



FOGSI ICOG CERTIFICATE COURSE ON "MIDLIFE MANAGEMENT"



Wed 29th, Thu 30th, Fri 31st October 2025

Timing: 4.00pm to 7.00pm



Dr. Sunita Tandulwadkar
President FOGSI ICOG



Dr. Parag Biniwale
Chairperson ICOG



Dr. Sheela Mane
Chairperson Elect ICOG



Dr. Suvarna Khadilkar
Secretary General FOGSI



Prof. Ashok Kumar
Vice Chairperson ICOG



Dr. Sarita Bhalerao
Secretary ICOG

Convenors



Dr. Archana Dwivedi
Chairperson Midlife
Management Committee



Dr. Anju Soni
ICOGGCM & VicePresident
FOGSI 2026



Dr. Rajendra Nagarkatti
Chairperson Midlife Management
Committee FOGSI 2018-20

Coordinators

Day 1



Dr. Reshmi Banerjee

Day 2

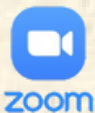


Dr. Madhumitha Arun Karthik

Day 3



Dr. Aditi Rathore



ID: 895 3998 9276 | Passcode: 778955

ICOG has Awarded 10 Credit Points

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Day 1 | 29th October 2025 (Wednesday)

Convenor: Dr. Archana Dwivedi
Coordinator: Dr. Reshmi Banerjee

4:00 pm – 4:10 pm	Inauguration & Welcome by FOGSI President Dr. Sunita Tandulwadkar, Chairperson ICOG Dr. Parag Biniwale, Secretary General FOGSI Dr. Suvarna Khadilkar	
4:10 pm – 4:15 pm	Overview of Day 1 topics by Dr. Archana Dwivedi	
4.15 pm – 5.00 pm		
Session 1 Back to Basics		
Chairpersons : Dr. Vandana Patel, Dr. Pratibha Singh, Dr. Shubha Sethia		
Time	Topic	Speakers
4.15 pm – 4.30 pm	Epidemiology & Definations	Dr. Maninder Ahuja
4.30 pm – 4.45 pm	Diagnosis of Menopause & AI apps	Dr. Shyjus P
4.45 pm – 5.00 pm	Premature Menopause	Dr. Pankaj Desai
5.00 pm – 6.00 pm		
Session 2 Lifestyle		
Chairpersons : Dr. Aditi Rathore, Dr. Niraj Jadhav, Dr. Kanchan Sharma		
Time	Topic	Speakers
5.00 pm – 5.15 pm	Sleep Hygiene	Dr. Archana Dwivedi
5.15 pm – 5.30 pm	NCD Screening – Metabolic Health Exercise	Dr. Manju Verma
5.30 pm – 5.45 pm	Vasomotor changes	Dr. Anita Shah
5.45 pm – 6.00 pm	Sexual Health	Dr. Padmini Prasad
6.00 pm – 7.00 pm		
Session 3 Fertility at Midlife		
Chairpersons : Dr. Niharika Alu, Dr. Nivedita Dutta		
Time	Topic	Speakers
6.00 pm – 6.15 pm	IVF after 40	Dr. Sushma Baxi
6.15 pm – 6.30 pm	Pregnancy after 40	Dr. Narendra Malhotra
6.30 pm – 6.45 pm	Ovarian rejuvenation	Dr. Nayana Patel
6.45 pm – 7.00 pm	Post Test – Day 1 Topics	
7.00 pm	Concluding Remarks	Convenor

****Note: Eligibility criteria- 50% marks in post test on all 3 days.**
Certificate will be issued to eligible FOGSI members ONLY

Day 2 | 30th October 2025 (Thursday)

Convenor: Dr. Anju Soni
Coordinator: Dr. Madhumitha

4:00 pm – 4:10 pm	Welcome by Dr. Ashok Kumar, Vice Chairperson ICOG & Chairperson Elect Dr. Sheela Mane
4:10 pm – 4:15 pm	Overview of Day 2 topics by Dr. Anju Soni

