

FOGSI



CONNECT

THE FOGSI NEWSLETTER

March 2025





10th

FOGSI-ICOG Annual Conference



UP²DATE in OBGYN

...Fundamentals to Advanced

1st & 2nd March 2025

Hotel Sheraton Grand, Pune

**ICOG Points &
MMC Credit Hours Applied**

Email:

fogsi.icog.conference2025@gmail.com

For more information: **www.pogs.in**



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Let us celebrate women's achievements, reinforce commitment to gender equality and support women-oriented NGOs. FOGSI Sampoorna CME project is a trademark project through which nearly 250 societies of association will be reached directly. EAGLE project has, with great success, revolutionized concept of endoscopy in our country.

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Dear FOGSIAN's,

Greetings From your President!

As we embark on yet another transformative month, I want to take a moment to express my gratitude for your continued active involvement and dedication to our association.

FOGSI as an association is strong and vibrant due to your contributions.

In a world of rapid change, our commitment to progress, unity, and women's health remains steadfast. We stand at the intersection of challenges and opportunities, where resilience and collective efforts from all of us will shape our shared future. We have been marching ahead with some projects, all of which has potential to bring out significant change into healthcare for a woman. March is a month of International Women's Day celebrations.

Let us celebrate women's achievements, reinforce commitment to gender equality and support women-oriented NGOs. FOGSI Sampoorna CME project is a trademark project through which nearly 250 societies of association will be reached directly. EAGLE project has, with great success, revolutionized concept of endoscopy in our country.

Do teeke Zindagi Ke, Know your numbers, daily 8 pm Podcasts Gyan Pravah, and FOGSI Anubandh (meeting Presidents and secretaries of societies) are some other projects running with great success, to mention.

EEBR -Ethical Evidence Based Recommendations is an academic project. It consists of 10 books, an obgy practitioner can keep on table for day to day reference. These books have an easy access through QR code on FOGSI website.

The Arogya Yoga Yatra at Rishikesh was a resounding success, reinforcing our commitment to integrating spirituality with medicine.

We also witnessed two remarkable conferences—North Zone Yuva FOGSI, organized by the Khora Makanpur Society in Delhi, and the ICOG Conference, led by Dr. Parag Biniwale and the Pune OBGYN Society. Both events were grand academic milestones, bringing together experts and young minds to drive innovation and learning in our field. FOGSI members across the country continue to make significant contributions. We encourage you to share your achievements, and we will be delighted to feature them in the upcoming editions of FOGSI Connect.

Additionally, if you have suggestions for impactful activities or initiatives, we welcome your input. Your participation in FOGSI publications is invaluable—details can be found on the FOGSI website.

We also urge everyone to contribute to our Know Your Numbers project, an initiative that can make a real difference in shaping women's health data nationwide.

Let's continue this journey together, strengthening FOGSI's mission and making a lasting impact!

Truly Yours

Dr. Sunita Tandulwadkar
President, FOGSI, 2025



“

There is no
limit to what
we, as women,
can accomplish.

”

- Michelle Obama

Dear FOGSIAN's,

With great pride and immense pleasure, we bring out third issue of the monthly newsletter Connect.

This is an era where science and technology shape every facet of our life. The role of a scientific organisation like FOGSI which work in public domain remains most important in this era.

We stand at the intersection of groundbreaking HVP vaccination propogation and spreading its awareness to the most remote part of our country. FOGSI is doing this. This issue contains report of Pan - India drive of HVP Vaccination programme. It also consists of sucess story of EAGLE project which has become a national glory.

We have vision statements by BENGAL OBGY society President Dr Basab Mukherjee and AOGD President Dr Reena Yadav.

This issue speaks about the volunmnious work done by Medical Education Committee, International Academic Exchange Committee and Genetics and Fetal Medicine Committee.

Its a matter of pride to know about ICOG Chairperson Dr Parag Biniwale through Know your ICOG Chairperson. We witnessed grandeur of two conferences, North Zonal Conference for Yuva, held at New Delhi and FOGSI - ICOG Conference held at Pune. Both were carried out with great elan and enthusiasm. The reports of them are included in this issue.

The other flagship projects like FOGSI SAMPOORNA cmes also has special mention in this issue. We will be celebrating International Womens' Day on 8 March. The theme is "Accelerate Action" which emphasizes the importance of strategic efforts to promote gender equality.

Under the ablemost leadership of President Dr Sunita Tandulwadkar, Secretary Dr Suvarna Khadilkar , the editorial team of Connect is thankful to all contributors. We look forward to your suggestions and feedback to bring forth the best in future too.

Wish you Happy Reading!

Dr. Rashmi Kahar

Editor FOGSI-CONNECT
March 2025

Aarogya Yog Yatra: Integrating Spirituality into Medicine at Rishikesh

After a remarkable launch in Tirupati on January 20th, AarogyaYogYatra continued its journey to Rishikesh, in collaboration with the Dehradun OBGYN Society. The event began with the EAGLE project at Dehradun Medical College, followed by a CME at AIIMS Rishikesh, where we had an enriching academic exchange with the Uttarakhand OBGYN societies.

The event saw immense contributions from Dr. Jaya Chaturvedi, Dean of AIIMS Rishikesh, and Dr. Meenu Singh, the esteemed Patron of AIIMS Rishikesh. Dr. Pankaj Sharma played a pivotal role in coordinating the activity, alongside Team FOGSI led by Dr. Ashwini Kale, Joint Secretary FOGSI, and Dr. Neena Malhotra, Chairperson of the Imaging Committee FOGSI. The presence of Dr. Shyamal (Vice President FOGSI), Dr. Poonam Goyal, Dr. Jyoti Bangalwala, Dr. Sujata Dalvi (Editor-in-Chief FOGSI), Dr. Anita Sabharwal, Dr. Manish Pandya and Dr. Jayam Kanan,

who meticulously managed every detail, added immense value to the event.

One of the most soul-stirring experiences was the Ganga Aarti at Parmarth Ashram, which immersed us in deep spirituality. A visit to Devprayag, where the Bhagirathi and Alaknanda Rivers merge to form the sacred Ganga, was truly divine.

The highlight of the event was teaching young doctors at AIIMS Rishikesh about incorporating spirituality into medical practice, a concept that was warmly welcomed by the students and doctors alike. The program was graced by Chief Guest Dr. Swatiji and Guest of Honor Yogi Dr. Dayadhipnanda who inspired everyone with their words of wisdom.

AarogyaYogYatra in Rishikesh was a beautiful confluence of medicine, spirituality, and learning, strengthening our commitment to holistic healthcare.



Know Your ICOG Chairperson: Dr Parag Biniwale



Dr Parag Biniwale, eminent obstetrician & gynaecologist from Pune was recently Installed as 20th Chairperson of Indian College of Obstetricians & Gynaecologist during the AICOG held in Mumbai on 11th January 2025. He is first Obgyn from Pune to be holding this post.

Dr Parag was born on 25 th April 1967 to Mrs Anuradha & Dr Anand Biniwale. Dr Anand is a general practitioner who is still working at the age of 91 &

Mrs Anuradha is a home maker who devoted time to all her three sons who went on to become doctors. Dr Parag did his schooling from modern high School; he was always good in academics. He joined Fergusson college and secured admission in prestigious Byramjee Jeejibhoy Government medical college in 1984. Dr Parag then joined Dept of Obstetrics & Gynaecology for post-graduation in 1990 and completed MD in December 1993.

Dr Parag joined as research officer in Human Research reproduction centre of ICMR in BJ medical college where he was exposed to field of social obstetrics & was part of project on Norplant, MMA pills & Itraconazole. His passion always was labour and birthing with his thesis on Active management of labour.

Dr Parag joined Dept of Ob Gy at Kamala Nehru hospital run by Pune Municipal corporation & Bharati Vidyapeeth medical college as Honorary lecturer in 1997. He continues to a postgraduate teacher and unit head at Kamala Nehru hospital and taught numerous students. He also was post graduate Guide for DNB at Dr Patankar Medical foundation and has guided students for their thesis from 2006-2014.

Dr Parag became life member of Pune Obstetric & Gynaecological Society (POGS) 1990 and became managing committee member in 1996.

As President of POGS, Dr Parag initiated lot of activities, Online PG classes & quiz for students, outreach programs in periphery of Pune, monthly newsletter which contained member achievements apart from society activities & scientific material. POGS started its journal "Journal of Obstetric and Gynaecological Practices POGS" in 2022 which now an indexed journal by Directory of Open Access journals in February 2025 in less than three years time. He also encouraged Past presidents to donate and started Prizes in POGS for annual conference & for research.

Dr Parag became member of Indian college of Obstetricians & Gynaecologist (ICOG) in 2006 and a fellow in 2007. Dr Parag was installed as Chairman in a grand ceremony on 11th January 2025 during AICOG Mumbai. He has initiated new activities for ICOG; Academic & perspectives; Hormony PG classes on Gynae endocrinology (with endocrinology committee of FOGSI) & Teachers training program as per new norms by NMC.

Dr Parag has been invited at more than 170 FOGSI societies to deliver lectures & orations.

Dr Parag has edited 3 books Fundamentals of research for Obstetricians & Gynaecologists, Thyroid diseases and women PCOS. He has been co-editor of books "Gynaecological manual on adolescent girl & Young women", "Year book of Ob Gyn 2019", "exploring new horizons of Ob Gyn". He has contributed numerous chapters to FOGSI publications and FOGSI text book. He has over 20 published articles in various journals.

Dr Parag has been an avid sportsman from his college days. He represented Pune university to win All India championships in Badminton and had also represented Maharashtra State in nationals. He has fond of travelling as well.

Dr Parag is married to Dr Vaishali who is well known obstetrician & gynaecologist herself and written several articles in magazines & newspapers apart from a book on pregnancy and child birth. His elder son and daughter in law are mechanical engineers and are working in USA while his younger son & daughter in law are dentists and are working in Canada.

A close-up photograph of several camellia flowers in various shades of pink and red, set against a dark, moody background. The flowers are in different stages of bloom, with some fully open and others as buds. The lighting is dramatic, highlighting the delicate petals and the dark green leaves.

SOCIAL PROJECTS

Know Your Numbers Report

Know Your Numbers Camps Conducted by FOGSIANs Across India

FOGSIANS across India successfully organized "Know Your Numbers" camps, promoting awareness of key health parameters such as blood pressure, blood sugar, BMI, and hemoglobin levels. These camps aimed to empower women with early detection and prevention of lifestyle diseases, reinforcing FOGSI's commitment to women's health and well-being. With enthusiastic participation from healthcare professionals and the community, the initiative received an overwhelming response, emphasizing the need for regular health monitoring. Dr Sunita Tandulwadkar invites, "I urge all

FOGSIANS to organize Know Your Numbers camps in their respective regions.

Together, we can create widespread awareness and encourage women to take charge of their health. Let's make this initiative a

nationwide movement for preventive healthcare!" Events were reported from Tirupati, Rewari, Bhagalpur, Dhanbad, Amravati, Delhi, Hyderabad, Darjeeling, Chennai, Ranchi, Patna, Loni - Pravara and various cities across India conducted physically by esteemed FOGSIANS Dr Jayam Kanan, Dr Mitra Saxena, Dr Pratibha Singh, Dr Jeyarani Kamaraj, Dr Kiranmai Devineni, Dr Surekha Tayade, Dr Poonam Goyal, Dr Supriya Jaiswal, Dr Apurba Dutta, Dr Kavita Barnwal, Dr Santavana Sharan. Our top 10 data compilers are Dr Manisha Ghatge, Dr Santvana Sharan, Dr Priya Gupta, Dr Ruby Bhatia, Dr Sunita Tandulwadkar, Dr Vinita Singh, Dr Nibha Mohan, Dr Rashmi Kahar, Dr Kiranmai Devineni and Dr Pratibha Baldwa, Dr Vidyadhar Bangal.



