

17th IMS Menopause Practitioner Exam-2025-26

Organized under the aegis of Indian Menopause Society

Founder Chairperson Late Dr. Saroj Srivastava IMS,
Diplomat American Board
Credentialed NAMS
Menopause Practitioner
President 2011-12, IMS

Chairperson Dr. Ashwini Bhalerao Gandhi
Chairperson
Exam Committee
Indian Menopause Society 2025 & 2026

Prospectus

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Certification as :

CIMP

CREDENTIALLED IMS MENOPAUSE PRACTITIONER



Registration Number: INS /324210 of Maharashtra dated 24th May 1995

Indian Menopause Society is a multidisciplinary organization formed in 1995. It has 52 Societies / Chapters all around India. It is affiliated to the global organizations CAMS, SAFOMS & APMF.

The Indian Menopause Society is a national society committed to fostering the comprehensive well-being of the mature & elderly Indian women. The society provides a common forum for medical and other interested health professionals and people from all walks of life to work towards the goals of the society.

The goals of the society are-

- To increase awareness regarding menopause and aging through public health and education activities.
- To promote a multi-disciplinary multi-factorial comprehensive approach to the care of these women—medical and non-medical.
- To regularly update doctors and health professionals in the field of menopausal medicine to ensure appropriate health care for these women.
- To facilitate exchange of ideas and experiences of different disciplines since the physical, mental and emotional health of women in the years after menopause is truly multidimensional.
- To collect information and data with particular reference to Indian women.
- To encourage research on relevant aspects in the Indian context.
- To help provide awareness and services to the less-privileged group of women of the society.

Multidimensional Society

- Open to doctors and also to non-medical people
- Anyone interested in helping with the various aspects & problems of menopause.

Facilities available to life members

- Regular updates and CMEs in those cities with a local chapter
- Annual national conference on scientific & social issues
- Medical practice guidelines for management of menopause
- To participate in the “National Data Collection” research programme
- To offer voluntary services in IMS associated Menopause Clinics for underprivileged women

www.indianmenopausesociety.org

For information please write to: indianmenopausesociety2020@gmail.com

Introduction

Indian Menopause Society is the professional testing agency that assists in the development, administration, scoring, score reporting and analysis of IMS menopause practitioner competency examination.

IMS has formed a cell called as IMS Menopause Examination committee, which comprises of a Chairperson, Co- chairperson and 5 to 7 opted members from IMS. Chairperson is nominated by the GCM while the Chairperson selects the other members. Founder Chairperson was installed for two years.

About the founder Chairperson of the IMS Menopause Examination committee

Dr. Saroj Srivastava was nominated as the founder chairperson of the committee. She was postgraduate qualified obstetrician and Gynaecologist, who was a senior member of IMS and also had been founder Chapter Secretary of IMS at Lucknow. She not only was American Board qualified obstetrician and Gynaecologist, but also is NAMS Credentialed Menopause Practitioner. Other than being member of IMS, she also was a member of International Menopause society, BMS and Asia Pacific Menopause society. With the active participation of Chairperson and Co- Chairperson, eight learning modules for the examination going candidates were prepared. Several qualified authors participated in writing various topics from the syllabus. Syllabus chosen is very similar to NAMS syllabus.

Objective of the IMS Exam

IMS Menopause Practitioner Exam aims to provide qualified Menopause experts to the society.

An IMS Menopause Practitioner Expert should be able to:

- Define menopause related terminology.
- Understand endocrinological, physical, psychological changes specific to menopause and Aging.
- Understand the Impact of failing Ovarian hormones
- Take relevant history and do proper clinical examination.
- Decide relevant test and interpret them.
- Individualize evidence based management.
- Counsel after answering the Patients' queries.
- Provide advice based on life style management.
- Address psychosexual issues.
- Make use of multidisciplinary health services.
- To make clients understand what window of opportunity is at menopause transition.
- To impress upon menopausal women, the significance of compression of morbidity.
- To decide when to prescribe or when not to prescribe HRT.
- Keep knowledge updated and well versed with the IMS position statements.



