Indian Menopause Society

World Menopause Month - October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause .... A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

World Menopause Month

World Menopause Day Poster – India

English

Sexual wellbeing after menopause

Sexual health is a state of physical, emotional, mental and social wellbeing related to sexuality. After menopause it is not uncommon for women to experience sexual problems which can severely impair their relationships, mental health, social functioning and overall quality of life. The good news is that it is treatable.

For further information visit: www.imsociety.org

Hindi

शौकित जीवन के अवसर पर अच्छी जीवन की गुणों को बनाने में महिलाओं के साथ सेल एक है।

शौकित जीवन के अवसर पर अच्छी जीवन की गुणों को बनाने में महिलाओं के साथ सेल एक है।

For further information visit: www.indianmenopause.org

International Menopause Society, PO Box 751, Cornwall TR2 8WD
Tel: 01726 846 221 Email: info@indianmenopause.org
Indian Menopause Society – 44 Chapters

In India during this World Menopause month 21s CME’s, 12 Public awareness programmes, 8 health camps & 6 Postgraduate teaching programmes with quiz were organised in 44 Cities.

18th October - World Menopause Day by Dr. Sunila Khandelwal, EC, International Menopause Society: On the Eve of World Menopause Day on International Theme “Poster “ was released. A live TV Chit-Chat show for public awareness program was broadcasted on StateTelevision News Chanel. The importance of world menopause month celebrations was made aware and myths and solutions were discussed. Women were encouraged take services of chapters working across the country.
Indian Menopause Society
World Menopause Month-October 2018

Academic & Public Awareness Activities

Theme 2018: **Menopause ….A New Mindset!**
Slogan: **Fit @ Forty, Strong @ Sixty & Independent @ Eighty**

Clipping on Importance of Menopause health care management was aired on Fortis Escorts hospital website for mature women health screening. Awareness raising articles were published in Hindi, by Dr Sunila (Rajasthan Patrika), also on World Osteoporosis Day (Dainik bhaskar.) The world menopause month International theme based activities were highlighted in leading news papers of the state.
Indian Menopause Society
World Menopause Month - October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ....A New Mindset!

Slogan: **Fit @ Forty, Strong @ Sixty & Independent @ Eighty**

Organised a Comprehensive Multidisciplinary Free Health Screening
Camp & Public Awareness – Benefitted more than 400 women!
The South Zone Conference, of the Indian Menopause Society, MENOCON 2018 was organized by the Calicut Menopause Society and supported by the Calicut O & G Society. The Conference was held on October 20th & 21st 2018 at Woodies Bleisure Hotel, Calicut. It was a two day programme.

The meeting was attended by about 100 delegates with National as well as local faculty. The Conference was inaugurated by National President Dr. Ratnabali Chakravorty. On the same day the National President also inaugurated the Calicut Menopause Society which was earlier the Calicut Chapter of the IMS. Dr. P N Ajitha is the President and Dr. Lakshmy S, the Secretary of the newly formed Calicut Menopause Society.

On the first day there was a Videocolposcopy Workshop which started at 2:00pm. It was coordinated by Dr. P. Rema from Regional Cancer Centre, Thiruvananthapuram. The topics covered were Cervical Cancer Screening, Interpretation of Cytopathology, HPV DNA testing as a screening for cervical cancer and all about Colposcopy and its procedures.

The second Workshop was on Prescribing in Menopause. Topics covered were Menopause basics, Phytoestrogens, Life style modifications and SERMS. This was coordinated by Dr. Ratnabali Chakravorty.

The other topics covered were Cardiovascular problems in Menopause and Bone Health, Pelvic imaging in Menopause, Hysteroscopy in Menopause, Contraception, Depression, Travelling in Menopause and Ovarian Cancer Screening (Debate). There was a panel discussion on Genitourinary Syndrome of Menopause followed by a quiz for postgraduates.

The National faculty were the President IMS, Dr. Ratnabali Chakravorty, The Joint Secretary Dr. Bipasa Sen, Dr. A Jaishree Gajaraj, Dr. Lata Maheshwari and Dr. Vijayalakshmi Sheshadri from Chennai, Dr. Jyothiska Desai from Bangalore, Dr. Ambuja C and Dr. Lakshmi Ratna from Hyderabad and Dr. Revathy Janaki Ram from Madurai. The other faculty were Dr. Rema P, Dr. Amrutha, Dr. Sabeena, Dr. Jeena, Dr. Shobhana Mohandas, Dr. VK Chellamma, Dr. Ajitha PN,
Indian Menopause Society

World Menopause Month-October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ....A New Mindset!

Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

Dr. Ratnabali Chakravorty
President IMS India, 2018-19

Dr. Lakshmy S, Dr. Jyothi Chandran, Dr. Sajala Vimalraj, Dr.NS Sreedevi, Dr. Hema Warrier, Dr.Vinaya Chandran, Dr.T. Narayanan, Dr.Jayalakshmi Suraj, Dr. Roy Chandran, Dr. Krishna Kiran, Dr. Vinod and Dr. Shafeeque.

Dr. Revati Janakiram, President IMS Madurai delivering lecture on Perimenopause-Challenges And Solutions. Dr. Vijayalakshmi Seshadari talking on Bone Health at Menopause at south zone conf Indian Menopause Society.
Indian Menopause Society

World Menopause Month - October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause .... A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

Kolkata Menopause Society

Dr. Ratnabali Chakravorty, President Indian Menopause Society

18th October 2018 - Dr. Ratnabali delivered excellent oration topic "PCOD Womb To Tomb" during NARCHICON conf recently concluded at Nagpur.

Dr. K. D. Bakshi, President, Kolkata

28th-10- 2018 – Health Camp

A Health Check up Camp was organized by Kolkata Menopause Society and The Bengal Obstetric & Gynaecological Society on October 28, 2018 at Mahabir Sadan, 26/1, Ramesh Mitra Road, Kolkata. The following examinations and tests were done in this camp at free of cost: Height, Weight, BMI, BP, Haemoglobin Estimation, Random Blood Sugar, TSH, Vitamin D3 & B12 done at subsidized rate and Bone density assessment. Dr. Kalidas Bakshi, Dr. Bipasa Sen and Dr. Nirmala Pipara attended the programme. It was attended by more than 60 participants. It was a grand success.
Kolkata Menopause Society celebrated INTERNATIONAL MENOPAUSE DAY at Okakura Bhawan on 13 10 .2018. The programme started by a health check up camp. All the patients had hemoglobin estimation and BMD done.

The Health Camp was followed by a public awareness programme on BREAST CANCER. The guest speaker was Dr. Sanjay Sen, a renowned oncologist from AMRI hospital, Kolkata. The programme was attended by many senior members of society Dr. Kalpana Sarkar, Dr. K D Bakshi, Dr. Ratnabali Chakroborty; Dr. Bipasa Sen The programme was highly informative and interactive. This was followed by a cultural programme by all 40 plus women organised by URJO. URJO is a social organisation which looks after the welfare of elderly woman. There was art and painting competition, dance competition solo song competition. Prizes were given. It was attended by more than 60 participants. It was a grand success.
Indian Menopause Society
World Menopause Month - October 2018

Academic & Public Awareness Activities

Theme 2018: **Menopause ....A New Mindset!**
Slogan: **Fit @ Forty, Strong @ Sixty & Independent @ Eighty**

5-10-18, Midlife Healthcare Charitable Clinic, Dr. Bipasa Sen, Kolkata Menopause Society
Consulted 22 patients for MHCC at Kolkata on 5.10.2018

Jalandhar Menopause Society
Dr. Seema Pasricha, President

28-10-2018 – CME on Infertility
On account of World Menopause Day, Dr. Sushma gave a talked about endoscopy in infertility in Jammu.
Indian Menopause Society
World Menopause Month-October 2018

Academic & Public Awareness Activities

Theme 2018: **Menopause ....A New Mindset!**
Slogan: **Fit @ Forty, Strong @ Sixty & Independent @ Eighty**

---

**20- 10- 2018 – Health Camp – Dr. Sushma Chawla**

On the occasion of **International Osteoporosis Day** a free bone density camp was organised by Rotary club west in Jalandhar. Be aware osteoporosis is a silent killer and silent theive.

---

**18-10- 2018 – CME on Menopause**

Dr. Deepali Luthra talked about “**Menopause**” on international menopause day at Jalandhar.

---

**5-10-2018 Midlife Healthcare Charitable Clinic, Dr. Sushma , Jalandhar Menopause Society**
Indian Menopause Society
World Menopause Month - October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ....A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

Delhi Menopause Society
Dr. Geeta Mediratta - President
18 – 10- 2018 – CME on Menopause

Delhi Chapter of Indian Menopause Society celebrated World Menopause Day at Auditorium, Sir Ganga Ram Hospital on 18/10/2018. It was a thumping success and 120 delegates attended the celebration. There was a lecture on Healthy Diet in Menopause and on Exercises to keep fit during menopausal year. This was followed by a lively panel discussion on Hormone Therapy in menopause in various situations.
18-10-2018 – Health Camp by Dr. Sonal Bathla

On the eve of World Menopause day and Naomi, on behalf of the Rural Committee of IMS operated on 15 poor women with UV prolapse in a remote area of Bihar. Dr. TC Sharma, my husband operated on 15 male patients with urinary retention, be it TURP or stone disease. This venture was financially supported by Shree Cement.

