

Newsletter



Issue No. 1 March 2025



THRIVING ON EVERY BEAT

Message by President



Heartiest congratulations dear Dr Nita Mishra, IMS Digital committee chair person for the release of 1st IMS News Letter of my tenure...

We all know very well that today in d era of Science & technology, a woman passes one third of her life in d post menopausal age. Menopause is not the end of life but beginning of new inning of life.

The slogan of our Indian Menopause Society is Fit @ 40

Strong @ 60 &

Independent @ 80.

We want that each & every midlife woman should remain healthy & happy, not only physically, but also mentally & spiritually...

So as a health care provider it is our moral duty to keep our knowledge up to the mark, so that we can offer better quality of life to our patients.

All our esteemed members are doing lot many CMEs, webinars, awareness programs...etc.

Through this News letter we will remain more connected & will definitely learn more & more...

Again all the very best....

Dr. Anita Shah President IMS 2025 – 26

Message by Secretary General



Warmest congratulations on the successful launch of our association's newsletter! Your dedication and expertise in bringing our stories and initiatives to life are truly commendable under guidance of our beloved President IMS Dr Anita Shah.

As we celebrate this milestone, I'd like to highlight a crucial aspect of women's health - menopause care. Menopause is a significant life transition that requires support, understanding, and proper care. It's essential for us to create awareness about the physical and emotional changes women experience during this phase. By providing resources, guidance, and a supportive community, we can empower women to navigate menopause with confidence and dignity.

Through our newsletter, we can share valuable information on managing symptoms, maintaining health, and promoting well-being. I encourage you to explore stories, expert insights, and personal experiences that can inspire and educate our members.

Thank you for your outstanding work, and I look forward to seeing the impact of our newsletter.

Best Regards

Message by Editor



Continuous learning should be the mantra in this fast-moving world. Be a student life time. Learning new technologies will help you in your profession, at public forum as well as machine learning. Digital learning has made the world very small, knowledge in any field you will get at your door steps. This has reduced the cost and offers benefit at both the end Dr. and Pt.

Digital education helps to keep us updated at anytime about anything and helps to broaden our knowledge. Indian menopause soc had taken an initiative to start a digital education committee ,it's my privilege to be a chair person of this committee will help me to satisfy my curiosity and machine learning.

ENQURING MIND WILL NEVER ATROPHY, BE A TECHNOSAVEY

DIGITAL EDUCATION COMMITTEE IMS WITH AHMEDAMENOPAUSE SOC HAD CELEBRATED INTERNATIONAL WOMEN'S DAY WITH VIEWS OF STALWARTS AND **MEMBERS OF CLUB35PLUS**

Presidential Address



Presidential Address

2025-26



Dr Anita Shah



IMS Team 2025-26



Dr Anita Shah President



Dr Arti Gupta Vice President



Dr Ragini Agarwal Secretary General



Dr Jyoti Jaiswal Treasurer



Dr Hephzibah Kirubamani Joint Treasurer



Dr Binal Shah Joint Secretary



Dr Sudhaa Sharma President Elect



Dr Anju Soni IPP



Dr Bipasa Sen Ex-Officio

Advisors for the Year 2025-26



Dr Jignesh Shah Ahmedabad



Dr Atul Munshi Ahmedabad



Dr Hara Pattanaik Cuttack



Dr Prakash Bhatt Surat



Dr Ambuja Choranur Hyderabad



Dr Suvarna Khadilkar Mumbai



Dr Ratnabali Chakraborty Kolkata



IMS Committee Chairpersons 2025-26

Dr. Ruchika Garg

JMH, Chief Editor



Advisory Board Dr. Jyothi Unni



Website Committee



International

Dr. Meenakshi Ahuja



Dr. Atul Munshi



Advocacy Committee Dr. Sunila Khandelwal Dr. Ratnabali Chakravorty



Dr. V. Padmaja



Fertility & Ageing Committee



Exam Committee
Dr. Ashwini Bhalerao Gandhi



Club 35+ Public **MHCC Committee Awareness Committee** Dr. Shashi Srivastava Dr. Shubha Sethia



Uro Gynec Committee Dr. Jaishree Gajaraj



Research Committee

Dr.



Aesthetic Health Committee



Digital Education Committee



Education Committee Dr. Lakshmy S.



Endocrine Committe Dr. Shobha Gudi



Oncology Committee Dr. Anjana Chauhan





IMS Past Presidents













































Total 52 Societies

- 1. Agra
- 2. Ahmedabad
- 3. Ajmer
- 4. Allahabad
- 5. Aligarh
- 6. Amritsar
- 7. Bengaluru
- 8. Belagavi
- 9. Bhagalpur
- 10. Bharuch
- 11. Bhopal
- 12. Calicut
- 13. Chandigarh
- 14. Chennai
- 15. Cuttack
- 16. Delhi
- 17. Dibrugarh
- 18. Faridabad

- 19. Gorakhpur
- 20. Gurugram
- 21. Guwahati
- 22. Gwalior
- 23. Hyderabad
- 24. Indore
- 25. Jabalpur
- 26. Jaipur
- 27. Jalandhar
- 28. Jammu
- 29. Jodhpur
- 30. Kanpur
- 31. Kolkata
- 32. Lucknow
- 33. Ludhiana
- 34. Madurai
- 35. Mumbai
- 36. Nagpur

