Indian Menopause Society
Newsletter - Part I - June 2018

Academic & Public Awareness Activities

Theme 2018: Menopause ....A New Mindset!
Slogan: Fit @ Forty, Strong @ Sixty & Independent @ Eighty

International News will be sent as a separate edition
Watch for the International issue carrying news about the scientific deliberations of the 16th World Congress that was held from 6th - 9th June 2018 at Vancouver, Canada.

National News

Summary of National Programmes By Chapters / Societies

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Dr. Ratnabali Chakravorty, President IMS India, Dr. Sonia Malik & Dr. Jaideep Malhotra, Past Presidents, IMS were felicitated by Economics Times of India as the most inspiring Gynecologists of India in a Doctors Day function held on 30th June 2018 at Hyatt, Delhi.
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Dr. Nirmala Vaze received an award from IMA, Nagpur.

Dr. Hepsibha received medical excellence award from Tamil Nadu Medical Council. Received from Honorable Governor of Tamil Nadu at Raj Bhavan, she was one among 11 awardees.

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**Indian Menopause Society**

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**Central Council for Research in Yoga and Naturopathy**

Ministry of AYUSH, Government of India

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**Life style Management**

Rejuvenate Body, Rekindle Soul!

YOGA & Meditation Workshops
As you know, life style modifications is one of the main Presidential AGENDA this year. Keeping in line with this, the Indian Menopause Society is organizing Public awareness Sessions under Club 35+ for Doctors/Women, Patients, relatives etc. on YOGA & MEDITATION.

IMS, in association with Ministry of Ayurveda, YOGA, Naturopathy, Unani, Siddha and Homeopathy - AYUSH, Government of India, has been conducting these sessions throughout India through the 44 Menopause Societies/Chapters. Menopause Societies are partnering in this National Health scheme for post menopausal women to create awareness and explain the physiological aspects of menopause and also provide remedial advice to the attendees on behalf of the Indian Menopause Society.

4th International YOGA Day - 21st June 2018

The United Nations General Assembly declared June 21st as the International Yoga Day in Year 2014. Yoga embodies Unity Of Mind And Body; Thought And Action; Restraint And Fulfillment; Harmony Between Man And Nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. Hence IMS celebrated this invaluable gift of India’s ancient tradition.

The Indian Menopause Society with its 44 Chapters all over India has actively participated in the YOGA Training programmes this year. These Chapters have organised a programme on the 4th International YOGA Day held on 21st June 2018. Preceded by a 15 day training programme for women. 16 Menopause Chapter and more than 6000 women have been a part of the International YOGA Day. Given below is a short report received from: Kolkata, Hyderabad, Pune, Mumbai, Patna, Patiala, Madurai, Chandigarh, Udaipur, Raipur, Delhi, Calicut, Faridabad, Ludhiana, Bhagalpur, Gurugram, Agra.

The World Yoga Day - by Kolkata Menopause Society. Held 7-8am 21.06.18 at Ramkrishna Mission Vivekananda Yoga University in Belur Matth. Almost 50 Urjo members and 4 IMS members took part. In total 1600 participants were there. Covered by media.
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15 Days Yoga Workshop (Free Camp) organised by Kolkata Menopause Society from 3.6.18. Belur Matte Yoga University is sending 3 trainers daily. Certificates were issued to participants on World Yoga Day program on 21.6.18.
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10th June 2018 – Meditation Camp at Kolkata By Dr. Ratnabali Chakravorty

Hyderabad Menopause Society celebrated the 4th International YOGA Day by participating in the Mass YOGA performance organised by Department of AYUSH, Telenagana state between 7am – 8am at Gachibowli Stadium, Hyderabad. It was attended by more than 900 women. The program initiated with a welcome address. Different types of Asanas and their benefits were taught to people. Nearly 1500 people attended the yoga program from all over the city, thus making it a grand success. The presence of the audience throughout the program was reflecting their interest in our program.
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Pune Menopause Chapter in association with Nisargopachar ashram organised a YOGA Workshop at Uruli Kanchan, 30 km from Pune. It was attended by about 400 women. Conducted by Dr Parag Biniwale & Dr Shubhada Jathar.