Women here get married at 16, have 4 to 10 children on an average, hysterectomy is the mode of contraception at around 30. A combo surgery is offered which includes hysterectomy, cholecystectomy and appendectomy through right paramedian incision by general surgeon. High incidence of vault prolapse since surgery for UV prolapse is also done abdominally.

Nagpur Menopause Society

Dr. Laxmi Shrikhande – President

19-10-2018 - International Menopause day Celebrations - CME

20-10-2018 – Workshop on Pelvic Anatomy

Nagpur Menopause Society, conducted workshop on pelvic anatomy, hands on, foll by lectures at Rio, Brazil, tremendous response, more than 200 delegates.
Indian Menopause Society
World Menopause Month-October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause …..A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

5-10-2018, Midlife Healthcare Charitable Clinic, Dr. Laxmi Shrikhande, Nagpur Menopause Society BMD Camp and HB% test at Marathe Hospital

Breast cancer awareness camp by Dr. Nirmala Vaze at sankalp hospital, 35 ladies attended SBE and scan done
Indian Menopause Society
World Menopause Month - October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause .... A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

BMD Camp by Dr. Alka Kumar at Untkhana

Faridabad Menopause Society

Dr. Anita Kant - President

26th October 2018 – CME on Breast Lump

Faridabad Menopause Society celebrated World Menopause Day and Breast Cancer Awareness month with a CME on Breast Lump on 26th October in association with Asian Institute of Medical Sciences Faridabad. CME was well attended and very interactive.
Indian Menopause Society
World Menopause Month - October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause .... A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

18th October 2018 – CME on MHT

Felt Happy today and accomplished giving a talk on International Menopause Day in MENOCON IN Sharda Medical College in Noida on MHT yesterday, today and tomorrow! talk well appreciated and requests to guide on Mid life Clinics.
Indian Menopause Society
World Menopause Month-October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ….A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

9th October 2018 – CME on “Medical Aesthetics: Why Be Afraid To Look How You Feel”
A CME was successfully conducted by Faridabad Menopause Society on 9th October 2018. Topic were 1.*Medical Aesthetics: Why be afraid to look how you feel* taken by Dr. Biplav Aggarwal, a young dynamic Dermatologist from Gurgaon. 2.*Pruritus Vulvae: Benign lesions* very well spoken by another vivacious personality Dr. Pooja Thukral, consultant OBG from AIMS Faridabad. CME was well attended and very interactive. Full blown plants were given as token of thanks to the speakers and chairpersons which were much appreciated.
Indian Menopause Society  
World Menopause Month-October 2018

Academic & Public Awareness Activities

Theme 2018: **Menopause ....A New Mindset!**
Slogan: *Fit @ Forty, Strong @ Sixty & Independent @ Eighty*

---

**Hyderabad Menopause Society**

Dr. Tripura Sundari, President,
29th October 2018 - IMS QUIZ on “Menopause Revisited”

IMS – Dr. C. Ambuja QUIZ 2018 was organized by Hyderabad Menopause Society, 2.00 pm to 4.00 pm at Auditorium, Gynec Department Gandhi Hospital. The Topic of Quiz this year was “Menopause Revisited”.

The Quiz initiated with a welcome by Dr. Jamuna Devi, Secretary, HMS. It was attended by more than 30 Postgraduates from all over the city. It was initiated with a written round where the four highest scoring students were selected. Dr. Jamuna and Dr. Sandhya, Jt. Secretary, HMS conducted remaining four rounds. It comprised of Oral and Audio visual evaluation. Dr. Tripura Sundari, President, Hyderabad, Dr. Bhavani, Dr. E. Prabhavathi and Dr. Ambuja, were the judges. The first prize winner is Team D, – Dr. Madhavi. Menopause Society Hyderabad has contributed four Books for the prize winners. The winners of the quiz were given certificates and Books. The first Prize winner shall represent Hyderabad Menopause Society at the National Finals to be held during IMSCON 2019 on 15th, 16th & 17th February 2019 at Kolkata.
20th October 2018: CME on “Walk The Talk- Treasure Your Health!”