- 37. Patiala
- 38. Patna
- 39. Puducherry
- 40. Pune
- 41. Raipur
- 42. Rajkot
- 43. Shimla
- 44. Surat
- 45. Udaipur
- 46. Vadodara
- 47. Varanasi
- 48. Vijayawada
- 49. Bhatinda
- 50. Greater Noida
- 51. Meerut
- 52. Nellore



Theme & Theme Logo for the Year 2025-26

Sailing Safe in Tough Tides of Menopause







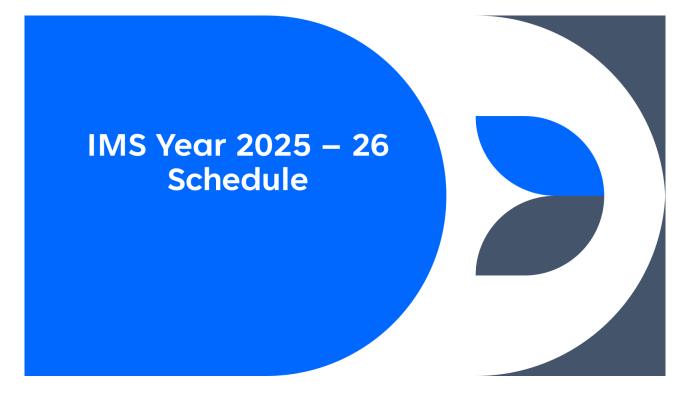


Mission 10k 10,000+ Strong IMS members

CIMP Examination & Renewal

- This year we are going to upload the list of Certified CIMP Doctors' on our website.
- As per CIMP Criteria You have to renew your CIMP Certificate every 5 Yearly.
- > This year we are going to upload the list from year 2021 to 2025.
- Those who have not renewed their certificate up till now, please renew it so that we can upload your name on our website.





"Wellness Weekends"

Sailing Safe in Tough Tides of Menopause

All Sunday Morning 7:00 AM to 8:00 AM

In charge:

Dr Binal Shah, Dr Shubha Sethia, Dr Ami Mehta & Dr Nita Mishra

- Holistic Mindfulness Workout...... 30 Min (Dr Raj Ashok Shetty – Fitness Trainer)
- Healthy Lifestyle by Clinical Dietitian 20 Min (Rachna Dalal – Dietitian)



Sunday WhatsApp Quiz

- Sunday WhatsApp Quiz will continue by our Quiz Committee Chair Dr Savita Tyagi.
- Annual National Quiz will be during IMSCON 2026 at Bhopal.



Presidential Webinars

- 1st & 3rd Tuesday from 4:00 pm to 6:00 pm by
 Dr Ragini Agrawal with Local Society involvement.
- 2nd Tuesday from 4:00 pm to 6:00 pm by Dr Arti Gupta & Dr Hephzibah Kirubamani with IMS Committee involvement.
- 4th Tuesday from 4:00 pm to 6:00 pm by <u>Dr Binal Shah &</u> <u>Dr Jyoti Jaiswal</u> with IMS Committee involvement.
- > 5th Tuesday Various Contests



> 5th Tuesday – Various Contests (For Doctors)

Coordinated by Dr Ragini Agrawal

On presidential Theme

- Slogan Competition (Personal Basis)
- Poster Competition (Personal Basis)
- Essay Competition (Personal Basis)
- > Skit Competition (Society Basis)
- ➤ Healthy Recipe for Menopausal Women



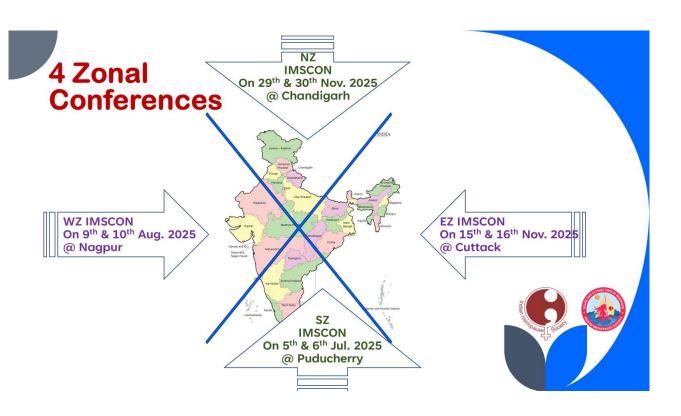
- Planning Various Physical CMEs
 - Mirror
 - Guffic Pharmaceutical
 - Jagsonpal
 - Pfizer
- MENOPAUSE CLINIC Establishment with FPAI (Family Planning Association of India)
- > Inner wheel Club



- Various Public Awareness programs by Dr Shubha Sethia, Chairperson, Public awareness Committee
- > Public Awareness program "Menopause Café" once in a Month



- Working on Election menopause
- Guidelines on Zonal/annual conference
- > This will also to be decided who will sit on Dias
- Guidelines for Becoming a Chairperson of any IMS committee
- Clinical Practice guidelines on Menopause Updates and Distribution of Hard Copy to CIMP Candidates
- ➤ Digital Newsletter Every Monthly / two Monthly (which will focus the activities of various Societies, Quiz winners, etc..)
- POISE Magazine 4 issues (Each one from Each Zonal Conference)



Zonal Conferences

We will involve various committee chairs for Workshops at Various Zonal Conference....

