



Indian
Menopause Society



Newsletter

Issue No. 3
May 2025



Yoga in Menopause

Dr Nita Mishra




The most significant event in a woman's midlife is the menopause transition it is linked with estrogen depletion. She Faces vasomotor and vulvovaginal symptoms, which can affect general well-being physical,& psychosexual health.

Menopause and postmenopausal health should be included in training programs for healthcare workers worldwide, according to a position statement produced by the European Menopause and Andropause Society. The declaration states that an evidence-based management curriculum should incorporate diagnosis, evaluation, and treatment. Because more women are living longer and more postmenopausal women are becoming a part of the global population, there is a pressing need for health care providers to be better prepared in caring for menopausal women. In 2021, women over 50 made up of 26% of all women and girls worldwide. According to the United Nations Department of Economic and Social affairs, this increased from 22% a decade earlier, highlighting the significance of menopause.

Homoeopathy, ayurvedic medicine, mindfulness stress-reducing therapy, cognitive behaviorual therapy, and other complementary and alternative therapies are just a few of the many non-hormonal, alternative, and complementary therapies that are currently available in the market to assist women in overcoming these symptoms. According to a comprehensive survey conducted in 2013, about 32.9% of menopausal women in the UK used complementary and alternative medicine and alternative practices and herbal remedies, isoflavones, evening primrose oil, and yoga. Determining the safety and efficacy of these practices requires the academic community to review the available data, which makes it imperative that they continue their investigation.

Yoga is a great way to rediscover our ability to “feel ourselves.” Yoga is a path that encompasses not only physical and mental discipline but also emotional and spiritual exploration. Yoga works wonders on the inside of the body in addition to toning and conditioning the outside. Long, lean muscles, good posture, better breathing, better sleep, improved digestion, better blood circulation, a relaxed nervous system, and a strengthened immune system are all the advantages of yoga practice. The ability to focus inward and block out external distractions will allow the brain to make room for what really matters. Meditating and practicing mental discipline have therapeutic benefits. Yoga is also an emotional journey. The goal of yoga is to awaken a person's innate joy and best attributes.^[10-13]

Regular yoga practice not only strengthens and stretches the body but also enhances the functioning of the digestive, endocrine, circulatory, and respiratory systems, according to scientific research. Yoga improves mental clarity and emotional stability. Asanas are slow, non-jerky movements of the ligaments, muscles, and joints that energize every part of the body and strengthen them scientifically. offer defense against osteoporosis, heart disease, and insomnia. enhancement of menopausal women's quality of life and confidence.



Women now live longer and experience menopause for the majority of their lives. As a result, controlling their perimenopausal and postmenopausal symptoms needs greater focus. Estrogen therapy has its own drawbacks despite being the most successful medication for managing menopausal symptoms. As a result, yoga has been applied therapeutically to treat illnesses and promote good health. Menopausal symptoms are thought to be selectively impacted by neuro-hormonal pathways. Yoga has been shown to lessen menopausal symptoms such as hot flashes and night sweats.[17] Jorge et al.[18] also found that individuals who practiced yoga had lower levels of luteinizing hormone (LH) and follicle-stimulating hormone (FSH). Furthermore, reports have indicated statistically significant reductions in menopausal symptoms, depression symptoms, stress levels, and greater quality of life scores. Furthermore, perimenopausal and postmenopausal women have shown notable improvements in total sleep quality.[19]

This systematic review attempts to address the following question: Is yoga an effective intervention for managing menopausal symptoms and quality of life in premenopausal, perimenopausal, and postmenopausal women.

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."





MENOPAUSE AND MOJO

“RECLAIMING, SEXUALITY AT MIDLIFE AND BEYOND”

Dr. Naisargi Patel
MBBS DGO DNB DCG FICOG CIMP

From Hormones to Harmony

Introduction : Menopause is a natural biological process, marking the end of menstruation. It normally occurs between 46 to 55 years of age.. it brings hormonal, physical, emotional, and sexual changes. Talking openly about sexuality during menopause helps to improve quality of life.

