WEST ZONE CONFERENCE
OF INDIAN MENOPAUSE SOCIETY
2026

Organised by
Mumbai Menopause Society
In Association with
The Mumbai Obstetric & Gynaecological Society

SCIENTIFIC PROGRAMME

Menopause 360°
Evidence, Endocrinology & Evolving Therapies

21 – 22 November 2026

Sunville Banquets, Worli, Mumbai

10 IMS Credit points granted

12 ICOG Credit points granted

Applied for MMC points

Scientific Sessions | Expert Faculty | Interactive Workshops | Multidisciplinary Perspectives

NOVEMBER 21st, 2026 SATURDAY

HALL A - ROYALE

TIME	SESSION / TOPIC	MODERATOR / CHAIRPERSON	SPEAKER / PANELIST
09:00 am to 11:30 am	**Precision MHT Workshop – "Technology Edge + MHT in Special Scenarios"** Convenor: Dr Madhuri Joshi	Dr Asmita Pathak Dr Geetanjali Belekar Dr Freni Shah	
09:00 am to 09:15 am	MHT 2026: What Has Changed?		Dr Madhuri Joshi
09:15 am to 09:30 am	Choosing the Right MHT use of MHT App		Dr Shashi Shrivastava
09:30 am to 09:45 am	Transdermal Estrogen game Changer		Dr Ameya Kulkarni
09:45 am to 10:00 am	MHT in Special Scenarios: Where the Guidelines Get Difficult		Dr Arti Gupta
10:00 am to 10:15 am	Precision MHT: Technology edge		Dr Seema Sharma
10:15 am to 10:45 am	Hands on MHT prescription with precision 1 - Early menopause, no symptoms. 2 - Postmenopause with severe VMS 3 - Obesity + metabolic risk plus VMS 4 - GSM	**Moderators:** Dr Suman Bijlani Dr Poonam Mathur	
10:45 am to 11:30 am	Panel Discussion - Precision MHT: What Would You Prescribe?	**Moderators:** Dr Reena Shrivastava Dr Sandhya Saharan	**Panelists:** Dr Parikshit Tank Dr Nidhi Kurkal Dr Sharmeen Vazifdar Dr Ushma Maniar Dr Janaki Desai Dr Sunil Tambvekar Dr Dheera Shah Dr Swati Shah Dr Shreya Prabhoo
11:30 am to 12:30 pm	**Keynotes (15 mins)**	Dr Shiraz Vajifdar Dr Kirti Bendre Dr Sidra Khot	
11:30 am to 11:45 am	Future vision of Menopause		Dr Anita Shah
11:45 am to 12:00 pm	The Invisible Menopause: Environmental Toxins & Endocrine Disruptors		Dr Ragini Agrawal
12:00 pm to 12:15 pm	Psychological shifts and emotional growth at menopause		Dr Bipasha Sen
12:15 pm to 12:30 pm	Inflammaging the missing link in menopause		Dr Nalini Bagul
12:30 pm to 01:15 pm	**MOGS - Dr. Nayna & Dr. Adi Dastur Oration** The great endocrine transfiguration - Reframing perimenopause in contemporary practice	Dr Shailesh Kore Dr Parikshit Tank Dr Vandana Walvekar Dr Priya Vora Thakur Dr Komal Chavan	Dr Nozer Sheriar
01:15 pm to 02:00 pm	**LUNCH**		
02:00 pm to 03:00 pm	**Perimenopausal Bleeding**	Dr Sudhir Gokral Dr Hansa K Bheda Dr Namrita Sheregar	
02:00 pm to 02:15 pm	Evaluation of perimenopausal bleeding		Dr Sudha Tandon
02:15 pm to 02:30 pm	Case Based approach to perimenopausal bleeding		Dr Reena Wani
02:30 pm to 02:45 pm	Operative hysteroscopy in menopause		Dr Rajendra Sankpal
02:45 pm to 03:00 pm	The wired, tired and forgetful mind navigating brain fog in perimenopause		Dr Jini Gupta

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HALL A - ROYALE

03:00 pm to 04:00 pm	**Mixed Bag**	**Chairpersons:** Dr Supriya Arwari Dr Deepa Mungi Dr Unnati Shah	
03:00 pm to 03:15 pm	It's Not Just in Your Head (It's in Your Hormones): Navigating the Perimenopause Mind		Dr Akshata Bhat
03:15 pm to 03:30 pm	The IUI Playbook: Patient Selection to Pregnancy		Dr Dharam Shah
03:30 pm to 03:45 pm	LNG in perimenopause		Dr Atul Ganatra
03:45 pm to 04:00 pm	New Age Testing for Menopausal Women		Dr Alka Walavalkar
04:00 pm to 05:15 pm	**The Clinical Kaleidoscope**	Dr Vijay Kalyankar Dr Shabnam Singh Dr Suruchi Desai	
04:00 pm to 04:15 pm	Obesity and Midlife - Jab we met		Dr Archana Dwivedi
04:15 pm to 04:30 pm	Post menopausal bleeding		Dr Surekha Tayade
04:30 pm to 04:45 pm	Role of microbiomes		Dr Ganpat Sawant
04:45 pm to 05:00 pm	Non hormonal Alternatives		Dr Rajendra Nagarkatti
05:00 pm to 05:15 pm	Robotics in Hysterectomy		Dr Gaurav Desai
05:15 pm to 05:30 pm	**HIGH TEA**		
06:30 pm to 08:00 pm	**Inauguration**		
8:00 pm onwards	**GALA DINNER**		

