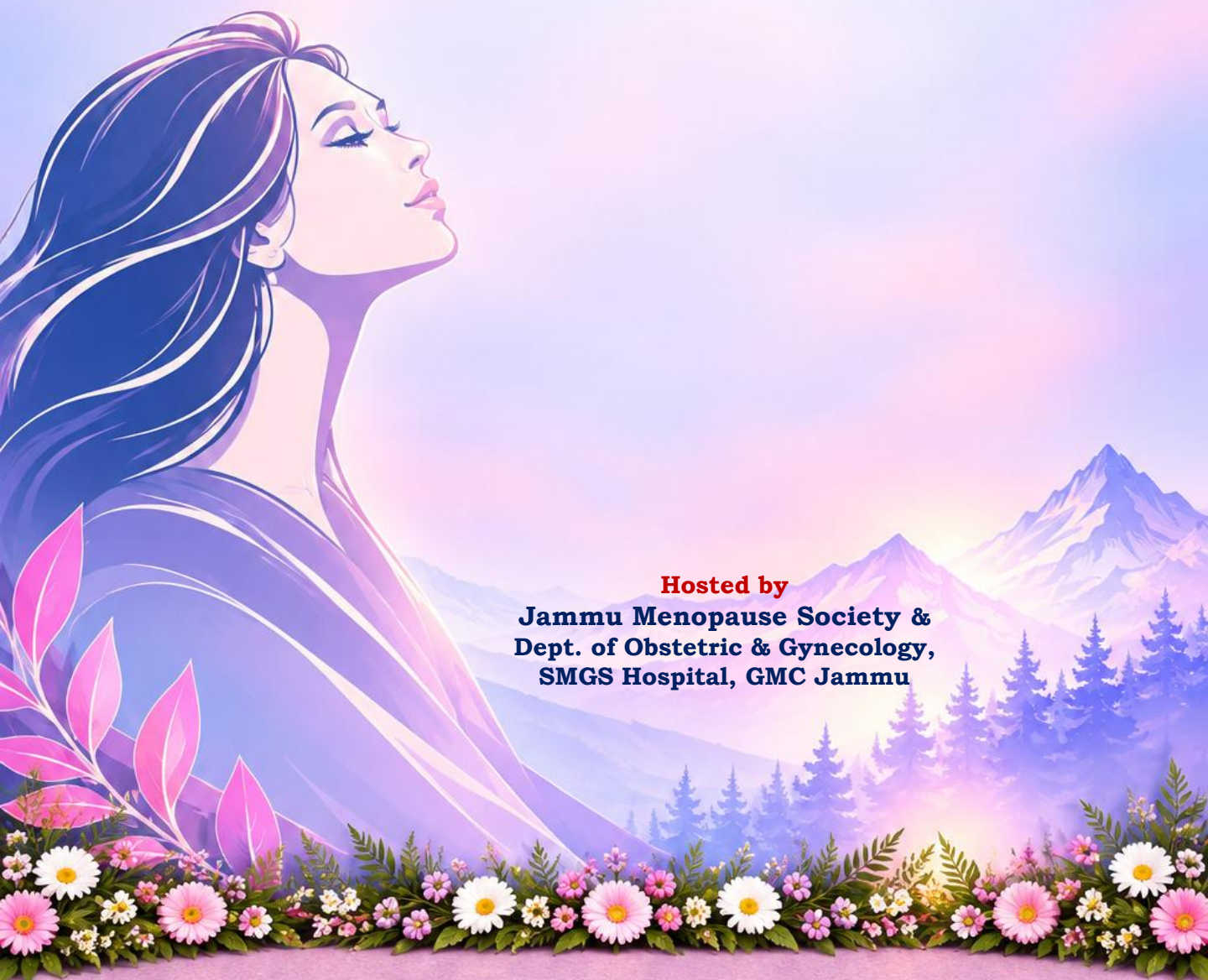




Tricity Doctors Forum

Rediscover & Rejuvenate

Scientific Program



Hosted by

**Jammu Menopause Society &
Dept. of Obstetric & Gynecology,
SMGS Hospital, GMC Jammu**

North Zone Conference of IMS Jammu (J & K)

