



Under the aegis of:

Indian Menopause Society



Bhopal Menopause Society

IMSCON 2026

31st National Conference of Indian Menopause Society



27th, 28th Feb & 1st March 2026

Courtyard by Marriott, Bhopal

Theme: 2nd Innings - Playing on the Front Foot

Scientific Program

Hosted by:
Bhopal Menopause Society



Travel, Welcome & Bhopal City Guide

Welcome & Conference Overview

Respected Members,

Greetings from Bhopal, The Heart of India.

It's a matter of immense pride and privilege that Bhopal Menopause Society bears the responsibility to host the 31st National IMSCON here in Bhopal on 27th, 28th February & 1st of March, 2026.

On behalf of organizing committee we assure you that this is going to be an unforgettable experience of academic and cultural extravaganza. This event will be an opportunity of immense learning and improvement of skills pertaining to management of problems in and around Me-no-pause.

The highlights of the conference are deliberations from eminent faculty from all over the country and capped by as many as 12 workshops in diverse fields of menopause science including aesthetic gynae, uro gynae, obesity, mood disturbances so on and so forth.

The aim is to make us still more competent in handling perimenopausal disorders of both body and soul.

Looking forward to your gracious presence to the beautiful city of lakes and hills

आप सबका ताल तलैयो और शैल शिखरो की नगरी भोपाल मे पुनः स्वागत ।

Organizing Committee

Patron

Dr. B Bharadwaj

Indian Menopause Society Office Bearers

Dr. Anita J. Shah
(President IMS)

Dr. Arti Gupta
Vice President

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(Secretary General IMS)

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(Treasurer IMS)

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(Joint Treasurer)

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(Jt. Secretary IMS)

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(President Elect, IMS)

Dr. Anju Soni
(ImmPast President, IMS)

Dr. Bipasa Sen
(Ex. Officio, IMS)

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Dr. Vaijanti Kolekar
Dr. Shashi Shrivastava

Organising Secretary

Dr. Ragini Agarwal
Dr. Manisha Khare
Dr. Shraddha Agarwal
Dr. Meeta Agarwal

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Dr. Shriti Shah
Dr. Anita Shrivastava
Dr. Monica Singh

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Dr. Amita Dube
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Dr. Sudha Sharma
Dr. Ragini Agarwal
Dr. Vaijanti Kolekar
Dr. Shashi Shrivastava
Dr. Manisha Khare
Dr. Madhuri Chandra
Dr. Shabana Sultan
Dr. Anjali Kanhere

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Dr. Rachna Dubey
Dr. Aruna Kumar
Dr. Kavita Singh
Dr. Archana Mishra

Senior Advisors:

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Dr. Meenakshi Patel
Dr. Vinita Behel
Dr. Chhaya Budhwani
Dr. Anupam Dubey
Dr. Viraj Jaiswal
Dr. Rashmi Verma
Dr. Nalini Mishra
Dr Abha Jain

Workshop Conveners

Dr. Shashi Shrivastava

Conveners of Conference South Zone

Dr. Anjali Kanhere

East Zone

Dr. Rajni Hajela
Dr. Shrutti Shah

West Zone

Dr. Monica Singh

North Zone

Dr. Shraddha Agarwal



Organizing Committee

Navigating the Metabolic Storm: Obesity & Menopause

Dr. Mohit Bhandari
Dr. Sarla Jain
Dr. Supriya Hajela

Mastering Menopause Hormone Therapy:

Dr. Shobha Gudi
Dr. Vaijanti Kolekar
Dr. Rajani Hajela

Fertility at 40:

Dr. Vanita Metdgud
Dr. Aradhna Gupta
Dr. Viraj Jaiswal

Shifting Moods, Shifting Hormones: Understanding Mood Disorders in Menopause

Dr. Neeta V. Mishra
Dr. Rachna Dubey
Dr. Anjali Kanhere

Free Paper & Poster Committee

Dr. Ruchi Kalra
Dr. Sandhya Gadre
Dr. Rekha Wadhvani
Dr. Bharti Parihar
Dr. Manisha Jain
Dr. Swati Sharma
Dr. Anupa Walia

Public Forum Committee

Dr. Shubha Sethia
Dr. Shraddha Agarwal
Dr. Varuna Pathak
Dr. Seema Vijaywargiy
Dr. Vandana Nigam

Pre-Lunch Workshops

Aesthetic & Rejuvenation Gynaecology:

Dr. Jamuna Devi G
Dr. Anita Shrivastava
Dr. Praveena Agarwal
Dr. Versha Jain
Dr. Mudita Jain
Dr. Shilpa Dodani

Preventive Oncology After 40:

Dr. Anjana Chouhan
Dr. Meeta Agarwal
Dr. Shabana Sultan

Post-Lunch Workshops

Nutrition After 40: Eating Smart for Midlife Strength & Longevity

Dr. Binal Shah
Dr. Archana Mishra
Dr. Vandna Agarwal

Aging Gracefully: The Science & Soul of Skin Care in Midlife

Dr. Meenakshi Ahuja
Dr. Manisha Khare
Dr. Pratibha Sharda

Sparkle (Paper Presentation)

Dr. S. Laxmi
Dr. Nalini Mishra
Dr. Pooja Patil
Dr. Rekha Wadhvani
Dr. Nishi Mitra
Dr. Vandana Agarwal

Convocation Committee

Dr. Ashwin Bhalerao Gandhi
Dr. Beena Jain
Dr. Abha Jain
Dr. Rinku Bhaskar
Dr. Shikha Gupta

Seeing Beneath the Surface: Role of Imaging in Women's Health

Dr. Kuldeep Singh
Dr. Monica Singh
Dr. Mansi Jain

Surgical & Urogynaecological Strategies in Menopause:

Dr. Vineet Mishra
Dr. Priya Bhav Chittaver
Dr. Juhi Agarwal

Smile Stronger Dental Wellness in Midlife Women

Dr. V Padmaja
Dr. Sapna Jain
Dr. Kirti Jajoo Shrivastava

Muscle, Bone & Hormones: Managing the Musculoskeletal Syndrome in Menopause

Dr. Ruchika Garg
Dr. Shruti Shah
Dr. Rekha Wadhvani

Registration Committee

Dr. Neeta Mehrotra
Dr. Hemlata Mandloi
Dr. Basanti Sahu
Dr. Anita Chandra
Dr. Sarita Agarwal
Dr. Sarita Bhargava

Organizing Committee

Cultural Committee

Dr. Shruti Shah
Dr. Sandhya Nair
Dr. Roma Rastogi
Dr. Chhaya Budhwani
Dr. Jaya Namdev
Dr. Abha Jindal

Reception Committee

Dr. Randhir Singh
Dr. Sandhya Nair
Dr. Vandana Sharma
Dr. Aparajita

Promotion Advisory

Dr. Priya Bhave Chittawar
Dr. Praveena Agarwal
Dr. Rajni Sukheja
Dr. Varsha Jain

Souvenir Committee

Dr. Mudita Jain
Dr. Manisha Jain
Dr. Sweta Agarwal
Dr. Vandana Agarwal
Dr. Archana Shrivastava
Dr. Divya Khare

Digital Committee:

Dr. Supriya Hajela
Dr. Shraddha Verma
Dr. Poorva Badkur
Dr. Divya Khare

Accommodation & Transport

Dr. Rajni Hajela
Dr. Vandana Kundargi
Dr. Vandana Kalamkar
Dr. Nisha Goyal
Dr. Mamta Gupta
Dr. Jyoti Nagwanshi

Food & Cuisine Committee

Dr. Amita Dubey
Dr. Meeta Agarwal

Finance Committee

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Dr. Vaijanti Kolekar
Dr. Manisha Khare
Dr. Shruti Shah
Dr. Sarla Jain
Dr. Rajni Hajela
Dr. Mamta Gupta
Dr. Aradhna Gupta
Dr. Mudita Jain
Dr. Archana Mishra
Dr. Rachna Dubey
Dr. Aruna Kumar
Dr. Vandana Agrawal
Dr. Vijay Laxmi Verma
Dr. Shabana Sultan
Dr. Abha Jain
Dr. Nalini Mishra

Trade & Exhibition Committee

Dr. Meeta Agrawal
Dr. Malti Bhojwani
Dr. Juhi Agrawal
Dr. Sweta Agrawal
Dr. Purva Badkur
Dr. Anita Shrivastava
Dr. Varuna Pathak
Dr. Rajni Sukheja
Dr. Shilpa Dodani
Dr. Versha Jain
Dr. Monica Singh
Dr. Pratibha Sharda
Dr. Ruchi Kalra
Dr. Ishrat Zuber
Dr. Supriya Hajela

