

"The Journey So far"

25 Years of Providing Post - Reproductive Care and Awareness in Sri Lanka
2000-2025



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Acknowledgments

The editors wish to extend their heartfelt appreciation to all who contributed to this effort. Just as MENOSOC itself has always been a team endeavor, the compilation of this chronicle would not have been possible without the support of those who believed in us and offered their assistance in every way they could. MENOSOC salutes each and every one of these valued friends.

Message from the Pioneer Team

Initiating a medical professional body is by no means an easy task. In a landscape already crowded with numerous organizations, a new one is often either overlooked or met with resistance. The Menopause Society of Sri Lanka (MENOSOC) has successfully overcome both these challenges.

Looking back, anticipating the health burden faced by women in midlife and beyond as early as the year 2000 was truly a visionary step. Now, a quarter century later, with an ever-growing elderly population, health administrators, caregivers, and patients alike find reassurance in the presence of a dedicated body - MENOSOC - comprising both medical and non-medical individuals, committed to raising awareness and offering much-needed guidance and support.

MENOSOC has reached a significant milestone with 25 years of dedicated service, leading to the improvement of health standards for women in midlife and beyond. The establishment of the Menopause Society in the year 2000 marked a pivotal moment in dispelling stigma and longstanding misconceptions linked to menopause. The Society's progression remained unimpeded even when faced with many challenges along its journey.

It was a far-sighted initiative by a group of like-minded individuals, and looking back, we take pride in how far we have come - gaining due recognition for what is both a physiological and pathological condition. This silent struggle, endured by countless women who continue to uphold our nation in every sphere, is finally receiving the attention it deserves. The achievements of MENOSOC are due to the dedication and hard work of successive teams.

It filled a lacuna in the healthcare of women in this country through advocacy and education of both the public and healthcare workers. Healthcare professionals across all disciplines were kept abreast of the most current approaches to menopause management. The public was provided with knowledge and information about avenues for seeking assistance.

MENOSOC engaged in active collaboration with a spectrum of professional bodies as well as like-minded professionals - both medical and non-medical—at national and international levels, sharing updated knowledge via lectures, symposia, and joint sessions.

Knowledge sharing through print media was markedly supplemented with electronic media during the COVID pandemic and has remained a mainstay of outreach efforts. It has promoted research from its inception and has numerous publications, playing a key role in advancing knowledge on menopause.

This publication retraces our journey. While we have aimed to be concise, we have also endeavored to present information that is both accurate and informative, recognizing that our readers may draw inspiration and guidance for future efforts in a similar direction. Any omissions are entirely unintentional.

Dr. M.D.P. Gooneratne
Founder President

Dr. Hemantha Perera
Founder Secretary

Abbreviation	Full Description
COVID	Coronavirus Disease
CSHW	Castle Street Hospital for Women
DGHS	Director General of Health Services
EMA	Estate Medical Assistant
HRT	Hormone Replacement Therapy
IMSCON	Indian Menopause Society Conference
MENOSOC	Menopause Society of Sri Lanka
MHT	Menopausal Hormone Therapy
NCD	Non-Communicable Disease
NIHS	National Institute of Health Sciences
NTFP	National Task Force on Post-Reproductive Health
PHDT	Plantation Human Development Trust
PHM	Public Health Midwife
PG Trainees	Postgraduate Trainees
PRH	Post Reproductive Health
SAFOMS	South Asian Federation of Menopause Societies
SLCOG	Sri Lanka College of Obstetricians & Gynaecologists
SLJOL	Sri Lanka Journals Online
SLJOM	Sri Lanka Journal of Menopause
SLMA	Sri Lanka Medical Association
TOR	Terms of Reference
TOT	Training of Trainers
UNFPA	United Nations Population Fund
WHO	World Health Organization
WHI	Women's Health Initiative

Chapter 01

Formative Years 2000-2002



Formative Years

It was the dawn of the new millennium. The previous half century had witnessed a marked decline in maternal mortality in Sri Lanka as a result of better obstetric care, well-woman clinics, and maternal mortality reviews. However, health care of women after the reproductive period was found wanting. Menopause was less talked about by the public as well as the medical professionals. It occupied a less significant area in the curricula of medical undergraduates and postgraduates and other paramedical fields.

Against this backdrop, Dr. M.D.P. Gooneratne, a consultant obstetrician and gynaecologist at De Soyza Maternity Hospital, and at the time a council member and the treasurer of the Sri Lanka College of Obstetricians & Gynaecologists (SLCOG), proposed the establishment of a professional body exclusively focused on menopause-related matters at a council meeting of SLCOG in early 2000.

Although some members voiced concerns that a portion of gynecological medical practice might be taken over by the new society, the then-president of SLCOG, Dr. Rohan Perera, supported the proposal. Most objections were eventually withdrawn, and the formation of the new society proceeded with the blessings of SLCOG. Acting as the convener, Dr. Gooneratne subsequently placed an advertisement in the newspapers to initiate the process.

An inaugural meeting was soon organized, bringing together a group of like-minded clinicians who recognised the growing need for a dedicated platform to address menopausal health. This gathering marked the first formal step toward the establishment of a specialised society that would advocate for education, research, and clinical excellence in the field of menopause care.

The inaugural meeting was held on 19 June 2000 at 8 pm in the library of Castle Street Hospital for Women (CSHW), Colombo.



Those present at the inaugural meeting included:

Medical Professionals

Dr. J.N. Rodrigo – Patron, SLCOG

Dr. Rohan Perera – President, SLCOG

Dr. Kolitha Sellaheewa – President, CCP

Dr. (Mrs.) Marlene Abeywardane

Prof. Wilfred Perera

Prof. H.R. Seneviratne

Dr. Lakshman Fernando

Dr. M.D.P. Gooneratne

Dr. Hemantha Perera

Dr. Lakshman Senanayaka

Dr. B.G.A. Vidyatilake

Dr. K.D.S. Ranasinghe

Other Attendees

Mrs. Priyaneetha Perera

Mrs. Kusum Fernando

Mr. Sunil Thirimavithana

Mr. Bandula Vithanage

Mr. Harsha Samarasinghe



Dr. Rohan Perera, President of SLCOG, welcomed the gathering and outlined the purpose of the meeting. Following this, an interim committee was appointed to carry out the initial organizational work. The committee comprised:

Dr. M.D.P. Gooneratne	– President
Dr. Rohan Perera	– Vice President
Dr. Kolitha Sellaheewa	– Vice President
Dr. Hemantha Perera	– Secretary
Dr. Marlene Abeywardane	– Treasurer

Formation of the Society and Committee Appointments

Dr. M.D.P. Gooneratne presided and explained the objectives of the society.

The following individuals were appointed to draft a constitution:

Dr. J.N. Rodrigo

Dr. M.D.P. Gooneratne

Dr. Kolitha Sellahewa

Dr. Rohan Perera

Dr. Hemantha Perera

Committee chairs were also appointed as follows:

Dr. Marlene Abeywardane – Chairman, Educational Committee

Mrs. Manel Watawala – Chairman, Fund Raising Committee

First Ordinary General Meeting

The first Ordinary General Meeting of the new society was held on 5th July 2000 at the same venue, with 19 members in attendance.

During the meeting, the name of the society was discussed. While the majority favored naming it the **Post Reproductive Health and Menopause Society**, concerns were raised that the name might make it difficult to attract members. Dr. M.D.P. Gooneratne suggested the name **Menopause Society** to ensure better international recognition. It was ultimately agreed to retain the name **Post Reproductive Health and Menopause Society** for the time being.

Election of First Office Bearers

The first office bearers of the Menopause Society were formally elected.

President: Dr. M.D.P. Gooneratne (proposed by Dr. Rohan Perera, seconded by Prof. Wilfred Perera)

President-Elect: Dr. Rohan Perera

Vice President: Dr. Kolitha Sellahewa

Honorary General Secretary: Dr. Hemantha Perera (on the President's proposal)

Treasurer: Dr. Marlene Abeywardane

Editor: Prof. Indrajee Amarasinghe

First Council Members

The following were appointed to the Council:

Dr. J.N. Rodrigo
Prof. Wilfred Perera
Dr. Lakshman Fernando
Prof. Harsha Seneviratne
Mrs. M. Watawala
Mrs. G.Y.K. Fernando
Dr. Lakshman Senanayaka
Dr. K.D.S. Ranasinghe

The draft of the constitution of the Post Reproductive Health and menopause society was approved with minor amendments.

The **first council meeting** of the Post Reproductive Health and Menopause Society of Sri Lanka was held on **23 July 2000 at 6:00 PM in the library of Castle Street Hospital for Women, Colombo 8**. The meeting began with the lighting of the traditional oil lamp. It was decided to invite medical students to create a logo for the society.

The format for the membership application form was agreed upon, with an enrollment fee of Rs. 100 and an annual subscription fee of Rs. 500. The following subcommittees were appointed:

- **Fundraising Committee –**

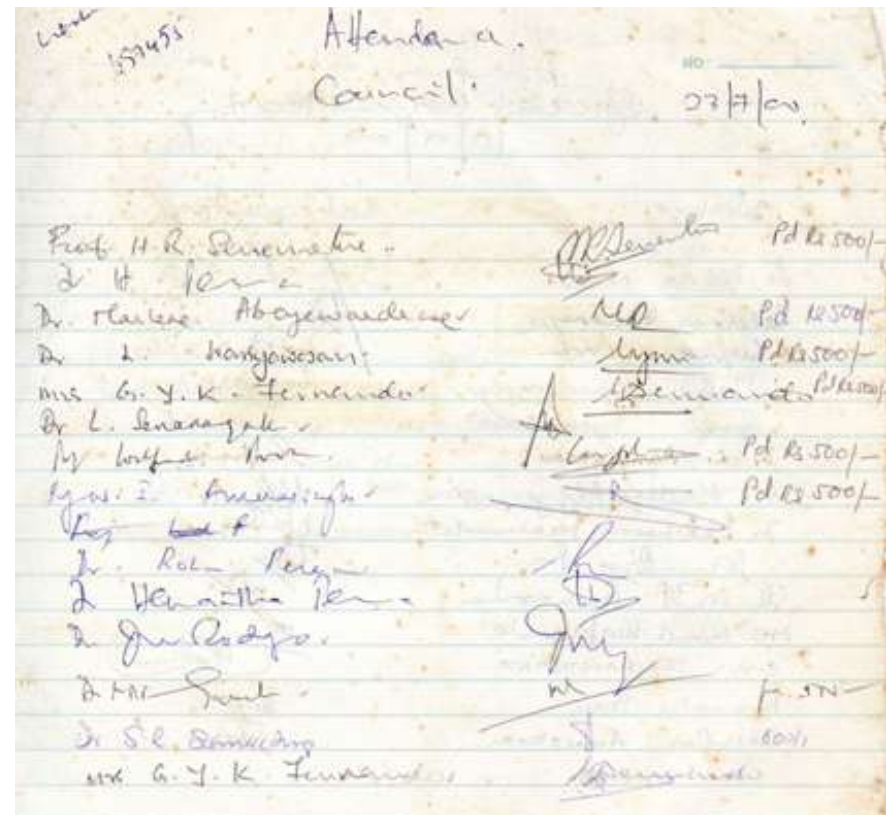
Chairperson: Dr. Marlene Abeywardane

- **Publicity and Membership Drive Committee –**

Chairperson: Mrs. Manel Watawala

- **Education Committee –**

Chairperson: Prof. W.S.E. Perera

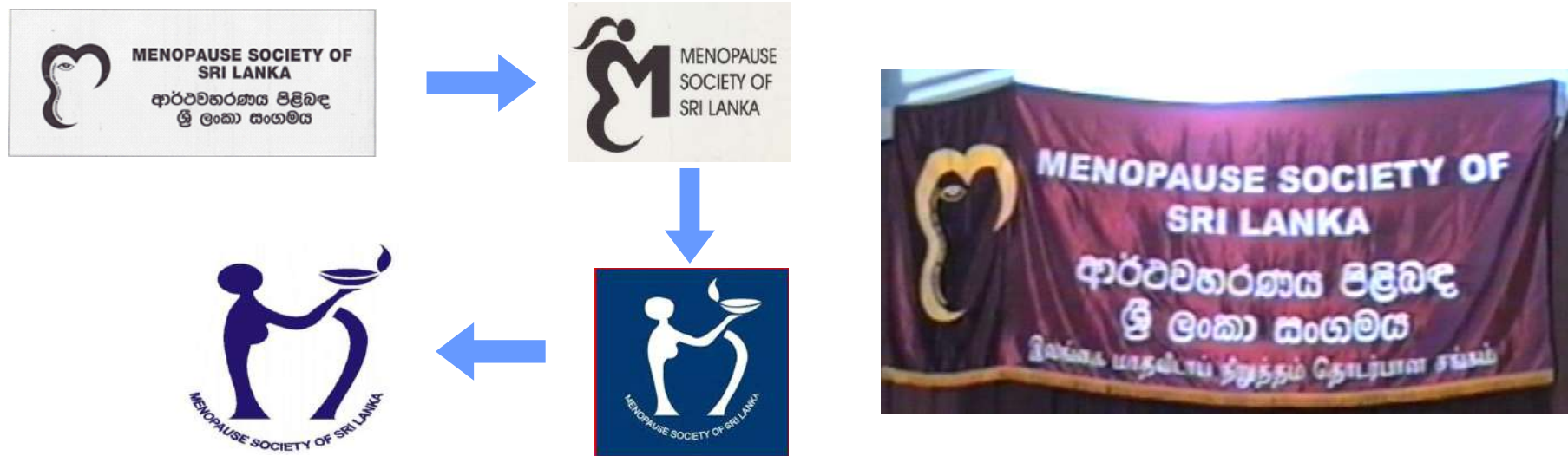


Name of the Society

A Special General Meeting was held on 10 September 2000 to reach a final decision on the name of the society. Dr. Gooneratne, the President, explained that the term “Menopause Society” was significant for establishing connections with international organizations, and emphasised that interest in joining the society was growing regardless of the final name. As a result, the President's proposal to adopt the name **“Menopause Society of Sri Lanka” (MENOSOC)** was unanimously approved by the membership.

Logo and Banner

It was decided to hold a competition among medical students from the faculties to design a suitable logo, with a prize offered for the best entry. Although the response was limited, a few samples were received from two council members. The logo drawn by Dr. Janaka Weeratunga was presented by Dr. J.N. Rodrigo and was selected. A banner was made, which originally featured only English and Sinhala text; it was later decided to include Tamil lettering as well.



International Meetings

The President represented the Menopause Society of Sri Lanka at the 5 Australasian Menopause Society Congress held in Melbourne from 25 to 27 October 2001.

30 June 2002 - Inaugural Scientific Sessions & First Annual General Meeting

At the council meeting held on 20 January 2002, it was decided to hold the scientific session and the Annual General Meeting (AGM) on Sunday, **30 June 2002**. The President contacted Prof. Peter Rogers of Monash University, Melbourne, Australia, whom he had met at the 5th Australasian Menopause Society Congress. Prof. Rogers, a research scientist specializing in angiogenesis, agreed to attend the sessions. Additionally, Prof. Harsha Seneviratne agreed to contact Dr. Duru Shah of Mumbai, India. Meanwhile, the President reached out to Dr. Shan Viswalingam, who also attended the Melbourne session and agreed to participate along with his colleague Dr. Hugh Torode from Sydney.



Prof. Wilfred Perera booked the auditorium of the SLMA, and several names were suggested for the Chief Guest. Ultimately, Mrs. Amara Piyaseeli Ratnayake, Minister of Women's Affairs, was invited as the Chief Guest, with Prof. Peter Rogers serving as the Guest of Honor.

Wyeth Ayerst International Inc. was the main sponsor, while other sponsors included Hemas Pharmaceuticals, Swiss Biogenics, New Zealand Milk Foods, and Mansell Lanka Ltd. Chairs and tables were hired, and sheds were set up for lunch and tea. Tea was provided by CIC, and lunch was catered by Lanka Medicals Ltd. The registration fee was Rs. 250, payable at the SLCOG House or at the registration desk managed by the SLCOG office staff, Ms.

Harshani Morawaka and Ms. Haleema Hameed. Posters were displayed at all major hospitals, medical faculties, and at SLMA.

Registration began at 8:30 AM, followed by the opening ceremony, which started with the lighting of the traditional oil lamp and the singing of the national anthem. The President delivered the welcome speech, followed by a speech from Prof. Peter Rogers, the Guest of Honor. The Chief Guest, Mrs. Amara Piyaseeli Ratnayake, Minister of Women's Affairs then addressed the audience, and the Secretary concluded the ceremony with a vote of thanks.







The academic session followed the morning tea and began with a guest lecture by Prof. Duru Shah on the new science of Hormone Replacement Therapy (HRT). Prof. Peter Rogers spoke on breakthrough bleeding with HRT, while Prof. Harsha Seneviratne discussed lipids and HRT. Dr. Shan Viswalingam addressed sorting out problems related to HRT, and Dr. Hugh Torode spoke on hormones and breast cancer.

Two free papers were presented during the pre-lunch session. In the post-lunch session, Prof. Duru Shah talked about phytoestrogens, and Dr. Kolitha Sellaheva presented on postmenopausal osteoporosis. Prof. Peter Rogers then introduced the Jean Hailes Menopause Foundation. The program concluded with a symposium on the management of menopause in developing countries, moderated by Dr. Hemantha Perera.

The AGM was held at the Lionel Memorial auditorium of the SLMA.

A well-attended banquet was held at Hotel Taj. The banquet was free for members, with a charge of Rs. 500 for spouses and Rs. 750 for guests.

Educational Activities

On 18 October 2000, World Menopause Day, the society organized a media conference at the Lionel Memorial auditorium of the Sri Lanka Medical Association (SLMA).

The earliest public educational activity of the newly formed society was when the President delivered a

lecture on midlife health problems at “Diyawara Vanitha Ulela” “දියවර වනිතා උළෙල” held at BMICH on December 2nd, 2000, organized by “රැජින” news paper. Following this meeting, many letters inquiring about the society and treatment for midlife health problems were received.

The earliest scientific educational activity was its invitation to participate in a satellite symposium during the 3rd SAFOG Conference. This event was organized by the Department of Obstetrics and Gynaecology, University of Colombo, in collaboration with Frauenklinik Aschaffenburg, Germany, and the SLCOG. Held on 1st March 2001, the symposium focused on “Practical Issues in Menopause Management.”

The Menopause Society was invited by the Lanka Dharmodaya Foundation, an NGO at Dankotuwa, to deliver a talk on menopause and conduct a clinic on 15th February 2001. Dr. M.D.P. Gooneratne and Dr. Rohan Perera were the resource persons. Over 100 women attended the event, and a clinic was held for a number of women presenting with midlife and menopausal health problems. However, a lack of facilities for conducting such clinics was experienced.


The President attended the 5th Australasian Menopause Society Congress, held from 25th to 27th October 2001 in Melbourne, Victoria.

The President was also invited to deliver a talk on menopause on 22nd March 2001 at a meeting on Midlife Health at Kethumathi Maternity Hospital auditorium.

The Menopause Society held a well-attended public awareness meeting on Sunday, 1st July 2001, at the Public Library Auditorium organized by Dr Hemantha Perera. Letters were sent to principals of girls' schools, banners were displayed, and posters exhibited at prominent places. The young audience showed great interest in this new topic and asked many questions. Over 300 people attended this event, which helped establish recognition for the society among the general public.

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Lanka Dharmodaya Women's Service



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WE ARE NON SINGHALESE AND
38 YEAR OLD LADIES
WHY THE IT WOULD HAVE BEEN
BETTER IF YOU HAD LISTENED
INSTEAD LANGUAGE BARRIER
FOR US TO UNDERSTAND BETTER
SO PLEASE CONDUCT THE NEXT
PROGRAMME IN ENGLISH ALSO
ADVERTISE IN ENGLISH PAPER
RE THIS IS THE REQUEST.
Sincerely
P.T.O.

A meeting was held for healthcare workers on 24th March 2002 at the Kandy General Hospital auditorium, followed by a public meeting on 25th March 2002, both organized by Prof. Indrajee Amarasinghe with the Lions Club Kandy.

An awareness program and workshop on the management of menopause and hormone replacement therapy was held on 19th July 2002 at Madara Hotel, Horana, for members of the Kalutara Clinical Society. The Menopause Society conducted a symposium as part of the SLCOG Annual Sessions in 2001, marking one of its early contributions to professional education in the field.

Office

The Menopause Society office was located in the same large room occupied by the SLCOG. The office secretary was Ms. Harshani Morawaka, who also served as the SLCOG office secretary.

A bank account was opened at Seylan Bank in August, 2001.

Guideline development

In October 2002, an **expert committee** comprising seven members was appointed to review the scientific evidence on the risks and benefits of Hormone Replacement Therapy (HRT), following the publication of the Women's Health Initiative (WHI) report. The committee presented its **summary statement on HRT** use at the council meeting held later that month.

Members

Dr. M.D.P. Gooneratne

Dr. Hemantha Perera

Prof. Jayantha Jayewardene

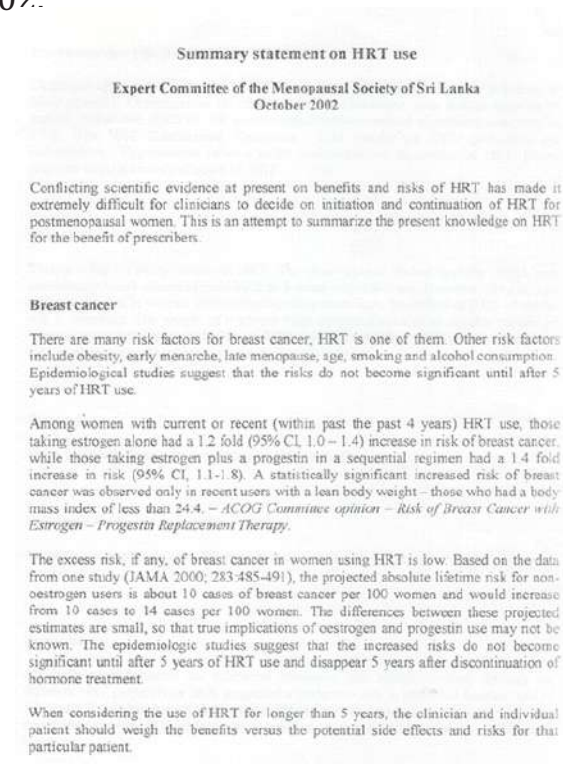
Dr. Nalinda Rodrigo

Dr. Kanishka Karunaratne

Dr. Kolitha Sellahewa

Dr. Lakshman Senanayaka

Due to the confusion surrounding HRT use after the WHI report, a workshop addressing the controversies of HRT was held for medical practitioners at BMICH on 24th November 2002.



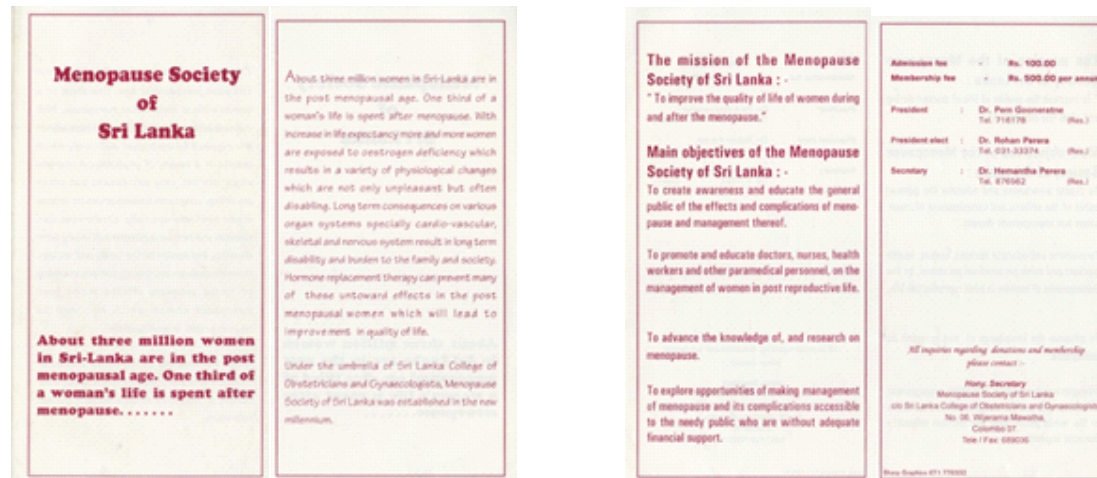


Expanding awareness

Printed media

Leaflet & Newsletter for healthcare professionals and members

In March, 2002, it was decided to disseminate knowledge through print media. The **first leaflet** was published in May 2002, with 800 copies distributed. Additionally, a



Electronic media

The possibility of launching a television series to promote public awareness on menopause-related issues was discussed at the council meeting held on 16 September 2001. In February, 2002, funds were sought from sponsors for an educational film.

SAFOMS origins

At the council meeting held on 13 October 2002, the formation of a SAARC Menopause Society was discussed. It was decided to invite the existing menopause societies in the region to join this new collaborative organization.

ARTICLES OF ASSOCIATION

OF

MENOPAUSE SOCIETY
OF
SRI LANKA

SAMARARATNA ASSOCIATES
Attorneys-at-Law
Colombo

15

We, the several persons whose names and addresses are subscribed hereto hereby agree to the foregoing Articles of Association.


Name, Address and Description of
Subscribers


DR. MADUGODARALAGE DON PEMASIRI GOONERATNE
No.13/1, Sri Saranankara Road,
Kalubowila,
Dehiwala.

(Medical Practitioner)


DR. UNDUGODA WANSALANKARA HEWAPANNAGE CHITRA
HEMANTHA PERERA
No.2/12, Nisula Mawatha
Subbuthipura,
Battaramulla.

(Medical Practitioner)

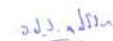

DR. KOLITHA HARISCHANDRA SELLAHEWA
Premier Pacific Pinnacle
No.28, R.A.De Mel Mawatha,
Colombo 4.

(Medical Practitioner)

16


DR. ROHANA NALIN HATHTHOTUWA
No.291/40, Havelock Gardens
Colombo 3.

(Medical Practitioner)


DR. SANATH PRIYANTHA AKMEEMANA
No.503/3, Havelock Road,
Colombo 6.

(Medical Practitioner)


DR. PUSHPA MANGALA DISSANAYAKE
No.45, Uyankele Road,
Panadura

(Medical Practitioner)

Dated the _____ day of _____ 2010.

Chapter 02

2000 - 2025 Story



2000

Inaugural Council Meeting

On the 23 of July 2000, the inaugural Council meeting of the Society was held at the Library Hall of the Castle Street Hospital for Women.

Office Bearers

Position	Name
President	Dr. M.D.P. Gooneratne
Secretary	Dr. Hemantha Perera
Treasurer	Dr. (Ms) Marlene Abeyewardene
Vice President	Dr. Kolitha Sellahewa
President-Elect	Dr. Rohan Perera
Assistant Secretary	Dr. Lakshman Kariyawasam
Editor	Prof. Indragee Amarasinghe
Chairman – Fund Raising	Dr. (Ms) Marlene Abeyewardene
Chairperson – Publicity & Membership Drive	Ms. Manel Watawala
Chairman – Education	Prof. Wilfred Perera

Attendees

Dr. M.D.P. Gooneratne
Dr. Hemantha Perera
Dr. (Ms) Marlene Abeyewardene
Dr. Rohan Perera
Dr. Lakshman Kariyawasam
Prof. Indragee Amarasinghe
Ms. Manel Watawala

Attendees

Ms. G.Y.K. Fernando
Prof. Wilfred Perera
Dr. Nalin Rodrigo
Prof. Harsha Seneviratne
Dr. Lakshman Senanayake
Dr. S.R. Samarathunga

Council Members

Dr. Nalin Rodrigo
Prof. H.R. Seneviratne
Dr. Lakshman Fernando
Dr. Lakshman Senanayake
Ms. G.Y.K. Fernando
Dr. K.D.S. Ranasinghe

Office Bearers



Dr. M.D.P. Gooneratne
President



Dr. Hemantha Perera
Secretary



Dr. (Ms) Marlene Abeyewardene
Treasurer & Chairman
Fund Raising



Dr. Kolitha Sellahe
Vice President



Dr. Rohan Perera
President Elect



Dr. Lakshman Kariyawasam
Assistant Secretary



Prof. Indragee Amarasinghe
Editor



Prof. Wilfred Perera
Chairman – Education



Ms. Manel Watawala
Chairperson
Publicity & Membership Drive

Council Members



Dr. Nalin Rodrigo



Prof. H.R. Seneviratne



Dr. Lakshman Senanayake



Dr. Lakshman Fernando



Dr K D S Ranasinghe



Ms. G.Y.K. Fernando

Highlights

Several important milestones were achieved during this year. The **draft of the Constitution** was officially approved, laying the foundation for the Society's governance and objectives.

The name “**Menopause Society of Sri Lanka**” was formally adopted, marking the identity of the organization. The Society also held its first **Public Awareness Program**, initiating its outreach and educational efforts.

In addition, the official **Logo and Banner** of the Society were introduced, symbolizing its mission and establishing its visual identity.

Public Awareness Workshops

2000



All



2001

Office Bearers

Position	Name
President	Dr. M.D.P. Gooneratne
Secretary	Dr. Hemantha Perera
Treasurer	Dr. (Ms) Marlene Abeyewardene
Vice President	Dr. Kolitha Sellahewa
President-Elect	Dr. Rohan Perera
Assistant Secretary	Dr. Lakshman Kariyawasam
Editor	Prof. Indragee Amarasinghe
Chairman – Fund Raising	Dr. (Ms) Marlene Abeyewardene
Chairperson – Publicity & Membership Drive	Ms. Manel Watawala
Chairman – Education	Prof. Wilfred Perera

Council Members

Dr. Nalin Rodrigo
 Prof. H.R. Seneviratne
 Dr. Lakshman Fernando
 Ms. G.Y.K. Fernando
 Dr. Lakshman Senanayake
 Dr. K.D.S. Ranasinghe

Highlights

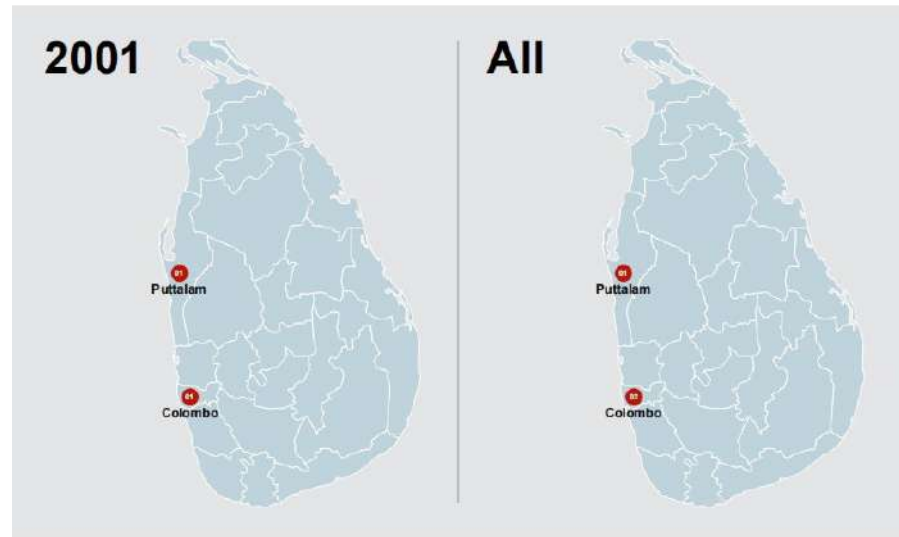
A Pre-Congress Workshop on menopause was conducted as part of the SAFOG conference, marking a significant regional collaboration.

The Society also participated in its first Joint Session with the Sri Lanka College of Obstetricians and Gynaecologists (SLCOG) Annual Sessions.

Additionally, the second Public Awareness Program, a house full event, was held at the Public Library Auditorium in Colombo.

Expanding its outreach further, a Peripheral Clinic was successfully conducted at Dankotuwa, providing direct care and education to women in the community.

Public Awareness Workshops



2002

Highlights

Important events during this year included the **first Annual General Meeting (AGM)** and the **Inaugural Scientific Sessions**, which were held on 30 June 2002 at the Lionel Memorial Auditorium, SLMA. The **Chief Guest** was Ms. Amara Piyaseeli Ratnayake, Minister of Women's Affairs. **Special Guests** including Prof. Peter Rogers, Dr. Shan Viswalingam, and Dr. Hugh Torode from Australia, as well as Prof. Duru Shah from India, along with many local resource personnel.

The **first Awareness Program for Medical Professionals** was conducted in Kandy. Additionally, plans to form a **SAARC Federation of Menopause Societies** were initiated during this year. In October 2002, an **Expert Committee** comprising seven members was appointed to review the scientific evidence on the risks and benefits of Hormone Replacement Therapy (HRT), following the publication of the Women's Health Initiative (WHI) report.

On 13 October 2002, MENOSOC distributed this **Summary Statement on HRT** for doctors at BMICH.