Scientific Programme

19th September 2026, Saturday

Time	Hall A		
8.00 AM to 9.00 AM	Oral & Poster Papers Presentation		
	Judges		
	Dr Reema Khajuria	Dr Rajendra Baxi	Dr Vishal R Tandon
	Dr Madhu Chib	Dr Vinay Kumar	Dr Nishu Priya
	Dr Deepak Bharti	Dr Rajni Gupta	
SESSION 1 9.00 AM to 10.00 AM	Navigating Midlife		
	Chairpersons		
	Dr Shubha Sethia (Jaipur)	Dr Robina Mirza (Jammu)	
	Dr Reema Khajuria (Jammu)	Dr Jyotsana Lamba (Jammu)	Dr Parikh Rana (Jammu)
9.00 AM to 9.20 AM	Cognitive & Mood Disturbances in Menopause	Dr Bipasa Sen (Kolkata) (Speaker 15 Minute Interaction 5 Min)	
9.20 AM to 9.40 AM	Regenerative Medicine in Midlife	Dr Ragini Agrawal (Gurugram) (Speaker 15 Minute Interaction 5 Min)	
9.40 AM to 10.00 AM	Elderly Abuse: Legal Aspects	Dr Jyoti Jaiswal (Raipur) (Speaker 15 Minute Interaction 5 Min)	
SESSION 2 10.00 AM to 10.40 AM	Key Highlights		
	Her Midlife: Her Choices & Voices		
	Chairpersons		
	Dr Atul Munshi (Ahmedabad)	Dr Sudhaa Sharma (Jammu)	
	Dr Anita Shah (Surat)	Dr Arti Gupta (Agra)	Dr Bipasa Sen (Kolkata)
10.00 AM to 10.20 AM	Matured Women: What They Want?	Dr Hara Pattanaik (Cuttack)	
10.20 AM to 10.40 AM	Contraception in 40 Plus Women	Dr Pushpa Sethi (Gurugram)	
10.40 AM to 11.00 AM	Tea / Coffee Break		
SESSION 3 11.00 AM to 11.45 AM	PRESIDENT'S ORATION		
	Rediscovering Self During and After Menopause:		Dr Sudhaa Sharma (Jammu)
	Chairpersons		
	Dr Atul Munshi (Ahmedabad)	Dr Hara Pattanaik (Cuttack)	Dr Ashutosh Gupta (Jammu)
	Dr Pushpa Sethi (Gurugram)	Dr Anita Shah (Surat)	Dr Indu Kaul (Jammu)
12.00 Noon to 1.30 PM	Inaugural Function		
1.30 PM to 2.00 PM	LUNCH		
SESSION 4 2.00 PM to 2.20 PM	Key Highlights		
	Blue Print for the Future of Menopause		
	Chairpersons		
	Dr Hara Pattanaik (Cuttack)	Dr Arti Gupta (Agra)	
	Dr Ragini Agrawal (Gurugram)	Dr Koushal Chundavat (Udaipur)	Dr Mamta Sarmah (Guwahati)
2.00 PM to 2.20 PM	Future Vision of Menopause: Globally	Dr Anita Shah (Surat)	
SESSION 5 2.20 PM to 3.00 PM	Panel Discussion		
	Bone Health: Strength beyond Fragility (30 Min)		
	Moderator : Dr Arti Sharma (Agra)		Experts: Dr Annil Mahajan (Jammu)
	Co-Moderator: Dr Deepa Kapoor (Lucknow)		Dr E. Prabhavathi (Hyderabad)
	Panelists		
	Dr Seema Pasricha (Jalandhar)	Dr Nazima Saloda (Udaipur)	Dr Shivani Bundela (Sitapur)
	Dr Vaijayanti Kolekar (Bhopal)	Dr Leena Nair (Bhagalpur)	Dr Deepak Bharti (Jammu)
Comments from Experts & Interaction (10 Min)			