KNOW YOUR NUMBER

Data Collection Till Date	51753
Date : 01/03/2025	
TOP 10 -DATA COLLECTION DONE BY	
Dr.Manisha Ghatge	6851
Dr Santvana sharan No to Vaw committee FOGSI	5259
Dr Priya Gupta	3377
Dr Ruby Bhatia	3278
Dr Nibha Mohan	2818
Dr Vinita singh	2646
Dr. Sunita Tandulwadkar	2625
Dr.Kiranmai Devineni	2269
Dr Pratibha Singh	2067
Dr Rashmi Kahar	1954



Sampoorna Project - Swastha Janm Abhiyan

VISION STATEMENT

- Our vision is to nurture healthy pregnancies by ensuring that every woman is fully prepared before conception.
- We focus on optimizing vital health parameters, including weight, nutrition, hemoglobin levels, blood sugar, and thyroid function, while promoting the importance of pre- conceptional folic acid and maintaining a healthy BMI.
- Through this comprehensive approach, we aim to increase awareness of pre-conceptional care and the importance of planning pregnancies.

This flagship project was launched in January 2025 at AICOG.

This project aims to reach to maximum societies of FOGSI, focusing on preconception care. Laying strong foundation of health for a woman before getting pregnant will be as equal to laying strong foundation of health for future generations.



FOGSI SAMPOORNA CME
11 FEB
MEERUT



FOGSI SAMPOORNA CME
18 FEB
TIRUVANNAMALAI



FOGSI SAMPOORNA CME
28 FEB
KARIMNAGAR



FOGSI SAMPOORNA CME
30 JAN
NAPUR



FOGSI SAMPOORNA CME
22 FEB
NALAGONDA



FOGSI SAMPOORNA CME
15 FEB
THENI



FOGSI SAMPOORNA CME
1 FEB
RANCHI



FOGSI SAMPOORNA CME
1 FEB
BHAGALPUR



FOGSI SAMPOORNA CME
2 March
RAIPUR



Reaching the Unreached- “Do Teeke Zindagi Ke” Campaign on World Cancer Day 4th February 2025



It was a historic pan India campaign conceived by President FOGSI, Dr Sunita Tandulwadkar to spread awareness and educate the public about cervical cancer, the second commonest cancer in women in India. Under the guidance of Vice-Presidents Dr Varsha Baste, Dr Abha Singh, Dr Komal Chavan, Dr Shyamal Seth & Dr Palaniappan, Joint Secretary, Dr Ashwini Kale- FOGSI Gynecological Oncology Committee in association with Adolescent, no to VAW, Public awareness, Breast & Puerperal health, NCD, Medical Education, Sexual health, Environmental health, Clinical Research, FDMSE, IAEC & Midlife Management collaborated with office bearers of 100 FOGSI societies and organized around 400+ activities all over India.

Launch

The program was officially launched and logo unveiled simultaneously at Pune & Mumbai on 4th February 2025 by the FOGSI President, Dr Sunita Tandulwadkar, Secretary General Dr Suvarna Khadilkar in presence of Dr Komal Chavan, Vice president FOGSI, Treasurer Dr Ameya Purandare, ICOG Chairperson, Dr Parag Biniwale & Dr Ashwini Kale, Joint Secretary.

Awareness sessions in Schools, Colleges, public areas,

OPDs were conducted in Delhi, Srinagar, Jammu, Amritsar, Ferozpur, Kotkapura Faridkot, Ludhiana, Nabha Chandigarh, Gurugram, Rewari, Lucknow, Bareilly, Jhansi, Gorakhpur, Jaunpur, Allahabad, Kanpur, Ghaziabad, Mathura, Varanasi, Rishikesh, Agra, Kolkata, Sikkim, Gangtok, Cuttack, Patna, Ranchi, Deoghar, Guwahati, Silchar, Raipur, Bhagalpur, Katihar, Darbhanga, Dhanbad, Sitamarhi, Manipur, Mizoram, Berhampur, Siliguri, Mumbai, Nasik, Latur, Bhopal, Gwalior, Ratlam, Katni, Shivpuri, Himmatnagar, Jamnagar, Vadodara, Nonpura, Gandhigraj, Kolhapur, Akluj, Alwar, Bhiwandi,

Thane, Akola, Sangli, Anand, Navsari, Patan, Sagar, Pune, Jaipur, Aurangabad, Rewa, Hyderabad, Wanaparty, Vijayawada, Karimnagar, Visakhapatnam, Kakinada, Nalgonda, Medchal, Udupi, Madurai, Chennai, Coimbatore, Dindigul, Trichy, Dharmapuri, Salem, Vellore, Karimnagar, Malanadu, Thrissur, Kasargod, Kottayam, Wayanad, Trivandrum, Namakkal, Puducherry with extensive media coverage of all activities.

Vaccination Camps: held in Delhi, Ghaziabad, Ferozpur, Coimbatore, Vizag, Nalgonda, Jaipur, Jamnagar, Rewa, Aurangabad, Kolkata, Silchar, Cuttack, Patna, Bhagalpur, Muzaffarpur, Vadodara, Dhanbad. About 4000 girls were vaccinated.

Screening Camps were held in Delhi, Ludhiana, Gorakhpur, Vizag, Kasargod, Malanadu, Jaipur, Rewa, Jamnagar, Mizoram, Cuttack, Bhagalpur. CME and Interactive discussion on HPV testing was organized in Delhi inaugurated by Dr Abha Singh, Vice President FOGSI North. CMEs were organized in Kanpur, Mizoram, Guwahati. An online Quiz was organized by FOGSI Committee on Breast & Puerperal Health, Quiz Committee & Gynecological Oncology Committee.





West Zone



East Zone



North Zone



South Zone



Vaccination Camps



Lucknow Obstetrics and Gynaecological Society CME on "Do Teeke Jindagi Ke"

- This CME on cervical cancer elimination was held on 4th March 2025. It was a part of pan- India cme on cervical cancer on 4th March.
- Cervical cancer elimination programme was launched at Lucknow obgy society under visionary leadership of President Dr Sunita Tandulwadkar and Secretary Dr Suvarna Khadilkar.
- Meeting started with blessings of Dr Chandrawati Madam. The event marked the unveiling of programme logo by D Tandulwadkar, Dr Sushma Singh, Director General of Family welfare, Dr Manju Shukla patron, Dr Priti Kumar president Lucknow obgy society and secretary Dr Seema Mehrotra.
- Lucknow obgy society felicitated Dr Sunita Tandulwadkar, President FOGSI and Dr Sushma Singh. The program was very well attended and had enthusiastic participation by more than 100 members of society.



On 4th March, Cervical Cancer Awareness Day, FOGSI has taken a monumental step towards cervical cancer elimination with the nationwide reinforcement of our “Do Teeke Zindagi Ke” campaign. This initiative, which was launched on 4th February, focusing on HPV vaccine awareness and screening for early cervical cancer detection, ensuring timely prevention and care was reinforced.

Together, we pledge our commitment to elimination of cervical cancer.

"Swasth Nari, Samruddha Vatan!"





CONFERENCES & MONTHLY ACTIVITIES

FOGSI North Zonal Conference with YUVA 2025: "Dimple to Wrinkle - The Story of Self-Love"



February 21-23, 2025, marked a significant milestone for the FOGSI North Zonal Conference with YUVA 2025, as esteemed professionals in obstetrics and gynecology converged to promote excellence in women's healthcare. Under the visionary leadership of FOGSI President Dr. Sunita Tandulwadkar, Secretary General Dr. Suvarna Khadilkar and VP Incharge Dr. Abha Singh the conference materialized, featuring 8 engaging workshops and simulation sessions.

Some Conference highlights were

- 8 interactive workshops, each guided by FOGSI committee chairpersons:
- Medicolegal (Dr. Jyoti Bunglowala)
- Imaging (Dr. Neena Malhotra)
- Laparo-hysteroscopy (Dr. Sejal Naik)
- PPH (Dr. Rashmi Kahar)
- Obstetrics Skill (Dr. Poonam Goyal)
- Obstetrics Drill (Dr. Rashmi Kahar)
- OPD Skill Enhancement (Dr. Rohan Palshetkar)
- Dealing with Crab (Dr. Saritha Shyamsundar)
- Online RCOG UNICEF certification course on Perinatal Mental Health (Dr. Rashmi Kahar)
- President Oration: Dr. Sunita Tandulwadkar's Oration
- Dr. Kamini Rao Oration
- Dr. Usha Krishna Quiz (Dr. Archana Kumari)

- Keynote addresses and lectures by renowned speakers
- GSK, MSN, and ICOG sessions
- YUVA speakers and enthusiastic organizing team
- Gala Dinner and cultural events
- Outcomes and Takeaways:
- Enhanced knowledge and skills in obstetrics and gynecology
- Networking opportunities with peers and experts
- Exposure to cutting-edge research and best practices
- Earned 15 ICOG points and DMC credit hours

Organizing Committee:

The conference's success is attributed to the tireless efforts of the organizing committee, led by Dr. Ritu Mittal Arya, Dr. Somna Goyal, Dr. Garima Tyagi, and Dr. Gunjan Gupta. Their dedication, passion, and attention to detail ensured a seamless and enjoyable experience for all attendees.

The FOGSI North Zonal Conference with YUVA 2025 will be remembered as a landmark event that promoted self-love, empowerment, and excellence in women's healthcare.



Thalassaemia Conclave

On behalf of President FOGSI Dr Sunita Tandulwadkar, Dr Poonam Goyal, Chairperson Safe Motherhood Committee with VP Dr Shyamal Sett had the opportunity to be a part of the prestigious Thalassaemia Conclave held in the capital city Delhi on 28th February 2025. It was an initiative of Thalasseemics India bringing together distinguished experts, policymakers, and stakeholders committed to advancing care and policies for thalassaemia patients. The event was graced by Her Highness Sheikhha Sheikhha Bint Saif Al-Nahyan as the esteemed special guest, she is the Chairperson of the Board of Directors of the Emirates Thalassaemia Society. Eminent personality Dr. Vinod K. Paul, a member of NITI Ayog Government of India delivered the keynote address and stressed the urgent need for collective action of all stakeholders. President TPAG Deepak Chopra, President TIF Dr Androulla Eleftheriou, President IAP Dr Vasant M Khalatkar, Shobha Tuli Secretary from both TI and TIF, Dr Sangeeta Pathak from ISBTI and Dr Naveen Nishchal of VOH were the luminaries. VP Dr Shyamal Sett and I as Chairperson of the Safe Motherhood Committee actively participated as representatives of fogsians.

Everyone was on the same page in high-impact discussions. Agenda focused on crafting strategic actionable solutions to strengthen collaboration to bring change at the ground level. A blueprint was planned on "CARE, CURE AND CONTROL to be submitted to the Government body.

Dr Shyamal stressed Control and assured that FOGSI will work towards universal HPLC testing detecting the

likelihood of the disease and doing a CVS to save all the pain. He said that the private sector is more pro but due to cost issues, implementation is poor in the government sector. He appreciated the preconception care and 'swasth Janam Abhiyaan' vision of the FOGSI President and promised all support for this mission from FOGSI. He also requested the government body to look into the preventive part.

Crucial topics such as safe blood transfusions, the establishment of a national registry, bridging gaps in care, and strengthening networking efforts were thoroughly explored with groundbreaking insights on emerging therapies. The interactive session on Gene therapy and Stem cell registry proved to be an eye-opener, shedding light on newer prospects for treatment. Additionally, healthcare accessibility under NHM and Ayushman Bharat PM-JAY initiative was praised.

One of the most profound and inspiring aspects of the conclave was that the entire program was managed by thalassaemia warriors themselves, demonstrating their resilience and determination. Anchor Aubha Taneja, brought a heartfelt touch to the proceedings, making a lasting impact on everyone present.

Overall, attending this conclave was a truly enriching experience. I was deeply moved by the tireless efforts of Thalasseemics India and gained valuable insights into the advancements and challenges in thalassaemia care. All thanks to Dr Sunita madam for making it possible. It was a privilege to be a part of this significant event and looking forward to many more under her guidance.



10th FOGSI-ICOG ANNUAL CONFERENCE U2D UP 2 DATES IN OBGYN.... FUNDAMENTALS TO ADVANCED

The 10th FOGSI - ICOG annual conference - U2D- Uptodate in obstetrics and gynaecology took place at Hotel Sheraton Grand on 1st and 2nd of March, under leadership of FOGSI President Dr Sunita Tandulwadkar and ICOG Chairman Dr Parag Biniwale.