IMS Menopause Practitioner Exam - Rules & Regulations

The Indian Menopause Society (IMS) is India's leading non-profit organization dedicated to promoting woman's health and quality of life through an understanding of menopause. Professionals from varying disciplines unite under IMS and serve as an unbiased source for information about menopause.

IMS has recognized a need to set essential standards for health providers so that they provide quality care to our women. To meet the need, the IMS is providing an opportunity to specialist doctors so that they demonstrate their expertise through passing.

Get yourself enrolled for:-

“IMS MENOPAUSE PRACTITIONER EXAM- 2025-26”and become:

“CREDENTIALLED IMS MENOPAUSE PRACTITIONER- CIMP ”

There are various benefits akin to this:

1. It will be easy for the Menopause patients to locate menopause experts.
2. It will provide Menopause practitioners to become certified IMS practitioner
3. Menopause practitioners will derive personal satisfaction as they would be able to provide the best to our increasing menopausal population.
4. In a given society, qualified practitioners have better opportunity to financial gains.
5. WHI report in 2002 was so sensational that it not only challenged our basic concepts, but it also raised lot of suspicion in the mind of clients. There is a growing need to have clear consensus in the management protocol. Society will be more confident in receiving treatment from Menopause-Qualified practitioners.

Previous Examinations:

- **The first IMS Examination took place at Chennai in February, 2010.**
35 Candidates had appeared for the Exam and 28 passed. The candidate who topped the list secured 85% marks, while 11 scored distinction, 7 scored honors and 8 scored first class marks.
- **The second IMS Examination took place at Jabalpur in February 2011 .**
39 candidates appeared in the exam and 32 passed. The candidate who topped the list secured 81% while 10 scored distinction, 7 scored honors and 9 passed in first division.
- **The third IMS Examination took place at Faridabad in February 2012 .**
38 candidates appeared in the exam and 35 passed. The candidate who topped the list secured 80% while 4 scored distinction, 8 scored honors and 13 passed in first division.
- **The Fourth IMS Examination took place at Bhubneshwar in February 2013.**
27 candidates appeared in the exam and 27 passed. The candidate who topped the list secured 77% while 2 scored distinction, 7 scored honors and 12 passed in first division.
- **The Fifth IMS Examination took place at Agra in February 2014.**
43 candidates appeared in the exam.
- **The Sixth IMS Examination took place at Indore in February 2015**
47 candidates appeared in the exam.
- **The Seventh IMS Examination took place at Nagpur in February 2016**
46 candidates appeared in the exam.
- **The Eighth IMS Examination took place at Raipur in February 2017.**
68 candidates appeared in the exam and 64 passed.
- **The Ninth IMS Examination took place at Gurugram in February 2018.**
39 candidates appeared in the exam and 38 passed. 6 scored distinction, 6 scored honors and 21 passed in first division.
- **The Tenth IMS Examination took place at Kolkata in February 2019.**
29 candidates appeared in the exam and 27 passed.
- **The Eleventh IMS Examination took place at Bangalor in February 2020.**
42 candidates appeared in the exam and 42 passed.
- **The Twelfth IMS Examination took place at Virtual Platform (FIRST TIME ONLINE) in March 2021.**
105 candidates appeared in the exam and 105 passed.
- **The Thirteenth IMS Examination took place at Virtual Platform (ONLINE) in March 2022.**
92 candidates appeared in the exam and 92 passed. 8 Applications for Renewal
- **The Fourteenth IMS Examination took place at Virtual Platform (ONLINE) in March 2023.**
142 candidates appeared in the exam and 136 passed. 2 Applications for Renewal
- **The Fifteenth IMS Examination took place at Virtual Platform (ONLINE) in March 2024.**
133 candidates appeared in the exam and 125 passed. 2 Applications for Renewal
- **The Sixteenth IMS Examination took place at Virtual Platform (ONLINE) in Feb 2025.**
172 candidates passed. 2 candidates renewed CIMP Certificate by credit points. 2 were offered Honorary renewal of CIMP Certificate (senior members above 70 years of age).