Quiz Committee

Dr. Savita Tyagi
Dr. Jayashree Beedkar
Dr. Swati Sharma
Dr. Rinku Bhaskar
Dr. Ishrat Zuber

Valedictory Committee

Dr. Vineeta Behel
Dr. Sarita Bhargava
Dr. Abha Jindal
Dr. Virul Shrivastava
Dr. Sadhna Kumar



26th February 2026 (Thursday)

**Pre-Conference Tour
Mahakal Darshan, Ujjain**

Departure 9:00 AM from Courtyard Marriott Lobby

27th February 2026 (Friday)

8:45 AM Inauguration of Workshops

(First Floor, Registration Area)

Hall	Pre-Lunch Workshops (10:00AM - 01:00PM)	Post-Lunch Workshops (02:00PM - 05:00PM)
GBR Rose	Navigating the Metabolic Storm (Obesity and Menopause)	Aging Gracefully (Science and Soul of Skin Care in Midlife)
Lily	Aesthetic and Regenerative Gynecology (Confidence, Comfort and Care)	Smile Stronger (Dental Wellness in Midlife Women)
Corner Canna	Seeing Beneath the Surface (Role of Imaging in Women's Health)	Nutrition After 40 (Eating Smart for Strength and Longevity)
Lotus Bloom	Mastering Menopause Hormone Therapy (Safe, Skillful Practicing)	Fertility at 40 (Empowering Hope, Enhancing Outcomes)
Tulip	Preventive Oncology After 40 (Screening Strategy and Survivorship)	Muscle, Bone and Hormones (Musculoskeletal Syndrome in Menopause)
Lotus	Surgical & Urogynec Strategies in Menopause (Minimally Invasive Approach)	Shifting Mood, Shifting Hormones (Mood Disorders in Menopause)

**06:00PM - 10:00PM
IMS Got Talent
Followed by Gala Dinner**



**Felicitation of
Committees, Societies
Awards & Achievements**

28th February, 2026 (Saturday)

Early Morning Activity

Morning Workout Session

6:30 AM-7:30 AM | Dr. Raj Ashok Shetty (PhD) - Rooftop

Scientific Sessions (09:00AM – 05:00PM)

Main Scientific Program

- Orations
- Panels
- Debates
- Symposia,
- Expert Talks

GBR Rose | Tulip | Lotus

Free Paper & Poster Presentations

From 09:00 AM
Onwards

Lily Hall Daisy Room
Orchid Room



**QUIZ
TIME**

National Quiz Competition

9:00 AM 12:00 Noon (Canna Corner Hall)

GCM 3 (Outgoing Team) & GBM

GCM Meeting (Outgoing Team) & GBM (Canna Corner Hall)

02:00 PM Onwards

Inauguration Ceremony - IMSCON 2026

Venue: GBR Rose | 06:00PM - 08:00PM

- Committee Awards
- Best Committee Award
- Best Society Award
- Best Rural Activity Award
- FIMS Awards
- Book Releases
- CPG Guidelines
- Quiz Book
- Prescription Writing Book
- Installation of MHT App
- Installation of New President

Cultural Evening & Gala Dinner - Rooftop

After 08:00PM Onwards

1st March, 2026 (Sunday)

Early Morning Activity

Fitness & Training Session

Time: 6:30 AM - 7:30 AM | Faculty: Dr. Raj Ashok Shetty (PhD)
Venue: Rooftop

Scientific Sessions (09:00AM – 05:00PM)

Highlights:

- Presidential Oration
- International Session
- Debates
- Keynote Lectures

Venues:

- Hall GBR Rose
- Hall Lotus
- Hall Tulip

Parallel Session

Time: 09:00 AM – 03:00PM | Venue: Hall Canna Corner

GCM 1 (Incoming Team)

- Time: 09:00AM - 10:00AM
- Venue: Hall Tulip

Public Forum

- Time: 10:00 AM - 12:00 Noon
- Venue: Hall Tulip

CIMP Convocation

- Time: 01:00 PM onwards
- Venue: Hall GBR Rose

Felicitation & Valedictory Function

- Time: 4:00 PM onwards
- Venue: Hall GBR Rose

Conference Closure

- Scientific Sessions Conclude: 5:00 PM
- Formal dosure of IMSCON 2026

27th February, 2026 (Friday)

Pre Lunch

Workshop: Navigating the Metabolic Storm: Obesity & Menopause



Dr. Mohit Bhandari

Course Director

Dr. Sarla Jain

Workshop Coordinator

Dr. Supriya Hajela

Workshop Coordinator

Committee Members

Dr. Shashi Shrivastav

Dr. Vandana Kundargi

Dr. Vinita Bahel

Dr. Varuna Pathak

Dr. Shikha Gupta

Dr. Divya Khare

Time	Topic	Speaker	Chairpersons
09:00 AM- 09:40 AM	Session 1 Obesity as a Chronic Metabolic & Hormonal Disease	Dr. David Cummings	Dr. Jayant Shah Dr. Narendra Malhotra Dr. Shashi Shrivastava
09:40 AM- 10:25 AM	Session 2 Pharmacotherapy of Obesity in Women	Dr. Sachin Chittawar	Dr. Vinita Bahel Dr. Varuna Pathak
Break			
10:30 AM- 11:10 AM	Session 3 Endoscopic & Minimally Invasive Obesity Therapies	Dr. Mohit Bhandari Dr. Manoel Galvao Neto Dr. Naton Zundel	Dr. Maninder Ahuja Dr. Jignesh Shah
11:10 AM- 11:40 AM	Session 4 Robotic Bariatric Surgery in Women	Dr. Mohit Bhandari Dr. Natan Zunde	Dr. H P Pattanaik Dr. Sarla Jain Dr. Supriya Hajela
Lunch Break			
01:30 PM- 02:00 PM	Session 5 Building an Obesity Clinic in Gynaecology Practice	Dr. Mohit Bhandari	Dr. Ratna Sharma Dr. Anil Mahajan Dr. Vandana Kundargi Dr. Shikha Gupta Dr. Rinku Rawat

27th February, 2026 (Friday)

Pre Lunch

**Workshop: Aesthetic & Regenerative
Gynaecology Innovations enhancing
comfort, confidence and care**



Dr. Jamuna Devi
Workshop Coordinator

Dr. Anita Shrivastava
Workshop Coordinator

Dr. Versha Jain
Workshop Coordinator

TIME	TOPIC	SPEAKER	CHAIRPERSON
09:00AM-09:15AM	Introduction & Welcome		
09:15AM-09:30AM	Functional, Regenerative & Aesthetic Gynaecology in Midlife Women (A Matter of QOL)	Dr. Ragini Agarwal	Dr. Vijaylakshmi Verma Dr. Manisha Jain Dr. Asha Agarwal
09:30AM-10:40AM	Expert Opinion: Advanced Technologies EBD in Aesthetic & Rejuvenating and Functional Impact in Menopause	MODERATORS: Dr. Versha Jain Dr. Shilpa Dodani	Dr. Ragini Agarwal Dr. Jamuna Devi G Dr. Yogita Gaultam
09:35AM-09:45AM	Diode Laser	Dr. Amita Saxena	
09:45AM-09:55AM	CO ₂ Laser	Dr. Sitalakshmi	
09:55AM-10:05AM	Nd:YAG Laser (Erbium Laser)	Dr. Praveena Agrawal	
10:05AM-10:15AM	Radiofrequency	Dr. Sangeeta Mehrotra	
10:15AM-10:25AM	HIFU	Dr. Madhuri Samudrala	
10:25AM-10:40AM	Panel Discussion on EBD with Experts		
10:40AM-11:10AM	Decoding Ageing	Prof. Dr. Narendra Malhotra	Dr. Rachna Dubey Prof. Dr. Anjali Kanhere Prof. Dr. Jyoti R. Chandran
11:10AM-11:25AM	Role of PRP and Method of Preparation	Dr. Anita Shrivastava	Dr. Sadhna Mehta Dr. Pamela Sachdeva Dr. Suman Mali
11:30AM-11:45AM	Urinary Incontinence and HIFEM Chair	Dr. Jamuna Devi G	Dr. Suneela MS Prof. Dr. Madhuri Chandra Dr. Malli Bhojwani
11:50AM-12:05AM	Hymenoplasty	Dr. Yogendra Singh	Dr. Archana Shrivastava Dr. Pushpa Kannoujiya Dr. Indu Jain
12:10AM-12:25AM	Melasma & Menopause	Dr. Yukti Wadhwan	Dr. Pratibha Sharda Dr. Vaidehi Thakur Dr. Pallavi Singh Dr. Madhavi M
12:30PM-12:45PM	Labiaplasty	Dr. Jayalakshmi D	Dr. Deepa Kapoor Dr. Shikha Gupta Dr. Ruchi Kalra
12:50PM-01:05PM	Collaborative Approach Between Plastic Surgeon and Gynaecologist in Enhancing Women's Health and Quality of Life	Dr. Vishal Rampuri	Dr. Nalini Mishra Dr. Neetu Bharang Dr. Avneet Khilwani
01:10PM-01:25PM	Cosmetic Procedures Enhancing Quality of Life in Mid Life Women	Dr. Mudita Jain Talesra	Dr. Neelima Agarwal Dr. Haritha P Dr. Dolly Mehra
01:25PM-01:30PM	Validator Function and Vote of Thanks	Dr. Shashi Shrivastava	

