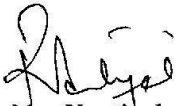


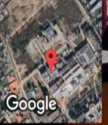
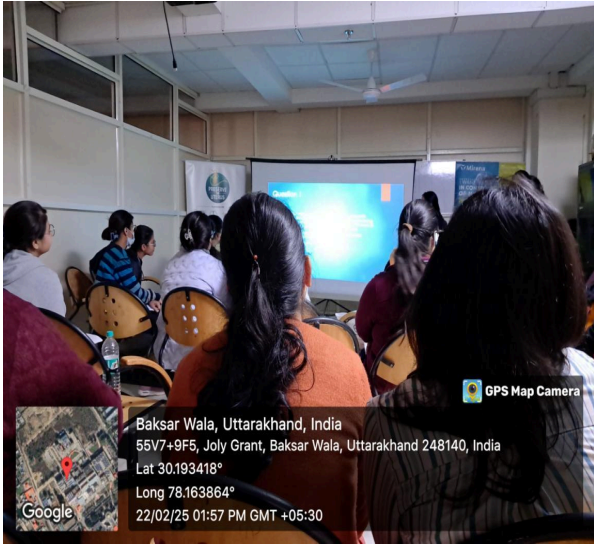
**HIMALAYAN INSTITUTE OF MEDICAL SCIENCES
DEPARTMENT OF OBSTETRICS & GYNAECOLOGY**

Report of CME organized on 22nd Feb,2025

The Department of Obstetrics and Gynaecology, Himalayan Institute of Medical Sciences, SRHU, Dehradun organized a CME on “**Heavy menstrual bleeding : Saving Uterus**” on 22ND Feb 2025. The aim of the CME was to create awareness regarding the burden of heavy menstrual bleeding , an alarming raise in the rate of hysterectomies in our country and various measures to reduce its incidence. The CME was organized in association with BRAYER Company. We began in CME by welcome address from Dr Rashmi Rajput, Assistant professor, dept. of Obstetrics and Gynaecology. This was followed by inauguration ceremony by all the esteemed Professors of our department.

Professor and HOD, Dr Ruchira Nautiyal, Dept. of Obstetrics and Gynaecology gave a keynote address on burden of AUB and unmasking the need of medical management to save uterus. In her talk she raised concern on the increasing trend of hysterectomies, unfortunately most of them being unindicated. She also emphasized the emerging need for medical management of AUB. Dr Anjali Kaushik IIIrd year junior resident presented a seminar on LNG-IUS emphasizing on its benefits, side effects, common myths and quires encountered. It was very informative and interactive session. The main attraction of this CME was the hands on training of all our junior and senior residents on MIRENA insertion and removal. This was followed by a brain storming session of postgraduate quiz conducted by Dr Bhanupriya S B and Dr Anjali Sonkar, Assistant professor, dept of Obstetrics and Gynaecology. The winners of the quiz were awarded prize by our professors. The exciting and informative academic day ended with a lunch.


Dr. Ruchira Nautiyal
Dr. Ruchira Nautiyal
Prof. & Head
Dep. of Obstetrics & Gynaecology
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