WMM 2020-Report from Indian Menopause Society

Indian Menopause Society is a multidisciplinary organisation whose main motto is to give better quality of life to a midlife woman.

Our slogan is “Fit@40, Strong@60 and Independent@80”

The Society has almost 45 branches with more than 4000 members. We have various working committees like Education Committee, Club 35+ Public Awareness Committee, Research Committee, Journal Committee, Quiz Committee, Rural Committee, Urogynaec Committee, Aesthetic Health Committee etc. Every year we are celebrating October month as Month of Menopause by arranging various CMEs & Awareness programs all over India. But this year due to CORONA pandemic, we couldn’t enjoy them physically. So, we just changed our vision and chose virtual platform (more than 40 webinars) and discussed menopausal health care problems, menopausal Hormone Therapy with special focus on Premature Ovarian Insufficiency. We also released POISE Magazine for Public Awareness along with various public awareness programs. Latest issue of “Journal of Midlife Health” also published.

This year Indian Menopause Society has completed 25 years. We celebrated our Silver Jubilee Year by a unique program on the World Menopause Day, 18th October 2020 under the leadership of President Dr.Jignesh Shah, Secretary General Dr.Anita Shah and the whole team of year 2020–2021, having the Chief Guest Dr.Rama Vaidya (The Founder President of IMS) and Guest of Honour Dr.Urvashi Jha (The Founder Secretary Gen.of IMS).

- “History of IMS – A glorious journey” was presented by Dr. Rashmi Shah, the founder executive member of IMS.
- Felicitation of first 15 founder members of Indian Menopause Society was done by President Dr. Jignesh Shah and Secretary General Dr. Anita Shah.
- Silver Jubilee Oration was given by Dr. Rama Vaidya on “Chronobiology of Menopause-Translational impact on post-menopausal health”
- Launching of revised “Clinical Practice Guidelines on Menopause” prepared by Dr. Meeta Singh, was done by Dr. Rama Vaidya and Dr. Urvashi Jha.
- Launching of App of “IMS – Midlife & Beyond” prepared by Dr. Hephzibah was done by President Dr. Jignesh Shah and Secretary General Dr. Anita Shah.
- Every year we are utilizing the theme based white paper, posters and leaflets, released by International Menopause Society and distributing them among our members for wider use. This year also on WMD our chair, International Advocacy Committee, Dr. Sunila Khandelwal ran global campaign through media and the translated posters & leaflets were released during silver jubilee celebration.
- “Updated IMPART certification course” was rolled out for India and other SAFOMs countries on 18th October, the World Menopause Day.

Herewith, we would like to share photos of various programs, conducted enthusiastically across the country under the banner of Indian Menopause Society.

Dr. Jignesh Shah                  Dr. Anita Shah
President                      Secretary General
Celebrating Silver Jubilee Year
18TH OCTOBER, 2020 SUNDAY
TIMING: 11 AM TO 1:30 PM

• Master of Ceremony: Dr. Anita Shah
• Lamp Lighting & Saraswati Vandana:
• Welcome Address: Dr. Jignesh Shah

SESSION I: FOUNDATION DAY CELEBRATION
• Chief Guest: Dr. Rama Vaidya
• Guest of Honour: Dr. Urvashi Jha
• History of IMS: A glorious journey: Dr. Rashmi Shah
• Felicitation of 11 founder members: Dr. Jignesh Shah & Dr. Anita Shah

DR. RAMA VAIIDYA
Founder President
Indian Menopause Society

DR. URVASHI JHA
Founder Secretary IMS
Past President IMS

DR. RASHMI SHAH
Founder Secretary, Mumbai Chapter
Executive Committee Member

SESSION II: SILVER JUBILEE ORATION
• Chairpersons: Dr. Jignesh Shah & Dr. Anita Shah
• Silver Jubilee Oration, "Chronobiology of Menopause... Translational impact on Postmenopausal health."; Dr. Rama Vaidya
• Launching of Revised Guidelines of Indian Menopause Society, prepared by: Dr. Meeta, for IMS... by Dr. Rama Vaidya & Dr. Urvashi Jha
• Launching of App for IMS prepared by: Dr. N. Hephzibah Kirubanami... by Dr. Jignesh Shah & Dr. Anita Shah

DR. MEETA
Founder Secretary
Hyderabad Chapter, Past President IMS

DR. N. HEPHZIBAH KIRUBANAMI
Chairperson, IMS Education Committee