Awareness Programs & Workshops for Health Care Providers

2002



All



Public Awareness Workshops

2002



All



2003

Office Bearers

Position	Name
President	Dr. Rohan Perera
President-Elect	Prof. W.I. Amarasinghe
Vice President	Dr. Kolitha Sellahewa
Secretary	Dr. Hemantha Perera
Assistant Secretary	Dr. Chathura Ratnayake
Treasurer	Dr. (Ms) Marlene Abeyewardene
Editor	Dr. Lakshman Senanayake

Council Members

Dr. J.N. Rodrigo
Prof. Wilfred Perera
Dr. M.D.P. Gooneratne
Prof. Jayantha Jayawardene
Ms. G.Y.K. Fernando
Dr. Nalinda Rodrigo
Dr. Ananda Ranatunga
Dr. Kanishka Karunaratne
Dr. Rohana Hattotuwa



Highlights

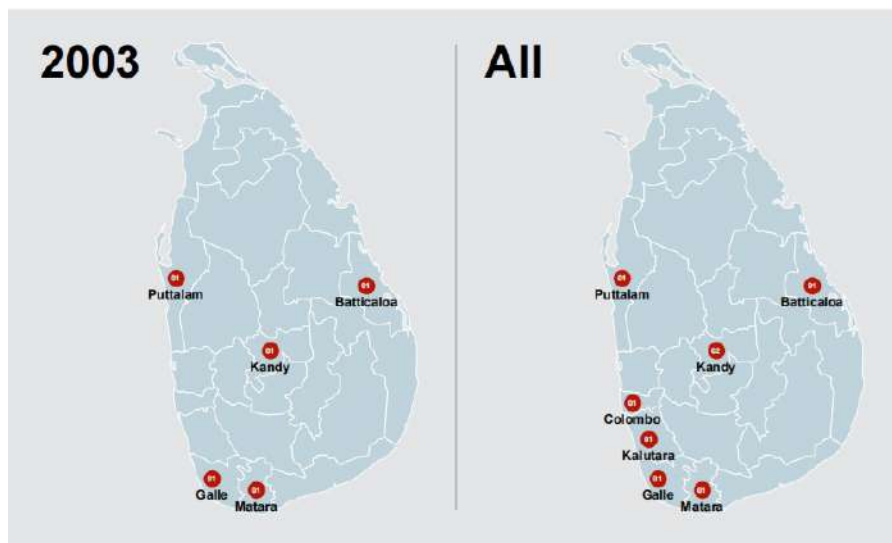
The Annual General Meeting was postponed from 16 November 2003 to 14 March 2004.

Important events this year included:

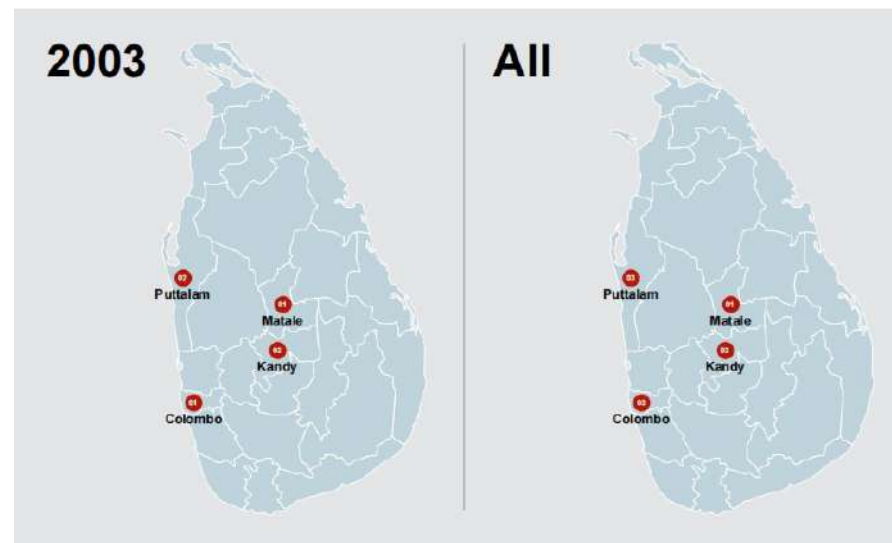
- The Council's initiation of a plan to publish a journal
- Organization of a joint session alongside the SLCOG Annual Sessions
- Conducting eleven Public Awareness Programs



Awareness Programs & Workshops for Health Care Providers



Public Awareness Workshops



2004

Highlights

The Annual General Meeting of 2003, which had been postponed, was held on 14 March 2004 at the SLMA Auditorium, during which the Council resolved to increase Council membership from 8 to 10, including at least one General Practitioner.

On 4 November 2004, the Council resolved to amend the Constitution to ensure a majority of SLCOG members on the Council.

The AGM for 2004 was held on 21 November 2004 at BMICH, Colombo.

Annual Scientific Sessions

Second Annual Scientific Sessions were held on 21 November 2004 at the BMICH in Colombo, Sri Lanka as a mini scientific session.

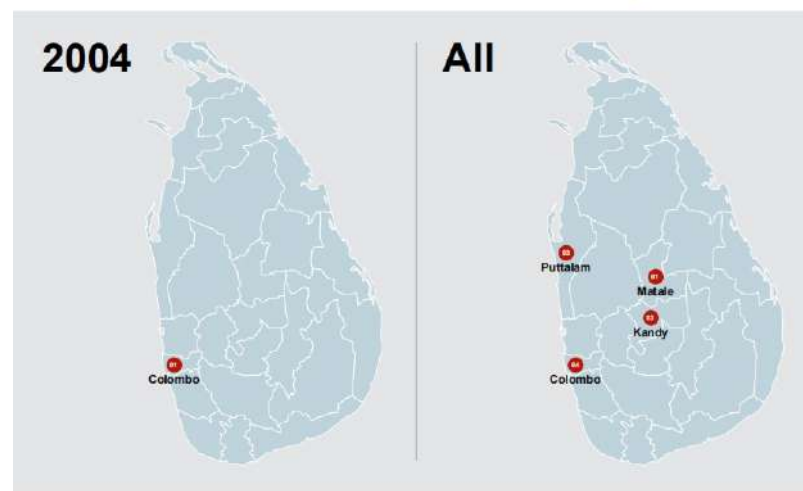
Chief Guest; Hon. Ms. Sumedha Jayasena, Minister of women's affairs

Guests of Honour; President of College of General Practitioners & President of Independent Medical Practitioners Association.

Special Guests; Prof. Suchithra Narayan Pandith, Prof. Ratnabali Chakravoty & Dr.Hema Divakar from India & Dr. Rukshana Mughal, from Pakistan.



Public Awareness Workshops





2005

Office Bearers

Position	Name
President	Prof. W.I. Amarasinghe
President-Elect	Dr. Ananda Ranatunge
Vice President	Dr. Kolitha Sellaheewa
Secretary	Dr. Rohana Hattotuwa
Assistant Secretary	Dr. Sanjeewa Padumadasa
Treasurer	Dr. (Ms)Devika Suriyawansa
Editor	Dr. Lakshman Senanayake
Chairman – Academic Activities	Dr. Nalinda Rodrigo

Council Members

Dr. M.D.P. Gooneratne
 Dr. Sarath Amarasekara
 Dr. Hemantha Perera
 Prof. W.S.E. Perera
 Dr. (Ms)Marlene Abeyewardene
 Dr. Sarath Paranavithana
 Ms. G.Y.K. Fernando
 Dr. Rohan Perera
 Dr. A.G.S.K. Ranaraja



Annual General Meeting

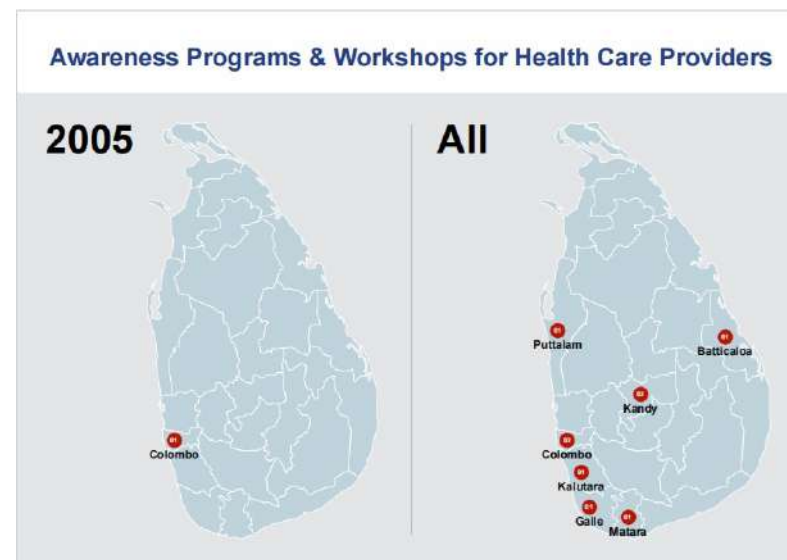
The AGM was held on 4 December 2005 at Ninewells Care Mother & Baby Hospital, Colombo.

Annual Scientific Sessions

The third Annual Scientific Sessions were held on 4 December 2005 at Ninewells Care Mother & Baby Hospital, Colombo, in collaboration with the Independent Medical Practitioners Association (IMPA), under the theme “Management of Post-Menopausal Women – Clinician's Dilemma”.

Highlights

Public education via monthly radio and TV programs on menopause and its management was broadcast on SLBC Sinhala Channel and Rupavahini Channel respectively.



2006

Annual General Meeting

The AGM was held on 1 October 2006 at Ninewells Care Mother & Baby Hospital, Colombo.

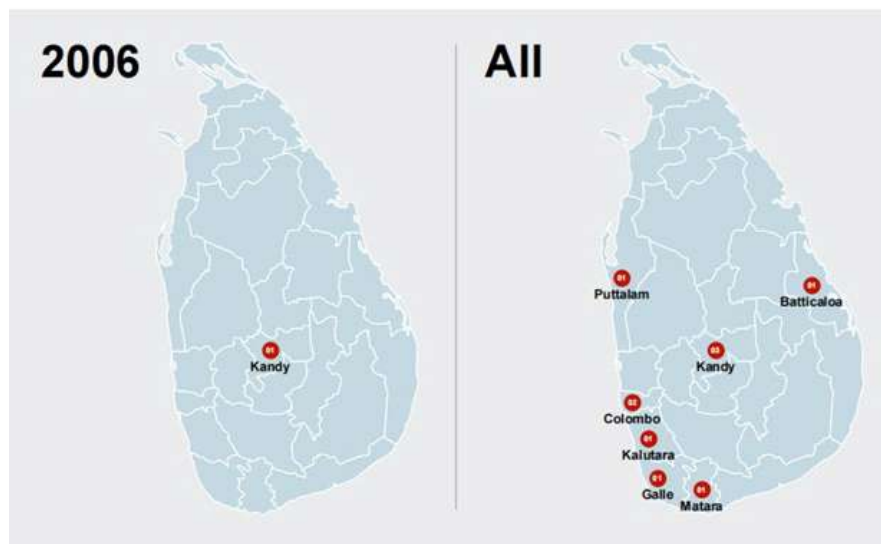
Annual Scientific Sessions

The fourth Annual Scientific Sessions were held on 1 October 2006 at the SLMA Auditorium under the theme “Towards Excellence in Post-Menopausal Health,” with the participation of Prof. Pankaj Desai, President-Elect of the Federation of Obstetrical & Gynaecological Societies of India (FOGSI), as the Chief Guest.

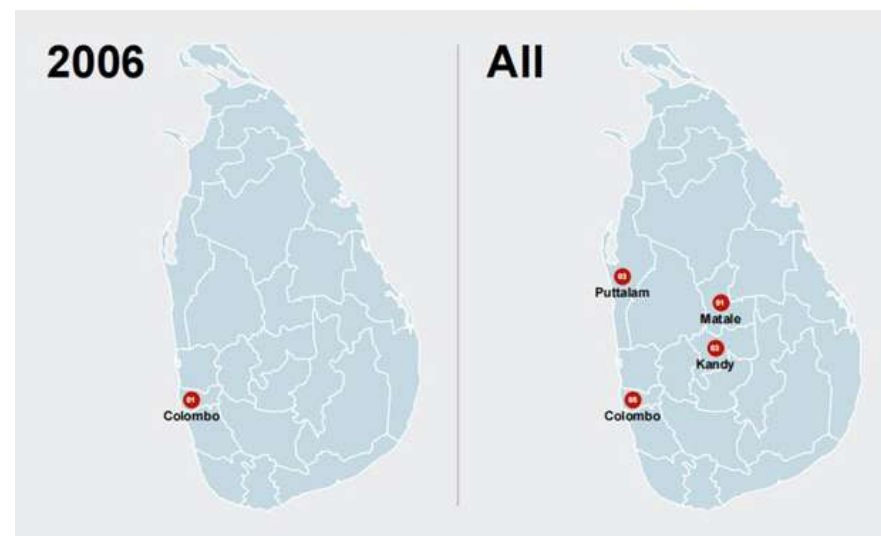
Highlights

In 2006, a discussion took place in the Council on establishing a Fund for Research.

Awareness Programs & Workshops for Health Care Providers



Public Awareness Workshops



2007

Office Bearers

Position

President
Secretary
Treasurer
Vice President
President-Elect
Editor
Assistant Secretary
Chairman –
Academic Activities

Name

Dr. Ananda Ranatunga
Dr. S.R. Ratnapala
Ms. Chandrika Hattotuwa
Dr. Rohana Hattotuwa
Dr. Kolitha Sellaheva
Dr. Nalinda Rodrigo
Dr. S.P. Akmeemana
Dr. Hemantha Perera

Council Members

Prof. W.S.E. Perera
Dr. M.D.P. Gooneratne
Dr. (Ms) Marlene Abeyewardene
Prof. Asoka Gunasekara
Prof. W.I. Amarasinghe
Dr. Sunil Fernando
Dr. Lakshman Senanayake
Prof. C. Randeniya
Dr. Lakshman Fernando



Annual General Meeting

The AGM was held on 17 June 2007 at Ninewells Care Mother & Baby Hospital, Colombo.

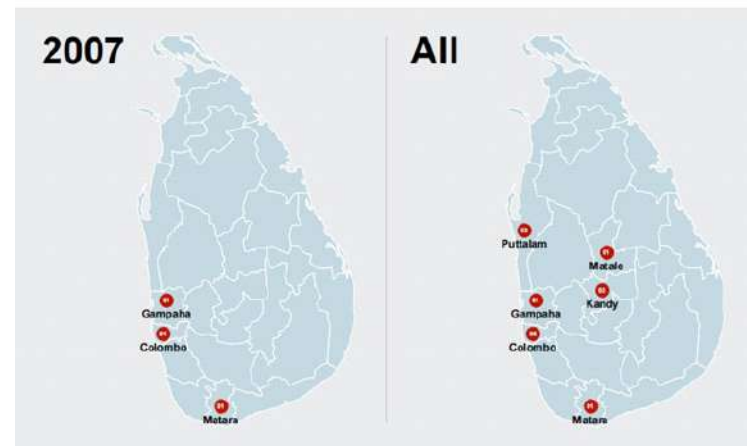
Annual Scientific Sessions

The fifth Annual Scientific Sessions were held on 17 June 2007 at Ninewells Care Mother & Baby Hospital, Colombo under the theme “Most Recent Advances in the Management of Menopause.” The Special Guest was Dr. Virender S. Kalsi, India.

Highlights

On 27 February 2007, the Society launched its first Web page on the SLCOG Website, marking the beginning of the evolution of the Website to its current stage. Members of the Menopause Society of Sri Lanka contributed actively to the success of the International SAFOG Meeting, held in Lahore from 10 to 13 March.

Public Awareness Workshops



2008

Annual General Meeting

The AGM was held on 4 May 2008 at the National Blood Bank Auditorium, Narahenpita.

Annual Scientific Sessions

The sixth Annual Scientific Sessions of the Menopause Society of Sri Lanka were held on 4 May 2008 at the National Blood Bank Auditorium, Narahenpita. The **Guest Speakers** were Dr. Dilip Viswanathan, UK and Dr. Satha M. Sathanandan, UK.

Highlights

On 22 November 2008, a Council Meeting was held in Anuradhapura, following an awareness program conducted for healthcare workers. This marked the **first Council Meeting held outside Colombo.**





Awareness Programs & Workshops for Health Care Providers

2008



All



Public Awareness Workshops

2008



All



2009

Office Bearers

Position	Name
President	Dr. Kolitha Sellaheewa
Immediate Past President	Dr. Ananda Ranatunga
Vice President	Dr. Rohana Hattotuwa
Secretary	Dr. S.P. Akmeemana
Treasurer	Ms. Chandrika Hattotuwa
Chairman – Academic Activities	Dr. Hemantha Perera
Editor	Dr. Sunil Fernando

Council Members

Dr. Prasad Rannulu
 Dr. P.M. Dissanayake
 Dr. Lalith Wijeratne
 Dr. M.D.P. Gooneratne
 Dr. (Ms)Marlene Abeyewardene
 Prof. Asoka Gunasekara
 Dr. Lakshman Senanayake
 Prof. C. Randeniya
 Dr. (Ms)Kushal Ranatunga
 Ms. Thusitha Sellaheewa



Annual General Meeting

The AGM was held on 21 June 2009 at the National Blood Bank Auditorium, Narahenpita.

Annual Scientific Sessions

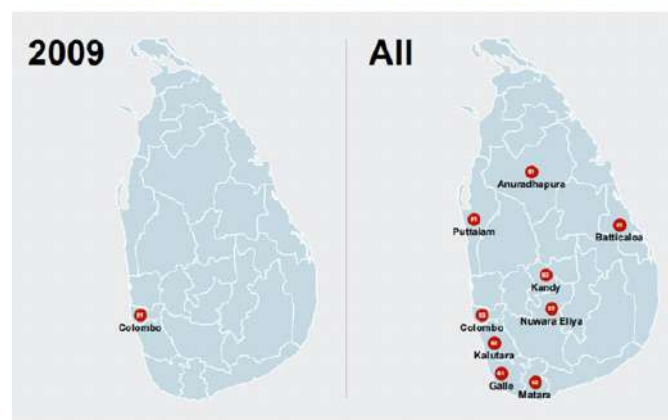
The seventh Annual Scientific Sessions were held on 21 June 2009 at the National Blood Bank Auditorium.

Highlights

Menosoc conducted a joint session with the Ceylon College of Physicians under the topic “**Prevention and Management of Osteoporosis, HRT, Urinary Incontinence, and Sexual Dysfunction**” on 26 September 2009.



Awareness Programs & Workshops for Health Care Providers



2010

Annual General Meeting

The AGM was held on 3 October 2010 at the Galadari Hotel, Colombo.

On 7 February 2010, discussions were held in Chennai, India, regarding the formation of a SAARC Federation of Menopause societies. MENOSOC members participated representing Sri Lanka. These discussions concluded successfully, and the foundation for SAFOMS (South Asian Federation of Menopause Societies) was laid.

Annual Scientific Sessions

The eighth Annual Scientific Sessions were held from 1 to 3 October 2010 at Cinnamon Lakeside, Colombo under the theme “Improving Post-Reproductive Life of South Asian Women” in collaboration with SLCOG, Asia Oceania Federation of Obstetrics and Gynaecology (AOFOG), and the South Asian Federation of Obstetrics and Gynaecology (SAFOG). This was the inaugural Scientific Sessions of SAFOMS.

Chief Guest: Hon. Minister of Health and Family, Republic of Maldives – Dr. Aminath Jaleel

Guest of Honour: Secretary of Health – Mr. Ravindra Ruberu

Special Guests: Dr. Beheram Anklasariya – President, SAFOMS, Prof. A.B. Bhuiyan – President, SAFOG Prof. P.C. Ho – President, Asia Oceania Federation of Obstetrics & Gynaecology (AOFOG)

Foreign Faculty Included:

Dr. Amita Pandey, Dr. Atul Munshi, Dr. Beheram Anklasariya, Dr. Chellamma, Dr. Dipali Kadam, Dr. Hema Diwakar, Dr. Indrani Lodh, Dr. Jaideep Malhotra, Dr. Jignesh Shah, Dr. Maninder Ahuja, Dr. Mahesh Gupte, Dr. Nirmala Vaze, Dr. P.S. Ahuja, Dr. Parikshit Tank, Dr. Pushpa Sethi, Dr. Rekha Jaiswal, Dr. Ramani Devi, Dr. Sanjay Gupte, Dr. Sushila Rani, Dr. Uday Nagarsekar (India)

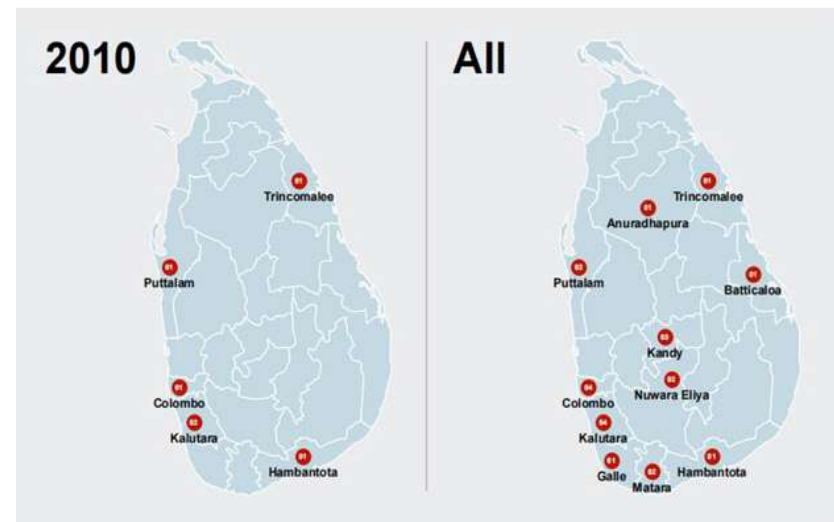
Prof. A.B. Bhuiyan, Prof. Kohinoor Begum, Prof. Shahla Khatun, Dr. Suraiya Rahman (Bangladesh)

Dr. Rubina Hussein, Dr. Rubina Sohail (Pakistan)





Awareness Programs & Workshops for Health Care Providers



2011

Office Bearers

Position	Name
President	Dr. Hemantha Perera
Vice President	Prof. C. Randeniya
Immediate Past President	Dr. Kolitha Sellaheewa
President-Elect	Dr. Rohana Hattotuwa
Secretary	Dr. Mangala Dissanayake
Assistant Secretary	Dr. Prasad Rannulu
Treasurer	Ms. Chandrika Hattotuwa
Editor	Dr. Sanath Lanerolle
Academic Secretary	Dr. Madhava Karunaratne
Social Secretary	Dr. Prasantha Gange

Council Members

Dr. Ananda Ranatunga
Dr. Chathura Ratnayake
Dr. (Ms)Sunera Fernando
Dr. Prasad Katulanda
Dr. M.D.P. Gooneratne
Dr. (Ms)Marlene Abeyewardene
Dr. Rukshan Fernandopulle
Prof. W.I. Amarasinghe
Dr. Sanath Akmeemana
Dr. Sunil Fernando



Dr. (Ms)Anoma Jayathilaka
Dr. P.G. Maheepala
Dr. Sankalpa Marasinghe
Dr. Bede Ananda Perera
Ms. Kumudini Hettiarachchi

Annual General Meeting

The AGM was held on 7 August 2011 at the National Blood Bank Auditorium, Narahenpita.

Annual Scientific Sessions

The ninth Annual Scientific Sessions were held on 7 August 2011 at the National Blood Bank Auditorium.

Chief Guest: Dr. P. C. Mahapatra – President, FOGSI, India
Guest of Honour: Dr. Satha M. Sathanandan, UK
Guest Speakers: Dr. H. P. Pattnaik, Orissa, and Prof. Sunil Wimalawansa, USA.

Highlights

The Menopause Society of Sri Lanka submitted an application for a Grant from the World Bank to conduct Training of Trainers (TOT) programs on menopause management in estate communities. A special planning meeting for the estate program was held on 26 August 2011 at Samson Rajapakse Auditorium SLCOG.

The Menopause Society obtained an official recommendation from the Ministry of Health on 26 August 2011 for registration as a Company.







Awareness Programs & Workshops for Health Care Providers

2011



All



2012

New Council Members

In 2012, the Council was reconstituted due to some members' inability to continue because of other commitments, alongside the need to bring in new members to broaden the scope of activities.

Dr. Chathura Ratnayake, Dr. Prasad Katulanda, Dr. Sankalpa Marasinghe, Dr. Bede Ananda Perera stepped down and, Dr. T.B. Dissanayake, Dr. (Ms) Piyusha Attapattu, Dr. Noel Somasundaram, Dr. Maithrie Chandrarathna, Dr. Preethi Abeygunawardena, Prof. Srinath Chandrasekara, Ms. Wasantha Perera and Dr. (Ms) Nethanjali Mapitigama were appointed.

Annual General Meeting

The AGM was held on 28 July 2012 at the Galadari Hotel, Colombo.

Annual Scientific Sessions

The tenth Annual Scientific Sessions were held on 28 July 2012 at the Galadari Hotel, Colombo.

Chief Guest: Mr. Firdosi Rustom Mehta – Country Representative, WHO

Guest of Honour: Prof. Mary Ann Lumsden – Past President, British Menopause Society.

Guest Speakers: Dr. Meeta Singh – President, Indian Menopause Society, Dr. Jaideep Malhotra, India, Dr. Arun Kumar Singh, India, Prof. Alessandra Graziottin, Italy, Dr. Uday Nagarsekar – ICOG.

Pre-Congress Workshop

A hands-on Pre-Congress Workshop on Perimenopausal Pelvic Pathology was conducted on 27 July 2012 at Colombo South Teaching Hospital Kalubowila. Facilitators included Dr. Vivek Salunke and Dr. Rajendra Sankpal from India, along with Prof. Srinath Chandrasekara, Dr. Nishendra Karunaratne, and Dr. Gayan de Silva from Sri Lanka.

Post-Congress Workshop

A Workshop on “Female Sexual Dysfunction” was conducted by Prof. Alessandra Graziottin, Italy on 29 and 30 July 2012 in Kandy, Sri Lanka.

Oration

The Inaugural MENOSOC Oration on “Oestrogen from Womb to Tomb” was delivered by Dr. Jaideep Malhotra, India on 28 July 2012 at the Galadari Hotel, Colombo.

Highlights

On 12 February 2012, MENOSOC launched its first-ever Website.

On 13 February 2012, plans were initiated to prepare a **Handbook for Midwives and Nurses** and a **Log Book for Midwives and Volunteers** undergoing the TOT Program. **Field visits to Estates** were conducted in **Hatton** and **Maskeliya** on 15 and 16 February 2012 as part of the **TOT Program**.

On 30 November 2012, Dr. M.D.P. Gooneratne was inducted as the **President of SAFOMS**, following the SAFOMS meeting held in Karachi, Pakistan.









Awareness Programs & Workshops for Health Care Providers

2012



All



Public Awareness Workshops

2012



All



2013

Office Bearers

Position

Name

President

Dr. Rohana Hattotuwa

President-Elect

Dr.(Ms)Marlene

Abeywardena

Immediate Past President

Dr. Hemantha Perera

Vice President

Dr. T.B. Dissanayake

Secretary

Dr. Harsha Atapattu

Assistant Secretary

Dr. Sanath Lanerolle

Treasurer

Dr. Kanishka Karunaratna

Editor

Dr. (Ms)Piyusha Atapattu

Chairman –

Dr. Mangala Dissanayake

Academic Activities

Social Secretary

Dr. Prasad Rannulu

Council Members

Dr. M.D.P. Gooneratne

Prof. W.I. Amarasinghe

Dr. Ananda Ranatunga

Dr. Sunil Fernando

Dr. Sanath Akmeemana

Dr. Rukshan Fernandopulle

Dr. (Ms)Ramya Pathiraja

Dr. Amal Harsha de Silva

Air Vice Marshal Dr. Nimal Gunaratne

Dr. Madhava Karunaratne

Dr. (Ms)Renuka Jayatissa

Dr. Ariyasena Gamage

Dr. Prasantha Gange

Mr. Mahanama Dodampegama

Mr. Kingsley Ratnayaka

Co-opted Members

Dr. Sarath Amarasekara

Ms. Chandrika Hattotuwa

Ms. Wasantha Perera

Dr. (Ms)Kushal Ranatunga

Ms. Manel Amarasinghe



Annual General Meeting

The AGM was held on 25 August 2013 at Water's Edge Hotel, Colombo.

Annual Scientific Sessions

The eleventh Annual Scientific Sessions were held under the theme “Healthy Life Beyond Midlife – New Vistas” on 25 August 2013 at Water's Edge, Colombo.

Chief Guest: Dr. P.G. Maheepala – Director General of Health Services

Guest of Honour: Dr. Pramila Senanayake – President, Family Planning Association

Guest Speakers: Dr. Hema Divakar – President, FOGSI Dr. Hara Prasad Pattnai, India, Dr. Vineet Mishra, India

Pre-Congress Workshop

A Pre -Congress Workshop was conducted on “Sutureless Undescended Vaginal Hysterectomy and Urogynaecological Surgery” by Dr. Hara Prasad Pattnaik and Dr. Vineet Mishra on 2 August 2013 at the Cancer Institute, Maharagama, Sri Lanka.

Oration

The second MENOSOC Oration on “Journey through the Ages” was delivered by Dr. Hema Divakar, President of FOGSI, on 24 August 2013 at the Taj Samudra Hotel, Colombo.

Highlights

An international research project was conducted by Prof. Mary Ann Lumsden in collaboration with Dr. M.D.P. Gooneratne in 2013. The study focused on cardiovascular risk and its association with fat distribution, diet, physical activity, cardiorespiratory fitness, and menopause experience in Sri Lankan women.

Plans were made to launch a Handbook on Menopause for Doctors on World Menopause Day.









Awareness Programs & Workshops for Health Care Providers

2013



All



Public Awareness Workshops

2013



All



2014

New Council Members

Dr. (Ms) Ramya Pathiraja stepped down and Dr. (Ms) Champa Nelson was appointed to the Council.

Annual General Meeting

The AGM was held on 15 June 2014 at Taj Samudra Hotel, Colombo.

Annual Scientific Sessions

The twelfth Annual Scientific Sessions were held under the theme “Enlivening Midlife” on 15 June 2014 at Taj Samudra Hotel, Colombo.

Chief Guest: Hon. Maithripala Sirisena – Minister of Health

Guest of Honour: Dr. P.G. Maheepala – Director General of Health Services

Guest Speaker: Dr. Maninder Ahuja, India

Oration

The third MENOSOC Oration on “Women's Health at Midlife and Beyond – A South Asian Perspective” was delivered by Dr. M.D.P. Gooneratne on 15 June 2014 at Taj Samudra Hotel.

Highlights

A Handbook for Healthcare Workers was officially launched during the annual sessions on 15 June 2014 at Taj Samudra Hotel. On 3 August 2014, UNFPA agreed to print the handbook in Tamil for midwives and nurses.

On 21 October 2014, a Multi-Disciplinary Task Force for post-reproductive women to be established in collaboration with the Ministry of Health was proposed by MENOSOC.





Awareness Programs & Workshops for Health Care Providers

2014



All



Public Awareness Workshops

2014



All



2015

Office Bearers

Position	Name
President	Dr. (Ms)Marlene Abeyewardena
President-Elect	Dr. Mangala Dissanayake
Immediate Past President	Dr. Rohana Hattotuwa
Secretary	Dr. (Ms)Piyusha Atapattu
Assistant Secretary	Dr. (Ms)Dasanthi Akmeemana
Treasurer	Dr. (Ms)Champa Nelson
Editor	Dr. Harsha Atapattu
Chairman – Academic Activities	Dr. Rukshan Fernandopulle

Council Members

Dr. M.D.P. Gooneratne
Dr. Hemantha Perera
Dr. Satha M. Sathanandan
Dr. Prasad Rannulu

Dr. Sunil Fernando
Dr. Sarath Amarasekera
Dr. Sanath Akmeemana
Dr. Sardha Hemapriya
Dr. Madhura Jayawardena
Dr. U.D.P. Ratnasiri
Dr. (Ms)Kumudu Senanayake
Dr. Ananda Ekanayake
Dr. Mahanama Dodampegama

Co-opted Members

Prof. W.I. Amarasinghe
Ms. Chandrika Hattotuwa
Ms. Wasantha Perera
Ms. Manel Amarasinghe
Dr. Sanath Lanerolle
Dr. Buddhi Jayasekara
Dr. Sumith Warnasuriya



Annual General Meeting

The AGM was held on 21 June 2015 at the Sri Lanka Foundation Institute, Colombo.

Annual Scientific Sessions

The thirteenth Annual Scientific Sessions were held on 21 June 2015 at the Sri Lanka Foundation Institute, Colombo.

Chief Guest: Hon. Rosy Senanayake – State Minister of Children's Affairs

Guest of Honour: Prof. Mohan de Silva – Chairman, University Grants Commission

Guest Speakers: Dr. Sunila Khandelwal – Past President, Indian Menopause Society, Prof. K. Valsan, India, Prof. P.C. Mahapatra, India, Dr. Aswath Kumar, India

Oration

The fourth MENOSOC Oration on "Coping with Midlife Blues: Improving Quality of Life" was delivered by Dr. Sunila Khandelwal from India on 21 June 2015 at the Sri Lanka Foundation Institute, Colombo.

Highlights

On 15 June 2015, it was agreed that History of MENOSOC summarizing the activities of the Society since its inception would be compiled.

On 13 September 2015, the Society's Website was updated and made available in English and Sinhala languages.





Awareness Programs & Workshops for Health Care Providers

2015



All



Public Awareness Workshops

2015



All



2016

New Council Members

Dr. (Ms.) Shreen Wilathgamuwa was co-opted to the Council.

Annual General Meeting

The AGM was held on 21 August 2016 at the Samson Rajapakse Auditorium SLCOG.

