

FOGSI

THE FOGSI NEWSLETTER



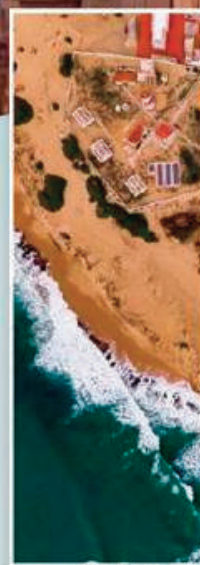
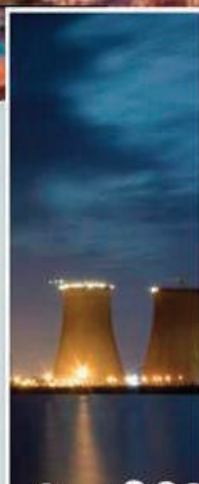
CONNECT

July 2025





FOGSI SOUTH ZONE VICE PRESIDENT CONFERENCE



Triveni Sangamam

Preach by the Beach



Dr. Sunita Tandulwadkar
President FOGSI



Dr. N Palaniappan
Vice President FOGSI



Dr. Suvarna S Khadilkar
Secretary General FOGSI



25th - 27th July 2025



**Venue: Ganga Grandeur,
Kanyakumari Dst.,
Tamil Nadu**

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“

Our ongoing projects, KYN health surveys, Sampoorna, and Do Teeke Zindagi ke, The EAGLE Project, The Gyan Pravah is flowing and soaring and continues to reach every city, every clinic and every woman.”

‘If you want to go fast, go alone .If you want to go far, go together’...

Dear FOGSIANS,

July marks six months since the installation of our team FOGSI 2025 and as we complete half year , it is my privilege to present the latest edition of FOGSI Connect.

This publication continues to connect all FOGSIans as before because in today's ever evolving medical landscapes ,staying informed and connected is more important than ever. FOGSI Connect aims to serve as a trusted companion- bringing you insights and stories that celebrate the dedication and resilience of our dear FOGSI members.

In this issue, we explore critical advancements, collaborative efforts, and new beginnings that are all directed in improving the care given to every woman in our society. Each page is carefully curated to capture the essence of the month's events , achievements and voices across FOGSI and is a testament to our unwavering commitment to Ek Rashtra Ek Mission-Swasth Naari Samrudh Vatan-Har Ghar FOGSIAN.

Our ongoing projects, KYN health surveys, Sampoorna, and Do Teeke Zindagi ke,. The EAGLE Project, The Gyan Pravah is flowing and soaring and continues to reach every city, every clinic and every woman. The FOGSI Anu Bandh, where the President meets FOGSI societies online, continues with societies of MP/Rajasthan and Chattisgarh and AP/Telengana.

I am extremely happy to announce the ‘Comprehensive Women's health Initiative – Sampoorna’ in association with Children's Investment Fund Foundation (CIFF) and JHpeigo which aims to strengthen the care for wmen starting preconceptionally and focus on key health priorities for women.

I extend my heartfelt gratitude to the contributors, editors, and every member of our community who have worked tirelessly for all the Presidential Projects. Lets continue to Inspire, Inform and Connect!

Warm regards,

Dr. Sunita Tandulwadkar
President, FOGSI, 2025



“

As we cross the half way mark of our journey this year, it is incredible to see how much has been done and achieved in improving the care of woman by reaching every household under the able leadership of our dynamic and visionary President Dr Sunita Tandulwadkar.

”

Celebrating Progress, One month at a time!

Dear Friends,

Welcome to this month's edition of Connect, where we bring you highlights of the vibrant activities, milestones, and moments that shaped FOGSI over the past month. As we cross the half way mark of our journey this year, it is incredible to see how much has been done and achieved in improving the care of woman by reaching every household under the able leadership of our dynamic and visionary President Dr Sunita Tandulwadkar and this edition showcases the same.

From celebrating important days to important collaboration with national organisations, this issue is a reflection of the dedication, collaboration, and passion that drive us forward. Each story is a testament to the collective effort of our FOGSIans in advancing patient care, education, and innovation.

We invite you to browse through these updates, celebrate the progress, and feel inspired by the work happening across our country and FOGSIans.

Happy reading
Long live FOGSI

Warm Regards
Seetha Ramamurthy Pal
Editor
FOGSI Connect July 2025

Aarogya Yog Yatra: Jai Shri Krishna



Dr. Sunita Tandulwadkar, President FOGSI had organised a very unique program as a part of Aarogya Yog Yatra to Shrinathji at Nathdwara, Rajasthan also known as Shreeji ki Haveli near Udaipur from 27th to 29th June 2025.

There were 12 of us FOGSIANS who flew in from different parts of India to Udaipur including Dr.Sunita Tandulwadkar Dr. Rajesh Tandulwadkar and their son Rishi with his wife Ms Lekha Nirmal ,Mr. Maheshji and wife Poonam Nirmal . Nirmalji is a devout follower of Shrinathji and does Sewa everyday . Our FOGSI team included Dr. Jayam Kannan ,Dr.Suchitra Pandit Dr. Poonam Goyal Dr.Ashish Kale ,Dr.Kiran Pandey , Dr. Komal Chavan Dr. Apurbakumar Dutta , Dr. Balwinder Dr. Venus ,Dr.Mahesh Gupta ,Dr. Prakash Jain and Dr Pradeep Bandwal .We were all received at the airport and were driven down to the Ananta Resort which is sprawling across 90 acres of lush green land and so peaceful with breathtaking views of the Aravali mountains

The Shrinathji Temple in Nathdwara, is a prominent Hindu temple dedicated to Shrinathji, a form of Lord Krishna, and is a major pilgrimage site for followers of the Pushti Marg sect. The temple is known for its rich history, spiritual significance, and the black marble idol of Shrinathji with a diamond encrusted on the chin . This is the seven year old form of Lord Krishna that is said to be self-manifested. It is the 'Bala Swarup of Lord Krishna' when he had lifted the Govardhan hill .

As decided by Dr.Sunita Tandulwadkar , Dr.Prakash



Jain ,Dr.Pradeep and Dr. Mahesh had organised a special darshan , the Uthapan at 3.30pm and the Bhog Arti at 500pm . We also had darshan of the sweet Laddu Gopal who is being kept cool by the water showers . The Shrinathji temple also has the Sudarshan Chakra atop its shikhara along with seven Dhwas (flags) representing the seven houses of the Pushtimarg sect of Vaishnavism. This chakra is a symbol of divine protection and is highly revered. We also saw the various rooms where bhog is prepared for the Lord ..the Doodghar, Paanghar ,Mishrighar, Phoolghar, Rasghar, the chakki,the baithak and the Gahnagar . The Sewaks were dressed in traditional attire with a smile on their faces and this added to a positive atmosphere . We all moved together within the temple hearing the stories told by Ms.Poonamji and the Sewaks and feeling truly blessed after the darshan .

We then went to the famous shop at the entrance of the temple ,which housed some of the most beautiful Picchhwai paintings of Lord Shrinathji on cloth, walls ,paper and marble . Here the Udaipur team felicitated Dr.Sunita Tandulwadkar and all of us with a pagree and a stole , gave the famous Shrinathji Khaja which is the prasad along with delicious mint ginger flavoured Udaipur tea in earthen kulhads .

We returned to our Ananta Resort and after dinner retired to our rooms for the next day meet . The Progestin meet at the Aravali hall in the resort was a superb learning organised by FOGSI supported by Mankind Pharma. The meeting started off by an address from who Dr.Sunita Tandulwadkar



who was the Chair person of the meeting . Moderators were Dr.Suchitra Pandit and Dr.Apurba Dutta who then invited experts to discuss various aspects of Progesterone and Role of Dydrogesterone in various OBGYN condition like Lutel phase support by Dr. Ashish Kale ,Managment of Recurrent Pregnancy Loss by Dr.Poonam Goyal, Threatened abortion by Dr.Suchitra Pandit, Endometriosis by Dr.Apurba Datta Heavy Menstrual Bleeding by Dr.Komal Chavan. We had a very good interactive sessions , polling on questions using the mentimeter and some important take home messages were given. Dr.Sunita gave the concluding remarks and suggested that the important aspects discussed should be made ready in the form a booklet which will be of value for our Fellow FOGSIANS .

Post lunch we visited the Mankind factory at Dakan Kotra an hour's drive from Ananta resort . It is a state of art facility which focuses on production of the Dydrogesterone . It is the only Indian company manufacturing the active pharmaceutical ingredient in India . Indeed we had a guided tour and it was fascinating to understand the intricate details of how it is manufactured and how rigorous quality control is maintained . Feeling proud of the Make in India product we returned to our resort enjoying the landscape , conversation with our colleagues and a little local shopping added on to our return journey . A great feast awaited us at the Aravali Hall at Ananta Resort . An entertainment program with local Rajasthani singers and Folk dances were

amazing to watch . The 'Kesariya song with Padharo mara Dosh' is still ringing in my years . In the end all of us participated in the dance with Rajasthani ladies and then had a sumptuous dinner and the day ended beautifully .

The next day everyone was preparing to board their flights. Dr.Sunita inaugurated the New Narayani Hospital of Dr.Bandwal . Some of us who had later flights visited the Fatehsagar lake ,Monsoon Mahal, The Shree Eklinga Mahadev Mandir and Saheliyon ki Badi and left for the Udaipur airport with beautiful memories. This whole trip was so memorable as all the FOGSIANS bonded together for a spiritual academic Aarogya Yog Yatra .

A very special thanks and applause to Dr.Sunita Tandulwadkar President FOGSI who has so thoughtfully planned and organised this trip taking care of fine details and ensuring each and every Aarogya Yatri is well taken care off and has had the darshan .

Thanks to her team of Dr.Ashwini Kale ,Dr.Pradeep Bandwal,Dr.Prakash Jain and Dr.Mahesh Gupta who helped her

Thanks to the entire Mankind team for their educational support for this Progestin Meet .

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

SOCIAL PROJECTS

Sampoorna CME Report



Sr. No.	Date	Zone	Location	CO-ORDINATOR	Phone number	No. of Attendees
1	24 May 2025	North	Udaipur	Dr Priya Gupta	9461516200	68
2	24-05-2025	South	Dharmapuri	Dr Sampat kumari	9884813300	32
3	01 June 2025	West	Indore	Dr Vaishali chavan	9850058408	65
4	08-06-2025	West	Karad	Dr Monica	9987048163	45
6	11-06-2025	East	Cuttack	Dr Bhagyalaxmi	9437062620	71
7	03-07-2025	West	Satara	Dr Monica	9987048163	41
9	18-06-2025	East	Balasore	Dr Bhagyalaxmi	9437062620	39
10	19 June 2025	North	Lucknow	Dr Vaishali chavan	9850058408	73
11	22-06-2025	North	Kota	Dr Priya	9461516200	40
12	22-06-2025	East	Berhampur	Dr Bhagyalaxmi	9437062620	52
13	24-06-2025	South	Hassan	Dr Bharati Rajshekar	9448069861	40
14	25 June 2025	West	Akluj	Dr Geeta Balsarkar	9820190587	29
15	25-06-2025	South	Korutla /metpally	Dr Kiranmai	9848709350	27
16	25-06-2025	East	Burla	Dr Bhagyalaxmi	9437062620	43
17	25-06-2025	North	Panipat	Dr poonam Goyal	9811081811	33
18	26-06-2025	South	Trivandrum	Dr Geeta Balsarkar	9820190587	32
19	27-06-2025	South	Kollam	Dr Geeta Balsarkar	9820190587	26
20	28-06-2025	West	Amravati	Dr Geeta Balsarkar	9820190587	36
21	28-Jun	South	Mangalore	Dr Bharati Rajshekar	9448069861	40
22	28-06-2025	North	Ajmer	Dr Priya	9461516200	43
23	29 June 2025	South	Cochin	Dr Vaishali chavan	9850058408	38
24	29-06-2025	West	Nagpur	Dr Geeta Balsarkar	9820190587	63
25	28-06-2025	East	Kolkata	Dr Seetha	8697748238	91
26	29-06-2025	East	Durgapur	Dr Seetha	8697748238	27
27	04-07-2025	East	Bhubaneswar	Dr Bhagyalaxmi	9437062620	50
28	06-07-2025	South	Rajahmundry	Dr Kiranmai	9848709350	41
29	06-07-2025	North	Moradabad	Dr poonam Goyal	9811081811	47
30	06-Jul	West	Ahmedabad	Dr Vaishali Chavan	9850058408	45
32	08-Jul	South	Chennai	Dr Vaishali Chavan	9850058408	24
34	24-Jul	South	Trichy	Dr Uma Velmurgan		
35	16-07-2025	East	Ranchi	Dr.Bharati Maheswari	992756780	
36	19-07-2025	North	Kanpur	Dr.Bharati Maheswari	992756780	
37	18-Jul	South	Davangere	Dr Bharati Rajshekar	9448069861	
38	19-Jul	South	Tumkur	Dr Bharati Rajshekar	9448069861	
	19-Jul	East	Kalyani	Dr Ashwini kale	8308306660	
39	22-Jul	South	Banglore	Dr.Bharati Maheswari	992756780	
40	24-Jul	South	Trissur	Dr.Bharati Maheswari	992756780	
41	27-07-2025	South	Kurnool	Dr Kiranmai	9848709350	
42	2nd week of Aug	South	Belgaum	Dr Bharati Rajshekar	9448069861	
43	2nd week of Aug	South	Hubli	Dr Bharati Rajshekar	9448069861	

Aparajita CME



It gives us immense pleasure to announce the academic partnership of FOGSI and Albert David Ltd. in conducting FOGSI-ADL symposiums - **Aparajita**, across the country to help in the continuing medical education of Obs & Gyn fraternity.