For Example,

North zone:

Dr Anjana Chauhan – Oncology Committee

Dr Jamuna Devi – Aesthetic Health Committee

Dr Meenakshi Ahuja – Website Committee

South Zone :

Dr Vanita Metgud - Fertility & Ageing Committee

Dr Lakshmy S - Education Committee

Dr V. Padmaja – Rural Committee



Zonal Conferences

We will involve various committee chairs for Workshops at Various Zonal Conference....

For Example,

West zone:

Dr Shubha Sethia – Club 35+ Public Awareness Committee

Dr Shashi Srivastava – MHCC Committee

Dr Nita Mishra – Digital Education Committee

East Zone :

Dr Jaishree Gajaraj – Urogynec Committee

Dr Reena Srivastava – Research Committee

Dr Shobha Gudi – Endocrine Committee



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APMF Representative from Indian Menopause Society



Dr Jignesh ShahCurrent
Representative



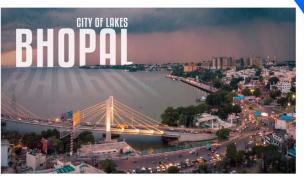


31st National Annual Conference of IMS

IMSCON 2026

- Will be Organized by Bhopal Menopause Society
- > 3rd Weekend of February 2026









Local Society Activity Reports

Agra Menopause Society

HPV Awareness & Vaccination Camp

· Organized by: AMS & SATH Members

· Venue: Arti Manoj Hospital

Date: 27th March 2025

• Highlights:

• 37 Free Vaccinations

45 Paid Vaccinations

• • Beneficiaries: Underprivileged Girls (Ages 9-14)



CME & Women's Day Celebration

• Date: 8th March 2025

• Event: CME + Women's Day Celebration

• Topics & Speakers:

• 1. Anaemia in Perimenopause – Dr. A K Gupta

 2. Mantras for a Successful & Flawless Life – Dr. Jaideep Malhotra



Ramp Walk & Cultural Showcase

- Event Highlight:
- • Ramp Walk featuring Indian Weaves & Culture
- • 35+ Members Participated
- • Fun-filled, Enthusiastic Program
- Members Won Fancy Dress Competition by IMS

Agra Menopause Society

IMS Fancy Dress Competition Results

• < 50 Years Category:

• 1st Prize: Dr. Swati Pathak, Dr. Neelam Rawat, Dr. Nidhi Mittal

3rd Prize: Dr. Bhawna Singh, Dr. Manisha Garg

• 4th Prize: Dr. Archna Singhal

50–65 Years Category:

2nd Prize: Dr. Kavita Bhatnagar

• 4th Prize: Dr. Gayatri Gupta

CME AND HOLI CELEBRATION

TOPIC- NEW DRUG FOR ENDOMRTRIOSIS ELAGOLIX -SPEAKER
 –DR ART GUPTA HOLI CELEBRATION WITH COLORS
 ,DANCE AND TRADITIONAL FOOD



Agra Menopause Society

Monthly Quiz Winners

• Quiz Series – March 2025

• 9th March – Winner: Dr. Itisri

• 16th March – Winner: Dr. Kavita Bhatnagar

• 23rd March – Winner: Dr. Kavita Bhatnagar

• 30th March – Winner: Dr. Itisri







Ahmedabad Menopause Societ

Participation in IMSCOM Kanpur National Conference The Conference

- Celebration of Women's Day with video by members on 8/3/25 by Digital education committee and MSA
- Participation in menopause Cafe



Installation Ceremony of MSA team for 2025- 27









Quiz Winner









Dr Naisa

Bharuch Menopause Society

MARCH 2025

27 participants took part in International Women's day celebration (3rd highest participation at All India level).

10 prizes out of total 28 prizes were bagged by Bharuch.

APRIL 2025

Women Empowerment awareness was celebrated on 6thApril 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.





Winners of 8th March competition

- DOCTORS GROUP
- 2ND PRIZE-
- Dr. Bhavana Sheth

• ------

<50 YEARS</p>

Kanchan Agrawal- 2nd prize
Mira Gandhi- 3rd prize
Dhara Vadia- 4th prize
Rashmi Patil- 5th prize

> **50 YEARS**

Nita Shah- 3rd prize Hema Shah- 4th prize Daksha Gandhi-5th prize Nita Joshi-6th prize Kalpna Patel-7thprize

Bhopal Menopause Society

Activity Report of Bhopal Menopause Society 21 Feb to March end

4 th March

Talk on Womens Health at Aryan institute of fashion designing by secretary Dr. Manisha Khare Bhopal Menopause Society under banner of Society, sharing pics of the same

7 th March Talk on Womens health at Star Health Insurance Company Office sharing pics of the same





8th March International Womens Day

1 Walkathon: - Celebrated international womens day to raise awareness about womens health and well being to promote healthier future for every women on with full enthusiasm as WALKTHON and ZUMBA

2.Cancer Awareness talk and talk on HPV vaccine at BSS Girls College by Dr Sarita Agrawal, member of Bhopal Menopause Society under banner of Society

& Talk at NRI Girls College on 28th March on HpV Vaccination. Both talks attended by lady teachers of college and students. Sharing pics of the same,

3. Fancy dress competetion arranged by IMS on womens day held by public awareness committee BMS got 4th price in above competition and total participants were 25. Few glimpses



BMS QUIZ WINNERS

DATE	TOPIC	TOTAL NO OF PARTICIPENT	WINNERS
16/03/2025	CONTRACEPTION OF MENOPAUSE	9	DR. ARADHANA GUPTA
23/03/2025	MENOPAUSE HORMON THEREPY	9	DR. JAYSHREE BEEDKAR
30/03/2025	RECENT DEVELOPMENTS	8	DR. JAYSHREE BEEDKAR

Gorakhpur Menopause Society

Gorakhpur Menopause Society celebrated its first annual function on 29th March 2025. 'Dr. Reena Srivastava oration' was given by Dr. Ragini Agarwal, Secretary Indian Menopause Society. Felicitation of 7 new CIMPs and cultural program was conducted. CME was attended by 54 attendees of Gorakhpur Menopause Society.



