Message from the outgoing President

Dr. Neelam Aggarwal
Professor, Department of Obstetrics & Gynaecology
PGIMER , Chandigarh
09914209344, drneelamaggarwal@gmail.com

"Seems Fun", so I thought on going for president ship of Indian Menopause society, little did I know at that time how much responsibility and work it would entail and how complicated it could be. The moment Dr. Ratnabali handed over the baton to me as 17th President on 15th Feb, 2019 at Kolkata, I knew the responsibility of taking care of loving IMS family as well as our mid-life and beyond women. I wished the day to have 36 hours but alas, I had to do with the same Nature’s clock. But my team and IMS family members made it possible, acting as my angels on the outfield. I am really thankful to all of them and appreciate their enthusiasm and committedness.

Indian menopause society is going to be 25 years strong society this year thanks to my brilliant predecessors, standing on shoulders of whom I could see further deep into the future. The presidential theme was Menopause: A new beginning to a healthy inning, grow younger and feel free. This incidentally confirmed to the WHO theme of observing the 2021-30 as decade of healthy ageing. The year 2019 was a memorable one, apart from keeping to the traditions of education, awareness and community service, social media communications on face book and twitter and online voting was undertaken during my tenure. One landmark achievement was to bring WHO SEARO on board with IMS in preparing the manual on “Menopausal Health For The Primary Care Physicians And Nurses”. For the first time in the history of IMS, an international meeting was organized comprising of all menopausal experts from South East Asian countries to plan this manual. This will be published by WHO SEARO for Asian countries and then these will be implemented in India through IMA. Hopefully this will help in management of menopausal women at primary health care level leading to healthy aging.

In addition to being highly professional, Indian Menopause Society family has retained its family values in spite of growing internet of things which has distanced persons from each other. As change is the only constant thing in life, today we stand for the change of guard and here I hand over the baton to incoming team headed by Dr. Jignesh who will take IMS to newer heights.

Once again, my sincere heartfelt gratitude to my team, all IMSians and Arshia, our Executive Director, who helped me in my journey. Long live IMS!
Indian Menopause Society
Newsletter February-2020

Academic & Public Awareness Activities
Theme 2019
Me No Pause: A new Beginning to
A Healthy Inning?
9th October – IMS Foundation Day
2020- Silver Jubilee Year of IMS

International News

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

1. 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 IMS Board voting is already open & also CAMS election process is on. 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.

Be vigilant about your e-mails. Please vote & support…Each vote is precious!

2. Our visibility across the Globe…Highlights of IMSCON2020 in international Newsletter!

Sunila Khandelwal, IMS Executive Board member, reports on the IMS session at the 25th Annual Conference of the Indian Menopause Society

The National Conference of the Indian Menopause Society (IMSCON) was held on February 14–16, 2020 at Hotel ‘The Capitol’, in Bengaluru, India. The theme of the Conference was ‘Relook, Relive and Rejuvenate Menopause’. Pre-conference Workshops were on Urogynecology in Midlife, Preventive Oncology and Feminine Rejuvenation. The sessions involving the IMS and the Asia Pacific Menopause Federation and SAFOMS were the main highlights. The comprehensive scientific program covered a wide range of theme-based plenary sessions, symposia, panels and keynote addresses by the doyens of the Indian Menopause Society. The meeting was very well attended by more than 375 national and more than ten international delegates.

In the International Menopause society Session, Dr Tobie de Villiers from South Africa, Chair Scientific Committee and past President of the IMS, gave a lecture of par excellence in a master class on ‘All MHTs are not the same’ with special context to appraisal of benefits and risks of various regimens, especially a critical appraisal of the recent Lancet meta-analysis on MHT and breast cancer risk. He also shared his views as an expert in a panel on Bone health. Executive Board member and Treasurer of the IMS, Professor Sunila Khandelwal, talked on a newer complex subject ‘Managing menopause after risk reduction salpingo-oophorectomy – is HRT safe’. CAMS representative Dr Maninder Ahuja, Indian Menopause Society immediate past President Professor Neelam Agrawal and President Dr Jignesh Shah chaired the session, which generated galvanizing and enthusiastic interactive discussion. It was a great opportunity to attract delegates for the forthcoming World Congress at Melbourne 2020.
Indian Menopause Society

Newsletter February- 2020

Academic & Public Awareness Activities

Theme 2019

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

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

and also raised interest for international membership.

