



Navi Mumbai Obstetrics and Gynaecological Society
and
IMA, Navi Mumbai
Invites you

IMPACT CME-2026

GOLDEN YEARS, GOLDEN CARE

Ageing Gracefully



DATE

Sunday

19th April 2026



TIME

8.30 AM- 2.00 PM



VENUE

Terna Hospital

Auditorium, Nerul West

*Registration is free but
prior registration is mandatory
** MMC and ICOG points applied

NMOGS office Bearers

Dr Bindhu K S
President

Dr Vishwas Parulekar
Hon. Secretary

Dr Sachin Lokhande
Treasurer, NMOGS

IMA office bearers

Dr Ghanshyam Dulera
President, IMANM

Dr Alka Patnaik
Secretary, IMANM

For registration & Inquiry contact : Ms. Purva Sawant: +91 81089 96840



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SCIENTIFIC PROGRAM

MASTER OF CEREMONY: Dr Krutika Arunachalam & Dr Hernaz Kaur

8.30 Am To 9.00 Am : Breakfast And Registration

	TIME	TOPIC	SPEAKER
session-1	9.00 - 9.20 am	Comprehensive Geriatric Assessment Clinical & Social Dimensions (Practical Pearls)	Dr Anupa Pillai
	9.20 - 9.40 am	Nutrition For Older Adults	Mrs Ruchika Gupta
	9.40 - 10.00 am	Falls, Frailty And Functional Preservation	Dr Sameer Chaudhary
	10.00 - 10.10 am	Discussion	
session-2	10.10 - 10.30 am	Dementia Update: Early Diagnosis And Management	Dr Naganath Prem
	10.30 - 10.50 am	Sexuality In The Elderly	Dr Ajayan Varughese
	10.50 - 11.10 am	Mental Health In Seniors	Dr Rituparna Ghosh
	11.10 - 11.20 am	Discussion	
	11.20 - 11.35 am	Chair Yoga Demo Session	Ms Shikha Chakraborty

11.35 - 11.50 am Tea Break



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11.50 am - 12.10 pm Inauguration Ceremony

Chief Guest : Dr Sunil Petkar

Guest of Honour: Dr Nikhil Datar

session-3

12.10 - 1.00 pm	Dr Shirish Daftary Oration End Of Life: Rights, Remedies And Challenges	Dr Nikhil Datar
1.00 - 1.45 pm	Panel Discussion Community Engagement Models For Healthy Ageing Moderators: Dr Bindhu K S & Dr Deepa Kala	Panelists Mr Valerian Pais Dr Shwet Sabnis Dr Rituparna Ghosh Adv Bindu Dubey Mr Vishwanath S Bhalinge
1.45 - 2.00 pm	Vote of Thanks	Dr Vishwas Parulekar
2.00 pm Onwards Lunch		



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PAST PRESIDENTS



Dr. Pradeep Khopkar
Period : 2003-2004



Dr. Surekha Mude
Period : 2004-2005



Late Dr. Mandakini Parihar
Period : 2005 - 2007



Dr. Uday Thanawala
Period : 2007 - 2009



Dr. P.C. Jain
Period : 2009 - 2011



Dr. Sham Kulkarni
Period : 2011 - 2013



Dr. Bharati Morey
Period : 2013 - 2015



Dr. Anu Vij
Period : 2015 - 2017



Dr. Sucheta Kinjawadekar
Period : 2017 - 2019



Dr. Mini Nampoothiri
Period : 2019 - 2021



Dr. Rahul Wani
Period : 2021 - 2023



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Office Bearers 2025-2027



Dr Bindhu K S
President



Dr Santosh Jaybhaye
President Elect



Dr. Jyoti Bobe
Imm. Past President



Dr Vishwas Parulekar
Hon. Secretary



Dr Sachin Lokhande
Treasurer



Dr Deepa Kala
Clinical Secretary



Dr. Bandita Sinha
Vice President



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Managing Committee Members 2025-2027



Dr Sarika Mhatre



Dr Ankita Kaushal



Dr Krutika Arunachalam



Dr Priya Deshpande



Dr Neha Bothara



Dr Priya Khamatkar



Dr Hernaz Kaur Sahani



Dr Vaibhav Andhare



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