



## Chennai Menopause Society

**“Changes not Challenges”**

&

**Obstetric & Gynaecological Society of Southern India  
Present**

# CMS Annual Conference on Healthy Living, Healthy Mind & Healthy Ageing

on

**Sunday 16<sup>th</sup> October**

Time

**9:00 am - 3:30 pm**



**Venue: OGSSI Auditorium  
No 11 Police Commissioner Office Road ,  
Egmore, Chennai - 600008**

**Registration - Free  
but Mandatory**

**Learn, Unlearn, Relearn**



**95000 78221**



**ogssi@yahoo.com**



# Organizing Team



**Dr. N. Hephzibah Kirubamani**  
President, CMS



**Dr. T.K. Shaanthy Gunasingh**  
Vice President, CMS



**Dr. A. Tamilselvi**  
Secretary, CMS



**Dr. Deepa Thangamani**  
Joint Secretary, CMS



**Dr. R. Padma**  
Treasurer, CMS



**Dr. R. Premalatha**  
President, OGSSI



**Dr. Jeyarani Kamaraj**  
Vice President, OGSSI



**Dr. M.G. Dhanalakshmi**  
Hony Secretary, OGSSI



**Dr. V. Kalaivani**  
Hony Secretary, OGSSI



**Dr. K.M.Kundavi Shankar**  
Joint Secretary, OGSSI



**Dr. A. Geetha Lakshmi**  
Treasurer, OGSSI



## Dear Friends

We welcome you to join our annual conference on “Healthy Living, Healthy Mind & Healthy Aging” which will be held on Sunday 16<sup>th</sup> October 2022. We have Live Office Hysteroscopy workshop at ISO KGH on 14<sup>th</sup> Oct from 9am to 1pm and Awareness Programme for PHC doctors and for paramedicals on 14<sup>th</sup> Oct from 2:30pm to 4:00pm

Scientific programme is carefully planned. Interesting aspects of conference will include Oration, Debate, Panel discussion, and short talk by Young stars. Conference will be interactive. We assure you that the conference will be an academic feast and a memorable one. We look forward to your participation on 14<sup>th</sup> Oct & 16<sup>th</sup> Oct.

**Dr. N. Hephzibah Kirubamani**  
President,  
Chennai Menopause Society

**Dr. R. Premalatha**  
President - OGSSI

**Dr. A. Tamilselvi**  
Secretary,  
Chennai Menopause Society

**Dr. M.G. Dhanalakshmi**  
Secretary - OGSSI



# Live Office Hysteroscopy Workshop On 14.10.22 at 9am to 1pm - ISO KGH

## Convenors



**Dr. Mala Raj**  
Director,  
Firm Hospitals



**Dr. K. Kalaivani**  
Director,  
ISO - KGH



## 4<sup>th</sup> Esther Memorial Oration by



**Prof.V.Madhini**  
Past President, OGSSI



## HIGHLIGHTS

A.

B.

C.

D.

E.

DEBATE

SESSION BY YOUNG STARS

PICK UP YOUR  
HEALTH NUMBER

PANEL

ORATION



## Coordinators



Dr. S. Geetha



Dr. M. Meena



Dr. Priya Kannappan



Dr. R. Padma



Dr. R. Divya

## Chairpersons



Dr. V. Vanitha



Dr. T.S. Meena



Dr. Vineetha



Dr. A. Vanitha



Dr. M. Rajalakshmi



Dr. Mangalageetha



Dr. M. Thangamani



Dr. P.B. Premalatha



Dr. A. Parimala



Dr. Akila Ayyappan



Dr. R. Sailatha



Dr. C.R. Anuradha



Dr. V. Gomathi



# Speakers



**Dr. V. Sruthi Kamal**



**Dr. D. Vasudevan**



**Dr. G. Vanishree**



**Dr. S. Ayyappan**



**Dr. R. Premalatha**



**Dr. T.K. Shaanthy**



**Dr. Jeyarani**



**Dr. N. Hephzibah**



**Dr. Vijayalakshmi  
Seshadri**



**Dr. K. Kalaivani**



**Dr. P. Sumathy**



**Dr. S. Rajasri**



**Dr. M.G. Dhanalakshmi**



**Dr. K.N. Kundavi**



**Dr. A. Geethalakshmi**



**Dr. C. Sumathi**



**Dr. Srikala Prasad**



**Dr. Mohana Parimala**



**Dr. Vijayalakshmi  
Gnanasekaran**



**Dr. S. Nalina**





## 8:30 - 9:00 am Registration

### Session 1: Breast Disease

Coordinator - Dr. Priya Kanappan

Time	Topic	Speaker	Chairperson
9:00 - 9:10 am	Self-Breast Examination	Dr. Rita Grashia	Dr. Mangala Geetha
9:10 - 9:25 am	Approach to Postmenopausal Lump	Dr. V. Sruti Kamal	Dr. V. Vanitha

