

Under the aegis of:



Indian  
Menopause Society



Bhopal  
Menopause Society

# IMSCON 2026

National Conference of

**Indian Menopause Society**



27<sup>th</sup>, 28<sup>th</sup> Feb & 1<sup>st</sup> March  
2026

Courtyard by Marriott,  
Bhopal

*Theme: 2<sup>nd</sup> Innings - Playing on the Front Foot*

Hosted by:

**Bhopal Menopause  
Society**



# Welcome Message

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नमस्कार, खुशामदीद, Hearty Welcome.

Respected Members,

Greetings from Bhopal, The Heart of India.

It's a matter of immense pride and privilege that Bhopal Menopause Society bears the responsibility to host the 31<sup>st</sup> National IMSCON here in Bhopal on 27<sup>th</sup>, 28<sup>th</sup> February & 1<sup>st</sup> of March, 2026.

On behalf of organizing committee we assure you that this is going to be an unforgettable experience of academic and cultural extravaganza. This event will be an opportunity of immense learning and improvement of skills pertaining to management of problems in and around Me-no-pause.

The highlights of the conference are deliberations from eminent faculty from all over the country and capped by as many as 12 workshops in diverse fields of menopause science including aesthetic gynae, uro gynae, obesity, mood disturbances so on and so forth.

The aim is to make us still more competent in handling perimenopausal disorders of both body and soul.

Looking forward to your gracious presence to the beautiful city of lakes and hills

आप सबका ताल तलैयों और शैल शिखरों की नगरी भोपाल में पुनः स्वागत ।

# About the Conference

IMSCON 2026 is the flagship national conference of the **Indian Menopause Society**, bringing together clinicians, researchers, and allied professionals dedicated to midlife women's health. This year, the Bhopal Menopause Society proudly hosts this prestigious event in the heart of India.

## About the Conference Theme

**Our Theme: 2nd Innings – Playing on the Front Foot: Embracing Menopause with Confidence**

Menopause marks not an end, but a powerful new beginning — a second innings in a woman's life. Just like a seasoned cricketer who steps onto the field with wisdom, strategy, and renewed determination, women entering this phase are empowered with experience, resilience, and strength.

**Playing on the front foot:** Facing the challenges of menopause not with fear, but with proactive awareness and bold self-care. It's about taking charge of your health, making informed choices, embracing hormonal and lifestyle changes, and celebrating the freedom this stage brings.

Menopause is not a pause — it's a powerful play, a front-foot stride into the next vibrant chapter of life.

**We warmly welcome you all from the Heart of India — Dil Se!**





# IMSCON 2026 Organizing Committee

## Organizing Chairpersons

Dr. Anita Shah  
Dr. Vaijayanti Kolekar  
Dr. Shashi Shrivastava

**Chief Advisor**  
Dr. Madhuri Chandra

## Organizing Secretaries

Dr. Ragini Agarwal  
Dr. Manisha Khare  
Dr. Shraddha Agarwal  
Dr. Meeta Agarwal

## Joint Organizing Secretaries

Dr. Rajni Hajela  
Dr. Shruti Shah  
Dr. Anita Shrivastava  
Dr. Monica Singh

## Treasurer

Dr. Sarla Jain  
Dr. Amita Dubey  
Dr. Supriya Hajela





# IMSCON 2026 Organizing Committee



**Dr. Anita Shah**  
Organizing Chairperson



**Dr. Vaijayanti Kolekar**  
Organizing Chairperson



**Dr. Shashi Shrivastava**  
Organizing Chairperson



**Dr. Ragini Agarwal**  
Organizing Secretary



**Dr. Manisha Khare**  
Organizing Secretary



**Dr. Shraddha Agarwal**  
Organizing Secretary



**Dr. Meeta Agarwal**  
Organizing Secretary



**Dr. Madhuri Chandra**  
Chief Advisor



**Dr. Rajni Hajela**  
Joint Organizing Secretary



**Dr. Shruti Shah**  
Joint Organizing Secretary



**Dr. Anita Shrivastava**  
Joint Organizing Secretary



**Dr. Monica Singh**  
Joint Organizing Secretary



**Dr. Sarla Jain**  
Treasurer



**Dr. Amita Dubey**  
Treasurer



**Dr. Supriya Hajela**  
Treasurer

# Indian Menopause Society Office Bearers



**Dr. Anita J. Shah**  
**President IMS**



**Dr. Arti Gupta**  
**Vice President**



**Dr. Ragini Agrawal**  
**Secretary General IMS**



**Dr. Jyoti Jaiswal**  
**Treasurer IMS**



**Dr. N. Hephzibah**  
**Joint Treasurer**



**Dr. Binal Shah**  
**Jt. Secretary IMS**



**Dr. Sudhaa Sharma**  
**President Elect, IMS**



**Dr. Anju Soni**  
**Imm. Past President, IMS**



**Dr. Bipasa Sen**  
**Ex. Officio, IMS**



# Why Attend?

Renowned  
National Faculty  
presenting on cutting-edge  
menopause management



Interactive  
Workshops on  
hormone therapy,  
bone health,  
mental wellness,  
and more



