



# Indian Menopause Society



# Newsletter

Issue No. 2  
April 2025



# WOMEN FOR WOMEN

Breath, Believe, Bloom...,



# Committee Activity Reports



## What digital EDUCATION committee says ? How Asian women experience menopause:



- When it is menopause, one size doesn't fit for all. For Asian women, the transition into midlife comes with a unique set of symptoms, cultural expectations and reporting of, differ in meaningful ways from those of other racial and ethnic groups. Menopause is a universal biological process, the way it is experienced – physically, emotionally and socially – is shaped by culture, diet and healthcare.
- ***Common Symptoms : More Than Just Hot Flashes :*** Though VMS are the hallmark of menopause but research suggests Asian women may experience less frequently or report them differently compared to other community. A study published in BMC women's health (2023) found that postmenopausal women in China most commonly reported symptoms like fatigue, sleep disturbances, muscle and joint pain and mood swings. VMS were present but not the main symptom. Study of Women's Health Across the Nation (SWAN) a long term multiethnic study in the U.S → reported that Chinese and Japanese American women were less likely to report hot flashes than Black, Hispanic or white women could be because of cultural norms about discussing bodily discomfort.
- ***Cultural Perception and Symptom Reporting :*** In east and southeast Asian women menopause is a natural transition not a medical problem so there is under reporting. And they may try some herbal treatment or acupuncture to manage symptoms.
- ***South Asian vs East Asian women's Menopause Experiences :-*** Asian includes a wide range of ethnicities and cultures. East Asian reports less while South Asian encounter barriers. In 2010 qualitative study of Asian Indian immigrant women in U.S. found that many women were unfamiliar with the biological basis of menopause. Influenced by Diet, lifestyle, and socioeconomics.
- ***Nuance matters :-*** Asian women do experience menopause but their journey through is not dominant like the western narrative.
- ***Understanding the menopause transition for Asian women means acknowledging a spectrum of experiences across ethnic subgroups, social conditions & belief systems***

**Dr. NITA MISHRA**

# Local Society Activity Reports

# Rajkot Menopause Society

## IMS activities:

- ▶ IMS café webisode 17<sup>th</sup> April, Rajkot menopause society created an awarness video for urinary incontinence.
- ▶ Weekly uploading of videos made by IMS, Rajkot members on Rajkot menopause society Youtube channel
- ▶ 5<sup>th</sup> April , a CME on Urogynecology was conducted in presence of esteemed urogynec faculties – Dr. Ashish Jasani, Dr. Sunil Moteria, Dr. Sanjay Popat along with IMS members . It was attended by 35 doctors.



## IMS weekly Quiz Winners:

6 <sup>th</sup> April	hormonal changes in MHT	Dr. Meena Goyani , Dr. Dhiren Taraviya
20 <sup>th</sup> April	Management operations for GUS	Dr. Dipal Solanki
27 <sup>th</sup> April	GUS and associated conditions	Dr. Hema Patel

## Club 35 plus winners:

24 <sup>th</sup> April	urinary incontinence	1 <sup>st</sup> prize: Mrs. Freny Vora Runner up: Ami Kamdar
------------------------	----------------------	---



# Bharuch Menopause Society

## April -2025 activities

### 6<sup>TH</sup> April

Women Empowerment awareness was celebrated on 6th April at Vidhyadeep community centre for women. DEO- Bharuch- Mrs Swati Raol gave a detailed talk on importance of education to females in today's life. Dr. Bhavana stressed the importance of health, hygiene and diet in growing girls and adults. Lawyer Shardaben Mattu stressed on the rights of women. It was a wonderful eye opener seminar attended by 225+ students, staff and parents.

### • 14<sup>th</sup> April

- Haemoglobin and blood group detection camp was organized at a tribal village. 126 patients took advantage. Senior physician Dr. Zaveri gave a talk on "Importance of preventing anaemia". Patients having less than 9 gm% were given treatment free of cost for 2 months.

### • Quiz- 24<sup>th</sup> April

- 26 participants took part. Mrs Kanchan Agrawal was the winner.




क्या आपको  
हर समय  
**कमजोरी**  
या **थकावट**  
महसूस  
होती है?