### Session 2 - Mind the Mind

Coordinator - Dr. Priya Kanappan

Time	Topic	Speaker	Chairperson
9:25 - 9:35 am	Psychological issues in Menopause	Dr. Nasreen	
9:35 - 9:50 am	Aging & Cognition	Dr D. Vasudevan	Dr. Vineetha Padmini Dr. M. Rajalakshmi
9:50 - 10:05 am	Forgetfulness to Mindfulness	Dr. N. Hephzibah	Dr. A. Vanitha
10:05 - 10:20 am	Mood Changes & Aging	Dr. G. Vanishree	

**Inauguration**

**Master of Ceremony**

**Dr. M. Meena**

**10:30 to 11:00 am**

**Learn, Unlearn, Relearn**



## Esther Memorial Oration

Time	Topic	Orator	Chairperson
11:00 - 11:30 am	Menopause - Over the Years	Prof. V. Madhini	Dr. N. Hephzibah Dr. T.K. Shaanthy Gunasingh

### Session 3: Midlife Health

Coordinator - Dr. R. Padma

Time	Topic	Speaker	Chairperson
11:30 - 11:40 am	Need for "NCD clinic at Mid Life"	Dr. A. Haritha	
11:40 - 11:55 am	Choice of Contraception at forties	Dr. Vijayalakshmi Gnanasekaran	Dr. M. Thangamani Dr. A. Parimala Dr. C. Santhanalakshmi
11:55 - 12:10 pm	Challenges in Pregnancy at forties	Dr. K.M. Kundavi Shankar	
12:15 - 12:45 pm	Debate Midlife AUB management Medical vs Surgical	Medical - Dr. A. Geethalakshmi Surgery - Dr. S. Rajasri	Judge Dr. Umayal Murugesan

### Session 4: GSM

Coordinator - Dr. S. Geetha

Time	Topic	Speaker	Chairperson
1:00 - 1:10 pm	GSM Definition	Dr. Lakshmi Aishwarya	
1:10 - 1:25 pm	Cytolytic Vaginosis	Dr. Vijayalakshmi Seshadri	Dr. T.S. Meena
1:25 - 1:40 pm	Probiotic in Vaginal Health in Menopause	Dr. K. Kalaivani	Dr. C.R. Anuradha
1:40 - 1:55 pm	Non Invasive Vaginal Rejuvenation	Dr. Jeyarani Kamaraj	



## Session 5: Menopause -

Coordinator: Dr. Divya Ravi Kumar

Time	Topic	Speaker	Chairperson
2:00 - 2:10 pm	MRS	Dr. Devalapalli Sai Sneha	Dr. V. Gomathy Dr. R. Sailatha
2:10 - 2:40 pm	Panel-Living with Menopause	Panelists Dr. M.G. Dhanalakshmi Dr. Mohana Pramila Dr. S. Nalina Dr. R. Premalatha Dr. Srikala Prasad Dr. C. Sumathi Dr. P. Sumathy	Moderator - Dr. T.K. Shaanthy Gunasingh

## Session 6: Genital Malignancy

Coordinator: Dr. Divya Ravi Kumar

Time	Topic	Speaker	Chairperson
2:45 - 2:55 pm	HPV Vaccine	Dr. Roopalakshmi	Dr. P.B. Premalatha
2:55 - 3:10 pm	Thin Endometrium in PMB - What Next ?	Dr. S. Ayyappan	Dr. Akila Ayyappan
3:10 - 3:25 pm	Advantages of Robotic Surgery in Gynaec Malignancy	Dr. V.S. Ajay Chandrasekhar	
3:30 - 3:45 pm	Recap	Dr. Divya Ravi Kumar	
3:45 - 4:00 pm	Vote of Thanks	Dr. M.G. Dhanalakshmi	
4:00 - 5:00 pm	Entertainment		



## Entertainment: 4pm -5pm



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