International News

An Urgent Humble Appeal: 
Please renew your International Menopause society’s Membership
To keep our great visibility at international platform, not only new memberships are needed but renewals are of much importance. As this year is the election year, so if we stay in good position as CAMS Society then only, our voting rights will be preserved. The call for nominations for the IMS Board has gone out and CAMS charter is going to be circulated soon. These appointments will be from the Melbourne 2020 Congress until the Lisbon 2022 Congress. Please contribute to the growth of both the organisations, by participating in election process & IMS activity survey for current strategies development/implementation. Each vote is precious!

World congress 2020, Please participate, it’s not too late to register!

Have a look on - The Global Consensus Position Statement on the Use of Testosterone Therapy for Women, which is the focus of the JAMA Network online article, ‘Which Postmenopausal Women Should Use Testosterone for Low Sexual Desire?’, https://jamanetwork.com/journals/jama/fullarticle/2759673
My article on “Obesity in midlife: lifestyle and dietary strategies”, published in Climacteric, Volume 23 Issue 2, is now available for you to access via tandfonline.com.

The Menopause Live is also trying to launch a case report series. I would like to encourage the contribution of high-quality case reports on your behalf, relating to diverse disciplines, including gynaecological, endocrinological, metabolic, cardiovascular, bone, neurological, psychiatric post reproductive health. You may contact directly the editor at patrizia.monteleone@gmail.com.

Congratulations to Professor Mary Ann!
On behalf of the Indian Menopause Society I take opportunity to congratulate, immediate past President of IMS, Mary Ann Lumsden, on her recent appointment to the position of Chief Executive of FIGO (International Federation of Gynecology and Obstetrics) on January 6th, 2020. Mary Ann was President of the IMS from 2016 to 2018 as well as Senior Vice President of the RCOG from 2016 to 2019. We wish Mary Ann every success in this new, exciting and challenging role. She has been our favourite renowned international at IMSCON, many times!

Thank you for completing the first COMMA (Core Outcomes in Menopause) survey. We had a great response and now ask you to complete the SECOND (final) survey. It is essential to complete the second survey as we can only include your opinions if you
complete both surveys. This survey now contains symptoms identified as missing in the first survey. This will take about 15 mins and will be open for 2 weeks.

Please log on to https://delphimanager.liv.ac.uk/COMMA

Your views are very important. If you have any questions or difficulties, please email bobae.kim@adelaide.edu.au for help.

Forthcoming events and meetings

Argentina: click on http://www.aapae.org/ for more information

3rd Theoretical-practical Basic Online Course ‘Managing women in middle age: from theory to practice’, 3 months duration, audiovisual classes, discussion forums, consultation of clinical cases, online with final evaluation exam.

19th ISGE World Congress

Florence, Italy, March 4–7

Do participate in Indian Menopause society symposium!

If you are interested an EMAS membership, they are offering a 3 month trial membership. Click to the EMAS Membership button and afterwards please select on the button of the website the "trial membership" and enter the code: 3A78EA3 and select offline payment. Afterwards you will have a 3 month trial membership and you would be able to see all previous Webinar series.

EMAS MEMBERSHIP

From the desk of Prof. Sunila Khandelwal, Chairperson International Advocacy Committee

Past President IMS, Treasurer, Executive Member Board of Trustee, Ex. Secretary General CAMS, International Menopause Society

Indian Menopause Society International Affiliations

Council of Affiliated Menopause Societies (CAMS)

The International Society of Gynecological Endocrinology (ISGE)
Indian Menopause Society

Newsletter January - 2020

Academic & Public Awareness Activities

Theme 2019

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A Healthy Inning!

9th October - IMS Foundation Day
2020- Silver Jubilee Year of IMS

International Academic Exchange

<table>
<thead>
<tr>
<th>IMS</th>
<th>BMS</th>
<th>EMAS</th>
<th>APMF</th>
<th>SAFOMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>International Menopause Society</td>
<td>British Menopause Society</td>
<td>European Menopause and Andropause Society</td>
<td>Asia Pacific Menopause Federation</td>
<td>South Asia Federation of Menopause Society</td>
</tr>
</tbody>
</table>

Forthcoming International Society Meetings

The 19th World Congress of ISGE
Florence, Italy March 4-7 2020
https://isge2020.isgesociety.com/

17th World Congress on Menopause at
Melbourne from 30th April to 3rd May 2020
www.imsmelbourne2020.com
Contact: Dr. Maninder Ahuja, 9810881048,
ahujamaninder@gmail.com

Asia Pacific Menopause Federation
APMF
The 8th Scientific Meeting March 26th - 28th, 2021 Hang Zhou
Contact: Dr. Jyothi Unni, jyothi.unni@gmail.com, 9822053561

Winners of the Web Quiz

On Physiology
First Winner- Dr. Shanujeet Kaur, Chandigarh
Second Winner- Dr. Jigyasa Dengra, Jabalpur
Third Winner- Dr. Rajasi Sengupta, Nagpur

The winners can avail a 10% reduction in the Registration fee of Conferences
Contact: 9246105361

Topic for January 2020 Quiz

Harmone Replacement Therapy
Dr. Shobhana Mohandas, Chairperson Quiz Committee
Questions will be on the Website from 20th - 25th of February 2020
## National News

### Summary of National Programmes in January

<table>
<thead>
<tr>
<th>Activity</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Club 35+ Public Awareness Activities</td>
<td>3</td>
</tr>
<tr>
<td>Midlife Health Charitable Clinic – MHCC</td>
<td>6</td>
</tr>
<tr>
<td>CME On Menopause</td>
<td>4</td>
</tr>
<tr>
<td>Osteoporosis CME</td>
<td>3</td>
</tr>
<tr>
<td>Health Camps (Rural &amp; Urban)</td>
<td>5</td>
</tr>
<tr>
<td>From 44 IMS Chapters – Converted to Societies</td>
<td>32</td>
</tr>
</tbody>
</table>