27th February, 2026 (Friday)

Pre Lunch

Workshop: Seeing Beneath the Surface: Role of Imaging in Women's Health



Dr. Kuldeep Singh
Workshop Coordinator

Dr. Monica Singh
Workshop Coordinator

Dr. Mansi Jain
Workshop Coordinator

TIME	TOPIC	SPEAKER	CHAIRPERSON
09:00AM-09:30AM	Introduction to the Walkshop and Walk-Through	Dr. Monica Singh Dr. Mansi Jain	
09:30AM-10:15AM	Evaluation of Adnexal Masses in Menopausal Women	Dr. Kuldeep Singh	Dr. Sadhana Kumar Dr. Ritu Shilp Verma Dr. Ishrat Zuber
10:15AM-11:00AM	Deciphering Ovarian Masses in Menopausal Years	Dr. Sudheer Gokhale	Dr. Rekha Wadhvani Dr. Ritu Jain Dr. Mansi Jain Dr. S. Birthare
11:00AM-11:45AM	Menopause and Uterine Imaging: Dilemmas and Diagnoses	Dr. Narendra Malhotra	Dr. Brajbala Tiwari Dr. Asha Jain Dr. Monica Singh Dr. Anuradha Sharma
11:45AM-12:15PM	Stump the Experts!	Dr. Kuldeep Singh Dr. Sudheer Gokhale Dr. Narendra Malhotra	
12:15PM-01:00PM	Brainstorming Panel Discussion: Actual Case Scenarios	Dr. Asha Jain Dr. Monica Singh	Panelists: Dr. Ishrat Zuber Dr. Keya Dr. Khushbu Dubey Dr. Monika Pathak Dr. Payal Raghuvanshi Dr. Pallavi Singh Dr. Shalini Jain Agrawal Dr. Varsha Rani
01:00PM-01:30PM	Interactive Quiz	Dr. Mansi Jain	
	Valedictory		

27th February, 2026 (Friday)

Pre Lunch

Workshop: Menopause Hormone Therapy "Prescribe With Confidence"



Dr. Sobha Gudi
Workshop Coordinator

Dr. Vaijayanti Kolekar
Workshop Coordinator

Dr. Rajni Hajela
Workshop Coordinator

Session 1: Introduction To MHT

TIME	TOPIC	SPEAKER
	Chairperson Dr. Nirmal A Papara, Dr. Alka Agrawal Dr. Swati Sharma	
09:10AM - 09:20AM	Definition and indication of MHT	Dr. Shraddha Mittal Agrawal
09:20AM - 09:30AM	Window of opportunity theory for early start	Dr. Reeti Mehra
09:30AM - 09:40AM	Cautions and Contraindications	Dr. Lakshmi S

Session 2: Then and Now Evolution from Past to Present

TIME	TOPIC	SPEAKER
	Chairperson And Experts Dr. Atul Munshi, Dr. Pushpa Sethi, Dr. Jignesh Shah	
09:50AM - 10:20AM	Journey of MHT (How it started, evolved, current evidence based status)	Dr. Jyoti Unni
10:20AM - 10:40AM	Six Rights in choosing therapy : From Current IMSGuidelines	Dr. Meeta
10:40AM - 10:50AM	MHT App	Dr. Shashi Shrivastava

Session 3 Panel Discussion On Case Based Prescription Writing

TIME	TOPIC	SPEAKER
10:50AM - 12:00PM	Routes and Duration of MHT, Clinical assessment and investigations, Formulations available, prescription in different cases, alternative therapies and lifestyle medicine	Dr. Shobha Gudi Dr. Jayshree Beedkar
	Panelists (Gynaecologists) Dr. Anju Gupta, Dr. Bina Tandon, Dr. Sandhya Khare, Dr. Jagruti, Dr. Janaki Desai Interventional Cardiologist Dr. Shashank Dixit Medical Oncologist Dr. Prateek Tiwari Endocrinologist Dr. Harsha Pamnani Experts: Dr. Meenakshi Verma Dr. Sushma Verma	

Session 4 Quiz On MHT For Audience

TIME	TOPIC	SPEAKER
12:00PM - 12:30PM	Quiz On Mht For Audience	Quiz Master Dr. Rajani Hajela Dr. Nalini Mishra
12:30PM - 12:50PM	Role Play On Lifestyle Medicine	Members Of Chennai Menopause Society
12:50PM - 01:00PM	Demonstration Of Resistance Exercises	



27th February, 2026 (Friday)

Pre Lunch

Workshop: Preventive Oncology Workshop



Evidence-based Screening & Prevention in Gynaecologic Oncology

National: Dr. Anjana Chauhan

Bhopal: Dr. Meeta Agarwal | Dr. Shabana Sultan

TIME	TOPIC	SPEAKER
	Session 1 Chairperson: Dr. Neeta Mehrotra, Dr. Beena Jain, Dr. Basanti Sahu, Dr. Shraddha Agarwal	
09:00AM - 09:15AM	Scenario of Gynaecological Cancer	Dr. Shabana Sultan
09:20AM - 09:35AM	Am I at Risk? Screening Protocols for Gynaecological Malignancy	Dr. Aniket Goenka
09:40AM - 09:45AM	Management of Breast Lump	Dr. Surbhi Garg
	Session 2 Chairperson: Dr. Viraj Jaiswal, Dr. Yashodhra Gaur Dr. K D Bakshi, Dr. Rachna Dubey, Dr. Mudita Jain	
10:00AM - 10:15AM	Ovarian Tumours: Dilemma to Clarity for Prevention and Diagnosis	Dr. Amita Maheshwari
10:20AM - 10:35AM	Diagnosis & Preventive Strategies for Endometrial Malignancy	Dr. Amrit Gupta
10:40AM - 10:55AM	VIN – Vulval Intraepithelial Neoplasia – How to Manage	Dr. Anjana Chauhan
	Session 3 Chairperson: Dr. Madhuri Chandra, Dr. Shraddha Mittal Dr. Meenakshi Verma, Dr. Manisha Khare, Dr. Vandana Agarwal	
11:00AM - 11:15AM	HPV Vaccination Updates	Dr. Rachna Dubey
11:20AM - 11:40AM	Pune Technique of Radical Hysterectomy	Dr. Shailesh Puntambekar
11:45AM - 12:30PM	Precancerous Lesions of Cervix – A to Z of Colposcopy	Dr. Priya Ganesh Kumar
12:45PM - 01:15PM	Queries/ Answers by Experts	

27th February, 2026 (Friday)

Pre Lunch

Workshop: Surgical & Urogynecological Strategies in Menopause: Minimally Invasive & Functional Approaches



Dr. Vineet Mishra
Workshop Coordinator

Dr. Juhi Agarwal
Workshop Coordinator

Dr. Priya Bave Chittawar
Workshop Coordinator

Dr. Poorva Badkur
Workshop Coordinator

Dr. Shraddha Agarwal
Workshop Coordinator

Dr. Sandya Gadre
Workshop Coordinator

TIME	TOPIC	SPEAKER
	Session 1	
	Chairperson Dr. Vinita Behl, Dr. Bharti Parihar, Dr. Neeta Malhotra, Dr. Sona Soni, Dr. Abhaya Pattnaik	
09:00AM-09:10 AM	Pelvic anatomy	Dr. Juhi Agarwal
09:10AM-09:20AM	Radiological Assessment of Pelvic Floor	Dr. Sameer Shah
09:20AM-09:50 AM VIDEO TALK	Laparoscopic Burch: Tips, Tricks & Pitfall	Dr. Maneesha Shrivastav
09:50AM-10:10 AM	Hysteroscopy in Postmenopausal Women	Dr. Aradhana Singh
01:00PM	KAHOOT QUIZ	Dr. Jayashree Gajraj
	Session 2: LIVE WORKSHOP	
	Chairperson Dr. Meena Mahalingham, Dr. Sandhya Khosla, Dr. Sandhya Nair, Dr. Shubha Srivastav	
10:15PM-02:00PM	TOT TVT	Dr. Vineet Mishra
	Intravesical Botox: Indications, Technique & Outcomes	Dr. Meera Ragvan
	Robotic Hysterectomy: Patient Selection & Surgical Steps	Dr. Priya Bhawe
	Laprosopic pectopexy	Dr. Sushila Saini
	Vault Repair	Dr. H P Pattnaik