इसका कारण  
**एनीमिया**  
हो सकता है

इसके बारे में  
और अधिक  
जानने के लिए  
फ्री हीमोग्लोबिन कैंप  
में अपना टेस्ट कराएं

# Surat Menopause Society



**IMS PRESIDENTIAL WEBSERIES**  
Every 1st Tuesday of Month

**Mantras for Aging Gracefully - Happy, Healthy & Agile**

Aging is not "Lost Youth", but a new stage of opportunity & strength. Aging is not an option for anyone, it is how gracefully we handle the process and how lucky we are as the process handles us. Make your choice to keep yourself Happy, Healthy & Mentally agile. Let's navigate through these Stories of golden oration by galaxy of stars of IMS world to learn how to age Gracefully.

**EPISODE -1** 1st April 2025 | 4.00-10:16AM

**National Office Bearer**

Dr Anita 3 Shah PRESIDENT, IMS	Dr Aarti Gupta VICE PRESIDENT, IMS	Dr Ragini Agrawal SECRETARY GENERAL, IMS	Dr Jyoti Jalawat TREASURER, IMS


**Local Organising Team**

Dr. Hemendra Kumar Sharma JT. TREASURER, IMS	Dr. Binul Shah JT. SECRETARY, IMS	Dr. Suchika Sharma PRESIDENT ELECT, IMS	Dr. Bipasa Sen EX. OFFICIOUS

**Moderators Of Sessions**

Dr. Ragini Agrawal	Dr. Ansa Sakshi

**Dr Anita Shah**  
President, IMS 2025-26



**DR PRADIP DALWADI**



**Menopause Society**  
**Surat**  
**Club 35+ Surat**  
In Association With  
**Vanita Wellness Centre**

**"Let's Bloom in April"**  
a session designed to make you look beautiful more than ever.

**19th April 2025 (Saturday)**  
04:00 PM to 06:00 PM

Venue: Vanita Vishram Campus, opp. Dhiraj Sons, Athwagate, Surat

- Self make-up
- Self Hair-styling
- Saree draping

Demonstration by  
**Ms Jagruti V Shroff**

First 10 members will get henna tattoo complimentary

Dr. Anita Shah President, IMS	Dr. Jagruti Desai President, IMS	Dr. Pradip Dalwadi Secretary, IMS	Dr. Dipati Patel Treasurer, IMS	Dr. Darpana Trivedi Dr. Debhaat JPG, IMS

**Team MSB 2024 - 2026**





# Surat Menopause Society

**PRESIDENTIAL WEBINAR**  
**MENOPAUSE FAIRY-**  
**SHARE YOUR EXPERIENCES WITH CREATIVITY**  
**ON**  
**TUE, APRIL 29, 2025 | 4PM-6PM (5<sup>TH</sup> TUESDAY)**  
**SLOGAN COMPETITION**  
**THEME -SAILING SAFELY IN THE TOUGH TIDES OF MENOPAUSE**

**ELIGIBILITY CRITERIA**  
**ALL MEMBERS (DOCTORS ONLY)**

  
**DR ANITA SHAH**  
PRESIDENT, IMS

  
**DR RAGINI AGRAWAL**  
SECRETARY GENERAL, IMS



**"Sailing safely through menopause -navigating hormonal storms with knowledge, balance, support, and empowered wellness choices"**

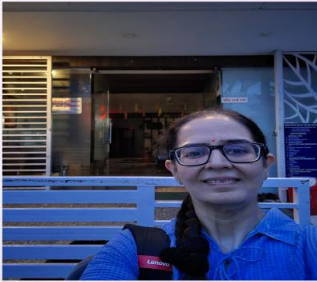
**Dr Yogeshkumar C Desai**  
**Surat**




## QUIZ WINNER



- QUIZ: 56
- 06-4-2025
- DR YOGESHKUMAR DESAI IS THE WINNER.
- TOTAL PARTICIPANTS: 16



- QUIZ:57
- SUNDAY:13-04-2025
- DR RITU GROVER IS THE WINNER
- TOTAL PARTICIPANTS: 17



- QUIZ 58
- SUNDAY,20TH APRIL 2025.
- DR BIRVA DESAI IS THE WINNER 🌸
- TOTAL PARTICIPANTS: 21



- QUIZ 59
- SUNDAY,27THAPRIL,25.
- DR YOGESH KUMAR C DESAI IS THE WINNER.
- TOTAL PARTICIPANTS: 21



# Bhopal Menopause Society

## Activity Report of Bhopal Menopause Society month of April

11/4/2025 : Safe Motherhood days on 11th April

1. Radio talk by our member Dr. Sarita Agarwal
2. Secretary of Bhopal Menopause Society Dr. Manisha Khare participated in programme on Safe Motherhood on 11th April on state TV channel on Doordarshan Madhya Pradesh DDMP