### Activity From February 2019 to January 2020

<table>
<thead>
<tr>
<th>Activity</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>All CME’s</td>
<td>127</td>
</tr>
<tr>
<td>Public Awareness Club 35+ Activities</td>
<td>122</td>
</tr>
<tr>
<td>GLOBAL DAYS</td>
<td>102</td>
</tr>
<tr>
<td>Urban Camps</td>
<td>50</td>
</tr>
<tr>
<td>Rural Camps</td>
<td>25</td>
</tr>
<tr>
<td>MHCC</td>
<td>75</td>
</tr>
<tr>
<td>Gurukul programme</td>
<td>15</td>
</tr>
<tr>
<td>Aging Gracefully CME</td>
<td>15</td>
</tr>
<tr>
<td>FEM Power CME</td>
<td>15</td>
</tr>
<tr>
<td>Osteoporosis CME</td>
<td>17</td>
</tr>
<tr>
<td>Colposcopy WS</td>
<td>9</td>
</tr>
<tr>
<td>ICOG CME</td>
<td>3</td>
</tr>
<tr>
<td>QUIZ</td>
<td>19</td>
</tr>
<tr>
<td>BMD Camps</td>
<td>65</td>
</tr>
<tr>
<td>YOGA &amp; Meditation</td>
<td>31</td>
</tr>
</tbody>
</table>

Request to all Presidents & Chapter Secretaries to encourage your Members to visit:

- **IMS on Facebook** - https://www.facebook.com/528297621017070/posts/560214827825349/
- **Check out @IndianMenopause’s Tweet:**
  - https://twitter.com/IndianMenopause/status/1106536459035648001?s=08
- **Download White Coats Application:** wcts.in/IMS to receive academic updates from IMS
- **Visit the IMS website:** www.indianmenopausesociety.org

Please send brief report of your activities with 3-4 good Pics to - activityims@gmail.com
Announcements

Elections Result

From the President & Election Officer 2019-20 – Dr. Neelam Aggarwal

Dear All,

I take this opportunity to thank all members and the Presidents of Societies and Chapters who have actively participated in all the programmes of my tenure and now have risen to the challenge of this first time - Online elections of Indian Menopause Society.

The Elections were completed successfully after two rounds of mock trials – the resultant was a warm camaraderie among the members, updation of contacts & computer consciousness. It is important that we periodically update the contacts at society level so that all members receive information and journals and become active.

My congrats to all Members of IMS who made this possible!

I welcome the incoming Team 2020-21:

- President Elect - Dr. Jignesh Shah
- Vice President 2020 - Dr. Shobhana Mohan Das
- Secretary General 2020-Dr Anita J. Shah
- Treasurer 2020- Dr. Jyoti M. Shah
- Jt. Treasurer 2020- Dr. Bipasa Sen
- Jt. Secretary 2020-Dr. Dilip Gadhavi

The election was conducted for the post of President 2021 and Chairperson 2020 Club 35+ Committee, the other posts were accepted unanimously by nominations. The results are:

- President 2021 - Dr. C Ambuja
- Rest have been elected unopposed as follows
  - Vice President 2021-22 - Dr. Pushpa Sethi
  - Sec General 2021-22 - Dr. Sudhaa Sharma
  - Treasurer 2021-2023- Dr. Jyoti M. Shah
  - Jt. Treasurer 2021-2023 – Dr. Bipasa Sen
  - Jt Secretary will be decided by Dr. C. Ambuja


Chairperson Club 35+ Year 2020 & 2021 - Dr Arti Manoj was Elected
Rest have been elected unopposed -
- Chairperson Research committee 2020 & 2021 - Dr. Reeti Mehra
- Chairperson Quiz Committee 2020 & 21- Dr. Jyoti Jaiswal
- Chairperson Exam Committee 2020 & 21- Dr. Sheela Mane

Two members for Journal Editorial Board 2020-2021 will be interviewed and selected by the Journal Selection Committee

1. Dr. Lakshmi
2. Dr. Reeti Mehra
3. Dr. Ruchi Garg
4. Dr. Tripura Sundari

Associated Editors will be decided in the GCM from among the Editors
Long live IMS!
Dr. Neelam Aggarwal
President IMS & Election Officer 2019-20

Best Research Paper Award 2019
go to the Original Research Article Published on:
"A clinical study of standard extract of leaves of Dilbergia Sisoo (Roxb ex DC) in Postmenopausal Osteoporosis".
Meeta, Ashwinikumar A. Raut, Shubhada V. Agashe, Afroz Wajahat, Conjeevaram Venkata Sarada,
Ashok D. B. Vaidya, Rama Ashok Vaidya
Department of Obstetrics and Gynecology, Tanvir Hospital, Hyderabad, Telangana
, Medical Research Centre-Kasturba Health Society, Mumbai

Please attend the Award Ceremony at the Valedictory of IMSCON 2020 to learn more!

All IMS Members are cordially invited to the Annual General Body Meeting of Indian Menopause Society at 6pm on 15th February 2020 at Hotel Capitol, Bengaluru.

ANNUAL GENERAL BODY MEETING
OF
INDIAN MENOPAUSE SOCIETY - 2020
Date: 15th February 2020, Time: 6.15pm-7.15pm
Venue: Hotel Capitol, Bengaluru

AGENDA AGM 2020

❖ Roll Call
❖ Address by outgoing President - Dr. Neelam Aggarwal
❖ Review of the last AGM minutes and anything arising out of it
  ❖ Society Formations and Affiliation to IMS- Certificates
  ❖ Financial Resolutions
  ❖ Election 2019 - Results
❖ Policies
  ❖ Financial Reports – 2019-20 by Dr. Jyoti M. Shah, Treasurer
    BS & Earmarking of funds 2018-19
    Earmarking of funds 2019-20
Affiliation Certificates
22 Bharuch Menopause Society
23 Menopause Society Gurugram
24 Jalandhar Menopause Society
25 Jammu Menopause Society
26 Vadodara Menopause Society
27 Guwahati Menopause Society
Indian Menopause Society

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Academic & Public Awareness Activities

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9th October - IMS Foundation Day
2020- Silver Jubilee Year of IMS