Gurugram Menopause Society

MARCH 2025



- CME with WOMEN DAY CELEBRATIONS ON 7th MARCH,2025
- TOPIC: BONE HEALTH IN MENOPAUSE
- FANCY DRESS COMPETITION
- CULTURAL WALK



- TOPIC: SUBCLINICAL HYPOTHYROIDISM IN PREGNANCYAND THE DILEMMA IN TREATMENT
- HOLI CELEBRATIONS AND CULTURAL PROGRAMME



WINNERS OF SUNDAY QUIZ



DR SUMAN BISHNOI (9.03.2025,16.03.2025)



DR PUSHPA BISHNOI (06.04.2025)



DR MADANJEET PASRICHA (30.03.2025)



DR RINKU NEGI (23.03.2025)

Jaipur Menopause Society

Menopause awareness session on HEALTHY SHE at JECRC university Jaipur on 27.03.2025. Session was attended by 250 students.











Blood donation camp at Shubham care hospital, Jaipur on 30.03.2025



रक्तदान शिविर में 63 यूनिट रक्त एकत्र



जवपुर | दिगंबर जैन सोशल ग्रुप गुलाबी नगर, सन्मति, जयपुर मीनोपॉज सोसायटी और दिगंबर जैन सोशल ग्रुप फेडरेशन राजस्थान रीजन के संयुक्त तत्वावधान में मानसरोवर स्थित शुभम केयर हॉस्पिटल में रक्तदान शिविर आयोजित किया गया। ग्रुप अध्यक्ष सुशीला विनोद बड़जात्या ने बताया कि सुमन ब्लड सेंटर के सहयोग से 63 यूनिट रक्त एकत्र हुआ। शिविर का संचालन संयोजक विनोद किरण झांझरी और चंद्रप्रकाश चंदा छाबडा ने किया।



Jaipur Menopause Society

Jaipur menopause society conducted a bone health camp on sixth of April at Jeevan Jyoti old age home on the auspicious occasion of Ram Navami Dr Sunila Khandelwal patron Jms, **Dr Madhulika Agarwal President** JMS, Dr Jaya Chaudhary vice president JMS, Dr Shailesh Jain Secretary JMS, Dr Niranjan Agarwal Senior physician, Dr Neel Agarwal orthopaedician ,Dr Aryan physiotherapist and sister Harshita were there



Under the leadership of Dr. Anju Soni past president IMS organized the launch of the IMS Digest for members of Jaipur menopause society on April 7, marking World Health Day. The event was graced by Mrs. Gayathri A. Rathore, Principal Secretary, Medical and Health Department, Government of Rajasthan,





विश्व स्वास्थ्य दिवस पर महिला स्वास्थ्य के लिए एक नया संकल्प आईएमएसजे डाइजेस्ट श्रृंखला का हुआ आयोजन



क्टर की अध्यक्ष डॉ अंज सोनी ने बताया विश्व स्वास्थ्य दिवस के अवसर पर आज हम

Kanpur Menopause Society

Installation of Dr Anita Shah as President IMS at
"30th National Conference of
Indian Menopause Society
IMSCON 2025, Organiesd by Kanpur Menopause Society
21st - 23rd February 2025, Kanpur



Kanpur Menopause Society





On the occasion of **International Women's Day, on 8th March 2025**, Kanpur menopause society organized a **heath checkup camp** for women. Around 85 women were screened for anemia, diabetes and cervical cancer by free Hemoglobin, RBS and pap smear testing.

Kanpur Menopause Society* celebrated World health Day, on 7th April 2025, by organizing a heath awareness program for women on the theme of Healthy beginnings - Hopeful Future. Around 95 women were sensitized for life style modification, regular exercise, importance of diet in prevention of Anemia, diabetes, hypertension and cardiovascular diseases.

IMS-SUNDAY QUIZ

Winners from Kanpur Menopause Society

s.no	Date	Name of Winner	No Of Participants
01	09- 03 -2025	Dr.Pratima Verma	13
02	16- 03- 2025	Dr.Rita Mittal	18
03	23 -03- 2025	Dr.Madhu Saxena	17
04	30- 03- 2025	Dr.Renu Gangwar	14
05	06 -04 - 2025	Dr.Madhu Saxena	13



Dr. Pratima Verma



Dr. Rita Mittal



Dr. Madhu Saxena



Dr. Renu Gangwar

Lucknow Menopause Society

- 25th MARCH Aapki Adalat Me MHT
 (Online cme with Nagpur Menopause society)
- 6th APRIL WEEKEND WELNESS (HOST SOCIETY WITH AGRA)
- 8TH APRIL IMS PRESIDENTIAL WEBINAR
 (WITH BELGAVI, ALLAHABAD)
 discussed endocrinology, evaluation of menopause,
 litigations in hysterectomy

Raipur Menopause Society

Dear mam/ sir We are pleased to share for conducting the public awareness activity.

by Raipur Menopause Society along with ROGS and FOGSI FOOD DRUG MEDICAL EQUIPMENT COMMITTEE

(Chairperson Dr Asha Jain) (FOGSI GSK session)

Organized on 8th March

for Bsc nursing students and health care workers. First talk was Deliberated by Dr Monika Pathak (President ROGS) on women's and girls vaccination .and panel was conducted on topic vaccination on women on scenerio and case based discussion for the benefit of target audience.