Cultural Evening  
Showcasing  
the spirit of  
Madhya Pradesh



Paper and  
Poster  
Presentations  
by emerging  
researchers



CME  
Accreditation  
for healthcare  
professionals



# Conference Workshop

**“HIGHEST WORKSHOP COUNT – FIRST TIME EVER!”**

## Pre-Lunch Workshops

### **1. Navigating the Metabolic Storm: Obesity & Menopause**

Understanding the interplay between hormonal changes and weight gain, and addressing it through evidence-based strategies.

### **2. Aesthetic & Rejuvenation Gynaecology: Enhancing Confidence, Comfort & Care**

Innovations in cosmetic and functional gynecology for midlife women.

### **3. Seeing Beneath the Surface: Role of Imaging in Women's Health**

A diagnostic perspective on imaging techniques for early and accurate detection of gynecological conditions.

### **4. Mastering Menopause Hormone Therapy: Science, Safety & Skillful Prescribing**

Clinical insights into personalized and evidence-based HRT

### **5. Preventive Oncology After 40: Screening, Strategy & Survivorship**

A comprehensive approach to cancer prevention and early intervention in midlife women.

### **6. Surgical & Urogynecological Strategies in Menopause: Minimally Invasive & Functional Approaches**

A practical guide to surgical interventions for pelvic health.



# Conference Workshop

**“HIGHEST WORKSHOP COUNT – FIRST TIME EVER!”**

## Post-Lunch Workshops

### **1. Fertility at 40: Empowering Hope, Enhancing Outcomes**

Optimizing fertility preservation and treatment strategies for women in their 40s.

### **2. Muscle, Bone & Hormones: Managing the Musculoskeletal Syndrome in Menopause**

Addressing sarcopenia and osteoporosis for strength and mobility.

### **3. Nutrition After 40: Eating Smart for Midlife Strength & Longevity**

Dietary guidelines tailored for hormonal balance, metabolic health, and vitality.

### **4. Smile Stronger: Dental Wellness in Midlife Women**

Exploring the connection between oral health and menopause.

### **5. Shifting Moods, Shifting Hormones: Understanding Mood Disorders in Menopause**

A mental health focus on emotional changes during menopause.

### **6. Aging Gracefully: The Science & Soul of Skin Care in Midlife**

Dermatological insights and self-care strategies for healthy skin.

# Conference Highlights

**KEY NOTE  
ADDRESSES**

**DEBATES**

**GUEST LECTURES**

**QUIZ FINALE**

**CIMP  
CONVOCATION**

**GRAND GALA  
NIGHT**



## Near by Accomodation



**Hotel Courtyard by Marriott**  
Dainik Bhaskar Mall, DB City Mall,  
Zone-I, Arera Hills, Bhopal



**Lemon Tree Hotel Bhopal**  
240, Opposite, Db Mall Square  
Near Hotel Surendra Vilas, Zone-I,  
Bhopal 462011 India  
0.1 miles from Hotel Courtyard by Marriott



**Hotel Surendra Vilas**  
240 Zone - 1 Maharana Pratap Nagar,  
Bhopal 462011 India  
0.1 miles from Hotel Courtyard by Marriott



**Hotel Arch Manor -  
The Vintage Inn**  
Mp Nagar 243 - a Zone 1  
Opp. DB City Mall, Bhopal 462027 India  
0.1 miles from Hotel Courtyard by Marriott