Mumbai Menopause Chapter organised a YOGA Workshop for women above 40. It was attended by more than 400 ladies.
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Patna Menopause Chapter A Yoga camp was organised at Hotel Lemon Tree on “World Yoga Day” on 21st June 2018 by ‘Patna Menopause Society’ in collaboration with POGS, ISOPARB(Patna Chapter), Global ortho forum and Lions club, as per the guidelines of the central authority “Indian Menopause Society”. This camp was organised as per the initiative taken by our Prime Minister Shri Narendra Modi of making India Healthy and Happy. Nearly 100 persons from various faculties and organisations took part. There was active presence of Brahmakumaris and Yoga guru Shri Deepak Kumar who spread knowledge regarding Yoga and Meditation to the participants. Most of our senior members were present and enlightened about how yoga could benefit especially the menopausal women by keeping them calm and helping them tackle most of the menopausal problems so that they could keep themselves healthy even after menopause. Finally to sum up.. it was a very successful “YOGA CAMP” with active participation specially of our senior members i.e. women above 40 years. 😊😊
Patiala Menopause Society - 4th International Yoga Day was celebrated with great fervour by Patiala Menopause Society in Govt. Medical College grounds on 19 June 2018 from 6.00am to 7.00am. Expert faculty "Shri Deepak Seth and Amitesh Marwah" from "Art of living" rejuvenated the participants. A total 60 of Doctors, Staff Nurses, Paramedical Staff participated in the event.
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**Calicut Menopause Chapter**

International yoga day was jointly observed By Ims Calicut Chapter, Calicut O&G Society & Women’s Ima Kozhikode On 21/6/2018. Hands on training & revision of yoga practices which can be done at home was given by a yoga trainer. was a well attended programme.
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Bhagalpur Menopause Society
International Yoga Day celebrated on 21st June 2018 by Bhagalpur Menopause Society in IMA Hall. Thanks to Dr Kiran Singh for the yoga lessons. Yog Guru Mukesh Kumar concluded the enlightening session. Total of 28 BMS members & members of SEWA Bharat & Rotary Vikramshila pink participated in the Yoga sessions. Dr Pratibha Singh Secretary BMS.

Udaipur Menopause Society
International Yoga day was celebrated by Udaipur Menopause society in collaboration with Ayush on 21st June 2018 at Sanjeevani hospital, Udaipur. There were 30 ladies including UMS members of 30 plus age.
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Delhi Menopause Chapter
IMS, Delhi Chapter and Institute of Obstetrics & Gynaecology, Sir Ganga Ram Hospital, New Delhi organized Pranayam & Yoga Session on 26th June 2018 from 6AM to 8AM. It was a resounding success with 76 participants, who performed the Chair Yoga Asanas with great enthusiasm followed by 10 minutes session of Pranayam. We ended the program with ‘Om’ chanting, meditation.
Faridabad Menopause Society
Faridabad Menopause society along with IMA Faridabad and K L MEHTA Dayanand college celebrated INTERNATIONAL YOGA DAY on 21st June. “Yoga embodies unity of mind and body”; “thought and action; restraint and fulfillment”; “harmony between man and nature; a holistic approach to health and well-being”. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature”. Hence celebrated this invaluable gift of India’s ancient tradition. The program was attended by more than 100 people Yoga class was taken by Famous Yoga experts-Dev Raj Acharya & Ram Pukar Acharya.

Gurugram Menopause Society
Gurugram IMS celebrated Yoga day at Queen Pearl Hotel from 2 to 4 pm, 30 doctors and 10 guests of club 35 members joined us, Dr Sandhya from Brahamkumari association gave lecture on meditation, Dr PushpaSethi demonstrated yoga aassans, lastly talk on stress management.
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Ludhiana Menopause Society
The IMS Ludhiana chapter celebrated Yoga day today at Lakshmi ladies club. It was attended by 50 persons. Everyone performed Yoga Asanas and meditation under the guidance of the trainers. The importance of Yoga in our daily life was discussed with the gathering and ev

Madurai Menopause Society
Inaugurated international yoga day celebrations at Madurai & addressed the gathering on yoga in women's health. Around 1200 participants took part.
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Raipur Menopause Society

Vadodara Menopause Society
YOGA DAY CELEBRATION at VADODARA, Rudra Yog tandav incorporating 40 Asanas in Dance form. Talk on YOGA FOR HOLISTIC HEALTH. Another talk on BENEFITS OF YOGA IN VARIOUS PHASES OF WOMEN’S LIFE. Then practice of Asanas, Pranayam and Meditation.