27th February, 2026 (Friday)

Post Lunch

Fertility at 40: Empowering Hope, Enhancing Outcomes



Dr. Vanita Metgud
Workshop Coordinator

Dr. Aradhana Gupta
Workshop Coordinator

Dr. Viraj Jaiswal
Workshop Coordinator

TIME	TOPIC	SPEAKER	CHAIRPERSON
01:30PM-01:35PM	Session - 1 Opening & Chairperson Introduction		
01:35 PM-01:45 PM	Evaluation Of Infertile Couples In Midlife	Dr. Tarini Taneja	Dr. Vajjayanti S. Belgavi Dr. Viraj Jaiswal
01:45PM-01:55PM	IVF in Advanced Age - Challenges & Strategy	Dr. Vanita Metgud	Dr. Malti Bhojwani Dr. Ratna Sharma Dr. Vijay Lkshmi Verma
01:55PM-02:00PM	Session - 2 Intro Chairperson		
02:00PM - 02:10PM	LUI to IVF in Midlife Women	Dr. Jaysree Shridhar	Dr. Vertika
02:10PM-02:20PM	Fertility at 40 - A Holistic Approach	Dr. Rita Baxi	Dr. Abha Jain
02:20PM-02:45PM	Perinatal Out Come of Pregnancy in Advanced Age	Dr. Jaideep Malhotra	Dr. Zainaba K P Dr. Vyjayanti Hunasagi
02:50PM-02:55PM	Session - 3 Introduction Chairpersons		
02:55PM-03:05PM	Metabolic Modulation Of Reproductive Success: The Role Of Semaglutide In Advanced-Age Fertility	Dr. Aradhana Gupta	Dr. Asha Agrawal Dr. Shipra Dr. Nupur
03:10PM-03:35PM	Debate Pgt -a In Advanced Age Yes/ no 8 Min Each Spekar 5 Min Comments Frem Judges	Dr. Anju Verma Dr. Teena Gupta	Judges Dr. Mangla Kawde Dr. Viraj Jaiswal
03:35PM-04:15PM	From Fertily To Fetal Out Comes - Pregnancy Challenges In Advanced Maternal Age	Moderator Dr. Aradhana Gupta Dr. Virul Shrivastava	Expert Dr. Malti Bhojwani Dr. Vijay Laxmi Verma Panelist Dr. Rajeshwari Dr. Manila Kaushal Dr. Preeti Gupta Dr. Sushma Nigam Dr. Puja Singh Dr. Catherine Dr. Neha Jain Dr. Sadhana Mehta
04:20PM-05:00PM	Session - 4		
04:20PM-05:00PM	Legal Minefields In Third Party Reproduction What Every Clinician Must Know	Moderator Dr. Asha Jain Dr. Shradha Verma	Expert Dr. Randhir Singh Dr. Abha Jain Panelist Dr. Sushmita Mukherjee Dr. Ishrat Dr. Devanshi Mishra Dr. Manjula B C Dr. Amarjeet Dr. Virul Shrivastava Dr. Teena Gupta Dr. Deepika Sinha Verma Dr. Pooja Bansal
05:00PM-05:05PM	Vote Of Thanks & Closing		

27th February, 2026 (Friday)

Post Lunch

Workshop: Menopause Musculoskeletal Syndrome Workshop



Dr. Ruchika Garg
Workshop Coordinator

Dr. Shruti Shah
Workshop Coordinator

TIME	TOPIC	SPEAKER
02:00 PM-02:10 PM	Introduction to the Workshop	Dr. Shruti Shah
	Chairperson Dr. Ruchika Garg, Dr. M. Madhavi, Dr. Rekha Wadhvani, Dr. Hema Aghera, Dr. Rashmi Agrawal	
02:10 PM-02:22 PM	Peak Bone Mass TO Bone Loss Importance of NOT to Miss the Diagnosis	Dr. Jyoti R Chandran
02:22 PM-02:34 PM	Muscle Loss v/s Fat Gain Understanding Body Composition Changes in Menopause	Dr. Sanjana Mahesh
02:34 PM-02:46 PM	Clinical Muscle and Bone Assessment, Grip Strength, Gait Speed, Chair Stand, FRAX, OSTA, SCORE, DEXA,	Dr. Bharti Parihar Dr. Rinku Bhaskar
02:46 PM-02:58 PM	Menopause, Inflammation & Osteoarthritis..The Triad	Dr. Jyoti Chauhan

	Chairperson Dr. Arti Gupta, Dr. Shruti Shah, Dr. Hemlata Mandloi, Dr. Sarita Bhargava	
03:00 PM-03:12 PM	A Nutrition Role of gut microbiomes in MMS	Amita Singh
03:12 PM-03:24 PM	Calcium, Vitamin D & Micronutrients.. Role in Bone and Muscle Strength and Fall Prevention...	Dr. Rashmi Shrivastava
03:25 PM-03:50 PM	B Life-Style Modification and Exercise Demonstration in Menopausal Women. Endurance Exercise Resistance Exercises Balance Training Posture Stretching What not to do	Dr. Tapsaya Tomar
03:50 PM-04:40 PM	Are we treating Too Late AND Too Little Moderator Dr. Arti Gupta, Dr. Ruchika Garg Expert Dr. Anil Mahajan, Dr. Usha Didwania Panelists Dr. Jagruti Desai, Dr. Sushma Verma, Dr. Premlath, Dr. Hina Papat, Dr. Shaily Mody, Dr. Hemlatha G B, Dr. Anjana Sinha, Dr. Mamta Singh, Dr. Rekha Wadhvani, Dr. Divya Khare	
04:40 PM-04:45 PM	Vote of Thanks	Dr. Hemlata Mandloi Dr. Sarita Bhargav
04:45 PM-05:00 PM	Measurement of Grip Srength & BMD	

27th February, 2026 (Friday)

Post Lunch

Workshop: Nutrition After 40: Eating Smart for Midlife Strength & Longevity



Dr. Binal Shah
Workshop Coordinator

Dr. Archana Mishra
Workshop Coordinator

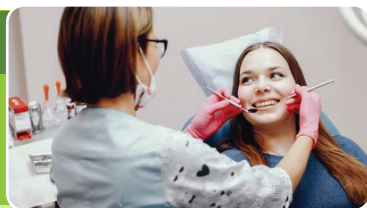
Dr. Vandana Agrawal
Workshop Coordinator

TIME	TOPIC	SPEAKER	CHAIRPERSON
02:00PM-02:10PM	Introduction Session	Dr. Archana Mishra	
02:10PM-02:40PM	Midlife Metabolism: The Turning Point	Dr. Binal Shah	Dr. Alka Agrawal Dr. Chitra Jain Dr. Vijaylaxmi Varma
02:40PM-03:10PM	What to Eat and what to avoid After 40	Dr. Ragini Agarwal	Dr. Shradha Agrawal Dr. Nalini Mishra Dr. Abha Jindal
03:10PM-03:40PM	Gut Health, Hormones & Mood	Dr. Sachin Chittawar	Dr. Ruchi Kalra Dr. Sudha Gupta Dr. Archana Mishra
03:40PM-04:10PM	Case Study: Food is medicine	Dr. Amita Singh	Dr. Mamta Gupta Dr. Juhi Agrawal Dr. Meeta Agrawal
04:10PM-04:40PM	Effects of soya on menopause	Dr. Dipika Agrahar Murugkar	Dr. Jyoti Khare Dr. Vandana Kalamkar Dr. Vandana Agrawal
04:40PM-05:00PM	Quiz	Dr. Vandana Agrawal Dr. Sarita Agrawal	

27th February, 2026 (Friday)