Moderator Dr Asha Jain Co moderator- Dr Shalini Jain List of Panelist from Raipur Menopause Society were- Dr. Monika Pathak Dr chetna ramani dr sunita kanoiDR. phebe masih dr Joffi chacko dr Sanjana Khemka Dr Aanchal Agrawal The Nursing staff and all the health workers enjoyed the session .

Thanks and Regards

Dr Asha Jain President RMS Dr Shalini Jain Secretary RMS



Dear mam/ sir We are pleased to announce the Women's Day Celebration activity by Raipur Menopause Society

20 Members participated in Fashion walk with State Specific Attire. Deliberated small talk about the state & personality they are representing. Fun Games were also organised.
List of Participants from Raipur Menopause Society were-

from north to south states of our nation INDIA was represented by all the members.

Total Participants were=20

State-wise Cultural Walk was done by Kashmiri - Dr. Sanjana Khemka Punjabi - Dr. Rashmi Sood Raiasthani - Dr. Sunita Kanoi Marwadi – Dr. Nisha Agrawal Gujarati – Dr. Pooja Kadhi Uttar Pradesh (UP) - Dr. Anshu Gupta Chhattisgarh (CG) - Dr. Rajni Sao Bihar - Dr Lalita Rao Bengali – Dr. Vinita Singh Bengali - Dr Pragya Suryawanshi Odisha – Dr. Anuradha Chowdhury Maharashtrian – Dr. Ritu Jain Paniabi - Dr. Nisha Jethani Karnataka – Dr. Paulami Dey Tamil Nadu – Dr. Manisha Sharma Kerala - Dr. Diksha Prakash



It was very Successful Event & a great Celebration of Women's Day. 🏂 🏂 The program was preceded by lunch everyone enjoyed.

Thanks and Regards

Dr Aaha Jain Dr Shalini Jain Team RMS

(president) (secretary)

Raipur menopause society got 5th position (for maximum no. of participants at national level)with 22 participants in fancy dress competition on women's day 8 th march 2025

Dr Saroj Naidu mam 2nd prize Fancy dress competition. mam club 35, above 50 yr category



Dr Sunita Kanoi mam 2nd prize in Fancy dress competition. below 50 yr .



Dr Ritu Jain mam 4th prize in Fancy dress competition. below 50 yr.



Raipur Menopause Society

Dear sir /mam Raipur Menopause society conducted

a very vibrant program of holi celebration. first welcome address was given by Dr Monika Pathak .then the talk on RH negative pregnancy and its complications was given by the speaker dr. Monica Pathak the session was chaired by Dr Shalini Jain Dr Anuradha Tibrewal and Dr Pragya Suryavanshi then the talk was followed by Panel- Management of Rh negative pregnancy complications -was moderated by *Dr Rashmi sood and Dr Ritu Jain the panelist were Dr Sushma Verma Dr Joffi chacho Dr Uma Tripathi Dr Anshu Gupta Dr. Puja Kadhi Dr Phebe Masih After the scientific completion of the program various fun games and various fun-filled activities were performed like *poetry recitation . various fun filled games like chair race, dumb charades and many other games were played and the dance of all the members was real fun. the very senior members of the society Dr Kiran Malhotra and Dr Manju Jaiswal enjoyed the program very much and they participated in the program very nicely and after that the holi celebration was done by flower petals and organic flower colours then the program was followed by high Tea . it was attended by 45 + members. over all the program was highly successful and we are really thankful for our members for active participation.

Regards

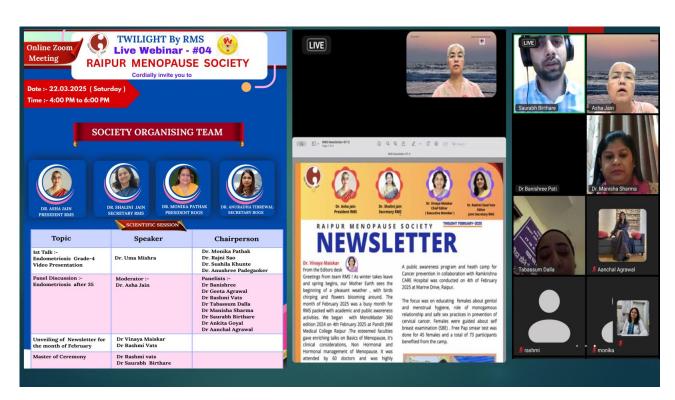
Dr Asha Jain **President RMS**

Dr. Shalini Jain Secretary RMS

The date of the celebration was 16 th March from 4 PM to 7 PM .and the blood group awareness program inauguration was done by our FOGSI President

Dr Sunita Tendulwadker Mam





Raipur Menopause Society

Winners of IMS weekly quiz held on Sunday in March - 2025

Date- 09.03.2025 Quiz No.- 52 **Topic-Immunization at** Menopause



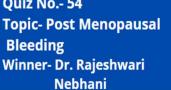
Winner- Dr. Rakhi Sachdev Dr. Rakhi Sachdev

