



Chennai Menopause Society
"Changes Not Challenges"

SOUTH ZONE CONFERENCE

of IMS 2026

Evidence,
Experience &
Excellence in
Menopause Care

Hosted by
Chennai Menopause Society

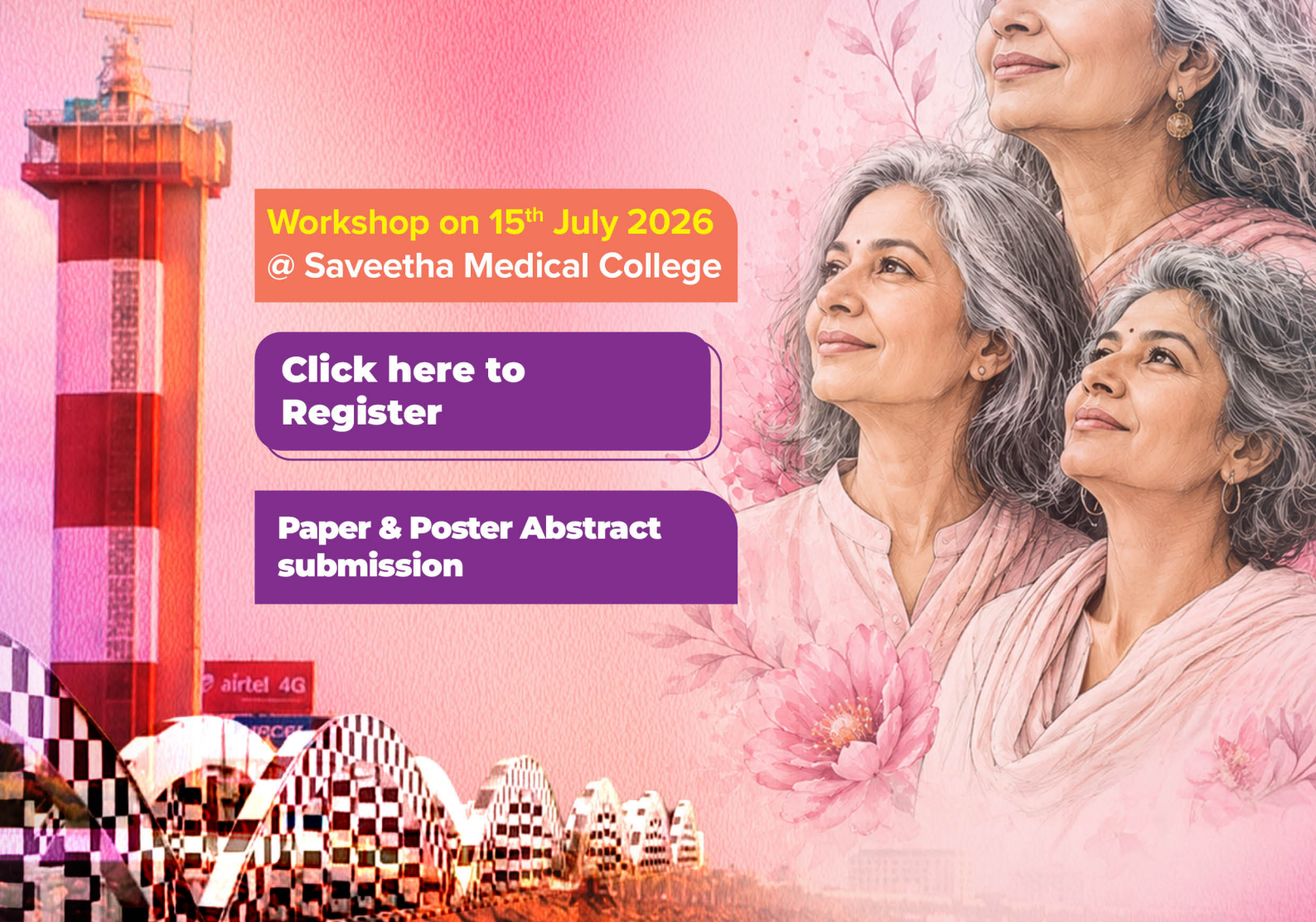
18th-19th JULY 2026

Venue: Hotel Savera, Chennai

Workshop on 15th July 2026
@ Saveetha Medical College

**Click here to
Register**

**Paper & Poster Abstract
submission**



SOUTH ZONE CONFERENCE

of IMS 2026 Hosted by **Chennai Menopause Society**

Welcome

Dear Colleagues,

It is our immense pleasure to welcome you to the South Zone Conference of IMS 2026, hosted by the Chennai Menopause