4.15 pm – 5.00 pm Session 1 Bone Health–The silent killers within–Osteoporosis & Sarcopenia		
Chairpersons : Dr. Sumathi Anand, Dr. Meenakshi Ahuja Dr. Sujata Dalvi, Dr. Jignesh Shah		
Time	Topic	Speakers
4.15 pm – 4.30 pm	Osteoporosis–Pathophysiology & Risk Factors	Dr. Nirja Chawla
4.30 pm – 4.45 pm	Screening and Assessment	Dr. Anju Soni
4.45 pm – 5.00 pm	The Muscle side – Sarcopenia Simplified	Dr. Suvarna Khadilkar
5.00 pm – 5.15 pm	Management Of Osteopenia and Osteoporosis	Dr. Sudha Sharma

5.15 pm – 6.00 pm Session 2 CV Health , Metabolic Syndrome		
Chairpersons : Dr. Neelam Agarwal, Dr. Revathy Jankiraman, Dr. Rajendrasingh Pardeshi		
Time	Topic	Speakers
5.15 pm – 5.30 pm	Shifting Risk of Cardiovascular Health landscape In Post–Menopause	Dr. Ratnabali Chakraborty
5.30 pm – 5.45 pm	Predictors & Early Markers of cardiovascular Risk	Dr. Ambuja Choranur
5.45 pm – 6.00 pm	Metabolic Syndrome	Dr. Pushpa Sethi

6.00 pm – 6.50 pm Session 3 Cancer Screening– Prevention Is Power–Cancer Screening & Risk Management		
Chairperons – Dr. Priya Vora, Dr. Vinita Singh, Dr. Ritu Sharma		
Time	Topic	Speakers
6.00 pm – 6.15 pm	Cervical Cancer Screening in Midlife	Dr. Saritha Shyamsundar
6.15 pm – 6.30 pm	Breast Cancer Screening	Dr. Charulata Bapaye
6.30 pm – 6.45 pm	Obesity and Cancer	Dr. Mala Srivastava
6.50 pm – 7.05 pm	Post Test – Day 2 Topics	
7.05 pm	Concluding Remarks	Convenor

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Day 3 | 31st October 2025 (Friday)

Convenor : Dr. RajendraNagarkatti

Coordinator: Dr.AditiRathore

4:00 pm – 4:10 pm	Welcome by Dr. Sarita Bhalerao, Secretary ICOG & Dr. Sadhana Gupta, Vice Chairperson Elect
4:10 pm – 4:15 pm	Overview of Day 3 topics by Dr. Rajendra Nagarkatti

4.15 pm – 5.05 pm Session 1 Non Hormonal Management		
Chairpersons : Dr. Varsha Prapanna, Dr. Suman Sinha, Dr. Pragya Mishra		
Time	Topic	Speakers
4.15 pm – 4.30 pm	Role of Isoflavones	Dr. Hepzibah Kirubamani
4.30 pm – 4.45 pm	Holistic Health care at Menopause	Dr. Darshana Shah
4.45 pm – 5.00 pm	Menopause & Weight Gain	Dr. Sarita Bhalerao
5.00 pm – 5.15 pm	Genitourinary Syndrome of Menopause	Dr. Nita Mishra

5.00 pm – 5.45 pm Session 2 MHT		
Chairpersons : Dr. Sandhya Khare, Dr. Shanthy Gunasingh, Dr. Geetha Balsarkar		
Time	Topic	Speakers
5.15 pm – 5.30 pm	Oral MHT	Dr. Jyoti Jaiswal
5.30 pm – 5.45 pm	Tibolone	Dr. Savita Tyagi
5.45 pm – 6.00 pm	Transdermal MHT	Dr. Arti Gupta

6.00 pm – 7.00 pm Session 3		
Time	Topic	
6.00 pm – 6.45 pm	Panel discussion on Cosmetic Gynaecology in Midlife Moderator: Dr. Ragini Agarwal	Panelists: Dr. Krupa Dr. Shivani Shukla Dr. Binal shah Dr. Poonam Mishra Dr. Riddhi shukla Dr. Jitha Vineet Dr. Thulasidevi Dr. Jamuna Devi
6.45 pm – 7.00 pm	Post Test – Day 3 Topics	
7.00 pm	Concluding Remarks & Vote of Thanks	Convenor

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