

FOGSI

CONNECT



THE FOGSI NEWSLETTER

May 2025



Waves 2025



FOGSI PRESIDENTIAL CONFERENCE

May 17th & 18th 2025
Radisson Blu Resort, Visakhapatnam

Sailing into the
future of **Women's health**
and wellness

meety®

ORGANIZED BY

**OBSTETRICS & GYNAECOLOGICAL
SOCIETY VISAKHAPATNAM**



“

"In every heartbeat of service, in every step toward knowledge, we rise—united in purpose, devoted to the health and hope of every woman."

— Dr. Sunita
Tandulwadkar

”

"Like rivers that meet to form an ocean, our efforts flow together—nurturing, healing, and empowering the soul of womanhood."

— *Dr. Sunita Tandulwadkar*

Dear FOGSIANS,

With great pride and warmth, I welcome you to the latest edition of FOGSI Connect—our vibrant platform that showcases the collective heartbeat of our organization.

This past month has been rich with purpose and progress. We launched landmark initiatives like CMEs by Sampoorna, Social programs like Know Your Numbers, infusing our mission with holistic wellness and preventive care. The unveiling of the ArogyaSakhi App and the soul-touching Sampoorna song stand as digital and emotional milestones in our journey to connect science with compassion.

The EAGLE's 50th golden celebration marked a moment of pride, commemorating excellence in education and leadership.

The progress on our Ethical Evidence-Based Recommendations (EEBR) across ten key topics reflects our academic depth and commitment to setting gold standards in women's healthcare. Our 7 multicentric research projects on publications are further shaping the future with data-driven insight and innovation. These efforts are more than milestones—they are movements that elevate our mission.

To each FOGSIAN—thank you for your energy, vision, and constant support. It is your passion that makes our work not just possible, but powerful.

Let us remain united, inspired, and ever-evolving—as we serve every woman with dignity, science, and soul.

Warm regards,

Dr. Sunita Tandulwadkar
President, FOGSI, 2025



“ This month, we take pride in highlighting the progress of our 50th Golden EAGLE Projects, which are creating a meaningful impact nationwide by enlightening postgraduate students on the vital role of laparoscopy in modern gynecology. ”

"Empowering Women, Enriching Lives"

As I embark on this honour of serving as the Editor for FOGSI Connect, I extend my profound gratitude to our dynamic President, Dr. Sunita Tandulwadkar. Under her visionary leadership, we are witnessing a transformative journey in women's healthcare.

"Leadership is not about titles, positions, or flowcharts. It is about one life influencing another." – John C. Maxwell

Dr. Sunita's leadership has indeed influenced countless lives, and her commitment to women's healthcare is evident in the numerous initiatives she has launched. This year's theme, **"Ek Rashtra, Ek Mission: Swasth Nari, Samridh Vatan, Har Ghar Fogsian,"** resonates deeply with our mission to empower women and enrich lives.

Through impactful initiatives like **"Know Your Numbers"**, **"Sampoorna – Swastha Janm Abhiyan"**, **"Do Teeke Zindagi Ke"**, flagship **"EAGLE"** project, **"Aarogya Yog Yatra"**, **"Gyan Pravah"**, and **"FOGSI Anubandh"**, along with seven publications, we are weaving a strong and inclusive fabric that connects every FOGSIan to the heart of the association. These efforts ensure that each member feels valued, involved, and an integral part of our shared mission.

FOGSI's Quarterly Report card will update us on the Various Conferences, events and meet ups across the corners of India.

This month, we take pride in highlighting the progress of our **50th Golden EAGLE Projects**, which are creating a meaningful impact nationwide by enlightening postgraduate students on the vital role of laparoscopy in modern gynecology. With new launching of Arogya-Sakhi app for mobile is leap towards healthier nation. We also showcase the remarkable activities undertaken by team in Haryana working tirelessly to create awareness about reproductive health and rights.

Furthermore, we highlight the outstanding work of our committees, including the **Sexual Health Committee**, led by Dr. Apurva Dutta, which has been instrumental in promoting awareness and education on sexual health.

The **Young Talent Promotion Committee**, led by Dr. Rohan Palshetkar, has also been doing exemplary work in identifying and nurturing young talent in the field of women's healthcare.

This issue of Fogs Connect also features **Guest Articles** on Savitribai Phule and Sunita Williams is inspirational light for our readers. The academic insightful topics covered in **Knowledge Hub** will keep you updated on the latest innovations.

"Empowered Women, Empower Women"

We celebrate the achievements of our President and the FOGSI Team, reiterating our commitment to empowering women, enriching lives, and creating a healthier, stronger India.

"Leadership is not about being in charge. It's about taking care of those in your charge." – Simon Sinek

We are grateful for the leadership and vision of our President, Dr. Sunita, and look forward to continuing our journey together.

Sincerely,
Dr. Sejal Naik
Editor,
FOGSI Connect

Co-Editors:
Dr. Ritu Jain
Dr. Richa Pal



SOCIAL PROJECTS



Sampoorna CME Report

Successful events with expert sessions on preconception care, maternal nutrition & micronutrients, perimenopausal health and menopause beyond HRT, held across the nation.

North Zone:

- Two successful CMEs held in Noida (April 9, 2025) and Lucknow (April 24, 2025)
- Attended by senior faculty and members, with commendable participation

South Zone:

- CME held in Hassan (April 2, 2025), was well received.

East Zone:

- CME held in Tinsukia, Dibrugarh (April 25, 2025) was a

resounding success with enthusiastic participation from 35 delegates

West Zone:

- 7 Sampoorna projects conducted in Palghar, Himmat Nagar, Miraj, Latur, Solapur, Jalgaon, and Alwar, were very impactful.

Overall, the Sampoorna CMEs across zones demonstrated significant success in promoting women's health and knowledge sharing among healthcare professionals. Gratitude to Dr. Sunita Tandulwadkar for her visionary project on maternal and neonatal health.

Sampoorna CME - North



Sampoorna CME - East

Time	Topic	Speaker	Chairpersons
5:00 - 5:30	Preconception Care: FOGSI Initiative What's New? (Dr. Sunita Tandulwadkar)	Dr. Sunita Tandulwadkar, President, FOGSI	Dr. Shilpa Bhatnagar, Dr. Pratik Gupta, Dr. Kavita Khatun
5:30 - 7:00	Maternal Nutrition: Role of Micronutrients in Conception	Dr. Sunita Tandulwadkar	Dr. Shilpa Bhatnagar, Dr. Pratik Gupta, Dr. Kavita Khatun
7:00 - 7:30	Menopause Beyond HRT with Preceptor Panel	Dr. Sunita Tandulwadkar	Dr. Shilpa Bhatnagar, Dr. Pratik Gupta, Dr. Kavita Khatun
7:30 - 8:00	Role of Micronutrients for Conception & Fetal Outcome	Dr. Sunita Tandulwadkar	Dr. Shilpa Bhatnagar, Dr. Pratik Gupta, Dr. Kavita Khatun



Sampoorna CME - West

PALGHAR OBGY SOCIETY
Date: 16 April 2025
Faculties: Dr. Sujata Dalvi, Dr. Rajendra Nagarkatti, Dr. Rajendra Chawhan, Adv. Sudhir Gupta

HIMMATNAGAR OBGY SOCIETY
16 April 2025
Faculties: Dr. Vaishali Chavan, Dr. Manish Pandya, Dr. Sarfaraz Kazi, Dr. Sapan Doshi

ALWAR OBGY SOCIETY
Date: 29 April 2025
Faculties: Dr. Monika Gupta, Dr. Dewyani Ranawat, Dr. Abha Sengra, Dr. Charu Joshi

Sampoorna CME - West

MIRAJ OBGY SOCIETY

17 April 2025
 Faculties : Dr Vaishali Chavan, Dr Phadnis Patil, Dr Veena Tangadi

LATUR OBGY SOCIETY

20 April 2025
 Faculties : Dr Kalyan Barmade, Dr Rajesh Darade, Dr Arun Mahale, Dr Bhaurao Yadav

JALGAON OBGY SOCIETY

27 April 2025
 Faculties : Dr Rajendra Nagarkatti, Dr Rupali Bendale, Dr Prathamesh Jain

SOLAPUR OBGY SOCIETY

27 April 2025
 Faculties : Dr Charulata Bapaye, Dr Priya Gupta, Dr Madhuri Dabade



SAMPOORNA CME

Wednesday, 2nd Apr. 2025 7:30 pm to 9:30

Venue : Southern Star, Hassan



Dr. Sanita Tanubhaskar
President, FOGSI

Timing	Topic	Speaker	Chairperson
7:30 – 8:00	Sampoorna Project, FOGSI Initiative : Every FOGSIAN should know	Dr. Bharathi Rajbhaskar	Dr. Bangalakshmi, Dr. Hemalatha
8:00 – 8:30	Maternal Nutrition: Pre-conception to Lactation	Dr. Giga	Dr. Nirmala, Dr. Pournima Mahesh
8:30 – 9:00	Role of Micronutrients for Enhancing Fetal Outcome	Dr. Srividhya N.S.	Dr. Raghupathi, Dr. Deepa
9:00 – 9:30	BMenopause Beyond HRT with Phytoestrogens	Dr. Bhavya Sunit V.B.	Dr. Savitri, Dr. Sowmya Mani

9:30 pm onwards: Dinner



Sampoorna CME - South



Know Your Numbers Report

Vision:

- *This project seeks to gather vital health data—weight, blood pressure, Blood Sugar Level with HbA1C and hemoglobin level —from women across India.
- *The data collected will be instrumental in identifying prevalent health issues early and promoting interventions that can significantly reduce the incidence of chronic diseases.
- *This initiative not only emphasizes the importance of regular health monitoring but also strives to empower women with the knowledge and tools needed to take charge of their health, ensuring they lead longer, healthier lives.

Mission:

their health by making vital health metrics accessible and actionable, thereby reducing the prevalence and impact of chronic diseases and promoting a healthier future."

How can i contribute?

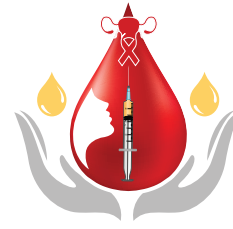
You can contribute too! Click the google form to start filling data!! Be a proud FOGSIAN!



Know your Number

Data Collection Till Date - 3rd May 2025		82409	
TOP 10 -DATA COLLECTION DONE BY	03-May-25	26-Apr-25	This Week Form Filled
Dr .Santvana sharan	8771	8555	216
Dr.Manisha Ghate	7679	7614	65
Dr. Jeyarani Kamraj	5687	4697	990
Dr Ruby Bhatia	4828	4555	273
Dr Priya Gupta	4536	4513	23
Dr Vinita singh	5763	4613	1150
Dr Nibha Mohan	4173	3955	218
Dr.Kiranmai Devineni	3254	3189	65
Dr Rashmi Kahar	3190	2965	225
Dr. Sunita Tandulwadkar	2932	2910	22
Grand Total	82409	78888	3521

“Do Teeke Zindagi Ke”

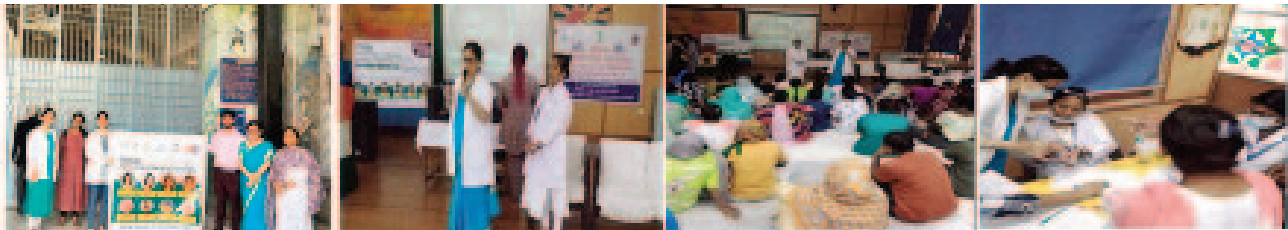


Do Teeke Zindagi Ke
- CERVICAL CANCER VACCINATION -

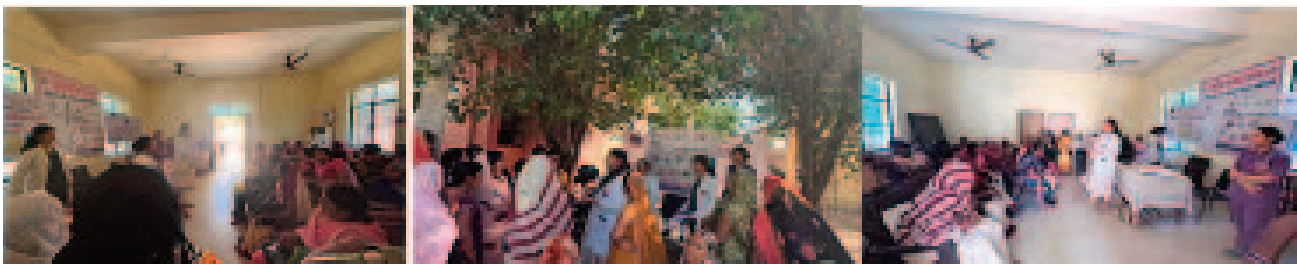
Under Initiative of FOGSI Presidential Campaign of “Do Teeke Zindagi Ke”, in month of April, to increase cervical cancer awareness various cervical screening, vaccination and coploscopy camps were conducted all across India. In addition to it, HPV masterclass in form of Webinar Series is also initiated.

