



INDIAN MENOPAUSE SOCIETY

PUBLIC AWARENESS CAMPAIGN

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As you know **Life style modifications** is one of the main presidential AGENDA this year.... keeping in line that Indian Menopause Society is organizing Public awareness sessions under Club 35+ for Doctors/Women, Patients, relatives etc. on **YOGA & MEDITATION**.

IMS in association with **Ministry of Ayurveda , YOGA , Naturopathy, unani siddha and Homeopathy- AYUSH, Government of India-** will be conducting these sessions throughout India by Menopause Societies/Chapters, Menopause Societies are partnering in this National Health scheme for post menopause Societies women to create awareness and explain the physiological aspects of menopause and also provide remedial advice to the attendees on behalf of Indian Menopause Society

The first session under the occasion of **100 days to YOGA DAY** was organized by dr. Nita Dalal at Mumbai . it was a thumping success . IMS Mumbai along with the Ministry of AYUSH conducted Yoga Programme in kaiwalyadham, Mumbai. The theme of the program was 100 days to yoga day. The aim to address some of the problems of middle aged women with the help of yoga. The second occasion today 3rd may of -50 days to yoga day is being in association with yoga institutes in ten cities by menopause societies of Ahmadabad , Bangalore , Chennai, gurgaon ,Jaipur, Hyderabad , Kolkata, Pune, Mumbai, navi Mumbai all attendees practiced asanas under supervision for 21/ 2 hour with the YOGA instructor and they also answered the question of attendees. At Kolkata certificates were also distributed.

In all about 2000 women attended the workshop throughout India Ahmadabad- 20 Bangalore,Chennai-255, gurgaon-250, Jaipur, Hyderabad -309, Kolkata-227, pune-224, Mumbai-





450, Navi Mumbai-200.

4th international yoga day -21st June 2018

The United Nations general assembly declared June 21st as the international yoga day in year 2014. Yoga embodies *Unity of Mind and Body; Thought and Action; Restraint and Fulfillment; Harmony between Man and Nature* a holistic approach to health and well being, it is not about exercise but to discover the sense of oneness with yourself, the world and the nature” hence IMS celebrated this invaluable gift of India’s ancient tradition.

The Indian Menopause Society with its 44 chapters all over India has actively participated in the YOGA training programmes this year. These chapters have organised a programme on the 4th international YOGA day held on 21st June 2018. Proceeded by a 15 day training programme for women.

18 Menopause Chapter and more than 8000 women have been a part of the international YOGA day. Given below is a short report received from: Kolkata , Hyderabad, Pune, Mumbai , Patna, Patiala , Madurai, Chandigarh, Udaipur, Raipur, Delhi, Calicut, Faridabad, Ludhiana, Bhagalpur, Guru gram, Agra & Surat.

The World Yoga day by Kolkata Menopause Society. was held on 21.06.18 at 7-8 am at Ramkrishna Mission Vivekananda Yoga University in Belur Math. Almost 50 Urjo members and 4 IMS members took part. In total 1600 participants were there. Covered by media.

15 Day Yoga Workshop (Free Camp) organised by Kolkata Menopause Society from 3.6.18., Belur Math Yoga University is sending 3 trainers daily. Certificates were issued to participants on world Yoga day program on 21.06.18

Hyderabad Menopause Society celebrated the 4th International YOGA Day by participating in the Mass YOGA performance organised by Department of AYUSH. Telenagana state between 7am- 8am at Gachibowli Stadium, Hyderabad. It was attended by more than 900 women. The program initiated with a welcome address. Different types of Asanas and their benefits were taught to people. Nearly 1500 people attended the yoga programme from all over the city, thus making it a grand success. The presence of the audience throughout the program was reflecting their interest in our program.

Pune Menopause Chapter in association with Nisargopachar ashram organised a YOGA Workshop at Uruli kanchan, 30 km from Pune. It was attended by about 400 women. Conducted by Dr Parag Binwale & Dr Shubhada Jathar.

Mumbai Menopause Chapter organised a YOGA Workshop for women above 40. It was attended by more the 400 ladies.