NOVEMBER 21st, 2026 SATURDAY

HALL B – ORCHID

TIME	SESSION / TOPIC	MODERATOR / CHAIRPERSON	SPEAKER / PANELIST
09:00 am to 11:30 am	**Workshop FRAG** Convenors: Dr Binal Shah, Dr Trupti Nadkarni, Dr Priyanka Tripathi	Dr Piyush Prabhat Dr Priti Nitsure Dr Rachna Dalmia	
09:00 am to 09:15 am	Female sexual dysfunction		Dr Rohann Bokdawala
09:15 am to 09:30 am	Diode laser		Dr Parul Saoji
09:30 am to 09:45 am	Surgical overview of cosmetic gynecology		Dr Manvi Verma
09:45 am to 10:00 am	Functional Treatments in GSM		Dr Sejal Ajmera
10:00 am to 10:15 am	Cosmetic Gynecology Treatments and Role in femal sexual dysfunctions		Dr Riddhi Shukla
10:15 am to 10:45 am	Skit on Menopause		Dr Richa Dhirawani Dr Amita Saxena
10:45 am to 11:30 am	Panel Discussion: Cosmetic Gynecology - Hope or Hype?	**Moderators:** Dr Binal Shah Dr Priti Vyas	**Panelists:** Dr Shruti Thar Dr Preeti Shirkande Dr Indrani Salunkhe Dr Parzan Mistry Dr Saloni Gandhi Dr Sonali Deshmukh Dr Poonam Nautiyal
11:30 am to 12:30 pm	**Keynotes (15 mins)**	Dr Darshana Gandhi Dr Navneet Desai Dr Shifa Panwala	
11:30 am to 11:45 am	Premature Ovarian Insufficiency		Dr Hephzibah Kirubamani
11:45 am to 12:00 pm	360 degrees in osteoporosis management		Dr Sachin Ajmera
12:00 pm to 12:15 pm	Why was PCOs renamed as PMOS?		Dr Duru Shah
12:15 pm to 12:30 pm	AI in cervical cancer		Dr NIranjan Chavan
12:30 pm to 01:15 pm	**MOGS - Dr. Nayna & Dr. Adi Dastur Oration in Hall A Royale**		
01:15 pm to 02:00 pm	**LUNCH**		
02:00 pm to 03:00 pm	**Bladder & Beyond: Urinary Issues in Women's Health**	Dr Dinesh Kanfade Dr Ashok Anand Dr Varsha Patil	
02:00 pm to 02:15 pm	Recurrent Urinary Tract Infection		Dr Vikash Kumar
02:15 pm to 02:30 pm	Overactive Bladder		Dr Harsh Mehta
02:30 pm to 02:45 pm	Urinary Incontinence		Dr Vikas Gupta
02:45 pm to 03:00 pm	Mind your Mind		Dr Vijaya Babre
03:00 pm to 04:00 pm	**Expert Insights**	Dr Ajit Kanbur Dr Aastha Kaushal	
03:00 pm to 03:15 pm	Braca, Lynch - what Gynecologist should know?		Dr Samar Gupte
03:15 pm to 03:30 pm	Digital health and social media in menopause		Dr Nita Mishra
03:30 pm to 03:45 pm	Intimacy issues in perimenopause		Dr Sangeeta Agarwal
03:45 pm to 04:00 pm	Vaccination in the older women		Dr Anahita Chauhan

NOVEMBER 21st, 2026 SATURDAY

HALL B - ORCHID

04:00 pm to 05:15 pm	**Menopause 360 degrees**	Dr Jyoti Shetty Dr Chaitali Trivedi Dr Aneesh Sabnis	
04:00 pm to 04:15 pm	Vit D deficiency and menopause		Dr Neena Patwardhan
04:15 pm to 04:30 pm	Delayed menopause		Dr Pooja Bandekar
04:30 pm to 04:45 pm	Simplified Understanding of Reactive Species and Anti-Oxidants: What all clinicians should know		Dr Nirja Chawla
04:45 pm to 05:00 pm	Holistic management of menopause, Beyond HRT		Dr Ashi Augustine
05:00 pm to 05:15 pm	Robotics in Benign Gynaecology		Dr Sudeshna Ray
05:15 pm to 05:30 pm	**HIGH TEA**		
06:30 pm to 08:30 pm	**Inauguration in Hall A Royale**		
8:00 pm onwards	**GALA DINNER**		