13/04/2025 Bhopal Menopause Society conducted a CME on 13th Sunday Topics discussed were

1. The new wonder molecule in Endometriosis. Speaker Dr Aradhana Gupta
  2. Approach to Isthmoplasty Speaker Dr Manisha Shrivastav
  3. Panel Discussion on topic : Physician Heal Thyself The Panelists were Renowned Psychologist of Bhopal, Dr Kakoli, Bureau head of Dainik Bhaskar newspaper, Dr Deepak Shash, Orthopedic Surgeon and Medicolegal expert, and Senior Gynaecologists We discussed the worrying trend of increasing suicides amongst doctors, also how to maintain Emotional wellness and keeping safe Medicolegally in an adverse event in the hospital. Event was attended by about 60 Gynaecologists and was well appreciated. Few pics of the same
- Event was covered by Dainik Bhaskar newspaper

15/04/2025 SLOGAN COMPETITION ORGANISED BY IMS WINNER FROM BMS DR. HEMLATA MANDLOI STOOD 3<sup>rd</sup>

TOTAL PARTICIPANTS 9

27/04/2025 DANCE EXERCISE ORGANISED BY IMS BHOPAL SOCIETY BEING THE HOST ALONG WITH GORAKHPUR SOCIETY



## BMS QUIZ WINNERS

DATE	TOPIC	TOTAL NO OF PARTICIPENT	WINNERS	PHOTOS
06/04/2025	HORMONAL CHANGES & MENOPAUSE	7	DR. RINKU BHASKAR	
13/04/2025	HORMONAL CHANGES & GENITO URINARY SYNDROME	7	DR. SUSHMA NIGAM	
20/04/2025	MANAGEMENT OPTIONS FOR URINARY SYNDROM IN MENOPAUSE	7	DR. SUSHMA NIGAM	
27/04/2025	GENITO URINARY SYNDROME & ASSOCIATED	5	DR. SUSHMA NIGAM	



# Jabalpur Menopause Society

22.04.2025 Condolences meeting for the victims of Brutal Pahalgam Terrorist attack was held on 27 th April 2025 at IMA Hall. Attended by IMA members & Jabalpur Menopause Society



Skit on HPV Vaccination – Dr Alka Agrawal, Dr kaveri Shaw, & Teams Participated



22.04.2025 Annual Cultural program done. JMS has active songs were sung, Mono act on Drug abuse was the highlight of the evening. y participated and performed Bharat Natyam, Katthak, Bhangra, Bollywood, Ghoomar. Poems were recited,



Cervical cancer and Cervical have vaccine awareness talk at PM Shree Girls School



Cervical cancer & HPV Vaccine awareness talk at PM Shree Girls School, Garha by Dr Alka Agrawal



## JABALPUR MENOPAUSE SOCIETY



13.04.2025 QUIZ  
TOPIC  
Hormonal Menopause  
in MHT  
WINNERS  
Dr Roma S Nag



13.04.2025 QUIZ  
TOPIC  
Miscellaneous Questions  
on Topics so far covered  
WINNERS  
Dr Nisha Sahu



20.04.2025 QUIZ  
TOPIC  
MANAGEMENT  
OPERATIONS FOR GUS  
WINNERS  
Dr Nisha Sahu



27.04.2025 QUIZ  
TOPIC  
GUS & Associated  
condition  
WINNERS  
Dr Sulekha Dewani



# Greater Noida Menopause Society

## WELLNESS WEEKEND WEBINAR- MONTH OF MAY

- GREATER NOIDA MENOPAUSE SOCIETY PARTICIPATED IN WELLNESS WEEKEND WEBINAR EPISODE 5 ON 04/05/2025.
- THE FIRST PART OF THE SESSION INCLUDED AN INTERACTIVE SESSION FOCUSED ON DIET IN MENOPAUSE TRANSITION.
- IN THE SECOND PART DR RITU SHARMA , PRESIDENT GNMS INTRODUCED DR RAJASHOK SHETTY, FITNESS TRAINER, WHO MESMERIZED THE AUDIENCE WITH HIS INDULGING MEDITATION SESSION.