North Zone Conference of IMS Jammu (J & K)

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Time	Hall A		
SESSION 6 3.00 PM to 4.00 PM	Menopause 360° : Metabolism, Intimacy & Hormonal Crossroads		
	Chairpersons		
	Dr Premalatha (Chennai)	Dr Shashibala Sahoo (Gwalior)	Dr Amandeep Kour (Jammu)
	Dr Manisha Khare (Bhopal)	Dr Sujata Edibam (Surat)	
3.00 PM to 3.20 PM	Hypoactive Sexual Disorders	Dr Shubha Sethia (Jaipur) (Speaker 15 Minute Interaction 5 Min)	
3.20 PM to 3.40 PM	POI – When to Intervenes?	Dr Sandhya Dixit (Hyderabad) (Speaker 15 Minute Interaction 5 Min)	
3.40 PM to 4.00 PM	PMOS & Menopause: Is it a Double Trouble?	Dr Tripura Sundari (Hyderabad) (Speaker 15 Minute Interaction 5 Min)	
SESSION 7 4.00 PM to 4.40 PM	Panel Discussion		
	Heart Matters at Menopause (30 Min)		
	Moderator :	Dr Aradhana Gupta (Bhopal)	Experts: Dr Atul Munshi (Ahmedabad)
	Co-Moderator:	Dr Meeta Gupta (Jammu)	Dr Jyoti Jaiswal (Raipur)
	Panelists		
	Dr Alpana Varshney (Aligarh)	Dr Shruti Shah (Bhopal)	Dr Amrit Gupta (Lucknow)
	Dr Jayant Shah (Surat)	Dr Srilaxmi (Hyderabad)	Dr Anandhi Babu (Madurai)
	Comments from Experts & Interaction (10 Min)		
04.40 PM to 05.00 PM	Tea / Coffee Break		
7.00 PM Onwards	Cultural Programme & Gala Dinner		

Time	Hall B		
8.00 AM to 9.00 AM	Oral & Poster Papers Presentation		
	Judges		
	Dr Meeta Gupta Dr Rekha Jad	Dr Swaran K Gupta Dr Dinesh K Verma	Dr Anil Mehta Dr Manjusha Bajaj
SESSION 1 9.00 AM to 10.00 AM	Understanding Perimenopause		
	Chairpersons		
	Dr Sushma Baxi (Vadodara) Dr Nisha Thakur (Bhilai)	Dr Arnab Basak (Kolkata) Dr Rita Thakur (Jammu)	Dr Tania Kakkar (Jammu)
9.00 AM to 9.20 AM	Perimenopausal Adenomyosis: Medical / Surgical Management	Dr Reeti Mehra (Chandigarh) (Speaker 15 Minute Interaction 5 Min)	
9.20 AM to 9.40 AM	Midlife Adnexal Masses & AUB	Dr V. Padmaja (Vijayawada) (Speaker 15 Minute Interaction 5 Min)	
9.40 AM to 10.00 AM	Screening CA Breast	Dr Savithri Ramesh (Madurai) (Speaker 15 Minute Interaction 5 Min)	
SESSION 2 10.00 AM to 10.40 AM	Advancing Menopause Care		
	Chairpersons		
	Dr Senthiru Ramachandran (Madurai) Dr Reeta Agrawal (Hyderabad)	Dr Anuradha Sharma (Gwalior) Dr Jyoti Hak (Jammu)	Dr Neha Mahajan (Jammu)
10.00 AM to 10.20 AM	Inflammaging in Menopause	Dr Reena Shrivastava (Gorakhpur)	
10.20 AM to 10.40 AM	Cervical Screen Positive: What Next?	Dr Shashi Shrivastava (Bhopal)	
10.40 AM to 11.00 AM	Tea / Coffee Break		