1. Cervical Cancer Screening Camp was organized for Tihar Jail Inmates on 22nd April in association with Department of ObGyn, Vardhman Mahavir Medical College & Safdarjung Hospital, New

Delhi. All the inmates were counselled about the importance of screening for cervical cancer by Dr Saritha Shamsunder. Screening of 74 female inmates was carried out by HPV self-sampling.



2. Cervical Cancer Awareness sessions were conducted in Gorakhpur by member, Dr Dipti Chaturvedi



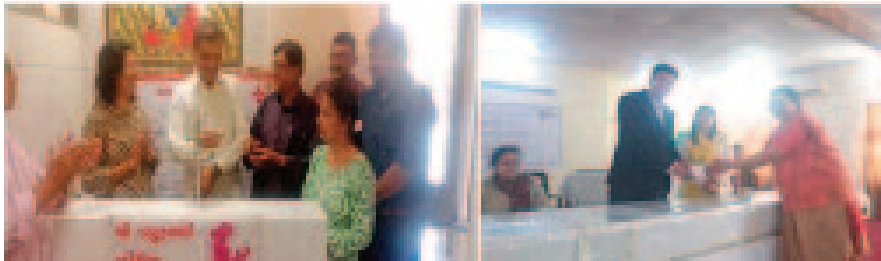
3. Vaccination camp was organized on 5th April in Ghaziabad by Dr Madhu Gupta, member with Beautiful Tomorrow Trust, when they completed vaccination of 1068 girls with Gardasil 4 vaccine



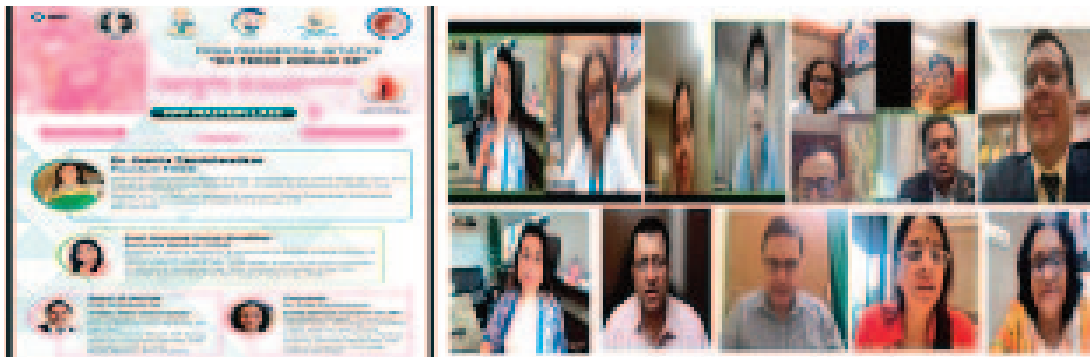
4. HPV Vaccination camp was held for the 139 students of PSG Medical College, Coimbatore by Dr TV Chitra.



5. Colposcopy Camps was conducted by Dr Kalpana Khanderia, member with Indian Red Cross, Jamnagar branch on 27th April, 2025



6. Mahakumbh Of HPV Vaccination awareness "HPV MASTERCLASS" in form of WEBINAR SERIES.



.Virtual inauguration was done by Dr Sunita Tandulwadkar and Dr Hrishikesh Pai on 8th April. This webinar series offers a comprehensive exploration of HPV awareness, vaccination, and cervical cancer elimination. 6 Master Classes are designed for the MASTER CLASS Series twice in a month, where the science of HPV and its vaccination will be discussed in depth. Till now, 2 webinars have been held.

Webinar 1- April 8th

*Topics: Understanding HPV in India: Clinical and Epidemiological Perspectives From India
Understanding HPV in India: HPV Prevention*

ATTENDANCE- 320

Webinar 2- April 22nd

Topics: Understanding Quadrivalent HPV Vaccine in India: Efficacy, Effectiveness And Safety
Understanding 9valent HPV Vaccine in India: Efficacy, Effectiveness And Safety

ATTENDANCE-551

7. FOGSI IMA Project of HPV VACCINATION supported by ACS/CFI OF TRAINING 50,000 IMA DOCTORS

The first training was conducted for Vishakhapatnam branch on 5th April, 2025 virtually.

An entire schedule of trainings was conducted which began on 14th April to 26th April starting with Maharashtra State followed by Tamil Nadu, Karnataka, Gujarat, Telangana, Punjab, Bihar, Assam, Delhi, Odisha, Chhattisgarh and Tripura.

Review meeting taken by National Convenor Dr Priya GaneshKumar with IMA VP & State coordinators.

5197 IMA doctors have registered. Around 750 doctors have got the training so far.



WAVE II Educational Program for FOGSIans on “Evolving Science of HPV & Newer Techniques to Handle Myths”

In continuation of the FOGSI Presidential Campaign of “Do Teeke Zindagi Ke,” on April 7th 2025, World Health Day, an educational program called WAVE II was launched. This program is for Training of Trainers. It was inaugurated by

FOGSI President Dr Sunita Tandulwadkar and Secretary General, Dr Suvarna Khadilkar. Induction of Trainers across 158 FOGSI Societies will begin on 15th May to train 25,000 gynaecologists across India.

**INDIAN MEDICAL ASSOCIATION
&
FEDERATION OF OBSTETRIC AND
GYNECOLOGICAL SOCIETIES OF INDIA**

HPV VACCINATION PROGRAM

We are pleased to introduce the IMA & FOGSI HPV Vaccination Program, a significant initiative aimed at eradicating cervical cancer through widespread HPV vaccination awareness and training. As key members of the medical community, your participation in this program will play a vital role in protecting future generations from this preventable disease.

We strongly encourage all General Practitioners, Gynecologists, Community Medicine Specialists and Paediatricians to enroll in this training and be part of this national movement toward cervical cancer eradication.

For registration or further details, fill your Google form or contact with your State Coordinator.

Let's work together for a cervical cancer-free future!

Dr. Dilip Bhanushali, National President, IMA
Dr. Sakshi Bhatia, Hon'g. Secretary General, IMA
Dr. Komalika Bhatia Gupta, National Convener, IMA
Dr. Sunita Tandulwadkar, President, FOGSI
Dr. Suvarna Khadilkar, Secretary General, FOGSI
Dr. Priya Chakrabarti, National Convener, FOGSI
Dr. Smita Bhargava, Co-Convenor, FOGSI
Dr. Supriya Jaiswal, Co-Convenor, FOGSI

Why is this important?

- Cervical cancer is one of the leading causes of cancer-related deaths in women.
- HPV vaccination is a proven, effective preventive measure. By educating providers, we have the opportunity to address, educate, and implement vaccination strategies within our communities.

Benefits of this Training Program

- Expert-Led Training:** Conducted online by FOGSI's expert trainers.
- Certification:** Participants will receive a certificate of completion, recognizing their expertise in HPV vaccination awareness.
- Recognition:** Active participants and contributors will be honored by IMA & FOGSI for their role in this crucial public health initiative.
- No Financial Liability:** This training is completely free of cost with no financial obligations for participants or IMA members.

Training Details:

Mode: Virtual (Zoom) - No physical presence required.



FOGSI'S CELEBRATORY MOMENTS



Safe Motherhood Day 2025

Safe Motherhood Day 2025 was celebrated under guidance of Dr. Sunita Tandulwadkar with four impactful events:

1. **Booklet Release:** A patient care booklet named 11 Tips for Safe Motherhood emphasizing importance of a healthy pregnancy starting from the pre-conception period was released. This will be distributed to various FOGSIANS.
2. **E-Pledge for Swastha Janm Abhiyan - Sampoorna:** An E-Pledge was undertaken by FOGSIANS in support of the Swastha Janm Abhiyan - Sampoorna initiative, creating a record in the India Book of Records (IBR) with 11,357 pledges.
3. **Physical CME at Crowne Plaza, Gurugram:** A well-attended CME was organized, Dr Upma Saxena (executive member of Safe Motherhood Committee). It featured talks by Dr. Amey Purandare on Critical Care, Dr. Poonam Goyal on Pre-Conception Counselling, and Dr. N. Pallaniappan on Labour Care Guide. The event was graced by the presence of Dr. Sunita Tandulwadkar, Dr. Suvarna Khadiolkar, Dr. Bhasker Pal, Dr. Jaydeep Tank, Dr. P.K. Shah, Dr. Suchitra Pandit, and FOGSI Office Bearers Dr. Parikshit Tank, Dr. Niranjana Chavan, Dr. Abha Singh, Dr. Komal Chavan, Dr. Ashwini Kale, along with other Fellow Chairpersons of various committees. The event was highly appreciated.
4. **Health Camps at 40 Centres:** Health camps were conducted at 40 different centres with key activities including:
 - a) **PPT Presentations:** Focused 11 Tips for Safe Motherhood, covering preconception care, nutrition, danger sign awareness, institutional delivery, exclusive breastfeeding, and postpartum mental health.
 - b) **Public Awareness Talks & Sessions:** Held for antenatal patients, healthcare workers, and communities, highlighting maternal health priorities and government initiatives like the Kilkari App.
 - c) **Interactive Quizzes & Drills:** Maternal health quizzes, Eclampsia and PPH management drills conducted for healthcare workers and students.
 - d) **Nukkad Nataks:** Performed by medical and nursing students at Safdarjung Hospital to creatively engage the community.
 - e) **Poster Presentations & CMEs:** Innovations in maternal and neonatal health showcased with expert discussions at AIIMS Patna and other centres.
 - f) **Anaemia Screening Camps:** Significant drives held in Jamshedpur and nearby villages, where 96 out of 100 women screened were found anaemic.
 - g) **Pledge Ceremonies:** Doctors, staff, and patients pledged their commitment to safe motherhood practices at multiple hospitals.
 - h) **Radio Messages & Multisite Programs:** Broadcasted awareness messages in regional languages and organized simultaneous programs, especially in Andhra Pradesh and

Tamil Nadu.

Participation Summary:

- a) Activity Number of Beneficiaries Antenatal Patients Counsellled 9,000+
 - b) Healthcare Workers/Paramedics 3,000+
 - c) Medical/Nursing Students 1,200+
 - d) Public Pledge Participants 800+
- Safe Motherhood Day Campaign- Camp Report

s. no	Camp	Location	Activities	Participants	Co-ordinator
1	Safdarjung Hospital	Delhi	PPT Presentation, Nukkad Natak, Poster Presentations	3000	Dr. Upma Saxena
2	Kasturba Gandhi Hospital	Delhi	Awareness Talk, Quiz, Chocolate Distribution	350	Dr. Shivani Agarwal
3	Muskan Clinic	Delhi	Awareness Talk to Asha Workers		Dr. Deepa Gupta
4	GTB Hospital	Delhi	Pledge Taking, Queries Session, LARC Workshop	100+	Dr. Seema Prakash
5	Sanjeevan Hospital	Delhi	Awareness talk		Dr. Priyanka Ahuja
6	Chandna Medical Centre	Faridabad	Awareness to Staff and Patients	70	Dr. Kiran Chandna
7	Apollo Hospital	Noida	Education to Healthcare Paramedics, Quiz	45	Dr. Sanchita Dubey
8	CMC	Ludhiana	11 Tips for Safe Motherhood Program	100	Dr. Kavita M Bhatti
9	Dayanand Medical College & Hospital	Ludhiana	11 Tips PPT		Dr. Ashima Taneja
10	Loni	Loni	11 Tips PPT		Dr. V D Bangal
11	Vishakhapatnam	Vishakhapatnam	OPD Patients Interaction, Anemia Screening	200	Dr. Soumini G
12	Rainbow Children's Hospital	Vishakhapatnam	11 Tips PPT	100	Dr. Raga Sudha
13	Shakintai Meghe Mother and Child Care Hospital, - -	Nagpur	Awareness talk		Dr. Rajasi Sengupta
14	BHU	Varanasi	11 Tips PPT	200	Dr. Sangeeta Rai
15	Aditya Dignostics and Hospital	Assam	11 Tips PPT Presentation		Dr. Prema Keshan
16	OBG, Viswa Bharathi Medical College	Kurnool	Radio Message on Safe Motherhood Day		Dr. Venkata Ramana
17	Railway Hospital	Firozpur	11 Tips PPT	60	Dr. Dinesh Pathak
18	Sarvodaya Hospital	Greater Noida	PPT, Pledge Taking Ceremony		Dr. Shehla Jamal
19	Yatharth Super Speciality Hospital	Faridabad	Pledge Taking, 11 Tips PPT	30	Dr. Chanchal Gupta
20	Hind Institute of Medical Sciences	Lucknow	Drill on Eclampsia & PPH, 11 Tips PPT		Dr. Richa Rathoria
21	Ratlam	Ratlam	Awareness Programme		Dr. Aditi Rathore
22	Govt Lalla Ded Hospital	Srinagar	Public Awareness Program		Dr. Ambreen
23	Hapur	Hapur	Public Awareness Program		Dr. Uma Sharma
24	AIIMS	Patna	Patient Awareness Program, CME	150 patients & 100 doctors	Dr. Sangam Jha
25	Jamshedpur	Jamshedpur	11 Tips PPT, HB Detection Camp	96 patients screened	Dr. Swathi Singhal
26	Murgagutta Village	Jamshedpur	HB Detection Camp	96	Dr. Arpita Gandhi
27	Sushila Tiwari Government Medical College	Haldwani	Public Awareness Program	30-40	Dr. Madhu Kiran
28	Bhanu Hospital	Chennai	Public Awareness Program		Dr. M. Ramya Karthikeyan
29	Sharmila Maternity Hospital	Chennai	Public Awareness Program	30-40	Dr. Sharmila
30	Rewari	Rewari	Public Awareness Program	30	Dr. Mitra Saxena
31	ASMC	Firozabad	Public Awareness Program	200+	Dr. Ambar Gupta
32	Dindigul Medical College	Dindigul	Public Awareness Program, Quiz	70	Dr. D Geetha
33	Panchsheel Hospital	Delhi	Public Awareness Program		Dr. Poonam Goyal
34	SMS Hospital	Tirunelveli	Public Awareness Program		Dr. Sumupriya
35	Lakshmi Madhavan Hospital		Public Awareness Program		Dr. Madhubala & Dr. Gayathri
36	Various Locations		11 Tips PPT	1000	

The campaign successfully reached out to thousands of patients, healthcare workers, and students across various locations.