The conference was organised by Pune Obstetrics and Gynaecological Society under the leadership of Dr. Parag Biniwale, chairman, ICOG, Dr. Kiran Kurtkoti- organising chairperson, Dr. Sarita Bhalerao- organising secretary and Dr. Chaitanya Ganapule- organising secretary. ICOG is the academic wing of FOGSI with Dr. Sunita Tandulwadkar as the President of FOGSI.

In all 450 obstetricians and gynaecologists were present for the conference including the faculty and delegates.

The conference started with two workshops on - Management of PCOS - in association with Endocrinology committee, FOGSI and on Infertility- in association with Infertility committee, FOGSI.

The C.S Dawn oration was delivered by Dr. Parul Kotdawala, immediate past chairman of ICOG on - laparoscopic management of prolapse.

The Krishnendu Gupta oration was given by FOGSI president Dr. Sunita Tandulwadkar on - Ovarian Rejuvenation.

The RRR oration was delivered by Dr. Parag Biniwale, chairman, ICOG on - Preconception care- are we doing enough?

The conference had a unique concept of presentations.

Each topic was given 30 minutes for deliberation and participant interaction. This pattern was a got amongst the delegates with their active participation in discussions after each topic was presented by the speaker.

The convocation and inaugural function were conducted on Saturday, 1st March with 58 receiving the FICOG. Dr. Suresh Gosavi, Vice chancellor of Sacitribai Phule Pune University graced the occasion as chief guest. The conference received a huge applaud from all the faculty and delegates for its content and pattern of conducting the conference.

All in all 'U2D' was a huge success.



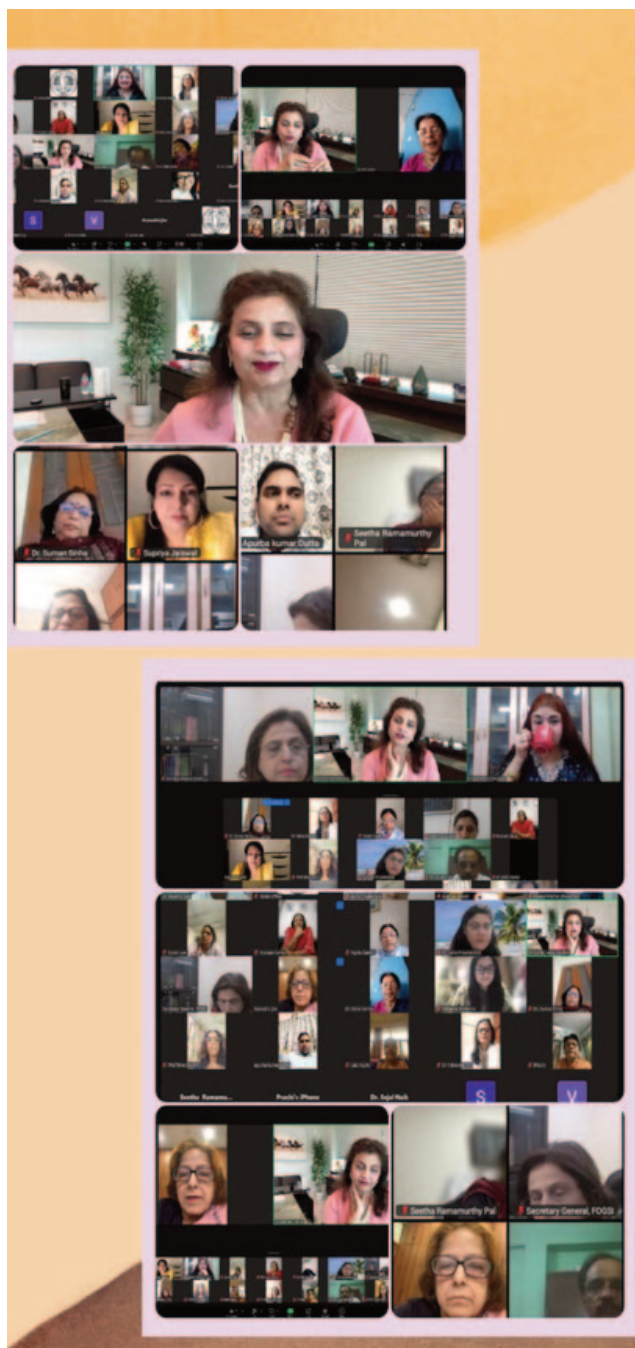
FOGSI - ANUBANDH

It is a project conceptualised by President FOGSI Dr Sunita Tandulwadkar.

FOGSI Anubandh aims at bridging gaps and uniting societies.

This program fosters collaboration, promotes understanding, and strengthens the bonds between different communities, helping us create a more

inclusive and connected society. This month ANUBANDH was carried out with OBGY Societies of Bihar and Jharkhand. President Dr Sunita Tandulwadkar, Secretary General Dr Suvarna Khadilkar communicated with presidents and secretaries of various societies. Respective chairpersons actively participated in meeting. Let's work together to make a positive difference!





THE EAGLE PROJECT

Every Aspiring Gynecologist Learns Endoscopy



Dr Sunita Tandulwadkar
President, FOGSI



Dr Atul Ganatra
President, IAGE



Dr Subhash Mallya
FOGSI-IAGE Convenor



Dr Sejal Naik
Chairperson, Endoscopy
Committee, FOGSI
FOGSI-IAGE Convenor



Since its launch on January 15, 2025, EAGLE has been achieving great success across the country. This accomplishment is the result of the hard work and dedication of our team, led by Dr. Sunita Tandulwadkar, President, and national conveners Dr. Sejal Naik, Dr. Subhash Mallya, with operational coordination by Dr. Santwan Mehta. We are grateful for the support from college teams, HODs, medical colleges, and our partner companies, all of whom made this achievement possible.

Jan 25	Feb 25	Total	
7	14	21	Medical Colleges in all zones
23	47	70	Faculties contributed
33	98	131	Surgical Procedures demonstrated
486	694	1180	Gynecologists trained in
17	28	45	Days

Sr. No.	Date	Medical College, City, State	HOD	Co-ordinator	Faculties	No. of Participants	No. of Surgeries
1	14 –15 Jan	GMC, Ambikapur Chhattisgarh	Dr Avinashi Kujur	Dr. Ritu Jain, Dr. Uma Mishra	Dr. Kishan Chirania Dr. Ankita Goyal	22	4
2	17 Jan	Ratlam Medical College, Madhya Pradesh	Dr. Rekha Vimal Gupta	Dr. Kanak Tiwari	Dr. Kanak Tiwari Dr. Nikita Varshney Bansal Dr. Parul Trichal	13	3
3	17 Jan	Gandhi Medical College, Bhopal, Madhya Pradesh	Dr Sabana Sultan	Dr. Priya Bhawe Chittawar	Dr. Priya Bhawe Chittawar Dr. Sonal Jain Dr. Shivani Badal Acharya	38	4
4	22 Jan	Muzaffarnagar Medical College, Uttar Pradesh	Dr. Bharti Maheshwari	Dr. Priyanak Garg	Dr. Priyanka Garg Dr. Bharti Maheshwari Dr. Kirti Dubey	32	6
5	25 Jan	Madurai Medical College, Tamil Nadu	Dr M Gayathiri	Dr. S. Padma	Dr. S. Padma Dr. Vanitha Anban	45	5
6	30-31 Jan	Mandya Institute of Medical Science, Bangalore, Karnataka	Dr. Savitha H C	Dr. Richa Pal, Dr. Sunil Eshwar	Dr. Richa Pal Dr. Sunil Eshwar Dr. Prathap T Dr. Cyriac Pappachan	306	6
7	31 Jan - 1 Feb	RIMS , Raipur, Chhattisgarh	Dr.Banishree Pati	Dr. Ritu Jain, Dr. Uma Mishra	Dr. Shivangini Sinha Dr. Banishree Pati Dr. Kishan Chirania Dr. Uma Mishra Dr. Manas Moharana Dr. Paulami Dey	30	5

Sr. No.	Date	Medical College, City and State	HOD	Faculties	No. of Participants	No. of Surgeries
1	1 Feb	Dindigul medical College, Dindigul, Tamilnadu	Dr. SS. Gayathri	Dr. S. Padma Dr. Thasneem Dr. Rajeesh S. Ravi	45	5
2	2 Feb	Apollo hospital, Bilaspur, Chhattisgarh	Dr. Rashmi Sharma	Dr. Shivangini Sinha Dr. Rashmi Sharma Dr. Uma Mishra	30	5
3	13- 14 Feb	AIIMS, Raipur, Chhattisgarh	Dr. Sarita Agrawal	Dr. Sandeep Nikhade, Dr. Uday Rana, Dr. Rajesh Modi, Dr. PL Tripathy, Dr. Sarita Rajbhar, Dr. Pushpavati Thakur	110	12
4	13-14 Feb	Vivekanand Institute of Medical Sciences, Lucknow, UP	Dr. Sonu Singh	Dr. Sonu Singh Dr. Sonika Gaur Dr Seema Pandey	25	7
5	13 Feb	RAMA Medical College, Hapur, UP	Dr Sunita Gulati	Dr Priyanka Garg Dr Sunita Gulati	35	5
6	15 Feb	Subharti Medical College, Meerut, UP	Dr Smriti Gupta	Dr Priyanka Garg Dr Smriti Gupta	40	2
7	19 Feb	SGRR Medical College, Dehradun	Dr Vinita Gupta	Dr. Arti Luthra Dr. Vineeta Gupta Dr. Anupama Sethi	45	6
8	19 -20 Feb	St Jhon's Medical College. Bangalore	Dr. Shashikala Karanth	Dr. Sunil Eshwar, Dr. Richa Pal, Dr. Beeresh, Dr. Shashikala, Dr. Anuradha, Dr. Vishnupriya	40	12
9	22 Feb	Pushpagiri Institute Of Medical Sciences and Research Centre Tiruvalla, Kerala	Dr. Susan Mathew	Dr. George Paul Dr. Chaitra TM	16	4
10	23Feb	Grant Medical College JJ hospital , Mumbai	Dr. Vilas Kurude	Dr. Ashwini Kalyankar Dr. Vikas Devkae Dr. Piyush Vohra	91	9
11	27 Feb	Hind medical college Barabanki Lucknow	Dr. Anjana Agrawal	Dr Renu Gehlaut , Dr Akansha	30	8
12	28 Feb	Christian Medical College & Hospital (CMC) , Ludhiana,	Dr Kavita M. Bhatti	Dr Ajay Aggarwal Dr Mohil Patel Dr Piyush Vohra	29	8
13	28 Feb	GRMC (Gajra Raja Medical College) Gwalior	Dr Yashodhara Gaur	Dr. Deepak Desh Dr. Renu Sharma Dr. Sonali Agrwal	78	9
14	28 Feb	Yenepoya Medical College, Mangalore	Dr. Pradeep Ganiga	Dr. Vidya Bhat, Dr. Marium Anjum	80	6
15	5 March	BR Ambedkar Medical College, Mohali, Punjab	Dr. Sushmita Sharma	Dr. Gaurika Aggarwal Dr. Reena Garg Dr. Jalpeen Gaur	20	5

Here are some highlights of the day for each attendee.

1. 1st February 2025 Dindigul medical College, Dindigul, Tamilnadu



• Accessible Quality care to patients

5 major cases were performed including Diagnostic hysterolaparoscopy, 2 cases of TLH with BSO, Laparoscopic para ovarian cyst excision, and Hysteroscopic endometrial polypectomy were carried out. Participants were also exposed advanced and surgical procedure like Retroperitoneal rectosigmoid dissection, uterine artery ligation at origin and specimen morcellation and retrieval through vagina.

I thank profoundly the entire Endoscopic committee Sejal madam, Mehta sir and the very enthusiastic active lovely team of lively surgeons Padma madam Thasneem and Rejeesh who made the PSGs really dance to their tunes - instructions. Don't have words to express the happiness my PGs felt. Eagle excited the whole of Dindigul. It's initiative vibrates and rocks the OG dept. Thanks a lot for being the game changer. A really memorable day for all of us. Hats off to the entire team. Thanks a lot once again 🙏🙏🙏

Dr. S.S. Gayathiri, HOD, Dindigul medical College, Dindigul

2. 2nd February 2025, Apollo hospital , Bilaspur, Chhattisgarh



Excellent program, well coordinated, Excellent learning program Mam. We are very thankful to you and all team for initiating this

• Bridging the Gap in Healthcare

5 surgeries including ; 1each TLH, DHL, PCOS Drilling, Ectopic pregnancy and Hysteroscopic EB was carried out. 30 participants had attended the program.