Vision of "FOGSI to be the lead organization working towards advocating and promoting women's health and reproductive rights using scientific evidence and following the highest ethical standards through its membership of committed professionals." will come alive with yet another scientific initiative in our endeavor to touch millions of lives.

With this initiative, ADL aims to conduct over 100 scientific symposiums with below topics

TOPIC 1

Advancements in Human Placental Extracts for addressing Reproductive Challenges



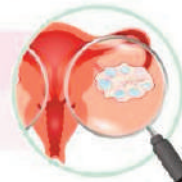
TOPIC 2

Impact of Amino Acids supplementation from Menarche to Menopause



TOPIC 3

Comprehensive management of Polycystic Ovary Syndrome



We urge all FOGSI societies and members to actively ensure the success of this initiative with enthusiastic participation towards seamless execution.

Together, we shall realize the strength and unity embodied in FOGSI slogan:

"Har Ghar FOGSIAN"

- every FOGSIAN standing as a pillar of strength and care across India.

Albert David representatives will drive the activity with full support of FOGSI fraternity for the improvement of women's health.

Looking forward to your support and coordination.

Sr. No.	Location	Date	No. Attendees	Speaker	Co-Ordinator
1	Kolkata	16th May 2025	61	Dr. Seetha Ramamurthy Pal	Dr. Seetha Ramamurthy Pal
				Dr. Apurba Kumar Dutta	
				Dr. Sebanti Goswami	
2	Dhanbad	17th May 2025	37	Dr. Neha Priyadarshani	Dr. Apurba Dutta
				Dr. Apurba Dutta	
				Dr. Rina Barnwal	
3	Chennai	6th June 2025	77	Dr. Apurba Kumar Dutta	Dr. Apurba Dutta
				Dr. Rajapriya Ayyappan	
				Dr. Nandita A. Thakkar	
4	Amravati	7th June 2025	27	Dr. Surekha Tayde	Dr. Surekha Tayde
				Dr. Nasreen Mawani	
				Dr. Sayali Jahagirdar	
5	Ujjain	7th June 2025	35	Dr. Sampath Kumari	Dr. Brijbala Tiwari
				Dr. Brijbala Tiwari	
				Dr. Neelam Tejwani	
6	Raipur	7th June 2025	20	Dr. Sujata Dalvi	Dr. Surekha Tayde
				Dr. Asha Jain	
				Dr. Rashmi Vats	
7	Karimnagar	12th June 2025	80	Dr. Meghana	Dr. Chinmayee Ratha
				Dr. Padmalatha	
				Dr. Chinmayee Ratha	
8	Darbanga/Laharisarai	15th June 2025	35	Dr. Apurba Kumar Dutta	Dr. Kumudini Jha
				Dr. Puja Mahaseth	
				Dr. Kumudini Jha	
9	Bhilai	15th June 2025	46	Dr. Jyoti Jaiswal	Dr. Brajbala Tiwari
				Dr. Briajbala Tiwari	
				Dr. Rekha Ratnani	
10	Begusarai	15th June 2025	26	Dr. Apurba Kumar Dutta	Dr. Mrinalini Singh
				Dr. Anju Turior	
				Dr. Mrinalini Singh	
11	Khammam	19th June 2025	42	Dr. Chinmayee Ratha	Dr. Chinmayee Ratha
				Dr. Rehana Begum	
				Dr. Vijayshree	
12	Kanpur	21st June 2025	57	Dr. Kanchan Sharma	Dr. Kanchan Sharma
				Dr. Kiran Pandey	
				Dr. Reshma Nigam	
13	Patna	22nd June 2025	60	Dr. Apurba Kumar Dutta	Dr. Apurba Dutta
				Dr. Supriya Jaiswal	
				Dr. Meena Samant	
14	Ambala	1st July 2025	29	Dr. Brajbala Tiwari	Dr. Brajbala Tiwari
				Dr. Sampath Kumari	
				Dr. Ruby Bhatia	
15	Gurgaon	2nd July 2025	47	Dr. Brajbala Tiwari	Dr. Brajbala Tiwari
				Dr. Sampath Kumari	
				Dr. Subhoohi Rizvi	

NEW BEGINNINGS



Comprehensive Women's Health Initiative – “SAMPOORNA”

Organized by: FOGSI in association with CIFF & JHpiego

Date: 18th June 2025 at Marriot New Delhi



Overview:

The Federation of Obstetric and Gynaecological Societies of India (FOGSI), in collaboration with the Children's Investment Fund Foundation (CIFF) and JHpiego, convened a significant event of "Sam-poorna" – A Comprehensive Women's Health initiative. The initiative focused on key health priorities for women and aims to strengthen care for women starting preconceptionally

A Landmark Leadership Summit:

For the first time, a summit of this nature brought together FOGSI leaders (past and present), government officials, and key implementing partners such as UNICEF, UNFPA, PATH, and USAID, ICMR on a shared platform.

The gathering marked a major step in recognizing and promoting preconception care as a standard of care for women in India.

The sessions addressed:

- The current gaps and barriers in delivering preconception services
- Policy and implementation challenges
- The importance of integrating preconception care

into existing maternal and reproductive health services

- Practical, scalable approaches for rolling out interventions at community and facility levels

Key Attendees:

- FOGSI Leadership – Current office bearers and past presidents like Dr Hema Diwaker, Dr Suchitra Pandit, Dr Jaideep Malhotra, Dr Hrishikesh Pai, Dr Rishma Pai and Dr Nandita Palshetkar and Dr Bhaskar Pal, FOGSI President Elect
- Health ministry officials and public health administrators like Dr Pawan Kumar additional commissioner MOHFW, dr Zoya Ali Rizvi Deputy Commissioner MOHFW, dr Hemang Shah, CIFF Dr KEERTHI Iyengar, CIFF and Dr Amit Shah JHeipgo.

Partner organizations:

- CIFF
- JHpiego
- UNICEF
- UNFPA
- PATH
- USAID
- ICMR



- Gynecologists, public health experts and health-care professionals

The Sampoorna framework is built upon four key pillars critical to improving women's health outcomes:

1. Preconception Care and Nutrition

- Focused on improving women's health before pregnancy through screening, education, and nutritional support.
- Encouraged inclusion of BMI management, anemia prevention, chronic disease checks, and lifestyle modifications as routine practices.
- Highlighted the importance of early intervention for better maternal and fetal outcomes.

2. Contraception

- Stressed the need for expanding access to contraceptive options, especially among young women and in underserved areas.
- Emphasized postpartum and post-abortion contraceptive counseling, rights-based approaches, and strengthening provider training.

3. Heavy Menstrual Bleeding (HMB)

- Brought attention to HMB as a commonly overlooked yet serious issue.
- Experts called for standardized diagnosis, treatment algorithms, and community awareness.
- Urged clinicians to normalize discussions around menstrual health and provide timely solutions.

4. Anaemia

- Identified as a persistent public health issue affecting women at every stage.
- Recommended comprehensive measures includ-



ing supplementation, dietary counseling, deworming, and menstrual hygiene support.

- Advocated for including anaemia screening as part of routine gynecologic and preconception care.

Highlights and Reception:

- The summit was widely appreciated for its practical relevance and clear direction.
- Speakers provided actionable insights and helped build consensus across different sectors for coordinated implementation.

Way Forward:

- FOGSI and its partners will take forward the "Sampoorna" initiative by:
- Developing training modules for healthcare providers
- Embedding these pillars into national health programs
- Strengthening monitoring systems to track progress
- Collaborating with government agencies and civil society for sustained action

Conclusion:

This summit represents a turning point in women's health programming in India. By focusing on priority areas such as preconception care, contraception, menstrual health, and anemia, the "Sampoorna" initiative sets a clear agenda to improve the quality of care and outcomes for women.

The collaborative approach and shared commitment of stakeholders signal a strong momentum toward achieving this goal.

We are very thankful to team Jaigo, specially Dr Bhargav Gaikwad and Dr Anupama Rao for coordinating this entire event.



FOGSI's IBR Record-Breaking Pledge on Safe Motherhood Day - A Historic Milestone in Maternal Health Advocacy

This landmark initiative was the vision and tireless endeavour of FOGSI President Dr. Sunita Tandulwadkar, whose unwavering passion for maternal health and deep-rooted belief in collective action transformed an idea into a historic movement. Her dynamic leadership and dedication to every mother's wellbeing galvanized thousands across the nation to rise for a shared cause—Safe Motherhood for All. It is her commitment and clarity of purpose that laid the foundation for this national pledge, uniting the medical community in a momentous affirmation of responsibility.

In an inspiring testament to its continued advocacy for maternal health, the **Federation of Obstetric and Gynaecological Societies of India (FOGSI) etched its name in history by setting a new India Book of Records (IBR) benchmark on Safe Motherhood Day – 11th April 2025.**

On this nationally significant day, 11,347 doctors from across the country came together in a solemn and spirited pledge to protect, promote, and prioritize the health, dignity, and rights of every mother. This phenomenal response was more than a numerical feat—it was a movement, a unified declaration of purpose, and a nationwide call to action, echoing from remote health centres to India's premier tertiary hospitals.

Each participating doctor reaffirmed their professional and moral commitment to ensuring safe pregnancies, re-

spectful birthing experiences, and comprehensive post-natal care. The magnitude of this collective vow sent a powerful and resounding message:

Motherhood should never be a risk, but a right safeguarded by compassion, competence, and care.

Recognizing this extraordinary accomplishment, the India Book of Records formally conferred its prestigious honour upon FOGSI. This moment of pride was further immortalized on 18th June, when Dr. Sunita Tandulwadkar was presented with a medal and certificate to her and to FOGSI and to chairperson of Safe Motherhood committee Dr Poonam Goyal a symbol of not just a record, but a revolution in mindset and mission.

This is a shining emblem of FOGSI's enduring promise to Safe Motherhood.

The record is written in ink, but the impact is etched in hearts.

With each pledge taken, a life stands stronger.

As long as life begins through motherhood, FOGSI will remain its fiercest guardian—with skill, with strength, and with soul.

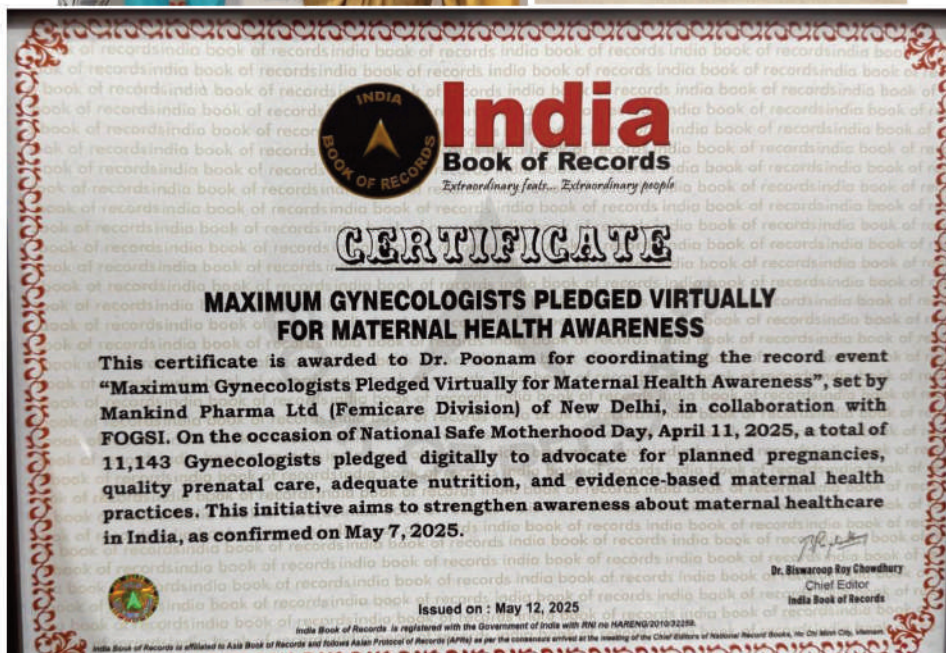
"Together, we pledged. Together, we protect."

— FOGSI – Championing the Cause of Mothers, Always and in All Ways.