We are thankful for Femi Care, a division of Mankind Pharma, for their academic support.

Warm regards,
Dr. Poonam Goyal Chairperson, Safe Motherhood Committee

1- BOOKLET RELEASE



2. E- PLEDGE



3. PHYSICAL CME



4. CAMP pics



FOGSI Vaccination Week Celebration - Activity Performance Report

Introduction

President: Dr. Sunita Tandulwadkar

Secretary General: Dr. Suvarna Khadilkar

Vice President: Dr. Abha Singh

Chairperson: Dr. Asha Jain, FDMSEC, FOGSI

This report summarizes the activities conducted by participating FOGSI societies during the Vaccination Week 2025, observed from April 24th to 30th, 2025. The Food, Drug, and Medico-Surgical Equipment Commitee spearheaded these significant efforts to advance women's health and raise vaccination awareness across various segments of society. This report is based on submissions from 29 societies who have actively contributed to this noble cause:

Allahabad, Alwar, Amravati, Berhampur, Bilaspur, Chandigarh, Chitradurga, Delhi, Gorakhpur, Guwahati, Hanamkonda, Hyderabad, Imphal West, Jagtial, Jabalpur, Jaunpur, Kakinada, Korutla, Ludhiana, Muzaarpur, Namakkal, Pathankot, Patna, Pusad, Raipur, Rajkot, Ratlam, Vijayawada, Wardha

The data presented herein reflects the outcomes reported by these societies, encompassing a wide range of activities from CME sessions for our healthcare professionals to community role-play and social media engagement. The impact of the FOGSI Vaccination Week celebration is already quite substantial, and we anticipate an even greater reach as more societies submit their reports, showcasing the full extent of our collective efforts.

Activity-Wise Reach

1. CME & Expert Panel Discussions:

- Number of Sessions Held: 121
- Total Number of Healthcare Professionals (Delegates) Aended: 5637

- Total Number of Expert/Faculties: 335

2. School Visits:

- Number of Schools/Colleges Visited: 73
- Total Number of Students Reached: 10,941
- Total Number of Teachers/Staff Engaged: 658
- Total Number of Parents Engaged: 927
- Media coverage count: 57

3. Essay Competitions & Art Events:

- Number of Competitions/Events Held: 71
- Total Number of Participants: 6,675
- Media Coverage: 41

4. Slogan Competition:

- Number of Slogans Submitted: 330

- Media Coverage: 37

5. Public Forums & Live Q&A Sessions:

- Number of Sessions Held: 65
- Platforms used: Physical, Radio, TV, Social media and other mediums
- Estimated Number of Audience/Aendees Reached: 5,40,421
- Media Coverage: 46

6. Mass Vaccination Drives:

- Number of Vaccination Drives Conducted: 66
- Total Number of Individuals Vaccinated: 4,273
- Number of Collaborating Partners (NGOs, Govt., Schools, etc.): 60

- Media Coverage: 31

7. Interactive Health Booths:

- Number of Booths Set Up: 22
- Estimated Number of Visitors Engaged: 1569
- Media Coverage: 27

8. Social Media Challenge:

- Number of Posts using Social Hashtag: 106
- Estimated Reach/Impressions: 61,898
- Total Engagement (Likes, Shares, Comments): 9,511

9. Success Stories Exhibition:

- Number of Exhibitions Held: 32
- Number of Success Stories Featured: 38
- Estimated Number of Aendees/Viewers: 1337
- Media Coverage: 14

10. Community Role-Play/Theatre:

- Number of Performances Held: 19
- Estimated Total Audience Size (Cumulative): 1487
- Number of Performers Involved (Community members/Professionals): 143

- Media Coverage: 6

11. Google Sheet Quiz:

- Total Number of Quiz: 3
- Number of total Submissions across 3 quizzes: 2429

12. Poster Signing:

- Number of Posters Displayed for Signing: 50
- Total Number of Signatures Collected: 1156

Conclusion

The FOGSI Vaccination Week 2025, organized by the Food, Drug, and Medico-Surgical Equipment Commitee, has demonstrated remarkable success in reaching diverse populations and promoting

women's health. The activities conducted by the participating societies showcase a strong commitment, reflecting our cultural ethos of community service, to improving health through education, awareness, and direct action. The data indicates a significant positive impact. While the data accurately reflects the substantial reach achieved through direct engagement and physical presence, it's important to acknowledge that the actual reach, particularly of TV and radio programs, is likely to be

significantly higher due to their wider broadcast and listenership. However, due to the challenges in obtaining precise figures for these mediums, the reported numbers provide a conservative yet robust estimate of the campaign's success. We anticipate an even greater reach as more societies submit their reports. This collective effort underscores the power of collaboration and dedication in advancing the cause of vaccination and women's health across our nation.



NEW BEGINNINGS



New Beginings!!!

Date: April 11, 2025

Venue: Hotel Crowne Plaza, Gurgaon

1. Launch of a Mobile Application for Women's Health Empowerment: Arogya Sakhi App

The launch of Arogya Sakhi, a mobile application dedicated to women's health empowerment, marks a significant milestone in digital healthcare in India. Developed with a vision to empower every woman with accurate and accessible health information, the app aims to support informed healthcare decisions across all life stages. Key Features:

- Covers a wide range of health topics including menstrual health, adolescent health, contraception, pregnancy care (ANC), postnatal care, mental health, cancer

prevention, and menopause.

- Provides expert-verified and culturally relevant content.
- Available for both iPhone and Android users.

Vision & Mission:

- **Vision:** To empower women across India through informed healthcare decision-making.

- **Mission:** To deliver accessible, culturally appropriate, and medically reliable information, enabling women to confidently manage their health.

The app represents a collaborative effort to bridge healthcare knowledge gaps and support women in leading healthier lives. With QR codes enabling easy access, Arogya Sakhi is set to become a vital tool in women's wellness.



Arogya Sakhi

A Mobile Application for Women's Health Empowerment

Looking for Answers on Women's Health?

- Anemia
- Menstrual Health
- Adolescent health
- Safe abortion
- Contraception
- Vaccination
- BMI (body weight)
- Blood Pressure
- Blood Sugar
- Mental Health
- Nutrition
- Preconception care
- Care During Pregnancy (ANC)
- Post Delivery (Postnatal)
- Infection
- Endometriosis
- HPV vaccination
- Cancer prevention
- Fertility
- Bone Health
- Cardiac health
- Menopause
- Breast Health
- Sexual Health

Vision
Empowering every woman in India with knowledge for informed healthcare decisions.

Mission
To provide expert-verified, accessible, and culturally relevant health information, ensuring women make confident health choices.

QR codes for iPhone and Android.



Arogya Sakhi

FOGSI CELL & MANAGING COMMITTEE MEETING

11th-12th April 2025
Crowne Plaza Gurgaon, India

This Mobile App marks just the beginning of our transformative journey.

Our ultimate vision is to establish the higher standards of healthcare services across India—regardless of age, region, culture or socio-economic background.

2. Event: Launch of the "Sampoorna" Song

The "Sampoorna" song was officially launched at the MCM FOGSI meet on 12th April, 2025 at Delhi in association with UNICEF. The event was graced by:

- Chief Guests:

- Dr. Ricky Kej (Celebrity Composer, Padmashree Awardee, and 3-time Grammy Award Winner)
- Dr. Sunita Tandulwadkar (President of FOGSI)

Key Highlights:

- The song embodies Dr. Sunita Tandulwadkar's Presidential Initiative on preconceptional care, focusing on im-

proving maternal and fetal well-being.

- Dr. Ricky Kej delivered an inspiring message on the importance of preconception care for healthier newborns.
- Dr. Sunita expressed gratitude to UNICEF for their collaboration and committed to spreading the Sampoorna Preconception Care message to gynaecologists nationwide.

Objective:

To promote preconception care and improve maternal and fetal health outcomes for a healthier future.





**CONFERENCES &
MONTHLY ACTIVITIES**



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

Scientific
Brochure

Awarded
**10 ICOG
CREDIT POINTS**

**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
Organizing Chairperson



Dr. Ashwini Kale
Jt. Secretary FOGSI



Dr. Rakhi Singh
Organizing Chairperson

Report of East Zone VPCON 2025

The FOGSI East Zone Vice Presidential Conference (EZVPCON 2025), a FOGSI National Conference, was organized by The Bengal Obstetric & Gynaecological Society from 18th to 20th April, 2025 at The Biswa Bangla Convention Centre, New Town, Kolkata under the able leadership of FOGSI's President Dr Sunita Tandulwadkar, Secretary General Dr Suvarna Khadilkar and the East Zone Vice President Dr Shyamal Sett.

The Conference was attended by nearly 450 delegates & faculties from different corners of the Country. Every participant highly praised all the aspects of the Conference namely Scientific contents, Venue, Food quality, hospitality etc arranged perfectly by the Organizing Team.

The first day, 18th April, had 10 FOGSI Committee Work-

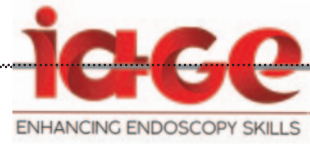
shops and a fabulous & entertaining cultural evening "FOGSI HAS TALENT".

On the second day, i.e. 19th April, there were Free Paper & Poster Sessions, Industry & other Symposiums, FOGSI Presidential Oration, Keynote Lectures by Past Presidents & President Elect of FOGSI, Lecture by the Secretary General of FOGSI, Inauguration, and Musical evening with Banquet Dinner.

On the concluding day, i.e. 20th April, Sunday, there were Free Paper Sessions, Industry & other Symposiums, Keynote Lecture by the Past President of FOGSI & FIGO, Dr C N Purandare, and finally the Valedictory & Prize Distribution session







THE EAGLE PROJECT

Every Aspiring Gynecologist Learns Endoscopy



Dr Sunita Tandulwadkar
President, FOGSI



Dr Atul Ganatra
President, IAGE 2024-25



Dr Kalyan Barmade
President, IAGE 2025-26



Dr Subhash Mallya
FOGSI-IAGE Convener



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



The project's impact is evident in the numbers:

January 2025	February 2025	March 2025	April 2025	Total	
7	14	17	23	61	Medical Colleges in all zones
23	47	50	63	183	Faculties contributed
33	98	115	184	430	Surgical Procedures demonstrated
486	694	780	1272	3232	Gynecologists trained in
17	28	31	30	106	Days

