



Midlife Webinar

AIM

BRIDGING GAPS IN The KNOWLEDGE OF MIDLIFE WOMEN (40-60) YEARS



Dr. Sharda Jain

Secretary General of DGF

Message from Secretary General of DGF

"As the Secretary General of Delhi Gynaecologist Forum, I'm proud to say that our Midlife Club initiative has been a game-changer for women's health and well-being."

Chairman's Message: "Our monthly webinars on the 5th of every month have provided a platform for women to share their experiences and find support during midlife crises."

Co-Chairman's Note: "The recordings shared on our YouTube channel are a valuable resource for public awareness, and we're committed to continuing this initiative."



Dr. Shama Batra

Chairman's Message

- **"Delhi Gynaecologist Forum's Midlife Club is a testament to our commitment to women's health and empowerment."**
- **"Through our webinars and YouTube channel, we aim to educate and support women navigating midlife challenges."**
- **"Our mission is to provide a safe space for women to discuss their concerns and find solutions."**
- **"We believe that every woman deserves to thrive during midlife and beyond."**
- **"Our team of experts is dedicated to providing the best possible guidance and support."**
- **"We're proud to have made a positive impact on the lives of many women through our Midlife Club initiative."**
- **"Together, we can break down barriers and empower women to take control of their health and well-being." ^{1 2}**



Dr Manju Barik

Co-Chairman's Note

Road to Silver Jubilee

DGF Activities



**DGF Midlife Webinar 5th of Every Month
for Midlife of women (40-60 years)**

Months	Topics		Click Here
Jan.	Vaccination for women above 40 years :	Dr Renu Chawla	<u>Lecture's Recording</u>
	Skin Care for women :	Dr Aakriti Chawla	<u>Lecture's Recording</u>
Feb.	Osteosarcopenia A silent Epidemic	Dr Jyoti Bhaskar	<u>Lecture's Recording</u>
	Myths & Facts Surrounding Hormone Replacement The Bursting the Bubble :	Dr Meenakshi Ahuja	<u>Lecture's Recording</u>

Click Here &
Subscribe
DGF
Midlife Club
Webinar
for
More Updates



DGF Midlife Club

Welcome to DGF Midlife – where midlife isn't a crisis, it's a comeback. This channel is for anyone in their 40s, 50s, and beyond who's ready to stop...

YouTube



Share

SUBSCRIBE



DGF Activities



DGF Midlife Webinar 5th of Every Month for Midlife of women (40-60 years)

Months	Topics		Click Here
Mar	Women's Health in Women's Hand	Dr. Sharda Jain	Lecture's Recording.
	What is an Obesity Epidemic Introduction	Dr. Shama Batra	Lecture's Recording.
	Types and Causes of Obesity Epidemic	Dr Manju Barik	Lecture's Recording.
	Biological and Genetic Factors of Obesity	Dr Ruby Bansal	Lecture's Recording.
	Consequences of Obesity Epidemic	Dr Richa Singhal	Lecture's Recording.
	Solution to Combat the Obesity Epidemic	Dr Deepika Kohli	Lecture's Recording.
	Medical and technological Advances and Conclusion	Dr Shama Batra	Lecture's Recording.

Click Here &
Subscribe
DGF
Midlife Club
Webinar
for
More Updates



DGF Midlife Club

📌 Welcome to DGF Midlife – where midlife isn't a crisis, it's a comeback. This channel is for anyone in their 40s, 50s, and beyond who's ready to stop...

YouTube

DGF Activities



DGF Midlife Webinar 5th of Every Month for Midlife of women (40-60 years)

Months	Topics		Click Here
Apr.	Obesity	Dr. Sharda Jain	<u>Lecture's Recording.</u>
	Obesity Gut Hormones & Toxins :	Dr Priti Nanda	<u>Lecture's Recording.</u>
	Obesity and Everyday Lifestyle	Dr Kalpana Jain	<u>Lecture's Recording.</u>
May	Master Lipid Profile	Dr Sharda Jain	<u>Lecture's Recording.</u>
	Sleep & Obesity : The Missing Link in Hormone Health	Dr Priti Nanda	<u>Lecture's Recording.</u>

Click Here &
Subscribe
DGF
Midlife Club
Webinar
for
More Updates



DGF Midlife Club

Welcome to DGF Midlife – where midlife isn't a crisis, it's a comeback. This channel is for anyone in their 40s, 50s, and beyond who's ready to stop...

YouTube



Share

SUBSCRIBE



DGF Activities



DGF Midlife Webinar 5th of Every Month for Midlife of women (40-60 years)

Months	Topics		Click Here
June	Pregnancy and malnutrition over and under :	Dr Sunanda Gupta	<u>Lecture's Recording</u>
	Healthy Food Recipes	Dr Kalpana Jain	<u>Lecture's Recording</u>
July	Doctors Building Viksit Bharat Empowering every doctor from Clinic to Community	Dr. Sharda Jain	<u>Lecture's Recording</u>
	Leadership & Vision Speaker	Dr Shama Batra	<u>Lecture's Recording</u>



Click Here &
Subscribe
**DGF
Midlife Club
Webinar**
for
More Updates



DGF Midlife Club

Welcome to DGF Midlife – where midlife isn't a crisis, it's a comeback. This channel is for anyone in their 40s, 50s, and beyond who's ready to stop...

YouTube



Share

SUBSCRIBE