Examination Policies

Eligibility

- Open for those who are not only Indian citizens but are living in India.
- To be eligible for the IMS Menopause Practitioner Examination, candidate must be MBBS and also to be registered in MCI.
- MBBS, practicing Ob Gyn for more than 5 years or Post graduate or diploma holder in OB GYN Or in Endocrinology.
- DGO/ MS/ MD,/DNB,/American Boards/ MRCOG/ Any other equivalent degree Or
- All those PG students who are doing PG in OB GYN in any of the recognized medical college.
- **IMS Membership is a prerequisite.**

Statement of Non discrimination

IMS does not discriminate among candidates on the basis of age, gender, race, caste, religion, language, state, Disability, or marital status

Fees:

For IMS Members:

Examination fee - Rs 6000/ -

Mode of Payment: It is mandatory to become IMS member through IMS latest by the **30th Sept., 2025**. (To select your Local Society visit www.indianmenopausesociety.org or your membership would be under the IMS Head Office).

A cheque of Rs 6000/- is to be deposited in any branch of Bank of India in your City in the IMS A/C: Indian Menopause Society - A/C No – 001320110000011.

Bank of India, Cumbala Hill, Mumbai

Send the soft copy of Exam application form, necessary certificates and Bank Pay -in - slip to : ims.cimp.examination@gmail.com and copy to ashwinibgandhi@rediffmail.com

Late Dr. Saroj Srivastava

Founder Chairperson

Saroj Nursing Home, B-55, Mandir Marg,

Mahanagar Ext., Lucknow-226006

09335188233, 0522-2321848

drsarojsrivastava@rediffmail.com

Dr. Ashwini Bhalerao Gandhi

Chairperson

Flat No. 26, Bldg No-4

Haji Ali Park,

Mumbai – 400 034, Maharashtra, India

Mobile : 9820144748

ashwinibgandhi@rediffmail.com

Absence

In case the candidate is unable to take the examination for the corresponding year the Exam Fees is neither transferrable nor refundable. However, if the candidate fails to appear due to genuine cause or failed in the examination, fee for the subsequent examination will be reduced by 50%.

Venue & Date of Exam

The Exam is conducted ONLINE annually.

- Examination Date: December 2025
- Venue: ONLINE

**CANDIDATES WHO PASS THE EXAMINATION WILL BE AWARDED CERTIFICATIONS
OF
“CREDENTIALLED IMS MENOPAUSE PRACTITIONER”**

Disclaimer

A candidate may register for the conference by applying directly to Local IMS office. IMS Examination committee is not responsible of getting them enrolled to the Conference.

IMS Examination committee is not responsible for making any arrangement of lodging or boarding for candidates.

Guidelines

- The Examination in charge reserves the right to dismiss a candidate from the examination for any of the following reasons:
 1. If the candidate's admission is unauthorized,
 2. If the candidate creates disturbance.
 3. If a candidate receives or provides help to other candidate it may be considered as unlawful.
 4. If a candidate takes the examination for someone else.
 5. If the candidate's name is not included in the official list of candidates prepared by IMS office.

Report of Results

Candidate will be felicitated with the certificate at valedictory session of IMSCON (last day of conference).

Recognition of Competency

Successful candidates will receive from IMS a certificate indicating that they have achieved credential status as an IMS Menopause practitioner. Certificate will indicate that it is valid for 5 years.

Examination Content

To give you a general impression of the examination its content outline is given below as it will give you specific study direction by revealing the relative importance of each category. Each question in the examination is linked to the examination content guideline and is categorized according to the level of complexity or the cognitive level required answering it.

The question types included in the examination are:

- Recall: The ability to recall or recognize specific information.
- Application: The ability to comprehend, relate, or apply knowledge to Changing and Challenging situations.
- Analysis: The ability to find solutions.

How to study??