Society. Guided by the theme, “Evidence, Experience & Excellence in Menopause Care,” this conference brings together renowned experts and delegates from across the country to share the latest advances in midlife women’s health.

We have curated an engaging scientific programme featuring workshops, keynote lectures, panel discussions, debates, and interactive sessions that will inspire learning, collaboration, and innovation.

We warmly invite you to join us in Chennai for an enriching academic experience and memorable hospitality.

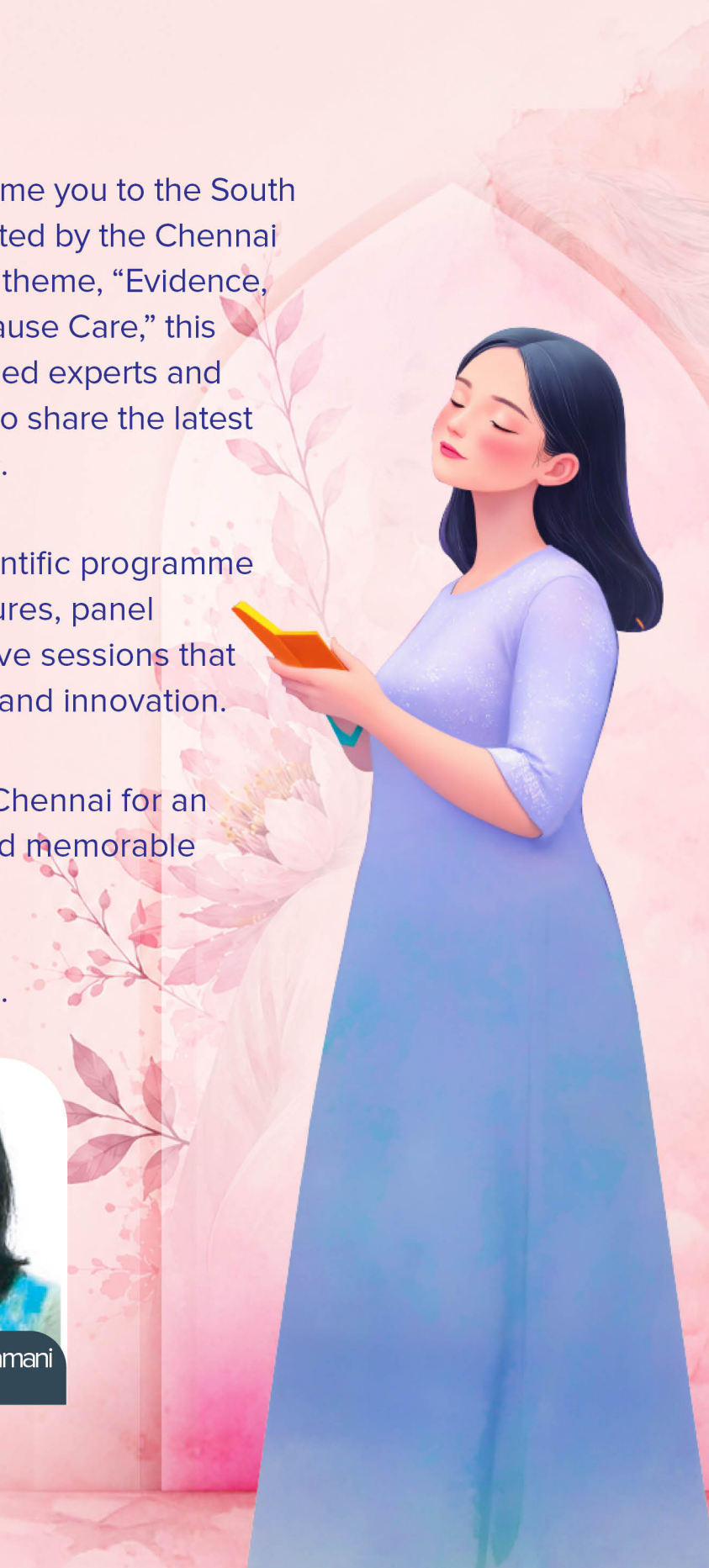
We look forward to welcoming you.