April, 2025

Sr. No	Date	Medical College, City, State	Coordinator	Head of the Department	Faculties	Participants	No. of Surgeries
1	2-3 April	Saifai Medical College , Lachwai, UP	Dr. Renu Singh Gahlaut	Dr. Kalpana	Dr. Renu Singh Gahlaut Dr. Jyoti Mishra	27	9
2	5 April	KMCT medical college Mukkam, Calicut, Kerala	Dr. Usha Menon, Dr. George Paul	Dr. Chellamma V.K	Dr Subash Mallya, Dr Fathima Thasneem, Dr Rejeesh S Ravi, Dr. Usha Menon	60	6
3	7-8 April	King George Medical University, (KGMU), Lucknow, UP	Dr. Mukta Agarwal, Dr. Sonu Singh	Dr. Anjoo Agarwal	Dr. Mukta Agarwal, Dr. Sonu Singh	70	11
4	8 April	Bundelkhand Medical college, Sagar, MP	Dr. Nitika Vashney	Dr Sheela Jain	Dr. Nitika Vashney, Dr. Sonali Agrawal	25	6
5	9 April	Government Medical College and Hospital , Chandigarh	Dr. Anita Mahey	Dr. Navneet Takkar	Dr. Anita Mahey, Dr. Uday Bhami Rana	50	6
6	9 April	Lord Buddha Koshi Medical College and Hospital (LRKMC) , Saharasa, Bihar	Dr. Kavita Barnwal	Dr. Kalyani Singh	Dr. Sangam Jha Dr Kavita Barnwal	70	5
7	11 April	LLRM Medical College, Meerut, UP	Dr. Priyanka Garg	Dr. Shakun Singh	Dr. Priyanka Garg	60	5
8	12 April	Vardhman Mahavir Medical College & Sarda Jung Hospital, New Delhi	Dr. Aastha Aggarwal	Dr. Bindu Bajaj	Dr. Upma Saxena , Dr. Shaashank Shekhar Dr. Garima Kapoor Dr. Ritu Aggarwal , Dr. Gunjan Gulati	150	5
9	15 April	Gujarat Adani Institute of Medical Sciences, Bhuj - Kutch	Dr. Santwan Mehta	Dr. Prafulla Kotak	Dr. Santwan Mehta Dr. Mohil Patel	30	8
10	15-16 April	Narayan Medical college, Nellore and Rims College, Ongole, Andhra Pradesh	Dr. Kiranmai GV, Dr. K. Lalitha	Dr. M. Sandhya Bani	Dr. Siddharth Nagireddy , Dr. B. Akila Dr. Priya Lakshman, Dr. R. Geethaa	60	21
11	18-19 April	Rajarshi Dasharath State Autonomous Medical College, Ayodhya, UP	Dr. Hema Verma Dr. Akansha	Dr. Hema Verma	Dr. Akansha Dr. Mansi Dhingra	17	6
12	19 April	Shree Balaji Medical College And Hospital, Chennai, Tamil Nadu	Dr. A. Vanitha	Dr. T S Meena	Dr. Priya Lakshman, Dr. A. Vanitha Dr. Prasanna	63	7
13	19-20 April	Govt. Medical College, Patiala, Punjab	Dr. Gaurika Aggarwal Dr. Reena Garg	Dr. Parmeet Kaur	Dr. Gaurika Aggarwal, Dr. Reena Garg Dr. Uday Bhanu Rana , Dr. Zeemee Sarda Gira	50	9
14	23 April	Dhanalakshmi Srinivasan Medical College, Perambalur, Tamilnadu	Dr. Punithavathi J	Dr. Radhika S	Dr. Damodar R. Rao Dr. Gajathespan M. S.	64	7
15	24 April	Jhalawar Medical college, Jhalawar, Rajasthan	Dr. Nayanika Gaur Dr. Deepak Desh	Dr. Neelam Sharma	Dr. Desh Deepak Dr. B.L. Patidar Dr. Raksha Patidar	54	6
16	24-25 April	Pt. JNMC Raipur, Chattisgarh	Dr. Ritu Jain Dr. Uma Mishra	Dr. Jyoti Jaishwal	Dr. Anurag Bhatte Dr. Egbert Saldanha	55	9
17	25 April	Tomo Riba Institute of Health and Medical Sciences, Naharlagun, Arunachal Pradesh	Dr. Ashish Kale	Dr. Prasanta Kumar Deka	Dr. Jonson Bagra, Dr. Bengia Chirchi	17	5
18	25 April	Govt Medical College, Kozhikode, Kerala	Dr. Usha Menon	Dr. Jyothi Chandran	Dr Subsh Mallya, Dr Ajitha P.N, Dr Nazer, Dr Usha Menon	72	7
19	25 -26 April	Dr. Pinnamaneni Siddhartha Institute of Medical Sciences Ganavaram,Chinoutpalli, AP	Dr. Kiranmayi G, Dr. Kavitha Chalasani	Dr Sajana Gogineni	Dr Manjula Anagani , Dr Rama Krishna Hanuman , Dr Kavitha Chalasani	30	11
20	26 April	K.S Hegde Medical Academy, Mangalore, Karnataka	Dr Usha Menon & Dr. Damodar	Dr Laxmi Manjeera	Dr Damodar Rao , Dr Rajesh Bhaktha , Dr Richa pal , Dr Usha Menon	36	7
21	27 April	Dr Shankarrao Chavan Government Medical College and Hospital, Nanded, Maharashtra	Dr. Shirish Dulewad Dr. Fasiha Tasneem	Dr. Shyam Wakode	Dr Nitin shah, Dr Hrishikesh Pandit Dr Rahul Lake	155	16
22	29 April	Atal Bihari Vajpayee GOVERNMENT Medical College, Vidisha, Madhya Pradesh	Dr. Aarti Sharma	Prof. Dr. Sudha Chaurasia	Dr. Aarti Sharma, Dr. Nitika Varshney Bansal, Dr. Priya Bhawe Chittawar	37	4
23	29 & 30 April	Career Institute of Medical Science & Hospital, Ghalla, Lucknow, Uttar Pradesh	Dr. Sonu Singh	Dr. Asma Nigar	Dr. Sonu Singh Dr. Vaishali Jain	20	8



CELEBRATING GOLDEN JUBILEE

50th EAGLE PROJECT

Every Aspiring Gynecologist Learns Endoscopy

19TH APRIL 2025



AYODHYA

PATIALA

CHENNAI

Our next projects are as below for the month of

May

Sr. No	Date	Medical College	Coordinator	HOD
1	3 May	Guwahati Medical College, Assam	Kalpana Chaudhary	Dr Bishnu Prasad Das
2	3 May	Maharishi Markandeshwar Medical College and Hospital, Kumarhatti, Solan, Himachal Pradesh	Dr Piyush vohra	Dr Monika Gupta
3	9 May	Karpaga Vinayaka college, Mathuranthakam, Tamilnadu	Dr. Vanita Anban	Dr. Santhanalakshmi
4	10 May	MS Ramaiyah, Bangalore, Karnataka	Dr. Richa pal	Dr. Jyothi
5	11 May	Malankara Orthodox Syrian Church (MOSC) Medical College Hospital, Kolenchery, Kerala	Dr Charitha T M	Georgy Joy Eralil
6	17 May	KMC Mangalore, Karnataka	Dr. Damodar Rao	Dr. Shraddha Shetty
7	17-18 May	MGM Medical College, Kishanganj, Bihar	Dr. Poulami Barma	Dr. Shekhar Chakraborty,
8	22/05	Chengalpet Medical College, Vallam Tamilnadu	Vanita Anban	Dr G. THENMOZHI
9	24 May	MES Medical College, Perinthalmanna, Malappuram, Kerala	Dr. Usha Menon	Dr. Uma Devi
10	24-25 May	Amala medical college, Thrissur, Kerala	Dr. Usha Menon	Dr. Anoj Kattukaran
11	28 May	SN Government Medical College, Agra, Uttar Pradesh	Dr. Priyanka Garg	Dr Richa Singh
12	30 May	Father Muller Medical College, Mangalore, karnataka	Dr Deepa	Dr Deepa Kanagal
13	30 May	Adichunchanagiri Institute of Medical Sciences, Bellur, Mandya, karnataka	Dr Bharathi Rajasekhar	Dr. Mahendra G
14	31 May	Calcutta Medical College & Hospital, West Bengal	Dr. Tanuka	Dr. T K Naskar



Gyan Pravah Podcast Series

"Welcome to Gyan Pravah, a thought-provoking podcast series where esteemed speakers from different walks of life, share their expertise and insights. Join us daily at 8 pm, starting January 30th, 2025, as our Committee Chair-

person engages in illuminating conversations. Click the link to tune in live:
<https://sunitatandulwadkarfogsoloclinicivf.com>



Publications: Health Map of Indian Women & Adolescents

“Our mission is to meticulously map the prevalence of key health conditions among women across India, focusing

on diverse socioeconomic and geographical segments. By studying a minimum of 1 lakh to 50 Lakh women in each category, we aim to build a comprehensive database that will not only highlight regional health disparities if any but also position FOGSI as a global leader in understanding and addressing women’s health

Publication on 7 common conditions

1. Study to Assess the prevalence of hypertension, diabetes and thyroid disorders during pregnancy.

2. Study of prevalence and severity of anaemia among pregnant women in India
3. Study on prevalence of depression in perimeno-pausal women across India.
4. Study of Prevalence and etiology of Post Meno-pausal bleeding.
5. Study on Prevalence of Obesity in Adolescence.
6. Study to evaluate the prevalence of complications in the postpartum period.
7. Study on understanding the acceptance and usage patterns of various contraceptive methods among women in India.



Perimenopausal

<https://forms.gle/ogGN4scEMZxBAAtD6>



Anaemia

<https://forms.gle/9YeTSLm5eZJXxJL7>



Obesity In Adolescence

<https://forms.gle/suNTwaxPUfxbz9so9>



Post Menopausal Bleeding

<https://forms.gle/WwxnBgGnrmMVMduQA>



Post Partum Complications

<https://forms.gle/vY7fyByFcztuXi1U6>



Medical Disorders

<https://forms.gle/kXMHzb5rUNBM2LBG9>



Contraception

<https://docs.google.com/forms/d/e/1FAIpQLSdkR6THDWI0QDLoy6KA0VkvQWomag4p6YgyXOAz2VsNJTU8-Fw/viewform?vc=0&c=0&w=1&flr=0>



Know your Number

<https://forms.gle/7G3rZCj4WmUmdwZJ8>

FOGSI Cell & Managing Committee Meeting (MCM)

The FOGSI Cell & Managing Committee Meeting (MCM), was held in Delhi on April 11-13th, 2025, hosted by Gur-gaon Society of Obstetricians and Gynaecologists.

Key highlights included: Fruitful discussions on various FogsI programs.

- Formation of two new committees:

1. Committee on Violence Against Doctors
2. Committee on Modern Technology in ObGyn

- FOGSI Cell Meeting: Review of work done so far and strategies for future work were discussed

- Book Release: Launch of book on Safe Motherhood Practices

- App Launch: Aarogya Sakhi App, to provide accessible and reliable information on sexual health issues

- "Sampoorna" Song Launch: A song promoting safe motherhood and women's health

- CME on Safe Motherhood: A continuing medical education program focused on best practices in maternal healthcare

- Various academic and administrative meetings were held, including:

- FOGSI Cell Meeting
- FOGSI Managing Committee Meeting
- Meetings with stakeholders and partners



FOGSI North East Zone Anubandh Meeting with FOGSI Report

Date: April 22, 2025

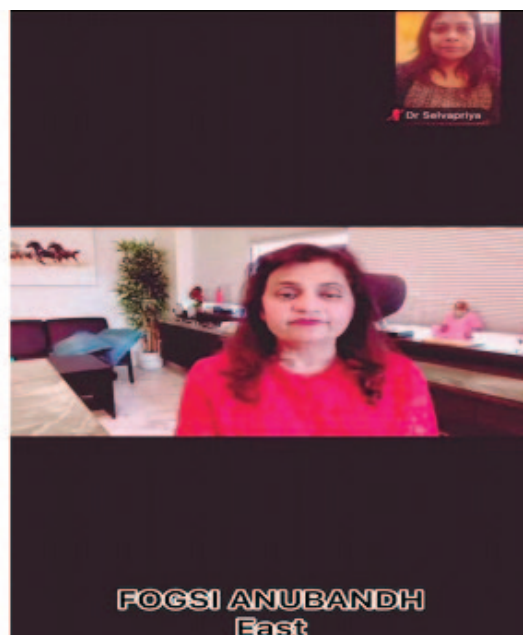
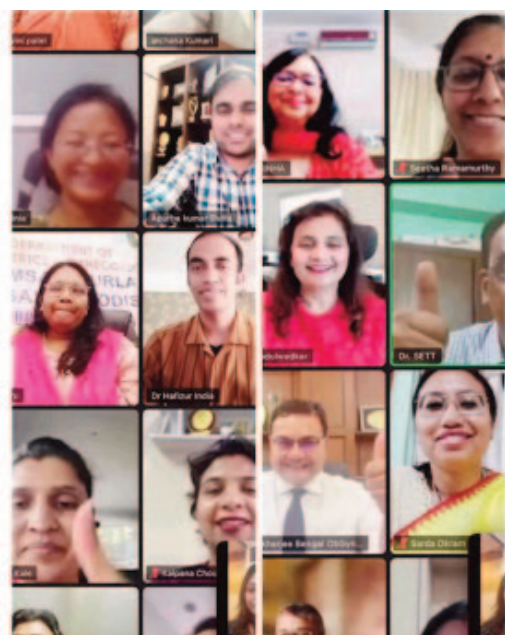
Platform: Online (Zoom)

The meeting brought together FOGSI members from Odisha, West Bengal, and North Eastern states (Sikkim, Mizoram, Tripura, Nagaland, Assam, Manipur and Meghalaya) to discuss activities, progress, and initiatives. Key highlights included:

- **Unified Platform:** Alignment of efforts among FOGSI office bearers, zone presidents, and society members.
- **Progress and Initiatives:** Discussions on scientific programs and initiatives like SAMPOORNA, promoting maternal and Fetal health, & "Har Ghar FOGSIan"

- **Representation and Empowerment:** Societies felt represented and energized with the President's presence, promising to maintain momentum in working on various FOGSI initiatives towards women's healthcare, including Know Your Numbers, Do Teeke Zindagi Ke, Ongoing 7 Research Projects of FOGSI and others.

The meeting fostered collaboration, highlighted innovative initiatives, and emphasized FOGSI's commitment to promoting women's health and well-being. "United We Stand, United We Grow" reflects FOGSI's motto of unity and progress



The image features a close-up, top-down view of a large number of small, five-petaled pink flowers. The flowers are densely packed and fill the entire frame. A semi-transparent white rectangular box is centered over the middle of the image, containing the text 'FOGSI COMMITTEE CHAIRPERSON REPORTS' in a dark red, serif font. The background is a soft-focus field of these same pink flowers, creating a textured and vibrant backdrop for the text.

**FOGSI COMMITTEE
CHAIRPERSON
REPORTS**

FOGSI Young Talent Promotion Committee: A Year of Impactful Youth Outreach and Empowerment

The youth of today are the leaders of tomorrow - Nelson Mandela

I, Dr. Rohan Palshetkar, am the chairperson of the FOGSI Young Talent Promotion Committee. I've had the honour of holding this post from January 2024 till present. I've worked under 2 Presidents so far - Dr. Sunita Tandulwadkar and Dr. Jaydeep Tank. I have to thank both my presidents for giving me such a free reign to conduct all the activities and involve multiple FOGSIans. True to its mission, the committee has focused on engaging, educating, and empowering the youth of India across diverse geographies and social backgrounds through impactful programming in reproductive health, adolescent education, and public awareness. Inspiring Beginnings and Grassroots Engagement The year began with an empowering Personality Development Workshop in Mau, conducted in collaboration with the Mau OBGY Society and Rotary Club. This initiative focused on equipping young individuals with confidence, communication skills, and self-awareness—crucial qualities for personal and professional growth. The momentum continued with the Youth Republic webinar held on January 26th, attracting over 660 delegates and featuring the prestigious MOGS Presidential Oration by Dr. Anahita Chauhan. February saw a creative and timely Valentine's Day webinar in collaboration with FOGSI's Sexual Health and STI Committee, reaching 269 delegates from four different countries, addressing love, relationships, and reproductive wellness. Simultaneously, real-world action unfolded through Anaemia and General Health Detection Camps in multiple locations, screening nearly 250 patients for essential health parameters like haemoglobin levels and random blood sugar.

