

LUCKNOW MENOPAUSE SOCIETY

Activity Report

18th feb 2024 - 18th august 2024

President - Dr Naini Tandon

Secretary – Dr Sangeeta Mehrotra

MEMBERSHIP DRIVE

47 NEW MEMBERS MADE IN 6 MONTHS

4 PHYSICAL CME

- 10th march – Topic – **Approach to breast problems what a gynaecologist should know?**

- in association with APGL

10th May –Topic- **Navigating Transition in Mid Life**

in association with Tender Palm Hospital

8th June - **Know Your Bones** – Alkem Cme

10th August - **Implementing MHT** – Abbot cme



LUCKNOW MENOPAUSE SOCIETY
Certainly invites you to a CML on

MASTER CLASS ON MENOPAUSE HORMONE THERAPY

10-AUG-2024 3:00 PM - 5 PM
 VENUE: HOTEL CLARKS

TOPIC 1	SPEAKER	
Unveiling Truths in Recurrent Pregnancy Loss	Dr. Sangeeta Mehrotra Abbot session 10 minutes	
TOPIC 2	SPEAKER	CHAIRPERSON
Guest Lecture Implementing MHT	 Dr. Maeta Singh Past President IMS	Dr. Vineeta Das
	 Dr. Deepa Kapoor	Dr. Uma Singh
	 Dr. Sangeeta Mehrotra	Dr. Deepa Kapoor

Session will be preceded by Lunch 2 pm - 3 p



Presidential Webinars and Dancercise

16th July - **MHT decoded** – Dr Naini
participated as chairperson

6th August – **Reversing Aging**
Dr Naini , Dr Sangeeta Mehrotra
Discussants on Sarcopenia

28th july- **Host for Dancercise** –Dr Apeksha
Vishnoi performed the dance steps



Sunday's with
Indian Menopause Society

DANCERCISE (S2)-EP 22

IN ASSOCIATION WITH LUCKNOW MENOPAUSE SOCIETY

DATE : SUNDAY, 28th July '2024

TIME : 7:00 AM- 8:00 AM

CONVENOR

DR. ANJU SONI
PRESIDENT
IMS 2024-25

DR. BIPASA SEN
HON. SECRETARY
IMS 2024-25

DR. ARCHANA DWYVEDI
IMS WEBSITE COMMITTEE
CHAIRPERSON

DR. RENU MEENA
YOGA EXPERT
O&G SMS

DR. APERKSHA VISHNOI

DR. NAUNI TANDON
PRESIDENT
IMS

DR. SANGEETA MEHROTRA
SECRETARY
IMS

Indian Menopause Society (IMS) 2024-25
WELLNESS OF WOMEN, T.C. & BOARDING & MORE

Fight the blues with fitness Clues
Join through- Zoom ID: 919 3548 3710 & Passcode: VALEST

Technical support by: Walter Bushnell Valest MICROGEST SMARTCAL

CONFERENCES

- **IMSCON 2024 PRAYAGRAJ**

Dr Yashodhara – speaker on Breast Screening

Dr Naini – speaker on PROGESTERONE IN MIDLIFE

Dr Sangeeta Mehrotra , Dr Deepa

panelist - Gynaecological issues in Midlife

Dr Asna - Panel moderator – Non hormonal Rx of Menopause

Dr Bina Tandon panelist – non hormonal rx of menopause

Dr Nisha Singh speaker for Cervical Cancer – Newer Developments

whole team participated In group dance for cultural prog

NZIMSCON 2024- FARIDABAD

Dr Sangeeta Mehrotra – panelist – MHT and osteoporosis

PUBLIC AWARENESS

- MENOPAUSE CAFÉ on AUB

Dr naini tandon- moderator

Dr Deepa kapoor -discussant

Dr Sangeeta mehrotra - discussant

CLUB 35+ LUCKNOW

more than 200 active members

Mrs Shiji from club35+ has been national quiz winner twice

Independence Day Programme

15th August 2024

- 78th independence Day was celebrated in association with lucknow obs & gynae Society, ISOPARB lk, IFS UP EAST flag hoisting and short cultural programme was arranged



LUCKNOW MENOPAUSE SOCIETY

(Affiliated to Indian Menopause Society)

Fit@Forty, Strong

Office of
Gyn

By the C

Chandrava

Manju Shu

Unita Das

Singh