Annual Scientific Sessions

The Fourteenth Annual Scientific Sessions were held under the theme “Healthy Menopause – Healthy Nation” on 20 and 21 August 2016 at the Dr. Samson Rajapakse Auditorium, SLCOG.

Chief Guest: Dr. P.G. Maheepala – Director General of Health Services

Guest of Honour: Prof. Atul Munshi – India

Special Guests: Dr. Aparna Hegde, India, Dr. Vandana Narula, India, Dr. Sushila Shrestha, Nepal, Prof. Laila, Arjumand Banu, Bangladesh, Prof. Zeenat Nasreen, Bangladesh

Pre-Congress Workshop

The Pre-Congress Workshop on “Imaging in Urogynaecology” was conducted by Dr. Aparna Hegde on 20 August 2016.

Oration

The fifth MENOSOC Oration on “Medicalizing Menopause” was delivered by Dr. Hemantha Perera on 21 August 2016 at the Samson Rajapakse Auditorium, SLCOG.

Highlights

Inaugural meeting of the National Task Force on Post-Reproductive Health of Women was held on 22 January 2016 at the Ministry of Health.

MENOSOC was invited by the Ministry of Health to submit proposals for the Health Strategic Master Plan on 12 June 2016.

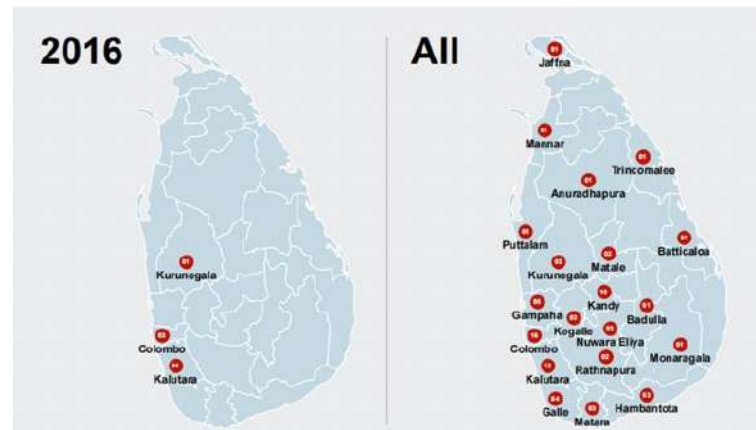
Tamil version of the Menopause Handbook for healthcare workers was launched with support from UNFPA on 21 August 2016.



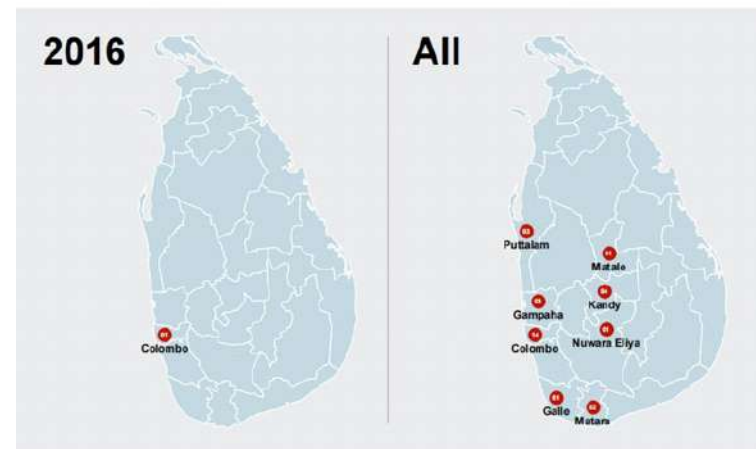




Awareness Programs & Workshops for Health Care Providers



Public Awareness Workshops



2017

Office Bearers

Position	Name
President	Dr. Mangala Dissanayake
President-Elect	Dr. Sanath Lanerolle
Immediate Past President	Dr. (Ms) Marlene Abeyewardena
Vice President	Dr. Rukshan Fernandopulle
Secretary	Dr. (Ms) Piyusha Atapattu
Assistant Secretaries	Dr. Punsiri Gunathilaka Dr. Buddhi Jayasekara
Treasurer	Dr. M.A.K. Perera
Editor	Dr. R. Prathapan
Chairman – Academic Activities	Dr. Sanath Akmeemana
Secretary – Social Activities	Dr. Prasad Rannulu

Council Members

Dr. M.D.P. Goonaratne
Dr. Hemantha Perera
Dr. Chandana Jayasundara
Dr. Satha M. Sathanandan
Dr. Rohana Hattotuwa

Dr. (Ms) Dasanthi Akmeemana
Mr. Mahanama Dodampegama
Dr. (Ms) Champa Nelson
Dr. Madura Jayawardene
Dr. Chaminda Kandauda
Dr. Sunil Fernando
Dr. Sarada Kannangara
Dr. (Ms) Janakie Karunasinghe
Dr. Harsha Atapattu
Dr. (Ms) Neelamani Hewageeganage

Co-opted Members

Dr. (Ms) Shreen Wilathgamuwa
Dr. Sumal Nandasena
Prof. W.I. Amarasinghe
Ms. Manel Amarasinghe
Ms. Chandrika Hattotuwa
Ms. Wasantha Perera
Dr. (Ms) Shiromali Dissanayake



Annual General Meeting

The AGM was held on 22 October 2017 at the Samson Rajapakse Auditorium, SLCOG.

Annual Scientific Sessions

The fifteenth Annual Scientific Sessions were held on 21 and 22 October 2017 at the Samson Rajapakse Auditorium, SLCOG, under the theme “Ensuring a Healthy Life Beyond Menopause.”

Chief Guest: Ms. Ritsu Nacken – UNFPA Representative of Sri Lanka

Guest of Honour: Prof. Shahla Khatun – President, SAFOMS

Special Guests: Dr. Suvarna S. Khadilkar – President, Indian Menopause Society, Dr. Syeda Batool Mazhar – Pakistan

Pre-Congress Workshops

The first Pre-Congress Workshop was conducted by Dr. Antonio Accardi from Italy, on Hysteroscopy at Castle Street Hospital for Women on 31 August 2017.

The second Pre-Congress Workshop on “Multi-Compartmental Ultrasound Imaging in the Management of Pelvic Floor Disorders” was conducted by Dr. Aparna

Hegde on 5 September 2017 at De Soysa Maternity Hospital, Colombo.

Oration

The sixth MENOSOC Oration on “Novel Concepts & Treatment Options for Postmenopausal Osteoporosis” was delivered by Prof. Sunil J. Wimalawansa, New Jersey, USA on 21 November 2017 at the Samson Rajapakse Auditorium, SLCOG.

Highlights

SAFOMS was officially registered as a company on 22 October 2017.

MENOSOC drafted a new Personal Health Record by merging the Healthy Lifestyle Record and Well Woman Clinic (WWC) documents.

Menopause-related information such as symptoms, psychological issues, and sexual function were included in the National Screening Program alongside NCD screening.





Awareness Programs & Workshops for Health Care Providers



2017



All



2018

New Council Members

Dr. M.A.K. Perera the treasurer and the council members Dr. Chandana Jayasundara, Dr. (Ms)Champa Nelson, Dr. Madura Jayawardene, Dr. Sunil Fernando, Dr. (Ms)Neelamani Hewageeganage stepped down.

Dr. (Ms)Champa Nelson was appointed as new treasurer and Dr. (Ms)Shiromali Dissanayake as a council member.

Annual General Meeting

The AGM was held on 9 September 2018 at the Samson Rajapakse Auditorium SLCOG.

Annual Scientific Sessions

The sixteenth Annual Scientific Sessions were held on 9 September 2018 at the Galadari Hotel, Colombo, under the theme: “Adding Life to Menopause”.

Chief Guest: Dr. Razia Pendse – WHO Representative for Sri Lanka

Guest of Honour: Prof. Mary Ann Lumsden – Past President, International Menopause Society

Special Guests: Dr. Zinnat Nasreen, Bangladesh
Dr. Gehanath Baral, Nepal
Dr. Ganesh Dangal, Nepal
Dr. Meeta Singh, India

Pre-Congress Workshops

The first workshop was conducted by Dr. Aparna Hegde from India, focusing on Urodynamics, held at SLJP on 30 May 2018.

The second workshop on Colposcopy was conducted by Dr. Priyantha Kandamarachchi from UK on 22 August 2018 at SLJP.

Oration

The seventh MENOSOC Oration on “Why Menopause, What’s its Significance?” was delivered by Prof. Mary Ann Lumsden from UK on 9 September 2018 at the Galadari Hotel, Colombo.

Key Highlights

On 15 February 2018, an MoU was signed with WHO to develop five educational videos and a 10-chapter book on Post-Reproductive Health, in Sinhala and Tamil. These educational videos on menopause were launched at the Annual Scientific Sessions on 09 September 2018.

In 2018, the Menopause Society of Sri Lanka was Co-opted as a member of the APMF (Asia Pacific Menopause Federation).

The president medallion & ceremonial shawls were designed for the council members in 2018.





Awareness Programs & Workshops for Health Care Providers

2018



All



Public Awareness Workshops

2018



All



2019

Office Bearers

Position	Name
President	Dr. Sanath Lanerolle
President-Elect	Dr. Sanath Akmeemana
Immediate Past President	Dr. Mangala Dissanayake
Vice President	Dr. Rukshan Fernandopulle
Secretary	Dr. Ruwan Silva
Assistant Secretaries	Dr. Darshana Abeygunawardana Dr. Madura Jayawardena
Treasurer	Dr. (Ms) Samanthi Premarathna
Editor	Dr. Sharada Jayalath
Chairman – Academic Activities	Dr. Harsha Atapattu
Chairman – Social Activities	Dr. Prasad Rannulu
Chairman – Research Activities	Dr. Chanil Ekanayake

Council Members

Dr. M.D.P. Gooneratne
Dr. Hemantha Perera

Dr. Rohana Hattotuwa
Dr. (Ms) Marlene Abeywardena
Dr. (Ms) Champa Nelson
Dr. Sumal Nandasena
Dr. (Ms) Dasanthi Akmeemana
Dr. Chaminda Matota
Dr. R. Prathapan
Dr. Satha M. Sathanandan
Dr. (Ms) Piyusha Atapattu
Dr. (Ms) Janakie Karunasinghe
Prof. W.I. Amarasinghe
Dr. Sunil Fernando
Dr. M. Makarim Hameed

Co-opted Members

Dr. (Ms) Shiromali Dissanayake
Ms. Chandrika Hattotuwa
Ms. Wasantha Perera
Ms. Manel Amarasinghe
Dr. Chaminda Kandeuda
Mr. Mahanama Dodampegama
Dr. Thivanka Munasinghe
Dr. Janitha Hettiarachchi
Dr. Asela Senanayake
Dr. Manoji Prabashini



Annual General Meeting

The Annual General Meeting was held on 29 September 2019 at the Samson Rajapakse Auditorium SLCOG.

Annual Scientific Sessions

The seventeenth Annual Scientific Sessions were held on 29 September 2019 at the Shangri-La Hotel, Colombo, under the theme: “Invest in Menopause for a Brighter Future”.

Chief Guest: Prof. Sir Sabarathnam Arulkumaran – Past President of RCOG, BMA, and FIGO

Guest of Honour: Dr. Anil Jasinghe – Director General of Health Services

Guest Speakers: Dr. Aparna Hegde, India

Prof. N. Hephzibah Kirubamani, India

Post-Congress Workshop

A Post-Congress Workshop on “Incontinence and Urodynamics” was conducted by Dr. Aparna Hegde in September 2019.

Oration

The eighth MENOSOC Oration on “Menopause Transition: Significance & Management” was delivered by Dr. Satha M. Sathanandan from UK on 29 September 2019 at the Shangri-La Hotel, Colombo.

Endowment Lecture

MENOSOC inaugurated its Endowment Lecture Series in 2019 under the patronage of Dr. M.D.P. Gooneratne.

The first Endowment Lecture, “A Tribute to a Great Legend” was delivered by Prof. Sir Sabarathnam Arulkumaran from the UK, on 29 September 2019 at Shangri-La Hotel, Colombo.

Highlights

The first volume of the Sri Lanka Journal of the Menopause Society was launched at Annual Scientific sessions of 2019.

The official YouTube Channel of the Menopause Society was launched on 30 September 2019 to provide health education in English & Sinhala.



Menopause Society of Sri Lanka

—MENOSOC 2019—

18th Annual Academic Sessions on 22nd September 2019 | Sri Lanka Balamore, Shangri-La Hotel, Colombo.

"Invest in Menopause for a Brighter Future."

Council Members 2018 - 2020

Message from the Chief Guest

It is my pleasure to participate in this important meeting and to address the members of the Menopause Society of Sri Lanka. I am sure that the meeting will be a successful one and that the members will gain valuable insights into the latest research and clinical practice in the field of menopause.

My regard to all those who have attended this meeting.

Dr. R. S. Jayasinghe, Director General, Health Services, Sri Lanka

The Menopause Society of Sri Lanka is a very young organization in comparison to other societies in the world. It is a society that is dedicated to the study of menopause and its management, and to the promotion of research in this field.

The society's primary objective is to provide a platform for the exchange of ideas and information between researchers and clinicians in the field of menopause. It also aims to promote research in this field and to provide a forum for the presentation of research papers.

It is my hope that the society will continue to grow and that it will become a leading organization in the field of menopause research and clinical practice.

Message from the Secretary

I would like to express my sincere appreciation to all those who have attended this meeting and to all those who have supported the society in its efforts to promote research in the field of menopause. I am sure that the meeting will be a successful one and that the members will gain valuable insights into the latest research and clinical practice in the field of menopause.

My regard to all those who have attended this meeting.

Dr. S. S. Jayasinghe, Secretary, Menopause Society of Sri Lanka

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Awareness Programs & Workshops for Health Care Providers

2019



All



Public Awareness Workshops

2019



All



2020

Annual General Meeting

The Annual General Meeting was held on 29 November 2020 at Samson Rajapakse Auditorium SLCOG.

Academic Activities during COVID pandemic

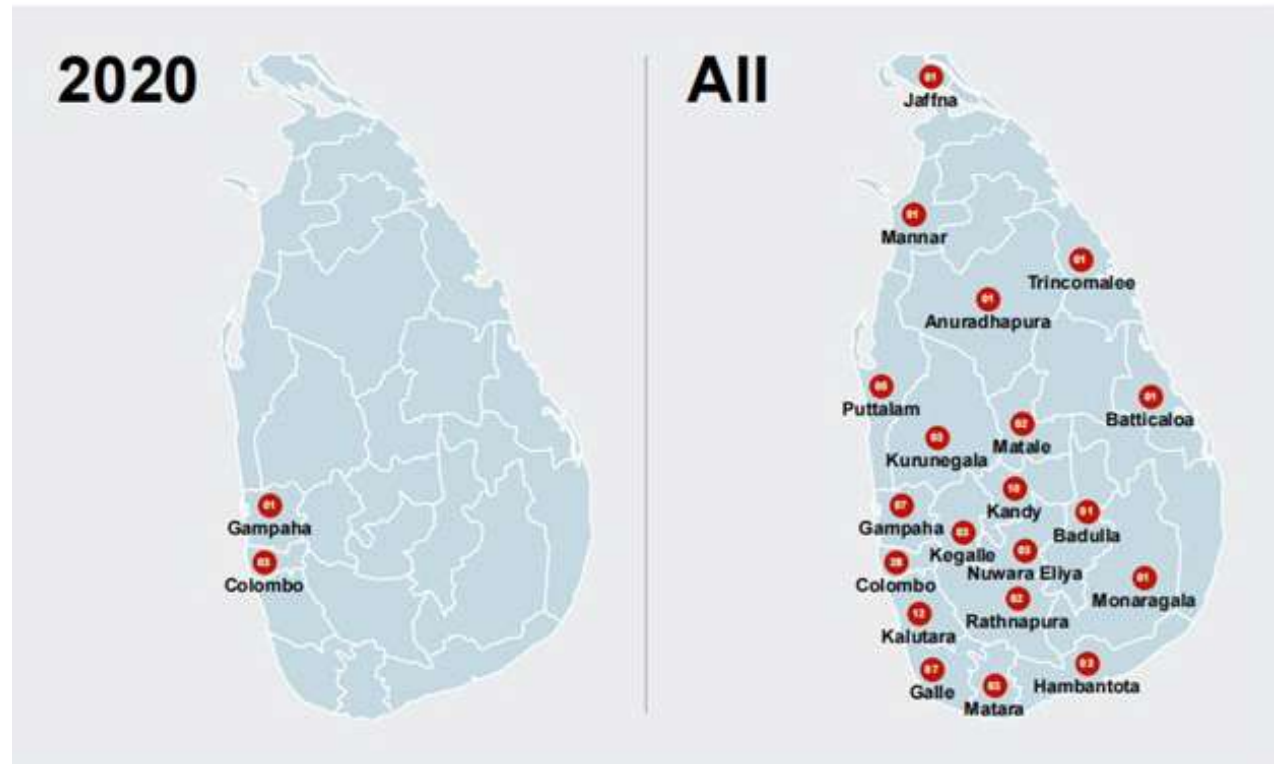
Due to the COVID-19 pandemic and the ensuing public health situation in the country, the activities of the Society were significantly limited during the year.

However, a **Joint Symposium on Post-Reproductive Health** was successfully conducted in collaboration with SLCOG as part of their Annual Academic Sessions on 13 December 2020.





Awareness Programs & Workshops for Health Care Providers



2021

Office Bearers

Position

President
President-Elect
Immediate Past President
President
General Secretary
Assistant Secretary

Assistant Secretary
Treasurer
Editor
Chairman –
Academic Activities
Chairman –
Social Activities
Chairman –
Social Activities

Name

Dr. Sanath Akmeemana
Dr. (Ms) Piyusha Atapattu
Dr. Sanath Lanerolle Vice
Dr. Rukshan Fernandopulle
Dr. Madura Jayawardena
Dr. Darshana
Abeygunawardana
Dr. T. Kadotgajan
Dr. (Ms) Champa Nelson
Dr. Sharadha Jayalath
Dr. Harsha Atapattu

Dr. Prasad Rannulu

Dr. C.D. Ekanayake

Council Members

Dr. M.D.P. Gooneratne
Dr. Hemantha Perera
Dr. Rohana Hattotuwa
Dr. (Ms) Marlene Abeywardena

Dr. Ruwan Silva
Dr. Mangala Dissanayake
Dr. (Ms) Dasanthi Akmeemana
Dr. Chaminda Matota
Dr. Satha M. Sathanandan
Dr. (Ms) Janakie Karunasighe
Prof. W.I. Amarasinghe
Dr. U.G. Kariyawasam
Dr. (Ms) Samanthi Premarathna
Dr. Dilhara Samaraweera
Dr. Diluk Senadheera

Co-opted Members

Dr. (Ms) Shiromali Dissanayake
Ms. Chandrika Hattotuwa
Ms. Wasantha Perera
Ms. Manel Amarasinghe
Dr. Chaminda Kandeuda
Mr. Mahanama Dodampegama
Dr. Thivanka Munasinghe
Dr. Theshani Mallawaarachchi
Dr. Danushka Kotigala



Annual General Meeting

The Annual General Meeting was held on 21 November 2021 at Taj Samudra Hotel, Colombo.

Annual Scientific Sessions

The eighteenth Annual Scientific Sessions were held on 20 and 21 November 2021 at Taj Samudra Hotel, Colombo, under the theme: “Quality Care for Menopause under Challenging Circumstances”

Chief Guest: Prof. Mary Ann Lumsden – Chief Executive Officer of FIGO, Past President of the International Menopause Society

Guest of Honour: Dr. Asela Goonawardena – Director General of Health Services

International Guests: Dr. Jaideep Malhotra, , Prof. Ambuja Choranur, Dr. Sudhaa Sharma, Dr. Tripura Sundari, Prof. Maninder Ahuja, Prof. Neelam Aggrawal, Prof. Narendra Malhotra, Dr. Aparna Hegde (India)
Prof. Rubina Hussain, Prof. Sumbul Sohail, Prof. Sarah Kazi, Prof. Rubina Sohail (Pakistan)
Prof. Zinnat Nasreem, Dr. Suraiya Rohman, Prof. Rowshan Ara Begum, Prof. Shahi Farzana Tasmin (Bangladesh)
Dr. Anshumala Joshi, Prof. Kesang Diki Bista, Dr. Swaraj Rajbhandari, Dr. Neebha Ojha (Nepal)
Prof. Steven R. Goldstein (USA)

Pre-Congress Workshop

The Pre-Congress Workshop on Urogynaecology was held on 18 November 2021 at Colombo South Teaching

Hospital, led by Dr. Aparna Hegde, India.

Oration

Nineth MENOSOC Oration on “Evolution of Management of Menopause: Embracing or Confronting Nature's Design” was delivered by Prof. Piyusha Atapattu on 20 November 2021 at Taj Samudra Hotel, Colombo.

Endowment Lecture

The second MDP Gooneratne Endowment Lecture on “COVID-19, Ovary and Menopause” was delivered by Dr. Hemantha Perera on 21 November 2021 at Taj Samudra Hotel, Colombo.

Highlights

The Midlife Health Clinic Record, titled “Madiviye Suwa Satahana”, was funded and supported by UNFPA.

The trend of conducting webinars was initiated as a response to the COVID-19 pandemic. The first webinar organized by MENOSOC was Oestrogen in Menopause, conducted by Dr. Suchitra Pundit, India on 14 March 2021 for Medical Professionals.

This marked the beginning of a new chapter in the Society's academic activities, embracing digital transformation to ensure continued education and outreach amidst the pandemic. On 20 November 2021, Dr. Rohana Hattotuwa was inducted as the **President of SAFOMS**.







2022

Annual General Meeting

The Annual General Meeting was held on 16 October 2022. A new resolution was proposed and approved by the Council on 25 September 2022 to create the post of Patron, which will rotate every four years.

Annual Scientific Sessions

The nineteenth Annual Scientific Sessions were held on 16 October 2022 at the Galadari Hotel, Colombo under the theme “New Frontiers in Post-Reproductive Health.”

Chief Guest: Mr. Kunle Adeniyi, UNFPA Representative of Sri Lanka.

Guests of Honour: Dr. Asela Gunawardena (DGHS), Dr. Palitha Abeykoon (Advisor to WHO & Ministry of Health)

Special Guests: Dr. Hara Pattnaik, Dr. Shobhana Mohandas, and Prof. Suchitra Pandit (India), Dr. Suraiya Rahman (Bangladesh), and Prof. Rubina Hussain (Pakistan)

Pre-Congress Workshop

Prof. Hara Pattnaik conducted a workshop on “Vaginal Surgeries” on 15 October 2022 at the De Soysa Maternity Hospital, Colombo

Post-Congress Workshop

“Basic Hysteroscopy for Beginners” was conducted by Dr. Madhura Jayawardena and Dr. Probodhana Ranweera on 20 October 2022 at Colombo South Teaching Hospital, Kalubowila.

Oration

The tenth MENOSOC Oration on “Ultra Low Dose MHT – A Boon for Individualizing Therapy” was delivered by Dr. Hara Pattnaik on 16 October 2022 at the Galadari Hotel, Colombo.

Endowment Lecture

The third MENOSOC Endowment Lecture on “Mature Women – What Do They Want?” was also delivered by Dr. Hara Pattnaik.

Highlights

On 23 January 2022, it was planned to establish a Certificate Course in Menopause.

The “Ceremonial gown” was designed for the council members.







Awareness Programs & Workshops for Health Care Providers

2022



All



Public Awareness Workshops

2022



All



2023

Office Bearers

Position	Name
President	Prof. Piyusha Atapattu
President-Elect	Dr. Harsha Atapattu
Immediate Past President	Dr. Sanath Akmeemana
Vice President	Dr. Ms. Janakie Karunasinghe
General Secretary	Dr. Darshana Abeygunawardana
Assistant Secretary	Dr. (Ms) Dasanthi Akmeemana
Assistant Secretary	Dr. Chinthaka Banagala
Treasurer	Dr. (Ms) Champa Nelson
Editor	Dr. Sharada Jayalath
Chairman – Academic Activities	Dr. Chanil Ekanayake
Chairman – Social Activities	Dr. (Ms) Shiromali Dissanayake

Council Members

Dr. M.D.P. Gooneratne
Dr. Hemantha Perera
Dr. (Ms) Marlene Abeywardena
Dr. Rohana Hattotuwa

Prof. W.I. Amarasinghe
Dr. Mangala Dissanayake
Dr. Sanath Lanerolle
Dr. Ruwan Silva
Dr. Indumini Gunathilaka
Dr. Satha M. Sathanandan
Dr. Achintha Dissanayake
Dr. Madura Jayawardena
Dr. Thivanka Munasinghe
Dr. Sriskanthan Srisanjeevan
Dr. Rasika Sagara de Silva

Co-opted Members

Dr. Chaminda Mathota
Ms. Manel Amarasinghe
Ms. Chandrika Hattotuwa



Annual General Meeting

The AGM was held on 22 October 2023 at Courtyard by Marriott, Colombo.

Urogynaecology certificate course was approved, and MoU with Dr. Aparna Hedge was arranged.

Annual Scientific Sessions

The twentieth Annual Scientific Sessions were held on 23 July 2023 at the Galadari Hotel, Colombo under the theme “Midlife and Beyond – Clarity from Confusion.”

Chief Guest: Dr. Palitha Maheepala, Secretary, Ministry of Health

Guest of Honour: Prof. Sayeda Batool Mazhar, President, SAFOMS

Special Guests: Mr. Kunle Adeniyi (UNFPA), Prof. Rubina Hussain, Dr. Farzana Deebea (Bangladesh), Dr. Anshumala Joshi (Nepal), Dr. Isabel Hermenegildo (Portugal)

Pre-Congress Workshop

“Prevention and Management of Bladder and Ureteric Injuries in Pelvic Surgeries” was held on 22 July 2023 at the Faculty of Medical Sciences, University of Sri Jayewardenepura, conducted by Prof. Sreenath Chandrasekara.

Post-Congress Workshop

“Endocrinology of Menopause and Newer Management Strategies” workshop was held on 28 July 2023 at Samson

Rajapakse Auditorium SLCOG by Dr. Sanjay Karla and Dr. Hemantha Perera.

Orations

The eleventh MENOSOC Oration was delivered by Dr. Mangala Dissanayake on “So Close Yet So Far: Bridging the Gap from Midlife to Menopause” on 23 July 2023 at Galadari Hotel, Colombo

Late Mr. Madhu Roy Oration

Dr. Sanath P. Akmeemana delivered Late Mr. Madhu Roy Oration on “Menopause Rating Scales – Advantages and Limitations” on 1 October 2023 at the East Zone International Conference of the Indian Menopause Society held in Bhagalpur, India.

Endowment Lecture

The fourth Endowment Lecture was delivered by Dr. Pushpa Sethi (India) on “Menopause and Metabolic Syndrome” on 23 July 2023 at the Galadari Hotel, Colombo.

Highlights

MENOSOC participated in two SAFOMS webinars in 2023. The first webinar, held on 19 March 2023, focused on the topic “Mood, Anxiety and Irritability in Midlife”, and the second webinar, conducted on 13 April 2023, addressed “Sleep Disorders”.



How to calculate the CVD risk using WHO / ISH?

1. Select the appropriate chart based on presence or absence of diabetes
2. Select male or female
3. Select smoker or non smoker
4. Select age group box
5. Within this box find the nearest cell where the individuals systolic blood pressure and total blood cholesterol levels cross.

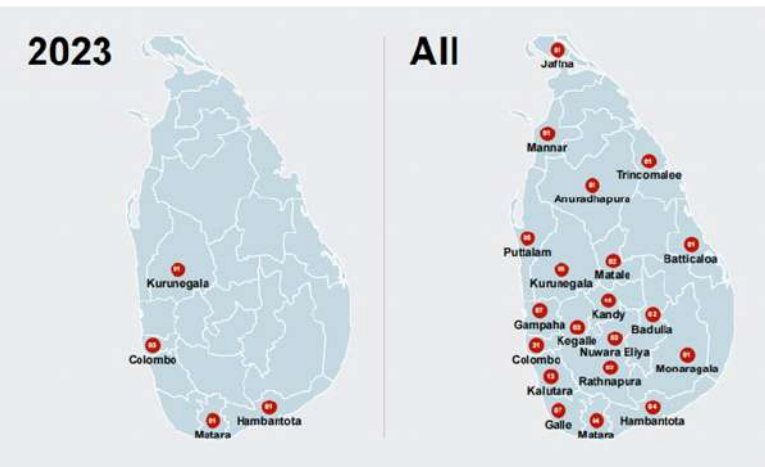
Colour of this box will determine the 10 year cardiovascular risk



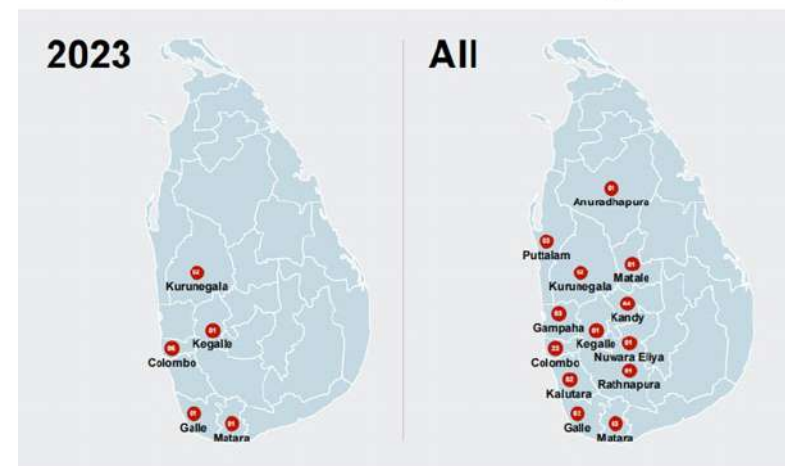




Awareness Programs & Workshops for Health Care Providers



Public Awareness Workshops



2024

New Council Member

Dr. Sumith Warnasuriya was appointed as a council member.

Annual General Meeting

The Annual General Meeting was held on 14 November 2024 at Courtyard by Marriott, Colombo.

Annual Scientific Sessions

The twenty-first Annual Scientific Sessions were held on 7 July 2024 at Galadari Hotel, Colombo, under the theme “Inspiring New Horizons in Women at Midlife and Beyond.”

Chief Guest: Dr. Palitha Maheepala – Secretary, Ministry of Health

Guest of Honour: Prof. Sayeda Batool Mazhar – President, SAFOMS

Special Guests:

Mr. Kunle Adeniyi, UNFPA

Ms. Sarah Baird, UNFPA

Dr. Roopa Nair, UK

Dr. Anji Soni, India

Dr. Qumrum Nassa, Bangladesh

Prof. Kesang Dikki Bista, Nepal

Pre-Congress Workshops

- Ultrasound in Midlife Women by Dr. S. Pradeep Srinivasan from India was , held at Samson Rajapakse Auditorium SLCOG, Colombo on 28 June 2024.
- Hysteroscopy Basics by Prof. Osama Shauki from Egypt was held at Base Hospital, Homagama on 5 July 2024.

Oration

The twelfth MENOSOC Oration “Experience of Menopause Across the Globe and the Unique Perspective” was delivered by Prof. Sayeda Batool from Pakistan on 7 July 2024 at Galadari Hotel, Colombo.

Endowment Lecture

The fifth Endowment Lecture on “Hormonal Transition in Menopause and Its Impact on Women's Health.” was delivered by Prof. Kolitha Sellaheewa on 7 July 2024 at Galadari Hotel, Colombo.

Highlights

UNFPA - Sponsored Activities

The United Nations Population Fund (UNFPA) sponsored the following initiatives in collaboration with MENOSOC:

Publication of "All About Menopause" - A comprehensive handbook authored by MENOSOC members, made available in Sinhala, English, and Tamil.