Agra Menopause Society
Members of IMS Agra participated in international yoga day activity which was conducted at ramtej bhawan with great jeal Around 20 members participated. Asana along with Surya namaskar performance were performed
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Chandigarh Menopause Society

Chandigarh Region Menopause Society (CRMS) celebrated International Day of Yoga by a 2 day program “The Essence of Yoga” on 23rd and 24th June 2018 conceptualised and organised by the President of CRMS, Dr. Nirja Chawla. The instructor for both days was Ms. Usha Chengappa, a very experienced yoga teacher and trainer for last 20 years, Centre-Head of her guru’s, the famous Bharat Thakur’s, Artistic Yoga chain with branches in India, UAE, UK and Russia. She was also the anchor and face of NDTV’s popular yoga program, Bodylicous. The 2 day workshop was designed to have experiential yoga followed by touching upon the eight-fold path laid down by Sage Pathajali and a basic understanding of the ‘koshas’ with explanations of the body-mind connection. This brief program was just a taste of the esoteric aspects of yoga, which is much beyond the contorted asanas and breath that we know of. It was a huge success with about 40 participants, limited by hall space. Among them were the past and current head of department of obstetrics and gynaecology, PGIMER and Govt. Medical College, Chandigarh, as well as members from outside the city. It was followed by delightfully light ‘soul food’ which included Rosemary and Peri-peri Humus, Basil Pesto with Spinach and Kale crunchy bread, red velvet cup cakes, cheese-pineapple combos, fresh fruit custard, vadas, cold coffee, lemon water and green tree among other light snacks. Such was the success of the program that, conceding to popular demand, it was decided to hold similar programs at regular intervals or a longer retreat in the future.
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Dr. Usha Didwania, President, Patna Menopause Society
23rd -6-2018 – IMS Gurukul
Patna Menopause Society organized Gurukul Programme at obs gynae dept NMCH on 23rd June 2018. It was well attended by seniors and pg students.
Topics covered were “Basics Of Menopause --- Dr. Usha Didwania” and “Clinical Conditions In Menopause – Dr. Renu Rohatagi”. Programme was attended by about 25 senior faculty members & 22 post graduate students. It was well appreciated by all.

11-6-2018 – Health Camp
A BMD CAMP is being conducted on 11th of every month in the premises of Dr. Sushma Pandey’s clinic at Patna. She is life member of IMS. This is also an effort towards health management of elderly women.

**Dr. Priti Niranjan, President, Vadodara Menopause Society**
1-6-2018 – Club 35+ -Awareness Program
Vadodara menopause society organized a awareness program about green environment by planting trees with Sneh foundation on 1st july

25-6-2018 – CME on Urogynaecology
Vadodara Menopause society had organized a urogynec CME with Urologist on 25th June 2018.

**Dr. Balwinder Kaur, President, Patiala Menopause Society**
13-6-2018 – International Mental Health Day.
Patiala Menopause Societ celebrated Mental Health Day on 12 June 2018 in Seminar Room in the department of OBGY. A total of 63 delegates, Perimenopausal & Menopausal patients attended the function. A talk on Depression and Menopause was delivered by Dr. Rajneesh Raj Associate Professor of Psychiatry Govt. Medical
College Patiala. It was a live interaction between patients and doctors for their mental health problems.

Dr. Anita Kant, Chapter President, Faridabad
15-6-2018 – CME on Surgical Approach To Management Of VVF, Newer Techniques And Controversies

Faridabad Menopause Society organised a CME on 15.06.2018 in accordance with World Urological Week.