**WELLNESS WEEKENDS**  **Indian Menopause Society**

**WELLNESS WEEKEND EP-05**

IN ASSOCIATION WITH NOIDA AND HYDERABAD MENOPAUSE SOCIETIES

04<sup>th</sup> MAY 2025 TIME : 7:15 AM- 8:30 AM

**CONVENOR** **COORDINATORS**

				
DR. ANITA SHAH PRESIDENT IMS 2025-26	DR. RAGINI AGRAWAL SECRETARY IMS 2025-26	DR. BINAL SHAH JT SECRETARY IMS 2025-26	DR. SHUBHA SETHIA CHAIRPERSON PUBLIC AWARENESS & CLUB 35,IMS	DR. AMI MEHTA RAJKOT MENOPAUSE SOCIETY

**NOIDA MENOPAUSE SOCIETY** **FACULTY** **HYDERABAD MENOPAUSE SOCIETY**

					
DR. RITU SHARMA PRESIDENT NOIDA MENOPAUSE SOCIETY	DR. PINKY MISHRA SECRETARY NOIDA MENOPAUSE SOCIETY	RACHINA DALAL CLINICAL NUTRITIONIST	DR. RAJASHOK SHETTY FITNESS TRAINER	DR. SANDHYA DIXIT PRESIDENT HYDERABAD MENOPAUSE SOCIETY	DR. UMA DEVI SECRETARY HYDERABAD MENOPAUSE SOCIETY

Technical support by  **Walter Bushnell**  **Valest**  **MICROGEST EP**  **SMARTICAL**

## WINNERS OF QUIZ IN THE MONTH OF APRIL



Dr Tanya Verma  
Quiz date-06/4/25



Dr Smita Jugnu  
Quiz date-13/4/25



Dr Nitin  
Quiz date-20/4/25



Dr Archana Gupta  
Quiz date-27/4/25



# Raipur Menopause Society



**SARVODAYA HOSPITAL  
PUBLIC AWARENESS COMMITTEE  
RAIPUR MENOPAUSE SOCIETY  
IN ASSOCIATION WITH  
COLUMBIA INSTITUTE OF PHARMACY**

**Organizing  
PUBLIC AWARENESS PROGRAM**  
19/04/2025 @ 02:30 pm Venue: Seminar Hall, CIP

**OUR ESTEEMED EXPERTS**



**Dr. SUSHMA VERMA**  
Consultant & Director  
SARVODAYA HOSPITAL  
Vice President (ROGS)  
Imm Past President (RMS)  
Joint Secretary (CG IPS)

**TOPIC**  
HPV Infection :  
Know the Risk  
& Protect  
your Health



**Dr. HIMANI PUNSHI**  
Consultant  
SARVODAYA HOSPITAL  
Raipur

**TOPIC**  
Self breast Examination  
& it's advantages



**Dr. VINITA SINGH**  
Ad Professor, AIIMS  
Secretary AGE  
Executive Member  
(ROGS & Club 35+ RMS)

**TOPIC**  
Prevent to Protect :  
Gender-Specific  
Approaches to  
Cancer Prevention

**NEAR VIDHA SABHA, TEKARI**  
www.columbiaip.ac.in

**8109 888 999, 8109 777 888**



Raipur menopause society in association with vasudha care hospital did camp and public awareness at school ( to educate regarding adolescent health) to all the students ( boys and girls)as it's the need of the hour, on **24th April** from 11 to 3 pm. Involved topics for public awareness were -**menstrual hygiene, cervical cancer vaccination and safe sexual practices** by team members and other members of the society By **Dr. Phebe Masih** and **Dr. Parnita Baghel** (RMS members ) who are working at Vasudha Care Hospital, . camp and public awareness was very well conducted at Telibandha - **St. Xavier School, Labhandhi, Raipur** , for students of class 7 to 9th. The students were very inquisitive , receptive about the topics explained and the scientific details about the topics related was communicated very well. it was appreciated by School faculties also.