Hormonal changes : Decreased estrogen and progesterone affects many body systems, including the reproductive and nervous system that leads to vaginal dryness, hot flashes, sleep issues and mood swings. Neurotransmitter changes and swings their influence on mood and arousal.

Sexual changes during menopause: Decreased libido, vaginal dryness, or discomfort, changes in arousal and orgasm, body image issue

Emotional and relationship impact : Mood swings, and anxiety may reduce interest in sex, communication gaps with partners may arise importance of emotional intimacy and mutual understanding.

Managing sexual health in menopause : 1) hormone replacement therapy (consult your doctor). 2) lubricants and moisturizer for vaginal dryness 3) counselling or sex therapy 4) lifestyle changes

Communication and support : Talk openly with partner about changes and needs , Seek support from health professional, Join support groups or online community.

Myths and facts :

Myth: Menopause end sexual life.
life at post menopause

Fact-Many woman enjoy fulfilling sex

Myth: Vaginal dryness cannot be treated
available

Fact-Multiple effective treatments are

Conclusion: Menopause is a significant life phase, not the end of sexuality. Awareness, openness and care can improve sexual well-being .

Hormonal Health in midlife and beyond



Dr. Muthu Kumaran Jayapaul
MBBS MD(UK) MRCP(UK)
CCT (Endo & Int Med) FRCP(Edin)

After menopause, physiological systems such as the cardiovascular system and bone health undergo significant changes primarily due to the decline in estrogen levels. Estrogen decline leads to adverse changes in lipid metabolism, including increased total cholesterol (TC), low-density lipoprotein (LDL), and triglycerides, along with decreased high-density lipoprotein (HDL), raising cardiovascular risk. Menopause accelerates cardiovascular aging by impairing endothelial function, promoting oxidative stress and causing metabolic dysfunction such as insulin resistance and unfavorable fat redistribution. These changes contribute to structural alterations in coronary arteries and increased risk of atherosclerosis, hypertension and coronary heart disease.

Women who experience menopause at a younger age have a higher risk of cardiovascular disease later in life. Lifestyle factors such as healthy diet, physical activity and managing chronic conditions are critical to reducing cardiovascular risk post-menopause. Women can lose 1% to 2% of bone density per year after menopause, potentially losing 25% or more overall, increasing the risk of osteoporosis and fractures. Bone mineral density decreases notably in the lumbar spine, femoral neck, and other critical sites, correlating with increased levels of follicle-stimulating hormone (FSH) and luteinizing hormone (LH). Osteocalcin, a marker of bone turnover, is affected by menopause and is linked to glucose and lipid metabolism, indicating the interconnections of metabolic and bone health.

Adequate calcium and vitamin D intake, along with lifestyle measures, are important to mitigate bone loss and fracture risk. In summary, menopause leads to increased cardiovascular risk through lipid and vascular changes and accelerates bone loss, heightening the risk of osteoporosis. These effects underscore the importance of monitoring and managing cardiovascular and bone health proactively in postmenopausal women

Stuffed vegetables Green Moog Dal Dhokla Recipe



Dr. Shaila Kiran Desai
MSS, SURAT.



Ingredients: we have to prepare three layers

1. for first layer :

- 250mg green moog dal chilka
- ginger chili paste - salt -pinch of Asofoetida (Hing)
- 1 teaspoonful oil
- pinch of baking soda
- half teaspoonful ENO

2. for second layer :

stuffing of vegetables

- 250gm green peas
- Bell paper green, red & yellow (diced)
- 100 gm sweet corn
- 100 gm carrot (diced)
- 100 gm paneer(diced)
- ginger chili paste
- salt

- lemon juice
- black paper

3. for third layer

- udad dal 1 cup
- rice 2 cups
- salt
- chili ginger paste
- sambhar masala (mango achar sambhar masala to sprinkle)
- 1/2 teaspoon ENO

4. to garnish the dish

grated carrot, Beet, Pomegranate, sweet corn, coriander leaves
& tadka of mustard seeds and sesame seeds

(Method) Recipe stage 1

1. soak green moog dal chika for 4-6 hrs in water, after 6 hrs wash it, do not remove green chilka

Grind it in mixer grinder and make smooth paste add salt, chili ginger paste, hing(asafoetida) pinch of sodabcarb. add 1/2 teaspoonful hot oil over it. mix it and keep aside

Stage 2

2.Take 250gm green peas,crush it and saute in 1 teaspoonful butter and oil, keep aside. take diced green,red, yellow bell paper, 100gm paneer (diced), 100 gm carrot(diced) and 100 gm sweet corn and boil it in hot water for 2-3 minutes

Now in pan take green peas,carrot,bell paper, paneer, sweet corn, add salt, green chili paste 1 teaspoon lemon juice, 1 teaspoon black paperpowder and mix it saute in butter (1 teaspoon) keep a side.