**Dr. Premalatha
Ramachandran**
Organising Chairperson



Dr. Deepa Thangamani
Organising Secretary



SOUTH ZONE CONFERENCE

of IMS 2026 *Hosted by **Chennai Menopause Society***

IMS Office Bearers 2026-2027



Dr. Sudhaa Sharma
President-IMS



Dr. Bipasa Sen
Vice President-IMS



Dr. Jyoti Jaiswal
Secretary-IMS



Dr. Hephzibah N Kirubamani
Treasurer-IMS



Dr. Sheela Mane
Joint Treasurer-IMS



Dr. Shubha Sethia
Joint Secretary-IMS



Dr. Anita J Shah
IPP-IMS



Dr. Aarti Gupta
President Elect-IMS



Dr. Ragini Agrawal
Ex. Office-IMS



SOUTH ZONE CONFERENCE

of IMS 2026 *Hosted by* **Chennai Menopause Society**

Chennai Menopause Society Team



Dr. A Jaishree Gajaraj
Founder President - CMS



Dr. Premalatha Ramachandran
President-CMS



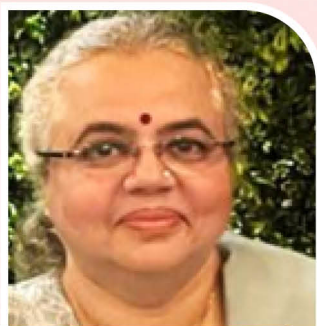
Dr. Mala Raj
Vice President-CMS



Dr. Deepa Thangamani
Secretary-CMS



Dr. Jeyarani Kamaraj K S
Treasurer-CMS



Dr. Nandita A Thakkar
Joint Secretary-CMS



Dr. T. K. Shaanthy Gunasingh
Past President-CMS



SOUTH ZONE CONFERENCE

of IMS 2026 *Hosted by **Chennai Menopause Society***

EC Members



Dr Anupama K



Dr M G Dhanalakshmi



Dr A Geethalakshmi



Dr Meera V V Ragavan



Dr M Rajalekshmi



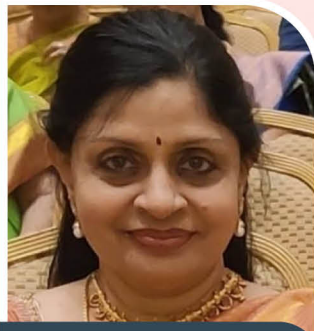
Dr Umaiyal
Murugesan



Dr Vijayalakshmi
Kandasamy



Dr K Niveditha
Bharathy



Dr Ramani Rao



SOUTH ZONE CONFERENCE

of IMS 2026 *Hosted by* **Chennai Menopause Society**

Scientific committee

Dr. A Jaishree Gajaraj
Dr. Hephzibah N Kirubamani
Dr. Premalatha Ramachandran
Dr. Deepa Thangamani
Dr. TK Shaanthi Gunasingh
Dr. Meera VV Ragavan

Reception and Food Committee

Dr. Geethalakshmi A
Dr. Niveditha Bharathy

Travel And Accommodation

Dr. Rajalekshmi M
Dr. Anupama K

Cultural Committee

Dr. Ramani Rao
Dr. Kushali
Dr. Meena Mahalingam

Quiz Committee

Dr. Deepa Thangamani
Dr. Priya Kannappan
Dr. Sneha Sethumadhavan

Abstract committee

Dr. Nandita A Thakkar
Dr. Vijiayalakshmi Kandasamy



SOUTH ZONE CONFERENCE

of IMS 2026 *Hosted by **Chennai Menopause Society***

Workshop on 15th July 2026
@ Saveetha Medical College

Convenors :