# Raipur Menopause Society

**RAIPUR MENOPAUSE SOCIETY**  
PRESENT  
**TWILIGHT CME**  
In Association with - Raipur Obstetrics & Gynaecology Society  
**Celebration Vaccination Week**  
**Genital Tuberculosis**

**SOCIETY ORGANISING TEAM**

Dr. Asha Jain  
President RMS

Dr. Shalini Jain  
Secretary RMS

Dr. Monika Pathak  
President ROGS

Dr. Anuradha Tibrewal  
Secretary ROGS

**Cordially Invite You For CME**

TOPIC	SPEAKER	CHAIRPERSON
Genital Tuberculosis	Dr. Tripti Nagaria	Dr. Rajni Sao Dr. Subuhi Naqvi Dr. Palak Gauri
Role of Elagolix in Endometriosis - Evidence to experience in Ilatab	Dr. Rajni Sao	Dr. Tabassum Dalia Dr. Chetna Ramani Dr. Sanjana Khemka Dr. Samita Das
Newsletter March Month	Dr. Vinaya Maiskar Dr. Rashmi Vats	
Panel Discussion - Management of Genital Tuberculosis	Moderator : Dr. Asha Jain Panel Expert: Dr. Jyoti Jaiswal	Panelists : Dr. Sushma Verma Dr. Reema Dhillon Dr. Rashmi Vats Dr. Sunita Kanoi Dr. Atiya Raja Dr. Joffi Chacka Dr. Madhuprita Agrawal Dr. Ishpreet Kaur
MOC	Dr. Ritu Shilp Verma	
Vote Of Thanks	Dr. Rashmi Vats	

**26<sup>th</sup> April 2025 (Saturday) | 03:30 PM - 05:30 PM**  
**Venue - Triton Hotel Raipur CG**  
Sponsorship - Ajanta Pharma Ltd (Valensia) Makers of - ILTAB 150/200



Dear mam / sir Raipur menopause society in association with **Saubhagya Hospital** on **28<sup>th</sup> April** organized a camp and public awareness activity at Saubhagya hospital . Time- 11Am to 2 pm #Hb/ Blood Sugar/thyroid function test were done free of cost. few medicines were also distributed free of cost.Public awareness talk on metabolic health and importance of exercise in our lives, role of intake of protein,iron, calcium, vitamin D ,and micronutrients in our diet for our health were shared with the people.22 people attended the public awareness talk with us.and 25 people undergone various test in which 8 people were found anaemic. 7 people came out diabetic and 3 people had thyroid disorders.it was very nice program according to the feedback of people.kindly acknowledge.