Fit @ Forty, Strong @ Sixty &
Independent @ Eighty

Dr. Neelam Aggarwal
President IMS India, 2019-20

Indian Menopause Society

Fit @ Forty, Strong @ Sixty &
Independent @ Eighty

Dr. Neelam Aggarwal
President IMS India, 2019-20

The 25th National Conference of IMS

IMSCON 2020

at Hotel Capitol, Bengaluru, on 14th, 15th & 16th February 2020

Following is the program schedule received from the IMSCON 2020, Bengaluru

Hall A- Grand Ball Room
Hall B_ Senate
Hall C - White House

14th February 2020

2:00 - 5:00 PM - G C M III
2:00 - 4:00 PM - CIMP Exam
2:00 - 5:00 PM - Fifth Dimension in Menopause & Health Mela
6:00 - 7:00 PM - Inauguration

15th February 2020

Quiz Prelims between 8am and 9am

4:45 - 5:15 PM - Convocation
5:15 - 6:15 PM - G C M 1
6:15 - 7:15 PM - A G M

16th February 2020

9am- QUIZ Finals in Hall C
Valedictory & Lunch

Contact – Dr. Jyothika Desai – 9845342826, jyothikadesai@gmail.com, Ph:08022353515, 9513742826, Email: imscon2020@gmail.com, Website: www.imscon2020.com
Indian Menopause Society

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Look Young
Feel Free!

IMS Quiz 2020 Finals will be held on 15th February at IMSCON 2020, Bengaluru

Topic: Obesity & Metabolic Syndrome. The winner will represent India at the Quiz "Menopause Olympics" at 17th World Congress on Menopause in Melbourne, April 30-May 3, 2020 organised by International Menopause Society.

Quiz Committee: Chairperson: Dr. Shobhana Mohan Das, 9447023815 shobhanamohanadas@gmail.com

CIMP Exam to be held on 14th February at Hotel Capitol during IMSCON 2020, Bengaluru. IMS Exam Committee: Chairperson, Dr. Chellamma V. K. - 9447155887, chellammavk@yahoo.co.in

IMS Project Report by Dr. Duru S. Shah, Chairperson IMS Foundation

The Project “Standardization of Healthcare of Postmenopausal Women in India” which was initiated by me as the Principal Investigator through the IMS Foundation which took off in its last phase on 5th July, 2019 in Latur, Maharashtra in association with the Government of Maharashtra.

We signed an MOU with the Government of Maharashtra to conduct a pilot study of 400 women above the age of 45 years up to 60 years in Latur in May 2019. The first program of “Training of Trainers” (TOT) was held in Latur on 5th July 2019, when I was accompanied by my colleagues Dr. Rashmi Shah & Dr. Jyothi Unni, members of the IMS Foundation Committee to train the Representatives of Asha Workers, Nurses and Doctors of the District Government of Latur. There was a small inauguration which was attended by 60 members which included Obgyn’s, Medical officers, District health officers and ASHA coordinators, 6 ANM’s and 40 ASHA’s.

All officials especially the CEO, Dr. Itankar impressed upon all the Trainers that it was important to participate in this Pilot Project and know its results so that peri and postmenopausal women can be well looked after in future.

The entire Phase 4 will take about 4 months starting from October 2019, following which data will be analyzed and the document prepared which will be shared with IMS India and the Maharashtra Government. Enclosed are a few photographs of the launch of the Project followed by the camps which have been held.
The first program of “Training of Trainers” (TOT) was held in Latur on 5th July 2019.

Referral – All these screened women were evaluated at respective PHC / SC/ RH.

PAP Smear collection

Bone Density
The USG / Mammogram

I wish to thank all IMS Presidents, Board Members, and the Foundation Members for their support and assistance in taking this project forward.

A special thanks to Dr. Rama Vaidya for her always gracious advice, Jyothi Unni and Rashmi Shah for all their inputs. Dr. Jyoti Shah and Dr. Preeti Galvankar, Dr. Ratnabali Chakravorty for assisting in the release of funds for the project and our current President Dr. Neelam Aggarwal for their support. The training of Asha workers, Medical and Paramedical staff was completed till September 2019. In the meantime a Survey was made in 3 villages to identify postmenopausal women to be included in the project. Screening of all 400 women was initiated in October 2019. Every woman underwent hematological evaluation of all parameters, in the Government hospital, except Vitamin D3 at Metropolis Healthcare, Pap Smear at Women’s Hospital, Government Hospital and Ultrasound at Dr. Kalyan Barmude’s Hospital and Mammography at Vivekanand Medical Foundation & Research Centre, Latur (as the Government Hospital lacks these facilities).

We have completed around 325 women and are awaiting the balance 75 women to be completed by end of February 2020. Hoping to include menopausal health as a standard of care in Maharashtra through the State Government.

There have been many challenges in carrying out Phase 4 of the Project, inspite of Government support, which will be reported with the final report.

**MS Peer Review Task Force (PRFT) - A report by Dr. Meeta Co -Chair PRTF**

AIM: IMS Peer Review Task Force will review the contents of scientific statements, publications issued under the banner of Indian menopause Society. The statements need to be in synchrony with the statements/publications currently in circulation. The aim of forming the task force is to gather the best evidence and present it to the members. The tasks completed in the year 2018,2019

1. Reviewing the presentation modules prepared for conducting educational programmes for the IMS members.
   - 2019 modules in association with FOGSI
     1. Ageing gracefully
     Beyond Menopausal Hormone Therapy
2. Fem Power
MHT - Indian Women
Micronutrient
Recurrent vulvovaginal candidiasis

2019 Osteoporosis Module in association with ISMBR
Basic concepts.
Diagnosis.
Non pharmacological options
Pharmacological options

2020 modules in association with FOGSI
MHT - Pros And Cons
Waiting for this year’s module from IMS

Publications
2018-19
1000 MCQ on Menopause - Published and in circulation
Handbook On Prescription Writing – In process

2020
Clinical practice guidelines on postmenopausal osteoporosis: 2020 - Published and in circulation
Clinical practice guidelines on postmenopausal osteoporosis: *An executive summary and recommendations - 2020 - Published and in circulation
Clinical practice guidelines on menopause: - 2020 - Published and in circulation
Clinical practice guidelines on menopause: *An executive summary and recommendations. 2020 - Published and in circulation