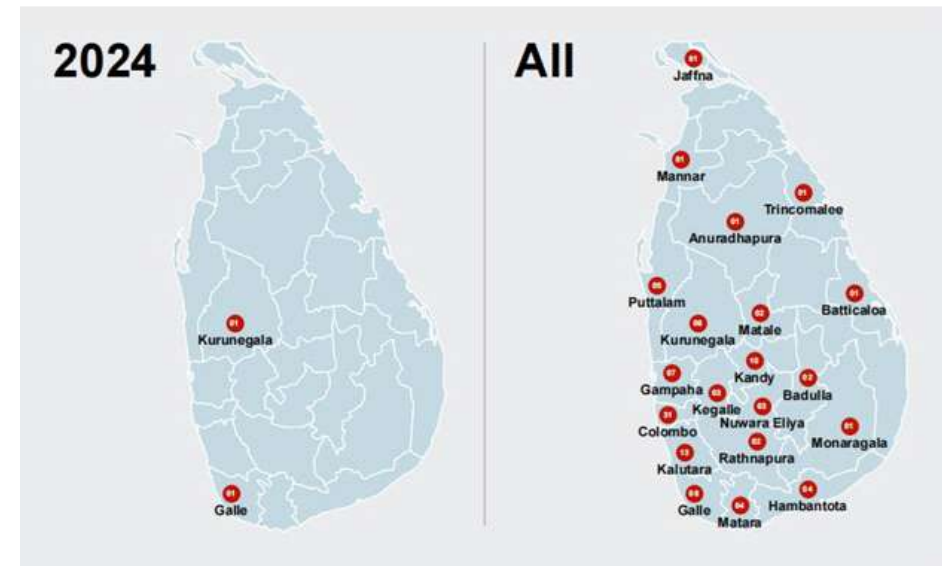




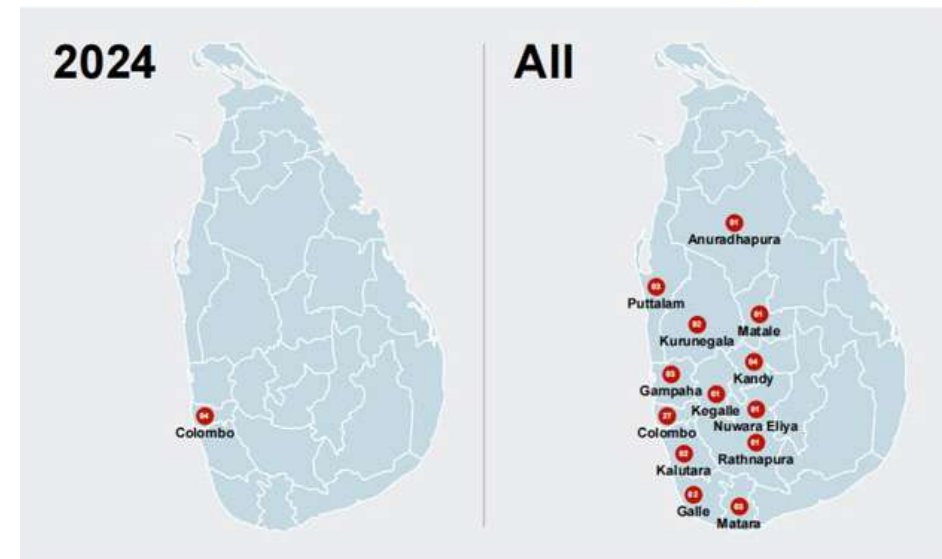




Awareness Programs & Workshops for Health Care Providers



Public Awareness Workshops



2025

Office Bearers

Position	Name
President	Dr. Harsha Atapattu
President-Elect	Dr. Darshana Abeygunawardana
Immediate Past President	Prof. Piyusha Atapattu
Vice President	Dr. (Ms) Dasanthi Akmeemana
Secretary	Dr. Chinthaka Banagala
Assistant Secretary	Dr. Ruwan Silva
Assistant Secretary	Dr. Sumith Warnasuriya
Treasurer	Dr. (Ms) Champa Nelson
Editor	Dr. Sharada Jayalath
Chairman – Academic Activities	Dr. (Ms) Janakie Karunasinghe
Chairman – Social Activities	Dr. (Ms) Shiromal Dissanayake

Council Members

Dr. M.D.P. Gooneratne
Dr. Hemantha Perera
Dr. (Ms) Marlene Abeyewardene
Dr. Thiwanka Munasinghe
Dr. Sanath Akmeemana
Dr. Mangala Dissanayake
Dr. Chanil Ekanayake
Dr. Prabath Randombage
Dr. Indumini Gunathilaka
Dr. Rohana Hattotuwa
Dr. Achintha Dissanayake
Dr. Dinusha Liyanapatabandi
Prof. W.I. Amarasinghe
Dr. Wasantha de Silva
Dr. Chaminda Hunukubura



Co-opted Members

Ms. Chandrika Hattotuwa
Ms. Wasantha Perera



Annual Scientific Sessions

The twenty second Annual Scientific Sessions will be held under the theme “25 Years Beyond Menopause – An Essential Investment” on 12 and 13 July 2025 at Galadari Hotel, Colombo, Sri Lanka.

Chief Guest: Hon. Dr. Nalinda Jayatissa, Minister of Health, Mass Media and Chief Government Whip

Guests of Honour: Prof. Mary Ann Lumsden, Past President of the British Menopause Society, UK, Hon. Ms. Saroja Savithri Paulraj, Minister of Women & Child Affairs

Guest Speakers:

Dr. Aparna Hedge, India

Dr. Ambuja Choranur, India

Prof. Syeda Batool Mazhar, President SAFOMS, Pakistan

Dr. Zinnat Nasreen, Bangladesh

Dr. Sheela Verma, Nepal

Pre-Congress Workshop

“Advanced Gynaecology Ultrasound ” will be conducted by Consultant Radiologist Dr. Sonal Panchal, from India, on 6 July 2025 at University Hospital, KDU, Colombo, Sri Lanka.

Oration

The thirteenth MENOSOC Oration, “Menopause–A Bidirectional Perspective” will be delivered by Dr. M.D.P. Gooneratne on 12 July 2025 at Galadari Hotel, Colombo.

Endowment Lecture

The sixth Endowment Lecture, “Improving Mid-Life Women's Health–Does HRT have a place?” will be delivered by Prof. Mary Ann Lumsden from the UK on 12 July 2025 at Galadari Hotel, Colombo.

Highlights

On 9 April 2025, a meeting was held between Menopause Society and UNFPA at SLCOG House on Menopause Guideline Development Project.







Awareness Programs & Workshops for Health Care Providers

2025



All



Public Awareness Workshops

2025



All



THE MENOPAUSE SOCIETY OF SRI LANKA

Council Members - 2010 - 2012



Photographer Sistra Jayasekera 0777 319093

Left to Right

Seated Dr. Madhava Karunaratne (Chairman Academic Activities), Prof. W.I. Amarasinghe (Past President), Dr. M.D.P. Goonaratne (Founder President),
Dr. Hemantha Perera (President), Dr. Rohana Haththotuwa (President Elect), Dr. Ananda Ranatunga (Past President), Dr. Mangala Dissanayaka (Secretary)
Standing Front Row
Ms. Chandrika Haththotuwa (Treasurer), Ms. Wasantha Perera, Dr. T.B. Dissanayaka, Dr. Sanath Akmeemana, Dr. Sanath Lenarolle (Editor),
Dr. Sunera Fernando, Dr. Piyusha Atapattu
Standing Rear Row
Dr. Prasad Rannulu (Assistant Secretary), Dr. Ms. Marlene Abeywardena, Dr. Rukshan Fernandopulle, Dr. Prasantha Gange (Social Secretary),

THE MENOPAUSE SOCIETY OF SRI LANKA

Council Members - 2012 - 2014



Left to Right

Seated *Dr. Kanishka Karunaratne (Treasurer), Prof. W.I.Amarasinghe, Dr.MDP Goonaratne (Founder President), Dr. Ms. Marlene Abeywardena (President Elect), Dr. Rohana Haththotuwa (President), Dr. Hemantha Perera (Past President), Dr. Ananda Ranatunga, Dr. Mangala Dissanayake (Chairman Academic Activities) Dr. Harsha Atapattu (Secretary)*

Standing *Ms.Chandrika Haththotuwa, Ms, Wasantha Perera, Dr. Sanath Lanerolle (Assistant Secretary), Dr. T.B.Dissanayake (Vice President), Mr. Mahanama Dodampegama, Dr. Sanath Akmeemana, Dr. Prasad Rannulu (Social Secretary), Ms. Manel Amarasinghe, Dr. Piyusha Atapattu (Editor), Dr. Champa Nelson*

Absent *Dr.Ariyasena Gamage, Dr.Prasantha Gange, Mr.Kingsly Rathnayaka,Dr. Sunil Fernando, Dr. Rukshan Fernandopulle, Dr.Amal Harsha de Silva, Air Vice Marshal Dr.Nimal Gunarathne, Dr.Madhava Karunaratne, Dr.Ms.Renuka Jayatissa, Dr.Sarath Amarasekera, Dr.Ms.Kushal Ranatunga.*

Photographer Sirira Jayasekera 0718008501

THE MENOPAUSE SOCIETY OF SRI LANKA

Council Members – 2014- 2016



Left to Right Seated: Dr.Piyusha Atapattu(Secretary), Dr.Mangala Dissanayake(President Elect), Dr.Rohana Haththotuwa(Past President) , Dr. Mrs.Marlene Abeywardena(President) ,
Dr.M.D.P.Gooneratne (Founder President) , Dr.Hemantha perera , Dr.Rukshan Fernandopulle(Chairman Academic Activities)
Standing : Dr.M.Sathanandan , Dr.Dasanthi Akmeemana (Assistant Secretary) , Dr.Sanath Akmeemana , Dr.Buddhi Jayasekara , Dr.Madura Jayawardena ,
Dr.Harsha Atapattu (Editor) , Dr.Champa Nelson (Treasurer) , Dr.Sumith Wanasooriya
Absent : Ms.Chandrika Haththotuwa , Dr.Prasad Rannulu , Dr.Sunil Fernando, Dr.Sarath Amarasekera , Dr.Sardha Hemapriya , Dr.U.D.P.Rathnasiri , Dr.Kumudu Senanayaka ,
Dr.Ananda Ekanayaka , Mr.Mahanama Dodampegama , Prof.W.I.Amarasinghe , Mrs.Wasantha Perera , Ms.Manel Amarasinghe , Dr.Sanath Lanerolle.

studio

The Menopause Society of Sri Lanka

Council Members – 2016 -2018



Left to Right Seated: Dr. Rohana Haththotuwa, Dr. Piyusha Atapattu (Secretary), Dr. R Prathapan (Editor), Dr. Hemantha Perera, Dr. M.D.P Gooneratne (Founder President), Dr. Mangala Dissanayake (President), Dr. Sanath Lanerolle (President Elect), Prof. W.I Amarasinghe, Dr. M.A.K Perera (Treasurer), Dr. Sanath Akmeemana (Chairman Academic Activities)

Standing: Dr. Buddhi Jayasekara, (Assistant Secretary) Dr. Dasanthi Akmeemana, Dr. Champa Nelson, Dr. Rukshan Fernandopulle (Vice President), Dr. Sumal Nandasena, Dr. Chaminda Kandauda, Mr. Mahanama Dodamegama, Dr. Punsiri Gunathilaka (Assistant Secretary), Dr. M.Sathanandan, Dr. Harsha Atapattu, , Dr. Janakie Karunasinghe, Dr. Shiromali Dissanayake, Mrs. Chandrika Haththotuwa

Absent: Dr. Mrs. Marlene Abeywardena, Dr. Prasad Rannulu(Secretary Social Activities), Dr. Chandana Jayasundara, Dr. Madura Jayawardena, Dr. Sunil Fernando, Dr. Saradha Kannangara, Dr. Neelamani Hewageeganage, Dr. Shreen Wilathgamuwa, Mrs. Manel Amarasinghe, Mrs. Wasantha Perera

The Menopause Society of Sri Lanka

Council Members – 2018 -2020



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Left to Right Seated: Dr. Harsha Atapattu (Chairman Academic Activities), Dr. Mrs. Marlene Abeywardena, Dr. Rohana Haththotuwa, Dr. Samanthi Premarathne (Treasurer), Dr. Sanath Akmeemana (President Elect), Dr. Sanath Lanerolle (President), Dr. M.D.P. Gooneratne (Founder President), Dr. Mangala Dissanayake (Immediate Past President), Dr. Ruwan Silva (Secretary), Dr. Rukshan Fernandopulle (Vice President), Dr. Madura Jayawardena (Assistant Secretary)

Standing – Left to Right

Standing: Dr. Drashana Abeygunawardena (Assistance Secretary), Dr. Janakie Karunasinghe, Dr. Shiromali Dissanayake, Dr. Champa Nelson, Dr. Sumal Nandasena, Dr. Chanil Ekanayake (Chairman Research Activities), Dr. Thaiwanka Munasinghe, Mr. Mahanam Dodampegama, Dr. Chaminda Mathota, Dr. Piyusha Atapattu, Dr. Dasanthi Akmeemana, Dr. Sharada Jayalatha (Editor), Dr. M. Makarim, Mrs. Chandrika Haththotuwa,

Absent:

Dr. Prasad Rannulu (Secretary Social Activities), Dr. Hemantha Perera, Dr. R. Prathapan, Dr. M. Sathanandan, Prof. W. J. Amarasinghe, Dr. Sunil Fernando, Mrs. Wasantha Perera, Mrs. Manel Amarasinghe, Dr. Chaminda Kandeuda, Dr. Janitha Hettiarachchi, Dr. Manoj Fernando, Dr. Manoj Perbhashini

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Left to right

Seated – Dr. Hemantha Perera, Dr. M.Sathanandan, Dr. Mrs. Marlene Abeywardena, Dr. M.D.P Gooneratne, Dr. Champa Nelson, Dr. Sanath Lanerolle, Dr. Sanath Akmeemana, Prof. Piyusha Atapattu, Dr. Rohana Haththotuwa, Dr. Mangala Dissanayake, Dr.Madura Jayawardane

Standing – Dr. Sharada Jayalath, Dr. T. Kadotgajan, Dr. (Mrs.) Janakie Karunasinghe, Dr. Dasanthi Akmeemana, Dr. Darshana Abeygunawardane, Dr. Thivanka Munasinghe, Dr. Chaminda Mathota, Dr. Harsha Atapattu, Dr. Shiromali Dissanayake, Dr. U.G. Kariyawasam

Absent – Dr. Rukshan Fernandopulle, Dr. Prasad Rannulu, Dr. C.D.Ekanayake, Dr. Ruwan Silva, Prof. W.I Amarasinghe, Dr. Samanthi Premaratne, Dr. Dilhar Samaraweera, Dr. Diluk Senadheera, Mrs. Chandrika Haththotuwa, Mrs. Wasantha Perera, Ms. Manel Amarasinghe, Dr. Chaminda Kandeuda, Dr. Teshani Mallawaarachchi, Dr. Danushka Kotigala.

The Menopause Society of Sri Lanka

Council Members 2022-2024



LEFT TO RIGHT SEATED:

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STANDING:

DR. DASANTHI AKMEEMANA, DR. INDUMINI GUNATHIALAKA, DR. THIVANKA MUNASINGHE, DR. CHANIL EKANAYAKE (CHAIRMAN ACADEMIC ACTIVITIES), DR. CHINTHAKA BANAGALA (ASSISTANT SECRETARY), DR. JANAKIE KARUNASINGHE (VICE PRESIDENT), DR. SHIROMALI DISSANAYAKA,

ABSENT:

DR. SHARADA JAYALATH, PROF. W. I. AMRASINGHE, DR. M. SATHANANDAN, DR. RASIKA SAGARA DE SILVA, DR. ACHINTHA DISSANAYAKE, DR. MADURA JAYAWARDANA, DR. SRISANJEEVAN, DR. CHAMINDA MATHOTA, MS. MANEL AMARASINGHE, MRS. CHANDRIKA HATHTHOTUWA

The Menopause Society of Sri Lanka Council Members 2024-2026



LEFT TO RIGHT SEATED

DR. SANATH AKMEEMANA, DR. CHAMPA NELSON (TREASURER), PROF. W.I. AMARASINGHE, PROF. PIYUSHA ATAPATTU (IMMEDIATE PAST PRESIDENT), DR. HARSHA ATAPATTU (PRESIDENT), DR. M.D.P. GOONERATNE (FOUNDER PRESIDENT), DR. (MRS.) MARLENE ABAYWARDANA, DR. MANGALA DISSANAYAKE, DR. DARSHANA ABAYGUNAWARDANA (PRESIDENT ELECT), DR. CHINTHAKA BANAGALA (SECRETARY).

LEFT TO RIGHT STANDING

DR. SHIROMALI DISSANAYAKE, DR. DASANTHI AKMEEMANA (VICE PRESIDENT), DR. SHARADA JAYALATH (EDITOR), DR. THIWANKA MUNASINGHE, DR. RUWAN SILVA, DR. PRABHATH RANDBAGE, DR. CHAMINDA HUNUKUMBURA, DR. (MRS.) JANAKIE KARUNASINGHE, DR. ACHINTHA DISSANAYAKE, DR. INDUMINI GUNATHILAKE, DR. SUMITH WARNASOORIYA

ABSENT

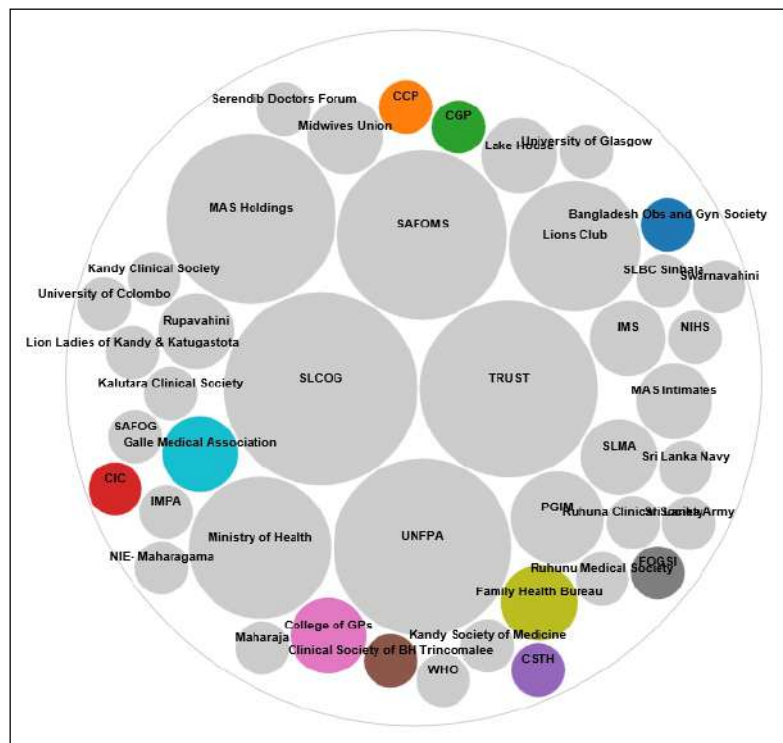
DR. HEMANTHA PERERA, DR. CHANIL EKANAYAKE, DR. ROHANA HATHTHORUWA, DR. DINUSHA LIYANAPATABANDI, DR. WASANTHA DE SILVA, MRS CHANDRIKA HATHTHOTUWA, MRS. WASANTHA PERERA

Chapter 03

A Snapshot of MENOSOC

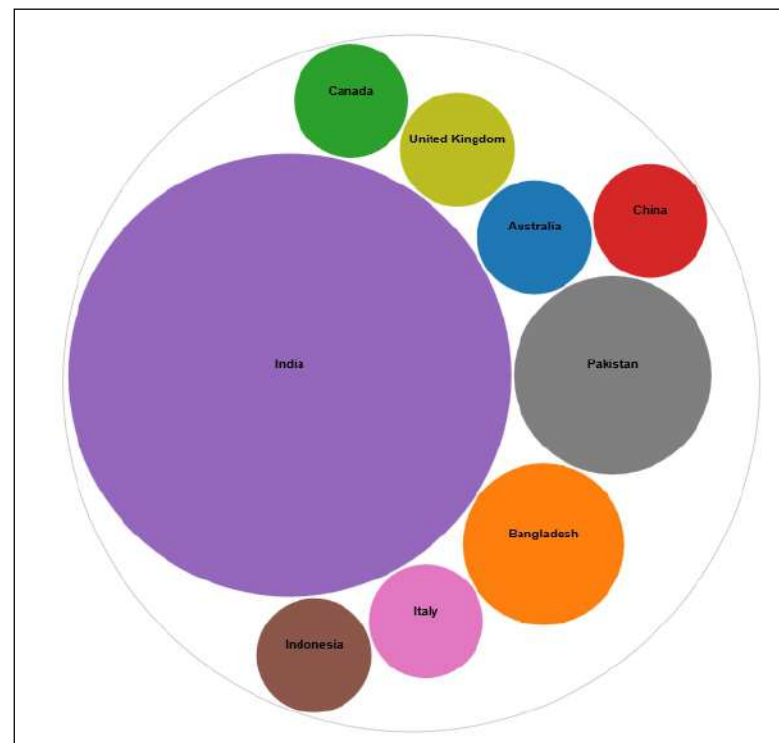


Local Collaborators



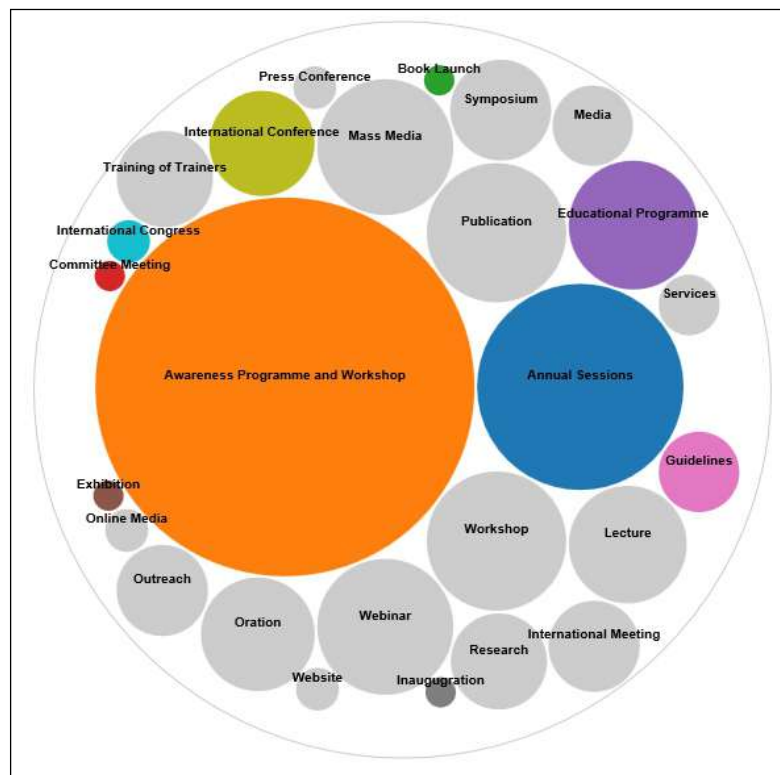
Sustainability of a quarter of a century journey has been due to a variety of local and international collaborations. The challenge is to expand on this while retaining existing links.

International Links



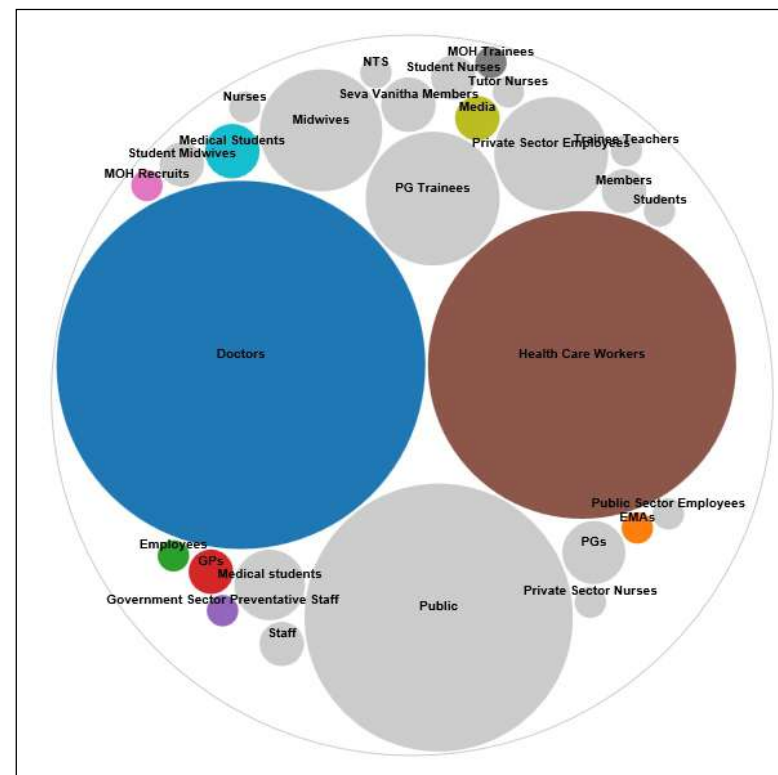
International collaborations are an essential component for a society of this nature to broaden its horizons. While our closest neighbor has remained a key pillar of support, other friendly nations-both near and far-have consistently extended their assistance whenever the need arose.

Modes of reaching out



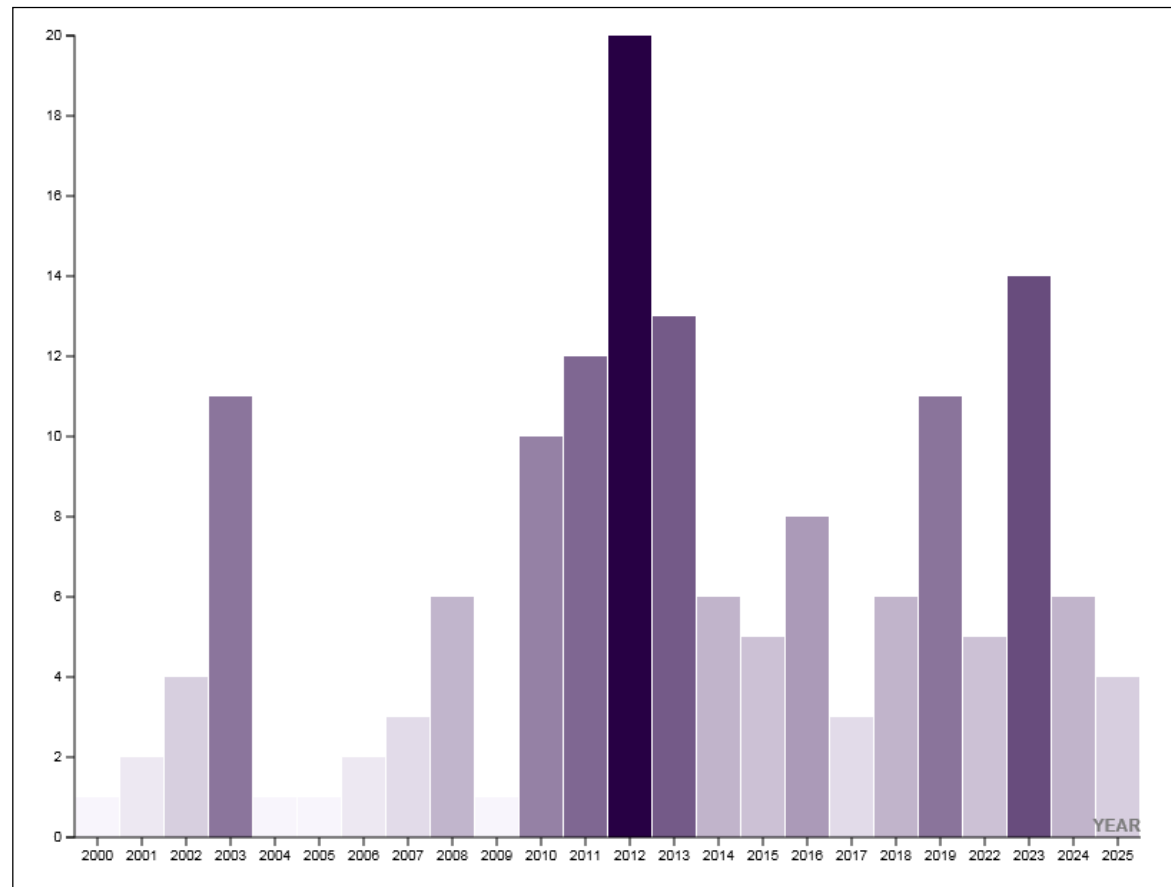
Reaching a community with a message needs existing modes as well as new thinking. This depicts the traditional as well as more modern approaches employed by MENOSOC to reach their objectives

Intended audiences



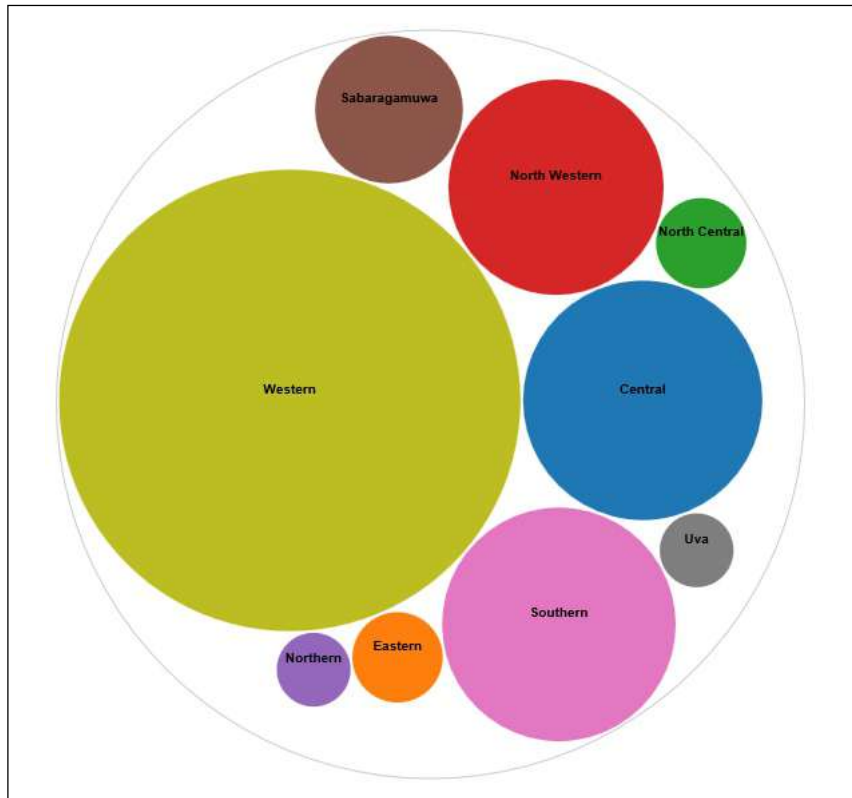
Over the years, MENOSOC has reached out to many audiences. However, this shows the urgent need to increase the reach to smaller groups if our objectives are to be met.

All Awareness Programs



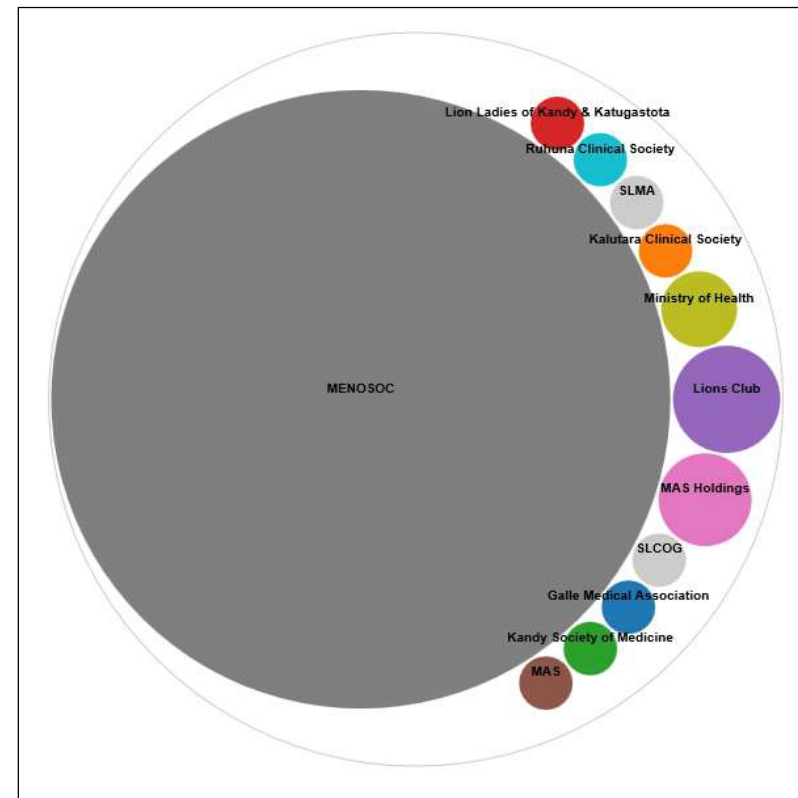
Within just 10 years of its inception, MENOSOC had conducted numerous awareness programs on menopause across the country, with the period from 2010 to 2013 being particularly productive. As these programs continue to serve as one of the few reliable sources of accurate information on the subject, a renewed focus on them would be both timely and impactful.

Geographical reach



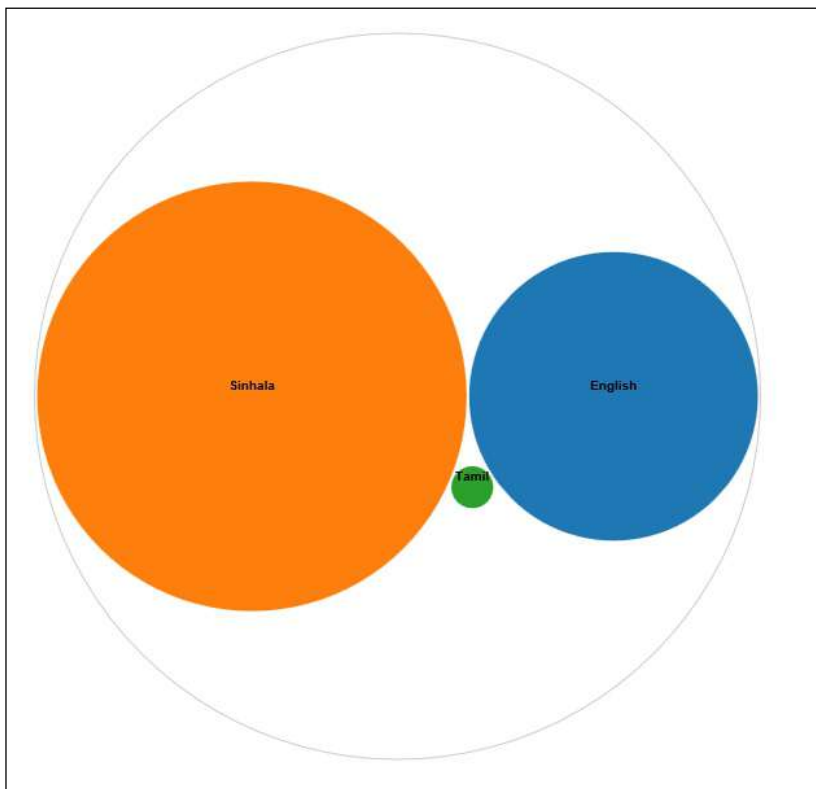
Although programs have been conducted in all nine provinces, greater attention is needed in the North, East, Uva, and North Central provinces. Future initiatives should prioritize these regions, with efforts to identify and engage local organizers and resource personnel.

