

Chairman Academic Activities Report 2025

Annual Sessions 2025

- ❖ This year Menopause Society of Sri Lanka celebrated its Silver Jubilee Annual Academic Session on 12th & 13th July 2025 at the Galadari Hotel, Colombo. The theme for this milestone gathering was “25 years beyond menopause & essential investment” This was conducted in collaboration with South Asian Federation of Menopause Societies and many foreign delegates and local speakers.
- ❖ Chief Guest was Dr. Nalinda Jayatissa, Minister of Health & Guest of Honor was Hon. (Mrs) Saroja Savithri Paulraj and Prof. Mary Ann Lumsden. The congress chair was past President Dr. Mangala Dissanayake and it was a very successful clinical session which was done with the help of all the council members.

Another important event of the Session was to felicitate all past presidents of Menopause Society of Sri Lanka who has done a tremendous work for the post reproductive care in Sri Lanka.

- ❖ Citations were read by Dr. Darshana Abeygunawardana.
- ❖ The launch of the silver jubilee commemoration book “ The Journey so far”
- ❖ A 25 years of post-reproductive care in Sri Lanka a product of tireless effort of Dr. Hemantha Perera.
- ❖ It was presented to guest of honor and all past presidents and one of the oldest member in the society , Prof. Wilfred Perera.
- ❖ The MENOSOC Oration on “Menopause: A Bidirectional Perspective”, delivered by our Founder President, Dr M. D. P. Gooneratne;
- ❖ Dr M. D. P. Gooneratne Endowment Lecture, presented by Professor Mary Ann Lumsden of the United Kingdom; There were 4 keynote speeches:

Keynote speech 01	Surgical Management of Stress Urinary Incontinence	Dr Aparna Hegde
Keynote speech 02 (APMF)	Antiaging; aesthetic Medicine & Regenerative Medicine in menopausal women	Dr Wan Syazween
Keynote speech 3	Assisted reproductive technologies in perimenopausal women	Prof. Dr. Syeda Batool Mazhar (SAFOMS President)
Keynote speech 4	Impact of estrogen on infection and immunity	Dr. Mangala Dissanayake

- ❖ A dedicated symposium examining the economic case for strategic investment in menopausal health was held by the UNFPA, Moderated by Ms Anushika Amarasinghe
 - Dr Vindya Kumarapeli Director Policy- Ministry of Health,
 - Ms Thanuja Jayawardene - GM Women's Empowerment, Advocacy and Code of Conduct and Head of Women Go Beyond at MAS Holdings,
 - Dr Harsha Atapattu, Consultant obstetrician and Gynaecologist

- ❖ An update on common problems in menopausal women were discussed in the SAFOMS Session
 - Female sexual dysfunction- Dr Zinnat Nasreen, Bangladesh
 - Menopause and cardiovascular health - Prof. Dr. Syeda Batool Mazhar, President SAFOMS
 - Lifestyle modification in menopause - Dr Ambuja Choranur ,India
 - Vulval Disorders in Menopause Women– Dr Sheela Verma - President, Menopause Society of Nepal
- ❖ Also there were many participants from local faculties

Pre Congress Workshop

There were two intensive pre congress workshops focusing

1. On advanced pelvic ultrasound done by Dr. Sonal Panchala, Consultant Radiologist, Dr. Nagori's institute for infertility & IVF, Ahmedabad, India – 6th of July 2025
2. Urinary Incontinence & Prolapse – A master class done by Dr. Aparna Hedge, Assoc Professor (Hon), Urogynecology, Cama Hospital, Grant Medical College, Mumbai – 11th July 2025

South Asia representative of MTI RCOG, Dr. Jyostana Acharya conducted two lectures on “Role of Androgens in menopause” and with regards to MTI application process – 8th January 2024

Research and scientific publications

Dr. Chail Eakanayake published his research on Journal of Midlife health, it is about translation and validation of the tamil version of the menopause rating scale published on Jan 2025.

Acknowledgment

I extend heartfelt thanks to Dr. Sharada Jayalath for his tireless effort to produce programme and abstract book and also thanks to our organizing committee, partners, office staff, Buddhini, Isuru ,sponsors and volunteers for their unwavering dedication to conduct our academic activities in this year.

Dr. Janakie Karunasingha
Chairman Academic Activities
Menopause Society of Sri Lanka