NOVEMBER 21st, 2026 SATURDAY

HALL C - FANTASY

TIME	SESSION / TOPIC	MODERATOR / CHAIRPERSON	SPEAKER / PANELIST
09:00 am to 11:00 am	**Free Papers**		
12:30 pm to 01:15 pm	**MOGS - Dr. Nayna & Dr. Adi Dastur Oration in Hall A Royale**	**Dr Prajakta Joshi** **Dr Aparna Sambhus**	
01:15 pm to 02:00 pm	**LUNCH**		
02:00 pm to 03:00 pm	**Posters**		
03:00 pm to 04:00 pm	**Posters**		
05:00 pm to 05:15 pm	**HIGH TEA**		
06:30 pm to 08:30 pm	**Inauguration in Hall A Royale**		
8:00 pm onwards	**GALA DINNER**		

NOVEMBER 22nd, 2026 SUNDAY

HALL A - ROYALE

TIME	SESSION / TOPIC	MODERATOR / CHAIRPERSON	SPEAKER / PANELIST
09:00 am to 10:00 am	**Panel:** Obesity the battle of the bulge	**Moderators:** Dr Sarita Bhalerao Dr Madhulika Agarwal	**Panelists:** Dr Ritu Hinduja Dr Rohan Palshetkar Dr Jayant Shah Dr Altamash Shaikh Dr Biswanath Gouda Dr Reshma Rao Dr Deepali Kale Dr Rajeshri Katke Dr Shruti Shah Dr Sanchari Pal
10:00 am to 11:15 am	**Clinical Updates**	Dr Sylvia Noronha Dr Shweta Kashikar Dr Egbert Saldanha	
10:00 am to 10:15 am	Sleep disturbances in the menopause transition		Dr Azmy Birdi, UK
10:15 am to 10:30 am	Optimising outcomes in IVF success in women at/after 40		Dr Sarah Zaidi
10:30 am to 10:45 am	Updates in breast Cancer treatment modalities		Dr Namita Pandey
10:45 am to 11:00 am	Imaging in palpable breast masses		Dr Suman Kumar Ankathi
11:00 am to 11:15 am	Surgical management of prolapse		Dr Nagendra Sardeshpande
11:15 am to 12:30 pm	**Keynotes (15 mins)**	Dr Manjula Bagdi Dr Vijay Khambati Dr Ankesh Sahetya	
11:15 am to 11:30 am	Premalignant lesions of vulva		Dr Ashwini Bhalerao
11:30 am to 11:45 am	Elderly abuse legal ethical issues		Dr Jyoti Jaiswal
11:45 am to 12:00 pm	The Menopause Divide		Dr Priya Vora Thakur
12:00 pm to 12:15 pm	The New Menopause Paradigm: Personalised, Preventive & Proactive Care		Dr Komal Chavan
12:15 pm to 12:30 pm	The Microbiome and Diminished Ovarian Reserve: What Do We Really Know?		Dr Navina Singh
12:30 pm to 01:15 pm	**Dr Vasantben Shah West Zone IMS Conference Oration** Rediscovering self during and afer menopause	**Chairpersons:** Dr Suvarna Khadilkar Dr Rashmi Shah Dr Sunila Khandelwal Dr Meeta Singh Dr Jyothi Unni Dr Sonia Malik	Dr Sudhaa Sharma, IMS President
01:15 pm to 02:00 pm	**LUNCH BREAK**		

NOVEMBER 22nd, 2026 SUNDAY

HALL A - ROYALE

02:00 pm to 03:00 pm	**ASTELLA Session**	Dr Neelima Mantri Patel Dr Meghana Bhate	
02:00 pm to 02:25 pm	Diagnosis & burden of untreated VMS - 25 mins		Dr Sudhaa Sharma
02:25 pm to 02:50 pm	Therapeutic advance for VMS management - 25 mins		Dr Jyoti Jaiswal
02:50 pm to 03:00 pm	Q and A - 10 mins		
03:00 pm to 04:00 pm	**Panel:** Bone Health	**Moderators:** Dr Trupti Nadkarni Dr Rajeshwari Khyade **Expert:** Dr Annil Mahajan	**Panelists:** Dr Rakesh Pandia Dr Prema Kania Dr Ritesh Nazareth Dr Nishita Shah Dr Pradnya Changade Dr Archana Prabhu Dr Kajal Parikh Dr Anita Soni Dr Amol Pawar
04:00 pm to 04:30 pm	**Valedictory Session**		
04:30 pm to 05:00 pm	**HIGH TEA**		

