



WoMAN-2024

Workshop on Menopause: Awareness & Navigation

6 August, 2024
09:30 AM - 04:30 PM

Venue -

Conference Hall- Central Health Education Bureau, 5, Kotla Road, New Delhi-110002



Central Health Education Bureau

Directorate General of Health Services, Ministry of Health & Family Welfare, Government of India
5, Kotla Road, New Delhi-110002

Programme Schedule

Time	Session	Speaker
09:30 - 10:00 am	Registration	
10:00 - 10:10 am	Menopausal Transition- A gynaecological Perspective	Dr. Kiran Aggarwal Director Professor, Dept of Obs& Gynaecology, LHMC Delhi
10:10 - 10:25 am	Bone Health – Expected Problems and Prevention	Dr. Geeta Mediratta , Dept of Obs & Gynae, Sir Ganga Ram Hospital, Delhi
10:25 - 10:40 am	Cardiovascular Health: Problems and Solutions	Dr. Rajat Mohan , Dept of Cardiology, Sir Ganga Ram Hospital, Delhi
10:40 - 10:55 am	Mental Health Problems in Midlife and Beyond	Dr. Pratibha G Assoc. prof., IHBAS, Delhi
10:55 - 11:05 am	Tea Break	
11:05 - 11:20 am	Lifestyle and Nutrition	Dr. Prema Ramchandran Director, NFI
11:20 - 11:35 am	Navigating Menopause through AYUSH- Holistic Approach	Dr. Shivshankar Rajput RO, CCRAS
11:35 - 12:00 pm	Existing IEC material- pre and post-menopausal, symptoms, care, and preventive measures	Dr. Renuka Malik Dept of Obs & Gynae RML Hospital, Delhi
Inaugural Session		
12:00 - 12:05 pm	Lamp Lighting	All Dignitaries
12:05 - 12:15 pm	Welcome Address	Dr. Gowri Nambiar Sengupta DDG(PH) & Director, CHEB
12:15 - 12:25 pm	Menopausal Health - Need for Awareness and Training	Dr. Kiran Aggarwal Director Professor Dept of Obs& Gynae, LHMC, Delhi
12:25 - 12:35 pm	Medical Issues related to Menopause	Dr. Ritika Sud , Professor, Dept of Medicine, LHMC, New Delhi
12:35 - 12:45 pm	Menopause: Public Health Perspectives	Public Health Expert
12:45 - 12:55 pm	Inaugural Address	Prof. (Dr) Atul Goel , Director General of Health Services, MoHFW
12:55 - 01:00 pm	Group Photo	
01:00 - 02:00 pm	Lunch	
02:00 - 04:00 pm	Group work – Division into 3 working groups Brainstorming session amongst group members Group 1: Identification of existing gap in awareness and the scope for the Development of IEC materials Group 2: Strategies for conducting training, workshops, and seminars among the stakeholders Group 3: Roadmap for conducting impact assessments of the effect of health education and health promotion activities.	All Group Members
04:00 - 04:10 pm	Tea Break	
04:10 - 04:25 pm	Presentation of the group activities and discussion	Group Leaders
04:25 - 04:30 pm	Concluding remarks and way forward Vote of thanks	Dr. Gowri N Sengupta & Dr. Kiran Aggarwal Dr. Deepa Anil Kumar