Hyderabad Menopause Society organized a CME on “Walk The Talk- Treasure Your Health!” at Yashoda Hospital, Secbad. The program was initiated with a welcome by Dr. Jamuna Devi, Secretary, Hyderabad Menopause Society. She then announced about the forthcoming programs of HMS.

The Program had two sessions. Session I was didactic lectures chaired by Dr. P. V. Saraschandrika and Dr. Anuradha Koduri. The Speakers and their Topics were:
- Dr. Nitin Rao, Orthopaedic Surgeon, Spl. Sports Medicine spoke on “Maintaining Healthy Joints After 50”
- Dr. Aditya, Consultant Cardiologist gave a wonderful talk on “Tips for Healthy Heart after 50”.

These talks were followed by a Session on Yoga & Dance by Dr. Lalitha, Physiotherapist and Trained YOGA Expert.

A snack of fresh cut fruits was served to all.

It was attended by more than 30 Obstetricians and Gynecologists. The faculty were thanked with Mementos. The CME concluded with a vote of thanks to the faculty and delegates it was appreciated for its scientific content.
Indian Menopause Society
World Menopause Month - October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause …. A New Mindset!
Slogan: **Fit @ Forty, Strong @ Sixty & Independent @ Eighty**

---

Chandigarh Menopause Society

Dr. Nirja Chawla - President

**13-10-2018 – CME on “Calcium and Osteoporosis”**

Chandigarh Region Menopause Society (CRMS) organised a CME on October 13th, 2018 on the occasion of ‘World Menopause Day’ at Hotel Park View, Sector 24, Chandigarh.

Dr. Nirja Chawla, President CRMS, welcomed the chairperson and speakers. Introduction of speakers and topics was given by Dr. Lavleen Sodhi, Secretary CRMS. There were two sessions, both chaired by Dr. Sanjay Bhadada, Prof, Deptt of Endocrinology, PGIMER Chandigarh and Joint Secretary CRMS. The first session was a "MASTER CLASS on Osteoporosis and Calcium" by Dr. R. Murlidharan, Senior Consultant Endocrinologist, Fortis Hospital Mohali.

The second session was an introduction to Meditation by Ms. Usha Chengappa, Yoga teacher, artist and designer. Both the sessions were highly appreciated by the audience.

The meeting saw a participation of more than 80 gynaecologists and specialists from various fields, including dignitaries such as Dr. Vanita Suri, HOD, Deptt of Obs & Gynae, PGIMER Chandigarh and Vice President CRMS, Dr. Lakhbir Dhaliwal, Ex HOD Obs & Gynae, PGIMER Chandigarh, Dr. Neelam Aggarwal, President elect, Indian Menopause Society, Prof Yogesh Chawla, Ex Director PGIMER Chandigarh, Prof Rajwanshi, Ex HOD, Dept of Pathology, PGIMER Chandigarh. Vote of thanks was given by Dr. Lavleen Sodhi, Secretary CRMS. Mementos were presented to the chairpersons and speakers.

---

---
29th September 2018 – Public Awareness Program- Club35+
Chandigarh Region Menopause Society (CRMS) organised a Club 35 event on 29th September 2018 under the guidance of Dr. Nirja Chawla, President, CRMS, who also chaired the session with Dr. Navneet Takkar, Chairperson, Website Committee, IMS. Dr. Ritambhra Bhalla, Co-Convener Club 35, spoke on ‘How To Approach Menopause’, and Dr. Ritinder Sandhu, a psychologist, spoke on ‘Stress Management’. Both the lectures were well received by a lively audience. This was followed by some fun time. Dr. Navneet rendered a lovely song; Ms. Gurleen Kaur, a Club 35 member, recited a poem and there was a Bollywood themed game. The meeting ended with some breathing exercises for the participants by Ms. Neeru Verma. The meeting was also attended by Dr. Shanujeet Kaur, treasurer CRMS. Vote of thanks was given by Dr. Seema Sharma, Co-convener, Club 35. This was followed by a delicious high tea.

Pune Menopause Society
Dr. Parag Biniwale – President
31st October 2018 – IMS Quiz
Menopause Society Pune conducted Ims Quiz on 31st October 2018.
40 students participated from medical colleges and teaching hospitals
Dr. Eshna Singh, student of Dr. Jyothi Unni was winner.
Indian Menopause Society
World Menopause Month-October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ....A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

23rd October 2018 – IMS Gurukul
Menopause Society Pune conducted Gurukul program at Dr. DY Patil Medical College Pimpri.
It was organized by Dr. Shubhada Jathar and Dr. Parag B

14th October 2018 – First annual conference of Menopause Society
First annual conference of Menopause Society, Pune.
Patron Dr. Jyothi Unni moderating a panel
2nd October 2018 – Public Awareness Program
Pune Menopause Society organized public awareness program on 2 October 2018 at Nisargopachar ashram at Urulikanchan, 32 km away from Pune attended by 60 women, conducted by Dr. SS Mehendale, Dr. Sushruta Mokadam.