Dr Seethalakshmi K

Dr Anupama K

Dr Rajalekshmi M

8.00am-5.00pm

**Uro gynaecology
live workshop**

Workshop on 18th July 2026
@ Hotel Savera, Chennai

Convenors :

Dr. Jeyarani Kamaraj KS

Dr. Nandita A Thakkar

9.00am-1.00pm

Fertility beyond 40

Convenors :

Dr. Mala Raj

Dr. M.G. Dhanalakshmi

Dr. Rajapriya Ayyappan

2.00-5.00 pm

**Regenerative
medicine for aging**



SOUTH ZONE CONFERENCE of IMS 2026

Hosted by Chennai Menopause Society

Workshop



Live Surgical Workshop on Urogynecology

Workshop on 15th July 2026 @
Saveetha Medical College

Time: 8:00 AM – 5:00 PM

Convenors :

Dr. Seethalakshmi K

Dr. Anupama K

Dr. Rajalekshmi M

8:00 – 8:30 am Registration

8:30 – 8:35 am - Welcome Address - Dr.Seethalakshmi K

Chairpersons -

Dr. Tamilselvi A, Dr. Srikala Prasad T, Dr.Anne Jhoncy

8:35 – 8:40 am - Inauguration -
Dr. Premalatha Ramachandran

8:40 – 9:00 am - Overview of Urogynecology: Current
Concepts & Surgical Trends Dr.Meena Mahalingam

9:00 – 9:30 am - Surgical Anatomy of the Pelvic Floor
Dr.Deeksha Pandey

9:30 – 9:45 am Discussion & Q/A

Chairpersons : Dr. Premalatha Ramachandran,
Dr. Shaanthy Gunasingh TK, Dr. Parimala A

Surgical Faculty: Dr. Rajamaheswari N, Dr. Srikala Prasad,
Dr. Uma Swain, Dr. Lilly Varghese, Dr. Seethalakshmi K,
Dr. Meera VV Raghavan, Dr. Meena Mahalingam

9:45 – 01:00 pm - Live
Surgery Session – I
Table - I

- Non decent Vaginal Hysterectomy
- Mc - CALL's Culdoplasty
- TVT Procedure

9:45 – 01:00 pm - Live
Surgery Session – I
Table - II

- Vaginal Hysterectomy with Sacrospinous Ligament Fixation
- Cystocele repair

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Workshop



01:00 – 01:20 pm - Complications in
Urogynecological Surgery – Prevention &
Management
Dr. Rajamaheshwari N

Chairpersons -

Dr.R.Fathima Hasan, Dr.K.Seethalakshmi, Dr.E.Shanthi

01:20 pm – 01:40 pm - Live Surgery Session – II
TOT
Dr Meena Mahalingam

1:45 – 2:10 PM - Evaluation & Workup of Pelvic
Organ Prolapse and Urinary Incontinence
Dr.Meera VV Ragavan

Chairpersons -

**Dr.K.Seethalakshmi, Dr. Hephzibah N Kirubamani
Dr.Nirmala Jayasankar, Dr.Nidhi Sharma**

02:10 pm – 02:30 pm - Manchester-Fothergill
surgery (with video) for elongated cervix and
uterine prolapse. **Prof. Roy Ng**

2:30 – 4:30 PM - Live surgery Session 3
• Vaginal High Uterosacral Ligament fixation
• Colpolesicis
• Rectocele repair

4:50-5:00PM -
Valedictory Function & Vote of Thanks
Dr. Akanksha

SOUTH ZONE CONFERENCE of IMS 2026

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Workshop



Fertility beyond 40

Workshop on 18th July 2026
@ Hotel Savera, Chennai

Time: 8.30am-1.00pm

Convenors :
Dr. Jeyarani Kamaraj KS
Dr. Nandita A Thakkar

8:30 am Registration

Session 1

Chairpersons -

Dr. PB Premalatha, Dr. Bhavna Mehta ,
Dr. Geetha Lakshmi, Deepa Thiagarajamoorthy