Dr. Poonam Goyal

Chairperson Safe Motherhood Committee





Hyderabad Declaration on Adolescent Health & Well-being



A NATIONAL COMMITMENT BY INDIA'S PROFESSIONAL ASSOCIATIONS

Released on 12th July 2025 during the Silver Jubilee Zonal Conclave on Adolescent Health, organized by the Indian Academy of Pediatrics, in association with the IAP Adolescent Health Academy, and held during a panel discussion technically supported by UNICEF and the State Adolescent Health Resource Centre, Andhra Pradesh, AIIMS Mangalagiri, at Hyderabad.

This declaration is an outcome of a collaborative initiative envisioned and coordinated under the leadership of the Indian Academy of Pediatrics (IAP) through its Adolescent Health Academy. It has been developed through wide-ranging consultations with representatives from the World Health Organization (WHO), the United Nations Children's Fund (UNICEF), the United Nations Population Fund (UNFPA), who share a collective vision for adolescent health and well-being in India.

We the undersigned, today affirm our collective commitment to adolescent health & development and resolve to-

- ✓ **Observe 18th of every month as the Adolescent and Youth Wellness Day** and undertake activities to promote adolescent health & wellbeing. The activities will continue throughout the week, and extend from 18th to 25th of every month to expand the reach to maximum adolescents.
- ✓ Encourage our members to **volunteer on the 18th of every month for Youth Wellness Day Activities** at nearby anganwadi centres, schools, colleges, universities, Adolescent Friendly Health Clinics (AFHCs), etc
- ✓ Focus **on priority areas** for adolescent health such as Reproductive & Sexual Health (including sexual wellness, teenage pregnancies & HIV/ RTI/ STI), Immunization, Preconception Wellness, Metabolic Wellness & Prevention of Non – Communicable Diseases, Mental Health & Psychosocial Well-being, Digital Wellness, Road Safety, etc in line with attached annexure.
- ✓ Develop **adolescent - responsive technical resources** (as required) and **build capacities** of our members to raise awareness and offer Adolescent friendly health services among adolescents on above priority areas.
- ✓ Promote **adolescent engagement** via platforms such as social media/adolescent centric apps/websites.
- ✓ Encourage **healthcare facilities/institutions associated with us to undertake adolescent wellbeing activities** such as Dedicated Adolescent Health and Wellness Clinic/OPD, expanding OPD/IPD services of existing pediatric departments – upto 18 years with focus on multi disciplinary care involving OB/GN, PSM, psychiatry, skin etc.
- ✓ Establish **Adolescent Health Resource Centres** in Medical colleges in collaboration with State Governments.
- ✓ **Promote Research, Documentation & Evidence Based Practices:** Initiate and support research initiatives aimed at strengthening adolescent health interventions. Include articles/special Blogs/write-ups on adolescent health & development in official journals. Develop annual reports/newsletters on evidence best practices/activities undertaken and share with all stakeholders. Advocate for Adolescent Health & Development at **Annual Conferences**.
- ✓ **Collaborate for Action:** Collaborate for action on this joint declaration with all government and non - government partners involved and strive for adolescent health & Well-being. Nominate one nodal officer who will be responsible for implementation and coordination of the declaration for the coming 3 years, after which the declaration may be revisited.
- ✓ Respect and **promote the rights of adolescents** to health, education, protection, and participation.

We believe that through this collaborative and coordinated effort, steered by the IAP and strengthened by multi-sectoral partnership, we can considerably advance adolescent health and development, thereby contributing to improved maternal and child health and accelerating India's progress toward achieving the Sustainable Development Goals, particularly SDG 3 (Good Health and Well-being).

Jointly endorsed by the Presidents of the following professional associations, this unified commitment aims to collectively reach and empower one million adolescents by December, 2026 driving change through collective leadership and unified efforts".


Dr. Vasant Khalatkar
President, IAP


Dr. Dilip Bhanushali
President, IMA


Dr. Sunita Tandulwadkar
President, FOGSI


Dr. Neelam Agarwal
President, SBSI


Dr. Ashok Bhardwaj
President, IAPSM


Dr. Sanghamitra Ghosh
President, IPHA


Dr. Hima Bindu Singh
Chairperson, IAP- AHA



CONFERENCES

HOPE 2025 Presidential Conference

**Bangalore Society of Obstetrics & Gynaecology
June 7-8, 2025 | Chancery Pavilion, Bangalore**

The HOPE 2025 Conference, organized by the Bangalore Society of Obstetrics & Gynaecology, was held on June 7th and 8th, 2025, with the theme "Harnessing Obstetric Practice for Excellence in High-Risk Pregnancy." It was inaugurated by the Honourable Health Minister of Karnataka Shri Dinesh Gundu Rao.

We are proud to report that the academic participation and engagement exceeded expectations:

Abstracts received: 91

Free Papers presented: 40

Posters presented: 51

Total Number of Registrations: 358

Paid Registrations: 182

Faculty obg: 76

Non obg faculty : 100

The workshop on Day 1 featured 7 hands-on workstations covering critical and high-risk obstetric care. These were:

1. Resuscitation in a pregnant woman
2. Oxygen support ,Airway and Ventillation
3. Hemorrhagic Shock in Pregnancy
4. Know your gadgets: Critical care Infrastructure
5. Obstetric Hemorrhage and PPH Management
6. Eclampsia and Neurological Disorders
7. Neonatal Resuscitation and Stabilization

We were honoured to host renowned international speakers from UK ,USA and Australia, who brought global perspectives on managing high-risk pregnancies and maternal critical care. Their insights enriched our sessions and fostered academic exchange.

The scientific sessions also featured a knowledge café on RPL and AIRD by Noted Immunologist Dr Chandrashekhar and Dr Mala Arora, Plenary session involving prestigious oration by eminent Vice president South Dr Palaniappan N on Pre-Eclampsia ,and on Massive Obstetric Hemorrhage by Prof. D

Arulkumaran.S, Dr Sarah Bell highlighting milestones and innovations in obstetric medicine and maternal healthcare. There were 3 Keynote Addresses by eminent speaker Dr P C Mahapatra , Dr Shakila Thangaratinam (virtual), and Dr Renuka (Australia, virtual)

The conference successfully brought together clinicians, researchers, and policy-makers with a shared vision to reduce maternal mortality and improve outcomes in high-risk pregnancies.





FOGSI West Zonal Conference with Yuva: Jaipur



FOGSI West Zonal Conference with Yuva 2025 under the aegis of Federation of Obstetrics and Gynecological Societies of India with Dr Sunita Tendulwadkar as the president, Dr Komal Chavan & Dr Varsha Baste as VP incharges was held from 13th - 15th of June, 2025 at hotel The Palace by Park Jewels, Jaipur, hosted by Jaipur Obstetrics and Gynecological Societies with Dr Lila Vyas, Dr Premalata Mital & Dr Asha Verma as conference Organising Chairpersons; Dr Nupur Hooja, Dr Indira Lamba & Dr Megha S Shastri as Organising Secretaries and Dr Nidhi Gupta & Dr Megha Agrawal as Treasurers.

The conference commenced with online E-poster and E-paper evaluation on 7th of June, 2025 by our esteemed faculty with total numbers of 115 E-posters and E-papers evaluated. This was followed by YTP workshop, Gyan Prayas Conducted on 10th of June, 2025 at Dhanwantri Nursing College, Jaipur.

1st day of the conference, i.e. 13th of June, 2025 comprised of 3 pre-conference workshops namely Postpartum Hemorrhage - from insights to action, IVF - beginner's IVF : deciphered and RoboGyn, which were well appreciated by the house as it had elements of both information and interaction with total number of workshop attendees being 45 faculties & delegates.

Day 2 - 14th of June, witness 2 great orations by our es-

teem president Dr Sunita Tendulwadkar and past president Dr Kamini Rao.

The conference inauguration was also done on the same day by Honourable chief guest Dr Kamini Rao.

Later the same day, Dr Sunita Tendulwadkar felicitated her fellow FOGSI members with Nari Shaurya Gaurav Award, for their individual and outstanding contributions towards the field of OBGY and women's health.

14th and 15th of June, 2025 had been a real start of mind stimulating scientific deliberations and discussions from national and international stalwarts, in form of lectures, in depth panel discussions and orations. Total registration of the conference was 450, with total 375 faculties.

Judging of 65 free offline paper, poster and video presentations were also held on these days. Along with this, West zone quiz was conducted on 15th of June, 2025 where total 17 societies participated and Jaipur team emerged as the winners. Dr Kamini Rao Yuva Oration was also held on the same day.

14th evening was specially designed for cultural event and networking during the gala dinner. Finally 3 day conference was concluded with valedictory note with sincere thanks giving to all who made the conference a big success with their presence, blessings and participation.



Yuva FOGSI South Zone conference 2025 at Ooty



Respected Madams and Dear Friends, Our Yuva Fogsi South Zone conference 2025 at Ooty was conducted from June 20th to 22nd of 2025. It was described as a Grand show. We have received a lot of appreciations far and wide.

COGS has shown its unity, solidarity and efficiency to up-keep our legacy as the society which could be relied upon to take up any Huge responsibility and Conduct any Major conference.

Manyata workshop conducted on 15th June as a part of Yuva Fogsi, with an attendance of 500 plus nurses was a huge success.

Our other Preconference workshops were no less. Critical care workshop was house full with 250 delegates. Antenatal surveillance drew a large crowd and delegates were stuck to their seats despite a long session. Infertility workshop was a crowd puller and appreciated for the

content. Endoscopy workshop was overflowing with delegates. Hands on sessions were greatly appreciated. Preventive oncology had excellent scientific content. Picsep Workshop was a masterpiece. The faculty were from central institutions. Sessions were very informative and evoked lot of interactions.

The scientific content of the main conference was deeply appreciated. The faculties-both Seniors and Yuva's did justice to their topics. The cuisine was excellent. We had 700 plus registrations. Registrations and Accommodation went ahead smoothly due to a lot of home work and coordination with Meety team prior to the arrival of guests. Inaugural function was seamless with the release of Souvenir and an Abstract book along with Award function. Oration and Inauguration was well orchestrated. Cultural show was a blast. All the Delegates were in a frenzy of excitement. The vibes and exhilaration would be etched in their memories for long. Hall coordinators ensured that the faculty got on to the stage at the appropriate time.

Our Soulful Souvenir was widely appreciated for the content and design.

We had 236 Paper and Posters for presentation. That event was smoothly and efficiently handled.

Our Abstract book has a compilation of all the papers and posters presented in the Conference. The public forum events - A Rally was conducted on the Presidential theme. Drawing competitions were held in 2 schools - Ooty Government School and St Judes school. Theme of



the competition was Women's Empowerment. 6 Children were selected and given prizes at our Inauguration Function by Dr.Sunita Madam. Health Awareness Programs in



Ooty schools were conducted as a part of the Conference by the Souvenir Team.

On the recreation part, We had a photo booth, Mehendi and nail art. Music performance was given by Super singer Miss. Adhanasree during faculty dinner. Yoga session was conducted by Dr. Periyar selvi on 21st June morning to commemorate International Yoga Day. Baduga dance by Tribal people was arranged to Welcome our President Dr. Sunita Madam. Our native drumbeat - Parai received a lot of attention. It was a part of our Rally. The rainfree climate of Ooty was God's gift to us. Ambience of Sterling Resorts was very impressive. On the whole our Conference was a Grand success due to the collective efforts of all the hard and smart working COGSians who strived with great dedication and focus. The AV team, Event Managers of Meety and Sterling Team ensured smooth and seamless conduct of the Conference.

COGSians had risen to the occasion and upheld the pride of Covai Obstetrics and Gynaecology Society.

FOGSI SHARP Vice Presidential Conference: Udaipur 11th to 13 July 2025



FOGSI SHARP Vice Presidential Conference of Dr Komal Chavan, Vice President, FOGSI 2025 was at beautiful City of Lakes, Udaipur from 11th to 13 July 2025, under the able leadership of Dr Sunita Tandulwadkar President FOGSI, Dr Suvarna Khadilkar, Secretary General FOGSI.

Organising Chairpersons were Dr Komal Chavan, Dr Prakash Jain and the Organising Secretaries were Dr Niranjana Chavan, Dr Pradeep Bandwal.

Venue was at the beautiful palatial Radisson Blu Palace & Resorts from 11th–13th July 2025, brought together eminent experts in obstetrics and gynaecology for an enriching three-day academic gathering. The event featured 3 prestigious orations, 24 keynote lectures, 13 panel discussions and Invited talks and Guest lectures. With the gracious presence of three Past Presidents of FOGSI - Dr Hrishikesh Pai, Dr P K Shah, Dr Nandita Palshetkar, 2 Vice President of FOGSI 2025 - Dr Abha Singh & Dr Shyamal Seth, ICOG Chair Dr Parag Biniwale & Secretary Dr Sarita Bhalerao, Editor in Chief of JOGI Dr Sujata Dalvi and 21 Chairpersons of various FOGSI committees, the conference stood out as a hallmark of scientific excellence and collaboration.

- A large number of delegates around 650, from across India attended the conference and workshops.
- Faculty and residents enthusiastically presented a huge



number of papers (52) and posters (67) Total - 119, sharing original research, gaining feedback, and fostering academic growth.

