

# AICOG 2026

14<sup>th</sup> January 2026, Wednesday

## POST-LUNCH WORKSHOP

### Streaming Midlife: New Notes Of Orchestra

JAVAKUSUM HALL - 3<sup>rd</sup> FLOOR - ROOM NO. 303 | CC BUILDING

**Advisors:** Maninder Ahuja, Sudhaa Sharma, Suneeta Mittal, Susheela Gupta

**Convenors:** Archana Dwivedi, Manju Khemani, Shyjus P, Vinita Gupta

Time	Topic	Speaker/Moderator		
2:00 PM-2:10 PM	Welcome Address & Inauguration	Archana Dwivedi		
<b>Session 1: Prescription Writing</b>				
<b>Experts:</b> Anita Shah, Anju Soni, Archana Singh				
02:10-02:55 PM	Prescription writing in menopause: Case based Discussion <b>Panelists:</b> Arti Gupta, Anita Kant, Jyoti Jaiswal, Kiran Aggarwal, Reshma Banerjee, Shyjus P, Susheela Gupta, Ushma Maniar	Manju Khemani Meeta Singh		
02:15-03:10 PM	<b>Audience Interaction</b>			
<b>Session 2: Panel Discussion</b>				
<b>Experts:</b> Manju Varma, Neelam Aggarwal, Suneeta Mittal				
03:10 PM-03:55 PM	Case-based Discussion-Osteoporosis <b>Panelists:</b> Ajay Agarwal, Ashwini Bhalerao Gandhi, Binal Shah, Indu Taneja, Jyoti Bhaskar, Ruchika Garg, S S Doda, Vandana Gupta, Vivek Shankar	Maninder Ahuja Sudhaa Sharma		
03:55-04:00 PM	<b>Audience Interaction</b>			
04:00-04:10 PM	Estrogen echo - Impact on menopause brain	Ragini Aggarwal		
<b>04:10-05:10PM Work Stations</b>				
Sr. No.	Station Name	Workstation Faculty		
Station 1	Adult vaccination	Aditi Rathore, Meenakshi Ahuja, Sonal Gupta		
Station 2	Medicines HRT	Asna Ashraf, Reena Srivastava, Rajeshwari Khyade, Madhuri Joshi		
Station 3	Exercise and tools	Maninder Ahuja, Himanshu Kaushik, Renu Meena, Rajlaxmi Mundhra, Tanya Sharma		
Station 4	How to use risk scoring charts	Bipasa, Madhusmita, Kiranjeet Kaur, Renuka Malik		
Station 5	Nutrition	Ritika, Vinita Gupta, Jagruti Desai, Yukti Wadhawan		
Delegates will be divided in 5 groups. Each group will spend 15 minutes on each work station				