Digital Outreach and Education at Scale

The YTP Committee championed digital education through the highly acclaimed E-MOM Webinar Series (Evidence & Experience in Mastering Obstetric Management). Spanning 11 episodes, these webinars offered two-hour deep dives into current obstetric practices, combining evidence with real-time Q&A. With over 2,000 participants, E-MOM became a cornerstone of online learning for young obstetricians. Additionally, the committee's Pre-Conception Awareness Podcast—held in Hindi and English with leading experts—garnered a staggering 1.44 lakh views, helping bridge the knowledge gap for couples planning parenthood. Another widely appreciated initiative was

the World IVF Day Podcast, conducted in partnership with ISAR and MSR, which reached over 12,000 people. Innovative Campaigns in Sexual Health and Adolescent Education

One of the most notable milestones this year was the school-based program "Breaking the Silence," where sex education was sensitively introduced to boys from grades 6 to 12 in Mau. This was coupled with sessions for parents on how to initiate healthy and responsible conversations around sex and consent with their children. Another monumental campaign, "Gyaan Prayas", spearheaded in collaboration with six national FOGSI committees, was implemented across eight cities including Dhanbad, Chandrapur, Guntur, and Sindhudurg. Focused on puberty, consent, and safe practices, it reached hundreds of boys in middle and high school, laying a strong foundation for gender-sensitive health literacy.

Celebrating Women's Health and Safe Motherhood

In March and April, the committee collaborated with D.Y. Patil School of Medicine to organize a 4km Breast Cancer Awareness Walk, with participation from over 100 individuals. On Safe Motherhood Day (April 11), FOGSI's largest thematic event of the season, the YTP Committee joined hands with seven other national committees to host a multi-speaker academic session featuring stalwarts such as FIGO President-Elect Dr. Frank Louwen, Dr. C.N. Purandare, and Dr. Nandita Palshetkar. Over 670 delegates participated, and a unique video competition on safe motherhood themes drew 45 entries from across the country.

Academic Enrichment and CME Events

The committee also remained committed to academic enrichment. Between June 2024 and March 2025, it conducted 11 webinars and 4 CMEs, covering a range of topics such as contraception, fungal infections, MTP updates, cosmetic gynecology, and PCOS. These were organized in collaboration with societies from Ranchi, Etawah, Lucknow, Hyderabad, and Mangalore. One standout event was the Hybrid Masterclass on Fungal Infections, with thousands attending both online and offline.

National-Level Engagement and High-Profile Platforms In January 2025, the committee made a vibrant appearance at AICOG 2025, hosting a memorable "Chai Pe Charcha" session with actress Sonakshi Sinha, creating an informal yet insightful platform to discuss youth health issues. Around the same time, FOGSI GALACON

2025, held in the Andaman and Nicobar Islands, tackled adolescent health through lectures and interactive sessions on topics such as nutrition, menstrual hygiene, PCOS, breast health, and legal issues like the POCSO and MTP Acts. Over 500 schoolchildren participated in the associated Sexual Health Education Program held at Bastibharti School.

Another touching outreach was the Health Program for Orphanage Children in Tinsukia, Assam, where the committee provided fruit packets and nutritional guidance to 50 young residents—reflecting a deep commitment to inclusion and grassroots wellness. By the Numbers: A Powerful Year

Across both the years, the committee conducted
- 1 workshop

- 3 camps
- 5 podcasts
- 12 Awareness Camps
- 19 CME's/Webinars
- 13 FOGSI Societies collaborated with
- 16 FOGSI committees collaborated with
- 356 FOGSI members involved as faculty
- 11813 FOGSlans reached
- 1,60,210 people reached

We cannot always build the future for our youth, but we can build our youth for the future - Franklin Roosevelt

The FOGSI YTP Committee's journey proves that empowered young minds can shape a healthier, more informed tomorrow.



Sexual health and STI committee, FOGSI

Chairperson: Dr. Apurba Kumar Dutta
Committee report Jan 24-Apr 25 (till date)

Introduction

The year 2025 began with great enthusiasm and a clear vision under the leadership of Dr. Sunita Tandulwadkar, President of FOGSI 2025. We are privileged to have her guidance, innovative ideas, and commitment to inclusivity. We also extend our gratitude to the FOGSI office bearers for their support, which has enabled us to conduct numerous impactful activities.

This report summarizes the activities and achievements of the FOGSI Sexual Health & STI Committee. The committee has been actively involved in organizing webinars, workshops, CMEs, and public awareness programs, often in collaboration with other FOGSI committees and state societies.

Webinars

The committee has organized a total of 26 webinars, including 8 in collaboration with other FOGSI committees. These webinars covered various aspects of sexual health and STI management.

- **January 27, 2024:** Webinar on Sexual and Reproductive Health (with Gujarat committees): This webinar, conducted in collaboration with five committees from Gujarat (Himmatnagar, Mehsana, Palampur, Godhra, and Palanpur), focused on various aspects of sexual and reproductive health.
- **February 29, 2024:** Webinar on Sexual Health (with Northeast committees): In collaboration with Northeast committees (Imphal, Kohima, Agartala, Gangtok, Shillong, and Aizawl), this webinar addressed a range of sexual health issues relevant to the region.
- **March 7, 2024:** Webinar on Adolescence (with Haryana committees): This webinar, organized with Haryana committees, focused on the unique sexual health challenges and needs of adolescents.
- **March 29, 2024:** Webinar on Sex and Sexuality (with AMOGS Sexual Medicine Committee and 6 societies of Maharashtra): Jointly organized with the AMOGS Sexual Medicine Committee and six societies from Maharashtra, this webinar explored various dimensions of sex and sexuality.
- **April 9, 2024:** Webinar on Navigating the Challenges of Sexual Health, STIs, and Adolescent Health (with Adolescent Health Committee and Bhopal OBG Society): This webinar, a collaborative effort with the Adolescent Health Committee and the Bhopal OBG Society, addressed the interconnected challenges of sexual

health, STIs, and adolescent health. The program aimed to provide a holistic understanding of these issues and strategies for effective intervention.

- **June 6, 2024:** Webinar on Sexual Health (with Kerala OBG Society): Organized in association with the Kerala OBG Society, this webinar focused on sexual health issues prevalent in the region.
- **July 18, 2024:** Webinar on Sexual Health and LGBTQ+: This webinar addressed the specific sexual health needs and concerns of the LGBTQ+ community.
- **July 18, 2024:** Webinar Series on "May I Help You" (with MTP Committee and No to VAW Violence Committee): This webinar series, a joint initiative with the MTP Committee and the No to Violence Against Women Committee, aimed to provide support and guidance on issues related to medical termination of pregnancy and violence against women.
- **July 18, 2024:** Webinar on Sexual Health (with OGSSI Reproductive Health Committee): This webinar was presented in collaboration with the OGSSI Reproductive Health Committee
- **July 24, 2024:** Webinar Series on "May I Help You" (with MTP Committee and No to VAW Violence Committee)
- **July 29, 2024:** Webinar Series on "May I Help You" (with MTP Committee, No to VAW Violence Committee, and West Bengal Society)
- **August 9, 2024:** Webinar Series on "May I Help You" (with MTP Committee, NCD Committee, and Telangana, Andhra Pradesh, and Maharashtra Societies)
- **August 12, 2024:** Webinar Series on "May I Help You" (with MTP Committee, NAD Committee, and Maharashtra OB/GYN Society)
- **August 15, 2024:** Webinar on Sexual Health (with Rohtak, Yamunanagar, Sirsa, Faridabad, and Palwal societies): This webinar, conducted in collaboration with societies from Rohtak, Yamunanagar, Sirsa, Faridabad, and Palwal, covered a range of sexual health topics, including low sexual desire, female orgasmic disorder, and sexuality in pregnancy.
- **October 16, 2024:** YUVA NARI'S Health Care Webinar on STI Prevention: This webinar, in collaboration with YUVA NARI'S Health Care, focused on the critical issue of STI prevention.
- **November 26, 2024:** Webinar on Violence Against Women: This webinar addressed the important issue of violence against women, including its intersection with sexual health.

Celebration day

- **February 14, 2024:** Valentine's Day Celebration

Webinar: This special webinar, celebrating Valentine's Day, incorporated poster, reel, and essay competitions to engage participants and promote creative expression around the theme of love and sexual health.

• **March 15, 2024:** National Vaccination Day Celebration Webinar: This webinar commemorated National Vaccination Day by focusing on the importance of vaccination against STIs.

• **April 18, 2024:** World Health Day Public Awareness Webinar: In observance of World Health Day, this webinar addressed common myths and misconceptions surrounding sexual health.

• **June 21, 2024:** World Yoga Day Webinar: This webinar explored the connection between sexual health and yoga. The program highlighted how yoga practices can improve physical, mental, and emotional well-being, contributing to enhanced sexual function and overall sexual health.

• **July 29, 2024:** World Hepatitis Day Webinar: On World Hepatitis Day, this webinar emphasized the importance of testing, treating, and vaccinating against hepatitis, particularly in the context of sexual health.

• **September 4, 2024:** World Sexual Health Day Webinar: This webinar was organized to commemorate World Sexual Health Day.

• **October 10, 2024:** World Mental Health Day Webinar: Recognizing the close link between mental and sexual health, this webinar, held on World Mental Health Day, explored the impact of mental well-being on sexuality.

• **November 19, 2024:** International Men's Day Webinar: This webinar was organized on International Men's Day.

• **December 2, 2024:** World HIV Day Webinar: This webinar, coinciding with World HIV Day, addressed the ongoing importance of HIV/AIDS awareness and prevention. The program examined current trends, challenges, and strategies in the fight against HIV, emphasizing that it remains a critical public health issue.

Public Awareness Programs



The committee has also been actively involved in conducting public awareness programs on various aspects of sexual health.

• **November 27, 2024:** Awareness program by Indian

Navy with SHSTI FOGSI @ Chilka, Orissa: The committee, in collaboration with the Indian Navy, conducted an awareness program at Chilka, Orissa.

• Awareness program on cervical cancer screening and prevention: The committee conducted an awareness program on cervical cancer screening and prevention.

• Awareness program in association with KK institute :
• "Do Teeke Zindagi Ke" Campaign (Presidential Campaign on Cervical Cancer): This comprehensive campaign, a presidential initiative focused on cervical cancer, achieved significant results. The campaign included 432 cervical screenings, 675 free vaccinations, 12 awareness programs, and reached over 1800 attendees.

• **February 4, 2025:** "Know Your Numbers" Initiative: This initiative focused on health services and data collection, reaching 912 participants, including those from rural and tribal populations.

• **March 15-16, 2025:** AAROGYA YOGA YATRA: The Chairperson of the Sexual Health and STI Committee participated in this FOGSI presidential initiative in Puri.

• April 25, 2025: GYAAN Prayas: This sex education program for young adults, conducted in collaboration with DPS Dhanbad, reached over 700 students from classes 6th to 10th.

Practicum Series

• **May 9, 2024:** Practicum Series 1 on Sexual Health (with Kerala OBG Societies)

• **June 20, 2024:** Practicum Series 2 on Recent Advances in Sexual Treatment

• **September 26, 2024:** Practicum Series 4 on Sexual Health and Lifestyle

Physical Workshops and CMEs

The committee has also organized several physical workshops and CMEs to provide hands-on training and education to healthcare professionals.

• **March 10, 2024:** CME with Bhavnagar Society

• **March 15, 2024:** CME with Katki OB/GYN Society

• **March 16, 2024:** CME with Jabalpur Society

• **May 14, 2024:** CME on Sexual Health (with AMOGS Sexual Health Committee and Akluj OB/GYN Society)

• **July 23, 2024:** World IVF Day Celebration (with OGSSI Reproductive Health Committee and TNFOG Sexual Committee)

• **August 25, 2024:** Adolescent and Sexual Health Workshop (with AMOGS Sexual Health Committee and Solapur OB/GYN Society)

• **September 20, 2024:** INTIMATE GYNAECOLOGY Workshop (with Urogyn Committee)

• **December 22-23, 2024:** Workshop at East Zone Yuva FOGSI Conference



• **December 28,**

2024: Sexual Health Awareness Orientation Workshop (with AMOGS Sexual Medicine Committee and GMC Solapur)

• **December 28,**

2024: Sexual Health Awareness Orientation Workshop (with Sexual Medicine committee AMOGS

and Ashwini rural medical college, kunbhari Solapur)

- **March 8, 2025:** Sampoorna CMEs at Dhanbad
- **March 25, 2025:** Sampoorna CMEs at Deoghar
- **April 18, 2025:** Workshop at VP Conference, Kolkata: The FOGSI Sexual Health and STI Committee conducted a workshop at the VP Conference in Kolkata on April 18th.

GYAN Pravah Podcast Series

- A monthly podcast series with episodes released on February 22, March 22, and April 22, 2025, covering:
 - o "Is Sexual Health Really Important?" by Dr. Raj Brahmabhatt
 - o "Sexual Health and LGBTQ+" by Retd CMDE Sanjay Sharma
 - o "Spirituality and sexuality" by Dr Deepak Jumani
- Arogya Sakhi Mobile Application
- A mobile application under development, containing 10 articles on various sexual health issues.