3.Take udad dal and rice soak for 4-6 hrs after that wash it, grind it and make smooth paste add salt,ginger chili paste, 1/2 teaspoon sodabcarb, 1 tea spoon hot oil mix it. keep aside

Now take idli maker,fill water in it, let it be hot.

now prepare Dhokla dish. first apply oil in dish. pour green dal mixture in it add 1/2 teaspoon ENO and hot water water. mix it . let it get steamed for minute. Then add vegetables stuffing material (2) over it. Make a layer of it steam it for 1 minute Then add udad dal mixture over it and steam it for 10-15 minutes. let it be little cool and pour tadka over it (mustard seeds, sesame seeds and coriander leaves)cut it in square pieces sprinkle mango achar sambhar. put it in dish.

garnish it with grated carrot,beet,sweet corn and pomegranate, coriander leaves as shown in picture.

Local Society Activity Reports

Calicut Menopause Society







WORLD HYPERTENSION DAY MAY 17TH



Calicut menopause society MAY 2025



IMS QUIZ WINNERS AND PARTICIPANTS May 2025

Date	Winner		Number of participants
May 4th	Dr Abhiram		45
May 11th	Dr Deepak		26
May 18th	Dr Neeraja		22
May 25th	Dr Deepak		25

Chennai Menopause Society

Key Activities – May 2025

1. CME & Semilive Workshop
Topic: Urogynae Issues in Menopause
Venue: Chengalpattu Medical College
Date: May 3, 2025
Attendees: 68

3. CME – Sensitisation of Medical Students
Venue: Thiruvallur Medical College
Date: May 24, 2025
Attendees: 25

5. TV Appearance – News 7 YouTube Channel
Topic: Menopause & Mental Health
Date: May 7, 2025

2. Public Awareness Activity
Topic: Pelvic Floor Health
Venue: Chengalpattu Medical College
Date: May 3, 2025
Attendees: 100

4. TV Appearance – News 7 Channel
Topic: Menopause & Cancer Awareness
Speaker: Dr. Meera Ragavan
Date: May 23, 2025

6. Webinar
Topic: Menopause & Nutrition
Date: May 11, 2025

7. Weekly Midweek Quiz

Engaging members with knowledge-based quizzes throughout the month

Chennai Menopause Society
Significance of Nutrition in Midlife and Beyond

Date: 14th May 2025 (Wednesday) **Time:** 4:30 PM to 6:30 PM

Chief Guest	Guest of Honor
 Dr. Anita J Shah President, IMS	 Dr. Cynthia Alexander Former Director, IGC, Chennai
Welcome Address	Office Bearer
 Dr. T.K. Shashy Gnanalingh President, CMS	 Dr. Meera Ragavan Secretary, CMS
Scientific Session - 1	
Chairpersons	
 Dr. Randeep A Thakkar Academic Head, Mehta Hospitals, Chennai	 Dr. S Sreeta Life Member, CMS
Topic-1: Common nutritional disorders in postmenopausal women	
 Dr. Aditi K Consultant, Dept. of Internal Medicine, Dr. Mehta Hospitals	

Topic-2: Role of micronutrients in midlife women


Dr. Meera VV Raghavan
Secretary, CMS

Topic-3: Skin and Hair changes in Nutritional deficiency in Midlife and beyond women


Dr. Satish R Narayanan
Prof & Head, Dept. of DVL, Vels medical College

Scientific Session - 2

Chairpersons


Dr. V Madhulini
Past President, DGSS


Dr. Ramesh Rao
Menopause Clinic, Chennai

Dialogue

Topic: Nutritional advice for women - mid life and beyond


Dr. Palanisappan Manickam (Dr Pal)
Gastroenterologist, Health Advocate,
Media personality, Sacramento USA