Calicut Menopause Society
Dr. P. N. Ajitha - President
22-10-2018 –IMS Quiz
Calicut Menopause Society Conducted IMS Quiz in Medical college to celebrate World Menopause Month.
Mumbai Menopause Society
Dr. Nita Dalal - President

6-10-2018 – IMS Gurukul

Mumbai Menopause Society organized IMS Gurukul Program for students at wadia hospital on Saturday 6/October.
Indian Menopause Society
World Menopause Month-October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ….A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

Udaipur Menopause Society
Dr. Sanchita Dashora, President,
14th-10-2018 – Health Camp
A BMD, BMI, Anaemia detection, diabetes and breast cancer screening camp was organised on 14th October 2018 at Milap hospital, Udaipur by Dr Asha Jain in collaboration with Rotary Meera Udaipur. We organised two awareness talks for lay public 1) diet after menopause by a dietitian Dr. Khushbu Sharda and 2) Urinary problems in elderly females by Dr. Kaushal Chundawat. Free Haemoglobin, blood sugar and cervical cancer screening was done. It was sponsored by Sanjivani foundation!
11th- 10- 2018 – Club 35+ Public Awareness Program

A cervical cancer awareness and colposcopy camp was also done by Dr. Asha Jain on 11th October 2018.

8th.- 10- 2018 – CME on Sexual Well Being After Menopause

UMS conducted a CME on 8th October. The topics were quite apt for the IMS theme for the year “Sexual Well Being After Menopause”

1) Urinary incontinence in female by Dr. Jini Gupta
2) Vaginal rejuvenation by Dr Navneet Magon

It was attended by 35 members and was greatly appreciated and was sponsored by Sanjivani foundation....a registered public charitable trust and Emcure pharma.

The other activity on same day was conducted by Dr. Shalini wherein free BMD ,BMI and blood sugar testing done for elderly women at her work place!!
Indian Menopause Society
World Menopause Month - October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause .... A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

8th - 10th 2018 – Health Camp

A free BMD camp was organised at Machala magra PHC Udaipur on 8-10-2018 where 100 women were screened and counselled. Another BMD and cancer awareness camp was done on same day in association with Lions club Neelanjana, and Ryan International School where around 50 women were screened for BMD and Blood sugar. Both the camps were done by Dr. Shalini Bhargava, Joint Secretary UMS, who also delivered a talk on cancer awareness, bone health and diabetes in menopausal women.

Patna Menopause Society

Dr. Usha Didwania, President

23 -10 -2018 – Club 35+ Public Awareness Program

Pink walk for Breast Cancer Awareness by PATNA Menopause society
Indian Menopause Society
World Menopause Month-October 2018

Theme 2018: Menopause .... A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

Vadodara Menopause Society
Dr. Priti Niranjan, President
18 -10 - 2018 – CME

Vadodara Menopause Society conducted Cme for IMA women's wing, Ims members, club 35 Member’s. Vadodara society made files with points having awareness about menopause and our members examined five each pts with concession on world menopause day.

WORLD MENOPAUSE DAY was celebrated by Menopause Society Vadodara, Club35+ & Womn Doctor Wing, IMA. Holistic health in Midlife and Beyond, Osteoporosis prevention. Diet quiz. Free BMD CHECKUP. Free 3D Mammography. It was well attended.
Indian Menopause Society
World Menopause Month - October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause … A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

18 - 10 - 2018 – Club 35+ Public Awareness Program
VLCC offer for all members of "Club 35" on the occasion of World Menopause Day on 18th October’ 2018 at Sterling Hospital. VLCC cash voucher of Rs. 250/-. Where in members can avail a discount of Rs. 250/- against any services.

Menopause Society – Bharuch
Dr. L. R. Gohil - President

18-10-2018 – Club 35+ Public Awareness Program & Health Camp
On the occasion of World Menopause Day, IMS Bharuch celebrated the day with the following activities-

1) Public Awareness program "Menopause and Sexuality". Talk by Dr. Bhavana Sheth. More than 100 women and 25 males attended the talk.

2) "Unity in Diversity" Cultural program depicting every state of India where the information about each state was shared thro’ talk, dance and exhibiting special items. More than 65 women and 20 males participated. Most of them appeared on the stage for the first time.