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Scientific Programme

19th September 2026, Saturday

Time	Hall B		
SESSION 3 11.00 AM to 11.45 AM	PRESIDENT’S ORATION Rediscovering Self During and After Menopause: Dr Sudhaa Sharma (Jammu)		
	Chairpersons Dr Atul Munshi (Ahmedabad) Dr Hara Pattanaik (Cuttack) Dr Ashutosh Gupta (Jammu) Dr Pushpa Sethi (Gurugram) Dr Anita Shah (Surat) Dr Indu Kaul (Jammu)		
12.00 Noon to 1.30 PM	Inaugural Function		
1.30 PM to 2.00 PM	LUNCH		
SESSION 4 2.00 PM to 3.00 PM	Rejuvenation from Hot to Cold with Newer Therapies		
	Chairpersons Dr Pushpa Sethi (Gurugram) Dr Sandhya Dixit (Hyderabad) Dr Seema Chopra (Chandigarh) Dr Meenakshi Ahuja (Delhi) Dr Neelam (Patna)		
2.00 PM to 2.20 PM	Diagnosis & the burden of untreated VMS	Dr Sudhaa Sharma (Jammu)	
2.20 PM to 2.40 PM	Therapeutic Advances of VMS Management	Dr Jyoti Jaiswal (Raipur)	
2.40 PM to 3.00 PM	Sleep Disorders & Vasomotor Symptoms	Dr Sushma Verma (Raipur)	
SESSION 5 3.00 PM to 4.00 PM	Decode, Decide & Defend: Midlife Chemistry		
	Chairpersons Dr Indu Taneja (Faridabad) Dr Avantika Sharma (Gurugram) Dr Rajni Hajela (Bhopal) Dr Vandana P Kundgargi (Bhopal) Dr Rashmi Verma (Bhopal)		
3.00 PM to 3.20 PM	Hyperandrogenism	Dr Kiran Pandey (Kanpur) (Speaker 15 Minute Interaction 5 Min)	
3.20 PM to 3.40 PM	Choice of Estrogen: When, Why & How?	Dr Priya Vora (Mumbai) (Speaker 15 Minute Interaction 5 Min)	
3.40 PM to 4.00 PM	Simplified Understanding of Antioxidants	Dr Nirja Chawla (Chandigarh) (Speaker 15 Minute Interaction 5 Min)	
SESSION 6 4.00 PM to 4.40 PM	From Clinic to Care		
	Chairpersons Dr Ritu Sharma (Greater Noida) Dr Sarla Jain (Bhopal) Dr Rakesh Mahajan (Jammu) Dr Suman Mali (Bhopal) Dr Deepak Bharti (Jammu)		
4.00 PM to 4.20 PM	How to Establish Menopause Clinic	Dr Payal Bhargava (Hyderabad) (Speaker 15 Minute Interaction 5 Min)	
4.20 PM to 4.40 PM	Endometrial Thickness: Where to draw the line?	Dr Amrita Sarkari Jaipuria (Gorakhpur) (Speaker 15 Minute Interaction 5 Min)	
04.40 PM to 05.00 PM	Tea / Coffee Break		
7.00 PM Onwards	Cultural Programme & Gala Dinner		

North Zone Conference of IMS Jammu (J & K)