It was great platform for escalating knowledge and reconnoitre evidence-based latest updates on interdisciplinary and trans-disciplinary issues that address the challenge of understanding menopause and its management from multiple theoretical and practical standpoints. In the Knowledge café, postgraduates could interact with six experts on special topics like Thyroid in the menopause, Is calcium supplementation mandatory at menopause, Skin and hair changes, eye problems in midlife, Phytoestrogens, and Lesser known drugs in menopause. An enthusiastic Moot Court session, IMS quiz, the Credentialed Menopause Practitioner’s exam, Health fair for the lay woman with free screening for NCDs, launching of National Helpline & Ribbon for Menopause for public awareness, cultural performances by members, added to the grand success of this event.

Truly this congress was a perfect blend of academic and social feast. Sincere thanks to the team of organizers from Bengaluru Menopause Society.

3. Be proud of India…Congratulations to Dr Neelam Jain one the winner of Young International Travel Awards, supported by the IMS: On behalf of the IMS international & Indian menopause society I take opportunity to congratulate her!

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

Do not be Panic for Corona Virus OUTBREAK, visit on website for updated information. https://www.imsmelbourne2020.com/registration/ and join us in Melbourne see the Scientific Program (https://www.imsmelbourne2020.com/scientific-program/).

5. 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.

6. Please complete COMMA (Core Outcomes in Menopause) 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

19th ISGE World Congress (postponed)
Florence, Italy, 2-5 December 2020. Do participate in Indian Menopause society symposium!

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

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

Korea

Spring Training Lecture of Korean Society of Menopause, April 5, 2020

International Society Meetings

FIGO Regional Congress 2020
KICC, Kigali, Rwanda, June 10–12
www.figokigali2020.org/

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)

WORLD NCD FEDERATION

The International Society of Gynecological Endocrinology (ISGE)

International Academic Exchange

IMS

BMS

European Menopause and Andrology Society

APMF

SAFOMS

ISGE
Indian Menopause Society

Newsletter February - 2020

Academic & Public Awareness Activities

Theme 2019

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

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

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 Hormone Replacement Therapy
First Winner- Dr. Mamta, Varanasi
Second Winner- Dr. Jigyasa, Dengra
Third Winner- Dr. Amrita Sakari Jaipuriar, Gorkahpur

Topic for March 2020 Quiz
ENDOCRINOLOGY OF MENOPAUSE
Dr. Jyoti Jaiswal, Chairperson Quiz Committee
Questions will be on the Website from 20th -25th of March 2020
Indian Menopause Society

Newsletter February- 2020

Academic & Public Awareness Activities

Theme 2019
Me No Pause: A new Beginning to A Healthy Inning!
9th October – IMS Foundation Day
2020- Silver Jubilee Year of IMS

National News

Summary of National Programmes in February

<table>
<thead>
<tr>
<th>Event</th>
<th>Count</th>
</tr>
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<tbody>
<tr>
<td>Club 35+ Public Awareness Activities</td>
<td>5</td>
</tr>
<tr>
<td>Midlife Health Charitable Clinic – MHCC</td>
<td>3</td>
</tr>
<tr>
<td>CME On Menopause</td>
<td>5</td>
</tr>
<tr>
<td>BMD Camp</td>
<td>2</td>
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<tr>
<td>Health Camps (Rural &amp; Urban)</td>
<td>2</td>
</tr>
<tr>
<td>From 44 IMS Chapters – Converted to Societies</td>
<td>32</td>
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</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

CIMP Result

Report of CIMP EXAM IMSCON Bangalore 14-16, 2020
There were 49 applicants for the exam, 6 were absent. 43 had written the exam.

