



*Rediscovering Self
During &
After Menopause*

Rediscover & Rejuvenate JAMMU

19th & 20th September 2026

Dear Colleagues and Friends,

It gives me immense pleasure to invite you to the North Zone Conference of Indian Menopause Society (NZcon-IMS 2026) at Jammu. This scientific gathering promises enriching academic discussions, exchange of innovative ideas, and opportunities to strengthen our commitment towards improving midlife women's health.

I warmly welcome you to the beautiful city of Jammu and look forward to your active participation in making this conference a memorable and meaningful event.

Warm Regards.



Dr. Sudhaa Sharma

President

Indian Menopause Society



**North Zone
Conference of
Indian Menopause Society
— 2026 —**



*Rediscovering Self
During & After Menopause*

**Rediscover & Rejuvenate
JAMMU**



**Physical Midterm Governing Council Meeting
(GCM – 2) of IMS 2026-27
on 18th September 2026 (Friday) AT 4:00 pm**

**Hosted by
Jammu Menopause Society
& Dept. of Obstetric &
Gynecology, SMGS Hospital,
GMC Jammu**

YOU ARE INVITED

**SAVE
THE DATE**

**19th &
20th
September
2026**

Venue

**Raddison Blue Hotel,
Jammu & GMC Jammu**





Rediscover & Rejuvenate **JAMMU**

Best Wishes from

Indian Menopause Society **Team 2026-27**



Dr Sudhaa Sharma
President



Dr Bipasa Sen
Vice President



Dr Jyoti Jaiswal
Secretary General



Dr Hephzibah K
Treasurer



Dr Sheela Mane
Joint Treasurer



Dr Shubha Sethia
Joint Secretary



Dr Arti Gupta
President Elect



Dr Anita Shah
IPP



Dr Ragini Agrawal
Ex-Officio



Hosted by
Jammu Menopause Society
&

Dept. of Obstetric & Gynecology, SMGS Hospital, GMC Jammu

Venue

Raddison Blue Hotel, Jammu & GMC Jammu

Indian Menopause Society



Dr Sudhaa Sharma
President
IMS 2026-27



Dr Bipasa Sen
Vice President
IMS 2026-27



Dr Jyoti Jaiswal
Secretary General
IMS 2026-27



Dr Hephzibah K
Treasurer
IMS 2026-27

Organizing Team – Jammu Menopause Society



Dr Robina Mirza
Professor & HOD
Dept. OBG, GMC - Jammu



Dr (Prof.) Jyotsana Lamba
President
Jammu MS



Dr Parikh Rana
Professor & HOU
Dept. OBG, GMC - Jammu



Dr Neha Mahajan
Secretary
Jammu MS

Hosted by
**Jammu Menopause Society &
Dept. of Obstetric & Gynecology, SMGS Hospital, GMC
Jammu**



Venue
Raddison Blue Hotel, Jammu & GMC Jammu

Organizing Team – Jammu Menopause Society





Rediscover & Rejuvenate

**Hosted by
Jammu Menopause Society &
Dept. of Obstetric & Gynecology, SMGS Hospital, GMC Jammu**

Dear Friends,

Warm greetings from the Organizing Team, **Jammu Menopause Society & Dept. of Obstetric & Gynecology, SMGS Hospital, GMC Jammu.**

It gives us immense pleasure to invite you to the North Zone Conference of the Indian Menopause Society, to be held in the beautiful city of Temples – Jammu.

The conference promises an enriching academic experience with insightful scientific sessions, interactive discussions led by eminent experts in the field of menopausal health.

This prestigious gathering aims to promote knowledge sharing, evidence-based practices & holistic approaches towards women's midlife health care, while also fostering professional bonding and collaboration.

We cordially invite you to actively participate & make this conference a memorable and successful event.

Warm Regards,

Organizing Committee NZ Conference of IMS



North Zone
Conference of
Indian Menopause Society
• 2026 •



Rediscover & Rejuvenate

Registration Form

Name: _____

Age: _____ Gender: Male ☐ / Female ☐

Address: _____

City: _____ State: _____ Pin Code: _____

WhatsApp No.: _____

Email ID: _____

Qualification: _____

Institute / Clinic / Hospital Name: _____

IMS Member: Yes ☐ / No ☐ Local Menopause Society Name: _____

REGISTRATION FEES

CATEGORY	EARLY BIRD Till 10 th August 2026	11 th August 2026 to 10 th September 2026	ON SPOT REGISTRATION
Delegate	3500 + GST = ₹4130/-	4500 + GST = ₹5310/-	5500 + GST = ₹6490/-
Post Graduate	2500 + GST = ₹2950/-	3500 + GST = ₹4130/-	4500 + GST = ₹5310/-
Under Graduate	1500 + GST = ₹1770/-	2500 + GST = ₹2950/-	3500 + GST = ₹4130/-



- ✓ GST extra as applicable.
- ✓ Registration once done is non-refundable.

Join. Learn. Connect.
Be part of an inspiring experience!

Payment Details

Mode of Payment: By DD ☐ / Cheque ☐ / Online ☐ / Cash ☐

DD / Cheque No. _____ Bank Name: _____

OR Online UTR / Ref. No. _____ Date: _____

Account Details:

Account Name: **Jammu Menopause Society**

Account No.: 1203010100000111

Bank Name: Jammu and Kashmir Bank Ltd.

Branch Name: SMGS Hospital, Shalimar Road

IFSC Code: JAKA0EMCJAM

Conference secretariat...