Dr. Shrey Sundaram
Founder Partner -
Art of Eating Clinic

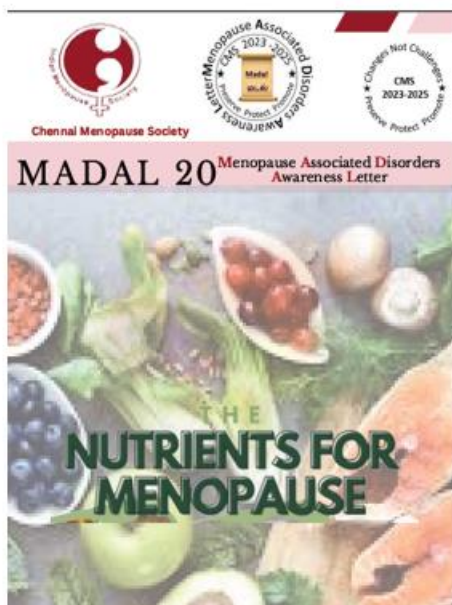
MOC


Dr. Meera Maha Ragun
Secretary, DGSS

Vote of Thanks


Dr. R Premalatha
Past President, DGSS

Chennai Menopause Society



		
Programme Schedule		
Time	Topic	Faculty
10.00-01.15 AM	Welcome address	Dr R Fathima Hasan HOD,ObGyn,Thiruvallur GMC
	Invocation & Lighting of Kuthu Vilakku	
	OGSSI Prayer	Dr Meenakshi Sundaram Treasurer,OGSSI
	CMS Prayer	Dr S Rajasri Adv Comm Member ,OGSSI
	Inaugural Address	Dr J Revathy MD,DA Dean ,Thiruvallur GMC Dr Suresh Babu MS MCh Med Superintendent,Thiruvallur Dr Rajkumar RMO,Thiruvallur GMC
Chairpersons: Dr Kavitha D		
10.15-10.25 AM	STRAW Classification	Dr Sharumathy B
10.25-10.55 AM	Premature Ovarian Insufficiency – Implications & solutions	Dr Preet Agarwal Dr Meena M
10.55-11.00 AM	Audience interaction	
Chairpersons : Dr Vinodhini P		
11.00-11.50 AM	Preparing for a healthy Midlife Lead: Dr Shaanthi T K Gunasingh President,CMS Dr Meera V V Ragavan Secretary CMS	Experts Dr R Fathima Hasan Dr A Geethalakshmi Dr Rajasri S Dr M S Arun M S (Ortho) Dr Preetha G
11.50 -12.20 PM	HPV Vaccination- Bursting myths	Dr M G Dhanalakshmi
12.20-12.50 PM	Quiz-HPV Vaccination	Dr Arvinth Santhosh Dr Priya Kannappan R
12.50 -01.00 PM	Prize Distribution & Valedictory	Dr Arvinth Santhosh
Master of ceremony :Dr Meenakshi Sundaram Floor Coordinators:Dr Sowmiya		
		

Chennai Menopause Society



GOVERNMENT CHENGALPATTU MEDICAL COLLEGE
Cordially invites you to the

CHENGALPATTU HANDS ON PRACTICAL SKILLS WORKSHOP

CME AND WORKSHOP PROGRAMME

Venue : New Central Lecture Hall
Time : 9 am to 3 pm
Date : 3rd May, 2025

PRESIDED OVER BY

PROF. DR. G. SIVASANKAR
MS., MCH., DEAN, CMCH

PROF. DR. S. JOTHIKUMAR
M.S., M.CH., MEDICAL SUPERINTENDENT, CMCH

PROF. DR. A. ANITHA
M.D., DCH., VICE PRINCIPAL, CMCH

DR. G. THENMOZHI
MD OG, Professor & HOD, CMCH

DR. S. MUGUNDHAN
D, DIAB, RESIDENT MEDICAL OFFICER, CMCH

20:55 55%

CME PROGRAMME

CHAIRPERSONS
DR. THENMOZHI
MD OG, Professor & HOD, CMCH
DR. M. MEENA
MD, DGO, DNB, MRCCOG, FAGE, MNAMS, FRCOG, Associate Professor OBG, CMCH
DR. R. PRIYA
MS OG, Associate Professor OBG, CMCH