Website Committee Report: 2019 – 2020 by Dr. Navneet Takkar, Chairperson
Indian Menopause Society

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Co-Chairperson: Dr Jyoti Jaiswal

Uploading of Following Data on Website

- Presidential Address
- Membership form 2019, CIMP Form 2019 and list of CIMP Practitioners
- IMS Calendar 2019-20
- Governing Council Members and list of IMS Societies
- IMSCON 2019 Photos & report
- Diet and Exercise leaflets and power point presentation on Hyperacidity and Constipation on Public awareness section
- MHT UPDATE: MHT use and Breast cancer risk added on homepage
- Upcoming events: all zonal conferences, IMSCON 2020, brief information is displayed
- All data of 2018 is saved in Yearly Version Control on Webpage

IMS Newsletters and IMS interactive Quiz: On monthly basis all IMS activities at National level and work done by the IMS societies is uploaded in the form of IMS Newsletter. IMS Quiz in which the IMS members participate is a online Quiz and three winners are declared every month and their names are displayed on the website for one month period. Dr Shobhana Mohandas is the co-Ordinator for IMS interactive Quiz.

WEBSITE QUERIES : all queries sent on mail are answered within 24 hours

Bulk Email from website portal to all IMS members was started in November 2019 and still in process of being streamlined

August 2019 – January 2020 Report Education Committee by Dr. N. Hephzibah Kirubamani

Chairperson

On 3.09.19 Gurukul Programme for Post Graduate at Madras Medical College Chennai. Programme Attend by 35 Post Graduates 2 Professors from Madras Medical College Participated. They Dealt About Basics of Menopause, Symptoms Of Menopause Its Consequences And MHT Was Dealt By Hephzibah Kirubamani.

18th October - A talk on Menopause was delivered on the occasion of World Menopause Day in Jaya TV, Chennai by Dr. Hephzibah. It is available on https://www.youtube.com/watch?v=Oouu7YwxuOk

Glad to inform that Tamil Nadu Director of Public health & Preventive Medicine had given official permission to conduct Menopause awareness programme by Indian Menopause society Education
Committee for Primary Health Center Doctors and Village Health Nurses of all districts of Tamil Nadu.

Till March 2020 programme is fixed for few districts. On 15.10.19 first awareness Programme was conducted at Acharapaam block, Kanchipuram District. During that programme, Pamphlet about Menopause written in local language by me was released by Deputy Director of Public health Dr. Senthil. It was distributed to P.H.C doctors and Nurses. 30 block Village Health Nurses & 4 Primary health center doctors attended.

On Oct 19th Gurukul Programme was conducted at Mumbai along with Dr. Ashwini Gandhi. Postgraduates from Wadia hospital Mumbai attended the programme.

18th November 2019 Programme on Menopause Awareness for PHC Doctors Tamil Nadu Directorate of Public health and IMS education committee programme on menopause awareness for 4 PHC doctors, 4 Sector health Nurse, 42 ANM was conducted today at uthramayrur. Pamphlets on menopause in regional language was distributed.
28th November Programme on Menopause Awareness IMS educational committee conducted basics of research methodology programme. About 70 PG were benefited

17th December 2019 Menopause Awareness Programme IMS education committee with Directorate of Public health and Preventive Medicine conducted Menopause awareness programme at Kundrathur Kanchipuram district. 40 VHN, 5 SHN, 5 PHC doctors attended the programme. A pamphlet about menopausal issues in local language was given to them

JAN 11 TH 2020, NEW YEAR STARTED WITH, Catch them Young awareness programme regarding Bone Health, vaccination against cancer cervix, PCOS, life style modification was conducted at S.S. Valsa higher secondary school Madurai, Tamil Nadu

On 28th Jan 2020 Menopause Awareness Programme IMS education committee with Directorate of Public health and Preventive Medicine conducted Menopause awareness programme is fixed at Thittuppukuzhi for Primary health Doctors and for ANM
Hyderabad Menopause Society, Dr. C. Ambuja, Vice President, IMS 2019, Dr. Tripura Sundari, President
18th January 2020 A CME on Menopause
Hyderabad Menopause Society Conducted a CME on PREMATURE OVARIAN INSUFFICIENCY
With case presentations of successfully managed infertility on POF with Mosaic turners. A special talk by Dr. Meeta spoke in detail about **importance of D3- natural source** or to be supplements Success stories of management of Subfertility in patients of mosaic turner presenting as amenorrhoea and oligomenorrhoea were presented. Dr Balamba mam spoke about importance of evaluating cases of oligomenorrhoea. Engineering Professor delivered a lecture on -**ROLE OF BIOENGINEERING IN MEDICINE.** It was attended by nearly 70 gynecologists and neurologists.

12th January 2020 health and nutrition camp at Jaganadh Swami Mutt by Dr. Tripura Sundari
A health and nutrition camp at Jaganadh Swami Mutt for 50 old people and 45 farmer kids with 50 volunteers mostly kids serving the old people with home made food and juice. Many thanks to Dr. Ambuja madam for guiding and mentoring by Dr. Tripura Sundari.

Tata Mumbai Marathon with Family planning association of India members
Indian Menopause Society

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Dr. Sandhya Dixit, Jt Secretary, Hyderabad Menopause Society
10th January 2020 a free health camp
A Free health camp at kondapuram village, vikarabad, Hyderabad Telangana

Vadodara Menopause Society, Dr. Archana Dwivedi, President
26th January 2020 republic day celebrations by team vadodara
26th January 2020 Vadodara Menopause Society In Brascon 2020
Special session for menopause society of Vadodara in brascon 2020 on various breast disease and discussion on onco plastic and radiological pathology advances in science to help women in menopause

5th January 2020 Marathon for Women Power
Menopause society of Vadodara with Club 35 Vadodara and women doctor wing IMA members participating in Vadodara Marathon dressed as Jhansi Ki Rani promoting woman power and ‘Stop Violence against Women’ By Team Vadodara.