3. 13-14th February AIIMS, Raipur, Chhattisgarh



• Patients benefits- Avoiding long travel and long incisions

It was with extensive 2 day project theory lectures hands-on training and OT sessions. 12 major surgeries were performed. Over 40 postgraduate students from AIIMS and more than 65 FOGSI members from nearby areas attended the program.

4. 13-14th February Vivekanand Institute of Medical Sciences, Lucknow, UP



• Igniting passion to endoscopy

- It was 2 days program with comprehensive theoretical lectures followed by 7 Hystero- laparoscopic surgeries. 25 participants had attended the program with hands-on training.

I am profoundly grateful to FOGSI President Dr. Sunita Tandulwadkar, Dr. Sejal Naik, Chairperson of the Endoscopy Committee, FOGSI, and the entire FOGSI and IAGE team for organizing the remarkable EAGLE Project, under the exceptional leadership of Dr. Sonu Singh.

For many of us who had never held a hysteroscope before, Dr. Sonu Singh guided us with the patience and care of a mother teaching her child to hold a pencil for the first time. This hands-on experience was truly invaluable.

Uttar-Pradesh

5. 13th February 2025 RAMA Medical College, Hapur



• Building confidence

Despite its remote location all necessary arrangements were meticulously made to ensure the successful execution of the EAGLE project. 5 major surgeries including 2 TLH and 1 vault suspension were carried out.

Ma'am you have taught us great tips to improve our surgical expertise..Thanx again from me and my whole team of faculty and postgraduates.

Dr. Sunita, Hapur

6. 15th February 2025 Subharti Medical College, Meerut



• Learning through practical tips

Participants were exposed to the advanced technology like 3D laparoscopy for the first time. Participants were given hands on suturing experience. 40 participants attended the program and 4 major surgeries were performed.

Fun filled moments,
EAGLE 🦋 spreading

7. 19 Feb - SGRR Medical College, Dehradun



श्री महंत इन्दिरा अस्पताल में पीजी मेडिकल स्टूडेंट्स ने जानी एडवांस लैप्रोस्कोपिक सर्जरी की बारीकियां, फोगसी - आईएजीई के सहयोग से एक दिवसीय कार्यशाला का आयोजन
February 19, 2025



1 day workshop with 6 major laparoscopic surgeries performed. There were deliberations to enlighten the participants on the safety of endoscopy. All PGs got the training on Pelvi Trainers to enhance their suturing skills, even news media covered it well.



8. 19 & 20 Feb - St Jhon's Medical College. Bangalore



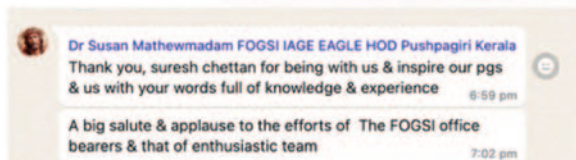
- 2 days extensive workshop with 12 surgeries, 40 resident doctors PG's were given hands on port insertion and hysteroscopy, pelvitrainer training

9. 22 Feb - Pushpagiri Institute Of Medical Sciences and Research Centre, Tiruvalla



• Learning through practical tips

26 participants attended the live surgical workshop. 4 major surgeries were performed.



10. 23 Feb - Grant Medical College JJ hospital , Mumbai



9 interesting cases including Broad ligament fibroid, TLH in prev. 4 CS were operated. The event was attended by 91 gynecologist. The involvement of the participants was so much that everyone was present in the workshop till late in the evening.

All were keen to learn till last case we done. I guess 8 pm. Kiddos to the students.

11. 27th February in Hind Medical College Barabanki Lucknow



Total 8 cases including two TLH, one myomectomy, two diagnostic Hysteroscopy, two lap ligations and hysteroscopic Cu T removal

This project is running efficiently All Over The India under the visionary Leadership of Dr Sunita Tandulwarkar ma'am president FOGSI & IAGE team. The Active Participation of Dr Sejal Naik Chairperson Endoscopy Committee FOGSI and her team coordinating very well for smooth conduction of this Precious project. Our pgs really learned a lot and pleased hands on experience And mission of this Project, showing Enthusiasm among faculties and pgs

Dr Anjana Agrawal, HOD, Hind Med College, Barabanki

12. 28th February, Christian Medical College and Hospital, Ludhiana, Punjab



- **Comprehensive approach to Minimally invasive surgeries**

Operating faculty of young members team from Gujarat, Himachal Pradesh and Chandigarh fly to Ludhiana and operated total 9 cases along with demonstration of Vaginal Hysterectomy case performed along with Laparoscopic and Hysteroscopic surgeries

Eagle Project was a grand success at CMC Ludhiana with total 8 cases done in a single day ..within 6 hours !! Our heartfelt gratitude to Dr Sunita Tandulwalkar madam and her team...Dr Subash Mallya, Dr. Sejal Naik , Dr. Santwan Mehta for their efforts in organizing this event in our institute . It was an honour and privilege to host this event in our department, CMC Ludhiana. We are sincerely thankful to the operating faculty - Dr Ajay Aggarwal, Dr Piyush Vohra and Dr Mohil Patel .It was a treat to watch them do all surgeries effortlessly . Thank you and wish to have more such workshops in future too!

Dr Kavita M. Bhatti, HOD, Christian Medical College & Hospital (CMC), Ludhiana

13. 28 February, 2025, GRMC, Gwalior, MP



Total of 9 cases including, 2 TLH, 1 Large Ovarian Cystectomy, 6 DHL. Complicated cases were demonstrated with perfection. Teaching faculties had travelled more than 500kms, just shows their passion for the academics. 78 participants had attended the workshop.

14. Yenepoya Medical college, 28 February 2025, Mangalore 6 live surgeries were demonstrated to the 80 participants with interaction



It was a wonderful enriching experience. Dr Vidya madam is as at her best as always 🙌. The entire program went well. thank you once again to the entire EAGLE project initiative, all of you are doing amazing work for integrating endoscopic skill which ultimately will translate to a better patient care.

Dr. Mariam Anjum Ifthika
Associate Proff, Gyne
Oncology, YMCH, Manglor

We encourage everyone to participate in this unique academic initiative and contribute to its ongoing success.



Our next projects are as below for the month of March

Sr. No.	Medical College, City and State	Date
1	BR Ambedkar Medical College, Mohali, Punjab	4 March
2	Sapthagiri Medical College, Bangalore, Karnataka	5 & 6 March
3	Jawaharlal Nehru Medical College, (JNMCH) , Bhagalpur, Bihar	6 March
4	Andhra Medical College, Visakhapatnam, Andhra Pradesh	7 March
5	Index Medical College, Indore, Madhya Pradesh	7 March
6	Govt medical college, Thrissur, Kerala	8 March
7	Purnea Medical College, Purnea	9 March
8	Shankaracharya Medical College Bhilai, Durg, Chhattisgarh	11 March
9	Jalpaiguri Medical College, West Bengal	17 March
10	Government Medical College, Sarahanpur, Uttarpradesh	18 & 19 March
11	ACSR Govt Medical college, Nellore, Andhra Pradesh	22 March
12	Darbanga Medical College (DMCH), Bihar	22 March
13	GMC Jagdalpur, Chhattisgarh	27 March
14	Saifai Medical College, Lachwai, Uttar Pradesh	27 & 28 March
15	Kottayam medical college, Kottayam, Kerala	28 March
16	Rajnandgaon Medical College, Chattisgarh	28 March
17	Travancore Medical College, Kollam, Kerala	29 March
18	LLRM Medical College, Meerut, Uttar Pradesh	30 March
19	Shyam Shah Medical College, Rewa, Madhyapradesh	30 March
20	Gayatri Medical college, Visakhapatnam, Andhra Pradesh	30 March
21	MGM Medical College, Indore, Madhya Pradesh	31 March
22	Sivagangai Medical College, Sivaganga, Tamilnadu	31 March

Gyan Pravah Podcast Series

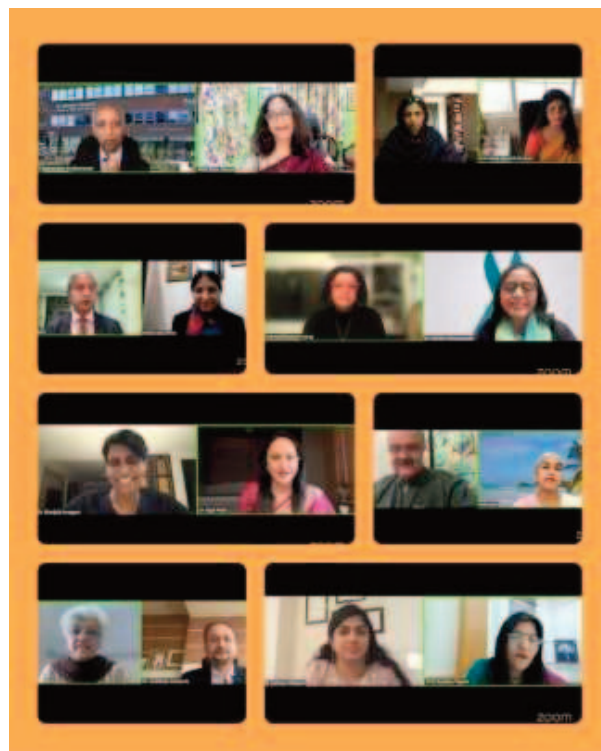
Gyan Pravaah is a series of podcasts that is run daily at 8 pm.



For 30 days of a month, one committee chairperson has a dialogue with one guest speaker, each day,



Guest speakers who are from varied fields like spirituality, obgyn, public health official or politics give their value adding inputs.



The background of the entire image is a dense, close-up photograph of numerous small, five-petaled pink flowers. The flowers are in various stages of bloom, with some showing dark centers. A semi-transparent white rectangular box is centered over the middle of the image, containing the text in a dark red, serif font.

FOGSI COMMITTEE CHAIRPERSON REPORTS

International Academic Exchange Committee Report

Dr Pratibha Singh took charge in October 2022, at FEMTEK-1 conference in Mumbai during the installation ceremony of 61st FOGSI President. Dr. H. D. Pai

Key Activities

- Webinars and International Collaborations: Launched the International Exchange of Knowledge Update Webinar Series successfully hosting 15 sessions that connected professionals globally.
- FOGSI Wellness Program: Initiated an extensive wellness program, conducting 11 sessions focused on mental and physical health.
- Workshops: Organized the Evolve Karyashala workshops in Kolkata and Raipur.
- Funfrence in Andaman: This unique event took place in January, blending professional engagement with leisure.
- FOGSI Presidential FEMTEK 2 Conference: Successfully held in London in June, with over 150 participants marking a significant achievement in international engagement.
- FIGO World Congress 2023: Facilitated the participation of over 300 Indian delegates at the congress in Paris, with IAEC playing a crucial role in securing reduced registration rates for these delegates
- Publications: Released three significant publications:
 - ✓ Modern Approaches to Advancement in OBGYN Procedures
 - ✓ GCPR - Decision Making in Choosing the Route of Delivery
 - ✓ FOGSI FOCUS - Caesarean Section Revisited: Change with Evidence & Experiences

In 2024, under the leadership of 62nd President FOGSI, Dr. Jaydeep Tank, significant initiatives and events marked the year.

Highlights included

- Advocacy programs
 - ✓ Focused on key health issues, including menstrual hygiene with menstrual cup demonstrations, reproductive health, and cancer prevention, highlighted by tree plantation drives
 - ✓ Campaigns on population stabilization PCOS, endometriosis, contraception &
 - ✓ Free health screenings on observance days like International Women's Day and World Cancer Day International Yoga Day, World Menopause Day, World



Osteoporosis Day & blood donation camps.