Organizing teams



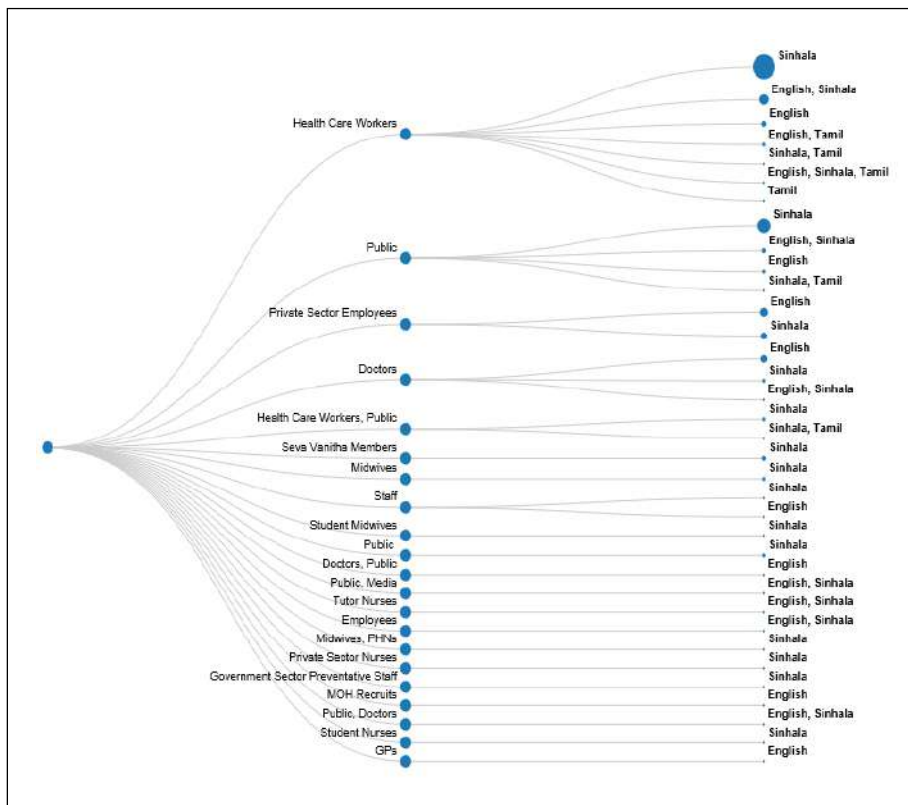
Many organizers from the medical field have actively collaborated with MENOSOC in conducting these workshops. However, involving more non-medical stakeholders is equally important, as this knowledge is vital for both women and men across all sectors of society.

Language



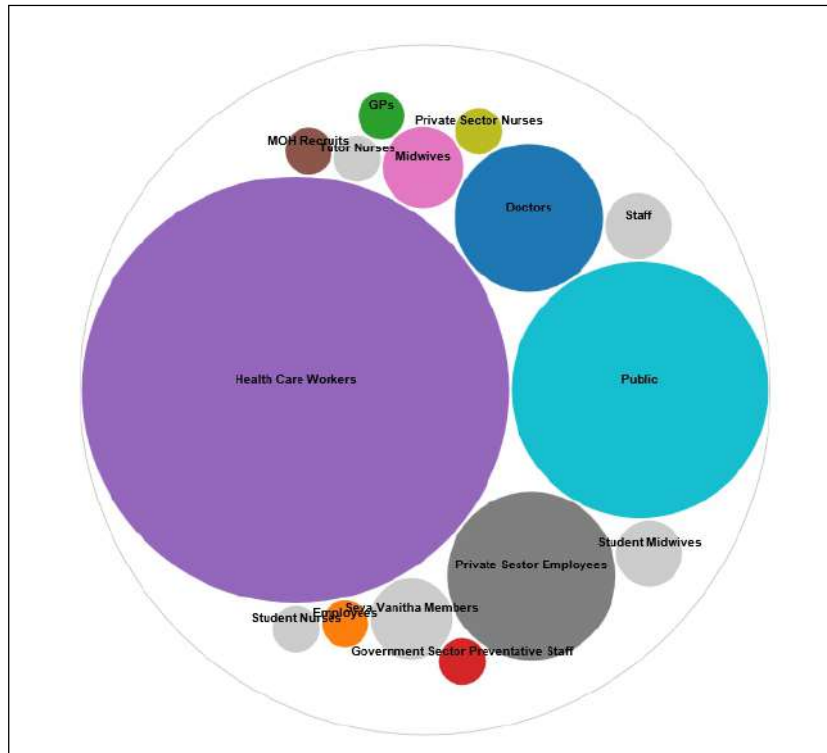
Greater focus on using Tamil as a medium of communication is essential to ensure the universal dissemination of knowledge.

Audiences & employed languages



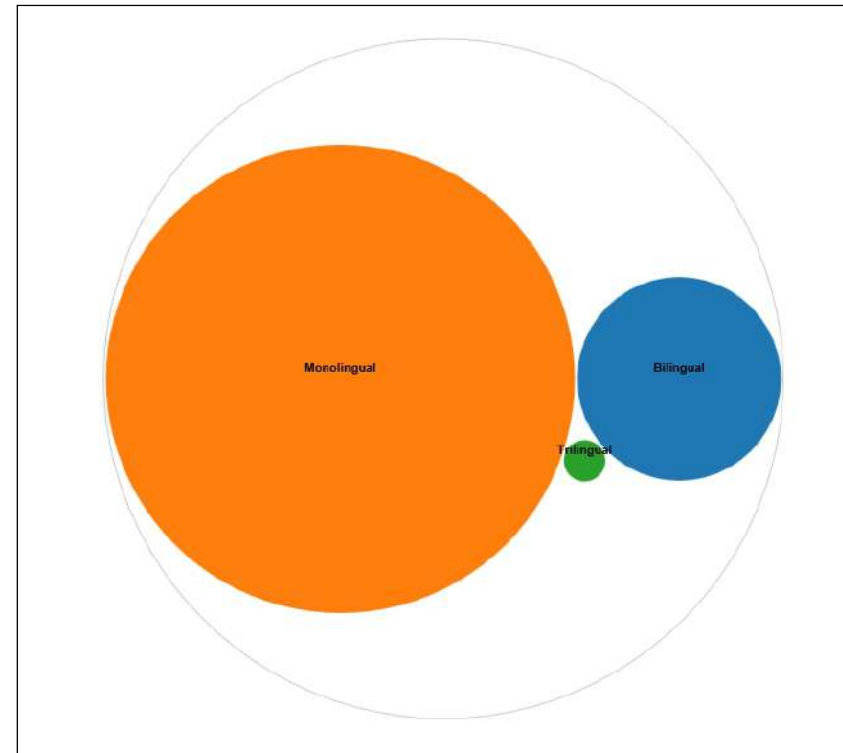
Spectrum of the targeted audience appears quite broad. This information provides direction to future expansion plans.

Beyond health sector



Several audience groups, beyond health sector employees, require greater exposure to this knowledge. Reaching them will require new and tailored outreach approaches.

Linguistic Spectrum



Programs have been mostly conducted in monolingual mode of communication. The need to reach recipients with more bi and trilingual modes has to be addressed if mixed groups of people were to be educated.

A Model Awareness Program



Current Management of Post Reproductive Health of Women for Health Care Professionals

By
Menopause Society of Sri Lanka
12th May (Friday) 2023

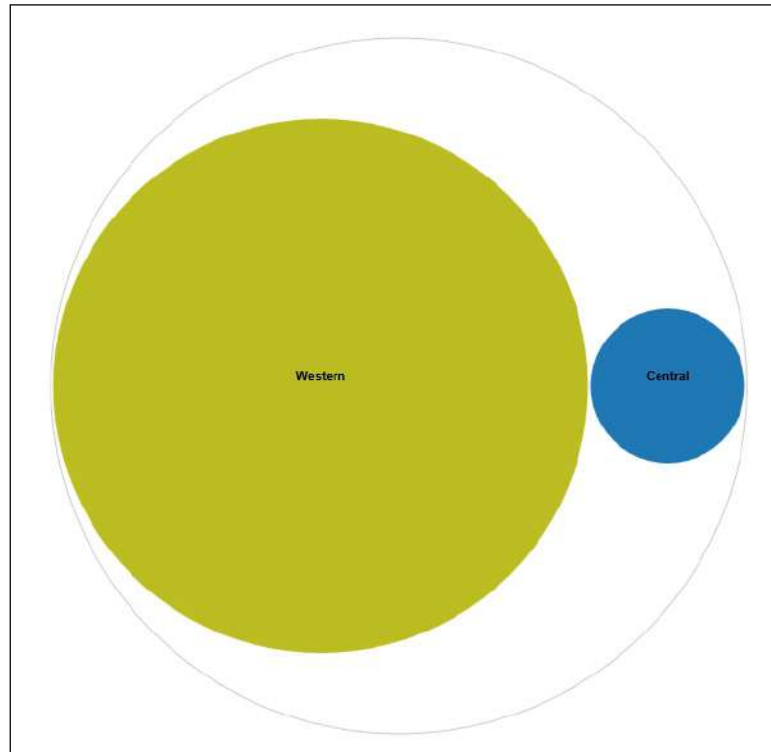
Venue: Auditorium, Walasmulla Base Hospital

8.30 am	Address by President - Menopause Society Prof. Piyusha Atapattu Professor in Physiology, Faculty of Medicine, University of Colombo
8.40 am	Pre Test Dr. Darshana Abeygunawardana Consultant Obstetrician & Gynecologist, Base Hospital Homagama
8.50 am	Introduction to Post Reproductive Age & Symptoms of Menopause Dr. Mangala Dissanayake Consultant Obstetrician & Gynecologist, Kaluthara Hospital
9.10 am	Abnormal Menstruation-Causes & Management Dr. Darshana Abeygunawardana Consultant Obstetrician & Gynecologist, Base Hospital Homagama
9.35 am	Cancer Screening & Prevention Dr. Darshana Abeygunawardana Consultant Obstetrician & Gynecologist, Base Hospital Homagama
9.55 am	Pre-Menopausal Contraception Dr. Mangala Dissanayake Consultant Obstetrician & Gynecologist, Kaluthara Hospital
10.15 am	Tea

10.35 am	Osteoporosis – Prevention, Detection & Management Dr. Shiromalee Dissanayake Council Member Menopause Society of Sri Lanka
10.55 am	Psychological Changes with Ageing Dr. Tharindya Bandara Consultant psychiatrist Base Hospital, Walasmulla
11.15 am	Sexual Health Dr. Hemantha Perera Consultant Obstetrician & Gynecologist, Founder Secretary, Menopause Society of Sri Lanka
11.35 am	Urinary Dysfunctions Dr. Janaki Karunasinghe Consultant Obstetrician & Gynecologist, Castle Street Hospital for Women
11.55 am	Hysterectomy – what should you know? Dr. Wasantha de Silva Consultant Obstetrician & Gynecologist, Walasmulla Base Hospital
12.15 pm	Anemia in Midlife Prof. Piyusha Atapattu Professor in Physiology, Faculty of Medicine, University of Colombo
12.35 pm	Menopausal hormone therapy Dr. M.D.P. Gooneratne Consultant Obstetrician & Gynecologist, Founder President, Menopause Society of Sri Lanka
12.55 pm	Lifestyle Modification and Nutrition after Menopause Prof. Piyusha Atapattu Professor in Physiology, Faculty of Medicine, University of Colombo
1.10 pm	Discussion Dr. Hemantha Perera Consultant Obstetrician & Gynecologist, Founder Secretary, Menopause Society of Sri Lanka
1.20 pm	Post test Dr. Darshana Abeygunawardana Consultant Obstetrician & Gynecologist, Base Hospital Homagama
1.30 pm	Closing Session and Lunch

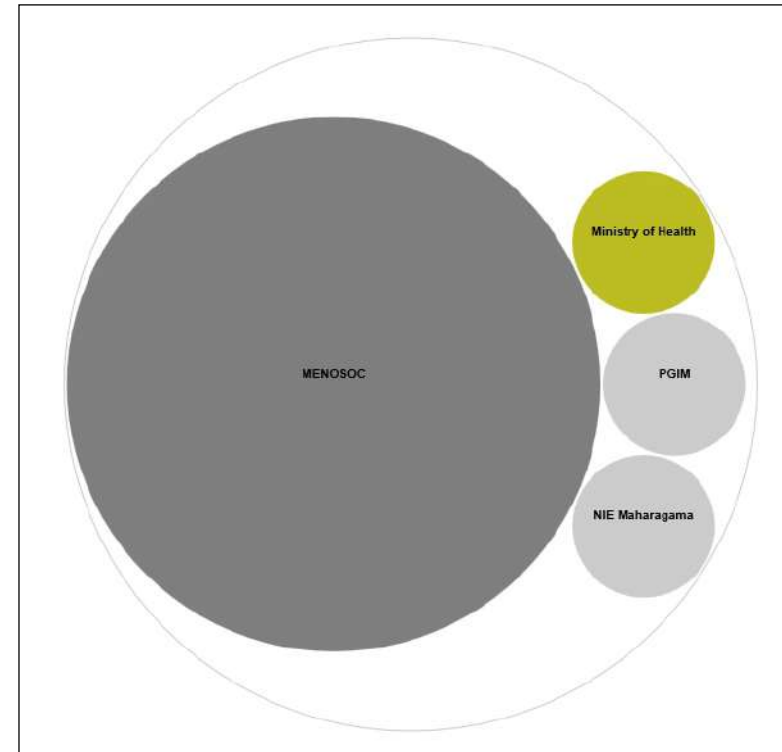
Educational Programs

Provinces Geographical reach



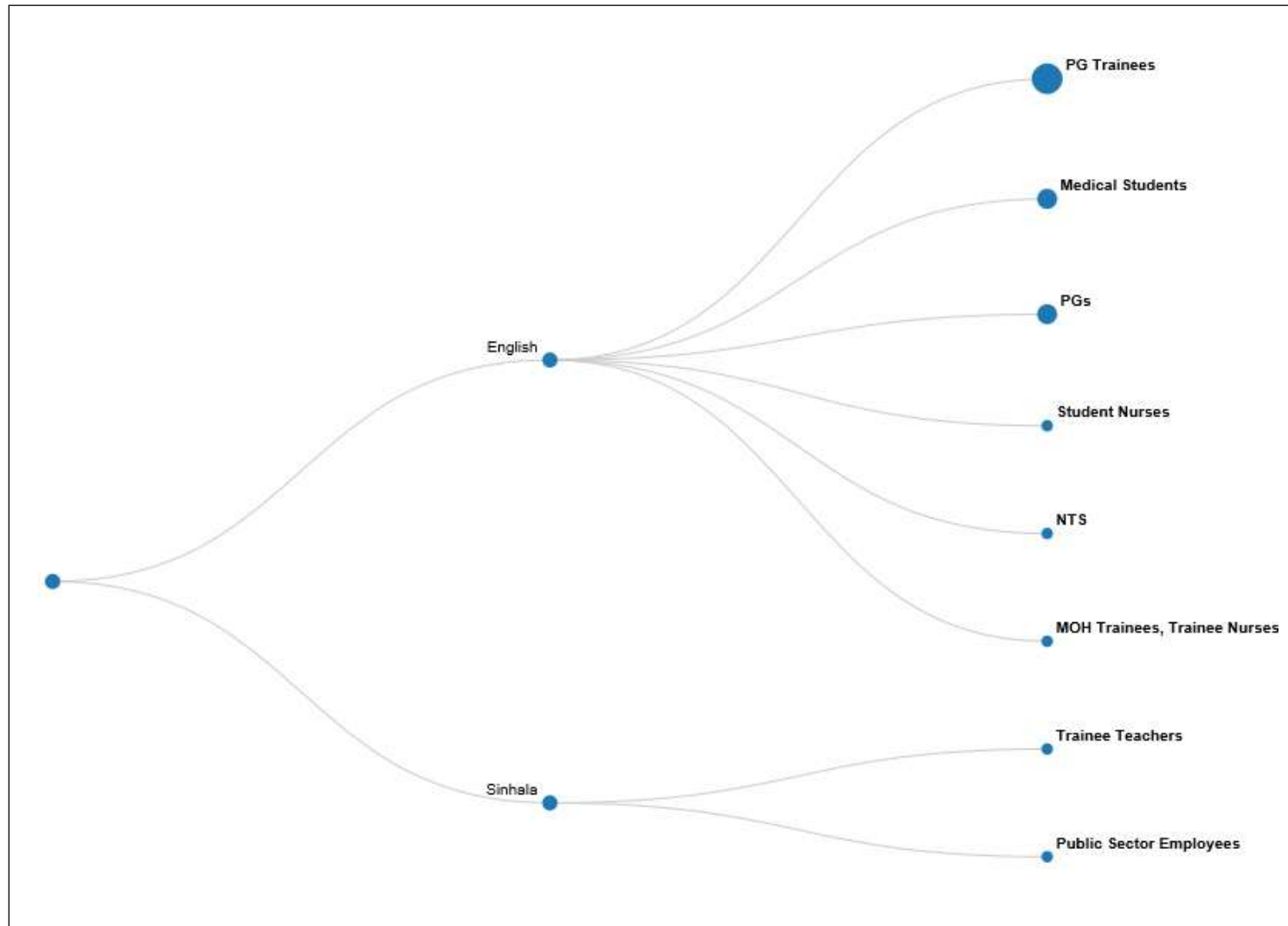
Educational programs have been largely limited to the Western Province. However, with proper coordination between educational institutions and MENOSOC through relevant government mechanisms, achieving islandwide reach should be possible.

Organizing teams



At present, only medical organizers appear to be involved. Efforts should be made to reach out to a wider range of institutions in need.

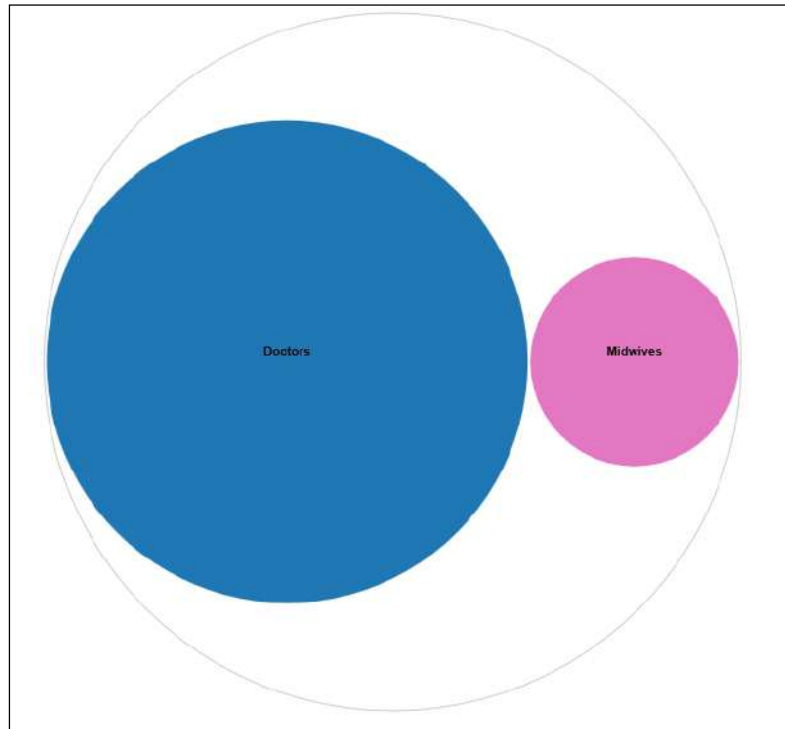
Language



The choice of language medium appears to be closely tied to the professional group being addressed.

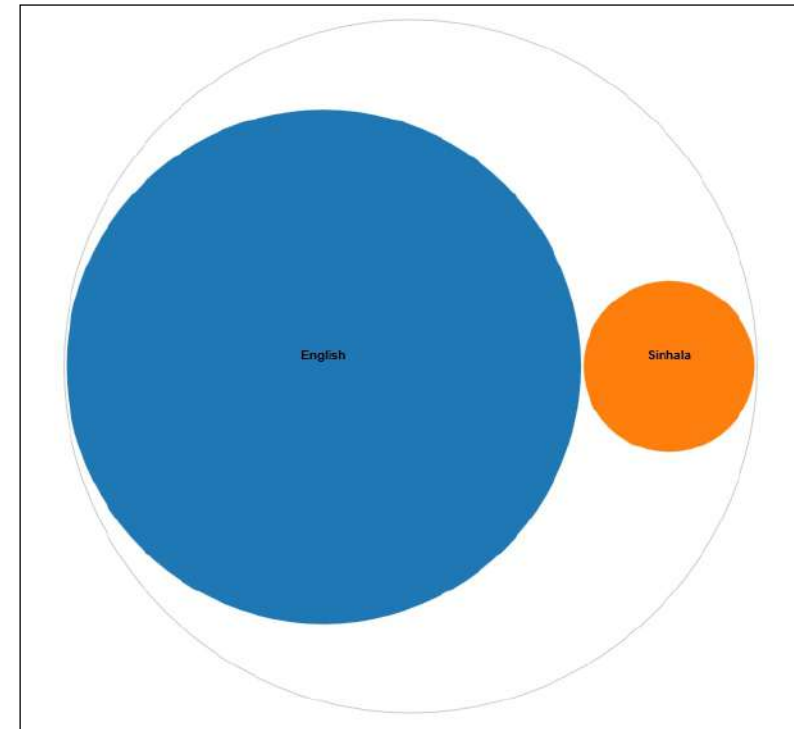
Webinars

Intended Audience



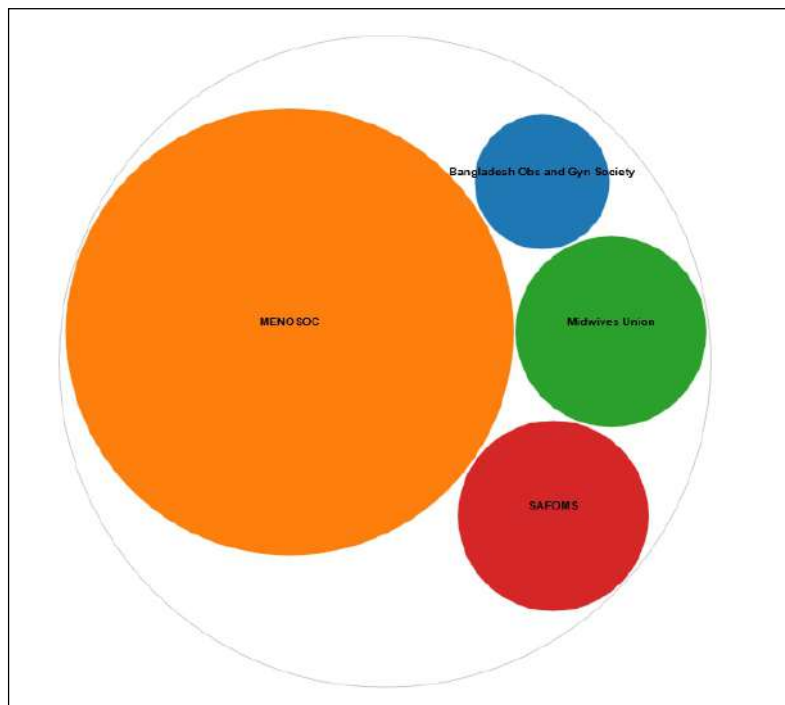
Most webinars have been conducted for doctors, with some targeting Family Health Workers (Midwives). In the future, this mode of knowledge dissemination will be extended to the general public.

Languages



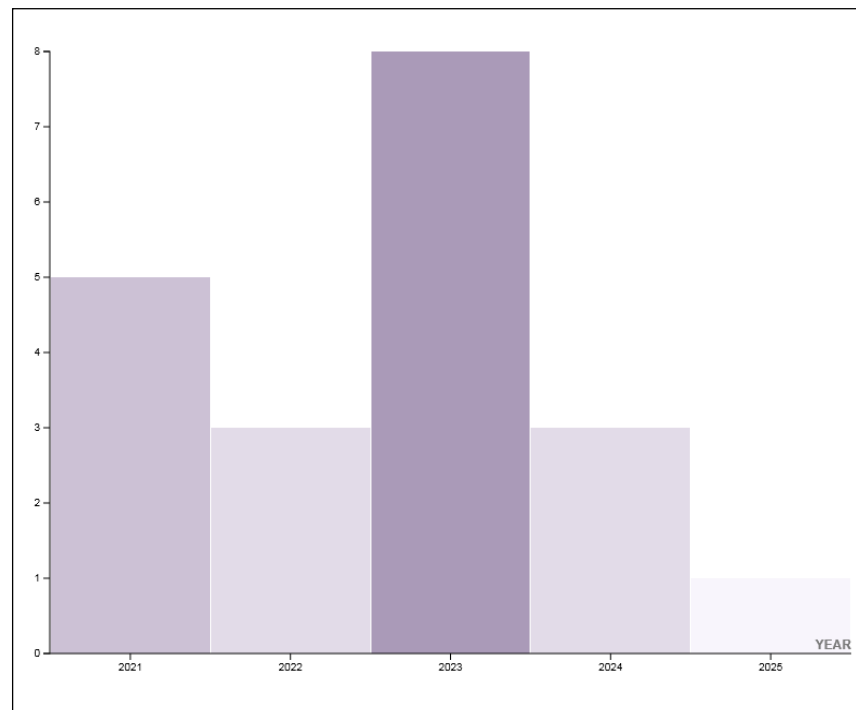
The medium of communication in the webinars has so far been limited to English (for doctors) and Sinhala (for midwives). To broaden its reach, MENOSOC should incorporate Tamil as a medium and involve professionals from the North, East, and Central Hills-an important step forward.

Organizers



Organizing the webinars required dedicated teams, and this aspect calls for involvement beyond just the health professionals engaged so far.

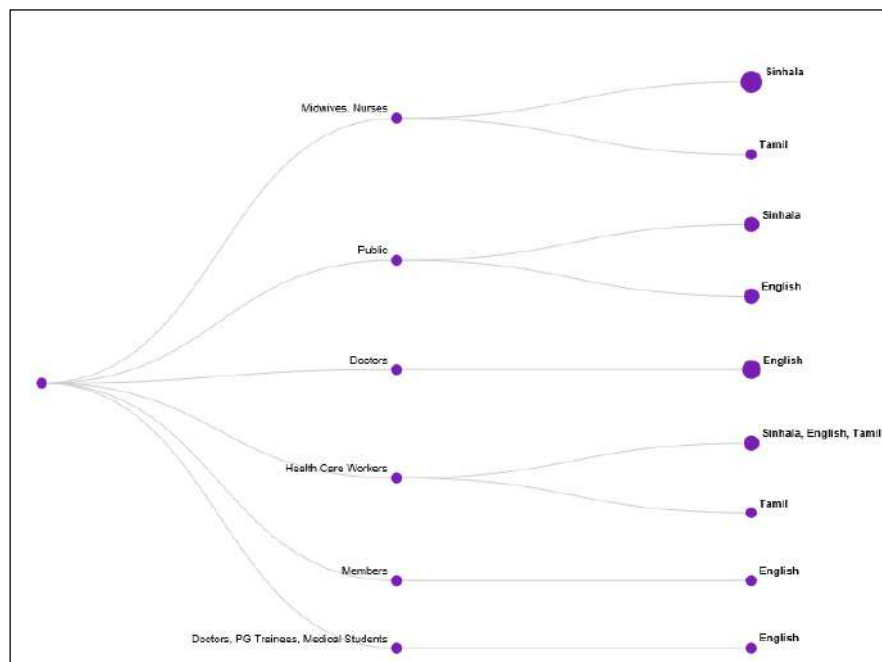
Year held



The COVID pandemic served as the catalyst for initiating the webinars, with travel restrictions making resource personnel more readily available. Now that this mode of communication is well established, MENOSOC will strive to expand it further.

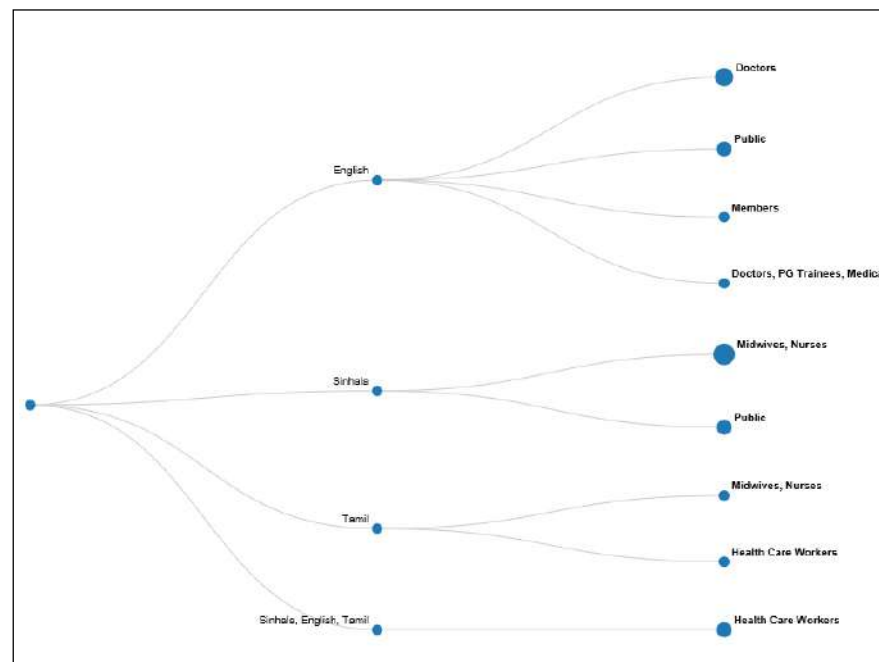
Publications

Language of publications for different audiences



This shows how each group of audience has been communicated. This will be useful in planning future programs.

Need to increase Tamil publications



Although MENOSOC publications have been trilingual and the appropriate language has been selected based on the intended audience, reaching the Tamil-reading public remains particularly important.

Chapter 04

Guideline Development by MENOSOC



October 2002

An **expert committee** of seven members was appointed to review scientific evidence on the risks and benefits of Hormone Replacement Therapy (HRT) following the publication of the Women's Health Initiative (WHI) report.

The committee presented its "**Summary statement on HRT use**" at the council meeting held later that month.

13 October 2002

MENOSOC distributed the summary statement on HRT to doctors at BMICH.

27 February 2005

A proposal was made at the council meeting to develop "**Guidelines for the Management of the Post-Reproductive Years of Women.**"

February 2006

MENOSOC compiled the subdivision related to menopause for the SLCOG National Guidelines.

April 2010

The "**Position Statement of the Menopause Society of Sri Lanka on Estrogen and Progestogen Use in Peri- and Post-Menopausal Women and Some Other Management Options**", authored by Dr. M.D.P. Gooneratne and Dr. Hemantha Perera was published in the *Sri Lanka Journal of Obstetrics and Gynaecology* 31(2).

September 2019

In the first volume of the *Sri Lanka Journal of Menopause*, an article titled "**Menopausal Hormone Therapy with Estrogen and Progestogen**", authored by Dr. Hemantha Perera and Dr. Chanil Ekanayaka was published.

25 July 2021

During a council meeting, it was noted that no exclusive guidelines on menopause management existed in Sri Lanka.

The council decided to prepare new National guidelines, identifying key topic areas (vasomotor symptoms; vulvar atrophy; sexual health; quality of life; uterine bleeding; cardiovascular risk; osteoporosis; premature ovarian failure; surgical menopause; mood disorders; cognitive impairment; and MHT).

24 October 2021

Seven guideline topics were allocated to individual council members with a three-month completion timeline:

- MHT – Dr. M.D.P. Gooneratne
- Evaluation of Postmenopausal women – Dr. Darshana Abeygunewardena
- Vasomotor symptoms – Dr. Mangala Dissanayake
- Sexual health & Quality of life – Dr. Madura Jayawardene
- Postmenopausal Osteoporosis – Prof. Piyusha Atapattu
- Premature ovarian failure & Surgical menopause – Dr. M. Sathanandan
- Genitourinary symptoms (Vulval dystrophy) – Dr.(Ms) Janakie Karunasinghe
- Mood disorders & Depression – Dr.(Ms) Dasanthi Akmeemana

It was decided to release these short guidelines as **National Guidelines for public use.**

19 December 2021

The Council agreed to upload the short menopause guidelines to the Website separately and to complete the full guidelines by 31 December 2021.

23 January 2022

Comprehensive guidelines were completed, and it was proposed to present it to the DGHS to be used as National Guidelines.

12 January 2024

UNFPA funded the development of a trilingual guideline book titled “All About Menopause” for both the public and healthcare workers and supported continued local guideline development.

2024

MENOSOC contributed to the revision of the National Guidelines for the Well Woman Program.

April 2025

MENOSOC held a further meeting with UNFPA to review the progress on the ongoing guideline development project.