Date- 16.03.2025 Quiz No.- 53 **Topic- Contraception at** Menopause Winner- Dr. Rajni Sao



Dr. Rajni Sao

Date- 23.03.2025 Quiz No.- 54 **Topic- Post Menopausal Bleeding**





Nebhani

Date- 30.03.2025 Quiz No.- 55 **Topic- Recent Devlopments** in MHT Winner- Dr. Ritu Jain



Dr. Ritu jain

Surat Menopause Society

THE DAY, 21ST FEBRUARY,2025, MARKS A MOMENTOUS OCCASION AS WE CELEBRATE THE INSTALLATION OF OUR ESTEEMED DEAR FRIEND *DR ANITA JAYANT SHAH*(PATRON,

MENOPAUSE SOCIETY SURAT)

AS THE **NATIONAL PRESIDENT OF INDIAN MENOPAUSE SOCIETY**AT IMSCON-2025,

30TH NATIONAL CONFERENCE, KANPUR. HER DEDICATION, VISION, AND UNWAVERING COMMITMENT TO WOMEN'S HEALTH HAVE BEEN TRULY INSPIRING.

THIS PRESTIGIOUS ROLE OF LEADERSHIP WILL BRING NEW DIMENSIONS OF PROGRESS, ADVOCACY, AND EMPOWERMENT FOR COUNTLESS WOMEN. HER PASSION AND EXPERTISE WILL UNDOUBTEDLY SHAPE POLICIES, DRIVE MEANINGFUL INITIATIVES, AND CREATE A LASTING IMPACT.

WISHING HER A GREAT SUCCESS IN THIS NEW JOURNEY. MAY HER TENURE BE FILLED WITH ACHIEVEMENTS, INNOVATIONS, AND POSITIVE CHANGE!

CONGRATULATIONS
DR JAGRUTI DESAI

DK JAGKUII DESA

PRESIDENT MSS
DR PRADIP DALWADI

SECRETARY MSS

DR DIPTI PATEL

TREASURER MSS

-TEAM MENOPAUSE SOCIETY SURAT(MSS)

2024-26

















Menopause Society Surat & Club 35 plus Celebrated International Women's Day on Saturday,8 th March 2025.

Dr Jagruti Desai gave welcome address and awareness talk on "Vaccination in Women".

Dr Anita Shah President IMS talked to all the members to get Cervical Cancer Screening and LBC HPV DNA testing, an excellent project launched by IMS.

On this occasion,*Felicitation of Dr Anita Shah,President IMS*,

Dr Prakash Bhatt, Advisor IMS

*Dr Sejal Naik Chairperson Endoscopy Committee Fogsi**was done.

Dr Prayas ,young Plastic Surgeon gave a talk on "Every Woman should look beautiful."

We are grateful to all the 13 enthusiastic participants for their variegated performances & 8 ରିପିଧାରୀ recited their amazing ଧାରେ on women empowerment. Gratitude to *Dr Sushma lyer*

for her special assistance in organising this event and to

Mahila kavya manch Surat.

Many many thanks to *Dr Tejal Shah and Dr Ashaben Bhatt* for anchoring the event.

*Dr Pradip Dalwadi**explained the importance of exercise in midlife women and delivered Vote of Thanks.





DEAR FRIENDS,

MENOPAUSE SOCIETY SURAT(MSS)

& CLUB 35 PLUS CARRIED OUT ACTIVITY ON SATURDAY, 22 ND MARCH 2025.

DR JAGRUTI DESAI GAVE WELCOME ADDRESS.

DR ANITA SHAH PRESIDENT IMS APPRECIATED ALL THE MEMBERS FOR THEIR ACTIVE INVOLVEMENT.

MR NARENDRA WAHI D.M.KOTAK LIFE INSURANCE ,BRANCH -1 GAVE VALUABLE INSIGHTS ON THE TOPIC OF "*WOMEN EMPOWERMENT THROUGH PASSIVE INCOME*" & THE WAY FORWARD TO ACHIEVING FINANCIAL INDEPENDENCE.

WINNERS OF IMS FANCY DRESS COMPETITION OF 8 TH MARCH WERE FELICITATED WITH CERTIFICATES AND GIFTS.

DR GEETA PATEL

DR KHYATI MARFATIA

DR MEENA DESAI

DR YOGESHKUMAR C DESAI

SWEETY(KOTAK)CONDUCTED FUN GAMES AND HOUSIE.

WINNERS WERE GIVEN ATTRACTIVE PRIZES.

KASHMIRA DESAI

SONAL

DR SHAILA DESAI

DR Y C DESAI

DR MEHHA SHAH

KALPANA AJAY NAIK

SINCERE GRATITUDE TO *DR ASHABEN BHATT*, (ADVISOR MSS) FOR HER DEDICATION IN ORGANISING & ANCHORING THIS EVENT.

EMPOWERING WOMEN FINANCIALLY IS A STEP TOWARD GREATER INDEPENDENCE AND CONFIDENCE, AND IT WAS INSPIRING TO SEE SUCH A STRONG COMMITMENT TO GROWTH AND LEARNING.

THANK YOU ALL 40 ENTHUSIASTIC MEMBERS FOR COMING TOGETHER WHICH MADE THIS SESSION TRULY ENRICHING.