Dr Vinutha from Bangalore came first with 80% marks
Dr Mamngala Gouri from Bangalore came 2nd with 79% marks
3rd place shared by 3 candidates - Dr Basitha from Bangalore with 74%
Dr Sabeena S from Calicut with 74%
Dr Gr Roopalakshmy from Hyderabad with 74%

32 candidates got between 60-70 % . Sorry to report that I candidate failed
Congratulations to the toppers and all those who have passed the exam
I got a very good feedback about the exam from the candidates

Dr Chellamma V. K
CIMP exam committee Chairperson 2019
**Best Research Paper Award 2019**

goes to the Original Research Article Published on:

"A clinical study of standard extract of leaves of Dilbergia Sisoo ( Roxb ex DC) in Postmenopausal Osteoporosis".


Department of Obstetrics and Gynecology, Tanvir Hospital, Hyderabad, Telangana, Medical Research Centre-Kasturba Health Society, Mumbai

**IMS Quiz 2020 Winners**

The Finals were held on 15th February at IMSCON 2020, Bengaluru

**Topic: Obesity & Metabolic Syndrome.**

1st Prize Dr. Roop Darshini Hyderabad
2nd Prize Dr. Rose Mary Calicut
3rd Prize Dr. Monica Udaipur

There was a final round of Quiz between the first prize winner of this year – Dr. Roop Darshini from Hyderabad and Dr. Divya Ravikumar winner of last years Quiz. Dr. Divya won the round.

The Dr. Divya Ravikumar - 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 2019: Chairperson Dr. Shobhana Mohan Das,

**Report**

The 25th National Conference of IMS

IMSCON 2020

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

- Organising Chairpersons: Dr. Neelam Aggarwal & Dr. Jyothika Desai
- Organising Secretaries: Dr. Seema Sharma & Dr. Shobha Gudi

The Theme of the Conference - Relook, Relive and Rejuvenate Menopause

IMSCON2020 was attended by around 350 delegates

IMSCON2020 started with 3 dry workshops on Urogynecology in Midlife, Preventive Oncology and Feminine Rejuvenation. There were sessions involving the International Menopause Society and the
Asia Pacific Menopause Federation, Dr Tobias de Villiers from South Africa, Dr Suraiya Rehman and Dr Zinnat Ara Nasreen from Bangladesh and Dr Veena Kaul from the United Kingdom participated very actively in the proceedings. Dr Tobias de Villiers also shared his views as an expert in a panel on Bone Health. He gave a lecture in a Master Class in the International Menopause Society Session on All MHTs are not the same.

The highlights of the conference were a Health Mela for the lay woman, where apart from checking her Hb%, Blood sugar, Blood Pressure, BMD and an eye check, special, dedicated kiosks were assigned to enlighten them about the preventive aspects of osteoporosis, Genital cancer, Diabetes, etc. This apart, Yoga, Exercises and dance to promote all round health were showcased with active participation from participants which also included practising professional doctors.

Apart from many Symposia, Panels and Keynote Addresses by the doyens of the Indian Menopause Society, we also had a Knowledge café, where Postgraduates could interact with 6 specialists on Topics like- Thyroid in the Menopause, Is Calcium supplementation mandatory at menopause, Skin and Hair changes, Eye problems in midlife, Phytoestrogens and Lesser known drugs in Menopause.

There also was an enthusiastic Moot Court. Side by side, IMS Quiz on Obesity and Metabolic Syndrome, the Credentialed Menopause Practitioner’s exam, Free Papers and Posters were being conducted. To cap it all, there were 2 days of mind blowing entries in the evening cultural events. All in all, it was a splendid conference, both academically and culturally satisfying!

Link: https://drive.google.com/open?id=1aedfLWFsd7aKpaKPg35q0e8d0dDqDON (for photographs)

IMSCON2020 concluded successfully on 16th February 2020 with a memorable Vote of Thanks with all singing National Anthem and passing on the baton to Varanasi for IMSCON 2021.
Indian Menopause Society

Newsletter February - 2020

Academic & Public Awareness Activities
Theme 2019
Me No Pause: A new Beginning to A Healthy Inning!