- The inauguration was held in the presence of Chief Guest Ms. Pragya Kewalramani, IAS, Divisional Commissioner, Udaipur. Dignitaries present at the inauguration included: Dr. Sunita Tandulwadkar – FOGSI President 2025, Dr. Komal Chavan – Vice President 2025 & Organising Chairperson, Dr. Niranjana Chavan – FOGSI Treasurer 2025–27 & Organising Secretary, Dr. Suvarna Khadilkar – FOGSI Secretary General 2025, Dr. Hrishikesh Pai – FOGSI Past President, Dr. P. K. Shah – FOGSI Past President, Dr. Prakash Jain – President, UOGS & Organising Chairperson, Dr. Pradeep Bandwal – Organising Secretary, UOGS



• Orations:

o Presidential Oration:

"When Science Meets Skills: Case Chronicles in Women's Health"

— Dr. Sunita Tandulwadkar

o Vice Presidential Oration:

"Safety and Health Attributes for Research in Potential"

— Dr. Komal Chavan

o Mr. & Mrs. Purushottam Sankhe - SHARP Conference Oration:

"Antepartum Fetal Surveillance: An Obstetrician's Dilemma"

— Dr. Vimlesh Mathur

• Keynote Speakers (24 in no.): Dr. Nandita Palshetkar, Dr. Niranjana Chavan, Dr. Hrishikesh Pai, Dr. Suvarna Khadilkar, Dr. P. K. Shah, Dr. Maninder Ahuja, Dr. Sarita Bhalariao, Dr. Abha Singh, Dr. Anahita Chauhan, Dr. Alka Pandey, Dr. Atul Ganatra, Dr. Leela Vyas, Dr. Varsha Baste, Dr. Madhuri Patel, Dr. Nozer Sheriar, Dr. Shyamal Seth, Dr. Madhuri Patel, Dr. Milind Shah, Dr. Parag Biniwale, Dr. Ameya Purandare, Dr. B. S. Jodha, Dr. Sudha Gandhi, Dr. Raj Rani Sharma, Dr. Nalini Sharma

• 13 panel discussions resulted in multi-angle insights, practical wisdom, and dynamic learning.

• The conference boasted of 12 workshops, namely Breast Health & Preventive Oncology, Cosmetic Gynaecology, Gynaecological Endoscopy (Operative), Imaging & Fetal Medicine, Infertility - The Fertility Spectrum, Labour Skills and Drills Critical Care, Medico-legal: From Theatre Light to Courtroom Fight, Midlife & Non-Communicable Diseases, Medical Termination of Pregnancy (MTP), PICSEP, PPH Workshop, Vaginal Surgery & Urogynaecology



spread in 4 medical colleges : Geetanjali Medical College and Hospital, Pacific Medical College & Hospital, R.N.T. Medical College and Ananta Institute of Medical College offering valuable hands-on exposure.

• Workshop chairpersons Dr. Sangeeta Sen, Dr. Rajrani Sharma, Dr. Madhubala Chouhan, Dr. Anjana Verma, Dr. Radha Rastogi, Dr. Umnes S Santpur, Dr. Sudha Gandhi, Dr. Rajrani Sharma, Dr. Madhubala Chouhan, Dr. Anjana Verma and national convenors Dr. Neena Malhotra, Dr. Seetha Ramamurthy Pal, Dr. Charulata Bapaye, Dr. Saritha Shamsunder, Dr. Sejal Ajmera, Dr. Subhash Mallya, Dr. Sejal Naik,, Dr. B. Kalpana, Dr. Pratibha Singh, Dr. Bharathi Rajshekar, Dr. Rashmi Kahar, Dr. Jyoti Bunglowala, Dr. Poonam Goyal, Dr. Kanchan Sharma, Dr. Archana Dwivedi, Dr. Alka Kuthe, Dr. Sujata Dalvi, Dr. Pradnya Chagede, Dr. Surekha Tayade, Dr. Mahesh Gupta, Dr. Suman Sinha, Dr. Kavita Barnwal worked dedicatedly smart and hard to ensure that the event was a huge success, leaving a lasting impact on all those who attended.

• Senior members and Legends of UOGS were honoured and felicitated by the dignitaries. The Udaipur ObGyn Bulletin was formally launched on the second day of the conference. The bulletin will serve as a platform for ObGyn professionals of Udaipur to share research findings, best practices, and innovative techniques. It is anticipated to become a valuable resource for larger audience of gynaecologists.

• On 11th July Royal Reflections Ramp Walk showcased regional pride and introduced national visitors to local music, art, and heritage. It was indeed a splendid performance by all UOGS members. National faculties participated enthusiastically making the evening lavish and

Royal.

A lively Cultural Evening on July 12th (Day 2) - FOGSI Got Talent added to the event's vibe. There were 16 Performances in Dance and Singing. Blending learning, leisure, and laughter, it created a memorable and emotionally enriching experience for all. Conference and Workshops were highlighted and lauded in local media and newspapers.

The FOGSI Sharp VP Conference 2025 in Udaipur showcased academic strength, interdisciplinary discussion, and clinical insights that would enhance patient care and policy. The efficient organisation and depth of scientific content demonstrated the dedication of the organising team and FOGSI leadership to promoting women's health in India.







ACADEMIC PROJECTS



THE EAGLE PROJECT

Every Aspiring Gynecologist Learns Endoscopy



Dr Sunita Tandulwadkar
President, FOGSI



Dr Kalyan Barmade
President, IAGE 2025-26



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



Dr Subhash Mallya
FOGSI-IAGE Convenor



The project's impact is evident in the numbers:

	TOTAL	JANUARY 2025	FEBRUARY 2025	MARCH 2025	APRIL 2025	MAY 2025	JUNE 2025
MEDICAL COLLEGES IN ALL ZONES	89	7	14	17	23	13	15
FACULTIES CONTRIBUTED	284	23	47	50	63	50	51
SURGICAL PROCEDURES DEMONSTRATED	626	33	98	115	184	84	112
GYNCOLOGISTS TRAINED IN	4739	486	694	780	1272	821	686
DAYS	167	17	28	31	30	31	30

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

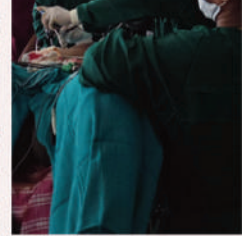
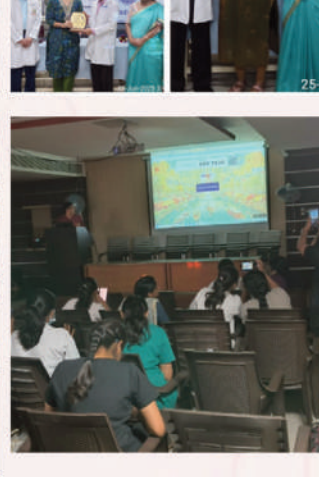
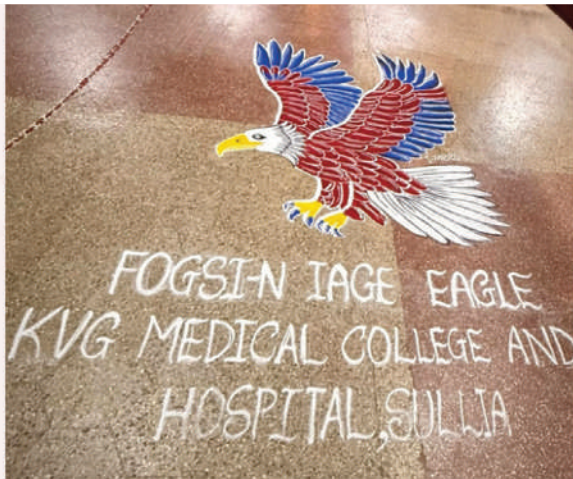
JUNE, 2025

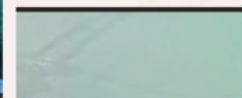
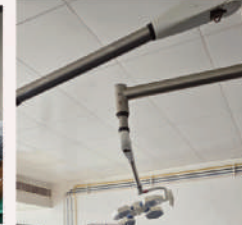
Sr. No	Date	Medical College	Coordinator	HOD	Faculties	Participants	No. Of Surgeries
1	3 June	Rabindranath Tagore Medical College (R.N.T), Udaipur, Rajasthan	Dr. Naynika Gaur	Dr. Sangeeta Sen	Dr. Naynika Gaur, Dr. Dush Deepak, Dr. Pradeep Bandwal	70	6
2	6 June	Dr. Rajendra Prasad Government Medical College, Tanda, Himachal Pradesh	Dr. Piyush Vohra	Dr. Ashok Verma	Dr. Sandeep Singh Rathore, Dr. Mohd Patel, Dr. Uday Bhamu, Dr. Piyush Vohra, Dr. Karika Sharma	50	8
3	6 June	Father Muller Medical College, Mangalore, Karnataka	Dr. Deepa Kanagal	Dr. Deepa Kanagal	Dr. Ravikanth, Dr. Rajesh Bhakta, Dr. Subhash Malysa	45	11
4	14 June	Lal bahadur shastri Government Medical College, Mandi, Himachal Pradesh	Dr. Sandeep Singh Rathore	Dr. Nalinesh Sharma	Dr. Sandeep Singh Rathore, Dr. Uday Bhamu, Dr. Ajay Aggarwal	22	7
5	18 June	Govt. Mohan Kumaramangalam Medical College, Salem, Tamilnadu	Dr. Ashwin Rao & Dr. Damodar	Dr. S. S. Subha	Dr. Damodar Rao, Dr. Ashwin Rao	79	11
6	18 June	HBV Medical College & Dr. R. N Cooper Hospital, Juhu, Mumbai, Maharashtra	Dr. Amrita Tandon	Dr. Reena Wani	Dr. Nitin Shah, Dr. Hemant Kanoyiya, Dr. Anurag Bhatia, Dr. Amrita Tandon, Dr. Aditi Tandon	35	14
7	22 June	Government Medical College, Datia, Madhya Pradesh	Dr. Snehlata Dubey	Dr. Shweta Yadav	Dr. Snehlata Dubey, Dr. BB Dash	16	5
8	25 June	Government Medical College, Chh. Sambhajinagar, Aurangabad, Maharashtra	Dr. Rupali Gaikwad, Dr. Sonali Deshpande	Dr. Shrinivas Gadappa	Dr. Pandit Palaskar, Dr. Vikram Lokhande, Dr. Vishal Chaudhary	84	4
9	25 June	Gayatri Vidya Parishad Institute of Health Care and Medical Technology, Visakhapatnam, Andhra Pradesh	Dr. Kiranmai G V	Dr. T. Padmavathi	Dr. Egbert Saldana, Dr. Kiranmai G V, Dr. CH BS Geethanjali	28	9
10	26 June	Pandit Madan Mohan Malviya Shatabdi hospital, Govandi, Mumbai, Maharashtra	Dr. Amrita Tandon	Dr. Siddhi Kore	Dr. Egbert Saldana, Dr. Keshav Patil, Dr. Amrita Tandon, Dr. Aditi Tandon	15	7

11	27 June	Bharati Vidyapeeth Deemed University Medical College, Pune Maharashtra	Dr. Nayanika Gaur	Dr. Girija Wagh	Dr. Nayanika Gaur, Dr. Mahendra Borse, Dr. Neha Dagade, Dr. Hrudayesh Pandit, Dr. Amit Tajane	60	7
12	28 June	North Bengal Medical College and hospital (NBMCH), Siliguri, West Bengal	Dr. Poulami Barma	Dr. Goutam Mukherjee	Dr. Poulami Barma, Dr. Tarun Das Gupta, Dr. Sanghamitra Thakur	65	5
13	28 June	Srinivasan medical college, Samayapuram, Trichy, Tamilnad	Dr. C. Lavanya	Dr. Arthi Pillai	Dr. Priya Lakshmanan, Dr. Omana Shankar, Dr. Vamsha	25	6
14	28 June	Malabar Medical College, Kozhikode, Kerala	Dr. Usha Menon & Dr. Rajeev S Ravi	Dr. Vinay Chandran Nair	Dr. Subash Mallya, Dr. Thameem, Dr. Usha Menon	32	5
15	29 June	KVG Medical College, Sullia Dakshina Kannada, Karnataka	Dr. Ravikanth G O	Dr. Geeta Doppa	Dr. Rajesh Bhakta, Dr. Jyotsnawati T L, Dr. Vidya Bhut, Dr. Ravikanth G O	60	7

