

NARCHI DELHI 2025

31st Annual Conference of National Association for Reproductive & Child Health of India
(NARCHI)-Delhi Branch

Theme: "Plan Promote Propagate Women's Health"



Menopause: Unlocking the potential of the second innings

PRE-CONFERENCE

Organised By: Dept.of Obstetrics and Gynaecology, Deen Dayal Upadhyay Hospital

Organizing chairperson: Dr. Poonam Laul

Date: 08- Aug- 2025 (Friday)

Conveners: Dr. Urvashi Miglani, Dr. Harvinder Kaur

Time: 09:00 AM – 01:00 PM

Organising Secretary: Dr. Aishwarya Nandakumar, Dr. Alekhya

Venue: India Habitat Centre

PROGRAMME

TIME	TOPIC	SPEAKER
08:30-09:00 am	REGISTRATION	
09:00-09:15 am	Welcome Address & Introduction	
SESSION 1		
Chairpersons: Dr Amita Suneja, Dr Y M Mala, Dr Renuka Malik, Dr Kiranjeet		
09:15-09:30 am	Repair, rebuild, reclaim: Bones in hormonal transition	Dr Manju Khemani
9:30-9:45 am	Fading muscles, rising risks: Confronting Sarcopenia in clinical practice	Dr Poonam Laul
9:45-10:00 am	MHT - When and How?	Dr Jyoti Bhaskar
10:00-10:30 am	INAUGURATION	
SESSION 2		
10:30-11:30 am	Case Based Panel Discussion on Menopause Moderators: Dr Urvashi Miglani, Dr Harvinder Kaur	Panellists: Dr Seema Singhal Dr Shalini Dr Meenakshi Ahuja Dr Anuradha
SESSION 3		
Chairpersons: Dr Leena Sreedhar, Dr Poonam Laul, Dr Archana Pathak		
11:30-11:45 am	When Estrogen Fades: The Urogenital Fallout of Menopause	Dr Harsha
11:45-12:00 pm	Hot flashes, Cool minds - Emotional intelligence hacks for menopause	Ms Aadya
12:15-12:45 pm	QUIZ	
12:45 pm	Vote of Thanks by Dr.Urvashi Miglani	

WHO SHOULD ATTEND

- GYNAECOLOGISTS
- POST GRADUATES IN OBSTETRICS AND GYNAECOLOGY

WORKSHOP HIGHLIGHTS

- CRISP PRECISE DELIBERATIONS ON BASICS
- CASE BASED PANEL DISCUSSION WITH IMPORTANT TAKE HOME MESSAGES
- TEACHING BY EXPERTS OF THE FIELD
- ENGAGING AND CHALLENGING QUIZ
- EMPOWERING SESSIONS TO NAVIGATE MENOPAUSE WITH RESILIENCE.