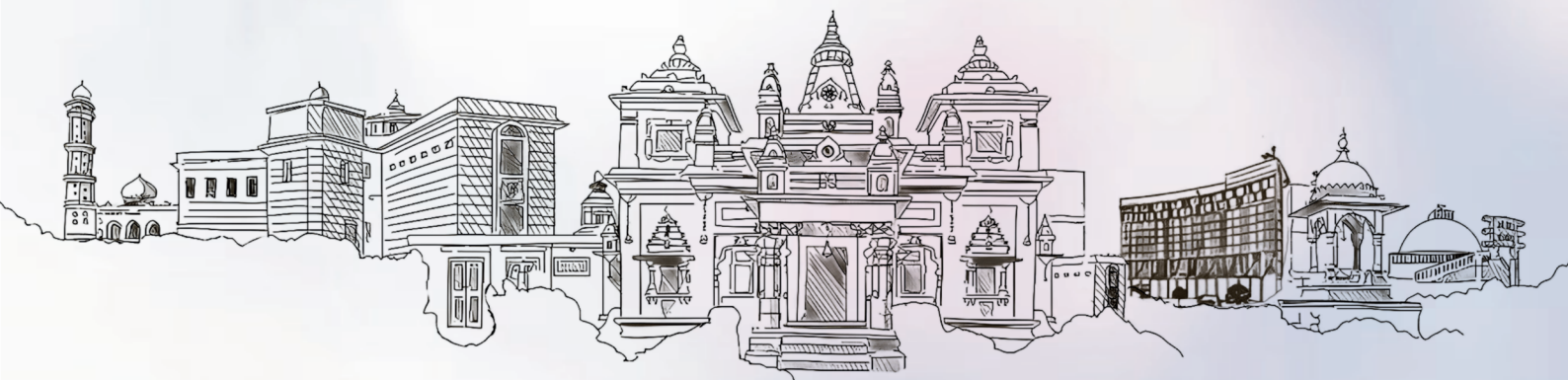
**Hotel Aditya Residency**  
113 Hotel Aditya Residency Zone - 2  
Near City Hospital,  
Bhopal 462011 India  
0.2 miles from Hotel Courtyard by Marriott



**Hotel Amer Palace**  
209 Zone -1 M.P. Nagar,  
Bhopal 462011 India  
0.2 miles from Hotel Courtyard by Marriott



**Hotel Rajhans Regent**  
Plot No 14-15 Inter State Bus Terminal  
Near Chetak Bridge Square,  
Behind Nexa Showroom, Bhopal  
0.1 miles from Hotel Courtyard by Marriott



## Bhopal – The City of Lakes and Legacy

Bhopal, nestled in the heart of India, is a city where natural splendor and cultural richness go hand in hand. Famously known as the City of Lakes, its serene landscapes are matched by a deep and diverse historical legacy.

The region surrounding Bhopal has been a cradle of ancient Indian civilization, with nearby sites like Bhojpur, home to the majestic Shiva Temple built by Raja Bhoj in the 11<sup>th</sup> century — a symbol of devotion and architectural brilliance. The city's name itself is believed to have originated from "Bhojpal," referencing the legendary Raja Bhoj.

Temples such as Birla Mandir, Lakshmi Narayan Temple, and the spiritual atmosphere of nearby Sanchi Stupa reflects the city's deep spiritual and philosophical heritage.

Bhopal stands as a unique tapestry of ancient values, royal legacies, and modern aspirations - **Welcoming all with warmth, wisdom, and grace.**





# Explore Bhopal – The City of Lake

Combine Learning with Leisure! Experience the Charm of  
Bhopal's Rich History and Natural Beauty



## **Sanchi Stupa**

A UNESCO World  
Heritage site



## **Bhimbetka Rock Shelters**

Prehistoric cave art and  
archaeological wonders



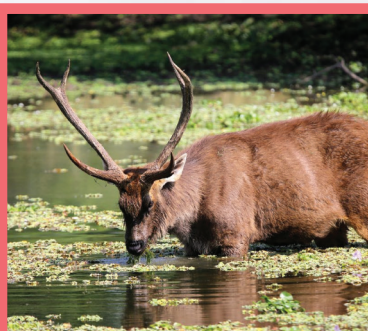
## **Upper Lake (Bhojtal)**

Sunset views and  
tranquil boat rides



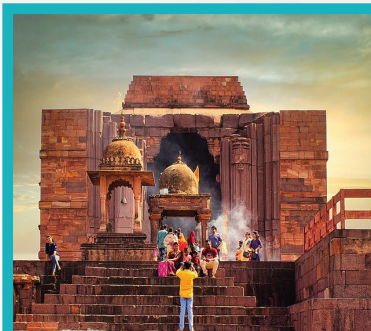
## **Tribal Museum**

An immersive Journey  
into indigenous cultures



## **Van Vihar National Park**

A green oasis for  
nature lovers



## **Bhojpur**

Town of historical and  
religious importance

## REGISTRATION FORM FOR OFFLINE MODE

Name

Designation

Age

Sex

Name of the Institute / College

IMS Membership Number (If Any)