Chapter 05

Research by MENOSOC



Research as a Priority

The constitution of the Menopause Society of Sri Lanka identified research as a key priority, explicitly stating in its objectives under item (d): “To advance the knowledge of and research on menopause.” From the society's early days, research was actively encouraged. All Annual Scientific Sessions included presentations of free papers, and awards were presented for the best papers to foster and recognize academic contributions. The Founder President, along with a few other dedicated members, supported these awards for nearly two decades.

Educational and Research Fund of Menopause

In 2006, A discussion took place in the council on establishing a fund for research. In 2023, Founder President Dr. M.D.P. Gooneratne established the Educational and Research Fund of Menopause with a generous donation of Rs. 200,000.00. The purpose of this fund is to support and promote future research initiatives undertaken by the society, thereby strengthening its commitment to evidence-based advancements in menopausal health.

Research activities conducted

The MENOSOC commenced its research activities as early as 2005, beginning with a survey conducted among general practitioners in the Western and Central Provinces on menopause-related knowledge and practices. The findings of this study were presented on 25 September 2005 by the main coordinators-Dr. Nalinda Rodrigo for the Western Province and Prof. W.I. Amarasinghe for the Central Province.

In 2013, the Menopause Society of Sri Lanka aimed to participate in a multi-country research study on cardiovascular risk in menopause, led by Prof. Mary Ann Lumsden from Glasgow, UK. Unfortunately, the initiative could not proceed due to a lack of financial sponsorship.

In 2014, an attempt to carry out research to obtain national figures related to menopause, with the assistance of the Ministry of Health, also did not succeed due to the same reason.

A landmark research project titled “**Survey of Health Issues of Postmenopausal Women of Sri Lanka: A Pilot Study in Selected Public Health Midwife (PHM) Areas**” was conducted in the Kalutara District, spearheaded by Dr. Chanil Ekanayake, Chairman of Academic Activities.

.The final report was submitted to the United Nations Population Fund (UNFPA) by the end of 2023 Preliminary findings were presented through two oral presentations at the MENOSOC 2023 Annual Academic Sessions. Additionally, a full paper based on the study was accepted for publication in the *Journal of Midlife Health*. Supported by a grant of Rs. 3.4 million from the UNFPA, this project marks the first fully funded and successfully executed research initiative by the Menopause Society of Sri Lanka.

Journal article accepted for publication in the Journal of Midlife Health

“Health issues of postmenopausal women in Sri Lanka: a community-based pilot study in selected public health midwife areas”

Oral presentations

1. Weerasooriya SD, Ekanayake CD, Attapattu P, Dissanayake M, Ferdinandez MGSCR, Akmeemana SP, Goonaratne MDP, Perera H, Akmeemana LDD, Jayalath JAVS. NCD burden and associated risk factors in postmenopausal women in selected public health midwife areas in Sri Lanka: an interim analysis. 22nd annual academic sessions of Menopause society of Sri Lanka 2023: 25-26.
2. Weerasooriya SD, Ekanayake CD, Attapattu P, Dissanayake M, Ferdinandez MGSCR, Akmeemana SP, Goonaratne MDP, Perera H, Akmeemana LDD, Jayalath JAVS. Osteoporosis and associated risk factors in postmenopausal women in in selected public health midwife areas Sri Lanka. 22nd annual academic sessions of Menopause society of Sri Lanka 2023: 26-27.

Chapter 06

Publications of MENOSOC



Publications

Menopause Society of Sri Lanka has been actively involved in publishing books, contributing to book chapters, and writing magazine articles to promote health education on menopause. These publications are aimed at a broad audience, including healthcare professionals such as doctors, midwives, nurses, and community health volunteers, as well as the general public. To ensure accessibility across linguistic groups, materials have been published in English, Sinhala, and Tamil.

Books and Chapters

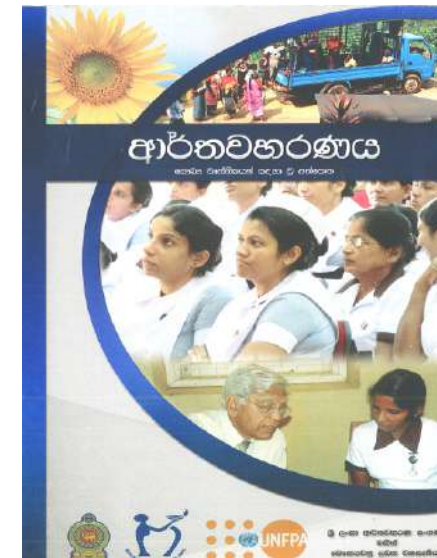
Several books have been published by the Menopause Society of Sri Lanka, with council members and invited experts contributing as editors and authors. These publications have served as valuable educational resources for doctors, postgraduate trainees, medical students, nurses, midwives, and the general public. They have played a significant role in enhancing knowledge and awareness of menopause and midlife health.

1. A Handbook for healthcare workers

A Handbook specifically meant for midwives and nurses was developed and published in 2014. The Sinhala translation, titled "*Arthawaharanaya*,"

"ආර්තවහරණය" was printed and distributed in two phases (2017 and 2019), with a total of 10,000 copies disseminated to all midwives in Sri Lanka through the Ministry of Health and the Family Health Bureau. Additional copies were distributed to nurses who participated in menopause awareness programmes conducted island-wide by the Menopause Society. The Tamil translation of the handbook was launched in 2016. The Tamil translation of the book was launched in 2016.

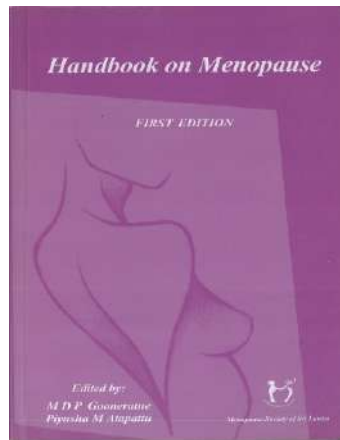
Atapattu Harsha, Gunaratna MDP and Atapattu Piyusha (eds) (2014). *Menopause: A Handbook for healthcare workers*. First Edition. Publisher: Menopause Society of Sri Lanka. ISBN 978-955-7516-00-4



2. Handbook on Menopause

A Handbook on Menopause for doctors, including postgraduate trainees was published in 2017. This comprehensive Handbook with 21 chapters and 17 contributors is useful for doctors, postgraduate trainees and medical students to gain knowledge on health aspects of menopause.

Goonaratna MDP and Atapattu Piyusha M (eds) (2017). *Handbook on Menopause*. First Edition. 2017. Menopause Society of Sri Lanka. ISBN 978-955-7516-02-8

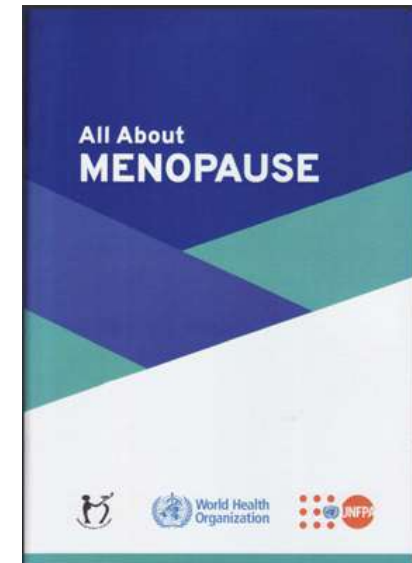
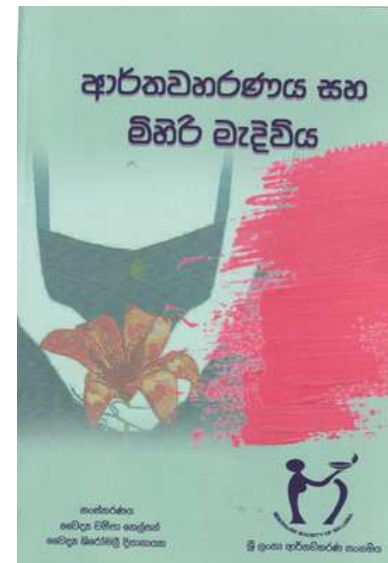


These books were disseminated at public programmes. The printing for sponsored by the WHO and the UNFPA.

Atapattu Piyusha M (ed) (2022). *All About Menopause*. Second Edition. 2022. Menopause Society of Sri Lanka, WHO and UNFPA. ISBN 978-955-7516-03-5

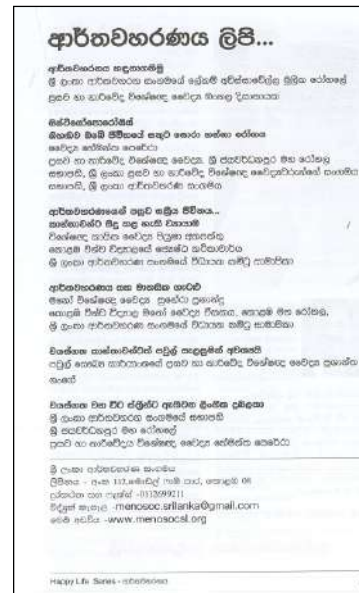
Atapattu Piyusha M (ed) (2018). *All About Menopause*. First Edition. 2018. Menopause Society of Sri Lanka. ISBN 978-955-7516-03-5

Shiromalee Dissanayake and Champa Nelson (ed) “Arthawahanaya saha Mihirimadiwiya”. First Edition. 2024



3. A handbook on menopause “**All About Menopause**” for the general public was published in 2018. Another English edition followed by the Sinhala edition “Arthawahanaya saha Mihiri madiwiya” “ආර්තවතරණය සහ මිහිරි මැදි විය” were published in 2022 and 2024 respectively.

- Several council members contributed to the Sinhala magazine (Sinhala digest) titled Arthawahanaya. Publisher Healthwatch Lanka Private Limited. ISBN978-955-0964-05-5



Flip Chart

A flip chart covering various aspects of menopause was published in 2018 in both Sinhala and Tamil for use by healthcare workers. Edited by Dr. Champa Nelson and Dr. Piyusha Atapattu, 1,000 copies were distributed to primary healthcare workers across the island to support their clinical practice.

Videos

- 6 videos on different aspects of menopause for the public, directed by Mr Bandula Nanayakarawasm were produced in Sinhala and Tamil language launched in 2018. This activity was funded by the WHO.

- මිනිරි මැදිවිය ශ්‍රී ලංකා ආර්ථවහරණ සංගමයේ ඇසිදිසි ප්‍රදානයක්
- Osteoporosis මැඩලමු
- විශාදය පරදවමු
- අසාමාන්‍ය රුධිර වහනය ගැන විමසිලිමත් වෙමු
- මිනිරි මැදිවිය -මනාකොට විමසුම් කල මැන පවුල් සැලසුම්
- ආර්ථවහරණය සමුද්‍යාර්ථයක් ලෙස

These publications have been widely disseminated and made freely accessible through the Menopause Society of Sri Lanka's official website and YouTube channel.

They are available online via the following link:
<https://menopause.lk/videos>

Following both healthcare professional and general public to conveniently access educational content related to menopause and midlife health.



2. 7 short video clips with cartoon animation

These were published in 2022 in sinhala for public awareness, disseminated at educational programmes, and via social media.

- I. ආර්ථිකමය සහ නිවැරදි ආහාර
- II. ආර්ථිකමයෙන් පසු මුත්‍රා මාර්ගය ආශ්‍රිත විවිධ ගැටළු
- III. ආර්ථිකමයෙන් පසු නිරෝගීව ලස්සනට ඉන්න
- IV. මිහිරි මැදිවියට සවිස්තරව ශක්තිමත් අස්ථි සැමට සම්පන්න
- V. ආර්ථිකමය සමයේදී සිදුවන මානසික වෙනස්වීම්
- VI. සතුට ගෙනෙන ක්‍රියාශීලී මිහිරි මැදිවියක් සැමටම
- VII. ඔබටත් නින්ද යන්නේ නැද්ද?

These publications received the generous sponsorship of UNFPA and the WHO.



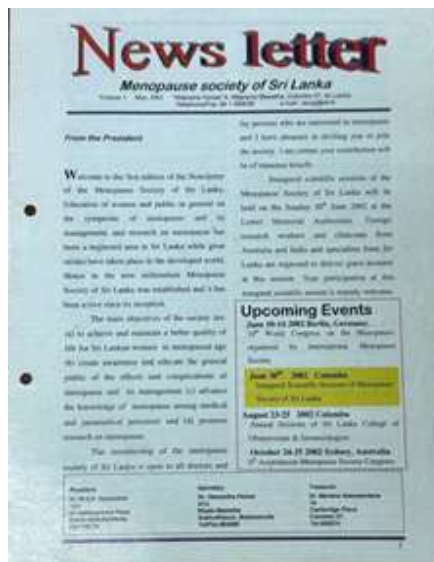
Chapter 07

Story of Print to e-media



Newsletter & Journal

Initial discussions on publishing a news bulletin in both English and Sinhala took place at the 8th Council Meeting of the MENOSOC on 16 September 2001. The primary objectives of the newsletter were to keep members informed about society's events and activities, provide updates on the Annual Academic Sessions, highlight upcoming events, and disseminate knowledge on developments in menopause-related health.



Following several planning meetings, the society published a leaflet newsletter on 2 May 2002, titled “*Newsletter – Menopause Society of Sri Lanka.*” It was sponsored by New Zealand Milk Lanka (Pvt) and was distributed among the society's members.



First ever newsletter published by Menopause Society of Sri Lanka in year 2002
The “Newsletter of Menopause Society of Sri Lanka” was continued to publish till end of year 2010. In year 2011, the newsletter was renamed as “MENOSOC” with a new design.

In year 2023, the Council took a decision to publish paperless E-newsletter in par with the society's policy of adhering to “Green Environment” concept.

Currently, “MENOSOC” E-newsletter is a trimestral publication of the Menopause Society of Sri Lanka, published in March, July and November months. Soft copies of the E-newsletter are emailed to the membership of the society.



General public can access the E-newsletter via www.menopause.lk website.

More than 40 issues of the newsletter under 14 volumes have been published so far.



The first issue of the Sri Lanka Journal of Menopause (SLJOM) was launched on 29 September 2019, during the Annual Academic Sessions of Menopause Society of Sri Lanka.

12 issues of the journal under 06 volumes have been published so far. Currently, Dr. Sharada Jayalath, consultant obstetrician and gynaecologist and the editor of Menopause Society of Sri Lanka is holding the post of editor-in-chief of the journal since year 2025.

Journal – Sri Lanka Journal of Menopause (SLJOM)

Initial discussions for the publishing of a menopause related journal happened at a council meeting held on 16 November 2003. Fulfilling that requirement, first ever medical journal related to post reproductive health in Sri Lanka named “**Sri Lanka Journal of Menopause (SLJOM)**” was published in year 2019.

SLJOM is an editorially independent publication, and this journal publishes peer reviewed work in all areas of Menopause including urogynaecology, oncology and clinical practice. This journal provides a medium to both senior, renowned clinicians as well as young enthusiasts to share their scientific publications on this evolving field of menopause. This is a biannual scientific journal with high quality scientific papers, reviews and studies.

Dr. Sanath Lanerolle, consultant obstetrician and gynaecologist and past president of Menopause Society of Sri Lanka, pioneered in publishing the journal and he was the first editor-in-chief of the journal. Dr. Sharada Jayalath, consultant obstetrician and gynaecologist and Dr. Chanil Ekanayake, consultant obstetrician and gynaecologist were the associate editors.



First editorial board of the journal included Dr. Hemantha Perera, Dr. M.D.P. Gooneratne, Dr. (Mrs.) Marlene Abeywardena, Dr. Chaminda Mathota, Dr. Rohana Haththotuwa, Dr. Harsha Atapattu, Dr. Sunil Fernando, Dr. Rukshan Fernandopulle, Prof. Malik Goonawardene, Dr. P.C. Gunasekara, Dr. M. Sathanandan, Dr. Mangala Dissanayake and Dr. Ruwan Silva.

Prof. Firdousi Begam from Bangladesh and Dr. Asoka Weerakkody from United Kingdom honoured to be the international advisory board members. Dr. Janitha Hettiarachchi was the initial statistical advisor of the journal.

The journal was registered at National Library and Documentation Services Board (NLDSB) and obtained both ISBN and ISSN (2706-0225) numbers. In years 2021, SLJOM was able to in partnership with Sri Lanka Journals Online (SLJOL) and managed to obtain DOI registration. Initially the journal was published as both a printed version and an E-version. Since year 2023, adhering to the society's policy of "Green Environment" concept, only the E-version is issued. It can be accessed via the official website of the Menopause Society of Sri Lanka, www.menopause.lk.



Website

It was a long-awaited need to launch a website completely dedicated to pre and postmenopausal health in Sri Lanka. Main idea of establishing the website was to share the events, activities and programmes conducted by the Menopause Society. It also helped to update the general public on menopause and menopause related health issues.

As a result of multiple discussions held with officials of Sri Lanka College of Obstetricians and Gynaecologists (SLCOG), Menopause Society of Sri Lanka was able to develop a web page on the SLCOG website (www.slkog.lk) on 27 February 2007.

However, this provided a limited platform to fulfil the main objectives of the website. Therefore, the requirement of the development of proper website owned by Menopause Society of Sri Lanka remained.

First ever website of Menopause Society of Sri Lanka was launched on 12 February 2012. The initial web address was www.menosocsl.lk. This gave a complete platform to share the events, activities and programmes conducted by the Menopause Society of Sri Lanka. This website was completely updated on 13 September 2015.

By year 2017, the old web site was not functioning properly and the need of a new website running on a new platform emerged. A complete redesigning of the old website was done and it was set on a new platform with a new web address of www.manopause.lk.

Health professionals involved in providing pre and postmenopausal healthcare are privileged to access guidelines, handbooks published by the Menopause Society through the website. In addition, upcoming events, health education materials and contact details can be accessed.

In year 2022, short videos produced by the Menopause Society were uploaded to the website for public awareness.



Use of Social Media for Awareness and Outreach - Facebook, YouTube, and WhatsApp.

It was felt that the time is opportune to expand the use of web-based social media platforms to disseminate information about the society and increase public knowledge on menopause. Social media plays a crucial role in raising awareness by encouraging open dialogue, offering support, and advocating for change.

These platforms provide a convenient and accessible way for postmenopausal women to find information on symptom management, treatment options, and lifestyle advice. They also serve as effective channels for sharing details of the society's activities and upcoming events.

While caution must be exercised to prevent the spread of misinformation, the positive impact of social media on menopause awareness is undeniable. Currently, the Menopause Society of Sri Lanka actively uses several popular platforms, including **Facebook**, **YouTube**, and **WhatsApp**.

The Society maintains an **official Facebook account** (*Menosoc Sri Lanka*) and an **official Facebook page** (*Menopause Society of Sri Lanka*). The Facebook account was created on August 7, 2014, and the page was launched on April 7, 2016. Both are widely used to share updates on events, activities, and programs, promote upcoming initiatives, and educate the general public on menopause-related issues.

Official YouTube channel of MENOSOC is mainly used for public awareness. This channel was established on 30 September 2019. It contains more than 15 public awareness videos.

Facebook

It was felt that opportune time has arrived to use more web-based social media to disseminate information about the society as well as knowledge on menopause. Social media is playing a crucial role in raising awareness about menopause by fostering open conversations, providing support, and advocating for change.

It offers a convenient and easy way for postmenopausal women to access information about menopause, including symptom management, treatment options, and lifestyle advice. It also helpful in disseminating the details of activities done by the society and upcoming events.

While it's important to be mindful of misinformation, the positive impact of social media on menopause awareness is undeniable. Currently, most popular social media flatforms including Facebook, YouTube and WhatsApp are widely being used by the Menopause Society of Sri Lanka.

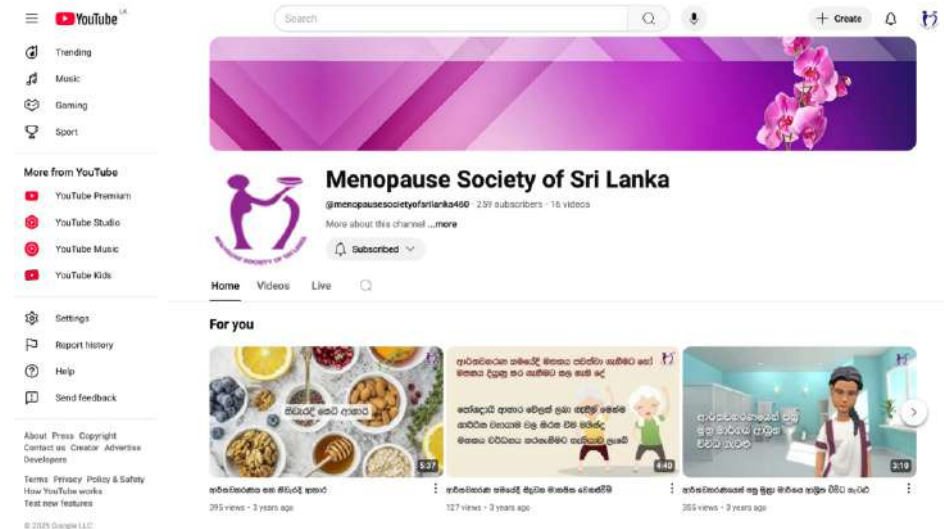
Menopause Society of Sri Lanka maintains an official Facebook account (Menosoc Sri Lanaka) and an official Facebook page (Menopause Society of Sri Lanka). Facebook account was established on 07 of August 2014. Facebook page was established on 07 of April 2016.

These Facebook account and the Facebook page are being widely utilized to share the details of events, activities and programmes conducted by the Menopause Society, share the upcoming events and educate the general public.



YouTube

Official YouTube channel of Menopause Society of Sri Lanka is mainly used for public awareness. This channel was established on 30 September 2019. It contains more than 15 public awareness videos.



Chapter 08

Public Health Services by MENOSOC



EMA/Estate Midwives TOT Programme

In May 2011, Menopause society applied for a **Civil Society Fund Grant from the World Bank**. The theme was *“Mitigating the ill effects of Post reproductive age group by empowering women in the estate sector, their community leaders and the first contact health workers on the prevention, early recognition and available management options of menopausal changes in the body.”*

It was selected for a grant of USD10000.00. A phased out program of **“Training the trainers” (TOT)** was conducted in 10 tea estates in the Nuwaraeliya district in Sri Lanka.

A Hand Book for education and **a Log book** for entering the health issues of women in midlife were prepared and printed.



On the 15, 16 & 17 November 2011, members of Menopause Society of Sri Lanka visited all the 10 estates suggested by Plantation Human Development Trust, to check the facilities. There onwards, several visits were made to the estates for the TOT program as well as for follow up for assessment of progress, with the last visit being on 28 September, 2013.

Overall it was a very successful TOT program and it contributed as a model to many progressive steps in the direction of a better quality of life for those impoverished women in the estates.

Details of the program are found in the final report annexed below.

We sincerely remember the encouragement and assistance given by Dr.Ravi Nanayakkara, Director of Health- Plantation Human Development Trust(PHDT), Mr.Mervin Perera ,Regional Director- PHDT and Dr Nihal Weerasuriya, Director- Dickoya hospital and former Regional Director of Health Services, Nuwaraeliya and Ms.M.F.I.Farah (Manager Health, PHDT)



**Progress Report of the Estate Project
of the Menopause Society of
Sri Lanka in Collaboration with the
World Bank of Sri Lanka**



28.09.12

Introduction

Objective

In July 2011, Menopause Society of Sri Lanka received a grant from the World Bank for a project proposal to mitigate the ill effects of Post reproductive age group by empowering women in the estate sector, their community

leaders and the first contact health workers on the prevention, early recognition and available management options of menopausal changes in the body.

This project has been successfully launched and is being carried out in 10 estates as planned. This progress report includes the activities carried out so far.

1st Phase

Requirements Gathering & Planning

1. Dr.Ravi Nanayakkara, Director of Health- Plantation Human Development Trust(PHDT), Mr.Mervin Perera ,Regional Director- PHDT and Dr Nihal Weerasuriya, Director- Dickoya hospital and former Regional Director of Health Services, Nuwaraeliya were invited for a preliminary discussion. Dr.Hemantha Perera, Dr.MDP Goonarathne, Dr.Mangala Dissanayake, Dr.Harsha Atapattu, Dr.Piyusha Atapattu and Dr.Sunera Fernando from Menopause Society of Sri Lanka participated for this discussion. The program was discussed in detail.
2. It was decided to randomly select 05 estates from Hatton PHDT Region and 05 estates from Nuwaraeliya PHDT region.

3. Ms.M.F.I.Farah (Manager Health, PHDT) sent a list of 10 estates as follows to be included for this training program.

Refer annexure I

4. It was felt that in addition to the Public Health Midwife (PHM), the Estate Medical Assistants (EMA) and the Welfare Officer also to be involved in the program.
5. Meeting was held on 26 August 2011 at Sri Lanka College of Obstetricians & Gynaecologists (SLCOG) with the participation of the council members of the Menopause Society of Sri Lanka to prepare a series of lectures/articles for the program and the handbook. Topics for the handbook were suggested and it was decided to prepare lectures, articles and newsletters in all three languages (English, Sinhalese and Tamil).
6. A meeting with Dr.Ravi Nanayakkara (Director Health, PHDT) was held on 25 October 2011 at SLCOG office. It was decided to initially train the midwives and these trained midwives were given the opportunity to disseminate their knowledge to the volunteers. Another separate program was planned to conduct for Estate Medical Assistants (EMA) as

their update on Menopause would be important to interact with the midwives.

7. The editorial board gathered on the 2 November 2011 at SLCOG. The board consisted of four council members of Menopause Society of Sri Lanka (Dr.Hemantha Perera, Dr.MDP Goonaratne, Dr.Piyusha Atapattu & Dr.Sunera Fernando) and two Tamil consultants (Prof.Sivasuriyam and Dr.Saravanan). The articles collected were amended and topics were finalized.

Refer annexure II

8. On the 15, 16 & 17 November 2011 members of Menopause Society of Sri Lanka visited all the 10 estates suggested by Plantation Human Development Trust to check the facilities.

2nd Phase Implementation of the program

9. After finalizing all the articles printing of the handbooks and newsletters was started on the 13 of February 2012.

10. A TOT program for PHMs and welfare officers was conducted on 16 of March 2012 as planned. It was a full day session which consisted of a series of lectures and a counseling session. At the beginning of the program participants' knowledge on Menopause was tested by giving them 15 questions. Lectures were delivered by the consultants of the Menopause Society and each was interpreted into Tamil. At the end of each lecture audience was given an opportunity to ask questions from the lecturer to clarify their doubts. At the end of the program same questions were repeated to test the improvement of knowledge of participants. All the participants were given a handbook, an attendance certificate and a bag with an umbrella. In addition participants were given refreshments, lunch and a per diem. Volunteers' handbooks were given to midwives and they were asked to build a team of volunteers and disseminate their knowledge on menopause and related issues. It was felt that the communication skills of the midwives need to be improved and preparation of a logbook would be very beneficial for them when counseling people.

11. On the 17 March 2012 another half day session was conducted for Estate Medical Assistants (EMA). Twenty EMAs were trained in this program.

3rd Phase

Inspection and Follow-up

12. Pilot testing was done on the 28 April 2012. Five consultants visited all the ten estates again to check whether prepared logbooks cover all the requirements of the midwives. It took three complete days for this and all the 50 midwives who were trained before actively involved in this process.

13. Subsequently an inspection program was done on 22, 23 and 24 of May 2012 to review the progress of the TOT programs. The PHMs who were trained at the TOT program had built a team of volunteers. Each team had 15-20 members and at the time inspection was done they had gone through the books.

14. Logbooks were printed on 7 June 2012.

15. A "Skype" meeting was held on 15 June 2012 with EMAs to check whether they properly supervise PHMs.

16. 2nd inspection was done on 2 July 2012 and the logbooks were handed over. They were given training on using the books when counseling a patient.

17. A Follow-up program to be done on 26-27 February 2013 to complete the project.

Annexure I

PLANTAION HUMAN DEVELOPMENT TRUST -HATTON REGION

#	RPC	Name of Estate	MOH Area	Public Health Midwives		Name of EMA	NAME OF PHM	Name Of PFWO
				Estate	GOVT:			
01	WPL	Agrakanda	Lindula	-	❖	Mr.A.Patric	MS.I.Indunil	Ms.S.Sivapakyam
02	u	Kenilworth	Ambagamuwa	❖	-	Mr.H.G.Premaratna	Ms.G.Attapattu	Ms.Mallika Wijesekara
03	KVPL	Battalgalla	Bogawantalawa	❖	-	Mr. T.Ramamoorthi	Ms.A.Kanthilatha	Ms.P.Chandrasegaram
04	v	Ingestre	Bogawantalawa	-	❖	Mr.S.V.Marimuthu	Ms.Yogeshwary	Mr.K.Pasupathi
05	MPL	Bambarakelle	Lindula	-	❖	Mr.W.M.N.Edirisingha	Ms.K.Nirmaladevi	Mr.V.Sellai
06	MPL	Venture	Maskeliya	❖	-	Mr.K.Sathyavelo	Ms.D.Damayanthi	Mr.S.W.Karunasingha
07	BTEL	Wanarajah	Maskeliya	❖	-	Mr.K.Shanmugarajah	Ms.O.Thevar	Ms.N.K.Wijekoon
08	MKPL	Glentilt	Maskeliya	-	❖	Ms.J.Jenita	Ms.J.Ranjanamary	MS.D.Athirstaluxmi
09	KPL	Craiglea	Kotagalla	❖	-	Ms.D.Jayapala	Ms.w.s.Swarnapali	-
10	u	Mayfield	Kotagalla	-	❖	Mr.D.Yogaratnam	Ms.K.Sulochana	Mr.P.Pathmanathan

Ms.M.F.I.Farah

Manager Health

Date

S.M.W.Perera

Regional Director

Annexure II

Topic	Author
Introduction to Menopause	Dr.M.Dissanayakae
Abnormal Menstruation	Dr.Tiran Dias
Urinary Dysfunctions	Dr.MDP Goonarithne
UTI	Dr.Marlene Abeywardena
Nutrition in menopause	Dr A De silva
Life Style Modification	Dr.Ms.P.Atapattu
Osteoporosis	Dr.Ms.P.Atapattu
Cancer Screening	Dr.M.Dissanayake
Contraception	Dr.M.Dissanayake
Psychological Changes	Dr.Ms.S.Fernando
Behavioral Change for life style modification	Dr.Sunera Fernando
Counseling and Communication Skills	Dr S. Fernando
Sexual Dysfunction	Dr.H.Perera
Andropause	Dr.H.Perera
Menopause Management	Dr.Goonarithne

Annexure III

6.00 a.m					Departure from Nine Wells, Narahenpita 4am				
7.30 a.m					Breakfast at Tea Villa 7am -8am				
Team 1					Team 2				
Time	From	To	Distance (km)	Hours/ Minutes	Time	From	To	Distance (km)	Hours/ Minutes
8.30 - 9.30	BAMBARAKELLE				8.00 - 9.00	WANARAJAH		15	30 min
9.30-10.00	BAMBARAKELLE	AGARKANDA	15	25 min	9.00- 9.30	WANARAJAH	BATTLEGALA	20	30 min
10.00-11.00	AGARKANDA				9.30- 10.30	BATTLEGALA			
11.00-11.45	AGARKANDA	CRAIGIE LEA	25	45 min	10.30 – 11.00	BATTLEGALA	INGESTRE		30 min
11.45-12.45	CRAIGIE LEA				11.00 – 12.00	INGESTRE			
12.45-1.15	CRAIGIE LEA	MAYFIELD	15	30 min	12.00 - 12.30	INGESTRE	VENTURE	25	45 min
1.15-2.15	MAYFIELD				12.30 – 1.30	VENTURE			
2.15- 2.30	LUNCH at MAYFIELD				1.30 – 2.00	VENTURE	GLENTILT		
2.30-3.30	MAYFIELD	KENILWORTH		1hr	2.00 - 2.30	LUNCH			
3.30-4.30	KENILWORTH				2.30 – 3.30	GLENTILT			
					3.30 – 4.30	GLENTILT	KENILWORTH		



Dr.Hemantha Perera
President
Menopause Society of Sri Lanka



Dr.Mangala Dissanayaka
Secretary
Menopause Society of Sri Lanka







Chapter 09

Health Ministry & MENOSOC



Midlife Clinics

From inception, Menopause society was keen to develop a “Preventive and Curative Health service “for the women in midlife. Immediately following the first anniversary of the society, on the 15 July 2001, **a peripheral clinic was conducted in Dankotuwa**, on the invitation of a charity i.e. Lanka Dharmodaya Foundation. More than 100 women attended the clinic and was very encouraging as Menopause clinics were never heard of before.

However, despite repeated attempts, it was not possible to get the idea across to the health authorities as Menopause was not considered a priority health need.

By 2004, it was possible to impress upon the health officials to agree to this proposal. On 14 March 2004, two members of the society, Dr MDP Gooneratne and Prof. Asoka Gunasekara visited an existing **clinic belonging to the Colombo Municipal Council, situated at Kirulapone**.

Few clinics were conducted at these premises. However, without an agreed policy in the Ministry of health, this was not sustainable. Still, the seed was planted successfully and after 25 years, the Ministry of health has planned to have **1000 Midlife clinics throughout the country**. (Please see the chapter on “Collaboration with the Health Ministry” for the present status.)