Scientific Programme

20th September 2026, Sunday

Time	Hall A		
8.00 AM to 9.00 AM	Oral & Poster Papers Presentation		
	Judges		
	Dr Swaran K Gupta Dr Manjusha Bajaj	Dr Rekha Jad Dr Dinesh K Verma	Dr B R Bhagat Dr Deepak Bharti
SESSION 1 9.00 AM to 10.00 AM	Hope beyond the Biological Clock		
	Chairpersons		
	Dr Angayarkanni (Madurai) Dr Sunil Choudhary (Jammu)	Dr T K Shanthaguna Singh (Chennai) Dr Manisha Bhagat (Jammu)	Dr Pooja Sharma (Jammu)
9.00 AM to 9.20 AM	Ovarian Reserve beyond 40: Reality Vs. Hope	Dr Papa Dasari (Puducherry) (Speaker 15 Minute Interaction 5 Min)	
9.20 AM to 9.40 AM	Fertility @ 40: Benefits / Risks	Dr Kanthi Bansal (Ahmedabad) (Speaker 15 Minute Interaction 5 Min)	
9.40 AM to 10.00 AM	Various Modalities of Ovarian Regeneration: Where have we reached?	Dr Anjana Chauhan (Ahmedabad) (Speaker 15 Minute Interaction 5 Min)	
SESSION 2 10.00 AM to 10.40 AM	Puzzles & Precision: Solving the Challenges		
	Chairpersons		
	Dr Pushpa Sethi (Gurugram) Dr Kiran Pandey (Kanpur)	Dr Bipasa Sen (Kolkata) Dr Jeyachitra (Madurai)	Dr Sivakami Elango (Madurai)
10.00 AM to 10.20 AM	Endometriosis after 40: A Persistent Clinical Puzzle	Dr Indu Taneja (Faridabad) (Speaker 15 Minute Interaction 5 Min)	
10.20 AM to 10.40 AM	Hysteroscopic Treatment of Submucosal Fibroids: When, Why & How?	Dr Arnab Basak (Kolkata) (Speaker 15 Minute Interaction 5 Min)	
SESSION 3 10.40 AM to 11.20 AM	The Dual Frontier: Bytes & Brief		
	Chairpersons		
	Dr Leena Nair (Bhagalpur) Dr Shikha Arora (New Delhi)	Dr Sumathi Baskaran (Madurai) Dr Nandini Pandian (Madurai)	Dr Sandeep Kour (Jammu)
10.40 AM to 11.00 AM	AI in Medical Practice	Dr Vishal R. Tandon (Jammu) (Speaker 15 Minute Interaction 5 Min)	
11.00 AM to 11.20 AM	MHT – Medicolegal Aspects	Dr R. Premalatha (Chennai) (Speaker 15 Minute Interaction 5 Min)	
SESSION 4 11.20 AM to 12.00 Noon	Panel Discussion		
	MHT: Where Are We? (30 Min)		
	Moderator :	Dr Lakshmi Rathna (Hyderabad)	Experts: Dr Neelam Singh (Agra)
	Co-Moderator:	Dr Saroja (Hyderabad)	Dr Atul Sharma (Jammu)
	Panelists		
	Dr Shabana Chowdhary (Kolkata) Dr Mehvish Qazi (Jammu)	Dr Zarin Rahman (Patna) Dr Nikita Gandotra (Jammu)	Dr Sapna Singh (Hyderabad) Dr Rohini Jaggi (Jammu)
	Comments from Experts & Interaction (10 Min)		