Post Lunch

Workshop: "Dental Wellness" In Menopause



Smile through midlife: Oral health, Hygiene & Hormones

Dr. V Padmaja
Workshop Coordinator

Dr. Sapna Jain
Workshop Coordinator

Dr. Kirti Jajoo Shrivastava
Workshop Coordinator

TIME	TOPIC	SPEAKER	CHAIRPERSON
02:00PM - 02:10PM	Session 1 Why dental wellness is a menopause matter?	Dr. Sapna Jain	
02:15PM - 02:20PM	Session 2 Creative video of dental problems in menopause	Dr. Kirti Jajoo	
02:30PM - 02:40PM	Session 3 The hormone smile: how oestrogen affects oral health?	Dr. V. Padmaja	Dr. Barnali Shrivastava Dr. Sandhya Nair Dr. Basanti Sahu
02:45PM - 02:55PM	Session 4 I am suffering from?	Dr. Prashanti Reddy	Dr. Jyoti Nagwanshi Dr. Sadhna Kumar
03:00PM - 03:10PM	Session 5 Treat your teeth	Dr. Kirti Jajoo	Dr. Namita Agrawal Dr. Shradha Goswami
03:15PM - 03:30PM	Session 6 Reverse panel: Unveiling oral and dental myths and facts in menopause	Dr. Benaiffer Agrawal	Dr. Vijayalakshmi Dr. Veena Pradhan Dr. Veera Lohia Dr. Kusum Singhal Dr. Rashmi Agarwal



27th February, 2026 (Friday)

Post Lunch

Workshop: Shifting Moods, Shifting Hormones: Understanding Mood Disorders in Menopause



Dr. Nita Mishra
Workshop Coordinator

Dr. Rachna Dubey
Workshop Coordinator

Dr. Anjali Kanhere
Workshop Coordinator

TIME	TOPIC	SPEAKER	CHAIRPERSON
02:00PM-02:10PM	SESSION - 1 Introduction to the workshop & inauguration	Dr. Rachna Dubey Dr. Anjali Kanhere	
02:10PM-02:25PM	Supporting the post menopausal brain: Non-Pharmacological approaches to mood	Dr. Kiran Pandey	Dr. Meeta Agrawal Dr. Nalani Mishra Dr. Anita Shrivastava Dr. Rani Kushwaha
02:25PM-03:10PM	Panel 1 From silent struggles to open conversations	Moderators: Dr. Nita Mishra Dr. Rachna Dubey	Panelists: Dr. Meera Agnihotri Dr. Jaideep Malhotra Dr. Manindra Ahuja Dr. Ragini Agrawal Dr. Anita Shah Dr. Anju Soni Dr. Shashi Shrivastava
03:10PM-03:25PM	Neurodegeneration after menopause: Why women bear a disproportionate burden of Alzheimer's and Dementia	Dr. Sunil Malik	Dr. Narendra Malhotra Dr. Hara Pattnaik Dr. Rachna Dubey Dr. Abha Jindal
03:25PM-03:50PM	Mood instability after menopause: When hormone loss mimics psychiatric disease Anti - Depressant vs HRT	Dr. Samiksha Sahu V/S Dr. Anjali Kanhere	
03:50PM-04:35PM	SESSION - 2 Panel 2 Brain fog in menopause	Moderators: Dr. Sandhya Dixit Dr. Prabhavati	Panelists: Dr. Shashi Bala Sao Dr. Ritu Jain Dr. Sudha Gupta Dr. Deepa Kapoor Dr. Sharad Tiwari Dr. Shubha sethia Dr. Shobha Gudi
04:35PM-04:50PM	Hypnotherapy in Menopause	Dr. Divyesh Shah (Diploma in Hypnotherapy)	Dr. Anjali Kanhere Dr. Varuna Pathak Dr. Kusum Singhal Dr. Poorva Badkar
04:50 PM-05:00 PM	Hypoactive sexual desire syndrome	Dr. Brij Bala Tiwari	Dr. Meera Agnihotri Dr. Ashwini Bhalerao Dr. Rachna Dubey Dr. Jyoti Khare
05:00 PM-05:15 PM	Lively Interactive Quiz	Dr. Shilpa Hurmade Dr. Palak Gupta	
05:15 PM-05:20 PM	Vote of Thanks	Dr. Rachna Dubey Dr. Anjali Kanhere	

27th February, 2026 (Friday)

Post Lunch

Workshop: Aging Gracefully Skin Care Science & Soul Workshop

AGING
Gracefully



Dr. Minakshi Ahuja
Workshop Coordinator

Dr. Manisha Khare
Workshop Coordinator

Dr. Pratibha Sharda
Workshop Coordinator

Session 1: Understanding The Skin Aging Connection (30 Minutes)

TIME	TOPIC	SPEAKER	CHAIRPERSONS
02:00PM - 02:05PM	Why Skin Health Deserves A Spotlight At Midlife	Dr. Manisha Khare	Dr. Alpana Varshney
02:05PM - 02:15PM	The Biology Of Skin Aging: Hormones, Genes & Time	Dr. Meenakshi Ahuja	Dr. Sushma Nigam
02:20PM - 02:30PM	Hormonal Changes And The Skin: Menopause Matters	Dr. Anupa Walia	Dr. Saroj Singh

Session 2: Evidence Based Skin Care Strategies (55 Minutes) (Dermatologist & Ophthalmologist)

02:35PM - 02:45PM	Anti Aging Modalities In Menopausal Skin (Non Invasive)	Dr Ajay Singh Raghuvanshi	Dr. Amita Saxena
02:50PM - 03:00PM	Invasive Anti Aging Procedures Dr Poorva	Dr Poorva Sharda	Dr. Suchita Chaudhary
03:05PM - 03:15PM	Surgical Approach For Aging Face Upper And Lower Lid Blepharoplasty	Dr. Dolly Chandra	Dr. Anita Shrivastava
03:20PM - 03:30PM	Skin Nutrition: What You Eat Reflects On Your Face	Dr. Dhruv Mishra	Dr. Rashmi Shrivastava

03:35PM - 04:15PM
Reverse Panel On "Common Skin Conditions Faced By Gynaecologist in Their Day To Day Practice" Questions With Pictures
Panel Expert: Dr. Anil K. Agarwal

Dr. Meenakshi Ahuja
Dr. Madhuri Joshi
Dr. Manisha Khare
Dr. Sitalakshmi Vadrevu
Dr. Pratibha Sharda

Dr. Mudita Jain
Dr. Poorva Sharda
Dr. Dhruv Mishra
Dr. Ajay Singh Raghuvanshi
Dr. Ritu Jain

Dr. Yukti Wadhawan
Dr. Rita Bakshi
Dr. Rajeshwari Khayde
Dr. Sweta Agarwal

Session 4 Live Demonstration

04:15PM - 04:50PM	Live Demonstration	Dr. Narendra Malhotra
04:55PM - 05:00PM	Wrap-up & take – Home Messages	Dr. Chhaya Budhwani

GBR Rose Hall

28th February, 2026 (Saturday)

09:00AM-10:00AM	Session 1 Symposium: Menopause	Chairpersons: Dr. Ramani Rao Dr. Mamta Gupta Dr. Sudha Chourasia Dr. Sitalakshmi Vadrehu
09:00AM - 09:15AM 09:15AM - 09:30AM 09:30AM - 09:45AM 09:45AM - 10:00AM	Changes in hormonal milieu at menopause The cruel cut – surgical menopause CBT for menopause Ovarian conservation at time of hysterectomy – risks & benefits	Dr. Savita Tyagi Dr. Sunita Samal Dr. Binal Shah Dr. Shobha Gudi
10:00AM - 11:00AM	Keynotes	Chairpersons: Dr. Sudip Chakravati Dr. Kavita Singh Dr. Bharti Maheshwari Dr. Menka Verma
10:00AM - 10:20AM 10:20AM - 10:40AM 10:40AM - 11:00AM	MHT for primary prevention – Risks, Benefits, Myths Changing future of menopause health care Journaling – Midlife. Women's journey to self discovery	Dr. Meeta Dr. Maninder Ahuja Dr. Sudhaa Sharma
11:00AM - 12:00PM	Symposium Bone Health	Chairpersons: Dr. Annil Mahajan Dr. Pratibha Sharda Dr. Asha Agarwal Dr. Abha Jindal
11:00AM - 11:15AM 11:15AM - 11:30AM 11:30AM - 11:45AM 11:45AM - 12:00PM	Bone health & osteoporosis prevention Sarcopenia Role of MHT in prevention of fractures Osteoarthritis & Menopause	Dr. Premlatha R Dr. Bipasa Sen Dr. Ragini Mehrotra Dr. M Madhavi
12:00PM - 01:00PM	Dr Duru Shah Oration	Chairpersons: Dr. Anita Shah Dr. Ragini Agarwal Dr. Vajjayanti Kolekar Dr. Shashi Shrivastav Dr. Manisha Khare
12:00PM - 01:00PM	From isolation to connection – retaining the strength of midlife	Dr. Neelam Aggarwal
01:00PM - 02:30PM	Session 2 Midlife crisis?	Chairpersons: Dr. Kala Jajoo Dr. Veena Pradhan Dr. Alka Agrawal Dr. Alka Parganiha
01:00AM - 01:15PM 01:15PM - 01:30PM 01:30PM - 01:45PM 01:45PM - 02:00PM 02:00PM - 02:15PM 02:15PM - 02:30PM	Workplace challenges & support: Policy, productivity & people Menopause as a Public health priority: Time for National action Non hormonal therapies: complement or competition. Lifestyle – a doable approach Vaginal microbiome & menopause Gut microbioma & bone health	Dr. Geetha Balsarkar Dr. Neelam Jain Dr. Priti Vyas Dr. Revathy Jayakiram Dr. Jyoti Bhaskar Dr. Lakshmi Rathna
02:30PM - 03:30PM	Keynotes	Chairpersons: Dr. Vijayanti Kolekar, Dr. Meera Agnihotri, Dr. Vijaylaxmi Verma, Dr. Amita Dube
02:30PM - 03:00PM 03:00PM - 03:30PM	PCO & Menopause –Is it double trouble AI in Menopause	Dr. Duru Shah Dr. Atul Munshi