UPCOMING PROJECTS IN JULY, 2025

Sr. No	Date	Medical College	Coordinator	HOD
1	10 July	MIMR Medical College, Talegaon (D), Pune, Maharashtra	Dr. Sachin Vedpathak	Dr. Vaishali Korde Nayak
2	10 July	Indira Gandhi Medical College, Shimla, Himachal Pradesh	Dr Piyush vohra Dr. Sandeep Singh	Dr Rita Mittal
3	17 July	Shardha university (School of Medical Sciences & Research), Greater Noida, Uttar Pradesh	Dr. Kanika Jain Dr. Aastha Aggarwal	Dr. Archana Mehta
4	17 July	Bettiah Medical College, Bihar	Mukta Agarwal	Dr. Malvika Kumud
5	19 July	NRI Medical College, Manglagiri, Andhra Pradesh	Dr. Kiranmai G V	Dr. Gangadhar Rao
6	19 July	AIIMS, Kalyani, West Bengal	Dr. Avir Sarkar	Prof. (Dr.) Subrat Panda
7	20 July	KAHER'S JN Medical college, Belgaum, Karnataka	Dr. MB Bellad	Dr. Yeshita Pujar/ Dr. MB Bellad
8	20 July	Lohia Institute of Medical Sciences, Lucknow, Uttar Pradesh	Dr. Akansha	Dr. Neetu Singh Dr. Ram Manohar
9	22 July	Symbiosis Pune, Maharashtra	Dr. Ashish Kale	Dr. Dinesh Basin
10	23 July	SMIMER, Surat, Gujarat	Dr. Sejal Naik	Dr. Ashwin Vachhani
11	29 July	Government Medical College, Surat, Gujarat	Dr. Sejal Naik	Dr. Ragini Verma
12	30 July	GMC Latur, Maharashtra	Dr. Swapna Nilangekar	Dr. Bhaurao Yadav







LIST OF CITIES

- Aayodhya
- Assam
- Agra
- Ambikapur
- Aurangabad
- Bangalore
- Belgaum
- Bhilai
- Bhopal
- Bhuj
- Bilaspur
- Bihar
- Bhagalpur
- Bundelkhand
- Calcutta
- Calicut CG,
- Chamba
- Chandigarh
- Chennai
- Chinoutpalli
- Darbanga
- Datia
- Dehradun
- Delhi
- Dindigul
- Guwahati
- Gwalior
- Hapur
- Hamirpur
- Indore
- Itanagar
- Jagdalpur
- Jammu
- Jalpaiguri
- Jhalawar
- Kalyani
- Karnataka
- Kerala
- Kishanganj
- Kolenchery
- Kollam
- Kottayam
- Kozhikode
- Lachwai
- Lucknow
- Ludhiana
- Latur
- Madurai
- Malappuram
- Mandi
- Mandya
- Mangalore
- Madurai
- Mathuranthakam
- Manglagiri
- Meerut
- Mohali
- Mumbai
- Muzaffarnagar
- Nanded
- Nahan
- Nellore
- Noida
- Patiala
- Perambalur
- Pune
- Purnea
- Raipur
- Raebareli
- Rajnandgaon
- Ratlam
- Safdarjung
- Saharasa
- Salem
- Sarahanpur
- Sagar
- Shimla
- Siliguri
- Sivagangai
- Surat
- Solan
- Tanda
- Thrissur
- Tiruchirapalli
- Tiruvalla
- Tamil Nadu
- Udaipur
- Vallam
- Visakhapatnam

The PACE Project

The Postgraduate Academic and Clinical Excellence – PACE is an ongoing program envisioned by President, FOGSI Dr Sunita Tandulwadkar for post graduates in the field of Obstetrics and Gynaecology. The first program was conducted in the State of Maharashtra in Pune. The venue was the prestigious Bharti Vidyapith (BVDTUMC), Pune city. The President inaugurated the two-day program and gave an inspirational talk on “Me & Endoscopy- a love affair” which was much appreciated. The Chairperson of ICOG, Dr Parag Biniwale attended the program and gave an informative lecture. The convenors for PACE program, Prof. Ashis Mukhopadhyay, and Dr Charmila Ayyavoo participated in the two-day program, gave lectures, and were involved

as examiners in the mock practical exams. The State coordinator of Maharashtra, Prof. Girija Waghtook great efforts to arrange the logistics for the program. The entire team of Sun Pharmawere involved in the arrangements and gave able support. About 100 postgraduates from different parts of the state attended with great enthusiasm despite the torrential rains. The sessions included scientific and practical lectures, viva-voce and OSCE training, clinical case presentations, exam-oriented discussions, and entire coverage of NMC PG Obstetrics & Gynaecology curriculum. The student community which attended the program were full of praise for the program which was the best testimonial.



PACE Schedule- 2025

Month	State	Venue	State coordinator
May 27, 28	Maharashtra	Bharti Vidyapith, Pune	Dr. Girija Wagh
June 28, 29	Karnataka	Karnataka medical colleges & research institute, KMCRI, Hubli	Dr Kasturi Donimath
July	Chattisgarh	AIIMS, Raipur	Dr Monika
	Andhra	Vijayawada	Dr Shailaja
August	North east	Sikkim	Dr Hafizur Rehman
	Madhya Pradesh	Indore	Dr Sumitra Yadav
September	West Bengal	Kolkata	Dr. Arup Kumar Majhi
	Rajasthan	Jaipur	Dr Lila Vyas
October	Tamil Nadu	PSGIMS, Coimbatore	Dr TV Chitra
	Uttar Pradesh	Kanpur	Dr Kiran Pandey
November	Gujarat	Ahmedabad	Dr Hareesh Doshi
6-9	Punjab	CMC, Ludhiana	Dr Kavita Bhatti
December	Telangana	Hyderabad	Dr Kiranmai
	Orissa	PGIMER, Bhubaneswar	Dr Bagyalakshmi Nayak

Gyan Pravah Podcast Series

Gyan Pravah – Episode 161

Transplanting Hope: A Gynecologist's Guide to Uterine Transplant
We're excited to bring you an enlightening session with Dr. Shailesh Puntambekar, who will share his expertise and experience in uterine transplant – a revolutionary advancement in gynecology. 8th July 2025 8:00 PM IST

Join us here:

<https://sunitatandulwadkarfogsi.soloclinicivf.com>

Under the visionary leadership of Dr. Sunita Tandulwadkar, President FOGSI.

Hosted by Dr. Sejal Naik, Chairperson, FOGSI Endoscopy Committee.

Don't miss this inspiring and informative session!



FOGSI PRESIDENTIAL INITIATIVE

The Federation of Obstetric & Gynaecological Societies of India

Dr Sunita Tandulwadkar
FOGSI President, 2025

Gyan Pravah, Podcast Series, Episode 161

Topic - Transplanting Hope: A Gynecologist's Guide to Uterine Transplant

Dr. Sejal Naik
Chairperson
Endoscopy Committee

Dr. Shailesh Puntambekar
Guest Speaker

08 Jul 2025 8:00 PM [CLICK HERE TO JOIN](#)

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

FOGSI PRESIDENTIAL INITIATIVE

The Federation of Obstetric & Gynaecological Societies of India

Dr Sunita Tandulwadkar
FOGSI President, 2025

Gyan Pravah, Podcast Series, Episode 151

Topic - Spirituality for modern age

Dr. Kanchan Sharma
Chairperson
NCD (Non-Communicable Diseases) Committee

Amogha Lila Dass Prabhu Ji
Guest Speaker
Vice President at ISCON Delhi (Dwarka)

28 Jun 2025 8:00 PM [CLICK HERE TO JOIN](#)

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

FOGSI PRESIDENTIAL INITIATIVE

The Federation of Obstetric & Gynaecological Societies of India

Dr Sunita Tandulwadkar
FOGSI President, 2025

Gyan Pravah, Podcast Series, Episode 150

Topic - Women in Cinema Collective - The Historic Fight Against Gender-based Abuse in the Movie Industry

Dr. Kiranmai Devineni
Chairperson
No To Violence Against Women Committee

Ms Revathy
Guest Speaker
Indian Cine Actress, Director, Founding Member of Women's Cinema Collective

27 Jun 2025 8:00 PM [CLICK HERE TO JOIN](#)

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

FOGSI PRESIDENTIAL INITIATIVE

The Federation of Obstetric & Gynaecological Societies of India

Dr Sunita Tandulwadkar
FOGSI President, 2025

Gyan Pravah, Podcast Series, Episode 153

Topic - Mental health and work life balance of Medical professionals in stressful environment

Dr. Brajbala Tiwari
Chairperson
Environmental Committee

Dr Ravi Wankhedekar
Guest Speaker
Past President IMA, Trustee World IMA

30 Jun 2025 8:00 PM [CLICK HERE TO JOIN](#)

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

FOGSI PRESIDENTIAL INITIATIVE

The Federation of Obstetric & Gynaecological Societies of India

Dr Sunita Tandulwadkar
FOGSI President, 2025

Gyan Pravah, Podcast Series, Episode 158

Topic - Bureaucracy as an Agent of Social Change

Dr. Jyoti Bunglowala
Chairperson
Ethics & Medical Legal Committee

Shri Sanjay Dubey
Guest Speaker
ACS IT, Science & Technology and General Administration Dept, Govt of MP

05 Jul 2025 8:00 PM [CLICK HERE TO JOIN](#)

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

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/9YeTSLsM5eZJXxJL7>



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/1FAIpQLSdK6THDWI0QDLoy6KA0VvKQWomag4p6YgyXOA2ZVsNJTU8-Fw/viewform?vc=0&c=0&w=1&flr=0>



Know your Number

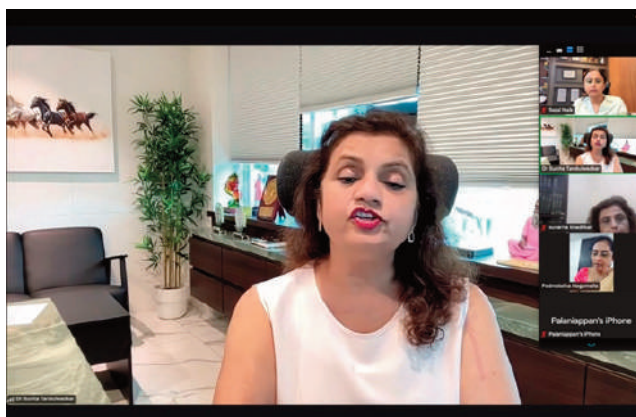
<https://forms.gle/7G3rZCj4WmUmdwZJ8>

FOGSI ANUBANDH July 2025

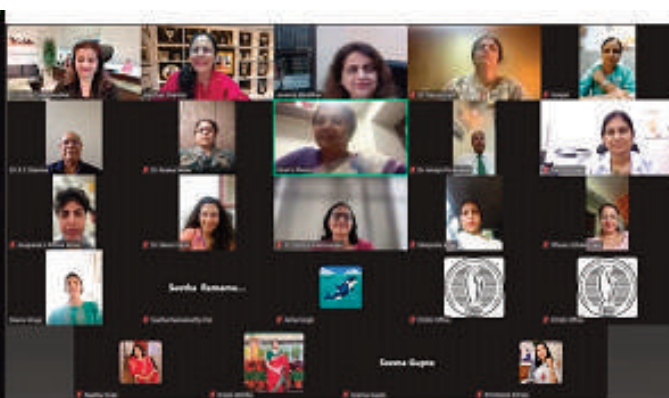
FOGSI ANUBANDH continues with President FOGSI meeting all the Presidents And Secretaries. This month Anubandh was held with societies of AP and Telangana on 10th June 2025, on 24th June with Delhi, Uttarakhand, Jammu and Kashmir societies and with Societies of Maharashtra on 8th July 2025. The team FOGSI with President Secretary General and all Office Bearers along with

the FOGSI Committee Chairpersons took part in this virtual meet to discuss FOGSI Campaigns, initiatives, Social Projects, academic activities. The meetings were interactive, Productive, thought provoking leading to much more bonding, connectedness between all the Societies and FOGSI Leadership.

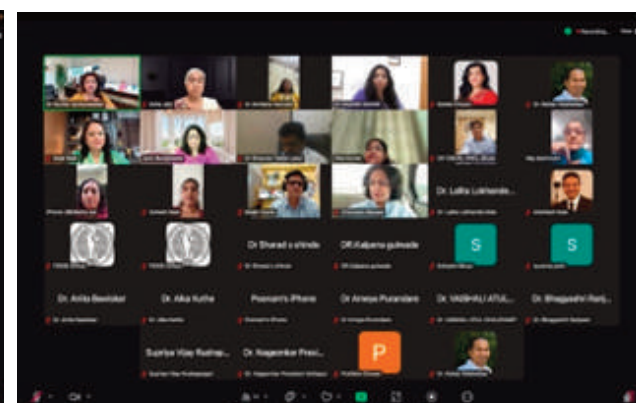
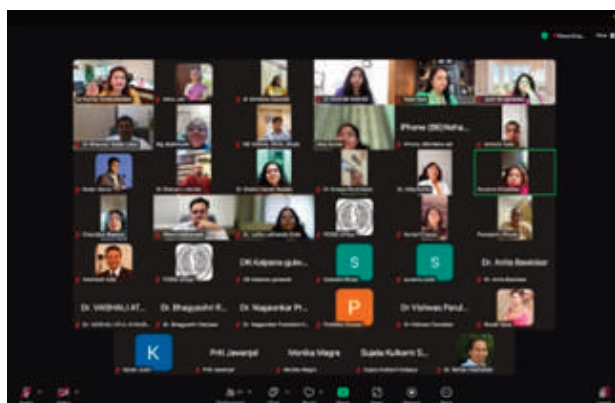
AP/Telangana societies



Delhi, Uttarakhand and Jammu and Kashmir Societies



Societies of Maharashtra



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

FOGSI COMMITTEE CHAIRPERSON REPORTS

FOGSI VAGINAL SURGERIES COMMITTEE REPORT

Dr Suman Sinha, Chairperson Vaginal surgeries committee FOGSI

Reporting Period: JAN 2024 –JUNE 2025

I began my journey of serving FOGSI as the Chairperson of the Vaginal Surgeries Committee in January 2024, and I continue to hold this position to date. During this period, I had the privilege of working under the visionary leadership of Dr. Jaydeep Tank and Dr. Sunita Tandulwadkar. I extend my heartfelt gratitude to Dr. Jaydeep Tank for his guidance, encouragement, and support. His assistance was invaluable in initiating the activities of the Vaginal Surgeries Committee, a newly established committee within FOGSI. I also deeply appreciate the unwavering support, freedom, and invaluable guidance provided by Dr. Sunita Tandulwadkar, which enabled me to continue my activities within the committee. My heartfelt thanks go to the FOGSI office bearers for their unconditional support. My work would not have progressed without the dynamic team of advisors, executive members, and

experts who have passionately contributed to the efforts of the Vaginal Surgeries Committee.