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Look Young Feel Free!
Indian Menopause Society

Newsletter February- 2020

Academic & Public Awareness Activities

Theme 2019

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

9th October – IMS Foundation Day
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Contact – Dr. Jyothika Desai – 9845342826, jyothikadesai@gmail.com, Ph:08022353515, 9513742826, Email: imscon2020@gmail.com, Website: www.imscon2020.com

Chandigarh Menopause Society, Dr. Lavleen Kaur Sodhi, President.

17th February 2020 a Seminar on ‘Fighting Drug Abuse’

Menopause Society Region Chandigarh (CRMS) and Adolescent Health CSR Unit of FOGSI conducted a seminar on ‘Fighting drug abuse’ at Govt Senior Secondary School in Village Dayalpura on the outskirts of Mohali on 17th February 2020.Dr Maninder Kaur delivered a lecture on ‘Magnitude of the problem and its adverse effects’.Dr Lavleen Kaur Sodhi discussed the topic in relevance to girls and women. Dr Darshanjot Kaur spoke about recognition of signs of drug abuse.
in children and adolescents and dealing with the problem. Around 200 students and teachers along with 20 teachers attended the seminar.

Ahmedabad Menopause Society, Dr. Nita Vineet Mishra, President.
28th February 2020 an Awareness Program for Stress Buster Plus in found Memory
An Awareness Program for Stress Buster Plus in found Memory of Ex-director Dr.H.L Trivedi
Dr.Vineet Mishra has organised one week yoga shibir for PTS and their relatives and for nursing staff 6 am to 7am.
Indian Menopause Society

Newsletter February- 2020

Academic & Public Awareness Activities

Theme 2019

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Dr. Rachana Shah Member of Club35plus Ahmedabad
A Morning yoga session for students At Gujrat University

Vadodara Menopause Society, Dr. Archana Dwivedi, President
24th February 2020 Team Vadodara at Namaste Trump Programme
Vadodara Menopause Society and Club 35 members attended as participants in welcoming of United States of America President Mr. Donald Trump on 24-03-2020.
Indian Menopause Society

Newsletter February- 2020

Academic & Public Awareness Activities

Theme 2019

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

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14th February 2020 My Valentine Movement by Team Vadodara

Team Vadodara celebration of Valentine’s Day adopt a plant be my valentine movement on 14/2/2020

Gurgaon Menopause Society, Dr. Alka Mathur, President

19th February 2020 Informative CME on HRT and Care and Modalities

Gurgaon menopause society, conducted a very informative CME on 19th Feb 2020, at Hotel country Inn, talk delivered by Dr Alka mathur on HRT and Care and modalities to make skin beautiful by Dr. Anil Agarwal, Well attended by all our members.
12th February 2020 a CME on Menopause
Gurugram Menopause society has conducted very informative and interactive CME on 12th Feb 2020, at Hotel Hilton, 60 members took part in it, all came in red dress as it's Prevalentine celebration .Felicitation to Dr Pushpa Sethi and Dr Ragini Agarwal was done for their victory as VP IMS, AICOG respectively .Talk on Use of Tibolone was delivered by Dr Sethi. Meditation session by Dr Ms. Khanna was highly appreciated.
Indian Menopause Society

Newsletter February- 2020

Academic & Public Awareness Activities

Theme 2019
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Naapur Menopause Society, President, Dr.Ujjwala Kedare

29th February 2020 Science Day Celebration at Jawahar Gurukul School and Collage.
Dr.Pargati khaltkar Invited as Chief Guest for Science Day Celebration at Jawahar Gurukul School and Collage. Flagged off the rally and addressed on “Importance of Science in day to day life “. Attended by 250 students.