- ✓ A successful colposcopy workshop treated 22 patients,
- ✓ Candlelight March with over 200 participants on August 13 raised awareness against violence toward doctors, following the tragic loss of a postgraduate student by submitting a memorandum to the District Magistrate of Bhagalpur.
- ✓ Conducted 28 free health camps in & around Bhagalpur, offering essential screenings like HB%, RBS, TSH, BMD & LBC.
- ✓ IAKU Web series continued with 14 sessions, complemented by 18 joint CME webinars.
- ✓ The Ikigai wellness program featured 12 sessions promoting mindfulness

Special Events :

- International Women's Day
 - ✓ Featured empowering talks
 - ✓ Felicitation of women achievers and
 - ✓ a record 375 entries in Painting, Essay & Slogan Writing Competition
 - ✓ which were compiled into a book released at the April MCM.
 - ✓ AOFOG Conference: in May saw over 85+ members engage in academic and cultural exchanges in Busan, Korea.
 - ✓ IAECON 2024 held on September 7-8, marked FOGSI's first international conference under the IAEC in collaboration with Ghaziabad OBGYN Society, themed

"Modern Approach to Obstetrics & Gynaecological Practice - Innovations to Implementation."

- ✓ it attracted around 600 delegates and included workshops, keynote addresses, and 154 free paper and poster presentations, enriched by 12 international and 175 national faculty.
- ✓ Felicitation of guests ,faculty & members IAEC
- ✓ Happy to release booklet, inspired by Dr. Tank, documenting the IAEC's journey titled "From Local to Global: The Legacy of FOGSI International Academic Exchange Committee"
- ✓ FOGSI Overseas Conference to Vietnam This event combined academic learning with cultural immersion, with 78 participants
- ✓ featuring esteemed international faculty, including Prof. Nguyễn Vu Quốc Huy.
- ✓ Participants enjoyed a memorable 7-day excursion and received certificates along with accredited credit hours.

The start of 2025 has been remarkable under the dynamic leadership of Dr. Sunita Tandulwadkar, marked by significant initiatives that reflect FOGSI's commitment to women's health

Highlights:

- 67th AICOG, Mumbai Highlights:
 - ✓ the inspiring installation ceremony of Dr. Sunita Tandulwadkar as the 63rd President of FOGSI
 - ✓ Contributions to Fetal Medicine Workshop, Key note address on Doppler use in FGR, and decision-making in delivery routes.
 - ✓ A panel discussion on the role of AI in OBGYN.
 - ✓ During the MCM, a contribution of ₹2 lakh to FOGSI from the IAEC International Conference further underscored our commitment to the cause
 - ✓ The launch of innovative projects like KYN and Shoonayam further emphasized FOGSI's forward-thinking approach.
 - ✓ FOGSI-UNICEF HPV Awareness Programs Ten programs across schools and colleges in Bhagalpur, Bhopal, Gwalior, Jamshedpur, Kalburgi, Gulbarga, Jabalpur, and Moradabad, reaching over 1,000 students and teachers, with participants committing to vaccination and peer education, showcasing the initiative's effectiveness.
 - ✓ World Cancer Day Initiatives (February 4) 15 cancer awareness and screening programs were organized, including:
 - ✓ An HPV vaccine camp in Bhagalpur, where 14 girls were vaccinated.
 - ✓ A Gwalior event with over 100 attendees focused on breast and cervical cancer awareness.
 - ✓ In Bhopal, 25 girls received free HPV vaccinations,



along with 65 Pap smears for those in need.

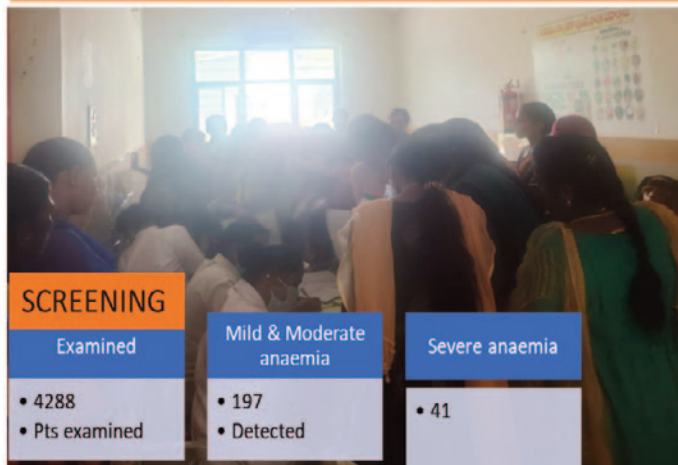
- ✓ KYN Health Camps IAEC organized 5 free health camps in Bhagalpur, focusing on 4 essential health parameters weight, BP, Hb%, and RBS to gather vital health data from women across India.
- ✓ Research Initiatives Ongoing data collection for projects includes studies on postmenopausal bleeding, adolescent obesity, and anaemia in pregnancy.
- ✓ Coming up with Gyan Deepika on- Pregnancy After Organ Transplants and Complex Medical Conditions
- ✓ Gyan Pravah Podcast Series: designed by the FOGSI President, aims to provide enriching content through monthly interviews with influential figures. (IAEC has been assigned the 12th of every month)
- ✓ In February , I had the honour of featuring Sir Sabaratnam Arulkumaran, a globally renowned leader in OBGYN, discussing Clinical Governance to improve safety and quality of care.
- ✓ The upcoming episode will feature Dr. Frank Louwen, President-Elect of FIGO, discussing better birth strategies.
- ✓ Sampoorna CME Initiative This program aims
 - ✓ To enhance awareness of preconception care for better maternal and fetal health outcomes,
 - ✓ Our first CME, hosted with the Bhagalpur OBGYN Society, was met with great enthusiasm, paving the way for future collaborations with other OBGYN societies.

Through these initiatives, FOGSI continues to lead in promoting women's health and supporting healthcare professionals in their endeavours.

Medical Disorders Committee Report



A SMALL STEP TOWARDS A BIGGER GOAL OF ANEMIA mukT BHARAT



Training of Paramedical Staff Regarding the Preparation of Seven Trays in the Labour Room, Handwashing and Wearing of Gloves by Dr Shweta Rani.



Podcast on 13th Feb. 2025

FOGSI PRESIDENTIAL INITIATIVE

Gyan Pravah, Podcast Series, Episode 16

Topic - Holistic Wellness for Mothers to be

Dr. Manoj Chellani
Medical Disorders in Pregnancy Committee

Vrindha Bhatt
Guest Speaker

13 Feb 2025 | 8:00 PM [CLICK HERE TO JOIN](#)

ज्ञान प्रवाह:
ज्ञान का बहुत सारा एक नया, अनोखा रंग।
हर रात 8 बजे जुड़िए आप फोगसी के संग॥

Publishing Partner: **Evangel**



2 days exclusive conference on "medical disorders in pregnancy" CME will be conducted on 8-9th march 2025 on women's day conducted by Bangalore Society of Obstetrics and Gynecology.

Bangalore Society of Obstetrics and Gynaecology

Invites you to a CME
8th – 9th March 2025

Medical Disorders in Pregnancy

10 ICOG points awarded & KMC Credit points awaited

Dr. Sunita Tandulwadkar
President FOGSI

Dr. Suvarna Khadilkar
Secretary General, FOGSI

Dr. Niranjan Chavan
Hon. Treasurer FOGSI

Dr. Manoj Chellani
Chairperson MDIP FOGSI

Dr. Rekha Rajendrakumar
President, BSOG

Dr. Uma Devi K.
Hon. Secretary BSOG

Dr. Indira C. Reddy
Hon. Treasurer BSOG

Dr. Jyothika Desai
Scientific Chair

Medical Education Committee Report

Dr Kiran Pandey was installed as Chairperson of Medical Education Committee on 22nd Oct 2022 under the leadership of President FOGSI 2023, Dr Hrishikesh Pai, Sec. Gen. Dr Madhuri Patel, VP Dr Sampath Kumari. Later on Jan 2024 worked under our dynamic President FOGSI, Dr Jaydeep Tank. And currently with very energetic focused President Dr Sunita Tandulwadkar.

Successfully conducted DR CG SARAIYA CME in 2024 & 2025 with record registrations.

ATTENDED ALL MCM's, Participated in President's Initiatives -Anemia Mukh Bharat, -Cervical Cancer Elimination Programme & -KARYASHALA

Conducted more than 50 CME's, Webinars, Health camps and workshops in different zones North, Bihar, MP, West Bengal, Karnataka, New Delhi, Gujrat.

Conducted Operative delivery workshop in 67th AICOG 2025, as Convenor and also published workshop manual.

PG Training Activities: FORCE 2023 & 2024, Gurukul Medha as Co-convenor, Gurukul PG Training Programme as Co-convenor, HPV Trainings, EPMM Series, 90:70:90 Series, Akshram Series.

Awards : Received FOGSI President appreciation Award from Dr HD Pai
Received KOGS ICON award
Received Appreciation Award from Inner wheel club.

Coordination with other committees :

- FOGSI Food & Drug and Medico Surgical Equipment Committee
- FOGSI NCD committee
- FOGSI Midlife Management Committee
- FOGSI Adolescent Committee
- AOGD Oncology Committee
- Kanpur Obs and Gynae Society
- KSOGA
- Saharanpur Obs and Gynae Society
- CSJM University Kanpur

DR CG Saraiya CME- Dr C G Saraiya CME is one of the most attended CME of all AICOGs, in the memory of Legendry (Late) Dr Chandrakant Gokuldas Saraiya.
CG Saraiya CME 2025

Stands as a testament of the Medical Education Committee towards advancing healthcare. Dr CG Saraiya CME was held at 67th AICOG, Mumbai, on 9th Jan 2025. The CME was meticulously designed to address contemporary challenges while highlighting innovative treatment modalities and research advancements in

women's health.



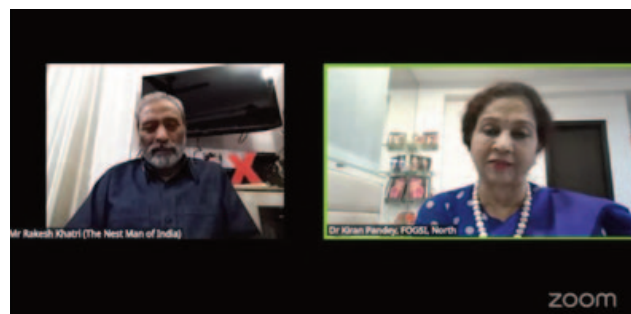
CG Saraiya CME 2024

Conducted prestigious Dr CG Saraiya CME at 66th AICOG, Hyderabad, on 7th Jan 2024, in the capacity of Medical Education Committee Chairperson with the theme of FOGSI 360, COORDINATE, COMMUNICATE, COMMUNITY. Icing on the cake are world renowned international speakers who have come together to share their insights, research findings, and experiences, providing a platform for all of us to enrich our understanding and stay abreast of the latest advancements in healthcare.



Gyan Pravah PODCAST Series

First Podcast of Medical Education Committee with Mr Rakesh Khatri, The nest man of India. expert in environmental education programs, advocacy initiatives, and community engagement efforts, working tirelessly to conserve the urban biodiversity and ecosystem. He has been honored with several prestigious awards by GOI Science and Technology Department, Limca Book of World Record, Green Leadership Award, by India CSR.