Vision

Our goal has been clear and consistent: To revitalize the art of vaginal surgery—a procedure that spans from “keyhole to no-hole”—ensuring it remains a vital skillset for the next generation of gynecologic surgeons. We aimed to:

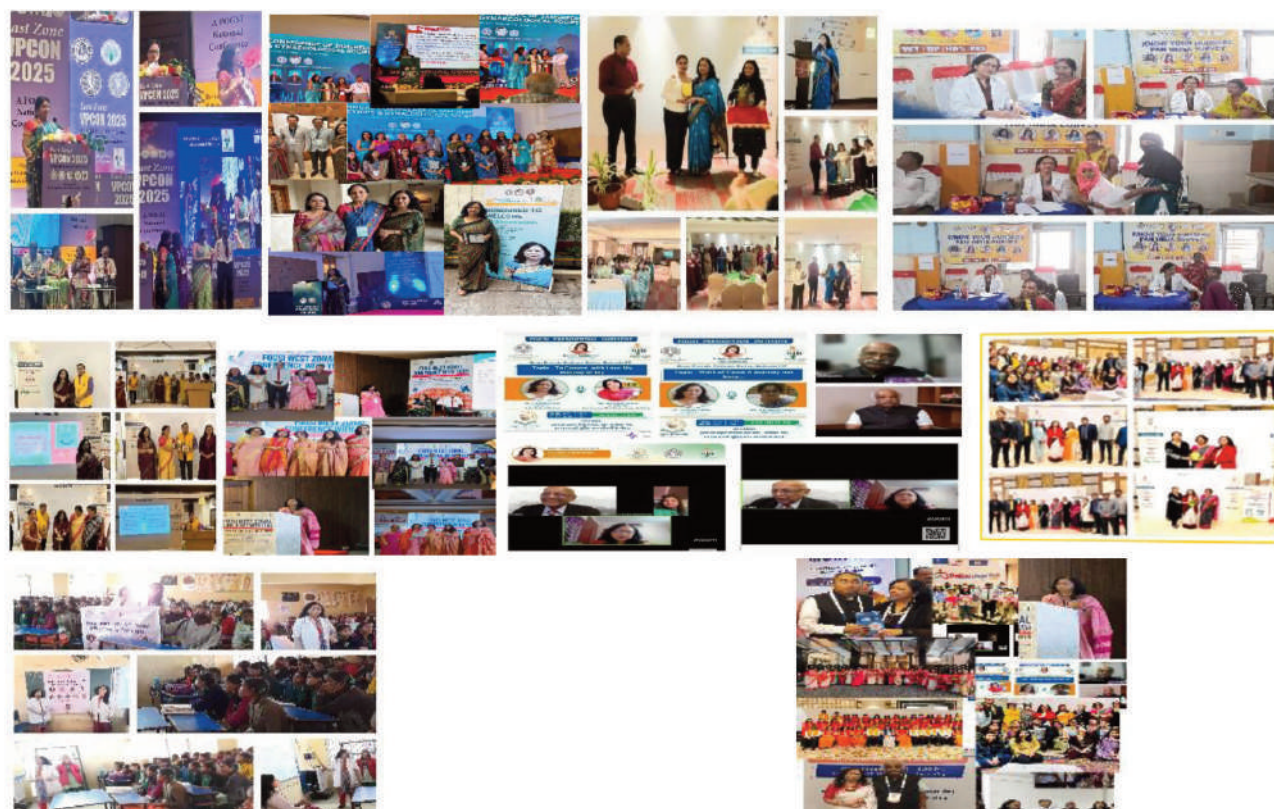
- Sensitize and empower members on vaginal surgical techniques
- Revisit, restructure, and update surgical protocols
- Provide robust training through physical and virtual platforms
- Build a knowledge-sharing ecosystem via workshops, webinars, and publications

Highlights of activities (Jan 2024 – June 2025)

Webinars – “She Matters, Deserves Better”

The year 2024 began with a digital campaign to reach FOGSI members across the country. The first online webinar on January 30th, 2024, received an overwhelming response with over 545 attendees.

Month	Topic	Chief guest	Faculty
30 th Jan	Prolapse (POPQ)	Dr Jaydeep Tank	Dr H .P Pattanaik, Dr Vineet Mishra, Dr Punam dixit , Dr Shyamal Sett
27 th Feb	SUI	Dr Jaydeep Tank Dr Shanta Kumari	Dr Narsimha Rao Dr Manjula Anagani Dr Suman Sinha Dr Kavita Barnwal
28 th Feb24	International webinar on Gynaecology	Dr Jaydeep Tank Dr P C Mahapatra	Dr Apurva Pancholy Dr Mohan C Regmi
26 th march	Uterine Prolapse , SUI	Dr Sunita Tandulwadkar, Dr Prakash Trivedi	Dr V P Paily Dr R M Saraogi Dr Apurva Pancholy
18 th April	Retro pubic sling operation	Dr Shirish Seth	Dr Nita Thakre
25 th - 27 th April	ICOG Certificate course	Dr Jaydeep Tank Dr Madhuri Patel	Dr Ragini Agarwal
11 th May	Prolapse and SUI	Dr Jaydeep Tank	Dr Suman Sinha Dr Kavita Barnwal
24 th may	Complications of VH	Dr Parul Kotdawala	Dr Ajay Rane, Dr Manohar Mottawani
14 th June	Interstitial Cystitis, SUI, Vaginal surgery	Dr Kamal Buckshee Dr Jaydeep Tank	Dr Achla Batra, Dr Mohan Gadani, Dr Suman Sinha
18 th June	Voiding difficulties BPS	Dr Narendra Malhotra	Dr Anil Sakhare, Dr Amita Jain Dr Suman Sinha
24 th Sept	Fogsi online certificate course on Uterine Prolapse	Dr Jaydeep Tank	Dr Sujata Dalvi, Dr Archana Kumari. Dr Neena Malhotra , Dr Vidya Thobbi



Summary of achievements 2025

The vaginal surgeries committee has made a significant strides in promoting the art and techniques vaginal surgeries to its members through multiple workshops. Online video presentation of different types of surgeries involving renowned surgeons from India and abroad, took part in many FOGSI Presidential activities .The key achievements include :

- Physical CMEs Ranchi, Pune, Kolkata, Delhi, Jamshedpur, Deoghar, Rourkela
- Webinars : 21st March ICOG master class, 24th April with Noida society, 7th May with SOVSI Haryana chapter
- Gyan Pravaah Podcast series on 25th of every month , engaging dialogues with, guest faculties from many fields . Feb- Dr P C Mahapatra, March- Dr Shirish Sheth , April- Neelam Kumar. May - Mrs Harshika Singh IAS, June –Dr Apurva Pancholy texas USA
- Workshops :8th Jan Mumbai, 18th April Kolkata, 1st march Pune ,8th may Navsari , 1st -7th april Navsari , 26th april Darbhanga
- Sampoorana Project : 1st Feb Ranchi, 9th march Jamshedpur, 22nd march Deoghar, 7th June Rourkela, 28th June Kolkata
- Know your numbers 1st Feb RIMS Ranchi, 25th Feb Itki, 10th march Bokaro
- Publications – as editor of 2 books released in january 2025 at AICOG , 1. Dr Shirish Sheth manual of vaginal surgeries 2. FOGSI FOCUS ON AUB , upcoming releases Anals of vaginal surgeries under Gyan Deepika and FOGSI EEER on LGTI , FOGSI News letter on The Parables of vaginal surgeries as chief editor in 2024.
- HPV Vaccination awareness programmes : 19th Jan. Ranchi at college of nursing rims. 21st Jan at Ram lakhan sjngh school Ranchi 29th Jan at Cambrian school kanke road Ranchi, FOGSI GSK session on 3rd may
- Celebrations :8th march International Woman's day celebration

From virtual webinars to on-ground workshops, high-impact publications to thought-provoking podcasts—the Vaginal Surgeries Committee has

ushered in a vibrant, inclusive, and evidence-based era in gynecologic surgery within FOGSI. We remain committed to empowering every FOGSI member with the skills, knowledge, and confidence to practice and propagate vaginal surgery as a safe, superior, and sustainable surgical option.

REPORT OF UROGYNÆCOLOGY COMMITTEE

Jan 2024 – Jun 2025

- Webinar on Urogynecology with societies of East Zone and Vaginal Surgery committee on 30th January 2024 Theme : Aavyanna - She Matters, Deserves Better ; web Series 1. Participated as convener.
 - Workshop and Physical CME with Jalandhar Obstetric & Gynecological Society Under the aegis of Urogynaec & Pelvic Floor Repair Committee FOGSI on 15th February 2024 Participated as chairperson.
 - Invited as guest of honour in webinar on 20th February 2024. Participated as Guest of honour
 - Webinar with societies of south zone on 27th February 2024 with Vaginal Surgery Committee FOGSI Theme : Aavyanna - She Matters, Deserves Better ; web Series 2. . Participated as convener.
 - International webinar on Urogynecology on 28 th February 2024. Participated as MOC .
nd
 - Workshop and Physical CME with Muradabad Society 2 march 2024 with Vaginal surgery committee. . Participated as Speaker
 - Women's day celebration on 9th March 2024 with eminent speakers from Health, Yoga and Civil services with Vaginal surgery & Endoscopy Committee. Participated as convener.
 - Workshops and Physical CME with all Bihar Jharkhand societies on 17 March 2024 at Dhanbad. Participated as Guest Speaker .
 - Webinar with societies of West zone on 26th March 2024 Theme : Aavyanna - web Series 3. .
 - Webinar on 18th April 2024 with 4 committees of FOGSI ;eastern essence-elevating knowledge by urogynec committee fogs , iaec,vaginal surgery, adolescent health committee FOGSI.
 - Managing Committee Meeting hosted by the Bengal Obstetric and Gynaecological Society on 19 April 2024 .
 - Participated as Faculty in webinar FIGO FOGSI LDI REACH- SAVING MOTHERS TOGETHER on 26th April 2024.
 - PHYSICAL WORKSHOP & CME By Ludhiana Obstetric & Gynecological Society Under the aegis of Urogynaec & Pelvic Floor Repair Committee FOGSI on 5 May 2024
 - Harobgyn Society In Association with FOGSI Committees (Vaginal Surgery Committee, Urogynaecology Committee, & Ethics & Medical
- Committee FOGSI) DATE: 11 May 2024, Theme : Aavyanna - web Series 4.
- Urogynae and E Repair Workshop - Academic Partners Johnson & Johnson at Velammal Medical College Hospital & Research Institute Madurai on 21th may 2024.
 - Workshop and Physical CME by Urogynaec Committee FOGSI with BhatindaObg Society and Urogynaecology & Pelvic Health Care Clinic, Bhatinda) on 26 May 2024. Participated as National Faculty
 - Urogynaecology and vaginal Surgery Committee , FOGSI in association with Societies of West and North Zone organised webinar on 28 May 2024. Theme : Aavyanna - web Series 5. Participated as Moderator .
 - Indian Society of Perinatology and Reproductive Biology Indore Chapter Webinar on 28 TH MAY 2024. As expert
 - Chennai society conducted Pre conference Workshop on Urogynae with FOGSI Urogynae committee on 1ST JUNE 2024.
 - Urogynaec committee with Vaginal Surgery NCD Co FOGSI organised webinar on 14th June 2024 Aavyanna - web series 6.
 - The Nagpur Obg Society Under the aegis of Urogynaec & Pelvic Floor Repair Committee FOGSI did physical workshop & CME on 16th June 2024. .
 - The Agra Obg Society Under the aegis of Urogynaec & Pelvic Floor Repair Committee FOGSI Invites you to Clinical Pearls - Update on Clinical Challenges and Recent Advances in Ob/Gyn on 22nd June 2024
 - Urogynec Committee FOGSI with Urogynec committee of OGSSI , SOVSI organised CME on 23rd June 2024
 - MOGS Presidential online webinar On 4th July 2024
 - Patna Obg Society Under the aegis of Clinical Research Committee, FOGSI organised physical workshop & CME on Urogynecology on 14th July 2024
 - Indian Society of Perinatology and Reproductive Biology, Ranchi Chapter organised Webinar on 16th July 2024
 - Patna Obg society In association with Societies of Maharashtra, Andhra Pradesh, Punjab Presents Webinar on CLINICAL PEARLS FOR OBSTETRICIANS On 16th July 2024
 - Urogynaec with Vaginal Surgery Committee FOGSI had webinar on 18th July 2024 Theme : Aavyanna - web Series