You are recommended to study :

- ❖ Clinical Gynecological Endocrinology and Infertility by LEON SPIROFF
- ❖ Consensus prepared by IMS.
- ❖ Menopause Practice – A Clinician's Guide by NAMS. Writer WULF H UTIAN
- ❖ Publications and CMEs by NAMS, International and British Menopause Society.
- ❖ IMS Publications

INTRODUCTION OF SYLLABUS - IMS MENOPAUSE PRACTITIONER

Examination Scores

Examination scores are reported as scaled scores. Passing scaled score is determined through a criterion reference passing point study in which subject matter experts decide the level of competence indicative of an appropriate level of expertise deserving of credentialing as an IMS Menopause Practitioner.

Minimum scaled score for passing the examination is 50%. Score of First three in rank will be made general while the rest names and numbers will be sent to the candidates directly, however they will be categorized according to the scored percentage.

75% or above will be called as distinction holders. Between 70% to 74% will be called as holding Honors. All who have achieved marks between 60 to 69% will be called as first division holders.

From year to year the test paper may be different by way of contents and difficulty level. Content categorical information is also provided to the candidates to help them identify their strong and weak areas.

Re-Examination

The credentialed IMS Menopause Practitioner Examination may be taken as often as desired upon filling a new application form and 50% of the fee. There is no limit on the number of times the examination may be repeated.

Evaluation

All questions will be from the contents of the syllabus. The syllabus has been categorized in different headings and accordingly marks are allotted. (Refer to the column of Syllabus)

The examination pattern will almost be the same, if any modifications or change on recommendation of the examination committee, will be notified.

Certification

Successful candidates will receive a certificate indicating Credentialed IMS Menopause Practitioner. Certificate shall be valid for 5 years. The first three candidates in order of merit will be invited and honoured at Annual Conference IMSCON by the Executive Committee. They will receive token of appreciation each year in memory of Dr Saroj Srivastava (Former IMS President & Founder Chairperson by whom the examination initiated).

Maintenance of Certification

Certification can be maintained beyond 5 years through re exam or by adding CME points.

Late Dr. Saroj Srivastava

Founder Chairperson

Saroj Nursing Home, B-55, Mandir Marg,

Mahanagar Ext., Lucknow-226006

09335188233, 0522-2321848

drsarojsrivastava@rediffmail.com

Dr. Ashwini Bhalerao Gandhi

Chairperson

Flat No. 26, Bldg No-4

Haji Ali Park,

Mumbai – 400 034, Maharashtra, India

Mobile : 9820144748

Email: ashwinibgandhi@rediffmail.com

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Computer viruses can be transmitted via email. The recipient should check this email and any attachments for the presence of viruses. The company accepts no liability for any damage caused by any virus transmitted by this email.

*INTRODUCTION OF SYLLABUS - IMS MENOPAUSE PRACTITIONER EXAM***Study Advice**

IMS has published many resources and clinical practice materials that may be helpful in preparing for the examination. Study guides will be published under the aegis of IMS.

Updated Menopause management and guidelines will be published in official Journal of IMS - JMH and will appear on website also.

You may refer to other sources for relevant information. IMS is a NICOMO and INTERNATIONAL SOCIETY member and thus would help you to update knowledge as well as would get you the positional statements from time to time.

Sample Questions:

The following sample questions are provided to give candidates some idea of the format of the multiple-choice examination:

1. A woman experiences Induced menopause following
 - A. Bilateral oophorectomy.
 - B. Endometriosis.
 - C. Hysterectomy.
2. A recently postmenopausal woman (age 50, with an intact uterus) has hot flashes and vaginal atrophy. She has accepted a prescription for oral estrogen therapy. Which of the following is the appropriate course of action?
 - A. Prescribe a Progestogen
 - B. Prescribe vaginal estrogen cream
 - C. Recommend consuming one serving of soy foods weekly
3. Which of the following is a risk factor for postmenopausal osteoporosis?
 - A. Genetics
 - B. Moderate alcohol consumption
 - C. Regular exercise
4. Woman is on MHT (EP). Which of the following is the appropriate action of progesterone
 - A. Provides endometrial protection
 - B. Neutralizes estrogen effect on the breast
 - C. Helps to reduce VTE
 - D. All of the above.

