Nita Chhatani

Venue : Sarvajani B. Ed. college auditorium,  
Lal Bungalow, Surat



## Menopause Society Surat

IMS Club 35+  
Public Awareness Committee

**Club 35+ Plus**

**Block Your DATE**

**Pre-Navratri Fitness**

10<sup>th</sup> September 2022, Saturday  
4:00 PM to 6:00 PM

Venue: B. Ed College Auditorium, Lal Bungalow,  
Nr. Parle Point, SURAT

**Faculties**

**Dr Binal Shah**  
National Chairperson  
IMS Club 35+  
Public Awareness Committee

**Dr Reshmi Benerjee**  
will quiz you to teach you fitness

**Dr Archana Dwivedi**  
will give you tips for graceful garba steps

**Mrs Jayana Sheth**  
will share diet tips

**Ms Roshni Singh**  
will rock you with Zumba steps

**Dr. Darpana Trivedi**  
President

**Dr. Tejal Shah**  
Hon. Secretary