Gyaan Deepika Publication

- An upcoming publication with chapters on various topics related to sexuality.

Guidelines Contribution

- Represented FOGSI in preparing Comprehensive Sexuality Education (CSE) modules and guidelines for the IAP.
- Represented FOGSI in meetings called by NACO and MoHFW, Government of India, to discuss STI treatment options and prepare guidelines, including for HPV.

Upcoming Projects

The committee has several upcoming projects aimed at further enhancing its impact:

- Short public awareness videos
- Newsletters (every 3 months)

Summary of Achievements

The FOGSI Sexual Health & STI Committee has made significant strides in promoting sexual health awareness and education. Key achievements include:

- 16 Webinars (including 8 with other committees)
- 9 Celebrations (Valentine's Day, Vaccination Day, World Hepatitis Day, World Health Day, International Yoga Day, World Sexual Health Day, etc)
- 4 Physical Workshops (including 1 at the FOGSI National Conference)
- 13 Physical CMEs
- 6 Awareness Programs
- 3 Podcast series
- 3 practicum series
- 3 Gyaan Pravaah Podcast series
- Poster, Essay, Slogan, and Reel Competitions (twice)
- 58 ICOG Credit Points for virtual meetings and 12 ICOG credit points for Physical Workshop and CMEs (Total 70) 4 MMC
- 4156 Webinar Registrations and 8000 views from 17 different countries across 3 continents.
- Faculties from 6 different countries.
- Approximately 2600 attendees in public awareness programs.
- Reached 54 FOGSI societies virtually and 13 societies physically.
- Active presence on YouTube, X, and Facebook.

Driven by a shared vision of excellence and a profound sense of responsibility, the Sexual Health and STI Committee, alongside its dedicated team, perpetually strives to enrich the endeavours of the venerable FOGSI and to fortify the collaborative spirit within its encompassing committee structure.

A close-up photograph of a pink flower petal, likely a rose, with numerous clear water droplets resting on its surface. The lighting is soft and warm, highlighting the texture of the petals and the glistening of the water. A white rectangular box is centered over the image, containing the text 'STATE PRESIDENTIAL REPORTS' in a dark red, bold, sans-serif font.

**STATE
PRESIDENTIAL
REPORTS**

State President's Column - HarObGy



President, HarObGy
Dr. Nisha Kapoor



Secretary, HarObGy
Dr. Saroj Kumar

Haryana Association of Registered Obstetricians and Gynaecologists (HAROBGYN) has been actively contributing to academic advancement and knowledge dissemination in the field of women's health through a series of impactful physical and online events throughout 2024 and into 2025. These events, often organised in collaboration with leading medical institutions and FOGSI societies, reflect the state commitment to continuous medical education and public health awareness.

The state is running 3 important projects "ABHILASHA", "UDAN" and "MUKTI".

GYAN VITRAN is another important program focusing on E- PG teaching.

The academic calendar commenced with the Annual Conference of HAROBGYN in collaboration with MMIMSR on 21st and 22nd September 2024, bringing together experts and practitioners for an enriching exchange of knowledge. This was swiftly followed by a cervical cancer elimination initiative on 25th September 2024, organised jointly with SHKM Government Medical College, Nuh, under the Gyaan Vitran program, focusing on spreading awareness and updates in cervical cancer prevention. On 27th September 2024, a webinar on Gestational Diabetes Mellitus (GDM) was held, once again in collaboration with SHKM Medical College, showcasing HAROBGYN's dedication to addressing key obstetric concerns. The educational momentum continued with Project Abhilasha's webinar on Placenta Accreta Spectrum on 11th October 2024, offering in-depth discussion on this critical obstetric condition.

The state extended its outreach through a webinar on carcinoma cervix on 22nd October 2024 in collaboration with MM College, Ambala, and followed it up with a joint FOGSI-HAROBGYN webinar on GDM and Pregnancy-Induced Hypertension (PIH) on 23rd October 2024.

Another significant event was hosted on 27th October 2024, focusing on abnormal uterine bleeding (AUB) and adenomyosis, further solidifying the society's focus on gynaecologic health, again in partnership with Nuh Medical College and the Gian Vitran initiative.

November witnessed more academic Vigor with a webinar on complex Total Laparoscopic Hysterectomy (TLH) on 13th November 2024, co-hosted by HAR-IAGE and FOGS, and a webinar on vaginal surgeries on 20th November 2024 with participation from the Rohtak Society and FOGS.

Kicking off 2025, HAROBGYN organized a webinar on common gynaecological problems on 2nd January, followed by a physical CME on PIH and infertility on 18th January featuring eminent speakers Dr. Leela Vyas and Dr. Pankaj Talwar. The society continued its collaborative spirit with AMWI Gurugram during a physical CME on 21st January, and again on 25th January when a webinar on labor and labor monitoring was held in association with Kalpana Chawla Medical College, Karnal.

Expanding its academic coverage, HAROBGYN joined forces with FOGSI's Genetics and Fetal Medicine Committee to conduct a fetal medicine workshop on 7th February 2025. The society continued to emphasize challenging clinical scenarios through a physical CME on 28th February, centered around difficult caesarean deliveries and induction of labor.

Furthering its commitment to preventive healthcare, HAROBGYN took part in FOGSI's "2 Teeke Zindagi Ki" campaign on 4th March 2025, highlighting immunisation awareness. The academic year culminated with a physical CME on 26th March 2025, on topic "Unravelling the mystic Endometriosis"

On 9th April 2025 another CME organised by society of fetal medicine and FOGS covering interesting topics

“Serum Screening for Aneuploidies and Its Interpretation” & “How to Prevent Still Birth in Normally Grown Foetuses with Abnormal Doppler in Late 3rd Trimester”

Through this diverse range of academic activities—spanning vital clinical topics, modern surgical techniques, preventive health, and collaborative learning—the Haryana Society of Obstetrics and Gynaecology (HAR-OBGYN) in association with Fogs

societies of Haryana has demonstrated exemplary leadership and dedication toward uplifting women’s health in the region.

The events aimed to provide a platform for medical professionals to share knowledge, discuss recent advancements, and enhance their skills in obstetrics and gynaecology. The events were well-attended and received positive feedback from participants.



A lit matchstick is shown against a dark background. The flame is bright yellow and orange, with a blue base. The matchstick is positioned vertically, and the flame is at the top. The matchstick is lit, and the flame is bright. The background is dark, making the flame stand out. The matchstick is lit, and the flame is bright. The background is dark, making the flame stand out. The matchstick is lit, and the flame is bright. The background is dark, making the flame stand out.

**LEGENDS OF
LIGHT**

"Trailblazing Educator, Poet, and Feminist: The Unforgettable Legacy of Savitribai Phule!!"

Compiled by- Dr. Ritu Jain



Savitribai Phule (1831-1897): A Pioneer of Women's Education and Social Reform in India

Savitribai Phule, born on January 3, 1831, in Nayagaon, Maharashtra, was a prominent social reformer and first female teacher in India. Along with her husband, Jyotirao Phule, she established several schools for girls, significantly advancing women's education and challenging gender norms. Phule's contributions extended beyond education; she actively opposed caste discrimination and advocated for inter-caste marriages at a time when the caste system was deeply entrenched in society. Her work in promoting social equality and fighting against untouchability has made her a pivotal figure in the feminist movement in India. In addition to her reformist efforts, Phule was a talented poet. Her literary works often addressed themes of nature, education, and the abolition of the caste system, using her poetry as a medium to promote justice and equality. Savitribai Phule's legacy as a champion of women's empowerment and progressive social change continues to inspire future generations in India and beyond!!

Early Life of Savitribai Phule

Savitribai Phule was born into the Dalit Mali community as the youngest daughter of Lakshmi and Khandoji Nevase Patil. At the age of nine, she was married to Jyotirao Phule, who was thirteen at the time. After their marriage, the couple moved to Poona (now Pune). Savitribai pursued her education and became a qualified

teacher in 1847, receiving her training at institutions run by Christian missionaries in Ahmednagar (now Ahilyanagar), particularly under the guidance of American missionary Cynthia Farrar, as well as at a Normal School in Poona. She is believed to be the first Indian woman to receive formal training as both a teacher and a headmistress. Although Savitribai and Jyotirao did not have biological children, they adopted a son named Yashwantrao, who was born to a Brahmin widow. When it was time for Yashwantrao to marry, he faced societal stigma due to his heritage. In response, Savitribai arranged an inter-caste marriage for him with a worker from her organization, demonstrating her unwavering commitment to social reform and equality.

Key Contributions and Initiatives of Savitribai Phule

- **Pioneering Education:** In 1848, Savitribai and Jyotirao Phule opened a groundbreaking school for lower-caste girls in Bhidewada, Poona, starting with six students. She established an adult school in 1849, welcoming students from all castes despite facing hostility, including verbal abuse and physical attacks.
- **Family Exile:** Her father-in-law expelled her and Jyotirao from their home in 1849 for empowering lower castes, deemed a sin by Brahmins.
- **Support for Students:** To reduce dropout rates, Savitribai offered stipends to her students and founded two educational trusts in the 1850s, including the Native Female School and the Society for Promoting the Education of Mahar, Mangs, and others.
- **Expansion of Schools:** By 1851, they were operating three schools with over 150 girl students, and by the end of their efforts, they had opened 18 schools in the Poona region. Savitribai was recognized as the best teacher in the Bombay Presidency in 1852.
- **Advocacy for Women's Rights:** In 1852, she established Mahila Seva Mandal to raise awareness of women's rights. She opened a widow shelter in 1854 and organized a barbers' strike to protest the shaving of widows' heads. She hosted gatherings for women of all castes, promoting unity and eliminating caste discrimination.
- **Social Reform:** Savitribai campaigned against child marriage, infanticide, and practice of sati. Also advocated widow remarriages. Together with Jyotirao, they dug a well in their yard for lower castes who were denied

access to village wells.

- **Shelters for Women and Infants:** In 1863, Savitribai and Jyotirao Phule opened a home within their residence aimed at preventing infanticide and providing care for exploited Brahmin widows and their infants. In 1864, Savitribai established a larger shelter designed to accommodate widows, destitute women, and child brides who had been abandoned by their families. This facility not only offered refuge but also provided education for the women and children.
- **Satyashodhak Samaj:** In 1873, she played a key role in the Satyashodhak Samaj, founded by Jyotirao, promoting social equality and non-Brahmin weddings. She conducted the first Satyashodhak marriage without priests or dowry, in 1874.
- **Community Support:** After Jyotirao's death in 1890, Savitribai defied norms by lighting his funeral pyre and continued to lead the Satyashodhak Samaj until her death in 1897 from bubonic plague. During this outbreak, she set up a clinic to assist plague victims, ultimately contracting the disease while saving a child.
- **Literary Contributions:** Mother of Modern Poetry- She published two poetry collections, *Kavya Phule* (1854) and *Bavan Kashi Subodh Ratnakar* (1892) both in Marathi, addressing societal issues and inspiring action. She also edited and published Jyotirao Phule's speeches in 1856. Savitribai addressed women's exploitation in her poem 'Should They Be Called Humans?' and wrote the inspiring line 'Rise, to learn and act' in another poem.
- **Legacy of Compassion and Sacrifice:** In 1874, Savitribai Phule adopted Yashwant Rao, son of a Brahmin widow who had given birth at her shelter. Yashwant later became a doctor, continuing Savitribai's commitment to education and social upliftment.
- **Together,** Savitribai and Yashwant established a clinic on the outskirts of Pune to treat victims of the bubonic plague. Tragically, Savitribai contracted the plague while heroically carrying an infected child to the hospital. She passed away on March 10, 1897, exemplifying her dedication to serving others in their time of need.

Savitribai Phule's relentless pursuit of education and social justice has left an enduring legacy in Indian society

Legacy of Savitribai Phule

Savitribai Phule is recognized as one of India's first modern feminists, leaving an indelible mark on the country's intellectual and feminist movements. Her ideology significantly influenced Non-Brahman, Dalit, and women's politics.

- **Advocacy for Rights and Equality:** Phule's teachings emphasized universal rights and equality while

critiquing the dominance of Brahmins in social, religious, and political contexts. This critique played a vital role in the Non-Brahman Movement.

- **Impact on Educational Movements:** Her ideas were instrumental in shaping the Dalit and women's educational movements in the early twentieth century. These efforts distinguished themselves from the Non-Brahman Movement, addressing the unique needs and rights of marginalized groups.
- **Symbol of Empowerment:** Together with her husband Jyotiba Phule and B. R. Ambedkar, Savitribai Phule has become a symbolic figure for marginalized communities in India, representing the struggle for social justice and empowerment.

Commemorating Savitribai Phule: Recognition and Honors

Savitribai Phule's contributions to education and social reform have been honoured through various commemorative efforts:

- **Memorial:** In 1983, Pune City Corporation erected memorial to celebrate her legacy.
- **Postal Recognition:** In 1998, India Post issued a stamp in her honour, acknowledging her pivotal role in India's social reform movement.
- **Balika Din:** January 3rd, her birthday, is observed as Balika Din (Girl Child Day) throughout Maharashtra, promoting importance of girls' education and empowerment.
- **University Renaming:** In 2015, University of Pune was renamed Savitribai Phule University, further cementing her legacy in field of education.

These actions reflect the enduring impact of Savitribai Phule's work on Indian society and her status as symbol of empowerment for future generations. The legacy stays on!!!