- An absolute academic feast on AUB organised by ENDOSCOPY COMMITTEE on 23rd July with Bihar IAGE Chapter and FOGSI member societies of Bihar Participated as Expert
- FEPPA in association with UROGYN SUBCOMMITTEE OGSSI & FOGSI had webinar on 24TH JULY 2024 .
- FOGSI Urogynaec, vaginal Surgeries, No to VAW and IAEC had webinar on 2 August 2024 THEME – From Idea to Implementation:
- FOGSI Endoscopy ,Urogynecology Committees with SAFOG presents Webinar on Concepts in SUI on 7th August 2024
- Obg society Meerut Under the aegis of Urogynaec & Pelvic Floor Repair Committee FOGSI organised workshop and physical CME on 17 Sep 2024.
- URO GYNAEC WEBINAR on 17 September,2024 by Urogynae subcommittee OGSSI and FOGSI and TNFOG.
- Physical workshop & CME on Urogynecology with Baroda Society on 20th to 22nd Sep 2024 .
- Pune Obg Society Under the aegis of Urogynaec & Pelvic Floor Repair Committee FOGSI on 22 Sep 2024
- ICOG certified CME on 23rd to 25th Sep 2024 .
- GIBS case based discussion in association with FOGSI,OGSSI Organising Chairperson Dr. Meera Ragavan OGSSI 24th Oct, 2024.
- URO GYNAEC, Vaginal Surgery and Public Awareness webinar Avayanna web series 8 on 28th Oct 2024.
- FOGSI presidential conference on 17th Nov 2024 AT Mumbai .Great opportunity given by President Dr Jaideep Tank.
- FOGSI VPCON 2024 on 29 , 30 Nov 1 Dec at bhubaneswar . Workshop & CME on Urogynaec with vaginal surgery.
- Patna Obstetric & Gynaecological Society XXIX Pogscon 2024 on 13 14 & 15 Dec 2024
- Jabalpur OBG society in association with UROGYNAEC & vaginal surgeries committee, FOGSI on 15 Dec 2024
- Scientific sangam 39 organized by ISOPARB prayagraj in association with allahabad obs gyn society on 17 dec 2024.
- FOGSI east zonal conference with yuva 2024 theme – lesser intervention & yet, better outcome in ob/gyn on 20, 21 & 22 dec 2024 at siliguri
- AICOG 2025 Mumbai 67th All India Congress of Obstetrics & Gynaecology FOGSI celebrates 75 years Diamond Jubilee on 8 - 12 Jan, 2025 at Jio World Convention Centre.
- A workshop on urogynecology, addressing pelvic floor disorders, urinary incontinence, and surgical management for female urological health on 8th Jan, 2025. Conveners: Kavita Barnwal, J B Sharma ,National Co-ordinators: M. C. PATEL
- YUVA IAGE – 2025 THE BIHAR CHAPTER Youthful perspective on 24 to 26 Jan 2025 at Rajgir International Convention Centre . Participated as speaker and chairperson.
- ◆ 10 FOGSI – ICOG Annual Conference UP2 DATE IN OBGYN ...Fundamentals to advanced on 1 & 2 March 2025 Pune. Parcpated as moderator on panel on voiding dysfunction.
- Guest of honour in Precision Knowledge Series Episode 7 On 16 April 2025.
- FOGSI MCM on 11 to 13 April 2025 Crowne plazaGurugram .Presented committee report.
- East Zone VPCON 2025 A FOGSI National Conference on 18 – 20 April 2025.Organised workshop on urogynecology with vaginal surgery committee.
- 2 FEPPA conference on CPP on 19 & 20 April 2025 .Delivered talk on PELVIC PAIN.
- Speaker on how to approach a woman with urogynaec problems on 4 may 2025 Deoghar



- Chairperson in Webinar by FOGSI and SOVSI Haryana Chapter on 7 May 2025
- FOGSI VICE PRESIDENTIAL CONFERENCE Theme- In Pursuit of Accretion, Tuning, Restructuring Organized by : Noida Obstetrics and Gynaecological Society on 10& 11 May 2025. Speaker and chairperson
- Chairperson in Launch of SOVSI Punjab Chapter and Symposium on Vaginal Surgeries on 6 June 2025
- Karnataka Obstetrics and Gynecology in association of UROGYNECOLOGY AND MIDLIFE COMMITTEE Scientific Webinar on PELVIC ORGAN PROLAPSE on 12 JUNE 2025 , participated as chairperson.
- Special guest in webinar on Female Sexual Dysfunction with all Bihar societies on 12th JUNE 2025.
- IUGA , EUGA JOINT MEETING 2025 ON 18-21 JUNE 2025, AT BARCELONA by Dr Amita Jain & Dr Meera Ragavan

KNOW YOUR NUMBERS REPORT

- HPV vaccination awareness program with KYN at Girls' High School ,Lallu Pokhar on 20 Jan 2025



- HPV vaccination awareness program with KYN at Madhopur Girls' High School on 21th Jan 2025
- HPV vaccination awareness program with KYN among Nurses at GNM School on 22 Jan 2025
- Women's day was celebrated at BRM College where Do Tike Jindagi Ke and KYN was completed among 150 girl students
- HPV vaccination awareness program with KYN among PMI students on 23 Jan 2025
- HPV vaccination awareness program with KYN at Sharda Vidya Mandir ,MogalBazar on 27 Jan 2025

- HPV vaccination awareness program with KYN at Saraswati Vidya Mandir ,Puraniganj on 28 Jan 2025
- HPV vaccination awareness program with KYN at Sadar Hospital, Munger on 20 feb 2025
- Free check up camp on occasion of International Women's Day on 9th march. Free HB, sugar, BMD check up were done Around 80 women were benefited.

THE EAGLE PROJECT

- An Endoscopy workshop was organised at JLNMC on 6th March 2025.
- An Endoscopy workshop was organised at GMCH, PURNEA on 9th March 2025.
- An Endoscopy workshop was organised at Load Buddha Koshi Medical College and Hospital on 9th April 2025.



SAMPOORNA CME REPORT

- SAMPOORNA CME at Bhagalpur on 1 Feb 2025 with Dr Pratibha Singh
- Awareness on women empowerment , health, Do tike Jindagi ke and Sampoorna among 250 school teachers at SVM ,Puraniganj on 24thfeb 2025
- Free check up camp on occasion of International Women's Day on 9th march. Free HB, sugar, BMD check up were done Around 80 women were benefited
- Delivered a talk on women empowerment with Sampoorna at Auditorium with District Magistrate, Mayor Munger, Branch Manager ITC . About 200 self empowered women were present on women's Day
- Women's day was celebrated at Gyatri Shakti Pith where 101 women were about sampoorna and health
- Sampoorna CME at Purnia on 3rd May 2025 ,organized by the Purnia OBGYN Society
- SAMPOORNA CME at Darbhanga on 17th May 2025



GYAN PRAVAH PODCAST SERIES

- Gyan Pravah , Podcast Series , Episode 27 with Dr Shanti Roy on 24 Feb 2025
- Gyan Pravah , Podcast Series , Episode 55 with Dr Sanjay Jaiswal on 24 March 2025
- Gyan Pravah , Podcast Series , Episode 86 with Dr Ajay Rane on 24 April 2025
- Gyan Pravah , Podcast Series , Episode 116 with Swami Shirdhyanam on 24 May 2025
- Gyan Pravah , Podcast Series , Episode 147 with Dr Jaideep Malhotra on 24th June 2025

HEALTH CAMP AND AWARENESS PROGRAM

- Health camp and awareness at Laloo Pokhar Sahani Tola on 5 March 2024
- Health camp and awareness on Urogynecology by Magadh society on 4th April 2024
- Awareness camp on urogynaec done on 6th April 2024 by Bhagalpur society
- Awareness and health camp at a small village Fardah on 7 April 2024
- Health camp and awareness program by KOGS on Urogynecology on 7 April 2024
- Angamaly O&G Society in association with FOGSI Urogynaecology Committee conducted a Health Awareness Class & Camp on April 7 2024
- Awareness campaign by Aligarh Obg and Gyn society 8 April 2024
- First Awareness and Health camp On Urogynaec in association with a

NGO Pudhiyadhor by OGSSI and Urogynae Subcommittee FOGSI at 58 AV Church Road Besant Nagar Chennai on 8 April 2024

- Urogynecology awareness program and Health camp conducted at College of Medicine & JNM Hospital, by Kalyani Obs Gyn Society, West Bengal 9 April 2024
- Awareness and Health camp on Urogynaecology Muradabadsociety 9 april 2024
- Awareness and Health camp on Urogynaecology by west Bengal Obs Gyn Society on 10 April 2024
- Awareness & Health Camp on Urogynaecology by OGSSI UROGYNAECOLOGY COMMITTEE by Chennai Society on 29 APRIL 2024
- In the last year, 7 free urogynaec camp conducted on 6 Dec 2024



A close-up photograph of pink rose petals, heavily covered with clear water droplets. The petals are layered, showing various shades of pink from light to deep magenta. The water droplets are of various sizes, some reflecting light, creating a fresh and vibrant appearance. A semi-transparent white rectangular box is centered over the middle of the image, containing the text 'STATE PRESIDENTIAL REPORTS' in a dark red, serif font.

STATE PRESIDENTIAL REPORTS

Uttarakhand Society of Obstetricians & Gynaecologists (UKSOG)



President, UKSOG
DR. ANUPAMA RAVI
FUTELA



Secretary, UKSOG
DR RADHIKA RATURI

Uttarakhand Society of Obstetricians & Gynaecologists (UKSOG) from the year 2021 has 6 active societies working in the state. Uttarakhand being a hilly state, has hordes of difficult terrain to reach out both for patients and healthcare workers. The aim was to start good collaboration amongst all districts and to reach out the gynaecologist working in remote villages and the cities where there is no easy commute for frequent academic upgradation.

The Uttarakhand Society of Obstetricians & Gynaecologists (UKSOG) has been actively promoting women's health and providing quality healthcare in Uttarakhand through various events, conferences, and workshops. Key scheduled events being

1. Installation Ceremony: This milestone event marked the formal transition of leadership within UKSOG, where Dr. Anupama Ravi Futela assumed the presidency from Founder President Dr. Meenu Vaish. The event was graced by esteemed dignitaries and featured an impactful PPH Conclave led by Dr. Shashi Kabra from DDU, Delhi. The session focused on postpartum haemorrhage (PPH), delving into latest treatment protocols and management strategies to reduce maternal mortality. It set the tone for a year committed to clinical excellence and women's health advancement along with team members like Dr

Radhika Raturi, secretary UKSOG and Dr Arunima P Goel as the treasurer.



2. Aarogya Yog Yatra:

This health camp on 20/2/25 was a collaborative effort led by FOGSI President Dr. Sunita Tandulwadkar, under the academic guidance of Dr. Jaya Chaturvedi, Dean Academics at AIIMS Rishikesh. It provided free medical consultations, health screenings, and awareness programs for underserved populations in Rishikesh. The camp also included sessions on maternal wellness and lifestyle interventions, aligning with the broader goals of preventive healthcare.



3. Himalayan Reproductive Health Conclave :

This was the annual bigwig event held by UKSOG in association with UK ISAR on 11-13th Apr 2025 at Jim Corbett National park, Ramnagar, Nainital with theme of "Womb to Wellness"

A flagship academic and clinical event, this conclave brought together experts and young practitioners in a Gurukul-style learning retreat. Workshops included hands-on training on Intrauterine Insemination (IUI), led by top fertility experts – Dr. Rajesh Koradia, Dr. Abha Majumdar, and Dr. Sachin Kulkarni. The event fostered in-depth learning, interaction, and skill enhancement in areas of reproductive health, with a strong focus on holistic approaches to fertility and wellness. A different styled, much appreciated podcast session on Day 2 ensured uninhibited flow of knowledge exchange without any time limit. Everyone returned satiated without the hunger of unanswered questions.

Gurukul style learning session was the unique part where givers and takers were all together in the lap of mother nature. Another take-home at the conclave was that learning can be real fun and can be conducted any and everywhere. The sessions were conducted under the trees on the riverside and was thoroughly enjoyed both by mentors and delegates.