SPEAKER
DR. MEERA V V RAGAVAN
MD MNAMS FRCOG

COORDINATORS
DR. MEERA V V RAGAVAN
MD MNAMS FRCOG

9:00 AM - 9:30 AM
Introduction and Scientific basis of episiotomy repair
Dr. MEERA V V RAGAVAN

9:30 AM - 10:00 AM
Obstetrics anal sphincter injury
Dr. MEERA V V RAGAVAN

10:00 AM - 11:00 AM
Demonstration of episiotomy repair on lambskin
Dr. MEERA V V RAGAVAN

11:00 AM - 1:00 PM
Demonstration of obstetric anal sphincter injury on lambskin
Tension free vaginal tape (TVT)
Trans obturator tape (TOT)
Dr. MEERA V V RAGAVAN

1:00 PM - 2:00 PM LUNCH

2:00 PM - 3:00 PM
JOGO CLINIC
Public awareness on pelvic floor physiotherapy

Design Elements Text Gallery Bra

CME PROGRAMME

CHAIRPERSONS
DR. G. THENMOZHI
MD OG, Professor & HOD, CMCH
DR. M. MEENA
MD, DGO, DNB, MRCCOG, FAGE, MNAMS, FRCOG, Associate Professor OBG, CMCH
DR. SRIKALA PRASAD
MD OG, HOD
DR. MEERA V V RAGAVAN
MD MNAMS FRCOG

DR. M. THANGAMANI
MD OG Professor OG, CMCH
DR. R. PRIYA
MS OG, Associate Professor OBG, CMCH

COORDINATORS
DR. SRIKALA PRASAD
MD OG, HOD
DR. MEERA V V RAGAVAN
MD MNAMS FRCOG

9:00 AM - 9:30 AM
Registration

9:30 AM - 10:30 AM
Introduction to Scientific principles of Episiotomy
Demonstration of episiotomy repair
Dr. M. Meena

10:30 AM - 11:00 AM
Inauguration

11:00 AM - 11:15 AM
Tea break

11:15 AM - 11:45 AM
Obstetrics Anal Sphincter Injury
Pubo-vaginal sling
Sacrospinous Coccygeal Vaginal Fistula Repair
Dr. Srikala Prasad

11:45 AM - 12:15 PM
Tension free Vaginal Tape (TVT)
Trans Obturator Tape (TOT)
Sacroscolopexy
Robotics Fistula Repair
Dr. Meera V V Raghavan

12:15 PM - 1:00 PM
Hands on training on episiotomy repair
Dr. M. Meena
Dr. Meera V V Raghavan

1:00 PM - 2:00 PM
Public awareness on Pelvic Floor
Physiotherapy
JOGO CLINIC

After 2 PM - LUNCH

Kanpur Menopause Society



On World's Hypertension Day on 17 May 2025 Kanpur Menopause Society organized a health Check up and awareness program .Around 50 premenopausal and postmenopausal women attended the program and their , weight and Blood Pressure was checked . 6 women were diagnosed to have hypertension ,They were counseled about the regular medication , follow-up and life style modification.

Kanpur Menopause Society co hosted the IMS Wellness Weekend on 23 May , 2025.

WELLNESS WEEKENDS

Indian Menopause Society

WELLNESS WEEKEND EP-08

IN ASSOCIATION WITH KANPUR & BELGAVI MENOPAUSE SOCIETIES

23rd MAY 2025 (FRIDAY) TIME : 7:00 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. ANVI MEHTA
PAST PRESIDENT
RAHOT
MENOPAUSE
SOCIETY

