

IMSCON 2020, the 25th National Conference of the Indian Menopause Society was conducted by the Bengaluru Menopause Society from 14th to 16th February, 2020 in Hotel- "The Capitol", in Bengaluru, India. The Theme of the Conference was to Relook, Relive and Rejuvenate Menopause.

Registration: It was attended by more than 375 Faculty and Delegates, 80 of them being complimentary. IMSCON 2020 had the fortune of having 250 Faculty, with participation by eminent Cardiologists, Endocrinologists, Orthopedicians, Neurologists, Psychiatrists, Ayurvedic Physicians, Physiotherapists, Yoga practitioners and even an Ophthalmologist. We had five International Faculty-Dr Tobie de Villiers from South Africa, Dr Felice Gersh from USA, Dr Suraiya from Bangladesh, Dr ZinnatAra from Bangladesh and Dr Veena Kaul from UK. But for the Corona Virus, Dr Yu Qui from China and Dr Zaida Gamilla from Philippines also would have participated.

The first day had 3 dry **Workshops** on **Urogynecology in Midlife, Preventive Oncology** and **Feminine Rejuvenation**. All three were well attended and appreciated.

After thee Workshops, there were parallel sessions in all 3 Halls. GCM3 in Hall A, CIMP Exam in Hall B and Health Mela in Hall C

The concept and execution of the **Health Mela** was by Dr Shobha Gudi, the Organizing Secretary. Women in the peri and post-menopausal age group from all walks of life were specially invited to participate in the Health Mela. Kiosks were set up showcasing Bone Health, Nutrition in Menopause, Preventive Oncology, Care of the eyes, teeth and skin, etc. The women had their Blood pressure, weight, BMI, Bone Densitometry, Blood Sugars, etc checked. They even had sizzling sessions on Dance, Yoga and Exercises especially suited for the menopausal woman. They were given protein biscuits and fruit drinks. It was much appreciated by all

Inauguration: The Inaugural function was conducted on 14th February, 2020. Dr Jyothika Desai, Organising Chairperson welcomed the august audience. The Chief Guest was Dr Neena Raina, Director, SEARO, WHO. Dr Raina gave an inspiring address. The Guest of Honour was Dr Tejaswini Anant kumar, Director of Adamyia Chetana. Dr Tejaswini is a dedicated, much acclaimed social worker. Her words on how a menopausal woman should conduct herself showed a layman's insight into menopause and provoked a lot of retrospection. Dr Neelam Aggarwal delivered the Presidential Address followed by the traditional handing over of the President's medal to the incoming President, Dr Jignesh Shah, who followed it by his proposals for the coming year. Three books were released during the Inauguration-

1. IMSCON 2020 Souvenir
2. Manual on Menopausal Health for PCPs under a project from WHO (SEARO)
3. Executive Summary of Clinical Practice Guidelines

The outgoing and the incoming Office Bearers were felicitated.

The **CIMP Exam** was conducted by Dr Chellamma and 48 practitioners wrote the exam.

The **IMS Quiz**, both the prelims and the Final Round was conducted by Dr Shobhana Mohandas. About 20 Postgraduates participated in the Quiz.

Another unique feature of IMSCON 2020 was the **Knowledge Café** on 15th morning with 6 parallel sessions

1. Skin and Hair Care at menopause by Dr Hephzibah Kirubamani and Dr Madhulatha Alexander
2. Phytoestrogens in Menopause Management by Dr Suma Natarajan and Dr Jayanti
3. Lesser known drugs in Menopausal therapy by Dr Malini K V and Dr Nandini Devi
4. Occult ophthalmic problems in the Menopause by Dr Somnath K
5. Is Calcium supplementation mandatory in the menopause? By Dr Shankar Kurpad
6. Thyroid problems in the Menopause by Dr Vageesh Ayyar

IMSCON 2020 had 10 Symposia on topics covering most aspects of Menopause. There were 8 Panels with experts from all over the country. There were two Workshop Hour Sessions on Practical Prescription at Menopause and about the Midlife Clinic.

The International sessions were the International Society session and the SFOMS Session. The APMF Session had to be cancelled at the last minute because of the Corona Virus.

Dr Duru Shah's Oration was delivered by Dr Maninder Ahuja on Naari Shakti- Women Empowerment.

Doyens of IMS, Dr Duru Shah, Dr Ava Desai and Dr Neelam Aggarwal delivered the keynote addresses.

There also was an enthusiastic Moot Court conducted by the members of the Nagpur Society. Concurrently, Free Papers and Posters were being presented and ably judged. The piece de resistance were the Cultural events on both 14th and 15th evenings. Members of IMS, vied with one another to participate in the mind blowing cultural extravaganza. The efforts of the Organizing team were much appreciated by all.

The CIMP Convocation was conducted with a military band and much fanfare and all the successful candidates were given certificates.

The Valedictory function was a hurried affair with the dignitaries worried about their flight schedules and the Bangalore traffic. However, Dr Neelam Aggarwal read out the oath to the incoming Office Bearers. The prize winners were awarded books, plaques, cash prizes and certificates. The outgoing Chairpersons of the IMS Committees were felicitated. The Organizing team headed by Dr Jyothika Desai were felicitated with certificates by IMS. The IMS sponsors and IMSCON 2020 sponsors were thanked. The IMS Flag was ceremoniously handed over to the Varanasi Team for IMSCON 2021. The yearlong efforts of the Organizing team culminated with a soulful rendition of the National Anthem. A splendid conference indeed, both academically and culturally satisfying!

Winners of Free Papers

1st Prize- Dr Daljeet Kaur, Patiala

2nd Prize- Dr G Divyanee-Patiala

3rd Prize- Dr Tanvir Singh- Hyderabad

Winners of Posters

1st Prize- Dr Shubha Archana -Hyderabad

2nd Prize-Dr Ritika Bhist

3rd Prize- Dr Khushali Gambhir from Chennai

Winners of the IMS Quiz

1st Prize- Dr Roopadarshini- Hyderabad

2nd Prize- Dr Rosemary- Calicut

3rd Prize- Dr Monica- Udaipur

Toppers of the CIMP Exam-

1ST Dr Vinutha- Bangalore- 80%

2nd –Dr Mangalagowri- Bangalore- 79%

3rd Dr Basitha- Bangalore-74%

Dr Sabeena- Calicut- 74%

Dr Roopadarshini- Hyderabad- 74%

Best JMH Research Paper – Dr Meeta Singh- Hyderabad