3) All 40+ women who were present as audience along with participants were given coupon for free Mammography by Rotary Club of Bharuch.
Indian Menopause Society
World Menopause Month-October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ….A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

Patiala Menopause Society
Dr. Balvinder Kaur - President

17-10-2018 – IMS Quiz

Patiala Menopause Society Conducted IMS Quiz 2018 on 17/10/18 in the seminar room of deptt. Of OBGY. Dr. Ritika secured first, Dr. Vishakha second, Dr. Navdeep third position.

5-10-18, Midlife Healthcare Charitable Clinic, Dr. Balwinder Kaur, Patiala Menopause Society

IMS Varishta Janaswasthya Yojana awareness Camp was organized by Patiala Menopause Society on 5.10.2018, in Dept. of OBGY & Gynaecology GMC, Patiala. A total of 47 Perimenopausal and Menopausal Peramedical Women were examined. BMD, Pap smear, Breast examination & Counselling for Health life style were done in all women. Patients were given, Calcium, Vitamin D3, Analgesics and other required medicines. Services of associated specialties Medicine, Orthopedics, Eye & Pathology, Psychiatry were also utilized.
Indian Menopause Society
World Menopause Month-October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ….A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

Jaipur Menopause Society
Dr. Oby Nagar - President
18-10-2018 – Public Awareness Program

A Public Awareness Program and academic session for awareness of women health care was conducted on 18th October 2018 from 9.00 am to 3.00 pm at Library Seminar Hall, SMS Medical College, Jaipur. On this occasion a total of 100 teachers of different faculties were examined and investigated free of cost for Serum Calcium, Vitamin – D, BMD and BMI were performed. It is found after investigation that 75% of the doctors diagnosed with bone deficiencies problem and 35% diagnosed problem of overweight. An interactive session was conducted from 2-3 pm, in this session Dr. Sunila Khandalwal, Dr. Anju Soni and Dr. Oby Nagar gave their contribution in form of respective lecture for awareness of Sexual well being after Menopause, Sarcopenia - Diagnosis, Management and Cancer Screening in Menopausal Women. A poster on sexual health at Menopause released. All the topics were well appreciated and request was made to have more such activities in future.
18-10-2018 – Club 35+, Public Awareness Program

On the same day another Program “Club 35” was conducted in Maharani Gayatri Devi School (MGD) from 8.30 am to 10.00 am, more than 100 participants, school teachers and staff participated actively. An interactive session Dr. Anju Soni contributed in her lecture about the awareness of women health issues, preventive and management. In this program free health coupons for BMD, Vitamin-D and Serum Calcium were distributed by Joy Centre of Excellence for Women Care (Unit Soni Hospital) which could be availed within 15 days validity of period. The program was well appreciated.

Menopause Society - Jodhpur
Dr. Renu Makwana- President

18-10-2018 – CME on Osteoporosis

World menopause day celebration under the aegis of menopause society Jodhpur chapter interactive sessions on:

1. Take care of your bones - Osteoporosis
2. Self-Breast Examination followed by Zumba Session
3. Learn to lose menopausal Weight
4. BMD test, Vitamin D Doses

Venue: Vasundhara Hospital, Jodhpur
Indian Menopause Society
World Menopause Month-October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ….A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

Jabalpur Menopause Society
Dr. Swaraj Naik - President
31st-10-2018 – Public Awareness Program Club 35+

JABALPUR Menopause society celebrated Diwali get-together on 31st Oct, which had a very lively interaction with each other.
Indian Menopause Society

World Menopause Month-October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ….A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

18-10-2018 – Public Awareness Program Club 35+

Awareness camp organized at Lizzat papad complex on the occasion of world menopause day. Similar programs were organized by other members, at their respective clinics, those who could not join us.

18-10-2018 – Public Awareness Program Club 35+

Jabalpur menopause society conducted various informative programs at various hospitals on this date. Majority of the menopause problems go undetected, unless the pt is aware or you.
Indian Menopause Society
World Menopause Month-October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ....A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

Indore Menopause Society
Dr. Poonam Mathur - President

24-10-2018 – CME on Bone Heath In Elderly Women
Indian menopause society Indore organised a talk on Bone Heath In Elderly Women. What's new? On the occasion of world menopause day and osteoporosis day

Chennai Menopause Society
Dr. Jaishree Gajraj - President

26-10-2018 – IMS QUIZ
Indian Menopause Society

World Menopause Month - October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ....A New Mindset!

Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

We have conducted the quiz on Menopause on 26th October 2018 and have selected a postgraduate, from Railways Hospital - Chennai, to represent the Society at IMSCON, Kolkata.