KANPUR MENOPAUSE SOCIETY

FACULTY

BELGAVI MENOPAUSE SOCIETY

DR. BRIAN PANDEY
PRESIDENT
KANPUR
MENOPAUSE SOCIETY

DR. SHALEET AGRAWAL
SECRETARY
KANPUR
MENOPAUSE SOCIETY

DR. SACHINA DALES
CLINICAL NUTRITIONIST

DR. RASHMI SHETTY
FITNESS TRAINER

DR. SHOBHIKA MISHRA
PRESIDENT
BELGAVI
MENOPAUSE SOCIETY

DR. ANITA DALAL
SECRETARY
BELGAVI
MENOPAUSE SOCIETY

Winners from Kanpur Menopause Society			
s.no	Date	Name of Winner	No Of Participants
1	4 05 2025	Dr.Madhu Saxena	11
2	11 05 2025	Dr.Sapna Singh	12
3	18 05 2025	Dr.Madhu Saxena	14
4	25-05-2025	Dr.Karishma Sharma	4



Dr. Madhu Saxena



Dr. Karishma Sharma



Dr.Sapna Singh

Lucknow Menopause Society

- **17TH MAY**- vibrant CME of lucknow society at clarks awadh with around 60 delegates as attendees.
- **Session1** - “ **Managing perimenopause Beyond conventional therapy** “. Talk by Dr Naini Tondon.
- **Session 2** – Panel Discussion on “**Recent Insights on Regenerative & Aesthetic gynaecology**”
Moderator – Dr Sangeeta Mehrotra
Dr Bhavana Khera
- Panelists – Dr Anupam Sharan, Dr Warija Seth , Dr Amrita Saha, Dr Sangeeta Arya , Dr Jagriti , Dr Kaustubh Srivastava
Extensive discussion was done on Genital Lasers & Radiofrequency , HIFEM , HIFU , PRP , EXOSOMES , SURGICAL VULVO VAGINAL REJUVINATION.



Gurugram Menopause Society

MAY 2025

- CME ON 28TH MAY 2025
- TOPICS- FERTILITY AFTER 40
- A TO Z OF WELLBEING DURING MENOPAUSE (PART-1)
- HIGHLIGHTS-
- INTERESTING QUIZS
- BIRTHDAY CELEBRATIONS
- ATTENDANCE 45- 50 MEMBERS



CLUB 35 AWARENESS SESSION ON 15TH MAY 2025

- TOPIC- TALK ON LIVING BEYOND MENOPAUSE
- MENTAL HEALTH GAMES
- FREE BMD TESTING
- MOTHER'S DAY CELEBRATIONS WITH CAKE CUTTING
- WELL ATTENDED BY 35-40 PEOPLE



IMS QUIZ WINNERS



QUIZ ON 04/05/2025
DR MADANJEET PASRICHA



QUIZ ON 11/05/2025
DR. SUNENA GOYAL



QUIZ ON 18/05/2025
DR. CHETNA BANSAL



QUIZ ON 25/05/2025
DR CHETNA BANSAL

Rajkot Menopause Society



TALK ON PREVENTION AND EARLY DETECTION OF COMMON FEMALE CANCERS .IMS WITH KUNDARIA CANCER FOUNDATION. 50 PATIENTS REGISTERED FOR MAMMOGRAPHY . 20 FEMALES FOR CO-TEST AND HPV VACCINE.

RAJKOT MENOPAUSE SOCIETY MAY 2025 REPORT



ON EVE OF MOTHERS DAY, IMS WITH MANGLAM HOSPITAL SCREENED 32 PATIENTS FOR BMD AND PAP SMEAR TEST.

*DR. HINA POPAT
DR. SHAILI MODY*

CME ON ABNORMAL PERIMENOPAUSAL BLEEDING, BONE HEALTH IN MENOPAUSE .22ND MAY 30 DELEGATES



RAJKOT MENOPAUSE SOCIETY
DR. HINA POPAT,
DR. SHAILI MODY.

