

# World Menopause Day 2022

## Report from Nagpur - 18th October 2022

Indian Menopause society, Psychiatric Society, Nagpur and Manch Sudha (Forum to educate women on midlife health) organised an online panel discussion on Cognition and Mood. The objective of this panel discussion was to provide Menopausal practitioners and psychiatrists with an overview of data informing clinical care of menopausal women. Clinical counselling and decision-making for patients were the aims of this panel discussion. Dr Sunila Khandelwal member of the board of trustees of the International Menopause Society was the Chief Guest, Dr Sagar Chiddarwar of Psychiatric society Nagpur was the Guest of honour.

Dr Alka Kumar, a Member of the International Society and Dr . Abhijit Faye secretary of the Psychiatric Society, moderated the session. Screenshots of the Webinar are attached herewith. The link to the webinar is below. Click to watch the panel discussion on "Brain Fog In Menopause".

Youtube Link : "<https://youtu.be/p5mVclhL3GQ>"

A physical programme organised for women of Manch Sudha. The topic was 'The Role of Mediation in improving Cognition and mood'. Hindi WMD Leaflet widely circulated on social media.

Indian Menopause Society And Manch Sudha conducted 12 public awareness webinars for midlife women .

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