9:00-9:10 am

Ovarian Reserve Beyond 40 – Reality vs Hope

Dr Vanita B Metgud

9:10-9:30 am

Stimulation Strategies in Women Above 40

Dr Jeyarani Kamaraj KS

9:30-9:50 am

Embryo Quality and Aneuploidy in Advanced
Maternal Age

Dr Ramesh Raja

**Dr. Sargunadevi
Dr. Sindhuja**

9:50 - 10:10 am

**Dialogue - PGT-A in Women
Above 40 – Who Benefits?**

Session 2

Chairpersons -

Dr. Mohana Pramila , Dr. Sujatha , Dr. Preeth Agarwal

10:10 - 10:30 am

Endometrial Receptivity and
Implantation Failure After 40

Dr. Gopinath PM

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Workshop



10:30 - 10:50 am

Donor Oocyte vs Self Oocyte –
Decision Making in ART

Dr. Kundavi Shankar KM

10:50 - 11:00 am Tea Break

11.00- 12.00 noon - Inauguration

Session 3

Chairpersons

Dr. Jayashree sharma , Dr. Sukada Rao, Dr. Anshu Bansal

12:00 - 12:20 pm

Pregnancy After 40 – Obstetric and Perinatal
Challenges

Dr. Ramani Devi T

12:20 - 12:40 pm

Debate: Whose Age Matters More in ART –
The Ovary or the Sperm?

Judges:

Dr. Nirmala Sadhasivam

Dr. Vijaya S

Dr Priya Kalyani

Vs

Dr Abdul Basith

12:40 - 01:20 pm

Panel Discussion

On case based
discussion in advanced
ART cases

Moderator

Dr. Nandita A Thakkar

Dr. Sasikala Natarajamani

Expert

Dr. Anjalakshi C

Dr. Priya Selvaraj

Panelist

Dr. Priya Kannappan

Dr. Sumathy Prem Anand

Dr. Ajantha Bhoopathi

Dr. Madhupriya A

Dr. Surya Ramesh

Dr. Yamani Ashokan

Dr. Sujatha R

Dr. Bala

Dr. Aishwarya Parthasarathy

Dr. Saisamhitha Moturi

Dr. Gomathi

SOUTH ZONE CONFERENCE

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2026

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Workshop



Regenerative medicine for aging

Workshop on 18th July 2026

@ Hotel Savera, Chennai

Time: 2.00-4.30pm

Convenors :

Dr. Mala Raj,

Dr. M. G. Dhanalakshmi

Dr. Rajapriya Ayyappan

Chairpersons

Dr.M. G. Dhanalakshmi, Dr. A Geethalakshmi, Dr. RamaniRao

02:00 – 02:05 pm Welcome & Opening Remarks

02.05 - 02.25pm

Anti Ageing Medicine - Science beyond Cosmetics

Dr. Mala Raj

02.25 - 02.45pm

Rejuvenating menopausal health ; the role of energy based therapies in GSM **Dr. Lavanya Kiran**

Chairpersons

Dr.Vijayalakshmi K, Dr.Padmashri Parmilam,

Dr.Sandhya Vasani

02.45 – 03.05 pm PRP in thin endometrium –

Dr Rajapriya Ayyappan

03.05 – 03.25 pm Ovarian rejuvenation with stem cells

Dr Saisamhitha Moturi

03.25 – 03.45 pm Exosomes & Nutraceuticals

Dr Jayanthi

03.45 – 04.05 pm SHOTS in aging vagina

Dr Ammini Arvind

04.05 – 04.15 pm Discussion & Vote of thanks

SOUTH ZONE CONFERENCE of IMS 2026

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Evidence,
Experience &
Excellence in
Menopause Care



CULTURAL Festival

RHYTHM. HERITAGE. HARMONY.

