

Delhi hosted the NZIMSCON on December 10-11 2022 involving faculty from over 10 states and – delegates attended the 2 day extravaganza. The theme was “Let us stand up for her menopausal rights”. The conference started with 3 workshops on very important menopausal aspects – bone health, urogynecology and prescription writing. These workshops comprehensively covered several midlife care issues through talks, panel discussions, video sessions, workstations and a live gym.

The inauguration was a solemn affair that was attended by many dignitaries including office bearers of IMS 2022-2023; President Dr. Shobhana Mohandas, Vice president Dr. Seema Sharma, Secretary General Dr. Anju Soni, Treasurer Dr. Jyoti Jaiswal, Past President Dr. Maninder Ahuja, Dr. Ambuja Chorapur and President Elect, Dr. Pushpa Sethi. Dr. Sharda Jain, prominent gynecologist was the invited Chief Guest. The welcome address was given by organizing chairperson, Dr. Meenakshi Ahuja followed by Presidential address by Dr. Shobhana Mohandas. A standing ovation was given to Dr. Urvashi Prasad Jha, Founder and Past President of IMS as many other North Zone Past presidents were felicitated. Dr. Jyoti Bhaskar, Secretary IMS Delhi delivered the vote of thanks. This was followed by the Presidential Oration by Dr. Shobhana on “Vaccination in women over 40 years”

Dr. Renuka Malik, Vice President, Delhi IMS released a patient information booklet on menopause and Dr. Amarinder Bajaj released her book “Live your best life”. Topics of public importance were kept in scientific sessions on the first day which included sexual health and mental health, and this was followed by a very successful Public Forum in hybrid mode to answer queries of general public.

The organizing team and office bearers flagged off the events of the second day with a live Zumba session while the student delegates engaged in poster and paper presentations. Later in the day, there was an exciting quiz. This completed the competitive and academic flavour of the conference.

The scientific session on both days was well attended and comprised of one-hour deliberations dedicated to each female organ such as Uterus calls, Vulval graphics, Breast fables, Ovarian dream and QoL matters. A very well-planned program covered various practical and upcoming concepts by eminent speakers and experts in the field. The last but not the least was the Valedictory session with awards given to winners of Paper, Poster and Quiz competition.

The cherry on the cake was the cultural program that saw talents emerging among clinicians from every corner in acting, singing and dancing. Team Delhi (Dr. Meenakshi Ahuja, President; Dr. Jyoti Bhaskar, Secretary; Dr. Renuka Malik, Vice President; Dr. Kiranjeet Kaur, Jt. Secretary; Dr. Priti Arora Dhamija, Treasurer) is keeping the flag of IMS flying high.