“The Cosmic Womb: Sunita Williams’ 9-Month Odyssey Home”

By Dr. Sejal Naik, Dr. Richa Pal
Photo: Sunita Williams



In a world that continuously pushes the boundaries of human endurance, intellect, and resilience, few journeys echo so profoundly with both science and symbolism as the recent return of NASA astronaut and retired U.S. Navy captain, Sunita L. Williams, from her extended mission aboard the International Space Station (ISS). After spending approximately nine solitary months in space—a duration not lost on any gynecologist—Sunita’s descent back to Earth wasn’t just a mission accomplished, it was a symbolic rebirth.

A Womb Among the Stars

Much like a fetus cocooned in the uterine universe, Sunita floated through the stillness of space, nourished by systems, yet untethered

from the warmth of Earthly gravity. She was alone—yet intimately connected to humanity through the invisible umbilical cord of hope, science, and purpose. As gynecologists, we witness daily the quiet strength of the unborn, silently evolving in anticipation of a world unseen. Sunita’s voyage mirrors this sacred waiting—a physical, emotional, and spiritual incubation.

In June 2024, aboard Boeing’s Starliner Crew-1, she launched into space, intending only a short-duration test. But when the Starliner experienced propulsion issues, the mission was extended. Day turned into month, and what began as a routine operation became an unintended marathon of solitude, resilience, and quiet courage.

The Cosmic Solitude

Imagine floating above Earth for nine long months—276 days—far from family, shielded by only layers of engineered steel and science, waiting for a way home. For Sunita, a woman who has already spent over 322 days in space across her career, this mission was different. It was not just about testing technology—it was about trusting in the unknown, much like a baby who cannot see the world yet trusts in the promise of life outside. Her eventual rescue aboard SpaceX's Crew Dragon in March 2025 was triumphant. She emerged not as someone rescued from danger, but as someone delivered—stronger, wiser, and glowing with the calm power of someone who's met the stars and made peace with waiting.

Symbolism That Speaks to Us

For those of us in women's health, the metaphor of pregnancy and birth resonates deeply. Nine months—forty weeks—is the archetype of completion, of nature's timeline for readiness. Sunita's journey was not only physical but also existential. She carried the weight of her crew, the hopes of NASA, and the quiet pride of two cultures—Indian and Slovenian—watching her from Earth.

And just as every fetus listens to the muffled sounds of a world it has yet to touch, Sunita often described Earth as a beautiful blue dot, visible but distant. Her mission reminds us that even in silence, connection exists. Even in space, the pulse of Earth—the pulse of humanity—still reaches.

A Role Model in the Truest Sense

Sunita's career is already etched in history:

- Seven spacewalks, totaling over 50 hours—a record for women.
- Running the Boston Marathon in space.
- Completing a triathlon on board the ISS.
- Commanding ISS expeditions, and navigating international collaboration with grace.

But perhaps her greatest legacy is not just what she's done, but how she's done it—with humility, integrity, and quiet endurance. She reminds us, especially as women professionals, that breaking barriers doesn't always mean loud footsteps. Sometimes it means waiting in silence, enduring in

isolation, and emerging, reborn, with greater light. Coming Home

When Sunita touched down on Earth, greeted not with parades but with the gentle pull of gravity and the embrace of soil, air, and loved ones—her story found its final chapter. Much like a newborn taking its first breath, her return was a breath of life—not just for herself, but for all those who watched her journey with bated breath.

In honoring her, we honor the journey of every woman—every mother, every child, every gynecologist who witnesses the miracle of waiting, of growing, and of eventually coming home.





**THE
KNOWLEDGE HUB**

Calcium and vitamin D3 role in women's health



Dr. Sampathkumari S



Dr Jayameena J



INTRODUCTION

The prevalence of vitamin D deficiency ranges from 0% to 41.7% in non-pregnant women and 0% to 27% in pregnant women. The prevalence of calcium deficiency can range from 0% to 41.7% in non-pregnant women. According to ACOG the recommended daily allowance (RDA) for calcium for women aged 19-50 is 1,000 mg, and for women over 50, it's 1,200 mg. The RDA for vitamin D for women is 600 IU (15 mcg) per day for those aged 19-70 and 800 IU (20 mcg) per day for those over 70 years.

CALCIUM

Calcium is a mineral that makes up bone and is involved in intracellular signaling, coagulation, heart electrophysiology, and nerve and muscle function. Thus, maintaining the homeostasis of the body's systems requires a steady calcium concentration. When the calcium level is less than 3 mg/dL, hypocalcemia occurs. The intestinal mucosa absorbs calcium from food and dietary supplements through both active transport and passive diffusion. When calcium intakes

are lower, the majority of absorption is caused by active transport, and as intakes increase, a larger percentage of calcium absorption is caused by passive diffusion. For calcium to be absorbed in the gut through active transport and to keep blood calcium levels appropriate, vitamin D is necessary. The bones store nearly all of the calcium in the body (98 percent), and the body uses the bones as a source and reservoir of calcium to keep calcium homeostasis. Calcium hydroxyapatite, an inorganic calcium and phosphate matrix found in bones and teeth, makes up over 99 percent of the calcium in the body. In contrast to teeth, bone is constantly remodeling, with calcium constantly being reabsorbed and deposited into new bone. In order to maintain serum calcium levels, repair damage, alter bone size during growth, and supply additional minerals, bone remodeling is necessary.

VITAMIN D

Vitamin D serves as the precursor to 1,25-dihydroxyvitamin D (1,25[OH]₂D), also referred to as calcitriol, an active steroid hormone that regulates calcium and phosphorous homeostasis through

actions in the kidneys, bones, and intestines.

Vitamin D (VD) is a fat-soluble vitamin micronutrient that plays a major part in calcium homeostasis and the wellbeing of the body's skeletal framework. VD deficiency (characterized as a serum 25-hydroxyvitamin D level underneath 20 ng/ml) may be a common condition prevalent in approximately 50% of the world's population and may be a major around the world open wellbeing problem. VD mainly regulates calcium and phosphorus metabolism and promotes bone growth. Vitamin D is produced in the skin or can be acquired exogenously as vitamin D3 (cholecalciferol) or D2 (ergocalciferol) from food or supplements.

VD lack is related with numerous illnesses, counting maladies of the safe and cardiovascular frameworks, as well as diabetes, weight, cancer, and barrenness in both male and female¹.

VD acts through two diverse and unmistakable instruments: a calciotropic impact and a non-calciotropic impact. The calciotropic work of VD contributes to the upkeep of ordinary serum calcium and phosphorus concentrations by fortifying the little digestive tract to assimilate these minerals from food. The non-calciotropic impact of VD is less clear, and is basically initiated by the atomic VD receptor (VDR) which acts in concert with the retinoid-X-receptor (RXR), shaping a heterodimer. The VDR-RXR heterodimer ties to VD-responsive components (VDREs) found within the promoter locale of a few target qualities, whose translation it controls. VDR is communicated in female regenerative tissues, counting the ovaries, endometrium, fallopian tubes, and placenta¹. From various analysis it is found out that about one billion people worldwide are VD deficient.

Reproductive age implications

Precocious puberty, menarche timing, and vitamin D status have all been linked in various studies.

Anthropometric measurements are known to influence menarche age and the timing of puberty. According to some authors, low vitamin D levels may have an impact on the development of obesity by influencing as-yet-undiscovered adipose tissue receptors and metabolizing enzymes. Different levels of vitamin D are active in adipocytes, and it interacts with nuclear coregulator proteins, membrane receptors, and adaptor molecules to control the expression of adipogenic genes and adipocyte apoptosis.

The Hypothalamo-pituitary axis expresses Vitamin D receptor (VDR), indicating that this receptor may be involved in controlling sexual maturation. Early pubertal development may be caused by a polymorphism in the VDR gene rather than the vitamin D status itself⁴.

GnRH neuron function is influenced by VDR. Therefore,

vitamin D deficiency may affect L-type calcium channel function, which in turn may dysregulate GnRH neuron activity. According to recent research, vitamin D3 affects the concentration of anti-Müllerian hormone (AMH), which in turn helps to modulate ovarian reserve. The plasma concentration of 25(OH)D3 and AMH were found to positively correlate in studies on adult women with regular menstrual cycles. The VDRE sequence in the AMH gene promoter is most likely what causes vitamin D3 to have an impact on AMH levels⁴.

According to a study, oocytes recovered following ovarian stimulation and their capacity to mature were significantly reduced in cases of VD deficiency linked to hypocalcemia. When the serum calcium level returned to normal, this was reversed, indicating that the serum calcium level is also a significant factor in oocyte maturation and number.

Pregnant women who are at heightened risk of vitamin D deficiency should be tested, according to the American College of Obstetricians and Gynecologists (ACOG) (e.g. G. women with darker skin, which restricts the absorption of vitamin D, and women with little sun exposure). ACOG advises vitamin D supplementation at a dosage of 1,000 to 2,000 IU per day if a woman's vitamin D levels are 20 ng per mL (50 nmol per L) or lower.

Pregnant women who take calcium supplements may have a lower risk of preeclampsia, but these benefits may only be felt by those who consume insufficient amounts of calcium. In order to lower the risk of preeclampsia, a number of professional organizations advise pregnant women who consume insufficient amounts of calcium to take calcium supplements. For instance, daily supplementation with 1,500–2,000 mg of calcium may lessen the severity of preeclampsia in pregnant women whose daily calcium intake is less than 600 mg, according to the American College of Obstetrics and Gynecology. To lower the risk of preeclampsia, the World Health Organization advises pregnant women with low dietary calcium intakes to take 1,500–2,000 mg of calcium per day. Similar suggestions are made by the International Society for the Study of Hypertension in Pregnancy, the Canadian Hypertensive Disorders of Pregnancy Working Group and the Society of Obstetric Medicine of Australia and New Zealand.

Impact on Menopause

As people age, osteoporosis becomes more common. Menopausal women experience decreased calcium absorption in the small intestine as a result of decreased estrogen production, which eventually results in a decrease in bone density. VD's primary roles include promoting the small intestine's absorption of calcium and phosphorus, encouraging the formation of new

bone and calcification, and controlling parathyroid hormone to maintain blood levels of these minerals². According to a study that evaluated the relationship between muscle function and strength in 54 postmenopausal women, lower limb muscle function and strength were positively correlated with 25(OH)D levels ≥ 20 ng/mL.

Because menopause causes a decrease in estrogen production, calcium absorption is decreased, and calcium resorption from bone and urine is increased. Following menopause, women typically experience an annual loss of 1% of their bone mineral density (BMD). These alterations eventually result in weaker and reduced bone mass.

It has been demonstrated that calcium plus vitamin D can slow bone loss in postmenopausal and perimenopausal women. It was discovered that postmenopausal women who consume adequate VD have a lower risk of osteoporotic hip fractures². A common medication for osteoporosis prevention and treatment is vitamin D, a calcium-regulating hormone that influences calcium homeostasis and bone metabolism².

Postmenopausal women's inflammatory status is significantly influenced by their immune microenvironment. As a booster of humoral immunity, estrogen helps postmenopausal women fight off infections by increasing their levels of the pro-inflammatory cytokines TNF- α , IL-1, and IL-6. The anti-proliferative effects of VD and its metabolites on tumor cells further prevent invasion and spread of tumors by preventing tumor angiogenesis and cell growth, which lowers the incidence of many cancers². One of the most frequent side effects of taking tamoxifen for breast cancer patients is vaginal atrophy. It is forbidden to use hormones to treat vaginal atrophy in these women. The search for safe and efficient substitutes is therefore becoming more and more popular. VD plays a role in controlling cell differentiation and growth, especially in the vaginal epithelium. Proliferation and differentiation of vaginal mucosal cells, squamous maturation of the vaginal epithelium, and the restoration of the vaginal physical barrier are all facilitated by VD supplementation. Calcium and vitamin D supplementation was linked to a lower risk of breast ductal carcinoma in situ in postmenopausal women in the Women's Health Initiative calcium + vitamin D (CaD) trial².

Other effects

Individuals who are depressed tend to spend more time indoors and engage in less physical activity. The parts of the brain involved in processing emotions contain VDR.

Supplementing has been demonstrated to help elevate mood, and VD levels are low in depressed patients. VD affects the synthesis of pro-inflammatory cytokines, which trigger the stress response and affect mood². Vitamin D may prevent diabetes by directly influencing the function of pancreatic beta-cells or by controlling plasma calcium, which in turn controls insulin synthesis and secretion. Furthermore, by preventing macrophages from absorbing cholesterol and turning it into foam cells, vitamin D may have antiatherosclerotic effects.

STRATEGIES

Among the most effective and extensively used public health strategies to enhance the nutritional value of food is food fortification. Food fortification is "the practice of deliberately increasing the content of an essential micronutrient like vitamins and minerals (including trace elements) in a food, so as to improve the nutritional quality of the food supply and provide a public health benefit with minimal risk to health," according to the World Health Organization (WHO) and the Food and Agricultural Organization (FAO) of the United Nations¹.

CONCLUSION

The roles of calcium and vitamin D in women's health is very important and often ignored by medical professionals and women in general. Further studies and awareness program is required to make the importance of these minerals in women's life. In conclusion, VD insufficiency/deficiency is a prevalent yet often ignored medical condition that affects healthy women. Consequently, research on the effects of VD supplementation in women is required.

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Promoting Natural Birth in the Era of AI



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The birth process, once governed by biological rhythms and supported by empathetic human care, has increasingly become medicalized. Artificial intelligence (AI) is transforming the landscape of obstetric care, offering powerful tools for risk prediction, monitoring, and clinical decision-making. While AI holds the promise of improving maternal and fetal outcomes, it also brings the risk of reinforcing unnecessary interventions, contributing to the global surge in cesarean sections and instrumental deliveries. This article explores how AI can be leveraged not to replace the natural birthing process, but to support and enhance it, preserving physiological birth as a safe and viable option.