**7-9pm | Followed by Dinner
@ 3rd Floor Roof Garden**

Evidence Experience & Excellence in Menopause Care

Conference on 19th July 2026

@ Hotel Savera, Chennai

Time: 9.00am-5.00pm

Coordinators :

Dr. Anandhi

Dr. Sneha Sethumadhavan

Session 1

Chairpersons -

Dr. Anjalakshi C, Dr. P Josephin Rosy,

Dr. Sumathy C

9.00 -9.08 am

GUT microbiomata in Bone health -

Dr. Bhoomika.G

9.08- 9.16 am

Adult Vaccination - **Dr. Shravya Manohar**

9.16 - 9.24 am

Risk Scoring in osteoporosis - **Dr. Annithkumar VM**

9.25 - 9.40 am

Elder abuse, legal ethical issues - **Dr. Jyoti Jaiswal**

Session 2

Chairpersons - Dr. Kalaivani K, Dr. Vijaya S,

Dr Jeyarani Kamaraj KS

9.40 - 10.00 am - Key Note -

A personalised approach to treatment of cognitive &
mood symptoms of Menopause. - **Dr. Bipasa Sen**

SOUTH ZONE CONFERENCE of IMS

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Conference

10.00 -10.15 am - MHT - Menopausal Transition -
Dr. Papa Dasari

10.15 -10.30am - Energy Based Devices in cosmetic
Gynecology - **Dr.Vanita B Metud**

10.30 - 10.45 am
Micro Break /
Micro Zumba



10.45 - 11.15 am - Panel -
Midlife Adnexal
Masses and AUB

Moderators -
Dr. A Jaishree Gajaraj
Dr. Deepa Thangamani

Panelists -
Dr. Nandita A Thakkar
Dr. Rajalekshmi M
Dr. Vijayalashmi
Gnanasekaran
Dr. Jeyachithra J
Dr. Jayaseela Kamaraj

11.15 - 11.30 am - Challenges of Laparoscopy in Elderly
Women - **Dr. Mala Raj**

11.30 - 11.45 am - Hypoactive Sexual Desire Disorder -
Dr. Shubha Sethia

Chairpersons - Dr. Premalatha Ramachandran,
Dr. Hephzibah N Kirubamani, Dr. Deepa Thangamani

11.45 - 12.15 PM -
Esther Memorial Oration
Dr. Meeta Singh

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Session 3

**Chairpersons - Dr. Madhini V, Dr. Cynthia Alexander
Dr. Shubha Sethia**

**12.15-12.35 pm - Key Note - Journalizing, Midlife
Women's journey to self discovery.-
Dr. Sudha Sharma**

**12.35 - 12.50 pm - Forgetfulness to mindfulness -
Dr. Hephzibha N Kirubamani**

Session 4

**Chairpersons - Dr. Jayashree K Srinivasan
& Dr. Srikala Prasad T**

**12.50 - 01.05 pm-
Trilogue - GUSM - Storm**

**Dr. Meera VV Ragavan &
Dr. Meena Mahalingam
Dr. Shubha Sethia**

**1.05 - 1.25 pm - VMS - Newer Interventions in
Management Dr. Indhu Prabhakar**

1.25 - 1.40 pm GBM

1.40 - 2.00 pm Lunch



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Conference

Evidence Experience & Excellence in Menopause Care

Conference on 19th July 2026

@ Hotel Savera, Chennai

Time: 9.00am-5.00pm

Coordinator :

Dr. Anusha,

Dr. Bharani Vijayaragavan

Session 5

Chairpersons - Dr. PB Premalatha , Dr.Vijaya S,
Dr. K Mohana Pramila K

2.00 - 2.08 pm - BMI VS Waist circumference -
Dr. Nikath Wasim

2.08 - 2.16 pm - Inflammaging in Menopause -
Dr. Priya Kannappan

2.16 - 2.24 pm - Micro nutrients in Menopause -
Dr. P Josephin Rosy

2.25 - 2.45 pm - **Key Note** - Precision Pharmacology
in Menopause - **Dr. Shobha N Gudi**