Regards

Dr. Asha Jain    Dr. Shalini Jain    & Team RMS  
President RMS    Secretary RMS



## Winners of IMS weekly quiz held on Sunday in April- 2025

Date- 06.04.2025

Quiz No.- 56

Topic- Hormonal Changes in MHT

Winner- Dr. Rakhi Sachdev



Dr. Ritu Jain

Date- 13.04.2025

Quiz No.- 57

Topic- Urinary Problems in Menopause

Winner- Dr. Prabhdeep Kaur



Dr. Prabhdeep Kaur

Date- 20.04.2025

Quiz No.- 58

Topic- Management Options for GUS in Menopause

Winner- Dr. Mridula



Dr. Mridula

Date- 27.04.2025

Quiz No.- 59

Topic- GUS and Associated Conditions

Winner- Dr. Ritu Jain



Dr. Ritu Jain

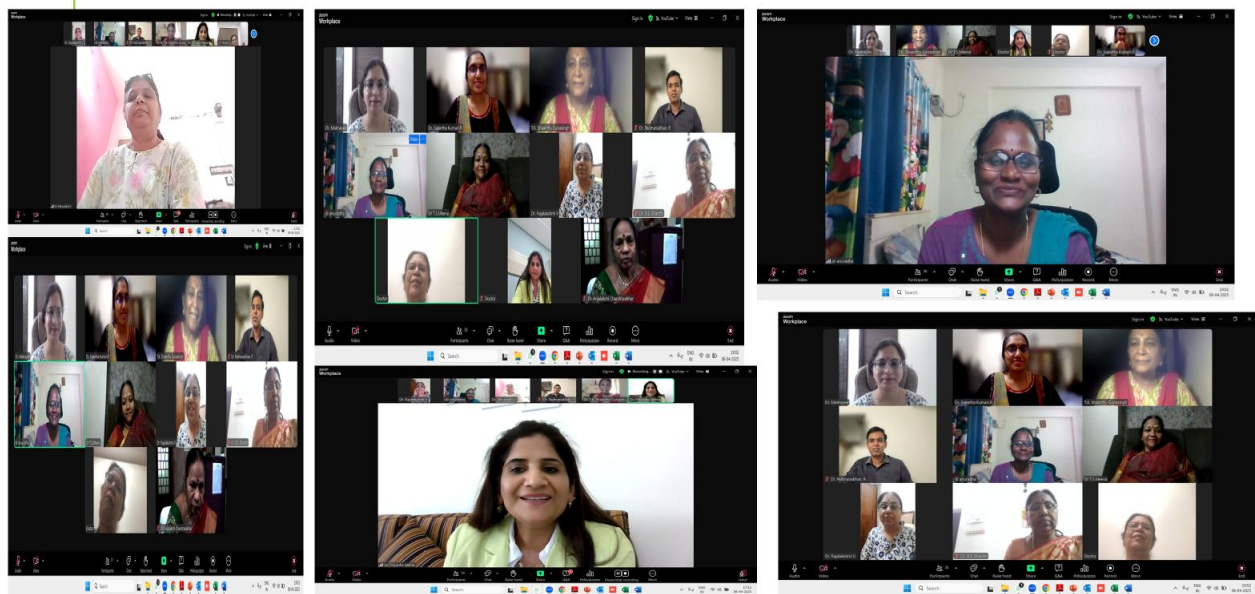


# Chennai Menopause Society

DOCTOR PUBLIC SOCIETY INTERACTIVE SESSION WITH CHENNAI MENOPAUSE SOCIETY  
MENOPAUSE PELVIC FLOOR AND CONTINENCE  
AWARENESS PROGRAMME HELD AT VINITA HOSPITAL EDUCATIONAL CMES ON APRIL 12 TH