Agra Menopause Society, Dr. Savita Tyagi, President
26th January 2020 Agra Menopause Society Conducted CME on Osteoporosis
Agra Menopause Society Conducted CME on Osteoporosis. Diagnosis was taken care by Dr.Parvendra sharma, ortho, treatment by dr vineet Pathak Ortho and Non pharma treatment by Dr.Madhu Rajpal.it was attended by 40 members and was well appreciated as two esteemed Orthopedicians delivered Lectures.
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7th January 2020 a Walk for Beti Bachao
Agra Menopause Society participated in Walk for Beti bachao and beti padao on 7th Jan 2020.
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Indore Menopause Society, Dr. Poonam Mathur President

22nd January 2020 Indore Menopause Society Chapter organized a Talk on Thyroid disorder in menopausal women By Dr Sandip Julka.

Raipur Menopause Society, Dr. Manoj Chellani, President.

18th January 2020 a CME on various topics in Postmenopausal Women

Raipur Menopause Society had organised a CME on Save the Uterus and Save the Ovary and Evaluation of Endometrial Thickness in Postmenopausal Women on 18th January 2020, at Babylon Capital, G.E. Road, Raipur, Chhattisgarh. Professor Dr. Mrs. Abha Singh, Dean Pt. J.N.M. Medical College, Raipur, Patron IMS Raipur chapter was invited as a special Guest. Dr. Manoj Chellani, President Raipur Menopause society, Aayush Hospital has given welcome speech.

Save The Uterus a keynote and a very enlightening talk to reduce causes of hysterectomy was given by Dr. Chaitanya Shembekar from Nagpur, Director of Omega Hospital and a panel on Save the Ovary and don’t underestimate power of ovary which emphasis to save ovary during hysterectomy. A talk on Endometrial Evaluation in Postmenopausal Women by Dr. Tripti Nagaria, HOD, Dept. of OBG, Pt. J.N.M. Medical College, Raipur. It was attended by 60 delegates, from all over Chhattisgarh. Vote of Thanks was given by Secretary Dr. Gurpreet Kaur.
Dr. Neelam Aggarwal
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Dr. Nirmala Pipara- Chairperson CSR Committee
Kolkata Menopause Society. Dr. Sudeep Chakravorty, President.

12th January 2020 Health Check up Camp at Sundarban
Rural & Community Health Service Committee of Kolkata Menopause Society, The Bengal Obstetric & Gynaecological Society & Friends of Tribal Society organized a rural health check-up camp and MHCC programme at Habra, North 24 Pgs on January 12, 2020. Total 103 patients were screened for anemia, Diabetes and Osteoporosis. Dr Nupur Mukherjee, Dr Nirmala Pipara, Dr Geetika, Dr Sagnik Saha had given their valuable advices in the camp. Surprisingly HB of 70% patients was normal. 4 diabetic patients were diagnosed. 70% patients were found to have Osteoporosis due to of very poor intake of calcium in diet. All were given proper dietary advices. Calcium, Iron and all other medicines were distributed free to all. The programme was attended by senior members of Friends of Tribal Society, Mr Surendra Bafna, Mrs Madhu Bhagat, Mrs Sudha Bhattar, Mrs Karuna Lohia and Mrs Shyama Mundra.

19th January 2020 Health Check up Camp at East Burdwan, Jaugram
Rural & Community Health Service Committee of Kolkata Menopause Society & The Bengal Obstetric & Gynaecological Society organized a rural health check-up camp and community service programme at Tenga Beria Free Primary School, East Burdwan, Jaugram on January 19, 2020. Total 100 patients were examined. Anemia was very commonly seen. 30% patients had Ostopenia and 40% had Osteoporosis. 1 patient of Lump Abdomen was diagnosed. Dr Kalidas Bakshi, Dr Nirmala Pipara, Dr Geetika and Dr Sarkar had given their valuable advices in the camp.
Indian Menopause Society

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Academic & Public Awareness Activities

Theme 2019

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President IMS India, 2019-20
IMS Slogan

Fit @ Forty, Strong @ Sixty & Independent @ Eighty

Calicut Menopause Society, President, Dr. P. N. Ailtha,
4th January 2020 a Urogynaecology CME organized by Calicut Society

A cme on urogynaecological problems in midlife

Nagpur Menopause Society, President, Dr.Ujjwala Kedare
29th January 2020 Moot Court at Aicog 2020 @ Lucknow at Medicolegal Workshop.
Indian Menopause Society
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Dr Ujjwala Kedare as director, producer, leader, script writer and judge.

19th January 2020 a health check up camp
Nagpur Menopause Society conducted a health check up camp at panchawati vruddhashram at umrer road, Nagpur in association with human Rights, ISOPARB, NARCHI association. BMD, BP, BLOOD SUGAR were checked and distribution of essential medicines and fruits was done.

19th January 2020 Nagpur Menopause Society has conducted a small round table Nagpur Menopause Society has conducted a small round table meet where Anemia in Menopause is discussed.
5th January 2020 Dr. Anju Soni, Chairperson Club35+ Public Awareness Committee

Dr. Anju Soni at West Zone YUVA FOGSI 2020, Gujarat

Jaipur Menopause Society, Dr. Oby Nagar, President

19th January 2020

A wonderful CME at Rajasthan Jaipuria Hospital under the auspices of JMS NARCHI and ISSCP under one roof for public awareness through club 35 and discussion from screening of CA Cx to advanced malignancy surgery. Gifted to have ISSCP President Dr Sarita Shyam sunder and support of Dr Veena Acharya

Jammu Menopause Society, Dr. Sudha Sharma, President

19th January 2020 A CME on OSTEOPOROSIS & PRETERM LABOUR

Jammu Menopause Society, Jammu OBG Society, in asso with PG dept GMC Jammu & SUN SENORA organised one CME on OSTEOPOROSIS & PRETERM LABOUR on 19th JAN

Dr Girija Wagh (Prof. Bharti Vid Peeth Pune) deliberated on role of progestogens in PTL Post Menopausal Osteoporosis & non pharmacological management was covered by me (Dr Sudhaa Sharma) CME was well attended by nearly 70 doctors including gynaecologists, GPS, GMC faculty, residents & physicians.
Dr. Balwinder Kaur, President, Patiala Menopause Society,

18th & 19th January 2020 Patiala Menopause Society organised two days Laproscopic Workshop

Patiala Menopause Society organised two days Laproscopic Workshop on 18-19th January, 2020 in the department of obstetrics and gynaecology. More than 100 delegates including various Gynaecologists, faculty members and postgraduate students of Dept of Obstetrics & Gynaecology and Dept of General Surgery attended the workshop.