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20th September 2026, Sunday

Time	Hall A		
SESSION 5 12.00 Noon to 01.00 PM	Scan, Shape & Sustain: Midlife Pearls		
	Chairpersons		
	Dr Nirja Chawla (Chandigarh)	Dr Jyoti Hak (Jammu)	Dr Zainaba K P (Vijayawada)
Dr Amita Gupta (Jammu)	Dr Alpana Varshney (Aligarh)		
12.00 Noon to 12.20 PM	Imaging a Boon: BIRADS, ORADS, MUSA	Dr Jyotsana Lamba (Jammu) (Speaker 15 Minute Interaction 5 Min)	
12.20 PM to 12.40 PM	Lifestyle Management in Menopause	Dr Parikh Rana (Jammu) (Speaker 15 Minute Interaction 5 Min)	
12.40 PM to 01.00 PM	GLP – 1 Vs. Lifestyle Management in Perimenopausal Weight Gain	Dr Vishal R Tandon (Jammu) (Speaker 15 Minute Interaction 5 Min)	
1.00 PM to 1.30 PM	LUNCH		
SESSION 6 1.30 PM to 2.10 PM	Panel Discussion		
	Putting HER First: Personalizing the HER-2 + BC Treatment Journey (30 Min)		
	Chairpersons		
	Dr Arti Gupta (Agra)	Dr Indu Kaul (Jammu)	Dr Pooja Sharma (Jammu)
	Dr Shikha Singh (Agra)	Dr Lakshmi Rathna (Hyderabad)	
	Moderator : Dr Deepak Bharti (Jammu)		Experts: Dr Ashutosh Gupta (Jammu)
	Panelists		
Dr Sarthak Sharma (Jammu)	Dr Paras Khanna (Jammu)		
Comments from Experts & Interaction (10 Min)			
SESSION 7 2.10 PM to 2.50 PM	Evaluate Right, Treat Right: Smart Gynaecology @ 40 +		
	Chairpersons		
	Dr Rekha Rani (Agra)	Dr Saroja (Hyderabad)	Dr Poonam Pandotra (Jammu)
Dr Nivedita Prashar (Jammu)	Dr Sonika Gupta (Jammu)		
2.10 PM to 2.30 PM	Beyond Scalpel, Uterus Conserving Solutions for AUB at 40	Dr Renu Sharma (Jammu) (Speaker 15 Minute Interaction 5 Min)	
2.30 PM to 2.50 PM	Clinical Evaluation at Menopause	Dr Natasha Gupta (Jammu) (Speaker 15 Minute Interaction 5 Min)	
3.00 PM to 4.00 PM	Valedictory Function		

Time	Hall B			
8.00 AM to 9.00 AM	Oral & Poster Papers Presentation			
	Judges			
	Dr Reema Khajuria	Dr Madhu Chib	Dr Rajendra Baxi	Dr Nishu Priya
	Dr Vishal R Tandon	Dr Rajni Gupta	Dr Vinay Kumar	
SESSION 1 9.00 AM to 9.40 AM	The Invisible to Invincible			
	Chairpersons			
	Dr Anita Shah (Surat)	Dr Bala Kumari (Chennai)	Dr Heena Choudhary (Jammu)	
Dr Indu Meena (Madurai)	Dr A Narumalar (Madurai)			
9.00 AM to 9.20 AM	Microbiomes Matters	Dr Shashibala Sahoo (Gwalior)		
		(Speaker 15 Minute	Interaction 5 Min)	
9.20 AM to 9.40 AM	Sarcopenia and Menopause: The Silent loss of Strength	Dr Revathy Janakiram (Madurai)		
		(Speaker 15 Minute	Interaction 5 Min)	