PG PROGRAMMES:

FOGSI ICOG GURUKUL PG Training Programme monthly series as Co-convenor

FORCE & BEST 2023, Kolkata on 16, 17, 18 April 2023

FOGSI REVIEW COURSE FOR EXAMS (FOGSI PG PREP)

BOGS EXAMINEES SPECIAL TRAINING

Venue: Auditorium, CSS College of Obs. Gynae and child health, Kolkata

FOGSI FORCE - 2024, Hubballi

**PUBLICATIONS:**

PUBLISHED TEXT BOOK "EVIDENCE BASED PRACTICES FOR MANAGEMENT OF HIGH RISK PREGNANCY"

PUBLISHED GCPR "Nausea/Vomitting in Pregnancy"



(NVP)/ Hyperemesis Gravidarum (HG)
PUBLISHED FOGSI FOCUS "URINARY INCONTINENCE"
PUBLISHED GCPR "Prevention and Management of Stillbirths"

OTHER PROGRAMMES/WEBINARS:

Genetics and Fetal Medicine Committee Report

Chairperson: Seetha Ramamurthy Pal

Presidents: Dr Hrishikesh Pai

Dr Jaydeep Tank

Dr Sunita Tandulwadkar

Vice Presidents: Dr Geetendra Sharma

Dr Girija Wagh

Dr Abha Singh

Took charge in Femtek-1, Mumbai in October 2022 and

1. Conference: FETOVISION, First ever Joint Conference of FOGSI with the Society of Fetal Medicine, organized by the Bengal Obstetric and Gynaecological Society, at Kolkata in April 2024

2. Workshops:

a. Fetal Intervention workshop at the AICOG 2023 Kolkata

b. Karyashala workshops on Preventing Anaemia-January 2023

c. Joint workshop with Imaging and Perinatology committee FOGSI at the South zone Yuva FOGSI March 2023

d. Joint workshop with Imaging Committee at FOGSI VP conference in August 2023

e. Joint workshop with Imaging and Perinatology committee at South zone VP conference August 2023

f. Perinatology meet at Aurangabad in Dec 2023

g. Fetal Medicine workshop at YUVA FOGSI Mysuru in August 2024

h. Fetal Medicine workshop at AICOG 2025

3. GCPR guidelines on Prevention and management of Stillbirth in 2023

4. ICOG Activities

a. 3 day Certification course on Fetal Medicine and Genetics August 2023

b. Masterclass on Fetal Medicine in November 2024

c. Certification course on Fetal Medicine and Genetics on 26-28th March 2025

5. Days celebrated:

a. Down Syndrome day on 21st March in 2023 and 2024

b. Thalassemia day on 8th May 2023 and 2024

c. World Fetus day on 31st October in 2023 and 2024

6. Newsletter

a. E Bulletin on Down Syndrome

b. E bulletin on First Trimester anomalies

7. FOGSI FOCUS on

a. Genetics for the Generalist

b. Rh negative Pregnancy

8. Books

a. Reproductive genetics

b. OSCEs in Fetal Medicine and Genetics

c. Ethical and Evidence based recommendation on Antenatal surveillance

9. Multiple CMEs and Webinars with various state societies like Thane, Bhillai, Ratlam, Faridabad and organisations like ISPAT, SAFOG and Indian Academy of Medical Genetics and FOGSI committees like Perinatology, Imaging Science, Public Awareness, Breast Committee, Ethics and medicolegal committee

10. White paper on History of Genetics and Fetal Medicine

11. Antenatal care protocol and card on basic investigations for FOGSIans

12. Gyav Pravah podcast series on 4th February with Dr Suresh and 4th March with Dr Rekha Ramachandran.



A close-up photograph of a pink rose with numerous water droplets on its petals. The rose is the central focus, with its petals showing various shades of pink and some yellowish veins. The water droplets are clear and vary in size, reflecting light. The background is softly blurred, showing more of the rose and some green foliage.

STATE PRESIDENTIAL REPORTS

State President's Column - BOGS



President, BOGS
Dr Basab Mukherjee



Hon Secretary, BOGS
Dr Amit Basu

The Bengal Obstetric and Gynaecological Society Vision Statement for 2024-25 and Activities I took over as President, The Bengal Obstetric and Gynaecological Society (BOGS) on 25th July 2024 during the Foundation Day Celebrations at the Oberoi Grand, Kolkata. I was the third generation in our family to lead BOGS after my great grandfather Dr Bamandas Mukherjee (1938) and my father Dr Basudeb Mukherjee (2000). I knew the expectations would be huge and I started planning for the year well in advance. Dr Amit Basu took over with me as Secretary and Dr Mahua Bhattacharya as the Clinical Secretary.

As we are in the middle of the academic year, the vision statement goes on to include some of the notable work we have done as a society over the last few months. The theme chosen for the year was 'Bridging Gaps, Creating Impact'. There are several gaps in our health care system and the plan were to bridge some of them.

The broad aim was to carry on the quality academic events and combine it with health awareness and projects with a social touch. We also had a focus on keeping projects environment friendly and minimizing our carbon footprint. Our plan through the year was to strongly stand by the FOGSI leadership taking their cues and plans to the society locally. We have conducted programs with several of the committees and look forward to do more during the upcoming VPCON conference in April. We also conducted locally several of the FOGSI President-initiated projects supported by industry partners.

We declared the calendar dates of the managing committee meetings for the entire year on day one of taking over. We chose two weekdays which we alternated through the year to allow members with inconvenience on one particular day to attend the other day and maximize attendance. We banned plastic from our office building shifting to glass bottles, added fruits to the menu during meetings for the health-conscious, worked towards less paper print outs and decrease clutter in the office. We added indoor potted plants in the building, banned smoking in the building and got a pest control contract instituted.

Very early in the year, we stumbled on the Abhaya incident in RG Kar Hospital. We had not foreseen it and several planned events had to be deferred. The 'Abhaya' movement brought members of the Bengal Society together. From joining rallies, organizing protests, sitting in for hunger strikes, raising funds for legal intervention, keeping national friends abreast of the situation, showcasing the cause in medical conferences, inspiring FOGSI to the '100 days and counting' project – the members did it all.

Our plan in the year was to partner with other organizations to bring more expertise and quality to our programs. In our flagship Annual Conference, we partnered with ISOPARB Kolkata, SOVSI Bengal, IAGE Bengal and RCOG IRC India East for the workshops. We planned a series of academic program called 'Confluence' involving other specialties who we frequently come across in our clinical work. They included Urology,

endocrinology, Neonatology, Anesthesia, Orthopedics, Psychiatry, Cardiology and Gastroenterology. The idea was to cover two specialties in a day with 2.5hr pre-lunch and post lunch sessions on Saturdays are held once in two months. Thread bare discussion and troubleshooting on the specialties with experts would be held. We identified the named health days of the year well in advance and decided to have some activities in the form of either a physical CME, webinar, radio message, video message or social media creatives. We also announced competitions for slogans and essays, photographs etc. on some of the days.

Initiated by Dr Bhaskar Pal, for the last few years, we have a Yuva Conference in our society involving all faculty < 45yrs in age. This year we went one step further to allow only Yuvas to lead the organizing committee. We also instituted Yuva Icon and Yuva Excellence Awards to acknowledge their exemplary contribution to BOGS over the years.

For Health Awareness among Public and Health Camps we partnered with NGOs already working in the field which helped us to reach beneficiaries needing the service.

Our work took us to Baharampur (200kms from Kolkata) and Malda (350km from Kolkata) besides serving in the city slums. We also reached out to schools and colleges for health awareness seminars specially highlighting the issues of menstrual hygiene, nutrition, soft skills and mental health. There was a focus on Cervical Cancer Vaccines.

On the World Cancer Day, the Bengal Society walked the talk partnering with Serum Institute and vaccinating 238 schoolgirls between the age of 9-14yrs with Cervical Cancer Vaccines. These vaccines were given free of cost, funds being generated from the Bengal society, RCOG East Zone and Rotary.

BOGS had a one-day stand-alone seminar dedicated to Vaccination in Women. NNF, IAP, Rotary and UNICEF were partners for the program. Pledges for vaccination were taken, donors were acknowledged and the results of the survey done on 225 members on vaccination practices was announced. Other stand-alone events included a seminar on Violence Against Women. Here we involved FOGSI, Swayam and other NGOs working in the field of human trafficking and VAW. We also

took the opportunity to take pledges to stand up against all forms of VAW and to felicitate champions from the community who we identified who are doing commendable work in this field.

With UNICEF in the World Breast Feeding Week, we had a mega program involving 400+ nursing students and tutors focusing on the Early Initiation of Breast Feeding.

Partners included RCOG, ISOPARB, NNF, IAP, BPNI, Rotary including others.

It is important in any professional society to have social engagement functions among the members and their families to build a sense of fellowship and enhance bonding.

There were occasions including a picnic in a garden-house for all members including office staff. We celebrated together the moment when Dr Bhaskar Pal won the FOGSI President Elections and shared the sorrow together in the condolence meeting we held when we lost three of our senior members including a past president of the society. The Bengal Society has been a founder society of FOGSI and established in 1936. It has 1200+ members mostly in and around Kolkata. It has given FOGSI eight Presidents and has always stood steadfast with the FOGSI leadership. The AICOG held in 2023 at Kolkata is considered by many as one of the best FOGSI has seen. We expect the Bengal Society to lead the way in the future and provide inspiration for many other FOGSI societies across India in the years to come.



State President's Column - AOGD

Vision of the Association of Obstetricians and Gynaecologists of Delhi (AOGD) 2025-2026

Theme: Women's Wellness—From Tiny Heartbeats to Timeless Strength

The Association of Obstetricians and Gynaecologists of Delhi (AOGD) has been a leader in advancing women's health, professional development, and community outreach. For 2025-2026, AOGD envisions a future focused on leadership in women's health, continuous learning, community engagement, sustainability, and ethical practices.

1. Leadership in Women's Health: Women's healthcare is evolving with advancements in diagnostics and treatment. AOGD is committed to ensuring its members stay at the forefront of these developments.

Key Focus Areas:

- **Evidence-Based Practices:** Promoting research-backed approaches in obstetrics and gynaecology.
- **Holistic Healthcare:** Integrating nutrition, mental health, and lifestyle modifications into patient care.
- **Multidisciplinary Collaboration:** Partnering with endocrinologists, paediatricians, psychiatrists, and public health professionals for comprehensive care.

Proposed Initiatives:

- **Clinical Practice Guidelines:** Establishing standardized care protocols across healthcare institutions.

2. Enhancing Professional Development: Continuous learning is essential for improving patient outcomes. AOGD is committed to upskilling its members through structured educational initiatives.

Key Focus Areas:

- **Skill-Based Training:** Advancing expertise in laparoscopic techniques, high-risk obstetrics, and fetal medicine.
- **Knowledge Exchange:** Facilitating national and international collaborations for enhanced learning.

Proposed Initiatives:

- **Monthly Clinical Meetings:** Providing a platform for case studies, research presentations, and

sharing best practices.

- **Simulation-Based Training:** Conducting hands-on workshops on obstetric emergencies, laparoscopic surgeries, and labor management.
- **Mentorship Programs:** Senior practitioners guiding young professionals in research, career growth, and patient care.

3. Community Outreach and Awareness: Women's health extends beyond hospitals to public awareness, preventive care, and community education.

Key Focus Areas:

- **Preventive Healthcare Awareness:** Promoting screenings for cervical and breast cancer, anemia prevention, and reproductive health education.
- **Safe Motherhood Initiatives:** Improving prenatal care, institutional deliveries, and postpartum support.
- **Adolescent & Menopausal Health:** Addressing reproductive health concerns at different life stages.

Proposed Initiatives:

- **Health Camps & Screenings:** Free check-ups, vaccination drives, and awareness campaigns in underserved areas.
- **School & College Outreach:** Educating young girls on menstrual hygiene, contraception, and mental well-being.
- **Community Partnerships:** Collaborating with NGOs and government agencies for broader impact.

4. Sustainability and Ethical Practices: AOGD is committed to environmentally sustainable healthcare and ethical medical practices to ensure responsible patient care.

Key Focus Areas:

- **Eco-Friendly Healthcare:** Reducing medical waste and promoting biodegradable materials.
- **Ethical Medical Practices:** Advocating transparency, informed consent, and responsible decision-making.
- **Culturally Sensitive Care:** Respecting socio-cultural backgrounds in healthcare delivery.

Proposed Initiatives:

- **Green Hospitals Initiative:** Encouraging hospitals to adopt sustainable practices, including digital records and waste reduction.
- **Ethics Workshops:** Educating members on patient rights, medical ethics, and responsible clinical research.

5. Strengthening Educational Activities through Subcommittees: AOGD's 12 subcommittees focus on specialized areas of obstetrics and gynecology. Each will conduct at least two educational activities in 2025-2026.

Proposed Initiatives:

- **Hands-On Workshops:** Training in surgical skills, obstetric ultrasound, colposcopy, and infertility treatments.
- **Case-Based Panel Discussions:** Addressing complex clinical scenarios and ethical dilemmas.

- **Public Health Seminars:** Discussing gender-based violence, maternal mortality, and reproductive rights.

Conclusion: Championing Excellence and Compassionate Care

AOGD's vision for 2025-2026 remains steadfast in advancing professional excellence while prioritizing compassionate, ethical, and evidence-based care. Through leadership in women's health, professional development, community outreach, sustainability, and knowledge-sharing, AOGD aims to enhance healthcare outcomes and empower obstetricians and gynecologists across Delhi. With strategic collaborations and innovative initiatives, AOGD will continue shaping the future of maternal and reproductive healthcare, ensuring healthier lives for women and families.

