Installation of Dr. Reshmi Banerjee as President 2022-23 & New Team
Webinar on 11/02/2022
Attended by 45 delegates
Adoption in elderly Women- CARA

Eligibility criteria for prospective adoptive parents

1. The prospective adoptive parents shall be physically, mentally and emotionally stable, financially capable and emotionally stable.
2. Any prospective adoptive parent suffering from a lifelong disabling medical condition is not eligible to adopt.
3. Any prospective adoptive parent whose partner is unmarried, deceased, separated or in a non-marital relationship is not eligible to adopt.
4. A single female can adopt a child of any gender.
5. No child shall be given in adoption to a couple unless they have at least two years of stable marital relationship.

The age of prospective adoptive parents, as on the date of application, shall be counted for calculating the age of the child and the eligibility of prospective adoptive parents to apply for children of different age groups shall be as under:

<table>
<thead>
<tr>
<th>Age of the Child</th>
<th>Maximum composite age of prospective adoptive parents</th>
<th>Maximum age of single prospective adoptive parent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below 4 years</td>
<td>60 years</td>
<td>48 years</td>
</tr>
<tr>
<td>Above 4 and under 8 years</td>
<td>100 years</td>
<td>56 years</td>
</tr>
<tr>
<td>Above 8 and under 18 years</td>
<td>110 years</td>
<td>58 years</td>
</tr>
</tbody>
</table>

5. In case of couple, the composite age of the prospective adoptive parents shall be counted.
IMS Fertility & Ageing Committee in Association with Menopause Society Vadodara Webinar 23/02/2022
Organized by Committee Chair Person Dr. Sushma Baxi, Patron Menopause Society, Vadodara Total 83 Delegates
Quiz Winners

National  6\textsuperscript{th} Feb. – Dr. Chaitali Patel
         27\textsuperscript{th} Feb. – Dr. Ushma Maniar
Local   - 13\textsuperscript{th} Feb. – Dr. Mira Vaishnavi

* Menopause Society Vadodara is regularly conducting whatsapp quiz on alternate weekends. Dr. Varsha Prapanna is our Quiz Master
CLUB 35+: HEALTH AWARENESS & BUSINESS RELATED ISSUES

Celebrations
Date: 07/03/22 Monday
3.30 - 6.00 pm and onwards

CLUB 35 + VADODARA, GEHNA GROUP, LIONS CLUB OF BARODA KALANAGARI

VENUE: ROYAL ROOM, GRAND MERCURE SURYA PALACE, SAYAJIGUNJ.

#Menopause Health Awareness Talk
- Dr Reshmi Banerjee

#Role of Exercise in the Plus 35 Age Group
- Dr Meeta Gajena

#TIPS ON DESIGNER WEAR
- Mrs Jayshree Chokshi

Highlights

Free Bone Density Check
All Time Favorite House
DANCE PARTY
Exhibition by Business Group
Programme Co-ordinator

Dresses Code
Purple Top, Kurta or Kurta

Felicitation of Women Achievers

₹ 150 For Club 35+ Members
₹ 350 For Non Club 35+ Members

Limited Seats Register Early to Avoid Disappointment
@ Spot Registration Only If Seats Available
@ Last Date 3rd March 2022 Midnight.

Surprises Gifts

Ga Pay

For further details:
Dr. Meena Singh
98992 37623

Dr. Bharati Rathod
92769 18029

Mrs. Jayshree Chokshi
98251 96629

Sureware Software

For more details:
9350541462
SUNSHINE GLOBAL HOSPITAL EMPLOYEES: HEALTH & SKIN CARE - DR. MEENAKSHI PATEL
Awareness Talk by Dr. Reshmi

Awareness Talk by Dr. Binal
FEMALE EMPOWERMENT RUNNING WITH SAREE:
DR. SHWETA SHAH
Inauguration of Vadodara Menopause Clinic by a Member
Dr. Binal Shah appointed as Club 35+ Public Awareness Committee Chair Person
Quiz Winners

National  6th March – Dr. R.K. Baxi
20th March – Dr. Varsha Prapanna

Local  - 13th March – Dr. Ketki Anerao
27th March – Dr. R.K. Baxi

* Menopause Society Vadodara is regularly conducting whatsapp quiz on alternate weekends. Dr. Varsha Prapanna is our Quiz Master
APRIL 2022
2\textsuperscript{nd} April 2022
Rally organised by IMA Vadodara n supported by MSV to condemn suicide by Dr. Archana Verma in Rajasthan, following death of postpartum patient due to PPH & subsequent harassment by Local politicians n police
MYTHS ABOUT OBESITY

