

**Fernandez Hospital
Educational & Research
Foundation**



**Decode Menopause
Reclaim your Well-being**

Sunday, 2 August 2026
Fernandez OP Clinic - Necklace Road

Programme

Time	Topic	Moderator 1
8.30 AM – 9.00 AM	Registration	
9:00 AM – 9.05 AM	Inauguration	Dr Krupa Patalay
9:05 AM – 9:35 AM	Physiological Changes in Menopause	Dr Janu M
9:35 AM – 10:00 AM	Nutrition Requirements in Menopause	Dr Latha Sashi
10:00 AM – 10:30 AM	Introduction to Lifestyle Medicine	Dr Lakshmi Sundar
10:30 AM – 11:00 AM	Whole Food Plant-Based Diet	Dr Supraja
11:00 AM – 11:15 AM	TEA BREAK	
11:15 AM – 11:45 AM	Exercise and Physical Activity	Dr Lakshmi Sundar
11:45 AM – 12:15 PM	Positive Psychology	Dr Sheela Nambiar
12:15 PM – 12:45 PM	Sleep and Menopause	Dr Meera Raghavan
12:45 PM – 1:30 PM	Exercise prescription in Menopause	Dr Latha Balasundaram
1:30 PM – 2:15 PM	LUNCH	
2:15 PM – 2:45 PM	Stress Management (MBSR)	Dr Meera
2:45 PM – 3:15 PM	Risk Assessment before MHT and Cancer Screening	Dr Manjula Rao
3:15 PM – 3:45 PM	Menopausal Hormone Therapy- New 2026 recommendations	Dr Meeta Singh
3:45 PM – 4:30 PM	Osteoporosis: Prevention and Management	Dr Jamuna
4:30 PM – 4:45 PM	TEA BREAK	
4:45 PM – 5:30 PM	Panel Discussion	Dr Krupa and Team
5:30 PM – 5:45 PM	Q & A Session	All Faculty
5:45 PM – 6:15 PM	Vote of Thanks	Dr Janu