

CPD
IMS Gurukul Program
2025-26

Comprehensive Learning Module on Menopause For Post-Graduates

**"Gurukul Programme under the aiges of Indian
Menopause society".**

Organized by

Hyderabad Menopause Society in association with

Department of Obstetrics & Gynecology

Malla Reddy Medical College for Women

24th January 2026 Saturday

Eligible for
02 TGMC
Credit Hours

Menopause is a natural part of life....

Fight menopausal symptoms with

Triple R

Right food

Regular
exercise

Right thinking of
life to keep
body, mind &
soul pure



Time : 09:00 AM to 05:00 PM

Venue : Clinical Lecture Gallery, 2nd floor,
Malla Reddy Narayana Multispeciality Hospital, Hyderabad



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Dr. R. Subha Archana
Programme co-ordinator
Associate Professor, OBGY,
MRMCW

Dr. G. Harini Reddy
Programme co-ordinator
Assistant Professor, OBGY,
MRMCW

About CPD

Menopause is a natural stage of life that marks an important transition. Beyond physical changes, menopause can influence emotional, mental, and social well-being. With the right knowledge, women can manage symptoms and maintain a healthy quality of life. This academic program aims at enlightening us on structured approach on physiology of menopause, genitourinary, sexual problems and osteoporosis related to menopause, prescription writing on Menopause hormone therapy by eminent speakers and Panel discussion on Menopausal Therapy by renowned Panelists.

Registration Details

Free but mandatory Registration

No Spot Registration

For any Queries Contact:

Dr. G. Harini Reddy, Assistant Professor of OBGY

Mobile: 9133476312



Program Schedule

Time	Topic	Speakers
09:00-09:15 AM	Registration	
09:15-09:30 AM	Introduction	Dr. G. Harani Reddy Assistant professor of OBGY, Malla Reddy Medical College for Women
	Scientific Session-1 Chairpersons Dr. Roya Rozati (Professor & HOD of OBGY, Shadan Medical College) Dr. M. Suvarna (Professor of OBGY, Rainbow Hospital, Hyderabad) Dr. Goli Mahalakshmi (Principal GMC, Quthbullapur, Medchal) Dr. Madhavi Nacharaju (Professor of OBGY, MRIMS)	
09:30 – 10:15 AM	Physiology of Menopause	Dr. Bushra Shereen (Associate Professor of OBGY, Malla Reddy Medical College for Women)
10:15 – 11:00 AM	Nutrition and Lifestyle Modifications in Menopausal Bone Health	Dr. Hari Anupama (Professor of OBGY, Malla Reddy Medical College for Women)
11:00 – 11:30 AM	Inauguration & Tea Break	
11:30 – 11:45 AM	RAMP WALK by Dignitaries and Delegates	Judges Dr. P. Supriya Professor of OBGY, Govt. Medical College, Nagarkarnool Dr. M. Laxmi Prasanna Professor & HOD of OBGY Govt. Medical College, Nizamabad Dr. T. Vijaya Krishna Professor & HOD of OBGY Govt. Medical College, Kamareddy
	Scientific Session-2 Chairpersons Dr. P. Balamba (Senior Consultant, Shalini Hospital, Hyderabad) Dr. C. Ambuja (Retd. Professor and HOD of OBGY, Gandhi Medical College) Dr. M. Tripura Sundari (Professor & HOD of OBGY, KIMS) Dr. S. Sandhya Rani (Professor of OBGY, ESIC Medical College)	
12:00 – 12:15 PM	Genitourinary and Sexual Problems in Menopause	Dr. E. Prabhavathi, President, Hyderabad Menopause Society
12:15 – 12:30 PM	Changes, Risk Factors in Menopause	Dr. M. Laxmi Rathna, Professor & HOD of OBGY, Ankura Hospital
12:30 – 01:00 PM	Prescription Writing on Menopause Hormone Therapy (Part 1)	Dr. U. Sreelakshmi, Professor of OBGY, MRCMW
01:00 – 01:30 PM	LUNCH	
	Scientific Session 3 Chairpersons Dr. Gurujala Sailaja (Retd. Principal & Senior Consultant of OBGY, GMC/OMC) Dr. S. Rani Reddy (Professor & HOD of OBGY, Apollo Medical College) Dr. K. Suneela (Professor of OBGY, Govt Medical College, Maheswaram) Dr. B. Sumalatha (Professor of CKM Hospital, Kakatiya Medical College, Warangal)	
01:30 – 02:15 PM	Panel Discussion-Therapy in Menopause	Moderator- Dr. Sandhya Dixit (Retd. Professor of OBGY, Osmania Medical College & President-HMS) Panelist- Dr. Sweta Agarwal (Clinical Director of OBGY, Southern Gem Hospital) Dr. Payal Bhargava (Treasurer-HMS, Senior Consultant Pi health hospital) Dr. Patnala Vijaya (Professor of OBGY, MNR Medical College) Dr. V. Usha Sai Vitthal (Professor of OBGY, Mahaveer Hospital) Dr. D. Jayalakshmi (Professor & HOD of OBGY, Arundathi Institute of Medical Sciences)
2:15 to 02:45 PM	Prescription Writing on Menopause Hormone Therapy (Part 2)	Dr. R. Subha Archana (Associate Professor of OBGY, Malla Reddy Medical College for Women)
2:45 to 03:00 PM	QUIZ	
03:00 – 04:00 PM	Dancercise - Tone your Muscles	Judges Dr. R. Aruna (Professor & HOD of OBGY, Govt Medical College Ramangundam) Dr. A. Saroja (Professor & HOD of OBGY, Govt. Medical College, Nirmal)
04:00 – 04:30 PM	Valedictory & Vote of Thanks – Dr. G. Uma Devi, Joint Secretary, HMS	
04:30 – 05:00 PM	Prize Distribution & Meet the Expert	

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