NOVEMBER 22nd, 2026 SUNDAY

HALL B – ORCHID

TIME	SESSION / TOPIC	MODERATOR / CHAIRPERSON	SPEAKER / PANELIST
09:00 am to 10:00 am	**Abnormal Uterine Bleeding panel**	**Moderators:** Dr Shailesh Kore Dr Kinjal Shah	**Panelists:** Dr Preeti Lewis Dr Kunjal Bhatija Dr Nidhi Shah Dr Priya Ganesh Dr Manzer Shaikh Dr Riddhi Desai Dr Pallavi Shah Dr Nilufer Moideen Dr Zubin Sheriar Dr Ruchi Chokshi Dr Raju Sahetya Dr Saurabh Dani
10:00 am to 11:15 am	**The Midlife Mosaic**	Dr Jyoti Kulkarni Dr Manjari Kawade Dr Sonalee Sardeshpande Dr Neha Dean	
10:00 am to 10:15 am	Why menopause clinic will be most appropriate for local delegates?		Dr Jignesh Shah
10:15 am to 10:30 am	PCOS to PMOS - the paragdim shift from lifestyle to life long		Dr Ameya Purandare
10:30 am to 10:45 am	Tibolone		Dr Susan Sodder
10:45 am to 11:00 am	CVD and Menopause - evidence, endocrinology and evolving therapies		Dr Neerja Pauranik
11:00 am to 11:15 am	Beyond Bone Density: A New Approach to Bone and Muscle Health in Women		Dr Puneet Mashru
11:15 am to 12:30 pm	**Keynotes (15 mins)**	Dr Neelam Chhabra Dr Neerja Mistry Dr Jayashree Joshi	
11:15 am to 11:30 am	Importance of nutrition in midlife		Dr Suvarna Khadilkar
11:30 am to 11:45 am	Optimising exercise during menopause		Dr Nita Dalal
11:45 am to 12:00 pm	Thyroid disorders in perimenopause		Dr Sheela Mane
12:00 pm tp 12:15 pm	Muscle bone cross talk		Dr Geetha Balsarkar
12:15 pm to 12:30 pm	MHT In Modern Era: Balancing Risk and Benefit		Dr Tripura Sundari
12:30 pm to 01:15 pm	**Dr Vasantben Shah West Zone IMS Conference Oration in Hall A Royale**		
01:15 pm to 02:00 pm	**LUNCH BREAK**		

NOVEMBER 22nd, 2026 SUNDAY

HALL B - ORCHID

02:00 pm to 03:00 pm	**Keynotes (15 mins)**	Dr Poonam Nautiyal Dr Yeshwanti Mody Dr Masooma Merchant	
02:00 pm to 02:15 pm	GSM		Dr Sujata Dalvi
02:15 pm to 02:30 pm	Genetics & Genomics of Menopause		Dr Milind Shah
02:30 pm to 02:45 pm	Uterine Sarcoma		Dr Arnav Tongaonkar
02:45 pm to 03:00 pm	GLP1 redefining womes health during menopause		Dr Rajiv Kovil
03:00 pm to 04:00 pm	**Panel:** Fertility after 40	**Moderators:** Dr Sulbha Arora Dr Radhika Sheth	**Panelists:** Dr Tejal Soni Dr Rupali Dharwadkar Dr Sandeep Pophale Dr Bharati Morey Dr Anurag Bhate Dr Rana Choudhary Dr Madhavi Panpalia Dr Beena Kumari Dr Riddhi Doshi

NOVEMBER 22nd, 2026 SUNDAY

HALL C - FANTASY

TIME	SESSION / TOPIC	MODERATOR / CHAIRPERSON	SPEAKER / PANELIST
09:00 am to 11:00 am	**Free Papers**		
11:00 am to 11:15 am	**COFFEE BREAK**		
12:30 pm to 01:15 pm	**Dr Vasantben Shah West Zone IMS Conference Oration in Hall A Royale**		
01:15 pm to 02:00 pm	**LUNCH BREAK**		
02:00 pm to 02:30 pm	**Midlife and Metabolic Health Quiz - Elimination Round** **MOC:** Dr Aishwarya Leyxmi Dr Sonali Deshmukh	**Quizmasters:** Dr Madhuri Joshi Dr Bhumika Kotecha	**Experts:** Dr Jayshree Beedkar Dr Madhulika Agrawal
03:00 pm to 04:30 pm	**Midlife and Metabolic Health Quiz - Podium Grand Finale** **MOC:** Dr Aishwarya Leyxmi Dr Sonali Deshmukh	**Quizmasters:** Dr Madhuri Joshi Dr Bhumika Kotecha	**Experts:** Dr Jayshree Beedkar Dr Madhulika Agrawal

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THANK YOU

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SCAN THE QR CODE TO REGISTER

CONFERENCE SECRETARIAT
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