- Obesity causes Diabetes
- Obese individuals are less active than their normal weight counterparts
- Exercising is better than dieting to lose weight

Join us for
AN INTERACTIVE WEBINAR ON OBESITY & BODY SHAMING

Dr. Binal Shah
Consultant Gynecologist & Laparoscopic surgeon
MD (O&G) Gold Medalist, M.S University
Dwarkesh Hospital - Baroda Gujarat

Leena Darne
Sales Head,
Emcure Pharmaceuticals

Date: 08th April, 2022  Time: 3:00 - 4:00 PM

To register, click on the below link
https://exiweb.in/unconditionyourself

Scan the QR Code
27th April, 2022
Webinar by CIMP Graduates on Vaccine in Midlife and Immunization in Menopause – IMS 2020 Guideline.

Debate on Lifestyle v/s alternative Therapy for Menopause
1. **HOT Flushes – VMS – NO SIDE EFFECTS**
2. **Cancer – Studies have found that Phytoestrogens do not increase the risk of cancer rather may be protective for Japanese – Puberty**
3. **CVS –**
   1. **Definite Health Benefits have been established**
   2. Reduction in total cholesterol, LDL, triglycerides,
   3. No change in HDL
   4. BP is not increased
   5. Prevention of CAD by preventing oxidation of lipoproteins
   6. Growth factors and reducing progression of arteriosclerosis
7 Yoga Poses For Menopause Relief

Bridge Pose
(Setu Bandha Sarvangasana)

Standing Forward Bend
(Uttanasana)

Plow Pose (Halasana)

Seated Forward Bend
(Paschimottanasana)

Downward-Facing Dog
(Adho Mukha Svanasana)

Child's Pose
(Balasana)

Camel Pose
(Ustrasana)
Visit Old Age Home by Club 35+ Members on 26th April, 2022
Local Quiz

• 3rd April – Dr. Roopal Panchani
• 10th April – Dr. Maya Modi
• 24th April – Dr. Ushma Maniar
4th May 2022 - Visit to Swarg old age home by Dr. Reshmi Banerjee and Dr. Archana along with club 35+ members and Lions Club. Distributed diapers and healthy snacks and spent time with them.
5th May, 2022
International Nurses Day celebrations by Menopause Society Vadodara, Baroda OBGY Society along with Sunshine Global Hospital with Cancer early detection awareness session n Menopause Health awareness session taken by 111 President Dr Reshmi Banerjee & Secretary Dr Meenakshi Patel
INTERNATIONAL MOTHER’S DAY 8TH MAY 2022

CLUB 35+ VADODARA

ME AND MOTHER/MOTHER-Figure
PHOTOGRAPHY COMPETITION
INTERNATIONAL MOTHER’S DAY 2022
08 th May by
CLUB 35+ VADODARA

ME AND MOTHER/MOTHER-FIGURE PHOTOGRAPHY PHOTOGRAPHY COMPETITION

FIRST
DR. SUSHMA DALAL
With Mother

SECOND
DR. NEELIMA SOMPURA
With Mother and Daughter

FIRST RUNNER-UP
JAYSHREE CHOKSHI
With Mother

SECOND RUNNER-UPSANGEETA PATEL
With Mother
On 8th May, 2022 to celebrate International Mother’s Day, free Gynec Consultation camp was organised by MSV, BOGS & SGH. Secretary Dr Minaxiben & Jt. Sec. Dr Amitaben examined patients.
18th May 2022 - first Joint Webinar by Vadodara and Ahmedabad Menopause Societies with Innovative Journal club reading, online quiz & Case Based Panel discussion. Faculties & Delegates from both Societies participated in large numbers & made the joint venture a success.
Individualizing MHT

- Age
- Patient Preference
- MHT Must be Personalized considering
- Objective of Treatment
- Comorbidities
- Type & Stages of Menopause
- Family, Personal History

"The changes, the highs and lows, and the hormonal shifts, there is power in that."
Atul Munshi: Always undermine you have the patient is as you rightly mentioned the young
Local Quiz