Astella - Session 6

02.45 – 03.10 pm Diagnosis & The Burden of
Untreated VMS **Dr Sudha Sharma**

03.10 – 03.35 pm Therapeutic advance for VMS
management **Dr Jyoti Jaiswal**

03.35 – 03.45 pm Discussion

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Session 7

**Chairpersons - Dr Ramani Rao , Dr. Karthiga Prabhu. J,
Dr. Niveditha Bharathy**

3.45 - 4.00 pm - Dialogue

Affordable Health Care for at Home
Dr. Tamilselvi A & Dr. Shanthi GS

4.00- 4.15 pm - Mental Health In Menopause
Dr. Revathy Janakiram

**4.15- 4.50 pm -
Round Table-
Prescription Writing
in Midlife**

Moderators:
**Dr. Premalatha
Ramachandran
Dr. Dhanalakshmi MG**

Panelists:
**Dr. TK Shaanthi Gunasingh
Dr. Jayashree Gopal
Dr. Sumana Manohar
Dr. Nirmala Jayasankar
Dr. Vijiayalakshmi
Kandasamy
Dr. Jayashree Sharma**

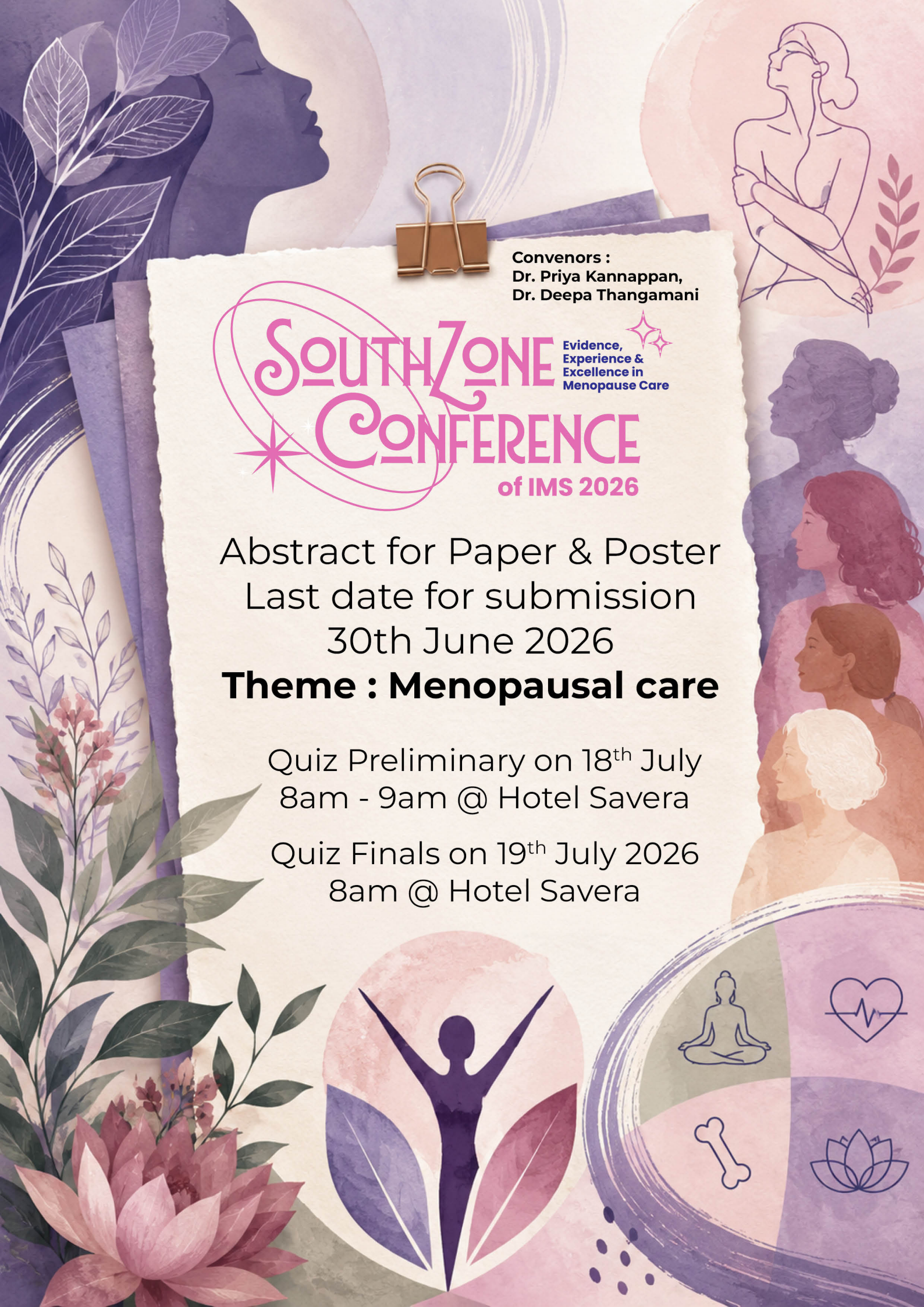
4.50 - 5.05 pm

Debate: Perimenopausal Weight Gain

GLP 1 - vs LIFESTYLE -
Dr. K Niveditha Bharathy vs Dr Umaiyal Murugesan

Judge
Dr. Revathy Janakiram

5.00 pm - Valedictory



Convenors :
