



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	The Menopause OPD Masterclass: From Assessment to Action How to Evaluate the Perimenopausal & Postmenopausal Woman	Expert Panel: 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	The MHT Basket Beyond Tablets: Exploring the Complete Menopausal Hormone Therapy Toolbox in India	Speaker: Dr. Yukti Wadhawan Chairpersons: Dr. Susheela Gupta, Dr. Aradhana Singh, Dr. Neha Pruthi, Dr. Namita Chopra
10:20 AM–10:30 AM	Inauguration Chief Guest: Dr. Sonia Malik Guest of Honour: Dr. Neena Malhotra	
10:30 AM–10:50 AM	Food as Medicine Nutrition Strategies for Healthy Ageing Through Menopause	Speaker: Dr. Manika Sethia Chairpersons: Dr. Loveleena Nadir, Dr. Mala Shrivastava, Dr. Shakuntla Kumar, Dr. Sushmita Prakash
10:50 AM–11:10 AM	The Menopause Diet Clinic Designing Practical, Personalised Diet Plans — Let's Get Writing!	
11:10 AM–11:30 AM	Lifestyle Medicine in Menopause What Truly Makes a Difference? Evidence-Based Lifestyle Interventions That Work	Speaker: Dr. Chitra Sethia Chairpersons: Dr. Sadhana Kala, Dr. Tripti Saran, Dr. Poonam Joon
11:30 AM–11:50 AM	Strong Bones, Strong Muscles, Stronger Women Exercise Prescription for Bone, Muscle & Joint Health (Theory + Live Demonstration by ProHealth Asia)	Speaker: Ms. Charu Shankar Chairpersons: Dr. Rohit Raina, Dr. Shelly Singh, Dr. Suyesha Khanijao
11:50 AM–12:10 PM	Pelvic Health Skills Lab Pelvic Floor Exercises & Non-Surgical Devices for Genitourinary Syndrome of Menopause (Theory + Practical Demonstration)	Speaker: Dr. Karishma Thariani Chairpersons: Dr. Mamta Dagar, Dr. Achla Batra, Dr. Pooja Jain
12:10 PM–1:00 PM	Prescription Writing Workshop From Diagnosis to Prescription: Six Real-Life Menopause Cases	Discussants: Dr. Meenakshi Ahuja, Dr. Jyoti Bhaskar, Dr. Leena Sreedhar, Dr. Kiranjeet Kaur, Dr. Priti Dhamija, Dr. Uma Vaidyanathan, Dr. Rinku Lodha