1. Introduction

The past few decades have seen a significant technological shift in maternity care, characterized by a rise in labor interventions such as cesarean sections, continuous fetal monitoring, and pharmacologic labor augmentation. Concurrently, global cesarean rates have surpassed medically justified thresholds,

raising concerns about over-medicalization of childbirth. In this context, the emergence of artificial intelligence in obstetrics is both an opportunity and a challenge. AI has introduced advanced tools for monitoring, prediction, and clinical decision-making in obstetrics. From analysing fetal heart rate patterns using machine learning to predicting labour progression or identifying high-risk pregnancies, AI has the potential to improve safety and outcomes. However, overreliance on such technologies can lead to increased interventions and reduce the autonomy and natural progression of childbirth. While AI can enhance clinical accuracy and provide valuable support to healthcare providers, it is essential that it complements—rather than replaces—humanised, respectful, and woman-centred care. The challenge is to use AI as a supportive tool without allowing it to override the physiological and emotional aspects of childbirth.

2. The Changing Landscape of Birth

Historically, childbirth was a physiological

process managed within communities and supported by midwives. The 20th century medicalized birth, moving it into hospitals and adopting a model of surveillance and intervention. While medical advancements reduced maternal and infant mortality, they also led to routine interventions often not evidence-based. Recent WHO data shows cesarean section rates exceeding 30% in many countries—far above the optimal 10–15% linked to reduced maternal and neonatal mortality. This trend reflects both clinical and cultural shifts: fear of litigation, risk-averse practices, and increasing maternal expectations of controlled births. AI, with its ability to process large datasets and offer predictive analytics, risks deepening this trend unless consciously aligned with principles of respectful maternity care and physiological birth.

3. Current Applications of AI in Obstetrics: Artificial Intelligence and Machine Learning in Electronic Fetal Monitoring-

Electronic Fetal Monitoring (EFM) helps assess fetal well-being by tracking heart activity. These heart signals hold important health information but are hard to analyze due to noise and complexity. Artificial Intelligence (AI) and Machine Learning (ML) are increasingly used to improve EFM by:

1. Noise Suppression – Removing interference, especially in fetal ECG (fECG) signals.
2. Feature Detection – Identifying important patterns like fetal heartbeats (fQRS) and heart sounds (fHS).
3. Fetal Health Classification – Assessing fetal condition to detect risks like hypoxia.

Traditional methods, including Cardiotocography (CTG), often led to many unnecessary C-sections due to subjective interpretation. AI helps make more accurate and objective assessments, using both classical and newer non-invasive methods like fECG, fetal phonocardiography (fPCG), and fetal magnetocardiography (fMCG). These advances make fetal monitoring more reliable and efficient.

Artificial Intelligence In Fetal Medicine

Artificial Intelligence (AI) is rapidly advancing in fetal medicine, enhancing prenatal screening, diagnosis, and prediction of pregnancy complications. AI-powered algorithms improve fetal ultrasound analysis by enhancing image quality and interpretation accuracy, helping detect congenital anomalies and signs of fetal distress.

A major benefit of AI is its ability to analyze complex ultrasound and genetic data with high precision. Trained on large datasets, AI can identify fetal structures, measure anatomy, and detect abnormalities more consistently than human interpretation alone. It also strengthens non-invasive prenatal testing (NIPT) by analyzing fetal DNA in maternal blood to predict chromosomal conditions like Down syndrome and potentially a wider range of genetic disorders. Predictive models using AI can assess risks for complications such as preterm birth and preeclampsia, allowing for personalized care. Deep learning techniques, especially convolutional neural networks (CNNs), support standardized image assessment, reducing variability between clinicians. Despite its promise, AI in fetal medicine must address ethical issues like data privacy, algorithmic bias, and the need to preserve clinicians’ skills and patient trust as automation increases.

Overall Significance of AI in Fetal Medicine

- ▼ Improved accuracy and efficiency: AI has the potential to significantly improve the accuracy and efficiency of prenatal care and diagnostics.
- ▼ Enhanced decision-making: AI tools can provide healthcare professionals with valuable insights and support for better decision-making.
- ▼ Potential for better outcomes: AI has the potential to improve outcomes for both mothers and babies, leading to a reduction in perinatal morbidity and mortality.
- ▼ A brighter future for prenatal care: AI represents a transformative leap forward in the field of fetal medicine,

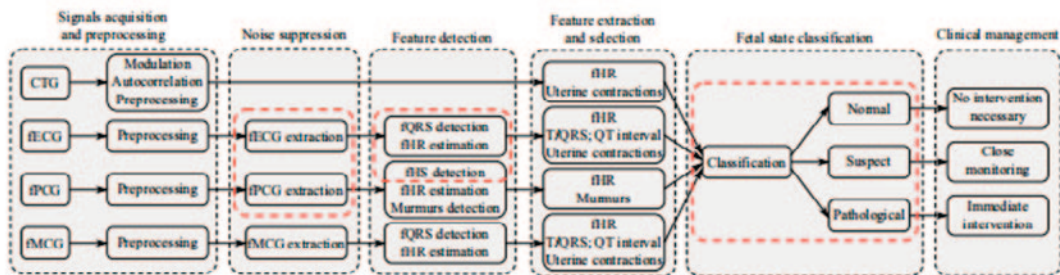


Fig: Red frames indicates where AI was already used in past.

promising a brighter future for prenatal care and diagnostics.

AI as a Guide for childbirth by tracking a baby's position
A new AI-based software has been developed that can be integrated with an ultrasound device to 'guide' childbirth by providing precise, real-time information on the baby's head position.

It can clearly indicate to operators—using a traffic light system—whether to proceed with a natural descent in the birth canal, whether to use a vacuum extractor, or even if an emergency cesarean is needed.

The journey of the fetus through the birth canal can be fraught with obstacles and risks. Fetal malposition—a condition where the fetus's occiput is oriented toward the sacrum rather than the mother's pubic bone—is among the most common causes of prolonged or halted labor progression. Depending on how the baby's head is positioned during descent, it may be necessary to use a vacuum extractor to facilitate delivery or, in more difficult cases, to resort to an emergency cesarean to ensure a safe delivery for both mother and child.

Assessing the baby's head position can be challenging, even for experienced practitioners, Professor Ghi explains. When practitioners make evaluations by using hands, there is a one-in-five chance of error, which could lead to incorrect placement of the vacuum extractor, resulting in failed extraction, prolonged labor, and, in the worst cases, delayed delivery of a baby in distress. Ultrasound helps doctors accurately assess head position before using a vacuum extractor, but not all delivery room operators are able to use ultrasound effectively to obtain precise information.

The AI-based software uses ultrasound images to provide precise, real-time responses to operators, displaying the 'verdict' as a traffic light:

- red if it is not appropriate to proceed with the vacuum and an emergency cesarean should be considered;
- green if it is safe to proceed with the vacuum; and
- yellow if the situation is uncertain.

4. Benefits of Natural Childbirth in a Tech-Driven World
Even in an era of AI-assisted healthcare, the benefits of natural childbirth remain significant:

- Empowerment and Personal Achievement: Women feel a deep sense of accomplishment and connection to their bodies, which AI-driven decisions should not overshadow.
- Shorter Recovery Time: Without heavy interventions, postpartum recovery is often faster.
- Enhanced Bonding: Natural childbirth supports immediate skin-to-skin contact and breastfeeding, which tech should facilitate, not delay.
- Reduced Risk of Interventions: When AI alerts are used judiciously, unnecessary interventions may be avoided.
- Improved Pain Management Skills: Learning natural

coping strategies promotes resilience.

- Lower Risk of Complications: Avoiding unnecessary procedures can lead to better outcomes for mother and baby.
- Healthier Microbiome Exposure: Babies benefit from the natural birth canal flora.
- Quicker Breastfeeding Initiation: A clear mind and body post-birth helps support early latching.
- Reduced Birth Trauma: A natural, less-intervened birth may lower psychological and physical trauma.
- Emotional Fulfilment: The satisfaction of a natural birth supports positive maternal mental health.

5. Strategies to Promote Natural Childbirth with AI as an Ally

Incorporating AI into maternity care does not mean sidelining natural childbirth. Rather, it offers an opportunity to strengthen safe, informed, and respectful birth practices. Strategies include:

1. Education and Preparation

- AI-Enhanced Prenatal Classes: Use AI to personalise childbirth education and simulate natural birthing techniques.
- Digital Birth Plans: Develop interactive, AI-supported birth plans that can be shared with providers.
- Virtual Pain Relief Guidance: Apps and AI tools can suggest real-time, natural pain relief options.

2. Creating a Supportive Environment

- AI-Assisted Monitoring: Use technology minimally and wisely to allow freedom of movement and informed decision-making.
- Virtual Labour Companions: In areas with limited support, AI chatbots or remote doulas can offer guidance and emotional support.

3. Promoting Normal Birth Practices

- Respecting Labour Progress: Let AI tools guide without rushing or intervening unnecessarily.
- Digital Lifestyle Trackers: AI-enabled apps can support healthy pregnancies through nutrition, stress management, and exercise tracking.

4. Choosing the Right Provider

- Tech-Savvy Midwives and Doctors: Providers who understand both AI tools and natural birth practices can deliver balanced care.
- Integrated Care Platforms: Platforms that bring together digital data with human-centred care models support informed choices.

5. Encouraging Positive Attitudes

- **AI-Driven Awareness Campaigns:** Use digital platforms to spread accurate, empowering information about natural childbirth.
- **Myth-Busting Tools:** AI chatbots and FAQs can debunk fears around natural birth and promote confidence.

6. Ethical Considerations: Integrating AI into maternity care raises several ethical concerns:

Algorithmic Bias: AI systems trained on skewed datasets may reinforce existing disparities in maternal care, especially for marginalized populations.

Loss of Human Connection: Overreliance on digital tools can dehumanize care, diminishing the relational aspects critical in childbirth.

Informed Consent: Patients must be made aware of how AI influences decisions and retain the right to accept or refuse recommendations.

Data Sovereignty: The sensitive nature of maternal health data demands strict data governance and transparency.

Ethically aligned AI must be transparent, accountable, and co-designed with patients and clinicians to uphold maternal rights and dignity.

7. Designing the Future: A Hybrid Model

The way forward lies in a hybrid model of care—one that blends the strengths of AI with the irreplaceable human elements of birth:

Collaboration across disciplines (data scientists, midwives, obstetricians, ethicists.)

Human-centered design principles in digital tool development.

Clinician training in AI literacy and respectful care

Policy support for integrating AI without compromising patient choice.

Research must continue to evaluate the impact of AI-supported natural birth pathways on outcomes such as cesarean rates, maternal satisfaction, and long-term well-being.

Conclusion

Artificial intelligence offers transformative potential in obstetrics, but its value depends on how it is applied. Rather than defaulting to a risk-averse, intervention-heavy model, AI should be harnessed to support natural, respectful, and individualized birth experiences. By prioritizing human values in the design and deployment of AI tools, we can create a future where technology and physiology coexist—not in tension, but in harmony.



FOGSI Condemns Pahalgam terror attack



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24th April 2025

FOGSI Stands United Against Terrorism – A Message from the President

It is with a heavy heart that I, on behalf of the Federation of Obstetric and Gynaecological Societies of India (FOGSI), strongly condemn the recent heinous terrorist attack in Pahalgam, Jammu & Kashmir. Such acts of violence are an assault on the very spirit of humanity, and we express our deepest sorrow and outrage.

Just two weeks ago, I had the privilege of being in Pahalgam for an academic update in collaboration with the Srinagar OBGYN Society. The beauty of the tulip-laden valleys, the warmth of the people, and the sense of peace that had returned to the region over the last few years were deeply moving. We experienced a Kashmir that was vibrant, welcoming, and full of promise — a transformation made possible by the focused efforts of our Hon'ble Prime Minister Shri Narendra Modi.

The resurgence of tourism had not only brought economic prosperity to local families but also restored dignity and stability to the region. To see this peace disrupted by such an inhuman act is both painful and disheartening.

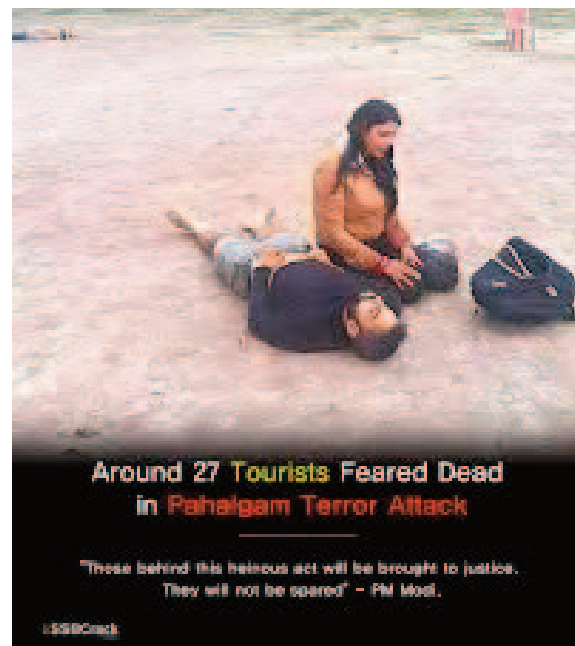
India has always been a land of peace, unity, and compassion. As President of FOGSI, I stand with our Prime Minister and our nation in condemning this cowardly attack. We remain united, resilient, and unwavering in our belief that love and humanity shall always triumph

Dr. Sunita Tandulwadkar
President, FOGSI 2025

Dr. Suvarna Khadilkar
Secretary General FOGSI

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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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