15th February 2020 6th Show on Moot Court at IMSCON 2020 @ Bangalore
Moot Court at IMSCON 2020@ Bangalore on 15 the February 2020. The participants and their role played were as follows. Dr.Shantala Bhole as Patient, Dr. Prajacta Barde as lawyer in both the cases. Dr.Vaishali Changole as lawyer and patient, Dr. Rashmi Bhaisare as doctor and lawyer, Dr. Aarti Wanjari as doctor in both the cases. Dr. Priya shinde as doctor, Dr. Snehal as doctor and moc Dr.Ujjwala Kedare as director, producer, leader, script writer and judge.
Indian Menopause Society

Newsletter February - 2020

Academic & Public Awareness Activities

Theme 2019
Me No Pause: A new Beginning to
A Healthy Inning!

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

My MOOT COURT team performed at cultural evening, at IMSCON 2020 on 15th Feb 2020. weherr we showcased different cultures of Maharashtra by doing Ganesh Vandana, Devi cha jagar, koli dance and lezim.

5th February 2020 an Awareness Programme on Sexual Health at Menopause at AIICOG 2020
Dr. Pargati Khalatkar Gave talk on "Sexual Health at Menopause “at Menopausal Health at Aicog 2020 and as a judge for Paper presentation and conducted Skill Station attend at AIICOG 2020
Indian Menopause Society

Newsletter February - 2020

Academic & Public Awareness Activities

Theme 2019

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

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2020- Silver Jubilee Year of IMS

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Indian Menopause Society

Look Young Feel Free!

Academic & Public Awareness Activities

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

5th February 2020 MSN with ISOPARB celebrated Haldi-Kumkum at Dr Laxmi Shrikhande’s house

Dr. Hepzibah Kirubamani, Chairperson Education Committee
Chennai Menopause Society. Dr. Jaishree Gajraj, President.
22nd February 2020 Gurukul Programme
IMS Education Committee Conducted Gurukul Programme at Stanley Medical College. 35 Postgraduate Students Were Benefited.
Indian Menopause Society

Newsletter February- 2020

Academic & Public Awareness Activities

Theme 2019
Me No Pause: A new Beginning to
A Healthy Inning!

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

Indian Menopause Society

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18th February 2020 an Awarness Programme
T.N.Directorate of Public Health & Ims Education Committee Conducted Awarness Programme to
30 ANM, 4 SHN and 4 PHC Doctorsat Maduranthgam, Chengulputtu District.

5th February 2020 5km Marathon at Besant Nagar participated by Dr. Vijayalakshmi Seshadhri
Agra Menopause Society, Dr. Savita Tyagi, President
23rd February 2020 an Awareness Programme on menopausal problems
Public awareness program by Agra menopause society along with club -35 Taj branch , by Dr. Arti spoke on menopausal problems.

22nd February 2020 an Awareness Programme on Cervical Cancer
Agra Menopause Society Conducted an Awareness Programme on Cervical Cancer in Slum Areas of Sunderpada by Dr. Ranju Senior Member of the Society.
Indian Menopause Society

Newsletter February - 2020

Academic & Public Awareness Activities

Theme 2019
Me No Pause: A new Beginning to A Healthy Inning?

9th October – IMS Foundation Day
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Look Young Feel Free!

8th February 2020 A CME on Postmenopausal Bleeding Skin Care and Anaemia

Agra menopause society CME on 8th February at hotel Amar on postmenopausal bleeding skin care and anaemia at peri and post menopausal women.

Surat Menopause Society, Dr. Sandhya Chhastia, President

8th February 2020 A CME on Menopause and Infections, Psychological Aspects

Surat menopause society had arranged a CME on menopause and infections, psychological aspects of it and osteoporosis on 8th February 2020 was very interactive session.
Indian Menopause Society

Newsletter February - 2020

Academic & Public Awareness Activities

Theme 2019

Me No Pause: A new Beginning to
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9th October – IMS Foundation Day
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Hyderabad Menopause Society, Dr. C. Ambuja, Vice President, IMS 2019, Dr. Tripura Sundari, President

21st February 2020 Heath Camp for School Children of Domalguda

Heath camp for school children of Domalguda arranged combined by FPAI Brahmkumaries, Lions club. On the occasion of Maha shivaratri. It is a 2 day programme. General check up, Gynec advice, Ophthalmology check up and dental check up is done by Dr. C. Ambuja.
Indian Menopause Society
Newsletter February- 2020

Academic & Public Awareness Activities

Theme 2019
Me No Pause: A new Beginning to A Healthy Inning?