Patna Menopause Chapter A Yoga was organised at Hotel lemon Tree on “World Yoga Day” on 21st June 2018 by Patna Menopause Society in collaboration with POGS, ISOPARB(Patna Chapter), Global ortho forum and Lions club, as per the guidelines of the Central authority “Indian Menopause Society”. This camp was organised as per the initiative taken by our Prime Minister Shri Narendra Modi





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Nearly 100 persons from various faculties and organisation took part. There was active presence of Brahmakumaris and Yoga guru Shri Deepak Kumar who spread knowledge regarding Yoga and Meditation to the participants. Most of our senior members were present and enlightened about how yoga could benefit especially the menopausal women by keeping them clam and helping them tackle most of the menopausal problems so that they could keep themselves healthy even after menopause. Finally to sum up. It was a very successful "YOGA CAMP" with active participation specially of our senior members i.e women above 40 year

Patiala Menopause Society – 4th International Yoga Day was celebrated with great fervour by Patiala Menopause society in Govt. Medical College grounds on 19 June 2018 from 6:00 am to 7:00 am Expert faculty "Shri Deepak Seth and Amitesh Marwah" from " Art of living " rejuvenated the participants. A total 60 of doctors, Staff Nurse, Paramedical Staff participated in the events.

Calicut Menopause Chapter International yoga day was jointly observed by ima Calicut Chapter, Calicut O & G Society & Women's Ima Kozhikode on 21/6/18. Hands-on training & revision of yoga practices which can be done at home were given by a yoga trainer. Was a well attended Programme.

Bhagalpur Menopause Society

International Yoga Day celebrated on 21st June 2018 by Bhagalpur Menopause Society in IMA Hall. Thanks to Dr Kiran Singh for the yoga lessons. Yog Guru Mukesh Kumar concluded the enlightening session. Total of members & members of SEWA Bharat & Rotary Vikaramshila pink participated in the yoga sessions. Dr Pratibha Singh Secretary BMS.

Udaipur Menopause Society

International Yoga day was celebrated by Udaipur Menopause Society in collaboration with Ayush on 21st June 2018 at Sanjeevani Hospital, Udaipur. There were 30 ladies including UMS members of 30 plus age.

Delhi menopause chapter

IMS, Delhi Chapter and Institute of Obstetrics & Gynaecology, Sir Ganga Ram Hospital, New Delhi organized Pranayam & yoga session on 26th June 2018 from 6 am to 8 am. It was a resounding success with 76 participants, who performed the Chair yoga Asanas with great enthusiasm followed by 10 minutes session of. We ended the program with 'OM' chanting meditation.

Faridabad Menopause society

Faridabad Menopause society along with IMA Faridabad and K L Mehta Dayanand College celebrated International YOGA day on 21st June. "Yoga embodies unity of mind and body" thought and action: restraint and fulfillment" harmony between man and nature: a holistic approach to health and well being it is not about exercise but to discover the sense of oneness with yourself, the world and the nature.





Hence we celebrated this invaluable gift of India's ancient tradition. The program was attended by more than 100 people yoga class was taken by famous yoga Experts- Dev Raj Acharya & Ram Pukar Acharya.

Guru gram Menopause society

Guru gram IMS celebrated yoga day at queen Pearls hotel frp, 2 to 4 pm , 30 doctors and 10 guest of club 35 members joined us Dr Sandhya from Brahamkumari association gave lecture on meditation . Dr Pushpa Sethi demonstrated yoga asanas, and lastly gave a talk on stress management.

Ludhiana Menopause society

The IMS Ludhiana chapter celebrated yoga day today at Lakshmi ladies club. It was attended by 50 persons. Everyone performed Yoga Asanas and meditation under the guidance of the trainers. The importance of yoga in our daily life was discussed with the gathering.

Madurai Menopause society

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

Vadodara Menopause society

Yoga day celebration at Vadorara, Rudra Yog Tandav incorporating 40 Asanas in Dance form. Talk on Yoga for holistic health another talk on benefits of yoga in various phases of women's life then practice of Asanas, Pranayam and Meditation.