Dr Ajay Aggarwal, a renowned Gynaecological Endoscopist and his team including Dr Reena Garg & Dr Anita delivered talks and conducted endoscopic surgeries on nine patients which were telecast live for the participants.

Four Laproscopic surgeries were conducted including laproscopic hystrectomy, Myomectomy, removal of multiple endometriomas and ovarian cysctectomy. 5 hysteroscopic procedures were done including one IUCD removal, one diagnostic hyster and lapro & in three cases of AUB Hysteroscopic evaluation of endometrial cavity and biopsy done.
Indian Menopause Society

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Dr. Hepzibah Kirubamani, Chairperson Education Committee
Chennai Menopause Society, Dr. Jaishree Gajraj, President.

28th January 2020 Menopause Awarness Programme

Directorate of Public health and IMS education committe conducted menopause awarness programme to ANM, SHN, & PHC doctors at Thiruppukuzhi.Pamphlets regarding menopause health issues in regional language were distributed.

10th January 2020 Awarness Programme

Bone health, cervical vaccination, health tips programme was done by IMS education committee along with IMS Madural society.
Jabalpur Menopause Society, Dr. Swaraj Naik, President.
13th January 2020 Jabalpur menopause society conducted a seminar on PCOD a hormonal disorder at hotel Krishna.

Gorakhpur Menopause Society, Dr. Reena Srivastava, President.
28th January 2020 A free BMD camp
A free BMD camp organised at Kumar Upchar Kendra and Gulati nursing home on 28th January 2020. 60 patients were benefited. Free calcium and advice given to them.
Indian Menopause Society

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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 organize free - osteoporosis screening, pap smears. Send the report with a picture to activityims@gmail.com or indianmenoapsesociety@gamil.com

Dr. Balwinder Kaur, President, Patiala Menopause Society,

06th January 2020, MHCC- Varisht Mahila Swasthya Yojna Camp

Patiala Menopause society organised Varisht Mahila Swasthya Yojna camp on 6/01/2020 in the OPD of OBGY Dept GMCPatiala. 40 perimenopausal and menopausal women were examined. Detailed history, exam.H t, Wt, BMI done. Investigations like Hb, RBS, TSH, and other reqd done, all women were examined by Orthopaedic and medical specialists. Health awareness talk regarding Need for calcium, vit d3, and walking was given. Gynae check up and PAP smear was done in all women. They were also given calcium, analgesics and iron tablets.
**Dr. Ruby Bhatia, Patiala Menopause Society**  
6th January 2020 Varisht Mahila Swasth Karyakram.

Dr. Ruby Bhatia prof & HOD deptt Obs & Gynae MMIMSR organized monthly Varisht Mahilla Swasth Shivir, under the patronage of honourable Chairman Sh. Tarsem garg respected principal, vice principal sir, M.S sir, CEO sir & under aegis of Indian Menopausal Society, for women 40 years and above on 06/01/2020. Gynae checkup, Pap smear screening, BMI, Breast examination, Hb, RBS was done. A total of 42 women were examined. 12 patients were Obese or over weight, 3 patients had AUB – L, 2 patients had UV Prolapse, 01 patient had Ca Cervix.

Talk on: - 

a) Pap smear screening: Dr. Ruby Bhatia Prof & HOD OBG.

b) Diet & Menopause: Dr. A.S Dhillon Prof OBG.

c) Heart disease at Menopause: Dr. Sajjad Manjoor, Director Cardiology super speciality MMIMSR, Mullana

**Dr. Nirmala Pipara, Chairperson CSR Committee**  
7th January 2020 a MHCC Programme  
A MHCC Programme was conducted by Kolkata Menopause Society at Matri Mangal Pratishthan on January 7, 2020. 16 patients examined and needful advises were given.
Dr. Savita Tyagi, President, Agra Menopause Society,
5th January 2020 a MHCC Programme

Under MHCC program 19 menopausal women were examined for BP, sugar thyroid, HB, breast examination.

IMS Quiz 2020 Finals will be held on 15th February at IMSCON 2020, Bengaluru Topic: Obesity & Metabolic Syndrome

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

Topic: Obesity & Metabolic Syndrome

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

The first prize winner (to be below the age of 40 Years) this year will be participating in the "The Menopause Olympics" a featured event during the International Menopause Society’s 17th World Congress on Menopause in Melbourne, Australia, 30th April–3rd May 2020 (Travel will be borne by IMS and registration waived off)

www.imscon2020.com
Indian Menopause Society

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IMSCAN 2020

25th Annual Conference of Indian Menopause Society
14th to 16th February 2020, Hotel Capitol, Bengaluru

C IMP Examination
14th February’2019 (2 - 4 PM / Hall B)

- Applicable only for IMS Members
- Should be a Registered Delegate
- Special Concessional Registration fee of Rs.7500/-

Register Today !
Register Now !!

www.imscon2020.com

ABSTRACT Submission

Last day for Submission – 31st December 2019

Free Papers / Posters / Video presentation on
original research work
15th & 16th February : 8 – 9 AM

www.imscon2020.com

IMSCAN 2020

25th Annual Conference of Indian Menopause Society
14th to 16th February 2020, Hotel Capitol, Bengaluru

Conference Registration ( includes any One Workshop)
Preventive Oncology / Feminine Rejuvenation / Urogynecology

<table>
<thead>
<tr>
<th>Category</th>
<th>till 15th Dec 2019</th>
<th>till 10th Feb 2020</th>
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<td>IMS Member</td>
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<td>INR 10,600</td>
<td>INR 12,600</td>
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<tr>
<td>Non Member</td>
<td>INR 10,600</td>
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<td>INR 12,600</td>
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<td>Post Graduates</td>
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<td>Senior Citizen</td>
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Next Early Bird offer till 15th December 2019

www.imscon2020.com
**Indian Menopause Society**

**Newsletter January - 2020**

**Academic & Public Awareness Activities**

**Theme 2019**

*Me No Pause: A new Beginning to A Healthy Inning!*

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<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>9th October</td>
<td>IMS Foundation Day 2020 - Silver Jubilee Year of IMS</td>
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**IMS Membership Form**