Dr. Priya Kannappan,
Dr. Deepa Thangamani

SOUTH ZONE CONFERENCE

Evidence,
Experience &
Excellence in
Menopause Care

of IMS 2026

Abstract for Paper & Poster
Last date for submission
30th June 2026

Theme : Menopausal care

Quiz Preliminary on 18th July
8am - 9am @ Hotel Savera

Quiz Finals on 19th July 2026
8am @ Hotel Savera



REGISTRATION

TILL 30-06-26

AFTER 1-07-26

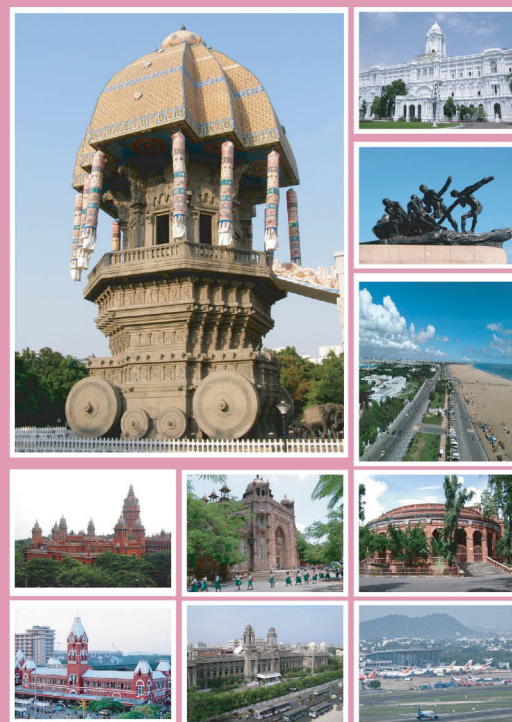
Spot 15-07-26

MEMBERS	Rs.5500	Rs.6000	Rs.6500
NON MEMBERS	Rs.6000	Rs.6500	Rs.7000
PG STUDENTS	Rs.3500	Rs.4000	Rs.4500
ALLIED SPECIALITY	Rs.2500	Rs.3000	Rs.3500

Registration is free for > 70years of CMS /IMS members only.

**Workshops (3) and Conference (including GST)*

**Account Name :
Chennai Menopause Society
Bank Name : Canara Bank
Branch : Mogappair, Chennai
A/C No : 61122010038049
IFS Code : CNRB0002915**



**For Accomodation @Hotel Savera
Single Room - Rs 5000+ tax 5 %
Double Room - Rs 5500% tax 5 %**

**Contact person
Ms Aysha - 9710947360**

**Event Management
by Sree Events
Ms.Sripriya
9840300907**