GBR Rose Hall

28th February, 2026 (Saturday)

03:30PM - 04:30PM	Panel Discussion	Experts: Dr. Unnop Jaisamram Dr. Reena Shrivastav
03:30PM - 04:30PM	Perimenopausal AUB	Moderators: Dr. Rekha Wadhvani Dr. Pooja Patil
	Panelists:	
	Dr. Vijayalakshmi Seshadri Dr. Shaili Mody Dr. Nidhi Gandhi Dr. Swati Sharma	Dr. Sweta Bhansali Dr. Shalini Jain Dr. Dolly Mehra Dr. Nishi Mitra
		Dr. Bharti Parihar Dr. Preet Agarwal Dr. Karthiga Prabhu Dr. Chitra Jain Dr. Mamta Sarmah
04:30PM - 05:15PM	Session 3 Premature ovarian failure	Experts: Dr. Urmila Tripathi Dr. Veera Lohia Dr. Rekha Sinha Dr. Anupa Walia Dr. Monika Pathak
04:30PM - 04:45PM	POI-Etiology & diagnosis	Dr. Smriti Anand
04:45PM - 05:00PM	POI-Problems & management	Dr. Meenakshi Ahuja
05:00PM - 05:15PM	POI - Prevention, risk reduction & Fertility options	Dr. Kiran Aggarwal

Lotus Hall

28th February, 2026 (Saturday)

09:00AM - 10:00AM	Session 1 Symposium Longetivity	Chairpersons: Dr. Vijayalakshmi Seshadri Dr. Basanti Sahu Dr. Neeta Mehrotra Dr. Reema Jain
09:00AM - 09:30AM	Optimizing hypothyroid management in midlife women	Dr. Om J Lakhani
09:30AM - 09:45AM	Stem cell & regenerative medicine in gynecology	Dr. Prabhu Mishra
09:45AM - 10:00AM	Adding years to life versus adding life to years	Dr. Vanita Metgud
10:00AM - 11:00AM	Keynotes	Chairpersons: Dr. Beena Jain Dr. Chhaya Budhwani Dr. Vandana Sharma Dr. Hemlata Mandaloi
10:00AM - 10:20AM	Uterus revamped. Successful Womb Transplant	Dr. Shailesh Puntambekar
10:20AM - 10:40AM	Unmasking perimenopause: Bringing clarity to the silent transition	Dr. Suchitra Pandit
10:40AM - 11:00AM	Andropause - Myth vs reality	Dr. H P Pattanaik
11:00AM - 12:00PM		Moderator: Dr. Meeta Singh
11:00AM - 11:15AM	Advances in Individualized Therapy for Vasomotor Symptom management	Dr. Meeta Singh
11:15AM - 12:00PM	Case discussions with Scientific experts	Case Presenter: Dr. Asna Asharaf
	Expert Panel:	Dr. Anita Shah, Dr. Sudha Sharma, Dr. Neelam Aggrawal, Dr. Renuka Malik

Lotus Hall

28th February, 2026 (Saturday)

12:00PM - 01:00PM	Dr. Duru Shah Oration	Chairpersons: Dr. Anita Shah Dr. Ragini Agarwal Dr. Vajjayanti Kolekar Dr. Shashi Shrivastav Dr. Manisha Khare
12:00PM - 01:00PM	From isolation to connection – retaining the strength of midlife	Dr. Neelam Aggarwal
01:00PM - 02:30PM	Session 2 Metabolic syndrome	Chairpersons: Dr. Neerja Puranik Dr. Mangala Kawade Dr. Manju Gaur Dr. Nagasutha Sundar Dr. M Dhanlaxmi
01:00PM - 01:15PM 01:15PM - 01:30PM 01:30PM - 01:45PM 01:45PM - 02:00PM 02:00PM - 02:15PM 02:15PM - 02:30PM	Risk Assessment at midlife & beyond Comorbidities and their prevention Coping with identity & body image issues Lipid management in midlife – newer guidelines Optimizing cardiovascular health in midlife women Understanding Dyslipidemia: Risk assessment for CVD	Dr. Hepzibah K Dr. Jamuna Devi Dr. Ashwini B Gandhi Dr. Ami Mehta Dr. Sushma Verma Dr. Nirja Chawla
02:30PM - 03:30PM	Keynotes	Chairpersons: Dr. Jayashree Bedkar Dr. Manisha Jain Dr. Pomila Sachdev Dr. Praveena Aggarwal
02:30PM - 02:50PM 02:50PM - 03:10PM 03:10PM - 03:30PM	Midlife burnout & work stress A study on Hot Flashes – Indian perspective Beware of packaged foods	Dr. Arti Manoj Dr. Shobana Mohandas Dr. Laxmi Shrikhande
03:40PM - 04:30PM	Panel Discussion	Experts: Dr. Madhuri Samudrala Dr. VN Mishra
	Life style Medicine Panelists: Dr. Ishrat Zuber Dr. Barnali Shrivastav Dr. Priti Gupta Dr. Narumalar Dr. Seema Mahant	Moderators: Dr. Shubha Sethia Dr. Poorva Badkur Dr. Jyoti Chouhan Dr. Sumathi Dr. Jeyachitra, Dr. Dipika Loganey
04:30PM - 05:30PM	Session 3 Preventive Oncology	Chairpersons: Dr. Savitri Ramesh Dr. Anandhi babu Dr. Catherine Dr. Preeti Kadian Dr. Avantika Sharma
04:30PM - 04:45PM 04:45PM - 05:00PM 05:00PM - 05:15PM 05:15PM - 05:30PM	Recent advances in gynaecology: Immunotherapy & Targeted therapy Breast cancer screening – beyond mammogram Ovarian & endometrial cancer prevention & screening Pruritus vulva – break the itch cycle	Dr. Aniket Goenka Dr. Amrit Gupta Dr. Pranay Phukan Dr. Anjana Chauhan

Tulip Hall

28th February, 2026 (Saturday)

09:00AM-10:00AM	Session 1 Sleep & Menopause	Chairpersons: Dr. Priti Deopujari Dr. Sarla Nihlani Dr. Prachi Kushwaha Dr. Sona Soni
09:00AM - 09:15AM 09:15AM - 09:30AM 09:30AM - 09:45AM 09:45AM - 10:00AM	Sleep & cognitive decline in menopause Sleep deprivation & mood disorders Sleep disturbances: COMISA Hereditary Breast & Ovarian Cancer Syndrome: Implications for prevention & treatment	Dr. Renuka Malik Dr. Jyoti Shah Dr. Prakhar Agrawal Dr. Amita Maheshwari
10:00AM - 11:00AM	Keynotes	Chairpersons: Dr. Sushma Anand Dr. Shaily Agarwal Dr. Indu Taneja Dr. Mayur Agarwal
10:00AM - 10:15AM 10:15AM - 10:30AM 10:30AM - 10:45AM 10:45AM - 11:00AM	Microbiome & aging Optimal use of HPV testing in Gynae practice Menopause & Metabolic syndrome Reset, Recharge, Rebalance: Intermittent Fasting in Menopause	Dr. Jaideep Malhotra Dr. Neerja Bhatla Dr. Pushpa Sethi Dr. Anju Soni
11:00AM - 12:00PM	Session 2 Menopause Mental Health	Chairpersons: Dr. Sarita Agarwal Dr. Sana Tiwari Dr. Shikha Gupta Dr. Ritu Shilp Verma Dr. Vibha Gupta
11:00AM - 11:15AM 11:15AM - 11:30AM 11:30AM - 11:45AM 11:45AM - 12:00PM	Psychosocial problems in menopause Mindfulness & stress management techniques Brain fog Compounded bioidentical hormones	Dr. Deepa Kapoor Dr. Meera Raghavan Dr. Sandhya Dixit Dr. Lakshmy S
12:00PM - 01:00PM	Dr Duru Shah Oration	Chairpersons: Dr. Anita Shah Dr. Ragini Agarwal Dr. Vajjayanti Kolekar Dr. Shashi Shrivastav Dr. Manisha Khare
12:00PM - 01:00PM	From isolation to connection - retaining the strength of midlife	Dr. Neelam Aggarwal
01:00PM - 01:15PM	Hypoactive sexual desire syndrome	Dr. Kumkum Sinha
01:15PM - 02:00PM	Midlife & Me	Chairpersons: Dr. Narumalar Dr. Meenu Kapoor Dr. Ritu Jain Dr. Sangeeta Gulati Dr. Pragati Khalatkar
01:30PM - 02:00PM	Midlife & Me. My Journey	Dr. Shashibala Bhonsle Dr. Meenakshi Verma Dr. Sarla Jain Dr. Ratna Vijay
02:00PM - 03:00PM	Symposium Pelvic floor Dysfunction	Chairpersons: Dr. Manisha Shrivastava Dr. Neelansha Varshney Dr. Anjana Sinha Dr. Vijayalakshmi K
02:00PM - 02:15PM 02:15PM - 02:30PM	Bladder problems, initial assessment & management Sarv Rog sampaan: Managing GSM in a diabetic, hypertensive, obese women of 75 years	Dr. Jaishree Gajaraj Dr. Kiran Pandey
02:30PM - 02:45PM 02:45PM - 03:00PM	Device free Sacrospinous Ligament Fixation UV prolapse - nonsurgical & surgical options	Dr. Ruchika Garg Dr. Nirmla Pipara