Dr. Nikhil Khattar, (Associate Director Reconstructive and Female Urology Medanta, The Medicity, Gurgaon) gave a talk on Surgical approach to management of VVF, Newer techniques and controversies

CME was well attended and very interactive.
Dr. Tripura Sundari, President, Menopause Society Hyderabad
29th June 2018- Inauguration and MSH & Dr. C. Ambuja Oration By President IMS India

Menopause Society Hyderabad had organized its Inauguration & Dr. C. Ambuja Oration on 29th June 2018 at KIMS Hospital. It was attended by more than 70 Obstetricians and Gynecologists from the state of Telangana. We had Dr. Ratnabali Chakravorty, President IMS India as guest faculty with us from Kolkata. The programme initiated with a prayer and lighting of the lamp by all dignitaries, faculty and office bearers of the Hyderabad Society - Dr. Tripura Sundari, President MSH, Dr. E. Prabhavathi, Vice President, Dr. G. Jamuna Devi, Secretary, Dr. G. Bhavani, Treasurer.

Dr. Tripura Sundari, President, MSH addressed the gathering. This was followed by Investiture Ceremony were Brass Badges were presented to all the executive members and Past Presidents of HMS by Dr. Ratnabali. The Program had two sessions. Session I was an Oration chaired by Dr. D. Pushpalatha, Dr. Hemalatha Rangachary, Dr. Tripura Sundari and Dr. P.V. Saraschandrika.

We were honoured to have Dr. Ratnabali Chakravorty, a renowned gynaecologist and President IMS India with us to inaugurate Hyderabad Menopause Society and to deliver the Dr. C. Ambuja Oration on “Cardiovascular Problems in Menopausal Women and prevalence of Metabolic Syndrome in Indian Population”. Dr. Ratnabali gave an insightful Oration on “Cardiovascular Problems in Menopausal Women and prevalence of Metabolic Syndrome in Indian Population.” It was highly appreciated by all present.

This was followed by Session – II chaired by Dr. Y. Savitha Devi, Dr. G. Mahalakshmi Dr. Krishna Kumari and Dr. Garuda Lakshmi. The speaker was Dr. Prasun Deb, Snr. Endocrinologist, KIMS. He gave a detailed presentation on “Metabolic Syndrome –
Does it hold good ??” Dr. Shailender Singh, Cardiologist gave an interesting talk on Menopause & Heart which was followed by Dr. Lakshmi Ratna, Obstetrics & Gynaecologist enriching lecture on Do We Need Extra Calcium In Menopause.

It proved to be a real success and the scientific content was appreciated by the Obstetricians and Gynaecologists present. There was enthusiastic interaction and feedback from all. The Faculty were all presented with mementos, shawls & Bouquets. The programme concluded with an vote of thanks by Dr. Tripura Sundari.

14th June 2018- CME on “Fertility Issues in 40 Plus”
Hyderabad Menopause Society organized a CME on “Fertility Issues in 40 Plus” at Hotel Times Square. The program initiated with a welcome speech by Dr. Jamuna Devi, Secretary, Menopause Society Hyderabad. Dr. Tripura announced about the forthcoming programs of HMS. The Speakers and their Topics were:
Dr. Ratnabali Chakravorty 
President IMS India, 2018-19

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Dr. Ratnabali Chakravorty spoke on “Fertility Issues in 40 Plus – Burning Problems”
Dr. Hima Deepthi gave a wonderful talk on “Critical Evaluation of infertility & Management in 40+”. This talk was followed by Panel Discussion on “Case Scenarios Role of ART In Infertility” who’s moderator was Dr. Lakshmi Chirmamila & Dr. Chandana Lakkereddy and Panellists were Dr. K. Sarojini Devi, Dr. P.V. Saraschandrika, Dr. Tripura Sundari, Dr. C. Ambuja and Dr. G. Bhavani

It was attended by more than 40 Obstetricians and Gynaecologists. It was sponsored by Nova IVI Fertility. The faculty were thanked with Mementos. The CME concluded with applause to the organising team for the scientific content which was highly appreciated by the Delegates.