WEEKLY QUIZ WINNERS OF IMS AND CLUB 35 PLUS

QUIZ NO.60 MIXED BAG 4 TH MAY	DR. AMI MEHTA
QUIZ NO. 61 PCOS AT MENOPAUSE 11 TH MAY	DR. DIPAL SOLANKI
QUIZ NO. 62 SARCOPENIA 18 TH MAY	DR. HEMA PATEL
QUIZ NO. 63 PREMATURE OVARIAN INSUFFICIENCY 25 TH MAY	DR. KARTIKEY SHASTRI

**WINNERS-
FRENY VORA, AMI KAMDAR.
CLUB 35 PLUS. THURSDAY,
URINARY INCONTINENCE.**

Surat Menopause Society



Quiz-60
Winner - Dr. Birva Desai
Total Participants – 24
Date - 4th May 2025



Quiz 61
Sunday, 11th May, 2025.
Winner - Dr Neeta Shah
Total Participants: 23



Quiz -62
Winner - Dr. Yogeshkumar Desai
Total Participants – 24
Date - 18th May, 2025



Quiz - 63
Sunday, 25th May, 2025.
Winner - Dr Shraddha Agarwal
Total Participants: 25



SOGS with MSS (Surat), celebrated "World Thalassemia Day" by performing Blood tests ,Thalassemia Detection Drive. 63 patients were tested out of which 4 were positive.



May 2025. Surat is the winner.
Total PAP Test, LBC, HPP - 46



Dr Jagruti Desai, President MSS, Conducted to " IMA & FOGSI HPV Vaccination training / Karnataka & Tripura .
Date - 29 May , 2025



Dr Jagruti Desai, President MSS, Conducted to " IMA & FOGSI HPV Vaccination training / East zone – Chhattisgarh.
Date - 30 & 31 May , 2025







Menopause Society Surat

In Association With
Society of Obstetric & Gynecology of SURAT

"Navigating Midlife through Mind, Body and Soul"

11th May 2025 (Sunday) Time: 09:00 AM to 01:00 PM

Venue: G NINE - Restaurant | Banquet | Rooms
 Gangani House, UM Road, beside Aagam Emporio, Vesu, Surat


 Dr. Anika Shah
 President, MSS


 Dr. Jagruti Desai
 President, MSS


 Dr. Pradip Dabwadi
 Secretary, MSS


 Dr. Dipati Patel
 Treasurer, MSS


 Dr. Kishika Desai
 President, SOGS


 Dr. Rutika Vekariya
 Secretary, SOGS


 Dr. Namasha Vaghela
 Treasurer, SOGS

Felicitation of CIMP Graduates 2025
 Felicitation of Quiz winners
 Distribution of IMS Digest.



Surat Menopause Society



CIMP Candidates 2025 Dr Kajal Mangukiya
Dr Mukti Rameshchandra Gandhi
Dr Princy Rajeshkumar Dudhwala
Dr Ritu Rishi Grover
Dr Shraddha Agarwal
Dr Sonam Kushal Parikh



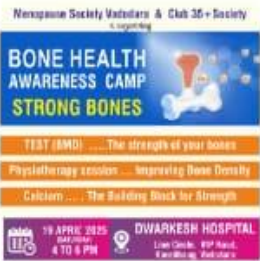
Dear IMS & CLUB 35 Surat Members
let's meet for our weekend Wellness
program @ Dr Raj Shetty's
AAYU CENTER for
WELLNESS MANAGEMENT
LEVEL 4 (ROOFTOP)
REGENT ARCADE
GHODOOD
23-5-25 6:45 am **FRIDAY**
Dress code
PINK or LIGHT BLUE TOP



Vadodara Menopause Society

MSV ACTIVITY REPORT MAY 2025

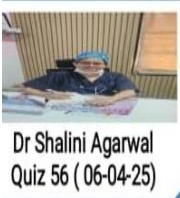
2 MAY 2025



Menopause Society Vadodara



Menopause Society Vadodara



Dr Shalini Agarwal
Quiz 56 (06-04-25)



Dr Sweta Shah
Quiz 57 (13-04-25)



Dr Kalpana Vaid
Quiz 58 (20-04-25)



Dr Maya Modi
Quiz 59 (27-04-25)

April 2025 Quiz Winners



Request to all Presidents & Chapter Secretaries to encourage your Members to visit The IMS Website: www.indianmenopausesociety.org

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

Paresh Patel
Office Assistant
Indian Menopause Society

Mobile: 99496 21094 / 92284 63105
E-Mail Id: indianmenopausesociety2020@gmail.com