



Indian Menopause Society

IMS Club 35+
Public Awareness Committee

Club
35
+
Plus



Video Making Contest

It will be in **2 categories**

One for IMS members

Second for CLUB 35+

CRITERIA:

1. KEEP MOBILE HORIZONTAL
2. SHOOT IN PROPER LIGHT
3. BACKGROUND - WHITE OR ANY LIGHT COLOR PLAIN
4. AVOID AMBIENT NOISE (SWITCH OFF AC/FAN)
5. LANGUAGE – HINDI, SIMPLE ENGLISH, REGIONAL LANGUAGE ALLOWED (WITH ENGLISH SUBTITLES COMPULSORY)
6. TIME LIMIT – 2 to 3 MINUTES
7. IMS MEMBERS SHOULD TAKE MEDICAL TOPICS
8. IMS MEMBERS SHOULD WEAR WHITE APRON OR OT DRESS
9. CLUB 35 MEMBERS SHOULD TAKE HEALTH ORIENTED TOPICS
10. CONTENT SHOULD BE EVIDENCE BASED.
11. JUDGES WILL BE FROM **IMS PEER REVIEW TASK FORCE** & PRIZE WILL BE GIVEN IN EACH CATEGORY
12. SELECTED AWARENESS VIDEOS WILL BE UPLOADED ON IMS YOUTUBE CHANNEL & WEBSITE

The entries to be sent
by – **23RD APRIL 2023,**
12 NOON

IMS members can send their
entries on this Mail ID –
drbinalshah@yahoo.co.in

CLUB 35+ members can send
their entries on this Mail ID –
banerjeereshmi23@gmail.com

Kindly Mention Your Name ,
Education, Mob No ,
Organization and
Menopause Society you
belong to



TOPICS FOR IMS MEMBERS

- Screening
- Perimenopause
- Menopause
- Premature menopause
- Delayed menopause
- Weight changes at menopause
- Obesity
- Exercises
 - Wt bearing
 - Resistance training
 - Aerobics
- AUB
- Fibroids
- Endometrial hyperplasia
- Adenomyosis
- Endometriosis
- Ovarian cyst
- Cancer screening
- Ovarian cancer
- Endometrial cancer
- Cervical cancer
- Pap Smear
- HPV / LBC
- Breast cancer
- Self Breast examination
- Mammography
- Osteoporosis
- Sarcopenia
- Dexa
- Fracture risk
- Thyroid at menopause
- Lipid profile
- Hypertension
- Heart attack(CVD)
- Stroke
- Diabetes
- Hot flushes
- Sexual health
- Genito Urinary problems
- Repeated UTI
- Stress urinary incontinence
- Urge incontinence
- Diet at menopause
- Mental health
- Depression
- Alzheimer's
- Quality of life

IMS members can send their entries on this Mail ID –
drbinalshah@yahoo.co.in

TOPICS FOR CLUB 35+ MEMBERS

- Exercise
- Health
- Beauty
- General topics
- Meditation
- Hair care
- Skin care
- Yoga
- Dental care
- Modern treatments for skin and hair
 - Botox
 - Thread
 - Fillers
 - Tattooing
- Eye care
 - Dry eye
 - Glaucoma
 - Cataract
- Social relations
- Any information which can be useful
- Happiness
- Empty Nest syndrome
- Self help
- Dancercise
- Old age home
- Motivational talks

ONLY Club 35+ Members can Send their entries on Following Mail IDS and Mobile No.

Dr Neelima Sompura (9824091566)

Or

drneelimasompura@gmail.com / banerjeereshmi23@gmail.com