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Time	Hall B		
SESSION 2 9.40 AM to 10.20 AM	Panel Discussion Obesity @ Midlife (30 Min)		
	Moderator : Dr Meenakshi Ahuja (Delhi)		Experts: Dr Vishal R. Tandon (Jammu)
	Co-Moderator: Dr Avantika Sharma (Gurugram)		Dr Atul Sharma (Jammu)
	Panelists		
	Dr Ritambhara Bhalla (Chandigarh)	Dr Sonal Gupta (Faridabad)	Dr Sushma Baxi (Vadodara)
	Dr Reshmi Banerjee (Vadodara)	Dr Urvashi Verma (Agra)	Dr Anju Dogra (Jammu)
	Comments from Experts & Interaction (10 Min)		
SESSION 3 10.20 AM to 11.00 AM	Financial Health & Metabolic Wealth		
	Chairpersons		
	Dr Arti Gupta (Agra)	Dr Jyoti Jaiswal (Raipur)	Dr Ragini Agrawal (Gurugram)
	Dr Kavita Mandrelle Bhatti (Ludhiana)	Dr Deepa Kapoor (Lucknow)	
10.20 AM to 10.40 AM	Finances Matters	Dr Neelam (Patna) (Speaker 15 Minutes Interaction 5 Min)	
10.40 AM to 11.00 AM	Metabolic Syndrome: The Double Storm?	Dr Seema Chopra (Chandigarh) (Speaker 15 Minutes Interaction 5 Min)	
SESSION 4 11.00 AM to 11.40 AM	When Menopause Waits & the Bladder is Agitated		
	Chairpersons		
	Dr Shivani Bundela (Sitapur)	Dr Prabhjeet Kour (Jammu)	
	Dr Chander Shekhar (Jammu)	Dr Anuradha (Jammu)	Dr Aditi Saini (Jammu)
11.00 AM to 11.20 AM	Overactive Bladder	Dr Ritu Sharma (Greater Noida) (Speaker 15 Minutes Interaction 5 Min)	
11.20 AM to 11.40 AM	Delayed Menopause: Boon or Bane	Dr Nisha Thakur (Bhilai) (Speaker 15 Minute Interaction 5 Min)	
SESSION 5 11.40 AM to 12.20 PM	Menopause Unmasked: Breaking The Barriers		
	Chairpersons		
	Dr Anjalakshi (Chennai)	Dr Neelu Sharma (Jammu)	Dr Meenakshi Rana (Jammu)
	Dr Suksham Sharma (Jammu)	Dr Aakriti Manhas (Jammu)	
11.40 AM to 12.00 Noon	Bleeding in Women on MHT: Evaluation & Management	Dr Kavita Mandrelle Bhatti (Ludhiana) (Speaker 15 Minutes Interaction 5 Min)	
12.00 Noon to 12.20 PM	Menopause & Workplace: Breaking the Silence	Dr Mamta Sarmah (Guwahati) (Speaker 15 Minutes Interaction 5 Min)	
SESSION 6 12.20 PM to 1.00 PM	Ageing Gracefully		
	Chairpersons		
	Dr Rachna Agarwal (Agra)	Dr Rekha Rani (Agra)	Dr Anjana Koul (Jammu)
	Dr Madhu Digra (Jammu)	Dr Ronak Mishra (Jammu)	
12.20 PM to 12.40 PM	Antiaging Drugs: Science beyond Cosmetics	Dr Shikha Singh (Agra) (Speaker 15 Minutes Interaction 5 Min)	
12.40 PM to 1.00 PM	Aesthetic Gynaecology – Hope or Hype	Dr Shivani Sharma (Jammu) (Speaker 15 Minutes Interaction 5 Min)	
1.00 PM to 1.30 PM	LUNCH		

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20th September 2026, Sunday

Time	Hall B	
SESSION 7 1.30 PM to 2.10 PM	Healthy Below the Belt	
	Chairpersons	
	Dr Neelam Singh (Agra) Dr Usha Bahu (Jammu)	Dr Urvashi Verma (Agra) Dr Bhanu Mahajan (Jammu) Dr Geetanjali Kapoor (Jammu)
1.30 PM to 1.50 PM	Vaginal Wellness in Menopause	Dr Tania Kakkar (Jammu) (Speaker 15 Minutes Interaction 5 Min)
1.50 PM to 2.10 PM	Recurrent UTI in Menopause	Dr Amandeep Kaur (Jammu) (Speaker 15 Minutes Interaction 5 Min)
SESSION 8 2.10 PM to 2.50 PM	Menopause We Create: Ovary Dilemma	
	Chairpersons	
	Dr Rachna Agarwal (Agra) Dr Nishu Bhushan (Jammu)	Dr Shikha Arora (New Delhi) Dr Sapna Singh (Hyderabad) Dr Sunita Jamwal (Jammu)
2.10 PM to 2.30 PM	Iatrogenic Menopause	Dr Saima Sadiq (Jammu) (Speaker 15 Minutes Interaction 5 Min)
2.30 PM to 2.50 PM	Oophorectomy at 45, at the time of Hysterectomy for Benign Conditions: Benefits / Risks	Dr Harleen Kaur (Jammu) (Speaker 15 Minutes Interaction 5 Min)
3.00 PM to 4.00 PM	Valedictory Function	



Warm Welcome
& Greetings

From

Jammu Menopause Society &
Dept. of Obstetric & Gynecology, SMGS Hospital, GMC Jammu



Tricity Doctors Forum