Team AOGD 2025-2026

**President Elect -
2025-26**

Dr Reena Yadav



**Vice President Elect -
2025-26**

Dr Kiran Aggarwal



**Hon Secretary Elect
2025-26**

Dr Ratna Biswas



**Joint Secretary Elect
2025-26**

Dr Sharda Patra



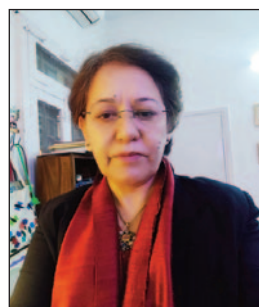
Editor 2025-26

Dr Pikee Saxena



Editor 2025-26

Dr Manisha Kumar



Hon Treasurer 2025-26

Dr Prabha Lal

A photograph of several bright orange cosmos flowers in full bloom, set against a background of dark green foliage. The lighting is soft, highlighting the delicate petals of the flowers. One flower is in sharp focus in the center, while others are slightly blurred in the foreground and background.

THE KNOWLEDGE HUB

Legends of Dr Anandibai Joshi..... A Tribute to First Indian Woman Medical Professional...



Anandibai Gopalrao Joshi was first Indian female doctor of modern medicine. She was the first lady from India, then British India, who graduated from Woman's Medical College of Pennsylvania in 1886. Born in a conservative Hindu family, on 31 March 1865, at Bombay Presidency, Yamuna, was married at

the age of nine to Gopalrao Joshi.

This was a child marriage in accordance to traditions of that time.

Gopalrao renamed her as Anandi. Unusual for that time, Gopalrao was progressive thinker. He was working in postal services. He supported Anandibai's education.

Situation of medical care was very unsatisfactory in our country in those times.

Anandibai gave birth to a boy at fourteen years of her age, the neonate died ten days after birth due to lack of medical care. This incidence disturbed her and she made up her mind to become a doctor. Gopalrao and Anandibai moved to Kolkata (Calcutta). She learnt English and Sanskrit there. Her husband communicated with Royal Wilder, an American missionary, and mentioned his wife's interest in learning medicine.

Theodicia Carpenter, a lady from New Jersey, happened to read that conversation and decided to help Anandibai.

At Serampore College Hall, Kolkata, it was Anandibai, who explained the importance of female doctors in care of women of our country.

Anandibai travelled to New York from Kolkata by ship. She



was received by Theodicia Carpenter. Anandibai began medical education after Dean of college, Dr Rachel Bodley enrolled her.

She passed her MD at 1886. She was 19 years of age at that time. Her topic of thesis was Obstetrics among the Aryan Hindus.

On her graduation, she was congratulated by Queen Victoria herself.

The state of Kolhapur appointed her as incharge of female ward of local Albert Edward Hospital

She died due to tuberculosis at age 22.

She was a legend herself. She was an example of grit and determination. With great resilience she fought with adverse situation and opened the doors of medical education to women in India. She was a trailblazer and trendsetter in true sense.

American writer Carolina wells wrote her biography.

Doordarshan ran Anandi- Gopal, a serial on her life. Dr Anjali Kirtane wrote a Marathi book on her life.

Government of Maharashtra awards a fellowship in her name for young women working on women's health.

IRDS (Institute of Research and Documentation in Social Sciences) from Lucknow, awards women in field of medicine, in her name.

On 31 March 2018, Google honored her with Google Doodle to mark her 153rd birth anniversary.

Anandibai Joshi was a true pioneer because she challenged deep rooted social norms, inspired future generations, and laid the groundwork for women in medicine in India. Her legacy continues to empower women to pursue medical education and careers in healthcare.

We salute her and acknowledge her pioneering work for all of us.

Endometriosis and Infertility



**Dr Sunita
Tandulwadkar**
President FOGSI

Introduction

Endometriosis is an estrogen-dependent benign inflammatory disease characterized by the presence of ectopic endometrial implants.¹ The most common sites of endometriosis, in decreasing order, are the ovaries, anterior/posterior cul-de-sac, broad ligaments and uterosacral ligaments, uterus, fallopian tubes, sigmoid colon and appendix. Because the growth of the implants is dependent on ovarian produced steroids, it is a disease that most severely affects women ages 25–35 years.² Patients can present with a wide range of symptoms ranging from being asymptomatic to infertile. Endometriosis has been estimated to affect up to 10–15% of reproductive aged women.³ The association between endometriosis and infertility is well supported throughout literature, but a definite cause-effect relationship is still controversial. The prevalence of endometriosis increases dramatically to as high as 25%–50% in women with infertility and 30–50% of women with endometriosis have infertility.⁴ Studies have suggested that women with more advanced endometriosis have poor ovarian reserve, low oocyte and embryo quality, and poor implantation.⁵

Pathogenesis

Endometriosis is a multifactorial and systemic disease that has pleiotropic direct and indirect effects on reproduction. Chronic inflammation and hormonal dependence are the main underlying

pathophysiologic mechanisms that drive endometriosis, and the association of these two key biological features make the natural history of this disease distinct. A complex interaction between endometriosis subtype, pain, inflammation, altered pelvic anatomy, adhesions, disrupted ovarian reserve/function, and compromised endometrial receptivity as well as systemic effects of the disease define endometriosis-associated infertility. Pelvic anatomy becomes distorted and fecundity is reduced via mechanical disruptions such as pelvic adhesions. These disruptions impair oocyte release or pick-up, alter sperm motility, cause disordered myometrial contractions, as well as impair fertilization and embryo transport.⁷ Women who are infertile are more likely to have advanced stages of the disease.⁸ However, there is still much speculation about the proposed mechanisms by which mild disease impacts fertility.³

Inflammatory cytokines, growth and angiogenic factors, and aberrantly expressed genes are all being explored as potential etiologic factors of endometriosis-associated infertility. Inflammatory effects resulting from the presence of endometriomas have been shown to affect both oocyte production and ovulation in the affected ovary.⁷ There is also a luteal phase disruption in endometriosis that may result from progesterone receptor dysregulation as well as an effect on progesterone target genes, which in turn leads to decreased endometrial receptivity.⁷ Sperm quality or function is also decreased and has been proposed to be from the inflammatory/toxic affects of the peritoneal fluid and increased activated macrophages.⁸ The increased number of inflammatory cells in the peritoneal fluid not only damage the oocytes and sperm, but have also been shown to have toxic effects on the embryo.⁹ Progesterone resistance and dysregulation of progesterone receptors also appear to play a role in implantation failure. Because progesterone induces endometrial decidualization during the luteal phase, its presence is crucial for a normal pregnancy. Progesterone receptors have been shown to be dysregulated in both eutopic and ectopic endometrium. Down-regulation of receptors is seen prior to implantation in normal endometrium, but is delayed in the endometrium of endometriosis.¹⁰ In addition, both eutopic and ectopic endometrium have been shown to be resistant to progesterone, causing an unopposed estrogen state which is likely not suitable for implantation.¹¹

Treatment of Endometriosis-Associated Infertility

Current treatment of endometriosis-associated infertility focuses on improving fecundity by

Postulated origins of Endometriosis

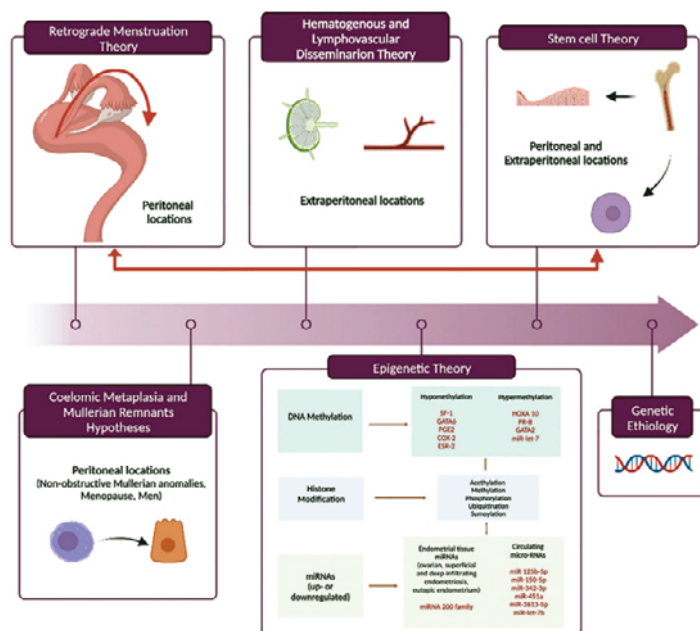


FIGURE 1
Theories of Endometriosis Pathogenesis. SF-1, steroidogenic factor 1; GATA6, GATA binding protein 6; PGE2, Prostaglandin E₂; COX2, cyclooxygenase-2; ESR-2, estrogen receptor alpha; HOXA10, homeobox protein A10; PR-B, progesterone receptor isoform B; GATA2, GATA binding protein 2.

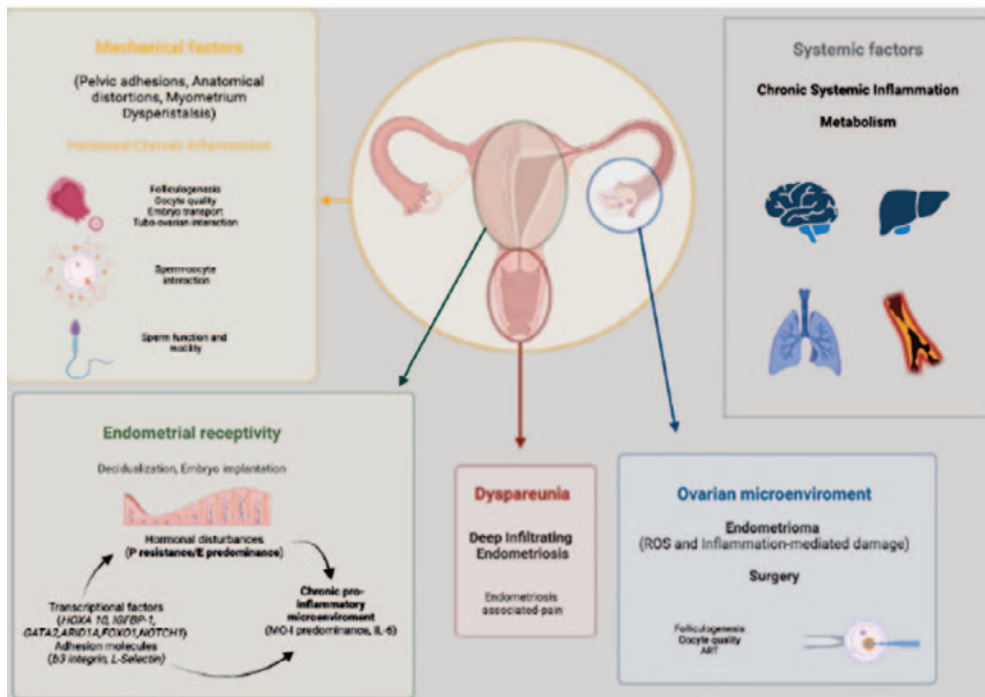


Fig 2: Main pathophysiological processes implicated in endometriosis associated infertility.⁶

removing or reducing ectopic endometrial implants and restoring normal pelvic anatomy.¹² A wide spectrum of treatment options have been examined including expectant management, medical treatment, surgical treatment, and assisted reproductive technology. While the option of expectant management may be reasonable for patients with mild-moderate disease, it is only delaying the start of effective treatment in those with severe disease. Patient counselling must consider the severity of endometriosis. A 2010 Cochrane review looked at 25 trials of ovulation suppressive agents (danazol, progestins, oral contraceptives, GnRHa) in women with endometriosis-associated infertility who wished to conceive. Not only was there no benefit from ovulation suppression, but it also delayed the patient from having a live birth while taking the suppressive agents.¹³ As a general rule, medical therapy should be discouraged in patients with endometriosis and subfertility who desire a live birth.¹³ The exception to this rule is in patients undergoing in-vitro fertilization (IVF). Multiple studies have shown that prolonged GnRHa treatment prior to IVF may improve fertility rates in advanced endometriosis.¹⁴ Proposed mechanisms are by means of increased retrieved oocytes, higher implantation rates, and reduced preclinical abortions. Like GnRHa, the use of oral contraceptives has also been shown to improve outcomes when given for 6–8 weeks prior to ART. Needless to say, data regarding suppressive therapy pre-ART in patients with endometriomas is still evolving but shows promise for improving endometriosis related infertility when used in conjunction with IVF.