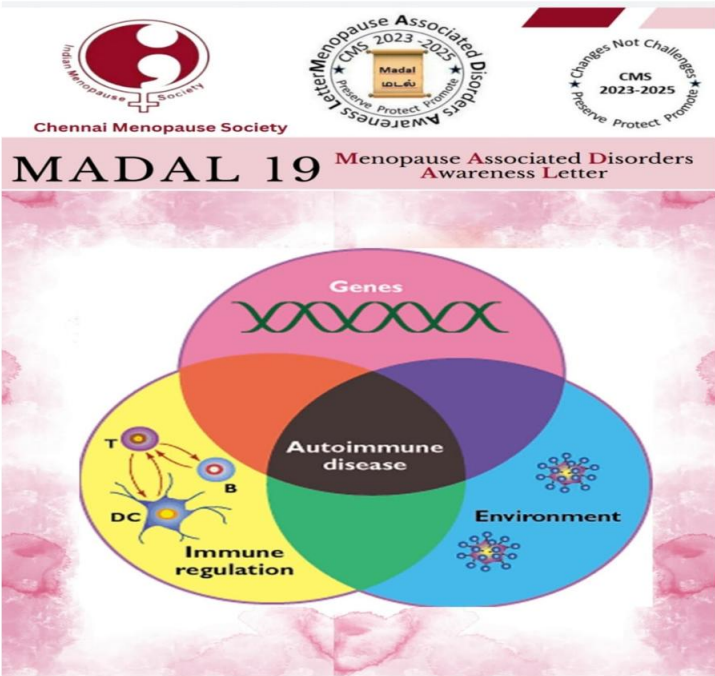


## WEBINAR ON AUTOIMMUNE DISORDERS IN MENOPAUSE





# Chennai Menopause Society

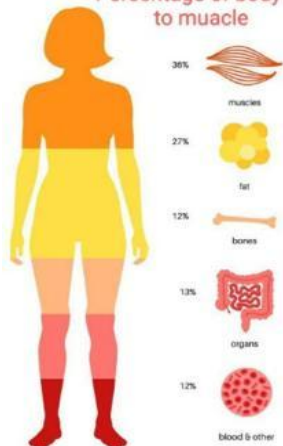


## QUIZ WINNERS

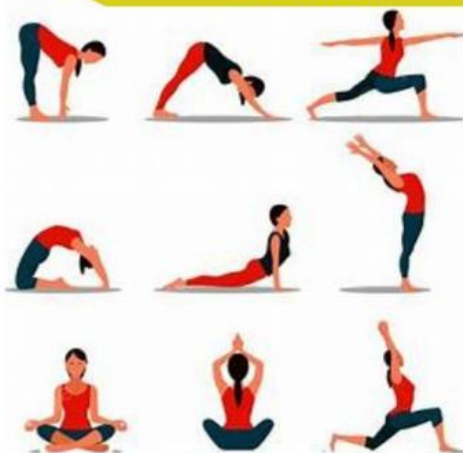


## Female body Composition

FEMALE BODY COMPOSITION  
Percentage of body fat  
to muscle



## Stretching exercises for flexibility



## Cardiovascular



Increase your blood flow and stamina

Percentage of body fat to muscle

Ability to move easily through a full range of motion

## Skeletal Muscle Strengthening

## Endure Training



Ability to exercises for a long period of time



Skeletal Muscle Strengthening

# 5

## Points

## of

# Fitness in midlife at 40 & beyond

DR. NAISARGI PATEL  
MBBS DGO DNB DCQ FICOQ CTMP





# Awareness Program

**"CONDUCTED CERVICAL CANCER AWARENESS, VACCINATION AND BLOOD CAMP AT ADARSH SCHOOL PATAN, GUJARAT. APPROXIMATELY 150 GIRLS (9-14 YR) RECEIVED HPV VACCINE SECOND DOSE."**





## ▪ WATERMELON MOJITO

This refreshing summer drink keeps you hydrated & energetic in hot scorching summer.

To make watermelon mojito, take 100ml of watermelon juice (freshly made).

Add few fresh crushed mint leaves.

Add lemon juice, 1 table spoon or according to your taste.

Add 1/4th teaspoon of salt, 1/2 teaspoon of chaat masala and ice cubes.

You can also add sugar into it, if you want a sweet drink.

Top it up with 100 ml of soda and ice cubes . Enjoy your cool summer drink !



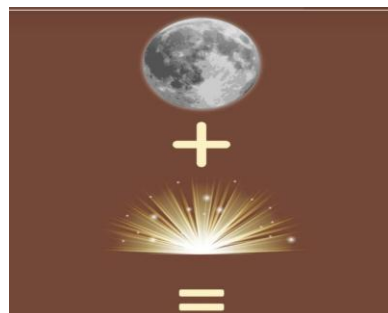
# IMS Newsletter Quiz

## GUESS THE WORD

[1]



[2]



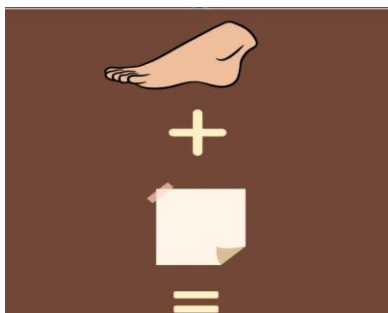
[3]



[4]



[5]



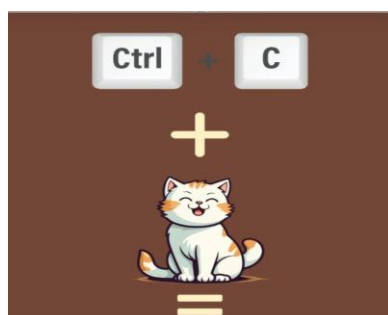
[6]



[7]



[8]



Answer Key will be in Next Issue of Newsletter  
(Issue 3 – May)

# Local Society Activity Reports



**Request to all Presidents & Chapter Secretaries to encourage your Members to visit The IMS Website: [www.indianmenopausesociety.org](http://www.indianmenopausesociety.org)**

- Please send brief report of your activities with 3-4 good Pics to  
**[activityims@gmail.com](mailto:activityims@gmail.com)**
- Please send Membership Form and Message regarding Membership to Mail ID  
**[imsmemberships@gmail.com](mailto:imsmemberships@gmail.com)**
- Mail ID for General Communication and Messages to IMS  
**[indianmenopausesociety2020@gmail.com](mailto:indianmenopausesociety2020@gmail.com)**
- Mail ID for Any Financial Communication and Messages to IMS Finance Committee  
**[indianmenopausesocietyfinances@gmail.com](mailto:indianmenopausesocietyfinances@gmail.com)**

***Paresh Patel***

*Office Assistant*

*Indian Menopause Society*

**Mobile: 99496 21094 / 92284 63105**

**E-Mail Id: [indianmenopausesociety2020@gmail.com](mailto:indianmenopausesociety2020@gmail.com)**