Agra Menopause society

Members of IMS Agra participated in international yoga day activity which was conducted at Ramtej

Bhawan with great zeal. Around 20 members participated. Asana along with Surya Namaskar were performed.

Chandigarh Menopause Society

Chandigarh region menopause society (CRMS) celebrated international day of yoga by a 2 day program "The Essence of yoga" on 23rd and 24th June 2018 conceptualised and organised by the president of CRMS, Dr Nirja CHawla. The instructor for both days was Ms. Usha Chengappa, a very experienced yoga teacher and trainer for last 20 years, Centre Head of her guru's the famous Bharat Thakur's Artistic Yoga chain with branches in india UAE, UK and Russia. She was also the anchor and face of NDTV's popular yoga program, Bodyliscous. The 2 day workshop was designed to have experiential yoga followed by touching upon the eight fold path laid down by sage Patanjali and a basic understanding of the 'koshas' with explanation of the body mind connection. This brief program was just a taste of the esoteric aspects of yog, which is much beyond the contorted asanas and breathe that we know of. It was a huge success with about 40 participants. Limited by hall space. Among them were the past and current head of department of obstetrics and gynaecology. PGIMER and Govt Medical College Chandigarh as well as members from outside the city. It was followed by delightfully kale crunchy bread, red velvet cup cakes, cheese pineapple combos, fresh fruit custard, Vadas, cold coffee, lemon water and green tree among other light snacks, Such was the success of the program that, conceding to popular demand it was decided to hold similar programs at regular intervals or a longer retreat in the future.

Surat Menopause society

Club 35 Plus Surat Menopause Society celebrated yoga day by arranging a special worms of 'Yoga & Midlife' on Friday, 29th June, 2018 Dr Heena Shah & Mrs Chhaya Gandhi both own members & yoga teachers, discussed & taught various 'Aasanas' very nicely.

It is our pleasure to inform you that Indian Menopause society, Raipur chapter in collaboration with





Raipur obstetrics & Gynecological society had celebrated International Yoga Day on 21st June 2018 at rotary club of Raipur, Jalvihar colony, Raipur, CG.

Dr Tabassum Dalla, General Secretary, Raipur obstetrics & Gynecological society had given welcome to the speaker and addressed the gathering. We had very eminent speaker for the yoga day yoga expert Dr Rajeev Choudhary who is also professor and head school of studies in physical education, Dean faculty of physical education Pt. Ravishankar Shukla University.

First lecture was taken by Dr Sunita Kanoi she said that how practicing yoga at a tender age can work wonders for a girl's future life because this is the time when polycystic ovary syndrome, diabetes, and high blood pressure related diseases are setting their foot in.

Second lecture was taken by Dr Monika Pathak, treasurer of Raipur obstetrics & gynaecological society on the topic of importance of yoga in pregnancy.

Then chief guest Dr Rajeev Choudhary explained importance of yoga in women's life. He also gave demonstration of various yoga poses with the help of Dr Manoj Chellani. IMS Raipur chapter secretary and Dr Choudhary also explained effects of yoga on women's health. Dr Sushma Verma, joint Secretary IMS Raipur chapter had explained how yoga can positively influence health of those belonging to menopausal age group. Menopause related symptoms such as hot flashes, night sweats and fatigue negatively impact the quality of life of millions of women. At the end of the program there was a question & answer session, chief guest Dr Rajeev Choudhary had given answer of the question raised by audience and it was an interactive discussion with audience. Dr Tabassum Dalla general secretary, Raipur OGBY society, conducted the program. Total attendance for the CME approx. 200. This was a great learning experience & everyone had enjoyed and benefited by it.





IMS MARCHES AHEAD!

Indian Menopause Society- International Presence

International, National IMSCONS & Zonal Conferences

Continued Medical Education Programmes

Club 35 Plus – Public Forums!

Rural and Urban Health Camps!

Rural and Urban Health Camps!

Being an IMS Member is Fun!



7
Steps for Healthier & Happy Life

Get enough sleep

Meditate

Eat Healthy Diet

Love yourself

Go organic

Stop smoking

Exercise

Drink more water