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

Patiala Menopause Society, Dr. Balwinder Kaur, President.
05th February 2020, Patiala Menopause Society organized BMD camp
Patiala Menopause Society organized BMD camp on 05/02/2020 in the dept of Obstetrics and Gynecology Govt. Medical College Patiala. 49 premenopausal and menopausal women had their BMD done. They were given calcium and Vitamin - D3.

Jaipur Menopause Society, Dr. Oby Nagar, President
5th February 2020 a Midlife Wellness Camp was conducted by Dr. Anupama Gangwal
A midlife wellness camp was conducted by Dr. Anupama Gangwal Senior consultant at Cocoon Hospital, at her Clinic vanity on 5th Feb 2020. Under the AEGIS Of JAIPUR Menopause society. Calcium and Vitamin - D supplements were distributed free to about 35 patients; Free Hb & BMD was done. The patients were counseled regarding the importance of daily moderate exercise to improve BMD, Weight reduction, Increasing protein and Calcium rich foods in their diet. Annual check ups were stressed upon.
Indian Menopause Society

Newsletter February - 2020

Academic & Public Awareness Activities

Theme 2019

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

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

Look Young Feel Free!

Gorakhpur Menopause Society, Dr. Reena Srivastava, President.

28th January 2020 a CME on Sarcopenia in Midlife

A CME on Sarcopenia in midlife was arranged on 12th Feb 20 at hotel Clark’s INN. Dr Aradhana Singh associate professor, BRD medical college spoke on the subject .was very interactive and well attended.
Indian Menopause Society

Newsletter February - 2020

Academic & Public Awareness Activities

Theme 2019

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

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

Indian Menopause Society

Academic & Public Awareness Activities

Theme 2019

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

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

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**Indian Menopause Society**

**Newsletter February- 2020**

**Academic & Public Awareness Activities**

**Theme 2019**

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

9th October – IMS Foundation Day

2020- Silver Jubilee Year of IMS

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**Patiala Menopause Society, Dr. Balwinder Kaur, President.**

05th February 2020, MHCC- Varisht Mahila Swasthya Yojna Camp

Varisht Mahila Swasthya Yojna camp organised by Patiala Menopause society in OPD of OBGY GMC RHP Patiala on 06/02/2020. 28 perimenopausal and menopausal women were examined by medical, Orthopaedics, eye and gynae specialists. GPE, breast exam, Pap smear done. They were given calcium and Vitamin D3.

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**Dr. Bipasa Sen, Kolkata Menopause society**

5th February 2020 a MHCC Programme by Dr.Bipasa Sen
MHCC at Kolkata on 5th February 2020 examined 15 patients of menopausal age group, given free medication along with consultation and advice. Given discount coupons for further investigation.

**Dr. Sarojini Devi  Hyderabad Menopause Society**

Dr. Sarojini Devi on Feb 4th & 11th conducted a BMD camp. About 40 persons attended. 3 cases showed osteoporosis, 22 osteopenia, 30 normal bone mass. Treated suitably, advised & sent after giving all our samples.
Indian Menopause Society

Newsletter February- 2020

Academic & Public Awareness Activities

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www.imscon2021.com

26th National Conference of Indian Menopause Society

IMS 20

CON 21

19th-21st February 2021

Taj Ganges, Varanasi

The JOY OF AGING Body, Mind & Soul
Indian Menopause Society

Newsletter February - 2020

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Look Young
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26th National Conference of Indian Menopause Society

The JOY OF AGING
Body, Mind & Spirit
www.imscon2021.com

NAME:
INSTITUTE / HOSPITAL NAME:
PSTAL ADDRESS:

CITY: STATE: COUNTRY: PIN: (O): (R):