Dept of OBG SMGS Hospital GMC,
Jammu (J & K)

Contact Details:

For registration for the North zone conference of IMS,
Please contact

Dr Anju Dogra

94192 95756

Dr Mahvish Qazi

97976 02180

Dr Rohini Jaggi

70064 36788



Guidelines for Paper Submission

1. Title of Research
2. Name of the authors
3. Corresponding E-mail
4. Phone number
5. Designation and Affiliation
6. Abstract (not more than 250 words)
7. Submit PPT with 8 – 10 slides under following headings:
 - Introduction
 - Rationale and Justification
 - Objectives
 - Brief methodology
 - Results
 - Summary and conclusion
 - References

- ✓ After the submission of the paper, the Scientific Committee shall review it and notify you of its classification as either an oral or poster presentation.
- ✓ All participants shall have to present.
- ✓ All participants shall receive certificate of participation.
- ✓ The last day for submission of presentation is on or before **25th August 2026 till 5:00 pm.**
- ✓ Scientific paper to be submitted at [jyotsanalamba@gmail.com](mailto: jyotsanalamba@gmail.com) or in pen drive before **25th August 2026 till 5:00 pm.**

Guidelines for Poster

Posters will only be accepted in the form of a 3'×6' feet flex standee or a flex roll-up standee of similar dimensions. Please note that standees will not be provided by the organizers.

Dr Jyotsana Lamba

M. 94191 98109

CELEBRATING THE RICH CULTURAL HERITAGE OF JAMMU

JAMMU
&
KASHMIR

DOGRA

Folk Dance

JAMMU

*A Rhythm of Tradition...
A Pride of Duggar*



OUR DANCE



OUR MUSIC



OUR HERITAGE



OUR PRIDE



Let's Keep Our Traditions Alive

COME, WITNESS & CELEBRATE
THE VIBRANT CULTURE OF JAMMU (DUGGAR)



Explore the BEAUTY & HERITAGE OF JAMMU

Spirituality. History. Culture. Natural Beauty.

1 VAISHNO DEVI

The Divine Abode



One of India's most revered pilgrimage destinations, dedicated to Maa Vaishno Devi.



Located in Trikuta Hills, about 13 km from Katra.



Millions of devotees visit every year to seek blessings and peace.



Distance from Jammu: ~50 km



Best Time: All Year

3 AMAR MAHAL PALACE MUSEUM

A Glimpse into Royal Legacy



Magnificent palace built in the 19th century by Maharaja Amar Singh.



Now a museum showcasing royal artifacts, paintings, weapons, and a golden throne.



Offers breathtaking views of the Tawi River and surrounding hills.



Location: Jammu City



Timings: 10:00 AM – 5:00 PM
Closed on Monday

2 RAGHUNATH TEMPLE

A Symbol of Faith & Heritage



One of the largest temple complexes in North India, dedicated to Lord Rama.



Renowned for its stunning architecture and a precious collection of ancient scriptures.



A spiritual and architectural gem in the heart of Jammu city.



Location: Jammu City



Best Time: Oct – Mar

4 BAHU FORT

A Historic Sentinel



Ancient fort believed to be built by Raja Bahu Lochan in the 3rd century.



Overlooks the Tawi River and offers panoramic views of Jammu city.



The fort is dedicated to Goddess Kali and holds great historical & spiritual significance.



Location: Jammu City



Timings: 8:00 AM – 6:00 PM

Discover the perfect blend of Spirituality, Heritage & Natural Beauty.
JAMMU – A DESTINATION THAT TOUCHES YOUR SOUL.

Discover the BEAUTY OF JAMMU

Serene Places. Beautiful Moments. Memories for a Lifetime.

From peaceful gardens to snow-capped hills and tranquil lakes – experience the natural charm of Jammu.

1 BAGH-E-BAHU

A Garden of Peace & Panorama



Beautifully terraced garden located on the banks of River Tawi.



Known for its lush greenery, vibrant flowers and breathtaking views of Jammu city.



A perfect place for relaxation, photography and family outings.



Location:
Jammu City



Best Time to Visit:
All Year Round

2 PATNITOP

The Paradise in the Hills



Picturesque hill station, around 110 km from Jammu.



Offers activities like trekking, paragliding, skiing (in winter) and nature walks.



Mesmerizing views of the Himalayas and dense pine forests.



Distance from Jammu:
Approx. 110 km



Best Time to Visit:
March – June &
Dec – Feb (for snow)

3 MANSAR LAKE

Serenity in Every Ripple



Beautiful, sacred lake surrounded by lush green hills.



Ideal for boating, bird watching and peaceful nature walks.



Holds religious significance and attracts nature lovers all year round.



Distance from Jammu:
Approx. 60 km



Best Time to Visit:
September – June

Come, Explore & Experience
THE NATURAL CHARM OF JAMMU!



Experience Excellence at RADISSON BLU HOTEL, JAMMU

Where Comfort Meets Elegance

Special Rates For Conference Accommodation

Category	Rates
Single Occupancy	Rs. 5,500/- Inc. Taxes & Breakfast
Double Occupancy	Rs. 6000/- Inc Taxes & Breakfast

Contact Details : Management Team



Ms.Ankita Bansal : +91 84939 34406

Mr.Arjun Bhalla : +918082501334



Prime Location
In the heart of
Jammu City



Elegant Rooms
Designed for your
comfort



Exquisite Dining
A culinary journey
like no other



**World-Class
Event Spaces**
For seamless
conferences



Radisson Blu Hotel,
Jammu, Jammu & Kashmir

Join Us
for an Unforgettable Experience!