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Dr. Neelam Aggarwal</td>
</tr>
<tr>
<td>Vice President</td>
<td>Dr. C. Ambuja</td>
</tr>
<tr>
<td>Secretary General</td>
<td>Dr. Seema Sharma</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Dr. R. N. Goel</td>
</tr>
<tr>
<td>Jt. Secretary</td>
<td>Dr. Reeti Mehra</td>
</tr>
<tr>
<td>Jt. Treasurer</td>
<td>Dr. Mrutyunjay Mohapatra</td>
</tr>
</tbody>
</table>

Membership is open to any person with an interest in research, teaching or development activities in the area of menopause.

**Category:**
- A: Gynaecologists
- B: Non-Gynaecologist Medical Doctors
- C: Non Medical Persons (including Non Medical Doctors)
- D: Corporate Membership

**Type of Membership:**
- Life Membership
- Annual Membership
- Emeritus

**Address:**
- City: ___________________________
- State: __________________________
- Pincode: ________________________

**Mobile number:** ___________________________ **Telephone No (with STD code):** ___________________________

**Email (Mandatory):** ___________________________ **Profession/Occupation:** ___________________________

**Adhaar No.:** ___________________________ **PAN No.:** ___________________________

**Current Position:** ___________________________ **Affiliation with Institutions/Societies:** ___________________________

**Community/Extension Services:**

**Membership Fees:**

<table>
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<tr>
<th>Membership Type</th>
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<td>INR Life Membership</td>
<td>₹ 250 + 18% CST</td>
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<tr>
<td>Life Membership Fees</td>
<td>₹ 500/-</td>
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<td>Ordinary Annual membership</td>
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<td>Corporate Annual membership</td>
<td>₹10000/- + 18% CST</td>
</tr>
</tbody>
</table>

Please read Membership rules on www.indianmenopause.org

Membership Fee via Cheque or Cash is to be paid to the respective Chapter Secretary. For this information visit the Governing Council Members page on www.indianmenopause.org or please write to: indianmenopausesecretary@gmail.com

I enclose the copy of the slip of Membership Fee paid in the form of DD/Cheque towards Life Membership. I have read the Rules and Regulations of IMS and promise to abide by it. I certify that the information submitted here is complete & correct to the best of my knowledge. I agree to receive periodic SMS and Email Communications from IMS.

Date: ___________________________

Signature of applicant ___________________________

Proposed by life member of IMS, Name ___________________________ Mem. No. ___________________________

Date of joining ___________________________ Receipt No: ___________________________ Membership No: ___________________________

You will receive a Life Membership Certificate and Receipt by post on completion of processing within 15 days of remittance of fees. If delayed please call - 994-800-1994

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Indian Menopause Society

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TEAM 2019-20

Dr. Neelam Aggarwal
President IMS 2019-20

Dr. C. Ambuja
Vice President IMS 2019-20

Dr. Seema Sharma
Secretary General IMS 2019-20

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

Dr. Reeti Mehra
Joint Secretary IMS 2019-20

Dr. Mrutyunjay Mohapatra
Jt. Treasurer IMS 2017-20

------------------------------------------------------------------------------------------------------------------

Governering Council Members of IMS (2019-20)

Executive Council Members

President
Dr. Neelam Aggarwal

Vice President
Dr. C. Ambuja

Secretary General
Dr. Anjita J. Shah

Joint Secretary
Dr. Reeti Mehra

Treasurer
Dr. R. N. Goel

Jt. Treasurer
Dr. Mrutyunjay Mohapatra

President Elect
Dr. Jignesh Shah

Immediate Past President
Dr. Ratnabali Chakravorty

Ex. Officio Secretary
Dr. Pushpa Sethi

Past Presidents

Dr. Rama Vaidya
1995 - 2004

Dr. Urvashi Jha
2004 - 2005

Dr. Asha Kapadia
2005 - 2006
Indian Menopause Society

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Dr. Neelam Aggarwal
President IMS India, 2019-20

IMS Slogan
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Dr. Behram S. Anklesaria
2006-2007
Dr. Sonia Malik
2007-2008
Dr. Duru Shah
2008- 2009

Dr. Sunila Khandelwal
2009-2010
Dr. Atul Munshi
2010-2011
Dr. Saroj Srivastava
2011-2012

Dr. Meeta
2012-2013
Dr. Jyothi Unni
2013-2014
Dr. Rashmi Shah
Executive Committee Member

President-Dr. Maninder Ahuja
Vice President-Dr. Neelam Agarwal
Secretary Gen.-Dr. Jaideep Malhotra
Treasurer-Dr. Jyoti M. Shah
Jt. Treasurer Dr. Anu Vij

2014-15

President-Dr. H. P. Pattanaik
Vice President-Dr. Suvarna Khadilkar
Secretary General-Dr. Jignesh Shah
Treasurer-Dr. Jyoti M. Shah
Jt. Treasurer- Dr. Anu Vij

2015-2016

President-Dr. Jaideep Malhotra
Vice President-Dr. Nirmala Vaze
Sec. Gen-Dr. Shobhana Mohan Das
Treasurer-Dr. Jyoti M. Shah
Jt. Treasurer- Dr. Anu Vij

2016-2017

President-Dr. Ratnabali Chakravorty
Vice President-Dr. Yashodhara Pradeep
Secretary General-Dr. Pushpa Sethi
Treasurer- Dr. R. N. Goel
Jt. Treasurer- Dr. Mrutyunjay Mohapatra

2017-2018

President-Dr. Suvarna Khadilkar
Vice President-Dr. Jignesh Shah
Secretary General-Dr. C. Ambuja
Treasurer-Dr. R. N. Goel
Jt. Treasurer- Dr. Mrutyunjay Mohapatra

