

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

**24<sup>th</sup> January 2026 Saturday**

Eligible for  
02 TGMC  
Credit Hours

Menopause is a natural part of life....  
Fight menopausal symptoms with

**Triple R**

**R**ight food

**R**egular  
exercise

**R**ight 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





**Dr. Anitha**  
President IMS

**Dr. Ragini Agarwal**  
Secretary General

**Dr. Meeta Singh**  
Founder patron of HMS

**Dr. Sandhya Dixit**  
President HMS

**Dr. Ambuja Chorapur**  
Senior Patron

**Dr. Hari Anupama**  
Program convener  
Professor of OBGY, MRM CW

**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
	<b>Scientific Session-1</b> <b>Chairpersons</b> 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	<b>Judges</b> 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
	<b>Scientific Session-2</b> <b>Chairpersons</b> 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, MRMWCW
01:00 – 01:30 PM	LUNCH	
	<b>Scientific Session 3</b> <b>Chairpersons</b> 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 Vittal (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	<b>Judges</b> 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	

# ORGANIZING COMMITTEE

## CHIEF PATRON

**Sri. Ch. Malla Reddy Garu**  
Founder Chairman  
Malla Reddy Group of Institutions

## PATRONS

**Dr. Ch. Bhadra Reddy**  
Chairman – MRV

**Dr. Ch. Preeti Reddy**  
Vice Chairman – MRV

## ORGANIZING CHAIRPERSONS

**Dr. S. Sreelatha**  
Dean, MRMCW

**Dr. N. Srinivasa Rao**  
Medical Superintendent, MRNMSH

## CHIEF ORGANIZING SECRETARY

**Dr. Hari Anupama**  
Professor of OBGY, MRMCW

## ORGANIZING SECRETARIES

**Dr. B. Indira**  
Professor & HOD of OBGY, MRMCW

**Dr. K. Saritha**  
Professor, OBGY, MRMCW

**Dr. U. Sreelakshmi**  
Professor, OBGY, MRMCW

## ORGANIZING COORDINATORS

**Dr. R. Subha Archana**  
Associate Professor, OBGY

**Dr. G. Harani Reddy**  
Assistant Professor, OBGY

## ORGANIZING MEMBERS

**Dr. Bushra Shereen**  
Associate Professor, OBGY

**Dr. K. Vishali**  
Associate Professor, OBGY

**Dr. V. Navya**  
Assistant Professor, OBGY

**Dr. E. L. Kiranmayee**  
Assistant Professor, OBGY

**Dr. K. Reshma**  
Assistant Professor, OBGY

**Dr. M. Yashaswini**  
Senior Resident, OBGY

**Dr. Shaik Mubasheera Banu**  
Senior Resident, OBGY

**Dr. S. Suchitra**  
Senior Resident, OBGY

**Dr. A. Naveena**  
Senior Resident, OBGY

**Dr. P. Naveena**  
Senior Resident, OBGY