National Task Force on Post-Reproductive Health (NTFP)

The National Task Force on Post-Reproductive Health (NTFP) of Sri Lanka emerged as a pioneering national effort to address the long-overlooked health needs of post-reproductive women. This initiative was spearheaded by the Menopause Society of Sri Lanka, in collaboration with the Ministry of Health, and supported by various professional bodies and stakeholders.

September 2014

The origins of the MTF can be traced back to a 2014 meeting with the UNFPA, where discussions focused on postmenopausal health and cancer.

The Council decided to approach the Director General of Health Services (DGHS), Dr. P.G. Maheepala, about establishing a multi-disciplinary **Task Force on Cancer in Postmenopausal Women**, with potential UNFPA funding. Discussions also covered **teacher education in post-reproductive health** and the use of midwives to conduct a national menopause survey.

21 October 2014

At the first meeting with the DGHS, Dr. P.G. Maheepala agreed to make initial arrangements for the Task Force, including forming regular meetings with professional colleges and seeking UNFPA support. He suggested referring to the teacher-education component to the Ministry of Education's focal point at Family Health Bureau.

23 February 2015

In the second meeting, the DGHS requested that the Menopause Society take the lead in formally establishing the Task Force by writing to relevant professional bodies.

- Letters were sent to colleges of General Practitioners, Psychiatrists, Physicians, and Obstetricians for nominations.
- A proposal for establishing **Midlife Clinics** was initiated at hospitals like Homagama, Panadura, and Horana.
- Approval was given for **Training of Trainers (TOT)** programs for teachers and nurses.
- Plans for a National Survey on Menopause and research funding were also discussed.

27 April 2015

At the third meeting, the **DGHS formally approved the NTFP** and agreed to explore funding for related research.

It was agreed to conduct **Midlife clinics** along with well woman clinics. Plans were also made to pilot Midlife Clinics at Base Hospitals in Homagama, Kalutara, Panadura, and Horana.

It was agreed to distribute Handbooks already published by MENOSOC to all midwives through Supervising Nursing officers.

DGHS requested MENOSOC to develop TOR for the NTFP.

19 July 2015

Draft proposal of the Task Force was presented to the DGHS.

26 August 2015

At the fourth DGHS meeting, the Society justified the Task Force by outlining the projected health and economic burden of post-reproductive issues and presented **a draft proposal** to the DGHS. They agreed on a **focal agency** (Family Health Bureau or future Non-Communicable Disease Bureau) and presented the drafted **detailed TOR** and stakeholder roles.

22 January 2016

The **inaugural meeting of the National Task Force on Post Reproductive Health (PRH)** was held. Key decisions included:

- Formation of a **Steering Committee** and a **Working Committee**.
- An agreement to design a comprehensive care package encompassing NCD screening, cancer screening, menopause management, and counseling.
- Plans to use **Healthy Life Clinics** and **Well Woman Clinics** as delivery points.
- Introduction of a **personal health record** for post-reproductive women.
- A pilot program was planned in **one district** within two months.

- The FHB was confirmed as the **Task Force's focal agency**.
- **TOT modules** for public health nursing and teacher education were approved.

20 March 2016

- FHB took over as the **focal agency**.
- **Training programs** were launched, starting with Kalutara district.
- Educational content was developed and translated into **Sinhala, Tamil, and English**.
- The MENOSOC was to develop training **modules, Handbooks and flip charts**.
- Decided to incorporate post reproductive care into national health service.
- A pilot midlife clinic at **Castle Street Hospital for Women (CSHW)** was suggested.
- Screening protocols (at ages 35 and 45), referral pathways for menopause symptoms were discussed.

10 July 2016

Launching a pilot well-woman clinic in Kalutara and planning a training program at the National Institute of Health Sciences (NIHS).

27 July–5 August 2016

The “TOT” program at NIHS for health care workers was conducted in two batches, covering curriculum content for midlife care.



September 2016

A **Pilot Midlife Clinic model** was carried out in Kalutara Healthy Life Centres and Well-Woman Clinics, demonstrating personal health records for women.

23 October 2016

Task Force members proposed creating a **permanent unit** within the Ministry of Health to oversee post-reproductive health activities.

28 November 2016

An annual grant of Rs. 200,000 was secured for the Menopause Society.

12 February 2017

A letter was sent to the FHB requesting inclusion of **post-reproductive health modules** in MOH, nursing, and midwife training curricula.

12 March 2017

Following activities were finalized: staff and public education, establishment of **Healthy Life Clinics** with Pap-smear capability, Information Education & Communication (IEC) material development, and a “35+ Club” for community outreach.

15 March 2017

In a meeting with FHB, the Task Force defined its target age group (45–65), integrated with reproductive health steering, and set priorities: screening protocols, management algorithms, referral systems, and lifestyle intervention strategies.

14 May 2017

Monthly Task Force steering-committee meetings were scheduled.

16 July 2017

A new FHB circular was drafted to add **osteoporosis screening** to the well-woman clinic protocol.

20 August 2017

The FHB circular was expanded to include menopause symptoms, psychological concerns, sexual function, and finalized osteoporosis screening tools, with referral guidelines for hot flushes.

12 November 2017

A circular introducing post-reproductive health into Well-Woman Clinic services was approved; flip charts and 1,000 copies of new clinic records were printed for distribution.

27 January 2018

The FHB requested **Tamil translations of the midlife clinic flip chart** (English and Sinhala versions were completed).

25 February 2018

Menopause-related disorder screening was officially included in the updated Well-Woman Clinic circular.

18 March 2018

The NTFP requested addition of menopause symptoms to the national personal health record.

19 August 2018

MENOSOC distributed midwives' handbooks (1,000 Sinhala, 500 Tamil, 500 English) and arranged reprinting.

25 October 2020

The DGHS formally authorized the establishment of **Midlife Clinics**, with the first clinic to open at Castle Street Hospital for Women in November; Health Minister Pavithra Wanniarachchi was invited as Chief Guest.

17 January 2021

Suggested to establish Midlife Clinics at De Soyza Maternity, Colombo North Teaching, and Wathupitiwala Base Hospitals.

14 February 2021

A coordination proposal was submitted to streamline menopause services across Well-Woman Clinics, breast clinics, and NCD units.

27 June 2021

The Menopause Society completed the **Midlife Clinic record book** (funded by UNFPA) and began Tamil translation.

19 December 2021

Midlife Clinic roll-out was postponed 2–3 months due to the COVID-19 pandemic, with Homagama Hospital selected as the next pilot site.

27 February 2022

Planning resumed for Midlife Clinics at Colombo North, Castle Street, De Soyza, Ragama, Kalutara, and Homagama Hospitals.

24 April 2022

Personal health record prototype was discussed at the council and pre-testing with staff and patients was planned.

30 April 2023

The Society proposed letters to the DGHS and FHB to secure a clinic-record “H-number” and finalized hospital selection criteria for Midlife Clinics.

24 September 2023

Feasibility discussions were held on **integrating Well-Woman Clinics and Midlife Clinics** into a unified service model.

12 September 2024

An educational program for staff of Castle Street Hospital for Women was carried out for Midlife Clinic operations.

Legacy and Impact

The NTFP has grown from an advocacy effort to a national movement.

- Recognized menopause as a distinct and important phase of women's health.
- Embedded post-reproductive health into Sri Lanka's public health agenda.
- Enabled cross-sector collaboration across health, education, and social services.
- Created a model that could be replicated in other low- and middle-income countries.

Chapter 10

SAFOMS



South Asian Federation of Menopause Societies (SAFOMS)

13 October 2002

MENOSOC council discussed the need to establish a SAARC Menopause Society. It was decided to invite existing menopause societies in the SAARC region to join for this cause.

16 February 2003

A draft for a SAARC federation of menopause societies was discussed.

20 April 2003

The council decided to communicate with SAARC countries which did not have a menopause society in existence. It was felt that this way, those countries could be encouraged to form their own menopause society and join the new federation.

16 November 2003

Letters were sent to all SAARC Countries for the Formation of SAARC Menopause Society.

However, the responses from the countries were not encouraging and the idea was dormant for years.

7 February 2010

In early 2010, Dr. Behram Anklesaria from Ahmedabad,

India communicated with MENOSOC and expressed to revive the formation of a Federation.

He suggested a name – South Asian Menopause Societies (SAMS). However, MENOSOC members suggested South Asian Federation of Menopause Societies (SAFOMS).

MENOSOC prepared a draft constitution, and it was presented at an IMSCON in Chennai in 2010.







1 October 2010 – Birth of SAFOMS

At a meeting held at the Cinnamon Lakeside Hotel in Sri Lanka, SAFOMS was officially established. Dr. Behram Anklesaria was unanimously elected as the President, with Dr. M.D.P. Gooneratne as President-Elect, Prof. Shala Katun as Vice President, and Dr. Rohana Haththotuwa as Secretary General.

Inaugural SAFOMS conference - 1-3 October 2010 Sri Lanka

This was held at the Cinnamon Lakeside Hotel in Sri Lanka on the theme of “**Improving post reproductive life of south Asian women**”. Members of MENOSOC, SAFOMS, SLCOG, AOFOG and SAFOG were present.

On the **3 October 2010, the inaugural council meeting was** held at the Hotel Galadari in Sri Lanka.

30 November 2012 - 2nd Biennial conference of SAFOMS, Pakistan

This was held in Karachi, Pakistan. Thirteen members of MENOSOC participated.

Dr M.D.P. Gooneratne from Sri Lanka was inducted as the 2nd President of SAFOMS.

Behram Anklesaria memorial Oration - 30 November 2012

Dr M.D.P. Gooneratne delivered this oration on “SAFOMS challenges & Opportunities”.

1 November 2014

Nepal was admitted as a member society of SAFOMS.

February 2015 - 3rd Biennial conference of SAFOMS.

This had to be postponed as the host country, Bangladesh was having a civil unrest.

8-9 May 2015 - 3rd Biennial conference of SAFOMS, Bangladesh.

This was held in Dhaka, Bangladesh.

Prof Rubina Hussain from Pakistan was inducted as the 3rd President of SAFOMS.



SAFOMS - IMSCON 2017

CONFERENCE HIGHLIGHTS:

- Recent evidence based Management on Menopause
- Recent Guideline in HRT
- Urinary Incontinence
- Sexual Dysfunction
- Cancer and Menopause
- Bone health & Menopause
- Metabolic Syndrome
- Medical Disorders after Menopause
- Free Poster, Poster, Quiz, Miscellaneous

CONFERENCE WORKSHOP:

- Prescription Writing in Menopause
- Self Grooming & Cosmetics in Menopause
- USG in Menopause

HIGHLIGHTS OF RAIPUR & CHHATTISGARH:

- "Dharan ka katora", The Rice Bowl of India
- Incredible Chhattisgarh
- Raipur is the Capital of Chhattisgarh
- Raipur city is well connected to all metropolitan cities by Air, Rail and road routes
- Babylon International - Luxurious Venue Hotel
- Metro Level Various Accommodations
- Rich Cultural Heritage & Monuments
- Renowned National Park & Wildlife Sanctuary
- Amazing & Attractive Lakes & Waterfalls
- Metro Culture Shopping Mall
- BIT-IM, NIT, AIIMS & HILLI in Raipur

INTERNATIONAL CONFERENCE OF SAFOMS & NATIONAL CONFERENCE OF IMSCON 2017

DATE: 17-19th FEBRUARY, 2017

VENUE: HOTEL BABYLON INTERNATIONAL, RAIPUR (CHHATTISGARH) INDIA

ORGANIZED BY:

INDIAN MENOPAUSE SOCIETY, RAIPUR CHAPTER (CHHATTISGARH) INDIA

IN ASSOCIATION WITH:

PT. J. N. M. MEDICAL COLLEGE, RAIPUR (CHHATTISGARH) INDIA

CONFERENCE SECRETARIAT:

Dr. Jyoti Jaswal, E-15, Medical College Campus, Jail Road, Raipur (Chhattisgarh) India
Phone: +91-9802315001
E-mail: imsccon2017@gnjmc.com | www.imsccon2017.com

INDIAN MENOPAUSE SOCIETY, RAIPUR CHAPTER (CHHATTISGARH) INDIA

Dr. Jyoti Jaswal, E-15, Medical College Campus, Jail Road, Raipur (CG)
Phone: +91-9802315001 E-mail: imsccon2017@gnjmc.com | www.imsccon2017.com

17-19 February 2017 - 4th Biennial conference of SAFOMS - Raipur, India
Prof Shahla Khatun from Bangladesh was inducted as the 4th President of SAFOMS.

20-21 2019 - 5th Biennial conference of SAFOMS - Dhaka, Bangladesh
Prof Jaideep Malhotra from India was inducted as the 5th President of SAFOMS.

20-21 November 2021 - 6th Biennial conference of SAFOMS, Sri Lanka

“Quality Care for Menopause under Challenging Circumstances” was the theme.
This was held in Colombo, Sri Lanka.
Dr Rohana Hattotuwa from Sri Lanka was inducted as the 6th President of SAFOMS.



**18-19 November 2023 -
7th Biennial conference of SAFOMS, Islamabad, Pakistan**

Dr. Syeda Batool from Pakistan was inducted as the 6th President of SAFOMS.



15 December 2023 - Registration as a Company

Following considerable effort, particularly by Dr. M.D.P. Gooneratne, SAFOMS was officially registered as a company in Sri Lanka in 2024. This registration was a crucial step, especially to facilitate international banking and monetary transactions among member countries. As a result, the head office of SAFOMS is now based in Sri Lanka.

SAFOMS webinars

During the Covid pandemic, a very successful series of webinars were conducted.





Late Dr. Behram Anklesaira

Appreciation

“Lost link”

Behram was a true friend of Sri Lanka. He loved us and we loved him. Who didn't? He was the common bridge to all the neighbouring countries, not just India. His perseverance was unlimited. He always had an answer and made sure it worked. Extremely knowledgeable, yet no air about it. Always thought a step ahead than the others, making our lives easy. What would be a meeting without his inimitable laughter,

loving sarcasm, forceful yet smooth extraction of facts from the participants and the ever-enjoyable banter. We took him for granted. He will be there when we need; That was the universal feeling. Though we should have, as all our religions teach us, we never thought about the possibility of having a regional gathering, scientific or otherwise, without him. Now it has come, like a thunder on a sunny day. "Oh no!!" was the first response of everyone. Those mischievous, twinkling, sharp eyes are closed. He will be always remembered, talked about and missed.

But, by God, his was an innings to stay in the minds of us till we leave. We share the sorrow of Persis and their children at this moment of incalculable loss to the O & G community of our part of the world. All Sri Lankan colleagues of his, from the Sri Lanka College of O & G, are profoundly grieved and I, on behalf of all of them, wish him eternal bliss in whatever the way he yearned.

Hemantha Perera



Constitution of the

South Asian Federation Of Menopause Societies

The members of the South Asian Federation of Menopause Societies having gathered here in Colombo Sri Lanka, on-----2010, constituted and form themselves into a federation known as the SAFOMS.

Acknowledging that the people in the region have the right to healthy post reproductive life, so that post menopausal women can enjoy good health with dignity and free of complications,

Recognizing the need to establish cooperation among members of menopause societies of South Asia with a view to improving the quality of life of their people (menopausal women),

Convinced that members of menopause societies have a role to play in developing and building national and collective self reliance of health resources in the South Asian region and is.

Dedicated to uphold the objectives of the SAFOMS.

1. Objectives

The objectives of SAFOMS shall be-

- 1.1 To bring together the members of the menopause societies within the region for closer cooperation and social understanding.
- 1.2 To achieve and maintain a better quality of life for women in the region in post reproductive life.
- 1.3 To promote the study of all aspects of the menopause and the application of that knowledge and exchange of such knowledge among the members of menopause societies in the region.
- 1.4 To create awareness and educate the general public of the effects and complications of menopause and the management thereof.
- 1.5 To encourage and maintain research on post reproductive health in the region.
- 1.6 To liaise with other international and regional organizations concerned with post reproductive health.
- 1.7 To ensure the objectives of the federation encompass national health goals that promote women's health by liaising with respective governments, health agencies and relevant research organizations.
- 1.8 To facilitate continuing medical education in post reproductive health in the region.
- 1.9 To enhance involvement of regional menopause societies in the process of decision making in the health policies of the region.

Nominees to the Council of the South Asian Federation of Menopause Societies having gathered in Colombo, Democratic Socialist Republic of Sri Lanka on the 1st of October 2010, unanimously approved and adopt the SAFOMS constitution

Signatories to the constitution



The South Asian Federation
of Menopause Societies



SAFOMS Webinar Series 2024

Vasomotor Symptoms

4:30 to 6:00 pm
(PST)

14th TUESDAY
May, 2024

Zoom ID: 842 7599 8115
Password: 262901

Chairpersons



Prof. Brig Gen Suraiya Rahman



Prof. Rubina Hussain



Prof. Syeda Batool Mazhar



Dr. Pem Gunaratna



Dr. Jaljeet Malhotra

Key Note Speaker



Dr. Naila



Dr. Piyusha



Dr. Maninder Ahuja

Moderator

Panelists



Dr. Farzana



Prof. Nabia Tariq



Dr. Vandana



Dr. Janki Karmasinghe

Webinar Coordinator



Prof. Sk Zinnat Nasreen

Zoom Coordinator



Dr. Salma Zubair

Cefiget™
[Cefixime]

Osami-D
[Ossein Mineral Complex + Vitamin D]

Ferfix-FA
[Ferrous Polysaccharide Complex + Folic Acid]

Ferotein™-S
[Iron Sucrose 100mg/5ml I.V. Injection]



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Pakistan Menopause Society

Chapter 11

AGMs, Annual Sessions, Orations & Endowments



AGM, ANNUAL SESSIONS, PRE & POST CONGRESS WORKSHOPS, ORATIONS & ENDOWMENT LECTURES

ANNUAL GENERAL MEETINGS

ANNUAL GENERAL MEETING	
DATE	VENUE
30.06.02	Lionel Memorial Auditorium - SLMA
16.11.03	Postponed
14.03.04	Lionel Memorial Auditorium - SLMA
21.11.04	BMICH, Colombo
04.12.05	Ninewells care Mother & Baby Hospital
17.06.07	Ninewells care Mother & Baby Hospital
04.05.08	National blood bank Auditorium, Narahenpita
21.06.09	National blood bank Auditorium, Narahenpita
03.10.10	Trans Asia Hotel, Colombo
07.08.11	National blood bank Auditorium, Narahenpita
28.07.12	Hotel Galadari, Colombo
25.08.13	Waters Edge, Colombo
15.06.14	Taj Samudra Hotel, Colombo
21.06.15	SLFI, Colombo
21.08.16	Samson Rajapakse Auditorium, SLCOG
21.08.16	Samson Rajapakse Auditorium, SLCOG
22.10.17	Samson Rajapakse Auditorium, SLCOG
09.09.18	Samson Rajapakse Auditorium, SLCOG
29.09.19	Samson Rajapakse Auditorium, SLCOG
29.11.20	Samson Rajapakse Auditorium, SLCOG
29.11.21	Samson Rajapakse Auditorium, SLCOG
16.10.22	Hotel Galadari, Colombo
22.10.23	Marriot Hotel, Colombo
24.11.24	Samson Rajapakse Auditorium, SLCOG

ANNUAL SCIENTIFIC SESSIONS

DATE	EVENT	THEME	ORGANIZATIONS INVOLVED	FOR	VENUE	NOTABLE PARTICIPANTS
30.06.02	Inaugural Annual Scientific Sessions		MENOSOC	Doctors	Lionel Memorial Auditorium	Prof. Peter Rogers Monash university Australia, Dr Shan Vishvalingam, Australia, Dr Huge Torode, Australia, Prof. Duru Shah, India.
14.03.03	Mini Scientific Sessions		MENOSOC	Doctors	SIMA Auditorium	
14.03.04	Mini Scientific Sessions		MENOSOC	Doctors	SLMA Auditorium	
21.11.04	Annual Scientific Sessions		MENOSOC	Doctors	BMICH, Colombo	Chief Guest- Hon. Minister of Women's Affairs- Mrs. Sumedha G. Jayasena, Guest of Honour President IMPA, Guest of Honour President CGP, Prof. Suchitra Narayan Pandit India, Dr Hema Divakar India, Dr Rukshana Mughial India, Prof. Ratnabali Chakravorty India,
04.12.05	Mini Scientific Sessions	Management of Menopause in Family Practice	IMPA/ MENOSOC	GPs	Ninewells Hospital	
30.05.06	Postponed Annual Scientific Sessions	Difficulty to get foreign delegates due to the prevailing situation in the country	MENOSOC			
01.10.06	Annual Scientific Sessions	Towards Excellence in post menopausal Health	MENOSOC / CGP	Doctors	SLMA Auditorium	Chief Guest - Prof. Pankaj Desai, India
17.06.07	Annual Scientific Sessions	Most recent advances in the management of	MENOSOC	Doctors	Ninewells care Mother & Baby Hospital	Dr Virender S Kalsi, India
04.05.08	Annual Scientific Sessions	Menopause	MENOSOC	Doctors	National blood bank Auditorium, Narahenpita	Guest lectures: Dr Dilip Viswanathan, UK, Dr Satha M sathanandan, UK
21.06.09	Annual Scientific Sessions	Menopause	MENOSOC	Doctors	National blood Bank Auditorium, Narahenpita	
01-03.10.10	Annual Scientific Sessions	Improving post reproductive life of South Asian Wo	MENOSOC, SAFOMS	Doctors	Cinnamon Lakeside Hotel, Sri Lanka	Chief Guest -Hon.Minister of Health & Family Republic of Maldives -Dr Ms. Aminath Jaleel, Secretary health-Dr Ravindra Ruberu, President South Asian federation of Menopause Societies- Dr Beheram Anklasariya, President South Asian Federation of OBS & GYN Prof AB Bhuiyan, President of Asia Oceania Federation of Obstetrics & Gynaecology - Prof PC Ho Foreign faculty of the session were Dr Amita Pandey, Dr Atul Munshi, Dr Beheram Anklasariy, Dr Chellamma, Dr Dipali Kadam, Dr Hema Diwakar, Dr Indrani Lodh, Dr Jaideep Malhotra, Dr Jignesh Shah, Dr Maninder Ahuja, Dr Mahesh Gupte, Dr Nirmala Vaze, Dr PS Ahuja, Dr Parikshit Tank, Dr Pushpa Sethi, Dr Rekha Jaiswal, Dr Ramani Devi, Dr Sanjay Gupte, Dr Sushila Rani, Dr Uday Nagarsekar from India,
07.08.11	Annual Scientific Sessions		MENOSOC	Doctors	National Blood Bank auditorium, Narahenpita	Prof AB Bhuiyan, Prof Kohinoor Begum, Prof Shahla Khatun, Dr Suraiya Rahaman from Bangladesh, Dr Rubina Hussein, Dr Rubina Sohali from Pakistan.
28.07.12	Annual Scientific Sessions	Long and Healthy life for Post Reproductive Women	MENOSOC	Doctors	Hotel Galadari, Colombo	
25.08.13	Annual Scientific Sessions	Healthy Life beyond Midlife- New vistas	MENOSOC	Doctors	Waters Edge Colombo	Chief Guest DR. Palitha Maheepala DGHS , GUEST of Honour Pramila Senanayaka, President FPA Prof Mary Ann Lumsden UK, Dr Hara Prasad Pattanik, IMS India , Dr. Vineet Mishra, India
15.06.14	Annual Scientific Sessions	Enlivening Mid Life	MENOSOC	Doctors	Taj Samudra Hotel	Chief Guest - Minister of Health Hon. Maithreepala Sirisena , Guest of Honour - Palitha Maheepala DGHS , Dr.Maninder Ahuja, India
21.06.15	Annual Scientific Sessions	New Frontiers in Post Reproductive Health	MENOSOC	Doctors	SLFI, Colombo	Chief Guest - Rosy Senanayaka, Guest of Honour - Prof. Mohan de Silva Chairman UGC , Dr Sunila Khandelval, Prof. K Valsan, Dr Aswath Kumar, India
20-24.09.16	Annual Scientific Sessions	Healthy Menopause, Healthy Menopausal Women	MENOSOC	Doctors	Esplanade, Esplanade SICC Auditorium	Chief Guest - Dr. PC Maheepala DGHS, Guest of Honour - Prof. Arif

07.08.11	Annual Scientific Sessions		MENOSOC	Doctors	National Blood Bank auditorium, Narahenpita	Prof AB Bhuiyan, Prof Kohinoor Begum, Prof Shahla Khatun, Dr Suraiya Rahaman from Bangladesh, Dr Rubina Hussein, Dr Rubina Sohali from Pakistan.
28.07.12	Annual Scientific Sessions	Long and Healthy life for Post Reproductive Women	MENOSOC	Doctors	Hotel Galadari, Colombo	
25.08.13	Annual Scientific Sessions	Healthy Life beyond Midlife- New vistas	MENOSOC	Doctors	Waters Edge Colombo	Chief Guest DR. Palitha Maheepala DGHS , GUEST of Honour Pramila Senanayaka, President FPA Prof Mary Ann Lumsden UK, Dr Hara Prasad Pattanik, IMS India , Dr. Vineet Mishra, India
15.06.14	Annual Scientific Sessions	Enlivening Mid Life	MENOSOC	Doctors	Taj Samudra Hotel	Chief Guest - Minister of Health Hon. Maithreepala Sirisena , Guest of Honour - Palitha Maheepala DGHS , Dr. Maninder Ahuja, India
21.06.15	Annual Scientific Sessions	New Frontiers in Post Reproductive Health	MENOSOC	Doctors	SLFI, Colombo	Chief Guest - Rosy Senanayaka, Guest of Honour - Prof. Mohan de Silva Chairman UGC , Dr Sunila Khandelval, Prof. K Valsan, Dr Aswath Kumar, India
20- 21.08.16	Annual Scientific Sessions	Healthy Menopause - Healthy Nation	MENOSOC	Doctors	Samson Rajapakse SLCOG Auditorium	Chef Guest- Dr. PG Maheepala DGHS, Guest Honour -Prof Atul Munshi, India, Dr Aparna Hegde, India, Dr Vandana Narula India, Dr Sushila Shrestha Nepal, Prof Laila Arjumand Banu, Prof. Zeenat Nasreen Bangladesh
09.09.17	Annual Scientific Sessions	Prof Mary ann lumsden (Vice president RCOG) Was awarded as honorary membership	MENOSOC	Doctors	Galadari hotel	
21-22.10.17	Annual Scientific Sessions	Ensuring healthy life beyond Menopause	MENOSOC	Doctors	SLCOG Auditorium	Chief Guest- Ms Ritsu Nacken, UNFPA, Guest Honour- Prof Shahla Khatun, President SAFOMS
09.09.18	Annual Scientific Sessions	Adding Life to Menopause	MENOSOC	Doctors	Galadari Hotel Colombo	Chief Guest- Dr. Ms. Razia Pendse, WHO, Guest of Honour- Mary Ann Lumsden, Dr Zinnat Nasreen BMS, Dr Gehanath Baral, Dr Ganesh Dangal, Dr Meeta Singh
29.09.19	Annual Scientific Sessions	Invest in menopause for a brighter future	MENOSOC	Doctors	Shangri-La Hotel, Colombo	Chief Guest - Prof. Sabarathnam Arulkumar UK. Guest of Honour Anil Jasinghe DGHS
20-21.11.21	Annual Scientific Sessions	Quality Care for Menopause under Challenging Circumstances	MENOSOC, SAFOMS	Doctors	Taj Samudra Hotel	Chief guest Prof. Mary Ann Lumsden, Guest of Honour Dr Asela Gunawardene DGHS Prof. Steven R Goldstein, Dr. Jaideep Malhotra India, Prof. Ambuja Choranur India, Dr. Sudhaa Sharma India, Dr. Tripura Sundari India, Prof. Maninder Ahuja India, Prof. Neelam Aggrawal India, Prof. Narendra Malhotra India, Dr. Aparna Hegde India, Prof Rubina Hussain Pakistan, Prof. Sumbul Sohail Pakistan, Prof. Sarah Kazi Pakistan, Prof. Rubina Sohail, Pakistan, Prof. Zinnat Nasreen Bangladesh, Dr. Suraiya Rohman Bangladesh, Prof. Rowshan Ara Begum Bangladesh, Prof. Shahi Farzana Tasmin Bangladesh, Dr. Anshumala Joshi Nepal, Prof. Kesang Diki Bista Nepal, Dr. Swaraj Rajbhandari Nepal, Dr. Neebha Ojha Nepal
16.10.2022	Annual Scientific Sessions	New Frontiers in Post Reproductive Health	MENOSOC	Doctors	Galadari Hotel	Chief Guest Mr. Kunle Adeniyi, UNFPA Guest of Honour -Dr Asela Gunawardhane, DGHS Guest of Honour - Dr Palitha Abeykoon WHO Dr Hara Pattanaik, India Dr Suraiya Rahman, BMS Prof Rubina Hussain (Online) Dr Shobhana Mohandas, India
23.07.23	Annual Scientific Sessions	Midlife and Beyond - Clarity from Confusion	MENOSOC	Doctors	Galadari Hotel, Colombo	Chief Guest - Justice Shiranee Thilakawardene, retired Supreme Court judge and the Guest of Honour was Dr. Pushpa Sethi President, Indian Menopause Society Dr. Pushpa Sethi, Indian MS Mr. Kunle Adeniyi, UNFPA Prof. Rubina Hussain, Dr. Farzana Deeba -BMS Dr. Isabel Hermenegildo, Portugal Dr. Anshumala Joshi, Nepal MS

07.07.24	Annual Scientific Sessions	"Inspiring new horizons in women at midlife and beyond".	MENOSOC	Doctors	Galadari Hotel, Colombo	Chief Guest was Dr. Palitha Mahipala, Secretary, Ministry of Health and the Guest of Honour was Prof. Seyda Batool Mazhar, President, South Asian federation of Menopause Societies
12-13.07.25	Scientific Sessions - Silver jubilee scientific sessions	25 years beyond menopause- An essential investment	MENOSOC	Doctors	Galadari Hotel Colombo	Chief Guest Dr. Nalinda Jayathissa, Minister of Health & Mass Media and chief Government Whip, Guest of Honour Dr. Mary Ann Lumsden UK, Hon. Mrs. Saroja Savithry Paulraj Minister of Women & Child Affairs

PRE & POST CONGRESS WORKSHOPS

DATE	EVENT	TOPIC	FOR	VENUE	RESPONSIBLE
01.03.01	Pre Congress Workshop of SAFOG	Menopause	Doctors	SLMA Auditorium	
27.07.12	Pre Congress hands on Workshop	Perimenopausal pelvic pathology	Doctors	CSTH, Kalubowila	Dr Vivek Salunke,India Dr Rajendra Sankpal, India,Prof Srinath Chandrasekera, Dr Nishendra Karunaratne, Dr Gayan de Silva
29-30 .07.12	Post Congress Workshop	Female sexual dysfunction	Doctors	Kandy	Prof Allezandra Graziottin
02.08.13	Pre Congress Workshop	Suture-less undescended Vaginal Hysterectomy & Urogynaecological Surgery	PG Trainees	Cancer institute Maharagama	Dr Hara Pattnaik and Dr Vineet Mishra India
24.08.13	Pre Congress Workshop	Sutureless undescended Vaginal Hystetrectomy	Doctors	Cancer hospital, Maharagama	Dr Hara Prasad Pattanik, IMS Dr. Vineet Mishra,India
05.02.14	Pre Congress Workshop at Kandy Society of Medicine Annual Sessions	Sexual Dysfunction	Doctors	Kandy	Dr Hemantha Perera
20.08.16	Pre Congress Workshop	Imaging in Urogynaecology	PG trainees, Consultants	Colombo	Dr Aparna Hegde, India
31.08.17	Pre Congress Workshop	Hysteroscopy workshop	Doctors	CSHW	Dr Antonio Accardi, Italy
05.09.17	Pre Congress Workshop	Multi-Compartmental us imaging in management of pelvic floor disorders	Doctors	DMH	Dr Aparna Hegde, India

05.09.17	Pre Congress Workshop	Multi-Compartmental us imaging in management of pelvic floor disorders	Doctors	TH Peradeniya	Dr Aparna Hegde, India
30.05.18	Pre Congress Workshop	Workshop on Urodynamics	PG trainees	SJGH	Dr Aparna Hegde, India
22.08.18	Pre Congress Workshop	Colposcopy	PG trainees	SJGH	Dr Priyantha Kandanarachichi, UK
Sep 2019	Post Congress Workshop	Incontinence & Urodynamics	Doctors	Colombo	Dr Aparna Hegde, India
18.11.21	Pre Congress Workshop	Urogynaecology	50 Doctors, Consultants	CSTH	Dr Aparna Hegde, India
15.10.22	Pre congress session	Vaginal surgeries	Doctors	DSHW	Prof Hara Pattanaik, India
20.10.22	Post Congress Workshop	Basic Hysteroscopy for beginners	Doctors	CSTH	Dr Madura Jayawardena, Dr Prabodhana Ranaweera
22.7.23	Pre Congress Workshop	Prevention and management of bladder and ureteric injuries in pelvic surgery	Doctors	FOM,USJP	Prof S Chandrasekara
28.07.23	Post congress symposium	Endocrinology of menopause and newer management strategies	Doctors	SLCOG Auditorium	Dr Sanjay Karla, India & Dr Hemantha Perera
28.06.24	Pre Congress Workshop	Ultrasound in midlife women	Doctors	SLCOG Auditorium	Dr S Pradeep Srinivasan, India
05.07.24	Pre Congress Workshop	Workshop on hysteroscopy basics	Doctors	BH, Homagama	Prof Osama Shawki, Egypt
06.07.25	Pre Congress Workshop	An advance gynaecology US workshop	Doctors	University Hospital, KDU	Dr Sonal Panchal, India