Address

City

State

Pin Code

Country

Mobile No

Email ID

Registration Type ☐ IMS Member ☐ Non-Member ☐ Super Senior

Workshop Name

### ACCOMPANYING PERSON

Number of Person ☐ 01 ☐ 02 ☐ 03

Accompanying Person Name :

01

02

03

### REGISTRATION FEE

CATEGORY	TILL 31 <sup>ST</sup> JULY 2025	TILL 31 <sup>ST</sup> DECEMBER 2025	ON SPOT
MEMBER	RS. 12,980/-	RS. 14,160/-	RS. 16,520/-
NON-MEMBERS	RS. 14,160/-	RS. 15,340/-	RS. 16,520/-
SUPER SENIOR (>75 YEARS)	RS. 11,800/-	RS. 11,800/-	RS. 12,980/-
ACCOMPANYING PERSON	RS. 11,800/-	RS. 11,800/-	RS. 12,980/-

THIS REGISTRATION FEE INCLUDES 18% GST

ANY 2 WORKSHOPS WILL BE COMPLIMENTARY WITH REGISTRATION

### ACCOMODATION AT

**Courtyard by Marriott Bhopal**

Single: **Rs 10,030** per day (INCLUDES GST)  
Twin Sharing: **Rs 10,738** per day (INCLUDES GST)

### Check-in

☐ 26<sup>th</sup> Feb, 2026  
☐ 27<sup>th</sup> Feb, 2026  
☐ 28<sup>th</sup> Feb, 2026

### Check-out

☐ 27<sup>th</sup> Feb, 2026  
☐ 28<sup>th</sup> Feb, 2026  
☐ 1<sup>st</sup> March, 2026



**Pre-Conference  
Mahakal Darshan  
Rs 4000/-**



## **PAYMENT DETAILS**

PAYMENT MODE :-	NEFT/RTGS
BANK NAME	
UTR NO	
DATE	
TOTAL AMOUNT PAID	
AMOUNT IN WORDS:	

## **CANCELLATION & REFUND POLICY**

**Requests for Cancellation / Refunds must be emailed to the [imscon2026@gmail.com](mailto:imscon2026@gmail.com)**

- Case to case basis, if cancelled before 31st December 2025
  - No refund will be made for the requests sent after 31st December . 2025.
  - GST / bank charges/ online charges will be non-refundable.
  - Registration is not transferable.
  - Refunds will be made one month after conference completion.
- Refund of payment will be processed through bank transfer only.

### **ACCOUNT DETAILS**

BANK NAME :	ICICI BANK
ACCOUNT NAME :	BHOPAL MENOPAUSE SOCIETY CONFERENCE 2026
ACCOUNT NUMBER :	118901001826
IFSC :	ICIC0001189
BRANCH :	LALGHATI BHOPAL
PAN :	AAFAB2029Q

In case of offline registration,  
please mail photo of filled registration  
form and payment receipt to

Mail ID: [imscon2026@gmail.com](mailto:imscon2026@gmail.com)  
or

**Whats App:**  
Dr. Supriya Hajela: +91 97175 22279  
Dr. Sarla Jain: +91 98260 54190

**Any Query Related to Registration**

**Bhoopendra Thakur**

Ph: 9770011070

Email: [chikitshaevents@gmail.com](mailto:chikitshaevents@gmail.com)

## Conference Secretariat

Email: [imscon2026@gmail.com](mailto:imscon2026@gmail.com)

### Manisha Hospital

A-8, Gomti Colony, Nehru Nagar Bhopal 462003

SCAN QR FOR  
ONLINE REGISTRATION



OR

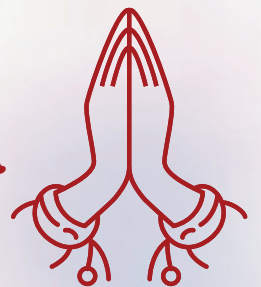


CLICK HERE  
TO REGISTER **NOW**

[www.imscon2026.com](http://www.imscon2026.com)



आप सभी का स्वागत है दिल से..



Conference Managed by

**Chikitsa**  
Event  
Professional Conference Organiser

**Bhoopendra Thakur**

Project Head

Chikitsa Events

Behind Capital Mall, Bhopal

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