Tulip Hall

28th February, 2026 (Saturday)

03:00PM - 04:00PM	Debates	Judges: Dr. Viraj Jaiswal Dr. Rekha Khare Dr. Vasanthi S Dr. Anjali Kanhere
03:00PM - 03:12PM	VMS - Hormonal versus nonhormonal therapy	Dr. Ruchi Kalra
03:12PM - 03:24PM	Menopause: Positive Life Stage/ Time of strife & struggles	Dr. Deepti Gupta
03:24PM - 03:36PM	Midlife nutrition: Traditional Indian thali versus Modern diet plans	Dr. Nalini M
03:36PM - 03:48PM	Health screening: Helpful/ Not	Dr. Supriya hajela
03:48PM - 04:00PM	Vaginal Laxity: surgical/nonsurgical	Dr. Varuna P
		Dr. Mudita jain
		Dr. Anita Shrivastav
		Dr. Padma Shukla
		Dr. Neena Gideon
		Dr. Yukti Wadhwan
04:00PM - 05:00PM	Moot Court Nagpur	
		Dr. Ujjwala Kedare
		Dr. Prajarta Barde
		Dr. Shantala Bhole
		Dr. Shivangi Jahagirdar
		Dr. Bhakti Gujjar
		Dr. Vaishali Changole

GBR Rose Hall

1st March, 2026 (Sunday)

09:00AM-10:00AM	Session I: Focus Postmenopausal bleeding	Chairpersons: Dr. Reena Shrivastav Dr. Shraddha Agarwal Dr. Pratibha Singh Dr. Nisha Goyal
09:00AM - 09:15AM	PMB - framework to diagnosis	Dr. Hina Popat
09:15AM - 09:30AM	PMB & endometrial polyps	Dr. Kinjal Shah
09:30AM - 09:45AM	PMB: women on anticoagulants	Dr. Shabana Sultan
09:45AM - 10:00AM	Endometriosis & menopausal health	Dr. Sarita Bhalerao
10:00AM - 11:00AM	President's Oration	Chairpersons: Dr. C Ambuja Dr. Vijayanti Kalekar Dr. Shashi Shrivastav Dr. Rajni Hajela Dr. Meeta Agarwal
10:00AM - 11:00AM	Menopause & Sexuality - Redefining intimacy after the change	Dr. Anita Shah
11:00AM - 12:00PM	Keynotes	Chairpersons: Dr. Anita Shah Dr. Sudha Sharma Dr. Shruti Shah Dr. Rajni Sukheja
11:00AM - 11:30AM	Inflammaging	Dr. Jignesh Shah
11:30AM - 12:00PM	Evidence based micronutrient strategies for midlife women	Dr. Unnop Jaisamrarn

GBR Rose Hall

1st March, 2026 (Sunday)

12:00PM - 01:00PM	SAFOM Oration	Chairpersons: Dr. C Ambuja Dr. Anita Shah Dr. Sudha Sharma Dr. Jayant Shah Dr. Vaijayanti Kolekar
12:00PM - 12:20PM	Genitourinary syndrome of menopause	Dr. Suraiya Rehman Dr. Harsha Attaputtu Dr. Maninder Ahuja
12:20PM - 12:40PM	GBV on elderly women	
12:40PM - 01:00PM	Menopause at workplace	

Tulip Hall

1st March, 2026 (Sunday)

01:30PM - 02:30PM	Session 2 MHT in special groups	Chairpersons: Dr. Kusumlata Singhal Dr. Vidhya Chauhan Dr. Rashmi Joshi Dr. Rashmi Verma	
01:30PM - 01:45PM	Cancer survivors	Dr. Madhulika Agarwal Dr. Jagruti Desai Dr. Jyoti Jaiswal Dr. Tripti Saran	
01:45PM - 02:00PM	Women with comorbidities		
02:00PM - 02:15PM	Early & premature menopause		
02:15PM - 02:30PM	Psychiatric disorders		
02:30PM - 03:30PM	Symposium Sexual health	Chairpersons: Dr. Sandhya Khosla Dr. Rinku Rawat Dr. Sandhya Nair Dr. Sarita Bhargav	
02:30PM - 02:45PM	Gut microbiota - the hidden influencer of menopausal symptoms	Dr. Rachna Dubey Dr. Mayur Agarwal Dr. Mahima Nagpaul Dr. Sangeeta Mehrotra	
02:45PM - 03:00PM	Homocysteine and its clinical implications on Women's health		
03:00PM - 03:15PM	Reconnecting with sexuality post menopause		
03:15PM - 03:30PM	Radiofrequency in vulvovaginal rejuvenation		
03:30PM - 04:30PM	Panel Discussion	Experts: Dr. Jamuna devi Dr. Amrita Jaiपुरia	
	Pregnancy at midlife > 40 years	Moderators: Dr. Monica Singh Dr. Anjali Kanhere	
	Panelists:		
	Dr. Swati Sharma Dr. Smita Dhingle Dr. Asha Jain Dr. Sadhana Mehta	Dr. Sadhna Jaiswal Dr. Shruti Malvi Dr. Vijaylakhmi K Dr. Vijaylakhmi Verma	Dr. Mamta Singh Dr. Reeta Agarwal Dr. Priya Vora Dr. Abha Jain
04:30PM - 05:15PM	Session 3 Drugs	Chairpersons: Dr. Sangeeta Gulati Dr. Urmila Tripathi Dr. Usha Agarwal Dr. Vandana Agarwal	
04:30PM - 04:45PM	Use of medicinal cannabis for joint pain	Dr. Vaijayanti Kolekar Dr. Madhuri Chandra Dr. Shraddha Agarwal	
04:45PM - 05:00PM	Role of Calcium & Vit D supplementation		
05:00PM - 05:15PM	Adult Vaccination		

Lotus Hall

1st March, 2026 (Sunday)