Dr. R. S. Rama Devi, President & Dr. Suseela P. Secretary, Vijaywada Menopause Society

Inauguration of Vijayawada Menopause Society by Dr Ratnabali Chakravarthy, President IMS on 29th June 2018 along with a CME.
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Dr.P.N.Ajitha, Chapter Secretary, Calicut
3rd June 2018- Club 35+ Public Awareness Program

A public awareness class was delivered by Dr. Shobhana Mohandas on 3rd June on prevention of cardiovascular disease with diet and exercise. This was in thrissur. Demonstration of preparation of two salads were also done.
24th June 2018 - CME on PERIMENOPAUSE

IMS Calicut chapter organizes a CME on Perimenopause. Dr. Chellema and many more well known gynecologist gave talks related to Perimenopause. It was attended by 115 delegates. Topics discussed were endometrial Hyperplasia, Hysteroscopy In Perimenopausal Bleeding, Contraception Over 40 Yr & Larc. This was followed by a Debate On Aub In Perimenopause (Medical Or Surgical), panel discussion & a quiz for post graduates.

IMS Varishta Janaswasthya Yojana - “Midlife Healthcare Charitable Clinic -IMS-MHCC"

On 5th of every month - You are requested to establish a “Midlife Healthcare Charitable Clinic (IMS-MHCC)”. Offer Primary and Preventive Health Care for Older Women free of charge. Members are requested to volunteer to provide subsidies and free ships to poor and needy 50+ women.
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organize free - osteoporosis screening, pap smears.
Send the report with a picture to
Indianmenoapsuesociety@gmail.com

5-6-2018 MHCC by Dr. Hepsibha, Chennai Menopause Society

Chennai Menopause society - Dr. Kirubamani conducted in two centers. NCD screening & Awareness programme was conducted. About 65 women were evaluated.

5-6-2018 - MHCC By Dr. Savita Tyagi, Agra Chapter

MHCC programme conducted on 5th on regular basis by Dr. Savita Tyagi Agra Menopause Society.
On 5th of June Agra chapter organised free health check up camp at two centres
At my centre like previous months free health check up of 50 plus women done along with free Hb, blood sugar, thyroid test, pap's smear at 50%discount.
Around 30 patients benefited
At dr Manisha Agarwal centre I20 patients were examined free under MHCC program
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5th June 2018 – MHCC Dr. Sonal Gupta Secretary, Faridabad Chapter

5th June 2018 – MHCC Dr. C. Ambuja, Hyderabad Chapter

5th August Governing Council Meeting along with the Zonal Conference-North at Lucknow organized by Vice President IMS & Org. Chairperson Dr. Yashodhara Pradeep
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Register Now!

Indian Menopause Society North Zone Conference
FORTYPLUSCON 2018
An Update on FortyPlus Women’s Health
4th - 5th August, 2018 | Hotel Clarks Avadh, Lucknow

Early Bird Registration
Ends
31st July 2018

www.fortypluscon2018.com
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IMS Quiz 2019 Finals at IMSCON 2019, from 15th -17th
February, ITC Sonar, Kolkata

Topic: "Menopause Revisited"

Eligibility Criterion: Post Graduates and Young Gynaecologists within 5yrs of passing PG Exam

Chapter Secretaries are requested to organise a Quiz along with Gurukul Prog and send us the name of one Candidate for the IMS Quiz Finals representing their Chapter before 30th November 2018. The candidate shall be provided free registration and hospitality at IMSCON 2019, 15th to 17th February 2019, ITC Sonar, Kolkata

Quiz Committee: Chairperson:
Dr. Shobhana Mohan Das -9447023815 shobhanamohandas@gmail.com

Team 2018-19

Dr. Ratnabali Chakravorty
President IMS 2018-19

Dr. Yashodhara Pradeep
Vice President IMS 2018-19

Dr. Pushpa Sethi
Secretary General IMS 2018-19

Dr. Bipasa Sen
Joint Secretary IMS 2018-19

Dr. R. N. Goel
Treasurer IMS 2017-20

Dr. Mrutyunjay Mohapatra
Jt. Treasurer IMS 2018-19

Indian Menopause Society
indianmenopausesociety@gmail.com , www.indianmenopausesociety.org , www.jmidlifehealth.org