



FOGSI ICOG ONLINE CERTIFICATE COURSE ON MENOPAUSE



Wed 23rd, Thu 24th, Fri 25th Oct. 2024

Timing: 4.00pm to 7.00pm

Chief Guest



Dr. Jaydeep Tank
President FOGSI ICOG

Guest of honour



Dr. Parul Kotdawala
Chairperson ICOG



Dr. Madhuri Patel
Secretary General, FOGSI
Editor in Chief JOGI



Dr. Sheela Mane
Vice Chairperson ICOG



Dr. Sarita Bhalerao
Secretary ICOG

Series Convenors



Dr. Parag Biniwale
Chairperson Elect ICOG
Convenor



Dr. Charmila A.
Vice President FOGSI



Dr. Hari Subramaniam
Consultant Psychiatrist for
Elderly NHS, UK

International faculty

Convenors



Dr. Geetha Balsarkar



Dr. Shobha Gudi



Dr. Archana Dwivedi

Coordinators



Dr. Archana Singh



Dr. Perna Keshan



Dr. Madhumitha



Dr. Priya Vora

<https://us02web.zoom.us/meeting/register/tZEIc-6oqz8qHtagBmJTloCePr0mg3FTX4TO>



ID: 858 4705 4042 | Passcode: ICOGME

Day 1 | 23rd Oct 2024 | Wednesday

MOCs : Dr Archana Singh & Dr Madhumitha

4:00 to 4:15 pm	Inauguration & Welcome by Dr Sheela Mane ICOG Vice Chairperson Address by Chief Guest – Dr. Jaydeep Tank, President Guest of Honour – Dr. Madhuri Patel, Secretary General FOGSI. Address by Series convenors :Dr. Sheela Mane, Dr. Parag Biniwale, Dr. Charmila A.
4:15 to 4:20pm	Preamble of the course – Dr. Geetha Balsarkar
4:20 to 4:30pm	Pretest – Day 1 Topics

4.30 pm to 5.15 pm		Session 1	
Chairpersons : Dr Sadhana Gupta, Dr Rajat Mohanty			
Time	Topic		Speakers
4.30 pm – 4.45 pm	Menopause Definitions & Staging		Dr. P Shyjus
4.45 pm – 5.00 pm	Premature Menopause		Dr. Lakshmi Ratna
5.00 pm – 5.15 pm	Vasomotor Symptoms		Dr. C Ambuja

5.15 pm to 6.00 pm		Session 2	
Chairpersons : Dr Vinita Singh, Dr Rakhi Singh			
Time	Topic		Speakers
5.15 pm – 5.30 pm	Lifestyle Management		Dr. Neerja Chawla
5.30 pm – 5.45 pm	Exercise in Menopause		Dr. Maninder Ahuja
5.45 pm – 6.00 pm	Overactive Bladder		Dr. Nita Thakre

6.00 pm – 6.45 pm		Session 3	
Chairpersons : Dr Meena Samant, Dr Komal Chavan			
Time	Topic	Speakers	
6.00 pm – 6.15 pm	Sexual Health	Dr. Niraj Jadav	
6.15 pm – 6.30 pm	Post Menopausal Bleeding	Dr. Sarita Bhalerao	
6.30 pm – 6.45 pm	Cancer Prevention- Ovary & Breast	Dr. Laxmi Shrikhande	
6.45 pm –6.55 pm	Post Test Day 1 Topics		
6.55 pm – 7.00 pm	Concluding Remarks.		

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

MOCs : Dr Priya Vora & Dr Prerna Keshan

4.00 pm to 4.15 pm	Welcome address by ICOG Chairperson Elect Dr Parag Biniwale & Dr Sarita Bhalerao Secretary ICOG Address by Chief Guest – Dr. Usha Saraiya Address by Guest of Honor– Dr Mandakini Megh
4.15 pm to 4.20 pm	Revision of Day 1 topics – Dr Shobha Gudi
4.20 pm to 4.30 pm	Pretest – Day 2 Topics

4.30 pm to 5.15 pm Session 1		
Chairpersons : Dr. Kinjal Shah , Dr Nidhi Gandhi		
Time	Topic	Speakers
4.30 pm – 4.45 pm	Genito Urinary Syndrome	Dr. Parag Biniwale
4.45 pm – 5.00 pm	Cardiovascular Health	Dr. Archana Dwivedi
5.00 pm – 5.15 pm	Sarcopenia	Dr. Geetha Balsarkar

5.15 pm to 6.00 pm Session 2		
Chairpersons : Dr Ganpat Sawant, Dr Rachana Dalmia		
Time	Topic	Speakers
5.15 pm – 5.30 pm	Metabolic Syndrome	Dr. Charmila A
5.30 pm – 5.45 pm	Osteoporosis Prevention	Dr. Sujata Dalvi
5.45 pm – 6.00 pm	Osteoporosis Management	Dr. Reeti Mehra

6.00 pm – 6.45 pm Session 3		
Chairpersons : Dr. Vandana Walvekar, Dr. Deepali Kale		
Time	Topic	Speakers
6.00 pm – 6.15 pm	Financial Planning	Dr. Anita Shah
6.15 pm – 6 30 pm	Setting up a Menopause Clinic	Dr. Hephzibah Kirubamani
6.30 pm – 6 45 pm	Screening for Ca Cervix & Endometrium	Dr. Saritha Shamsunder
6.45 pm–6.55 pm	Post Test – Day 2 Topics	
6.55 pm – 7.00 pm	Concluding Remarks.	

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Day 3 | 25th Oct 2024 | Friday

MOCs : Dr Archana Singh & Dr Priya Vora

4.00 pm to 4 15 pm	Welcome address by ICOG Chairperson Dr Parul Kotdawala Address by Chief Guest – Dr
4.15 pm to 4.20 pm	Revision of Day 2 topics – Dr Archana Dwivedi
4.20 pm to 4.30 pm	Pretest – Day 3 Topics

4.30 to 5. 15 pm

Session 1

Chairpersons : Dr Haresh Doshi, Dr Jignesh Shah

Time	Topic	Speakers
4:30–4:45 pm	Oral MHT	Dr. Sudha Sharma
4:45–5:00 pm	Non Hormonal medication for menopause	Dr. Jyoti Jaiswal
5:00–5:15 pm	Tibolone	Dr. Shobana Mohandas

5.15 pm to 6:00 pm

Session 2

Chairpersons : Dr Kiran Pandey, Dr. Bharti Maheshwari

Time	Topic	Speakers
5:15–5:30 pm	Mental Health in Menopause	Dr. Hari Subramanian
5:30–5:45 pm	Non Oral MHT	Dr. Shobha Gudi
5:45–6:00 pm	Vaginal Vault Prolapse	Dr Mala Raj

6:00-6:45 pm

Session 3

Case Based Discussion

Moderator: Dr. Pratibha Singh

Panelists: Dr. Rajendra Nagarkatti, Dr. Priya Vora, Dr. Archana Singh,
Dr Rashmi Banerjee, Dr. Madhumita Arun Kartik

6:45–6:55 pm	Post Test – Day 3 Topics
6:55–7.00 pm	Conclusion & Vote of Thanks– Dr Sarita Bhalerao

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