09:00AM-10:00AM	Session 1 Midlife Management	Chairpersons: Dr. Shraddha A Agarwal Dr. Vandana Kundergi Dr. Vertika Kishore
09:00AM - 09:15AM	Providing for the midlife women: Financial awareness & joint ownership	Dr. Bina Tandon
09:15AM - 09:30AM	Menopause & health insurance. Coverage & benefits	Dr. Yogesh Desai
09:30AM - 09:45AM	When & how to draft your will - financial	Dr. Neelam
09:45AM - 10:00AM	Decluttering in Midlife (Keynote)	Dr. C Ambuja
10:00AM-11:00AM	President's Oration	Chairpersons: Dr. C Ambuja Dr. Vijayanti Kolekar Dr. Shashi Shrivastav Dr. Rajni Hajela Dr. Meeta Agarwal
10:00AM-11:00AM	Menopause & Sexuality - Redefining intimacy after the change	Dr. Anita Shah
11:00AM-12:00PM	Keynotes	Chairpersons: Dr. Meera Agnihotri Dr. Aruna Kumar Dr. Kavita Singh Dr. Jasbeer Kaur
11:00AM - 11:20AM	Reversal of Aging: 'Steps to 100'	Dr. Ajay Goenka
11:20AM - 11:40AM	Midlife metamorphosis - reimaging women's health beyond 40, hormones, health @ hope	Dr. Ragini Agarwal
11:40AM - 12:00PM	Risk of polypharmacy in older adults	Dr. Jyotika Desai
12:00AM - 01:00PM	SAFOM Oration	Chairpersons: Dr. C Ambuja Dr. Anita Shah Dr. Sudha Sharma Dr. Jayant Shah Dr. Vajjayanti Kolekar
12:00PM - 12:20PM	Genitourinary syndrome of menopause	Dr. Suraiya Rehman
12:20PM - 12:40PM	GBV on elderly women	Dr. Harsha Attaputtu
12:40PM - 01:00PM	Menopause at workplace	Dr. Maninder Ahuja
01:30PM-02:00PM	Session 2 Imaging	Chairpersons: Dr. Vinita Bahel Dr. Anupam Dubey Dr. Devanshi Mishra Dr. Sushmita Mukerjee
01:30PM - 01:45PM	Approach to endometrial thickness in symptomatic & asymptomatic women	Dr. V Padmaja
01:45PM - 02:00PM	Adenexal mass/ovarian cyst: management approach	Dr. Archana Baser
02:00PM - 03:00PM	Keynotes	Chairpersons: Dr. Kavita Gautam Dr. Sandhya Gadre Dr. Roma Rastogi Dr. Varsha Prapanna
02:00PM - 02:20PM	Delaying Menopause- possible?	Dr. Jignesh Shah
02:20PM - 02:40PM	Towards Cervical Cancer Free India: The IMS Mission	Dr. Shashi Shrivastav
02:40PM - 03:00PM	Mood swings & anxiety in perimenopause	Dr. Sheela Mane

Lotus Hall

1st March, 2026 (Sunday)

03:00PM - 04:00PM

Panel discussion

Experts: **Dr. Meenakshi Ahuja**
Dr. Nita Mishra

Telemedicine & digital health

Moderators: **Dr. Madhuri Joshi**
Dr. Juhi Agarwal

Panelists:

Dr. Priya Chittawar
Dr. Sweta Agarwal,
Dr. Sonil Shrivastava
Dr. Preeti Gupta

Dr. Deepti Gupta
Dr. Prachi Kushwah
Dr. Divya Khare

Dr. Menka Verma
Dr. Mudita Jain
Dr. Varsha Prapanna

04:00PM - 05:00PM

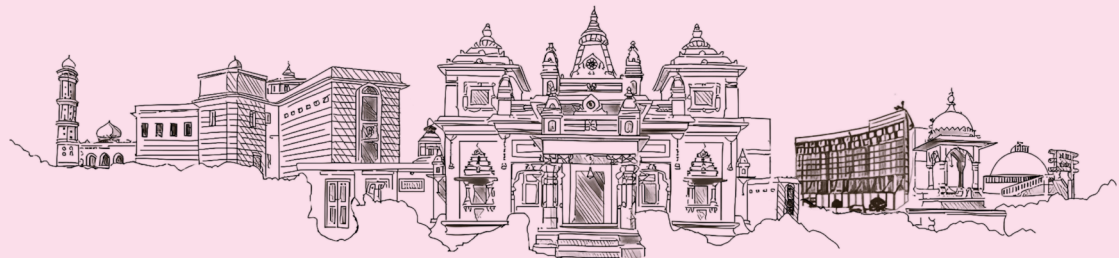
Session 3 Menopause Mental health

Chairpersons: **Dr. Shabana**
Dr. Vertika Kishore
Dr. Padma Shukla
Dr. Manila Kaushal

04:00PM - 04:20PM
04:20PM - 04:40PM
04:40PM - 05:00PM

Menopause: cognitive impairment & Alzheimers disease
Elderly abuse, legal, ethical issues
How different cultures perceive & handle menopause

Dr. Sangeeta Sharma
Dr. Rashmi Agarwal
Dr. Vaidehi Thakur



Canna Corner

Sparkle Program

1st March, 2026 (Sunday)

Co-Ordinators

Dr. Nalini Mishra | Dr. Pooja Patil | Dr. Nishi Mitra

TIME	FACULTY	CHAIRPERSON
10:00AM - 11:00AM	Dr. Anjali Chhari Dr. Smita Kamtane Dr. Devanshi Mishra Dr. Aditi Singh Dr. Smita Batni	Dr. Hemlata Mandloi Dr. Sandhya Nair Dr. Shruti Shah
11:00AM - 12:00PM	Dr. Pallavi Singh Dr. Charu Sulakiya Dr. Neha Singh Dr. Nandini Singh Dr. Poorav Badkur	Dr. Shabana Sultan Dr. Bharti Parihar Dr. Aradhana Gupta
12:00PM - 01:00PM	Dr. Divya Khare Dr. Aarti Sharma Dr. Menka Verma Dr. Satya Jha Dr. Shikha Sonker	Dr. Chhaya Budhwani Dr. Rekha Wadhvani Dr. Jayshree Beedkar
01:00PM - 02:00PM	Dr. Kirti Kadian Dr. Priyanka Tiwari Dr. Saloni Joshi Dr. Avantika Gupta	Dr. Sarla Jain Dr. Sarita Agrawal Dr. Vandana Sharma
02:00PM - 02:30PM	Dr. Shivani Kale Dr. Preeti Kadian Dr. Akansha Dubey	Dr. Anita Shrivastava Dr. Neeta Mehrotra



Travel, Welcome & Small City Site Seen Guide

Distance & Travel Chart

(Airport / Railway / Venue)



Location	Approx. Distance from Courtyard by Marriott Bhopal	Approx. Travel Time
Raja Bhoj International Airport (BHO)	15–18 km	30–40 minutes
Bhopal Junction Railway Station	8–10 km	20–30 minutes
Rani Kamlapati Railway Station	3 km	10 minutes

Travel Tips & Safety Notes

Tentative Weather (End February – Early March):

- Pleasant spring climate
- Temperature Range: 14°C - 30°C
- Light woollens recommended for early morning & late evening

General Advice:

- Wear comfortable footwear for sightseeing.
- Carry water and sun protection.
- Use authorized taxis or hotel-recommended transport.
- Moderate walking involved at heritage sites like Sanchi & Bhimbetka.

IMSCON 2026 – Small City Site Seeing Guide

Tribal Museum + Lake View + Shikara Boating



Madhya Pradesh Tribal Museum
Distance from Venue: 6–7 km | 15–20 minutes
Timings: 12 PM – 8 PM (Monday Closed)
On-spot entry ticket available.

Upper Lake (Bhojtal) – Lake View & Shikara Boating
Distance from Venue: 8–10 km | 20–30 minutes
Best time: Evening sunset.
Boat tickets available at Boat Club counter.

Sanchi & Udayagiri Caves



Sanchi Stupa (UNESCO World Heritage Site)
Distance from Venue: 50 km | 1.5–2 hours
ASI Entry Ticket applicable (Available at site / ASI portal)

Udayagiri Caves
Distance from Sanchi: 10–13 km
Can be combined as a full-day trip.
Comfortable footwear recommended.

Bhojpur & Bhimbetka



Bhimbetka Rock Shelters (UNESCO World Heritage Site)
Distance from Venue: 45–50 km | 1 hour
Entry at site (Vehicle fee applicable).

Bhoheshwar Temple, Bhojpur
Distance from Venue: 28–30 km | 45 minutes
Can be combined with Bhimbetka visit.

IMSCON 2026 Paid Travel Desk

For Paid Taxi (Local & Outstation):
Mr. Santosh
+91 93010 37438

Accommodation Queries

Hotel Courtyard by Marriott:
Mr. Akash: +91 91098 80492

Hotel Lemon Tree: +91 97131 32306

Bhojpur Club:
Mr. De Silva: +91 98937 54167

Event Manager:
Mr. Ajay Maran: +91 95753 53406

Accommodation & Travel Organising Committee:
Dr. Rajni Hajela: +91 95754 52524

Conference Support & Contacts

For Mahakal Darshan
Dr. Amita Dube:
+91 98930 45014

For Cultural Program:
Dr. Shruti Shah:
+91 99930 50545

For Paper or Poster
Related Query:
Dr. Ruchi Kalra:
+91 94253 93755

For Sparkle:
Dr. Nalini Mishra:
+91 94253 93755

For Any Other Query Contact:
Event Manager:
Mr. Bhoopendra Thakur:
+91 9770011070

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Manisha Hospital
A-8, Gomi Colony,
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Chikitsa
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Bhoopendra Thakur
Project Head
Chikitsa Events
Behind Capital Mall, Bhopal
Ph: 9770011070
Email: chikitsaevents@gmail.com