Surgical treatment of endometriosis-associated infertility has proposed benefits in both severe and minimal-moderate

disease. Benefits of surgery in severe disease include restoration of pelvic anatomy, removal of implants and endometriomas, and resulting decreased inflammation.¹⁵ Laparoscopic surgery is preferred to laparotomy; it is more cost effective, has a shorter hospital stay and shorter recovery. Operative laparoscopy could be offered as a treatment option for stage I/II endometriosis as it improves the rate of ongoing pregnancy. Clinicians may consider laparoscopy for the treatment of endometrioma-associated infertility as it may increase their chance of natural pregnancy, although no data from comparative studies exist. Till date, no compelling evidence exists that operative laparoscopy for DE improves fertility, however it may represent a treatment option in symptomatic patients wishing to conceive. Thus, the decision to perform surgery should be guided by the presence or absence of pain symptoms, patient age and preferences, history of previous surgery, presence of other infertility factors, ovarian reserve, and estimated EFI.

Although ovarian suppression in general does not appear to have an advantage on subsequent fertility and surgery does increase natural fertility, a Cochrane review in 2020 evaluated whether in the perioperative period ovarian suppression may have an added benefit.¹⁶ Pre-operative medical therapy was administered with the intent of reducing the severity of endometriosis and thereby decreasing the risk and increasing the desired outcome of the surgery. The aim of post operative therapy was to increase resorption of residual deposits and reduce the recurrence of disease, however no trial reported increased fertility rates. The review concluded that women seeking pregnancy should not be prescribed postoperative hormone suppression with the sole purpose to enhance future pregnancy rates. Those women who cannot attempt to or decide not to conceive immediately after surgery may be offered hormone therapy as it does not negatively impact their fertility and improves the immediate outcome of surgery for pain.

Multiple randomized controlled trials have shown that ovulation induction and superovulation both with and without intrauterine insemination (IUI) increase fertility rates in patients without distorted anatomy.¹⁷ An important aspect to remember is that ovarian stimulation can also exacerbate endometriosis so it should be performed in a controlled manner and be limited to 3–4 cycles.¹⁷ In infertile women with stage I/II endometriosis, clinicians may perform intrauterine insemination (IUI) with ovarian stimulation, instead of expectant management or IUI alone, as it increases pregnancy rates.¹⁸ Although the value of IUI in infertile women with stage III/IV endometriosis with tubal patency is uncertain, the use of IUI with ovarian stimulation could be considered.¹⁸ To identify patients that may benefit from ART after surgery, the

Endometriosis Fertility Index (EFI) should be used as it is validated, reproducible and cost-effective.¹⁸

It is still uncertain how much endometriosis affects IVF success rates, IVF appears to be the most successful treatment option for patients with all stages of endometriosis. A specific protocol for ART in women with endometriosis cannot be recommended.¹⁸ Both GnRH antagonist and agonist protocols can be offered based on patients' and physicians' preferences as no difference in pregnancy or live birth rate has been demonstrated. The extended administration of GnRH agonist/contraceptive pills prior to ART treatment to improve live birth rate in infertile women with endometriosis is not recommended, as the benefit is uncertain.¹⁸ Clinicians are not recommended to routinely perform surgery for endometriomas prior to ART, however surgery for pain or accessibility of follicles can be considered.¹⁸

No recommendation supports any non-medical interventions (nutrition, Chinese medicine, electrotherapy, acupuncture, physiotherapy, exercise, and psychological interventions) to increase fertility in women with endometriosis. The potential benefits and harms are unclear.

Ultimately, the optimal method for treatment of endometriosis-associated infertility is an individualized decision that should be made on patient-specific basis. Many factors must be considered including but not limited to distorted pelvic anatomy, patient's ovarian reserve, partner semen analysis, age, presence of endometriomas, and length of infertility. If the patient is young, it is not unreasonable to discuss expectant management or ovulation induction (OI)/IUI as a first line therapy. If the patient is older and nearing 35, a more aggressive plan such as OI/ IUI or IVF +/- pre-IVF ovulation suppression should be discussed with her. For women with suspected stage III/IV endometriosis, IVF is recommended. If surgery is performed and the initial surgery does not restore fertility, IVF +/- pre-ART ovulation suppression is an effective alternative compared to repeat surgery although there is currently insufficient evidence to assess the benefit of surgery in addition to IVF on the outcomes of pregnancy.

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FOGSI FUNFRENCE ACADEMIC UPDATES & FELLOWSHIP

2nd - 6th April, 2025 | Srinagar, India

Kashmir: A Journey of
Elegance, Heritage & Growth

an exclusive retreat for medical professionals

**‘Gar firdaus bar-rue zamin ast,
hami asto, hamin asto, hamin ast’**



**CONFERENCES
INTERNATIONAL**

East Zone VPCON 2025

A FOGSI National Conference



THEME:
*Optimum
Care
Minimum
Litigation*



Last date
of abstract
submission
31st March
2025

Conference Highlights

18th April, Friday
FOGSI Committee Workshops,
Free Papers, Cultural evening
— "FOGSI has talent"

19th April, Saturday
Free Papers, Scientific sessions,
FOGSI Presidential Oration,
Inauguration, Banquet dinner.

20th April, Sunday
Scientific sessions, Valedictory

April 18-20, 2025
Biswa Bangla
Convention Centre,
New Town, Kolkata

Organised by
The Bengal Obstetric &
Gynaecological Society



FOGSI

VICE PRESIDENTIAL CONFERENCE



 **Radisson** BLU
Hotel Radisson Blu, Sector 18, Noida

Organized by :
**Noida Obstetrics and
Gynaecological Society**

Theme :
In Pursuit of Accretion Tuning Restructuring

First
Announcement

**10th & 11th
May, 2025**



Dr. Sunita Tandulwadkar
President FOGSI 2025



Dr. Bhaskar Pal
President Elect 2026



Dr. Jaydeep Tank
President FOGSI 2024



Dr. Suvarna Khadilkar
Secretary General



Dr. Abha Singh
VP FOGSI North 2025



Dr. Ashwini Kale
Jt. Secretary FOGSI



Dr. Rakhi Singh
Organizing Chairperson



THE FEDERATION OF OBSTETRIC & GYNAECOLOGICAL SOCIETIES OF INDIA



Ek Rashtra - Ek Mission
Swastha Naari - Samruddha Vatan
Har Ghar FOGSIAN

05 - 09 OCTOBER, 2025 | CAPE TOWN INTERNATIONAL CONVENTION CENTRE

We are delighted to share an overview of the Guided Tour Plans
for FIGO CAPE TOWN 2025



DR. SUNITA TANDULWADKAR

PRESIDENT, FOGSI



DR. HRISHIKESH PAI

REGIONAL TRUSTEE FIGO ASIA OCEANIA
CONVENOR FOGSI FIGO COLLABORATION



We welcome you...



05-09 OCTOBER 2025

CAPE TOWN INTERNATIONAL CONVENTION CENTRE

ACADEMIC CALENDAR AT A GLANCE- 2025

Date	Conference	Place	In Charge
8th -12th January	AICOG	Mumbai	Dr. Nandita Palshetkar & team
20th - 21st January	Aarogya Yog Yatra	Tirupati	Tirupati society
24th - 26th January	Presidential conference	Andaman	Dr.Sampath Kumari
1st - 2nd February	Presidential Conference	Ahmadnagar	Dr.Ganesh Bade
7th- 9th February	ISAR Annual	Lucknow	Dr. Rajul Tyagi,Dr. Ameet Patki
14th - 16th February	AMOGS	Chandrapur	Dr.Manisha Ghate & Dr. Kiran Kurtkoti
19th -20th February	Aarogya Yog Yatra	Rishikesh	Dr.Jaya Chaturvedi/Dr.Neena Malhotra/Deheradun society
21st - 23rd February	North Zone Yuva	Delhi	Team Khora makanpur
1st- 2nd March	ICOG	Pune	Dr. Parag Biniwale
14th - 16th March	IAGE AAGL Annual	Pune	Dr. Sunita Tandulwadkar/Dr. Shailesh Puntambekar/Dr. Ashish Kale
18th -19th March	Aarogya Yog Yatra	Puri	Dr.PC Mahapatra & Team Bhubaneswar
20th March	Aarogya Yog Yatra	Varanasi	Dr.Ritu Khanna
2nd - 6th April	Funference	Srinagar	Dr.Narendra Malhotra/Dr.Sudhir Shah/Dr.Deepak Bagade
10th April	South South South Concla	Delhi	Dr.Hrishikesh Pai
11th April	FOGSI cell meeting	Delhi	Delhi Society/FOGSI
12th- 13th April	FOGSI MCM	Delhi	Delhi Society
18th-20th April	VP conference	Kolkata	VP Dr. Shyamal Sett
26th-29th April	IFFS	Japan	Dr. Rishma Pai
1st- 4th May	ASPIRE	Singapore	Dr. Ameet Patki
10th - 11th May	VP conference	Noida	VP Dr.Abha Singh / Dr Rakhi Singh
17th - 18th May	Presidential Conference	Vishakhapatnam	Vishakhapatnam Society
18th - 24th May	FOGSI Overseas Conferen	Baku-Azerbaijan	Respective Committee Chairpersons
5th- 8th June	EBCOG	Frankfurt	
7th - 8th June	Presidential conference	Bangalore	Bangalore OBGYN Society

11th-12th June	Aarogya Yog Yatra	Dwarka & Somnath	Dr. Mahesh Gupta/Jamnagar society/Gandhi nagar society
13th -15th June	West Zone Yuva	Rajkot	Dr. Nitin Lal,Dr. Jigna Ganatra,Dr.Niraj Jadav/Rajkot obgyn Society
20th - 21st June	South Zone Yuva	Ooty	Dr Chandrakala Maran / Coimbatore OBGYN Society
25th - 28th June	ESHRE	Paris	
5th-6th July	Critical Care Conference	Patna	Dr.Vinita Singh
10th July	Aarogya Yog Yatra	Ajmer & Pushkar	Ajmer and Udaipur Society
11-13th July	VP conference	Udaipur	VP Dr.Komal Chavan
13th July	Aarogya Yog Yatra	Shrinathji	Udaipur OBGYN society
25th - 27th July	VP conference	Kanyakumari	VP Dr.Palaniappan & respective team presidents
28-Jul	Aarogya Yog Yatra	Rameshwaram	Madurai OBGYN Society
1st- 3rd August	FOGSI FIGO	Mumbai	Dr. Hrishikesh Pai
22rd-23rd August	RCOG & BFS	London	Dr.Ameet Patki & Dr.Anu Chawla
5th- 7th September	PPH	Ahmedabad	Dr.Mahesh Gupta
10th-11th September	Aarogya Yog Yatra	Mathura and Govardhar	Mathura OBGYN Society
13th - 14th September	Presidential Conference	Kanpur & Dibrugarh	Dr. Meera Agnihotri / Dr Pranay Phukan
19th - 21st September	AICC RCOG	Chennai	Dr.Uma Ram
26th September	FOGSI cell meeting	Mumbai	
27th- 28th September	FOGSI MCM	Mumbai	
5th-9th October	FIGO	Cape Town	
18th - 19th October	Presidential Conference	Meerut	Dr.Usha Sharma/Dr.Bharti Maheshwari
25th - 29th October	ASRM	San Antonio-Texas -USA	
7th- 9th November	East Zone Yuva	Shillong	Dr.Shyamal Sett & Shilong OBGYN Society
14 th - 16th November	Presidential conference	Pune	Dr.Sunita Tandulwadkar & Dr.Ashwini Kale POGS
5th - 7th December	VP conference	Nashik	VP Dr.Varsha Baste
10th - 11th December	Aarogya Yog Yatra	Ayodhya	Dr. Pritikumar & Lucknow OBGYN society



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