We had a preliminary written part and the top 4 top scorers, had a gruelling quiz session over 40 mins and the first three winners were:

1. Dr. Divya R DNB PG
2. Dr. Hajira Fathima S DNB PG
3. Dr. V Anandhi DNB PG

Dr. Divya R. will represent the Chennai Menopause Society at National Quiz , IMSCON 2019

IMS - Gurgaon

Dr. Alka Mathur – President

21th & 25th - 10 - 2018 – CME on Thyroid Disorders

Celebrated world Osteoporosis day and cme on Thyroid Disorders, on 21st and 25th October , under IMS chapter Gurgaon, 70 members participant and we had excellent cultural and dress code. As it’s festivity week, Karva Chauth.
Gorakhpur Menopause Society
Dr. Reena Srivastava - President

28-10-2018 – CME on MHT

Menopause Day and Osteoporosis Day celebration of Gorakhpur menopause society on 28th October. Case discussion on MHT by vise president IMS Dr. Yashodhra and Dr. Asna Ashraf Jt. sec Lucknow menopause society. Preventing the first fracture a lecture delivered by Dr. Jamal Ashraf.

Bhopal Menopause Society
Dr. Madhuri Chandra - President

12-10-2018 – IMS Quiz

Bhopal Menopause Society celebrated world Menopause day in Shree Vatika hotel. Winner of menopause quiz awarded with prizes. Lastly all enjoyed with games and academic feast.
Indian Menopause Society
World Menopause Month - October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ....A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

IMS – Raipur
Dr. Manoj Chellani - President
20-10-2018 – Health Camp

Indian Menopause Society, Raipur Chapter had organised a camp on the occasion of world osteoporosis day dated 20-10-2018 at Shri Sankalp Hospital, Sarona, Raipur. Dr. Manoj Chellani, Chapter Secretary, IMS Raipur and Director of Ayush Hospital, Dr. Sushma Verma Jt. Secretary, IMS Raipur and Director of Sarodaya Hospital, Raipur, Dr. Gurpeet Kaur - Executive Member of IMS Raipur Chapter and Director of Soni Hospital Inaugurated the Camp. Dr. Shailendra Upadhyay, Sr. Orthopediciation Consultant of Sankalp Hospital examines 45 Patients of Perimenopausal and menopausal age group. Serum vitamin D level and bone minerals density (BMD) checkup was done. Dr. Pooja Upadhyay, Consultant OBS & GYNAE Shri Sankalp hospital, actively participated in the camp. Dr. Manoj Chellani informed the patients about
the role of lifestyle modification, daily exercise, calcium and vitamin D on the bone health. Around 50 patients are benefited by this orthopedic check up and BMD camp. It was great awareness and learning program.

18-10-2018 –CME on Management Of Endometriosis In Midlife

Indian Menopause Society, Raipur Chapter had organised CME on Management Of Endometriosis In Midlife on the occasion of World Menopause Day dated 18-10-18 at Hotel Babylon Inn, Jail Road, Raipur. Dr. Jyoti Jaiswal, Professor Dept. of Obs & Gynaec Pt. JNM Medical College Raipur and chairperson of Education Committee, IMS India gave the welcome speech. Dr. Sushma Verma was the mentor of discussion of management of endometriosis in midlife. Dr. Shalini Jain, Treasurer of IMS Raipur Chapter, actively participated in discussion. The discussion was attended by 15 renowned gynaecologists. It was great learning and experience and interactive session.
Indian Menopause Society
World Menopause Month-October 2018

Academic & Public Awareness Activities

Theme 2018: **Menopause ….A New Mindset!**
Slogan: **Fit @ Forty, Strong @ Sixty & Independent @ Eighty**
Indian Menopause Society

World Menopause Month-October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ....A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

24th National Conference of Indian Menopause Society

15th - 17th February, 2019
ITC Sonar, Kolkata

Conference Highlights

- Skill enhancing workshops with IMS
- Master classes
- Well to well topic selection
- SCIENTIFIC SESSIONS – Didactic lectures, Symposia, Panel discussion
- Explicit debates, Quiz, Free papers, CMEF exam
- Public awareness programme
- Rejuvenate body mind and soul – Yoga session and meditation
- Elite national & International speakers, Parallelists

Registration Tariff (All rates are in INR and inclusive of 18% GST)