PHONE (STD/ISD) CODE: E-MAIL:

MCI NO.: IMS MEMBERSHIP NO.:

CATEGORY
Early Bird till 15th Mar 2020 Till 15th Dec 2020 Till 10th Feb 2021 SPOT

IMS MEMBER INR 7000 INR 9000 INR 10500 INR 12500
NON-MEMBER INR 8000 INR 10000 INR 11210 INR 12500
POST GRADUATES INR 5000 INR 6000 INR 7080 INR 9500
SENIOR CITIZEN (ABOVE 75 YEARS) INR 5000 INR 6000 INR 7500 INR 9000
ACCOMPANYING PERSON INR 6500 INR 8500 INR 9500 INR 9500

ACCOMPANYING PERSONS DETAILS

No. Title Full Name Relationship Age Gender

WORKSHOP (Select any One)

☐ Midlife Dilemmas & Preventive Oncology ☐ Feminine Rejuvenation & Sexual Health ☐ Urogynecology & Pelvic Health

REGISTRATION GUIDELINES

- Conference Registration includes
  - ONE workshop
  - All conference Lunches and Banquet Dinner on 20th February 2021
  - Scientific sessions entry
  - Conference Kit
  - Trade Exhibition entry
  - Tea / Coffee at Venue

Kindly send DD or Cheque in favour Of
* IMSCON 2021 *
Payable at VARANASI
at conference Secretariat Address
Please mention your name, city and mobile number over the back of cheque or DD

RTGS / NEFT / TRANSFER DETAILS:
ACCOUNT NAME: IMSCON 2021
BANK NAME: CENTRAL BANK OF INDIA
BRANCH : NAGAR MAHALALKA, VARANASI -221010, U.P.
CURRENT ACCOUNT NO. : 385 263 4363
IFSC CODE : CBIN 0263 157
SWIFT CODE : "CBININBBXK"

PAYMENT DETAILS
Payment mode: [ ] Cash [ ] Cheque [ ] DD / NEFT / RTGS
Cheque / DD / UTR No. __________________________
Bank Name______________________________
Date__________________________
Total amount paid __________________________
Indian Menopause Society

Newsletter February - 2020

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Governor Council Members of IMS (2020-21)

Executive Council Members

President
Dr. Jignesh Shah

Vice President
Dr. Shobhana Mohandas

Secretary General
Dr. Anita J. Shah

Joint Secretary
Dr. Dilip Gadhavi

Treasurer
Dr. Jyoti M. Shah

Jt. Treasurer
Dr. Bipasa Sen

President Elect
Dr. C. Ambuja

Immediate Past President
Dr. Neelam Aggarwal

Ex. Officio Secretary
Dr. Seema Sharma

Past Presidents

Dr. Rama Vaidya
1995 - 2004

Dr. Urvashi Jha
2004 - 2005

Dr. Asha Kapadia
2005-2006

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

Executive Committee Member
Dr. Ratnabali Chakravorty
2018-2019

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<tr>
<th>2015-2016</th>
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<tr>
<td>President-Dr. H.P. Pattanaik</td>
<td>President-Dr. Jaideep Malhotra</td>
<td>President-Dr. Suvarna Khadilkar</td>
</tr>
<tr>
<td>Vice President-Dr. Suvama Khadilkar</td>
<td>Vice President-Dr. Nirmala Vaze</td>
<td>Vice President-Dr. Jignesh Shah</td>
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<td>Secretary General-Dr Shobhana</td>
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Indian Menopause Society

Newsletter February - 2020

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Secretary General-Dr. Jignesh Shah
Treasurer-Dr. Jyoti M. Shah
Jt. Treasurer-Dr. Anu Vij

Mohan Das
Treasurer-Dr. Jyoti M. Shah
Jt. Treasurer- Dr. Anu Vij

Secretary General-Dr. C. Ambuja
Treasurer-Dr. R. N. Goel
Jt. Treasurer- Dr. Mrutyunjay Mohapatra