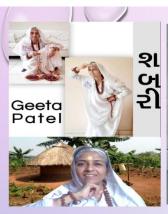
REGARDS,

DR ANITA SHAH, DR JAGRUTI DESAI, DR PRADIP DALWADI, DR DIPTI PATEL,

PRESIDENT IMS , PRESIDENT MSS , SECRETARY MSS , TREASURER MSS

PATRON MSS

TEAM MSS 2024-26









Geeta Patel

1st Prize

Club 35+

Above 50

Dr Meena Desai. 2nd Prize MSS Dr Yogeshkumar Desai 4 th prize

MSS

Khyati Marfatia

5th Prize

Club 35+

Fancy Dress competition on 8TH MARCH Women's Day Celeration Organised By Public Awareness Committee Indian Menopause Society.





*IMS PRESIDENTIAL WEBSERIES:*MANTRAS FOR AGEING GRACEFULLY - HAPPY, HEALTHY & AGILE* WAS ORGANISED ON TUESDAY, 1ST APRIL 2025 IN COLLABORATION WITH AMRITSAR & SURAT MENOPAUSE SOCIETIES

*DR RAGINI AGRAWAL SECRETARY IMS**OPENED THE WEBINAR WITH PRAYER & LAMPLIGHTING.

DR ANITA SHAH PRESIDENT IMS GAVE WELCOME ADDRESS AND GAVE BLESSINGS FOR THE WEBINAR, INTRODUCED PROF DR RAMA VAIDYA.

INAUGURATION OF CEREMONY WAS DONE BY *PROF DR RAMA VAIDYA MAAM**WITH HER BLESSINGS.

ALL THE PAST PRESIDENTS WERE GUESTS OF HONOUR & GAVE BLESSINGS FOR THE WEBINAR SERIES AND SHARED THEIR VIEWS.

*PROF DR.RAMA VAIDYA PAST PRESIDENT, IMS**SPEAKER OF THE DAY, DELIVERED **GOLDEN ORATION* ON THE TOPIC OF

*SENESCENCE, SENOMORPHIC & SENOLYTIC THERAPIES AT MENOPAUSE & BEYOND**. SHE MESMERISED ALL THE DELEGATES WITH HER UNIQUE STYLE OF PRESENTATION ON THIS INCREDIBLE TOPIC.

DR SANGEETA PAHWA &

*DR JAGRUTI DESAI**CHAIRED THE SESSION.

DR RAGINI AGRAWAL TALKED ON "HOW TO SETUP MENOPAUSE CLINIC"

DR PRAKASH BHATT DELIVERED A TALK ON "ENDOCRINOLOGY OF MENOPAUSE"

DR PREETI DEV TALKED ON "PCOS INTO MENOPAUSE"

DR YENITA MEDGUD ,DR PRADIP DALWADI,DR ARCHNA AGGARWAL CHAIRED THE SYMPOSIUM. *MODERATORS DR RAGINI AGRAWAL & DR RITA BAKSHI*

CONDUCTED THE SESSION SWIFTLY.

DR PRADIP DALWADI DELIVERED VOTE OF THANKS.

GRATITUDE TO ALL THE DELEGATES FOR ATTENDING THIS INTERESTING SESSION.

GRATEFUL TO PRESIDENT DR ANITA SHAH & SECRETARY DR RAGINI AGRAWAL FOR INVITING SURAT IN 1ST WEBINAR.

DR ANITA SHAH
PATRON SURAT.
PRESIDENT IMS
DR JAGRUTI DESAI
PRESIDENT MSS
DR PRADIP DALWADI
SECRETARY MSS
DR DIPTI PATEL
TEPASURER MSS

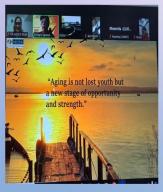
TEAM MSS 2024-26 •

















Vadodara Menopause Society



MENOPAUSE SOCIETY VADODARA QUIZ WINNERS



Quiz 52 Dr Chaitali patel 10/3/2025



Quiz 54 Dr Sandhya Harpale 23/3/2025



Quiz 56 Dr Shalini Agrawal 6/4/2025



Quiz 53 Dr Niddhi Thakkar 16/3/2025



Quiz 55 Dr Ushma Maniar 30/3/2025

Rajkot Menopause Society

RAJKOT MENOPAUSE SOCIETY



Chat show on **hormones in women.** Attended by 80 delegates.

Dietician and psychologist also gave inputs.







RAJKOT MENOPAUSE SOCIETY



Installation of new team 2025. ---March 25' All old and new committee members.

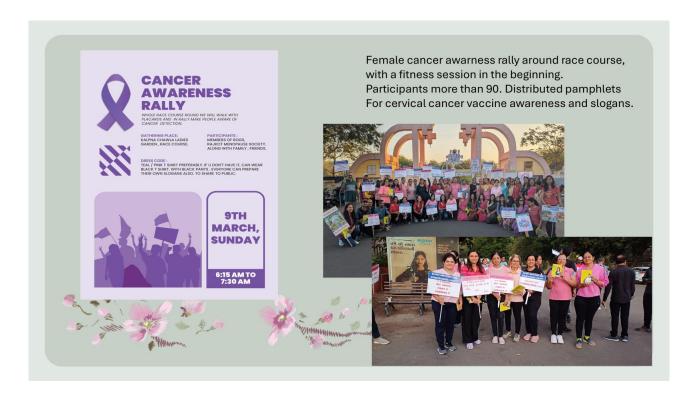
Topic: Cardiovascuylar health in menopause.