2018-2019

President-Dr. Ratnabali Chakravorty
Vice President-Dr. Yashodhara Pradeep
Secretary General-Dr. Pushpa Sethi
Treasurer- Dr. R. N. Goel
Jt. Treasurer- Dr. Mrutyunjay Mohapatra

IMS International Representatives
2019 &2020

International Menopause Society- CAMS
Dr. Maninder Ahuja

Asia Pacific Menopause Federation APMF
Dr. Jyothi Unni

South Asian Federation of Menopause Societies –SAFOMS
Dr. Ratnabali Chakravorty
Indian Menopause Society

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IMS Committee – Chairpersons

Advisory Board - Dr. Rama Vaidya
Finance Committee – Dr. Jyoti M. Shah
Research Committee - Dr. Vijayalakshmi Seshadri
Website Committee- Dr. Navneet Takkar
Rural Committee – Dr. K. D. Bakshi
Community Social Responsibility Committee: Dr. Nirmala Pipara
Peer Review Task Force – Dr. Neelam Aggarwal & Dr. Meeta
Advocacy Committee: International – Dr. Sunila Khandelwal

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Menopause Societies

Dr. Savita Tayagi (Agra)
Dr. Jyothika Desai (Bangaluru)
Dr. L R. Gehil (Bharuch)
Dr. Madhuri Chandra (Bhopal)
Dr. Rabindra Nath Jha (Bhopalpur)
Dr. P. N. Ajitha (Caucicut)
Dr. Jaishree Gajraj (Chennai)
Dr. Lavleen Kaur Sodhi (Chandigarh)
Dr. Anita Kant (Faridabad)
Dr. Alka Mathur (Gurgoan)
Dr. Reena Srivastava (Gorakhpur)
Dr. Tripura Sundari (Hajderabad)
Dr. Poonam Mathur (Indore)

Dr. Neelam Jain (Jaipur)
Dr. Swaraj Naik (Jabalpur)
Dr. Seema Pasricha (Jalandhar)
Dr. Sudeep Chakraborty (Kolkata)
Dr. Sharad Kumar (Lucknow)

Dr. Ashwini Bhalerao Gandhi (Mumbai)
Dr. Ujjwala Kedare (Nagpur)
Dr. Balwinder Kaur (Patiala)
Dr. Parag Biniwale (Pune)
Dr. Usha Didwania (Patna)
Dr. Sandhya Chhastia (Surat)

Society Presidents / Chapter Secretaries

Dr. Nirmala Gupta (Ajmer)
Dr. Nita Vineet Mishra (Ahmedabad)
Dr. Anjula Sehri (Allahabad)
Dr. Abhaya Kumar Pattranaik (Cuttack)
Dr. Kiran Aggarwal (Delhi)
Dr. Rina Duta Ahmed (Dibrugarh)
Dr. Khosema Saihy (Gwalior)
Dr. Renu Makwana (Jodhpur)
Dr. Revathy Jankiram (Madurai)
Dr. Alok Sharma (Shimla)

IMS Chapters

Dr. Neelam Aggarwal (President IMS India, 2019-20)
Dr. Rama Vaidya (JMH, Chief Editors)
Dr. Jyoti M. Shah (Exam Committee)
Dr. Vijayalakshmi Seshadri (Education Committee)
Dr. Navneet Takkar (Quiz Committee)
Dr. K. D. Bakshi (Club 35+)
Dr. Nirmala Pipara (IMS Foundation)
Dr. Neelam Aggarwal (Peer Review Task Force)
Dr. Sunila Khandelwal (Advocacy Committee)
Dr. Ratnabali Chakravorty (National)

Dr. Neelam Jain (Jaipur)
Dr. Ashwini Bhalerao Gandhi (Mumbai)
Dr. Ujjwala Kedare (Nagpur)
Dr. Balwinder Kaur (Patiala)
Dr. Parag Biniwale (Pune)
Dr. Usha Didwania (Patna)
Dr. Sandhya Chhastia (Surat)

Dr. Nirmala Gupta (Ajmer)
Dr. Nita Vineet Mishra (Ahmedabad)
Dr. Anjula Sehri (Allahabad)
Dr. Abhaya Kumar Pattranaik (Cuttack)
Dr. Kiran Aggarwal (Delhi)
Dr. Rina Duta Ahmed (Dibrugarh)
Dr. Khosema Saihy (Gwalior)
Dr. Renu Makwana (Jodhpur)
Dr. Revathy Jankiram (Madurai)
Dr. Alok Sharma (Shimla)
**Indian Menopause Society**

**Newsletter March 2019**

**Academic & Public Awareness Activities**

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**5th of Every month - Midlife Healthcare Charitable Clinic -IMS-MHCC**

IMS Varishta Janaswasthya Yojana  On every 5th of the month we can establish “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 organize free - osteoporosis screening, pap smears etc

**10th of Every month - YOGA & Meditation Day**

---

**Global Days to be marked with a CME’s, Walkothons or Public awareness program or free service**

January Cervical Cancer Awareness Month & Thyroid Awareness Month(AACE)

January 26th - Republic Day

February 4th- World Cancer Day

March 8th – World Women’s Day

April 7th - WHO Day

May 28th - International Women’s Health Day, Thyroid Awareness Day

May 31st - World No Tobacco Day

June 21st – 5th International YOGA DAY

July 1st-Doctor’s Day

August 5th - Friendship Day

August 15th - Independence Day

September 1st - 7th- Nutrition Week

September 21st- World Alzheimer’s Day

September 29th- World Heart Day

October World Menopause Month

CAMS Theme- Androgen Therapy for Women”  -- A Consensus on the use of Androgen

October 1st - International Day of Elderly
Indian Menopause Society

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October 10th- International Mental Health Day:
   Every 10th of the Month - IMS Meditation Day
October 18th- World Menopause Day
October 20th- World Osteoporosis Day
October 25th- World Obesity Day
October 29th- World Stroke Day
November 14th- World Diabetes Day
December 1st- World AIDS Day

Please send the reports to - activityims@gmail.com

Arshia A. Ghani
Executive Director
Indian Menopause Society
CEO
Cocoon Management Consultants

09989335361, 09246105361
arshiaakheelg@gmail.com
www.cocoonconsultants.com

We make the difference!