• 8\textsuperscript{th} May – Dr. Ushma Maniar
• 22\textsuperscript{nd} May – Dr. Chaitali Patel
27TH IMSCON 2022 3RD-5TH JUNE
FUN TRIP TO STATUE OF UNITY – WORLD ‘S TALLEST STATUE
WORKSHOP-LIVE OPERATIVE AND GYNEC SONOGRAPHY
INAUGURATION
MOOT COURT BY NAGPUR TEAM
PROF DURU SHAH ORATION BY DR JAIDEEP MALHOTRA

MEMORY, MINDSET AND MENOPAUSE
SAFOMS ORATION BY DR ROHANA HATHTHOTUWA
Enhancing Quality of Life With Advancing Age
MSV ORATION BY DR SUSHMA BAXI – Roses In December-Dilemma Vs Desire
CIMP CONVOCATION 2021 & 2022
FIMS AWARD CEREMONY - FIRST EVER DURING IMSCON 2022
RAMP WALK IN TRADITIONAL WEAVES BY GCM MEMBERS
WALKATHON FOR GYNEC CANCER AWARENESS AND TREE PLANTATION
INTERNATIONAL YOGA DAY
CLUB 35+ MEMBERS & YOG JAGRUTI GROUP
WEBINAR WITH NATIONAL CLUB 35+ COMMITTEE

Indian Menopause Society
Club 35+ Committee & Menopause Society Vadodara

On the occasion of “Yoga Day”
21st June 2022 [Tuesday], 3:30 PM to 5:00 PM

VIRTUAL YOGA Session on Face Yoga, Chair Yoga & Chakradhyana

Dr. Neelima Sompura
Power Yoga Expert
Mrs. Gujarat

Guest:
Dr. Shalini Mehta
President, IMS 2011-13

Guest:
Dr. Novak Sharma
Secretary General, IMS 2012-13

Program Co-ordinator:
Dr. Brijesh Shukla
Chairperson, Club 35+, IMS

15 Minute Silver Namaskar

CHAKRAS

Dr. Neelima Sompura
RESPONSE BY CLUB MEMBERS

Tasnem Manaf - Exhibitor
Thank you IMS and club 35+ for Today's international yoga day celebration. It was indeed a wonderful and well organised program... It was for the first time I did 10 Surya Namaskars and feeling so fresh and energetic 😊💪
Also enjoyed the singing music dance performances...
1:18 PM

Club 35+ Munira - exhibitor
You all continue to amaze us with your talent and dedication.
Thank you IMS and club 35+ for today's yoga day celebration.
1:59 PM

Chetna Agrawal - Exhibitor
Great celebration of Yoga Day
Enjoyed being part of it 😃
1:08 PM

Shabnamjiruwala - Exhibitor
Yes... It was a very well organised event. Happy to perform Yoganatyam 🌞. Club 35+ IMS n the entire team rocks!!
Happy Yoga Day to one n all
1:16 PM

Tasnem Manaf - Exhibitor
Thank you IMS and club 35+ for Today's international yoga day celebration. It was indeed a wonderful and well
YOGA DAY CELEBRATIONS CONDUCTED BY OTHER CLUB MEMBERS
Dr Chetna Agarwal our club 35 member and an anesthetist, participated in Global UN awards & Leadership summit as Honoured ambassador of LA Global Foundation.
MSV with Midlife Fertility & Ageing Committee, IMS and Safe Motherhood Committee, Fogsi conducted CME on 26/06/22. Topics- Calcium and Vit D in Bone health, reproductive health, pregnancy and lactation, quiz on osteoporosis, elderly pregnancy risks and relevance of HDU/OICU, Endometrial Surveillance-current recommendations by Dr Anjana from Ahmedabad.
Mrs Tasneem Manaf & Ahmareen participated in Gujarat’s first beach marathon at Valsad Tithal Beach on 26th June. Completed 10 kms.
What is Breast Awareness?

- Know what is normal for you. Become familiar with your breasts. If you know what the normal appearance of your breasts is at different times, it will be easier to realize any untoward changes.
- Look at and feel your breasts.
- Know what changes to look for (lumps, pain, discharge from the nipple or anything else unusual).
- Tell your doctor about any changes immediately.
- Go for breast screening regularly if you are over 40.

Risk Factors that Cannot Be Controlled

- Family/Personal History
- Age
- Race
- Radiation
- Treatment with HRT
- Reproductive History
- Menstrual History
- Genetic Factors

Sterling Hospitals - Vadodara had organised an awareness session on "Breast Cancer & Prevention" by Dr. Archana Dwivedi for Female employees of Postal Training center on 25/06/2022.