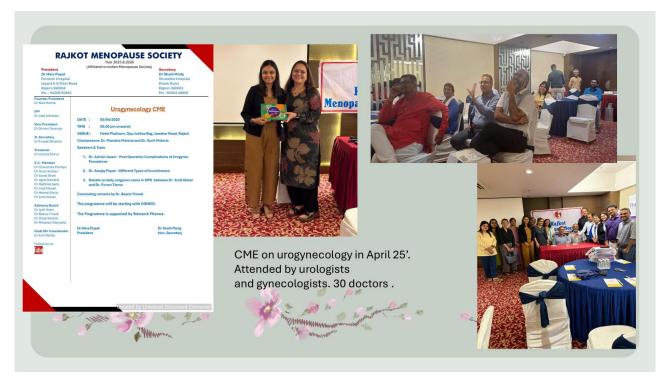
Annual conference 2023-24





Rajkot Menopause Society





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













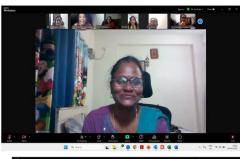


WEBINAR ON AUTOIMMUNE DISORDERS IN MENOPAUSE



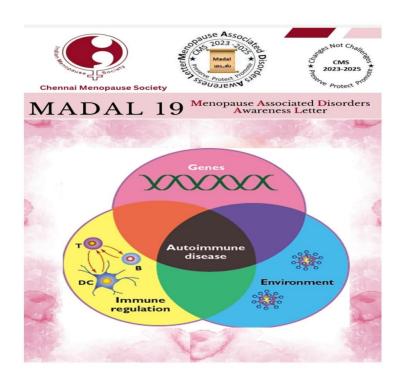








Chennai Menopause Society



QUIZ WINNERS





Committee Reports

Dr. Shubha Sethia



PUBLIC AWARENESS COMMITTEE MENOPAUSE CAFÉ 6TH FEB FERTILITY IN MIDLIFE







Moderated by Dr Shubha Sethia, Dr Vanita Metgud Pearls of Wisdom by Dr Sonia Malik Emphasis on the environment and increasing infertility

Declining fertility with increasing age and what our young generation needs to understand for efficient, career-oriented family planning

ART procedures pros and cons were discussed

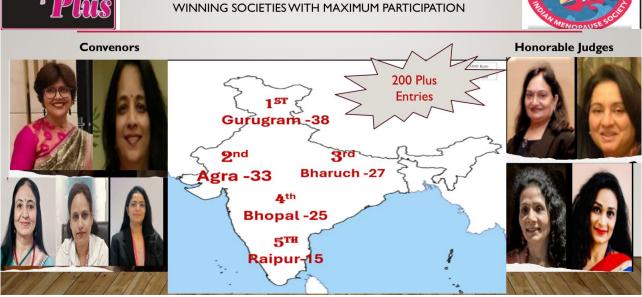
Considerations regarding pregnancy at advancing age highlighted





FANCY DRESS COMPETITION WOMEN'S DAY THEME: NAARI SHAKTI 8TH MARCH





Dr. Shubha Sethia





Dr. Shubha Sethia





Dr. Shubha Sethia



Women's Day WINNERS CLUB 35





Padma Mandal Kanchan Agarwal Meera Gandhi Dhara Vadia Rashmi Patil Zala Chayaba Shweta Garg







PUBLIC AWARENESS COMMITTEE MENOPAUSE CAFÉ 20TH MARCH MENOPAUSE HORMONE THERAPY WHAT WOMAN SHOULD KNOW



Today's

Special Moud

मेनोपॉज हामॉन थेरेपी
क्या होता है?
कब देते हैं?
क्या है फायदे?
क्या है कोई नुकसान?



- · Moderated by Dr Shubha Sethia
- Welcome of dignitaries by Dr Ragini Agarwal
- Dr Meeta Singh gave Pearls of Wisdom
- Galaxy of Past Present and Incoming Presidents gave expert advice to our women Dr. Anita Shah, Dr. Jaideep Malhotra, Dr Jignesh Shah, Dr. Ambuja Choranur, Dr. Anju Soni, Dr. Sudhaa Sharma
- Skit presentation regarding hot flushes, genitourinary problems and premature ovarian insufficiency by Dr Ami Mehta



Public Awareness Module and Video on IMS website



Dr. Shubha Sethia





Redefine Midlife

Rise, O graceful soul, don't let age define, The glow in your eyes still dares to shine. Lines on your face are stories told, Of battles won and a heart that's bold.

Your days are yours, not time's cruel game, Each wrinkle carved is a badge of fame. Let aches not anchor your dreams to the floor, There's laughter and music still knocking your door.

Call your friends, wear that red, Let joy be your crown, not silence instead. Dance in the kitchen, sing in the rain, Let go of regrets, let go of the pain.

Sip tea with tales, smile without shame, Celebrate the now, not who's to blame. Plan small picnics, silly games too, Paint your life again in vibrant hue.

Walk with grace, chin held high, You're not done yet, so don't just sigh. Now's the time, bold and alive— Stand tall, dear soul, and redefine midlife.

Laugh loud at jokes that make no sense, Happiness is found in no present tense. Live with dignity, not in fear, Let celebration be your souvenir.

So rise again, brave lady, and see— The best of your life is yet to be.

Dr. Pragati Khalatkar President Menopause Society Nagpur





MENOPAUSE

makes you
crazy. And just
when you think
you've reached
the bottom of
craziness, you
find there's a
crazy
underground
garage.



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

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