<table>
<thead>
<tr>
<th>Category</th>
<th>Upto 31.10.18</th>
<th>Upto 05.02.19</th>
<th>Upto Spot</th>
</tr>
</thead>
<tbody>
<tr>
<td>IMS/ ROSS Members/ Accompanying Persons</td>
<td>6950</td>
<td>10030</td>
<td>12500</td>
</tr>
<tr>
<td>Non Members/ Delegates</td>
<td>10030</td>
<td>12130</td>
<td>12500</td>
</tr>
<tr>
<td>PGT</td>
<td>5900</td>
<td>7080</td>
<td>12500</td>
</tr>
<tr>
<td>Senior/ Citizen Delegates (Above 75 years)</td>
<td>5900</td>
<td>7080</td>
<td>12500</td>
</tr>
</tbody>
</table>

Registration Indusions

- Conference Kit
- Scientific Sessions Entry
- Trade Exhibition Entry
- Tea/Coffee at venue
- Lunch on 15th, 16th and 17th Feb'19, and Inaugural/Presidential Dinner on 16th Feb'19
- Any One Workshop of Your Choice
Indian Menopause Society
World Menopause Month - October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause .... A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

Application for Renewal of CIMP Certificate
Successful candidates will receive a certificate indicating Credentialed IMS Menopause Practitioner (CIMP)

Eligibility for Enrolment:
- Those who have completed 5 years of CIMP.
- CIMP passed in Year 2012.
- Attained 70 credit hours in 5 years (i.e. 2012 to 2018).

It is pre-requisite to be an IMS Life Member. IMS Life membership Fee is Rs. 5750/-
Examination Date: 15th February, 2019; Venue: Kolkata (IMS CON-2019)
Convocation: 17th February, 2019; Last date for submission of form: 30th November, 2018

Fee for Renewal of CIMP Certificate
IMS Life Member: Rs. 3000
IMS non-member - Rs. 5900+3000 Total= Rs. 8900/-

IMS Exam Application Form

Name (in block letters)_________________________ Gender: Male ( ) Female ( )

Date of birth_________________________ Address: (In block letters)_________________________ Pin:_________________________

Telephone no (add STD code)_________________________ Fax_________________________

Email_________________________ Mobile no_________________________ Qualification:

Profession:_________________________ Current Position:_________________________

Year of Passing CIMP:_________________________

Member IMS Yes[ ] No [ ]

If not then it is mandatory to become life member IMS (To select your chapter visit: www.indianmenopausesociety.org or your membership would be under the IMS Head Office).
A cheque of Rs. 3000/- or 8900/- is to be deposited in any branch of Bank of India in your City in the IMS A/C: Indian Menopause Society- A/C No-001.3201100000011, IFSC NO: BKID000013 Bank of India, Cumbala Hill, Mumbai.
Send the soft copy of Exam application form and Bank Pay-in-slip To: examcommitteeims@gmail.com with copy to: indianmenopausesociety@gmail.com and chellammavk@yahoo.co.in. Hard copy should be sent to the address of Chairperson Exam Committee.

Enclosures (mandatory) Put tick mark
- MCI Registration Certificate with Age certificate
- Copy of CIMP Certificate
- Copy of IMS membership certificate
- Copy of Bank pay-in-slip

Signature of the applicant:_________________________ Date:_________________________

Dr. Saroj Srivastava
Founder Chairperson
09335188233, 0522-2321848
drsarojsrivastava@rediffmail.com

* Dr. Chellamma V. K
Chairperson Exam Committee
9447155887
chellammavk@yahoo.co.in

Address
28/550B Sivam Chevayur PO
Kozhikode (Calicut) 673017
Kerala, India
Indian Menopause Society
World Menopause Month - October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ....A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

IMS Zonal Conference - North

Hosted by Indian Menopause Society, Ahmedabad Chapter
Supported by Ahmedabad Obstetrics and Gynaecological Society
Indian Menopause Society
World Menopause Month - October 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ....A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

Team 2018-19

Dr. Ratnabali Chakravorty
President IMS 2018-19

Dr. Yashodhara Pradeep
Vice President IMS 2018-19

Dr. Pushpa Sethi
Secretary General IMS 2018-19

Dr. Bipasa Sen
Joint Secretary IMS 2018-19

Dr. R. N. Goel
Treasurer IMS 2017-20

Dr. Mrutyunjay Mohapatra
Jt. Treasurer IMS 2018-19

Indian Menopause Society
indianmenopausesociety@gmail.com, www.indianmenopausesociety.org
www.jmidlifehealth.org

Arshia A. Ghani
Executive Director
Indian Menopause Society
CEO
Cocoon Management Consultants

09989335361, 09246105361
arshiaakheela@gmail.com
www.cocoonconsultants.com
We make the difference!