Secretary General-Dr. Pushpa Sethi
Treasurer- Dr. R. N. Goel
Jt. Secretary – Dr. Bipasa Sen
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. Secretary – Dr. Bipasa Sen
Jt. Treasurer- Dr. Mrutyunjay Mohapatra

2019-2020
President- Dr. Neelam Aggarwal
Vice President – Dr. C. Ambuja
Secretary General- Dr. Seema Sharma
Treasurer – Dr. Jyoti M. Shah
Jt. Sec – Dr. Reeti Mehra
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

IMS Committees – Chairpersons

Advisory Board – Dr. Jyothi Unni
Finance Committee – Dr. Jyoti M. Shah
Research Committee – Dr. Reeti Mehra
Website Committee – Dr. Navneet Takkar
Rural Committee – Dr. K. D. Bakshi
Community Social Responsibility Committee: Dr. Nirmala Pipara
Peer Review Task Force – Dr. Jignesh Shah & Dr. Meeta
Advocacy Committee: International – Dr. Sunila Khandelwal

JMH, Chief Editors – Dr. Meeta & Dr. Vishal Tandon
Exam Committee – Dr. Sheela Mane
Education Committee- Dr. N. Hepzibha Kirubamani
Quiz Committee – Dr. Jyoti Jaiswal
Club 35 + Public Awareness Committee: Dr. Aarti Gupta
IMS Foundation – Dr. Duru S. Shah
National : Dr. Ratnabali Chakravorty
Indian Menopause Society

Newsletter February - 2020

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Look Young Feel Free!

Society Presidents / Chapter Secretaries

Dr. Savita Tayagi (Agra)  
Dr. Jyothika Desai (Bangaluru)  
Dr. L. R. Gohil (Bharuch)  
Dr. Madhuri Chandra (Bhopal)  
Dr. Anil Kumar (Bhoaghalpur)  
Dr. P.N. Ajitha (Calicut)  
Dr. Jaishree Gajraj (Chennai)  
Dr. Lovleen Sodhi (Chandigarh)  
Dr. Anita Kant (Faridabad)  
Dr. Alka Mathur (Gurgaon)  
Dr. Reena Srivastava ( Gorakhpur)  
Dr. Tripura Sundari (Hyderabad)  
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 Bhalaria Gandhi (Mumbai)  
Dr. Ujwala Kedare (Nagpur)  
Dr. Balwinder Kaur (Patiala)  
Dr. Parag Biniwale (Pune)  
Dr. Usha Didwania (Patna)  
Dr. Sandhya Chhasatia (Surat)  
Dr. Kaushal Chundawat (Udaipur)

Dr. Sitarama Devi (Vijayawada)  
Dr. Nila A. Mohile (Rajkot)  
Dr. Archana Dwivedi (Vadodara)  
Dr. Nilakshi Phukan Kumar (Guwahati)  
Dr. Sudha Sharma (Jammu)  
Dr. Manoj Chellani (Raipur)  
Dr. Iqbal Singh Ahuja (Ludhiana)  
Dr. Anuradha Khanna (Varanasi)  

Dr. Nirmala Gupta (Ajmer)  
Dr. Nita Mishra (Ahmedabad)  
Dr. Anjula Sahai (Allahabad)  
Dr. Abhaya Kumar Pattanaik (Cuttack)  
Dr. Kiran Aggarwal (Delhi)  
Dr. Rina Duta Ahmed (Dibrugarh)  
Dr. Khozema Saify (Gwalior)  
Dr. Renu Makwana (Jodhpur)  
Dr. Revathy Jankiram (Madurai)  
Dr. Alok Sharma (Shimla)
Indian Menopause Society

Newsletter March 2019

Academic & Public Awareness Activities

Theme 2019

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

IMS Slogan

Fit @ Forty, Strong @ Sixty & Independent @ Eighty

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, 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
Indian Menopause Society
Newsletter March 2019

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October 1st - International Day of Elderly
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

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arshiaakheela@gmail.com  
www.cocoonconsultants.com
We make the difference!