



# AOGD 2026

## 48th Annual Conference Pre Conference Workshop

### Menopause and Ageing Skills Lab: Beyond the Lecture



10th September  
2026



**Time:**  
9:00 AM – 1:00 PM



EROS Hotel, Nehru Place, New Delhi

#### Chief Guest

Dr. Sonia Malik

#### Convenor

Dr. Meenakshi Ahuja

#### Scientific Chair

Dr. Jyoti Bhaskar

#### Guest of Honour

Dr. Neena Malhotra

#### Co-Convenor

Dr. Reeta Mahey

#### Organizing Secretary

Dr. Uma Vaidyanathan

#### Master of Ceremonies

Dr. Urvee Garg  
Dr. Aakanksha Kumar



SCAN TO REGISTER

| Time              | Topic                                                                                                                                                        | Faculty                                                                                                                                                      |
|-------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:00 AM–10:00 AM  | <b>The Menopause OPD Masterclass: From Assessment to Action</b><br>How to Evaluate the Perimenopausal & Postmenopausal Woman                                 | <b>Expert Panel:</b> Dr. Meenakshi Ahuja, Dr. Jyoti Bhaskar, Dr. Mona Gupta, Dr. Ekta Bajaj                                                                  |
| 9:00 AM–9:10 AM   | Welcome & Setting the Stage                                                                                                                                  | Dr. Meenakshi Ahuja                                                                                                                                          |
| 9:10 AM–9:20 AM   | History & Clinical Examination: What Every Clinician Must Ask and Look For                                                                                   |                                                                                                                                                              |
| 9:20 AM–9:30 AM   | Menopause Assessment Charts: Making Every Consultation Count                                                                                                 | Dr. Taruna Dua                                                                                                                                               |
| 9:30 AM–9:40 AM   | Osteoporosis & Sarcopenia: Spot the Risk Before the Fracture                                                                                                 | Dr. Mahima Kak                                                                                                                                               |
| 9:40 AM–9:50 AM   | Breast Cancer Risk Assessment: Beyond Mammography                                                                                                            | Dr. Neha Kapoor                                                                                                                                              |
| 9:50 AM–10:00 AM  | Cardiovascular Risk Assessment: The Heart of Menopause Care                                                                                                  | Dr. Tejashri Shotri                                                                                                                                          |
| 10:00 AM–10:20 AM | <b>The MHT Basket</b><br>Beyond Tablets: Exploring the Complete Menopausal Hormone Therapy Toolbox in India                                                  | <b>Speaker:</b> Dr. Yukti Wadhawan<br><b>Chairpersons:</b> Dr. Susheela Gupta, Dr. Aradhana Singh, Dr. Neha Pruthi, Dr. Namita Chopra                        |
| 10:20 AM–10:30 AM | <b>Inauguration</b><br><b>Chief Guest:</b> Dr. Sonia Malik<br><b>Guest of Honour:</b> Dr. Neena Malhotra                                                     |                                                                                                                                                              |
| 10:30 AM–10:50 AM | <b>Food as Medicine</b><br>Nutrition Strategies for Healthy Ageing Through Menopause                                                                         | <b>Speaker:</b> Dr. Manika Sethia<br><b>Chairpersons:</b> Dr. Loveleena Nadir, Dr. Mala Srivastava, Dr. Shakuntla Kumar, Dr. Sushmita Prakash                |
| 10:50 AM–11:10 AM | <b>The Menopause Diet Clinic</b><br>Designing Practical, Personalised Diet Plans — Let's Get Writing!                                                        |                                                                                                                                                              |
| 11:10 AM–11:30 AM | <b>Lifestyle Medicine in Menopause</b><br>What Truly Makes a Difference? Evidence-Based Lifestyle Interventions That Work                                    | <b>Speaker:</b> Dr. Chitra Sethia<br><b>Chairpersons:</b> Dr. Sadhana Kala, Dr. Tripti Saran, Dr. Poonam Joon                                                |
| 11:30 AM–11:50 AM | <b>Strong Bones, Strong Muscles, Stronger Women</b><br>Exercise Prescription for Bone, Muscle & Joint Health (Theory + Live Demonstration by ProHealth Asia) | <b>Speaker:</b> Ms. Charu Shankar<br><b>Chairpersons:</b> Dr. Rohit Raina, Dr. Shelly Singh, Dr. Suyesha Khanijao                                            |
| 11:50 AM–12:10 PM | <b>Pelvic Health Skills Lab</b><br>Pelvic Floor Exercises & Non-Surgical Devices for Genitourinary Syndrome of Menopause (Theory + Practical Demonstration)  | <b>Speaker:</b> Dr. Karishma Thariani<br><b>Chairpersons:</b> Dr. Mamta Dagar, Dr. Achla Batra, Dr. Pooja Jain                                               |
| 12:10 PM–1:00 PM  | <b>Prescription Writing Workshop</b><br>From Diagnosis to Prescription: Six Real-Life Menopause Cases                                                        | <b>Discussants:</b> Dr. Meenakshi Ahuja, Dr. Jyoti Bhaskar, Dr. Leena Sreedhar, Dr. Kiranjeet Kaur, Dr. Priti Dhamija, Dr. Uma Vaidyanathan, Dr. Rinku Lodha |