MENOSOC ORATIONS

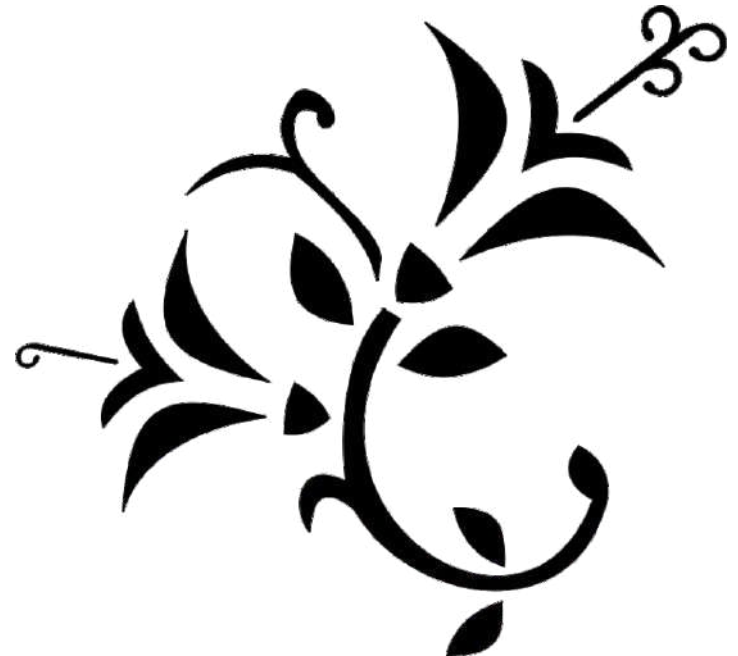
DATE	TOPIC	VENUE	RESPONSIBLE
28.07.12	Oestrogen from womb to Tomb	Hotel Galadari, Colombo	Dr Jaideep Malhotra- Indian Menopause Society
24.08.13	Journey through the Ages	Taj Samudra Colombo	Dr Hema Divakar, President FOGSI, India
15.06.14	Women's health at Midlife and beyond- South asian perspective	Taj Samudra Colombo	Dr M.D.P. Goonarathna, President SAFOMS
21.06.15	Coping with Midlife Blues:Improving quality of life	SLFI, Colombo	Dr Sunila Khanadalvel, India
21.08.16	Medicalising menopause	SLCOG Auditorium, Colombo	Dr Hemantha Perera
21.10.17	Novel Concepts and Treatment Options for Postmenopausal Osteoporosis	SLCOG Auditorium, Colombo	Prof Sunil J Wimalawansa, Professor of Medicine & Endocrinology, USA
09.09.18	Why Menopause - What is its Significance?	Galadari Hotel Colombo	Prof Mary Ann Lumsden, UK
29.09.19	Menopause Transition, Significance & Management	Shangri-La Hotel, Colombo	Dr M Sathanandan, UK
20.11.21	Evolution of Management of Menopause: Embracing or confronting natures design?	Taj Samudra Colombo	Prof Piyusha Atapattu
16.10.22	Ultra Low Dose MHT- A boon for Individualizing therapy	Galadari Hotel, Colombo	Dr Suchithra Pandith, India
23.07.23	So close yet so far - bridging the gap from Midlife to menopause	Galadari Hotel, Colombo	Dr Mangala Dissanayaka
07.07.24	Experience of Menopause across the Globe and the unique perspective of South Asian Women	Galadari Hotel, Colombo	Prof. Sayeda Batool Mazhar, President South Asian Federation of Menopause Societies, Pakistan
12.07.25	Menopause- A Bidirectional Perspective	Galadari Hotel Colombo	Dr M.D.P. Goonarathna

ENDOWMENT LECTURES

DATE	TOPIC	VENUE	RESPONSIBLE
29.09.19	A Tribute to A Great Legend	Shangri-La Hotel, Colombo	Sir Sabaratnam Arulkumaran, UK
20.11.21	“COVID19, Ovary and Menopause.”	Taj Samudra	Dr Hemantha Perera
16.10.22	Mature Women: What Do They Want?	Galadari Hotel	Dr. Hara Pattanaik, India
23.07.23	Menopause and Metobolic Syndrom	Galadari Hotel, Colombo	Dr. Pushpa Sethi, India
07.07.24	Hormonal transition in Menopause and its impact on womens'health	Galadari Hotel, Colombo	Prof. Kolith Sellahewa
12.07.25	Improving mid-life women’s health,does HRT have a place?	Galadari Hotel Colombo	Prof Mary Ann Lumsden, UK

Chapter 12

Dissemination of Knowledge by MENOSOC



EDUCATIONAL ACTIVITIES

AWARENESS PROGRAMME & WORKSHOPS - HEALTH CARE WORKERS

DATE	ORGANIZATIONS INVOLVED	CONDUCTED FOR	VENUE	LANGUAGE
24.03.02	MENOSOC	Health Care Workers	Kandy	English
19.07.02	Kalutara Clinical Society, MENOSOC	Health Care Workers	Horana	English
24.11.02	MENOSOC	Doctors	BMICH	English, Sinhala
2003	SICOG, MENOSOC	Doctors	Batticaloa	English
27.07.03	SUMA, Chilaw Clinical Society, MENOSOC	Health Care Workers	Chilaw	English
37956	MENOSOC	Doctors	Kandy	English
Dec 03	Galle Medical Association, MENOSOC	Doctors	Galle	English
14.12.03	Ruhuna Clinical Society, SUMA, MENOSOC	Doctors	Matara	English
23.04.05	MENOSOC	Health Care Workers	SIQH, Nugegoda	Sinhala
06.09.06	Kandy society of medicine, MENOSOC	Doctors	Kandy	English
19.10.08	MENOSOC	Health Care Workers	Hatton	Sinhala , Tamil
22.11.08	MENOSOC	Health Care Workers	Anuradhapura	Sinhala
16.01.09	MENOSOC	Health Care Workers	Mental Hospital Angoda	Sinhala
20.01.10	MENOSOC	Health Care Workers	BH, Panadura	English , Sinhala
08.12.10	MENOSOC	Health Care Workers	SIQH, Nugegoda	Sinhala
17.12.10	MENOSOC	Health Care Workers	Marawila	Sinhala
21.12.10	MENOSOC	Health Care Workers	NIHS Kalutara	Sinhala
28.12.10	MENOSOC	Health Care Workers	MOH office, Tangalle	Sinhala
14.01.11	MENOSOC	Health Care Workers	DSHW, Colombo	Sinhala
18.01.11	MENOSOC	Health Care Workers	MOH office, Panadura	Sinhala
22.03.11	MENOSOC	Health Care Workers	MOH office, Agalawatta	Sinhala
25.05.11	MENOSOC	Health Care Workers	BH, Karawanella	Sinhala
08.07.11	MENOSOC	Health Care Workers	BH, Embilipitiya	Sinhala
22.08.11	MENOSOC	Health Care Workers	Marawila	Sinhala
17.10.11	MENOSOC	Health Care Workers	TH, Batticaloa	English, Tamil
25.11.11	MENOSOC	Health Care Workers	Cooperative Society, Matara	Sinhala
09.12.11	MENOSOC	Health Care Workers	GH, Chilaw	Sinhala
2011	MENOSOC	Health Care Workers	CSHW, Colombo	Sinhala
2011	MENOSOC	Health Care Workers	Kadugannawa	Sinhala
2011	MENOSOC	Health Care Workers	Hambantota	Sinhala
16.01.12	MENOSOC	Health Care Workers	BH, Diyatalawa	Sinhala
30.04.12	MENOSOC	Health Care Workers	Urban Council Auditorium, Dehiwala	Sinhala
05.05.12	MENOSOC	Health Care Workers	Gampaha	Sinhala
08.05.12	MENOSOC	Health Care Workers	MOH office, Hambantota	English, Sinhala
13.05.12	MENOSOC	Health Care Workers	Dehiwala	English, Sinhala
28.05.12	MENOSOC	Health Care Workers	Kadugannawa	English, Sinhala
28.05.12	MENOSOC	Health Care Workers	Kandy	English, Sinhala
30.05.12	MENOSOC	Health Care Workers	CNTH Ragama	English, Sinhala
10.06.12	MENOSOC	Health Care Workers	Kandy	English, Sinhala
10.06.12	MENOSOC	Health Care Workers	Ragama	English, Sinhala
17-18.6.12	MENOSOC	Health Care Workers	DGH, Nuwaraeliya	English, Sinhala , Tamil
12-13.07.12	MENOSOC	Health Care Workers	Kurunegala	English, Sinhala
21.08.12	MENOSOC	Health Care Workers	GH, Kegalle	Sinhala
28-29-30.10.12	MENOSOC	Health Care Workers	TH, Jaffna	English, Tamil
30.10.12	MENOSOC	Health Care Workers	Avisawella	English, Sinhala
18-19.11.12	MENOSOC	Health Care Workers	MOH office, Monaragala	Sinhala
03.12.12	MENOSOC	Health Care Workers	DPDHS office, Galle	Sinhala
17.12.12	MENOSOC	Health Care Workers	Nikaweratiya	Sinhala
22-23.01.13	MENOSOC	Tutor Nurses	ET & R Unit, Ministry of Health, Colombo	English, Sinhala

18.02.13	MENOSOC	Health Care Workers	DPDHS office, Galle	Sinhala
12.03.13	MENOSOC	100 Midwives and PHNs	Kahawatta	Sinhala
13.03.13	MENOSOC	Health Care Workers	Kandy	Sinhala
27-29.04.13	MENOSOC	Health Care Workers	Mannar	Tamil
April. 13	MENOSOC	Health Care Workers	DPDHS office, Galle	Sinhala
18.06.13	MENOSOC	Health Care Workers	Warakapola	Sinhala
5-6.07.13	MENOSOC ,SLCOG	Health Care Workers	Matale	Sinhala
15.11.13	MENOSOC	Private Sector Nurses	Suwasewana Private Hospital, Kandy	Sinhala
15.11.13	MENOSOC	Government sector preventive staff	MOH office, Gangawatakorale, Kandy	Sinhala
27.01.14	MENOSOC	Health Care Workers	BH, Watupitiwala	Sinhala
10.03.14	MENOSOC	100 Midwives	Negombo	Sinhala
10-11.08.14	MENOSOC	Health Care Workers	Dambulla	Sinhala
04.12.14	MENOSOC	Health Care Workers	Homagama	English
08.04.15	MENOSOC, NIHS	New MOH recruits	Kalutara	English
06.08.15	MENOSOC	Health Care Workers 80	BH, Panadura	Sinhala
15.09.15	MENOSOC	Health Care Workers	Marawila	English , Sinhala
23.02.16	MENOSOC	Health Care Workers	BH, Kuliyaipitiya	Sinhala
04.05.16	MENOSOC	Health Care Workers	BH, Horana	Sinhala
27-29.07.16	Ministry of Health, MENOSOC	Health Care Workers	Colombo	Sinhala
03.08.16	Ministry of Health, MENOSOC	Health Care Workers	Colombo	Sinhala
01.11.16	MENOSOC	Health Care Workers	BH, Panadura	Sinhala
17.11.16	MENOSOC	Health Care Workers	Bulathsinhala	Sinhala
15.12.16	MENOSOC	82 Midwives	Agalawatta	Sinhala
18.06.17	MENOSOC	Health Care Workers	Galle	Sinhala
30.11.18	MENOSOC	Health Care Workers	CSHW	Sinhala
02.12.18	MENOSOC	Health Care Workers	Asiri Central Hospital, Colombo	Sinhala
14.12.18	MENOSOC	Student Nurses	NTS, Colombo	Sinhala
30.01.19	MENOSOC	Serendib Doctors Forum	YMMA, Colombo	English
22.02.19	MENOSOC	Health Care Workers	BH, Elpitiya	Sinhala
26.02.19	MENOSOC	Health Care Workers	Andiambalama	Sinhala
27.02.19	MENOSOC	Health Care Workers	NTS, Colombo	Sinhala
03.03.19	MENOSOC	Health Care Workers	Mawanella	Sinhala
13.03.19	MENOSOC	Serendib Doctors Forum	Dehiwala	Sinhala
15.03.19	MENOSOC	Health Care Workers	Cl, Maharagama	Sinhala
21.03.19	MENOSOC	Health Care Workers	Seenigama	Sinhala
23.03.19	MENOSOC, Serendib Doctors Forum	Doctors	Dematagoda	Sinhala
23.06.19	MENOSOC	Health Care Workers	Lanka Hospital, Colombo	English
14.01.20	MENOSOC	Health Care Workers	Police Hospital, Narahenpita	Sinhala
28.01.20	MENOSOC	Health Care Workers	CNTH, Ragama	Sinhala
16.02.20	MENOSOC, College of GP	GPs	SLMA Auditorium, Colombo	English
25.02.20	MENOSOC	Health Care Workers	Climark Auditorium NHSL	Sinhala
17-18.03.22	MENOSOC	Health Care Workers	Badulla	Sinhala
12.05.23	MENOSOC	Health Care Workers	Walasmulla	Sinhala
22.09.23	MENOSOC	Health Care Workers	Akuressa	Sinhala
19.10.23	MENOSOC	90 Health Care Workers	BH, Kuliyaipitiya	Sinhala
01.03.24	MENOSOC	Health Care Workers	Balapatiya	Sinhala
2024	MENOSOC	Health Care Workers	Kuliyaipitiya	Sinhala
22.02.25	MENOSOC	59 Midwifery Students	DSHW Auditorium, Colombo	Sinhala
26.04.25	MENOSOC	108 Midwifery Students	School of Midwifery, Narahenpita	Sinhala

**AWARENESS PROGRAMME & WORKSHOPS - HEALTH CARE WORKERS &
PUBLIC**

DATE	ORGANIZATIONS INVOLVED	CONDUCTED FOR	VENUE	LANGUAGE
26.01.08	MENOSOC	Health Care Workers & Public	Kamburupitiya	Sinhala
27.04.08	MENOSOC	Health Care Workers & Public	Horana	Sinhala
30.06.08	MENOSOC	Health Care Workers & Public	NuwaraEliya	Sinhala , Tamil
30.04.12	MENOSOC	Doctors, Public	Colombo	English
20.08.16	MENOSOC	Doctors, Public	SLCOG	English , Sinhala
07.02.23	MENOSOC	Health Care Workers & Public	KDU	Sinhala
07.02.23	MENOSOC	Health Care Workers & Public	Piliyandala- Kesbawa	Sinhala

AWARENESS PROGRAMME & WORKSHOPS - PUBLIC

DATE	ORGANIZATIONS INVOLVED	CONDUCTED FOR	VENUE	LANGUAGE
02.12.00	MENOSOC	Public	BMICH	Sinhala
01.07.01	MENOSOC	Public	Public Liabrary Auditorium	Sinhala
15.07.01	MENOSOC	Public	Lanka Dharmodaya Foundation, Dankotuwa	Sinhala
25.03.02	MENOSOC, Lions club	Public	Kandy	Sinhala
08.01.03	MENOSOC	Public	Colombo	English, Sinhala
2003	MENOSOC, Lions club	Public	Matale	Sinhala
2003	MENOSOC, Lions club	Public	Kandy	Sinhala
2003	MENOSOC, Lions club	Public	Chilaw	Sinhala
10.09.03	MENOSOC	Public	Chilaw	Sinhala
22.10.03	MENOSOC	Public	Kandy	Sinhala
25.01.04	MENOSOC	Public	Kirulapone	Sinhala
14.08.06	MENOSOC	Public	Ninewells Hospital, Colombo	Sinhala
26.01.07	MENOSOC	Public	Kamburupitiya	Sinhala
27.02.07	MENOSOC	Public, Staff	Sampath Bank Auditorium, Colombo	English
08.09.07	MENOSOC, Lions club	Public	Pegasus Reef Hotel, Wattala	English , Sinhala
31.08.08	MENOSOC, Lions club	Public	Gampaha	Sinhala , Tamil
21.11.12	MENOSOC	Public, Media	PD Office , Colombo	English , Sinhala
18.02.13	MENOSOC	Public, Bank Employees	Galle	English , Sinhala
18.02.13	MENOSOC	Public	BOC Tower, Colombo	English , Sinhala
15.11.13	Lion Ladies of Kandy & Katugastota,	Public	YMBA, Kandy	Sinhala
28.05.14	MENOSOC	Public - Seva Vanitha members of	Air force head quarters,Colombo	Sinhala
09.10.14	MENOSOC, Sri lanka Navy	Public - Sewa Vanitha members	Army Camp,Colombo	Sinhala
23.02.15	MENOSOC, Ministry of Health	Public	Ministry of health,Colombo	Sinhala
23.05.15	MENOSOC, Sri Lanka Army	Public - Sewa Vanitha members	Welisara Camp	Sinhala
Sep. 2017	MENOSOC, Maharaja Organization	Public - Post reproductive village committee kalutara district	Kalutara	Sinhala
21.10.17	MENOSOC	Public	NIHS, Kalutara	Sinhala
23.03.18	MENOSOC	Public	Rathnapura	Sinhala
24.04.18	MENOSOC	Public	Anuradhapura	Sinhala
24.07.18	MENOSOC	Public	PD office, Colombo	Sinhala

30.01.19	MENOSOC	Public		SLOOG with inner wheel club, Colombo	English
17.18.3.22	MENOSOC	Public		Badulla	Sinhala
19.03.22	MENOSOC, MAS Holdings	Staff		Mawathagama	Sinhala
03.06.22	MENOSOC, MAS Holdings	Staff		Panadura	Sinhala
09.12.22	MENOSOC	Staff		Homagama secretariat office	Sinhala
28.04.23	MENOSOC, MAS Holdings	Staff		Mawathagama	Sinhala
26.05.23	MENOSOC, MAS Holdings	Staff		Koggala	Sinhala
26.06.23	MENOSOC, MAS Holdings	Staff		MAS Holdings Head Office, Colombo	English
30.06.23	MENOSOC, MAS Holdings	Staff		MAS Holdings Head Office, Colombo	English
27.07.23	MENOSOC, MAS Holdings	Staff		Nawala	English
22.09.23	MENOSOC	public		Akuressa Central college	Sinhala
19.10.23	MENOSOC	public		Faculty of Medicine, University of Wayamba	Sinhala
25.10.23	MENOSOC, MAS Holdings	Staff		Battaramulla	English
2023	MENOSOC, MAS Holdings	Staff 114		Thulhiriya	Sinhala
17.07.24	MAS Holdings	Staff		Colombo	English
24.07.24	MAS Holdings, MENOSOC	Staff 50		Colombo	English
27.11.24	MENOSOC	60 Staff officers		HNB towers	English
2024	MAS Holdings	Staff		Colombo	English
07.03.25	MAS Holdings	Staff		MAS Holding PVT(LTD)Kuliyapitiya	Sinhala
07.03.25	MAS Holdings	Staff		MAS holding PVT(LTD)Pannala	Sinhala

JOINT ACADEMIC SESSIONS (FOR MEDICAL PROFESSIONALS)

DATE	TOPIC	EVENT	ORGANIZATIONS INVOLVED	VENUE
2001	Symposium on Menopause	Menopause session in SLCOG Annual Session	MENOSOC	
2003	Symposium on Menopause	SLCOG Annual Scientific Sessions	SLCOG, MENOSOC	Colombo
12-14.10.03	Trends in menopausal therapy	Seminar at SLCOG Annual session	MENOSOC,SLCOG	Colombo
04.09.04	Symposium on Menopause	SLCOG Annual Sessions(Symposium)	SLCOG, MENOSOC	Colombo
23.04.05	Symposium on Menopause	Menopause session in SLCOG Annual Sessions	MENOSOC	
06.09.06	Clinical Controversies of Management with HRT	Menopause Session in Kandy Clinical Society Annual Sessions	MENOSOC,Kandy Clinical Society	Post Graduate Center of Teaching Hospital Kandy
22.09.07	Post Reproductive Care	Symposium	Annual Sessions of Galle Medical Association	Galle
20.10.07	Menopausal issues	Collabaration Academic Sessions of Ruhunu Medical Society	MENOSOC, Ruhunu Medical Society	Medical faculty Auditorium, Karapitiya Hospital
02.11.07	Correct management of menopause - panel discussion	SLCOG Sessions	MENOSOC, SLCOG	SLFI, Colombo
26.09.09	Prevention and management of Osteoporosis,HRT,UI,Sexual Dysfunction	Ceylon College of Physicians Sessions	MENOSOC, CCP	Colombo
10.06.11	Post Reproductive Health	Symposium at SLCOG Annual Sessions	MENOSOC, SLMA	Cinnamon Grand Hotel, Colombo
18.08.13	Aging Ovary	Symposium at SLCOG Annual Sessions	MENOSOC, SLCOG	Colombo
Aug. 15	Menopause	Symposium in SLCOG Sessions with Dr. Toby de Villiers	MENOSOC, SLCOG	Colombo
28.01.18	New development of menopause care	Joint programme with SLCOG with Prof.Mary Ann Lumsden	MENOSOC, SLCOG	SLCOG
16.02.19	Menopause	CME Programme	MENOSOC, College of GP	SLMA Auditorium, Colombo
24.02.19	What a GP should know about Menopause?	General Practitioners Monthly Meeting	MENOSOC	OPA Building, Colombo
10.08.19	Symposium on Menopause	Symposium at SLCOG Annual Sessions	MENOSOC, SLCOG	Hotel Galadari, Colombo
13.12.20	Post-reproductive Health	Symposium at SLCOG Annual Sessions	MENOSOC, SLCOG	BMICH, Colombo
13.08.23	Symposium on menopause	Symposium at SLCOG Annual Sessions	MENOSOC	BMICH, Colombo
01.09.24	Symposium on Menopause	Symposium at SLCOG Annual Sessions	MENOSOC,SLCOG	Hotel Galadari, Colombo

MEDICAL EDUCATION - UNDERGRADUATE & POSTGRADUATE

DATE	TOPIC	EVENT	ORGANIZATIONS INVOLVED	FOR	VENUE
07.06.12	Menopause	Educational Program	MENOSOC	Medical Students	CSTH
2012	Post Reproductive Health	Teaching Program	MENOSOC	Medical Students	FOM, Parade niya
09.07.13	Menopause	Lecture	MENOSOC, PGIM	PG trainees in elderly medicine	PGIM
10.07.13	Sexual dysfunction	Lecture	MENOSOC, PGIM	PG trainees in elderly medicine	PGIM
09.10.13	Elderly Medicine	Lecture	MENOSOC, PGIM	PG trainees in elderly medicine	PGIM
09.10.13	Sexual dysfunction	Lecture	MENOSOC, PGIM	PG trainees in elderly medicine	PGIM
2013	Menopause	Medical Students Programme	MENOSOC	Medical Students	FOM, J'pura
06.07.14	Menopause Medicine	Lecture	MENOSOC, PGIM	PG Trainees	PGIM
18.07.14	Current management of post reproductive health	Workshop	MENOSOC	Medical Students	FOM, J'pura
03.08.14	Emphasizing undergraduate teaching on elderly care	Communication from DGHS to all Deans (Medical students)	MENOSOC	Medical Students	
10.09.14	Menopause	Diploma in Elderly Medicine	MENOSOC, PGIM	PG trainees in elderly medicine	PGIM
16.11.14	Post Reproductive Health	Officially recognized as the resource for Menopause related Teaching	MENOSOC, PGIM	PG trainees	PGIM
17.07.16	Post Reproductive Health	Diploma in Elderly Medicine	MENOSOC, PGIM	PG Trainees	PGIM
08.12.16	Menopause	Symposium on Menopause, Prof Peter H M van de Weijer, New Zealand	MENOSOC	Medical students, Trainees, Consultants	SLCOG
10.12.16	Menopause	Symposium on Menopause, Prof Peter H M van de Weijer, New Zealand	MENOSOC	Medical students, Trainees, Consultants	TH Peradeniya
2017	Post Reproductive Health	Diploma in Elderly Medicine	MENOSOC, PGIM	PG trainees in elderly medicine	PGIM
2017	Post Reproductive Health	Diploma in Reproductive Health	MENOSOC, PGIM	PG trainees	PGIM
2017	Post Reproductive Health	Family Medicine	MENOSOC, PGIM	PG trainees	PGIM
05.04.18	Elderly Medicine and Post Reproductive Health	PGIM Diploma Programme	MENOSOC, PGIM	PG trainees	PGIM
16.05.18	Elderly Medicine and Post Reproductive Health	PGIM diploma Programme	MENOSOC, PGIM	PG trainees	PGIM
15.08.20	Current management of Post Reproductive Health	Diploma in Elderly Medicine	MENOSOC, PGIM	PG trainees	Online-Zoom
19.12.21	Menopausal Health	To Include in to the Reproductive Health Module	Medical Faculty, University of Colombo.	Medical students	
20.05.22	Post Reproductive Health	Diploma in Elderly Medicine	MENOSOC, PGIM	PG trainees	PGIM
Oct 23	Menopause	A study day	MENOSOC, PGIM	PG trainees	PGIM
22.10.23	Menopause Hormone Therapy	Lecture, Dr Meeta Singh, India	MENOSOC	PG Trainees	Marriot Hotel, Colombo
2023	Ultrasound in Urogynaecology	Certificate course, Dr. Aparna Hegde	MENOSOC, MOU will be signed	PG Trainees	PGIM
10.05.24	Post Reproductive Health	Diploma in Elderly Medicine	MENOSOC, PGIM	PG trainees in Elderly Medicine	PGIM
08.01.25	Role of Androgens in Menopause	Lecture , Dr. Jyostana Acharya, India	MENOSOC	PG Trainees	SLCOG
07.02.25	Post Reproductive Health	Diploma Geriatric Medicine	MENOSOC, PGIM	PG Trainees in Geriatric Medicine	PGIM

OTHER EDUCATIONAL ACTIVITIES

DATE	EVENT	TOPIC	ORGANIZATIONS INVOLVED	FOR	LANGUAGE
10.06.12	Module for NTS	Menopause	MENOSOC	Student Nurses	English
2012	Prepare a Curriculum for nurses	Post reproductive care	MENOSOC	NTS, Colombo	English
03.08.14	TOT to be planned	Educating Master teachers	MENOSOC	Teachers & Children	Sinhala
2015	A suggestion for TOT for nursing tutors	Menopause education for tutors	Ministry of Health & MENOSOC	Nurses & Midwives	Sinhala
07.11.16	NCD exhibition at BH Panadura	Post reproductive health	MENOSOC	Public	Sinhala
2017	Post reproductive health incorporated into curriculum	Post reproductive health	MENOSOC	MOH Trainee, Nurses & Midwifery trainees	English
17.01.21	Certificate course to be started	Post reproductive health	MENOSOC	Doctors	English
14.03.21	Educational Program to be developed	How to understand menopause	MENOSOC	School children	Sinhala
19.12.21	Include in to the reproductive health module	Menopausal health	Medical Faculty, University of Colombo.	Medical students	English
23.01.22	Certificate course to be started	Post reproductive health	MENOSOC	Midwives	Sinhala
27.02.22	Menopausal health reproductive module Proposed	Post reproductive health	MENOSOC, NIE- Maharagama	Teacher's training curriculum	Sinhala
2024	Training Program	Mid Life Clinic	MENOSOC, Ministry of Health	Staff manning midlife clinics, CSHW	Sinhala

WEBINARS

DATE	TOPIC	ORGANIZATIONS INVOLVED	CONDUCTED FOR	LANGUAGE
14.03.21	Oestrogen in menopause	MENOSOC	Doctors	English
04.07.21	"All MHTs are not the same: Risks and benefits of various regimens	MENOSOC	Doctors	English
08.08.21	Current trends in diagnosis and management of postmenopausal osteoporosis	MENOSOC	Doctors	English
03.10.21	Menopause	MENOSOC, Midwives Union	Midwives	Sinhala
18.10.21	Cancer screening	MENOSOC, Midwives Union	Midwives	Sinhala
06.02.22	Menopause	MENOSOC	Midwives Union	English
22-Feb	Menopause	MENOSOC, B Dsh O & G society	Doctors	English
03.05.22	Metabolic syndrome	MENOSOC, SAFOMS	Doctors	English
15.01.23	Menopause	MENOSOC, SAFOMS- Bangladesh Menopause Society	Doctors	English
19.03.23	Mood, anxiety and irritability in midlife	MENOSOC, SAFOMS	Doctors	English
13.04.23	Sleep disorders	MENOSOC, SAFOMS	Doctors	English
13.07.23	Sexuality in midlife	MENOSOC, SAFOMS	Doctors	English
17.08.23	Joint and muscular problems – Osteoporosis and Sarcopenia – Where do we stand?	MENOSOC, SAFOMS	Doctors	English
21.09.23	Genito Urinary Syndrome of Menopause	MENOSOC, SAFOMS	Doctors	English
20.10.23	Urinary tract infections	MENOSOC, SAFOMS	Doctors	English
30.11.23	Cardiovascular risk assessment in menopause	MENOSOC, SAFOMS	Doctors	English
14.05.24	Vaso motor symptoms	MENOSOC, SAFOMS	Doctors	English
29.06.24	Genito Urinary Syndrome of menopause	MENOSOC, SAFOMS	Doctors	English
12.09.24	Cardiovascular diseases	MENOSOC, SAFOMS	Doctors	English
18.05.25	Post menopausal bleeding	MENOSOC, SAFOMS	Doctors	English

DISSEMINATION OF KNOWLEDGE VIA MEDIA

DATE	EVENT	TOPIC	ORGANIZATIONS INVOLVED	FOR	LANGUAGE
18.10.00	Conference for World Menopause Day	Menopause	MENOSOC, SLMA	Press	Sinhala
08.02.02	Educational film- Funds requested from a private company	Post reproductive care	MENOSOC	Public	English , Sinhala
2005	Monthly Radio Programs	Menopause and its management	SLBC Sinhala Channel/ MENOSOC	Public	Sinhala
2005	TV Programme	Menopause and its management	Rupavahini/ MENOSOC	Public	Sinhala
26.11.06	TV Programme	Menopause	MENOSOC, Derana TV	Public	Sinhala
March 12	News paper articles	Menopause	MENOSOC, Silumina news paper	Public	Sinhala
19.07.12	MENOSOC Press conference	Menopause	MENOSOC, SLCOG	Media	English , Sinhala
18.10.12	TV Programme	World Menopause Day	MENOSOC, ITN	Public	Sinhala
2012	Sinhala Digest on Menopause	Menopause	MENOSOC	Public	Sinhala
18.10.13	Radio programme	World menopause day	MENOSOC, Kirula FM	Public	Sinhala
03.08.14	News paper articles	Menopause	MENOSOC, Tharunee, The Island, Navaliya, Sunday Times	Public	Sinhala
18.10.14	Menopause Walk, Public talks	World Menopause day	MENOSOC	Public	English , Sinhala
21.06.15	Facebook page of Menopause society of Sri Lanka - launched	Menopause	MENOSOC	Public	English
13.09.15	News paper article	Q & A on Menopause	MENOSOC, Tharunee news paper	Public	Sinhala
18.10.15	News paper articles	World Menopause Day	MENOSOC, Tharuni & Times of Ceylon newspapers	Public	English , Sinhala
2015	News paper article	Q & A on Menopause	MENOSOC, Tharuni newspaper	public	Sinhala
24.01.16	Live Webcast	"Arogya"	MENOSOC, Dinamina.lk	Public	Sinhala
23.05.16	TV program	"Rise and Shine" on life style modifications	MENOSOC, Channel Eye TV	Public	English
16.10.16	News paper article	"Life after menopause, can truly be golden"	MENOSOC, Sunday Times news paper	Public	English
2016	News paper article	Menopause	MENOSOC, Island news paper	Public	English
25.09.17	Radio programme on World menopause day	"Rise and Shine" programme	MENOSOC, Channel I	Public	English
02.10.17	Radio programme	"Rise and Shine" programme	MENOSOC, Channel I	Public	English
02.10.17	TV Programme	"Nugasewana"	MENOSOC, Rupawahini	Public	Sinhala
13.10.17	TV Programme	"Salmal yaya"	MENOSOC, ITN	Public	Sinhala
16.10.17	TV Programme	"Malpara"	MENOSOC, ITN	Public	Sinhala
15.02.18	MOU signed with WHO to develop 5 videos & 10 chapter book for public education	Post-reproductive Health	MENOSOC, WHO	Public	Sinhala , Tamil
09.09.18	Five educational videos on Menopause launched at Annual Scientific Sessions	"Mihiri Mediwiya"	MENOSOC, WHO	Public	Sinhala
30.09.19	YOU TUBE channel launched	Menopause	MENOSOC	Public	Sinhala
17.01.21	Short Videos to be developed	"Menopause and health"	MENOSOC	Public	Sinhala
14.03.21	Two short videos screened	"Menopause and health"	MENOSOC	Public	Sinhala
26.09.21	Six Short videos completed and uploaded to menopause YOU TUBE	Menopause	MENOSOC, CIC	Public	Sinhala

18.10.21	TV program on World Menopause Day	Menopause	MENOSOC, Swarnavahini TV Channel	Public	Sinhala
28.10.21	TV program	Menopause	MENOSOC, Rupavahini TV channel	Public	Sinhala
24.04.22	Videos uploaded to YOU TUBE channel, facebook and Website	Menopause	MENOSOC	Public	Sinhala
2022	Prepare short videos on menopause	To publish in social media	MENOSOC	Public	Sinhala
2024	Two Whatsapp groups created		MENOSOC	Members and council	English