EXAMINATION CONTENTS OUTLINED

The following is the outline of the examination, with an indication of the percentage of questions that come from each section.

1. Physiology- Normal (10%)
 - A. Terminology/ demographics
 - B. Hypothalamic – pituitary – ovarian axis
 - C. Receptor activity
 - D. Endocrine changes
 - 1) Perimenopause
 - 2) Post menopause

- E. Perimenopause
 - 1) Reproductive potential
 - 2) Physical changes/ Normal symptomatology
- F. Postmenopausal physical changes/ normal symptomatology
- 2. Physiology- Abnormal (10%)
 - A. Premature menopause
 - B. Induced menopause
 - C. Pelvic pathology
 - 1) Abnormal uterine bleeding
 - 2) Uterine/ ovarian/ vaginal pathology
 - 3) Vulval disease/ vulvodynia
 - 4) Sexually transmitted infections
 - D. Other
- 3. Health disorder of peri / postmenopausal women (25%)
 - A. Sexual function
 - B. Skeletal
 - 1) Osteoporosis
 - 2) Other
 - C. Cardiovascular
 - 1) Coronary heart disease
 - 2) Myocardial infarction
 - 3) Stroke
 - 4) Other
 - D. Urinary tract
 - 1. Incontinence
 - 2. Cystitis/ urethritis
 - 3. Other
 - E. Central nervous system
 - 1. Headache
 - 2. Cognitive function/ memory
 - 3. Depression
 - 4. Anxiety
 - 5. Dementia
 - 6. Other
 - F. Sleep
 - G. Endocrine
 - 1. Diabetes
 - 2. Thyroid
 - 3. Other
 - H. Arthritis
 - I. Cancer
- 4. Clinical evaluation (15%)
 - A. History / identification of risk factor
 - B. Sexual history
 - C. Physical examination
 - 1. Height/ weight/ BMI
 - 2. Blood pressure
 - 3. Manual breast exam
 - 4. Pelvic exam
 - 5. Skin Exam
 - 6. Other
 - D. Diagnostic and screening tests
 - 1) Blood chemistries
 - 2) Urinalysis

- 3) Vaginal/ cervical / vulval/ ovarian testing
 - 4) Mammography/ breast ultrasound
 - 5) Colorectal tests
 - 6) Lipid profile
 - 7) Other cardio vascular tests
 - 8) Bone mineral density tests
 - 9) Hormonal studies
 - a) Thyroid
 - b) Pituitary
 - c) Estrogen
 - d) Progesterone
 - e) Testosterone
 - f) Other
 - 10) Pelvic Ultrasound
 - 11) Endometrial biopsy
 - 12) Hysteroscopy, Pap smear and Liquid based cytology.
 - 13) Colposcopy
 - 14) Others
5. Therapeutic Option (30%)
- A. Life style modification
 - 1) Exercise
 - 2) Nutrition
 - 3) Stress reduction
 - 4) Weight management
 - 5) Substance use (smoking , alcohol, caffeine, drugs)
 - 6) Other
 - B. Off the counter:-
 - 1) Vitamin/ mineral supplements
 - 2) Vaginal moisturizers/ lubricants, Hormone creams / supplements
 - 3) Aspirin
 - 4) Contraceptives
 - 5) Others
 - C. Prescription drugs
 - 1) Estrogen
 - 2) Progestogens
 - 3) Androgens
 - 4) Osteoporosis agents
 - 5) Cardiovascular agents
 - 6) Diabetes agents
 - 7) Arthritis agents
 - 8) Contraceptives
 - 9) Antidepressants
 - 10) Sedatives / Hypnotics
 - 11) Others
 - D. Complementary and alternative medicine (CAM) therapies
 1. Isoflavones
 2. Herbs
 3. Paced respiration
 4. Biofeedback
 5. Acupuncture
 6. Others
6. Counselling and published data of level 1, 2, and 3. (10%)

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