4. Webinar on sexual health conducted in Association with FOGSI on 1/5/25

5. Talk on Anaemia in Adolescence

6. Webinar in association with Fogsi Imaging Science committee ON 5TH JUNE 2025

7. Webinar in association with AMOGS on 10TH JUNE 2025

8. Webinar on 18/6/25 as part of Precision Series conducted in collaboration with ISOPARB Mumbai

9. International Yoga Day Celebration Dehradun Obs-Gyn Society led by Dr Reena Ahuja, President and Dr Mansi Vaish, Secretary



Haldwani Obs-Gyn Society year round up led by Dr Madhu Kiran, President and Dr Gunjan, Secretary.

Event 1: CME on 1/2/25

Topic: Endometriosis and ask anything session

Speaker: Dr. J.B. Sharma, HOD, AIIMS, Delhi

Event 2: CME event with Sampoorana project a

FOGSI initiative on 22/3/25 covered by Dr. Poonam Goyal from Delhi

Topic 1: Maternal Nutrition Preconception to Lactation - Dr. Godavari Joshi

Topic 2: Menopause - Beyond HRT with Phytoestrogens - Dr. Archana Singh

Topic 3: Role of Micronutrients for Enhancing Fetal Outcome - Dr. Deepa Gupta

Event 3: Patient awareness program with Safe Motherhood Committee FOGSI at GMC, Haldwani on 11/4/25.

Topic: Tips of Safe Motherhood

Speaker: Dr. Madhu Kiran

Event 4: CME on 24/5/25

Topic: Bad Obstetric History and Panel Discussion on RPL

Speaker: Dr. Bharti Maheshwari.

Event 5: Mass plantation campaign was organized by: Environmental Health Committee FOGSI at City Forest, Haldwani on 5/6/25 with HOGS members as

active participants.

Event 6: HPV Vaccine Cluster Training Program Wave II Group A on 28/6/25

Topic 1: Science Around HPV Vaccination - Master

Trainer: Dr. Gunjan

Topic 2: Myths & Facts about HPV Vaccination -

Master Trainer: Dr. Madhu Kiran

List of events by Haridwar Obs-Gyn Society led by Dr Seema Gupta, President and Dr Manpreet Kaur Secretary:

Event 1: Plantation drive July 2024 at Devpura Vatika, Haridwar

Event 2: CME on 28/1/25

Topic: Elagolix

Speaker: Dr. Sonu Rout from Haridwar

Event 3: Collaboration meeting of Swami Ram Himalayan Univ. & HOGS & Dept. of Health, Haridwar for SANKALP pilot project. This is a project focusing on reducing Neonatal mortality.

Speaker: Dr. Rajeev Bijalwan, HRMS.

Event 4: CME on 21/2/25

Topic: Managing Thrombosis in Pregnancy.

Speaker: Dr. Tarushree Verma from CMI, Dehradun

Event 5: CME on 21/3/25

Topic: Overview of Elagolix

Speaker: Dr. Shilpa Sharma.

Event 6: CME on 24/4/25

Topic: IVF - Contemporary practice

Speaker: Dr Shipra Gaur, Dehradun.

Event 7: CME on 17/5/25

Topic: Genetic Counselling

Speaker: Dr Abhinika, Lal Path, Delhi.

Event 8: CME on 28/5/25

Topic: Role of Borage oil in PMS & Mastalgia

Speaker: Dr Aditi Gupta.

Event 9: CME on 20/6/25

Topic: Importance of HPV Vaccination in post pubertal & adult women

Speaker: Dr Antima Singh.

List of events by KASHIPUR OBGY Society led by Dr Meenu Sood, President and Dr Vibha Mehrotra, Secretary

Event 1: CME on 15/7/24

Topic: PPH

Speaker: Dr. Geeta Jain, Haldwani.

Event 2: Panel discussion on 31/7/24

Topic: Breast Feeding

Speaker: Dr. Ravi Sahota

Panellists: Dr. Ruchi Rastogi, Dr. Bharti Gahtori, Dr. Navpreet Sahota.

Event 3: CME on 3/9/24

Topic: Hystero Laparoscopy for diagnosis and treatment of infertility

Speakers: Dr. Neha Upreti and Dr. Richi Solanki.

Event 4: CME on 21/11/24

Topic: Peri Operative Fluid Management in Obstetric Patients and Blood Transfusion Guide in PPH /APH

Speakers: Dr. Shatrunjay Sharma and Dr. Sonam Jain.

Event 5: Round table meet on 10/1/25

Topic: Obstetrical Emergencies

Speaker: Dr. Anjali Gupta.

Event 6: CME on 12/2/25

Topic: Fibroid and Adenomyosis Uterus

Speaker: Dr. Aradhna Singh from Fortis-Noida.

Event 7: CME on 26/3/25

Topic 1: Endometriosis

Speaker: Dr. Richi Solanki

Topic 2: Thyroid Disorders in Pregnancy

Speaker: Dr. Archana Singh from Haldwani.

Event 8: CME on 7/5/25

Topic: Carcinoma Uterus

Speaker: Dr. Kanika Gupta from Max Vaishali.

Event 9: 18/6/25

Topic: RTM

Speaker: Dr Tanuja Bora from Nova IVF.

Event 10: CME on 25/6/25 as a reverse panel discussion

Topic: AUB and Endometriosis

Speaker: Dr. Lila Vyas.

Event 11: CME on 9/7/25 as a reverse panel discussion

Topic: Labour Monitoring and CTG



Speaker: Dr. Bharti Maheshwari.

Year round up by Roorkee OBGY Society led by Dr Abha Agrohi, President and Dr Jyotsana and Dr Preeti Arora, Secretary

Event 1: April 2024

Topic :Urinary tract Infection in pregnancy and role of antibiotics



Speaker : Dr Bhargava.

Event 2: May 2024

Topic :Interesting cases on Urogyne complaints , Adnexal mass and Immunotherapy

Speaker :Team from Max Vaishali -Dr Harshit Garg , Dr Swasti & Dr Anshul Gupta .

Event 3: June 2024 .

Topic :Role of Dydrogestone in LPD and Recurrent pregnancy loss .

Speaker: Dr Manisha Agarwal.

Event 4: July 2024 .

Topic :Role of NT/NB SCAN

Speaker-Dr. Vikas Kumar.

Event 5: Sep 2024 Celebrating Nutrition week.

Topic: Nutrition requirement in pregnancy with special focus on women with IUGR /LBW fetuses .

Speaker: Dr Sunil Holkar .

Event 6: Oct 2024 .

Topic :Hypertensive disease in pregnancy from Basics to latest guidelines .

Speaker : Dr Priyanka Garg.

Event 7: Nov 2024 .

Topic : Post menopausal health. Role of Tibolone and newer treatment.

Speaker: Dr Durgesh .

Event 8: Nov 2024 .

Topic : Raising cervical cancer awareness in women, Vaccine facts and figures.

Speaker : Dr Manisha.

Event 9: Dec 2024

Topic: Clinical and Radiological aspects of IUGR

Speaker: Dr Aditi Gupta/Dr Vikas Saini.



Event 10 : Jan 2025

Topic : To decrease the Neonatal mortality Rate from two digits to single digits by targeting preventable causes for neonatal mortality (A Govt Of India pilot project)

Rogs teamed with SANKALP (An initiative by Swami Rama Himalayan University, District Hospital Haridwar and ICMR)

Event 11 : 25 June 25

Topic :The overview of Elagolix

Speaker :Dr Meenu Vaish.

List of events by Rudrapur ObGyn Society led by Dr Pawanpreet Gill, President and Dr Neerja Pant, Secretary

Event 1: August 26, 2023

Topic : Nutrition in Preconceptional Period

Speaker: Dr. Neerja Pant.

Event 2 : September 20, 2023

Topic : A Methodical Approach to Anaemia

Speaker: Dr. Himanshu Chaturvedi, Haematologist, Moradabad.

Event 3: October 28, 2023

Topic : An Approach to Breast Lumps and Adnexal Masses

Speaker : Dr. Rajinder Saggu and Dr. Swasti, Max Vaishali.

Event 4: November 25, 2023

Topic : HPV Vaccination Cervavac

Speaker : Dr. Neerja Pant.

Event 5 : December 9, 2023

Topic : Maternal Markers and Antenatal Genetic Counselling

Speaker: Dr. Priya Yadav, Pathkind.

Event 6: December 20, 2023

Topic : Non-invasive Prenatal Testing (NIPT)

Speaker : Dr. Atul Thatai, Director Genomic, Max Lab

Event 7: In March 2025

Topic : Vaccination drive with Interarch Saubhagya Nirmalam health foundation and awareness campaign for Police force and their families.

Event 8 : June 1, 2024

Topic : A Decade of Transformation - Advances in Gynaecological Cancer Management

Speaker: Dr. Kanika Sood, Consultant, Dharamshila Narayana Hospital.

Event 9: August 24, 2024

Topic :Pregnancy-Associated Breast Cancer CME

Speaker : Dr. Rajender Saggi, Breast Oncosurgeon,

Max Hospital, Delhi

Event10: October 5, 2024

Topic : Ovulation Induction CME

Speaker: Anupama Ravi Futela.

Event 11: May 30, 2025

Topic :Rheumatic Disease in Pregnancy CME

Speaker: Dr. Deepak Rastogi

Event 12: July 5, 2025

Topic :Role of Estrogen in Reproductive Health and Liposomal Iron

Speakers: Dr. Surabhi and Dr. Parul Garg

In the year 2025 we have also made an Outreach Committee whose task is to create an undercurrent spirit to evolve and upgrade all gynaecologist and obstetrician. The far aim is to improve health indices of our society and change our motherland India to developed country from a developing country.

These events have covered medical education, social awareness campaigns, patient awareness programs, plantation drives, vaccination events and yoga day celebrations etc. These societies comprise of talented and hard working gynaecologists of all ages and experiences who have come together to make a difference in healthcare in Uttarakhand. Just to mention one name Dr Sarveshwari Nautiyal , trained at Meerut and Gorakhpur, careered at Allahabad, now back to her roots at hills has committed herself to Ca Cervix eradication, has also took up the task of Outreach committee to reach all healthcare professionals at the remotest place and

make them part of the community. With similar zeal for continued medical education the team UKSOG aims to keep the light of knowledge glowing with higher standards so that quality healthcare can be delivered. HPV Champion training program for promoting HPV vaccination by Master trainer Dr Sarveshwari Nautiyal has been done in many societies to achieve elimination of cervical cancer by 2030 national program. Awareness campaign, marches, for HPV vaccination and cervical cancer prevention, mammography and breast cancer awareness in more than 100 schools and forums have been done by UKSOG members. Many talks have been conducted on menstrual hygiene and PCOS in schools.

UKSOG's event calendar for 2024–2025 reflects its dynamic, inclusive, and educational spirit. From cutting-edge medical webinars to on-ground community engagement and academic conclaves, the society has made significant strides in improving healthcare awareness, education, and practices across Uttarakhand. These events collectively reflects UKSOG's mission and commitment to empower healthcare professionals, serve the community, and champion women's health at every stage of life.



Association of Obstetrics & Gynecological Societies of Bihar and Jharkhand (AOGSBJ) & Muzaffarpur Obs. & Gyn society

07/04/2024 CME on Adolescent Endometriosis
Dr Prachi Singh



USG workshop – Dr.Rajan Chaudhary (Patna)



Menopausal transition (23.6.24) DR.Prof.PK Mitra (From Kolkata)



Pain management in endometriosis (Dr. Arnab Basak) Kolkata 8.12.24



Cervical cancer awareness camp – Dr.Prachi Singh 4.3.25



COLPOSCOPY WORKSHOP
Date : 05.05.2024 (Sunday) Time : 8.00 AM to 12.00 Noon
Venue : Ashirwad IVF Centre, Muzaffarpur
Organised by : MUZAFFARPUR OBSTETRICS & GYNECOLOGICAL SOCIETY
Faculty :
Dr. Priya Ganesh Kumar
Chairperson
Gynaecological Oncology Committee FOGSI (2021-2024)
Prof. (Dr.) Rangita Sinha, Patron & Founder President, MOGS
Dr. Neelam Sinha, President, MOGS
Dr. Sadhana Sinha, Secretary, MOGS
Dr. Prachi Singh, Joint Secretary, MOGS

Genital tuberculosis (Dr.Prof.J.B.Sharma) AIIMS (Delhi) 23.6.24



ADHUNA project training 110 staff members trained FCM,PPH,AMTSL –Dr.Abha Rani Sinha 22.3.25



ICOG MOGSCON 22nd and 23rd june'24 USG-workshop Dr. Vandana Chaddha



MTP ACT – Dr. Jaydeep Tank (Mumbai) 24.6.24



AOGSBJ scientific programme online on 06/04/2025

- Reducing stillbirth: Dr. Poonam Dixit
- Cancer risk reducing surgery: Dr. Kavya Abhilashi
- Screening of carcinoma cervix – what is new : Panel discussion

AOGSBJ online CME on 11/05/2025

Topic : Role and technique of cervical cerclage- Dr. V. P. Pally

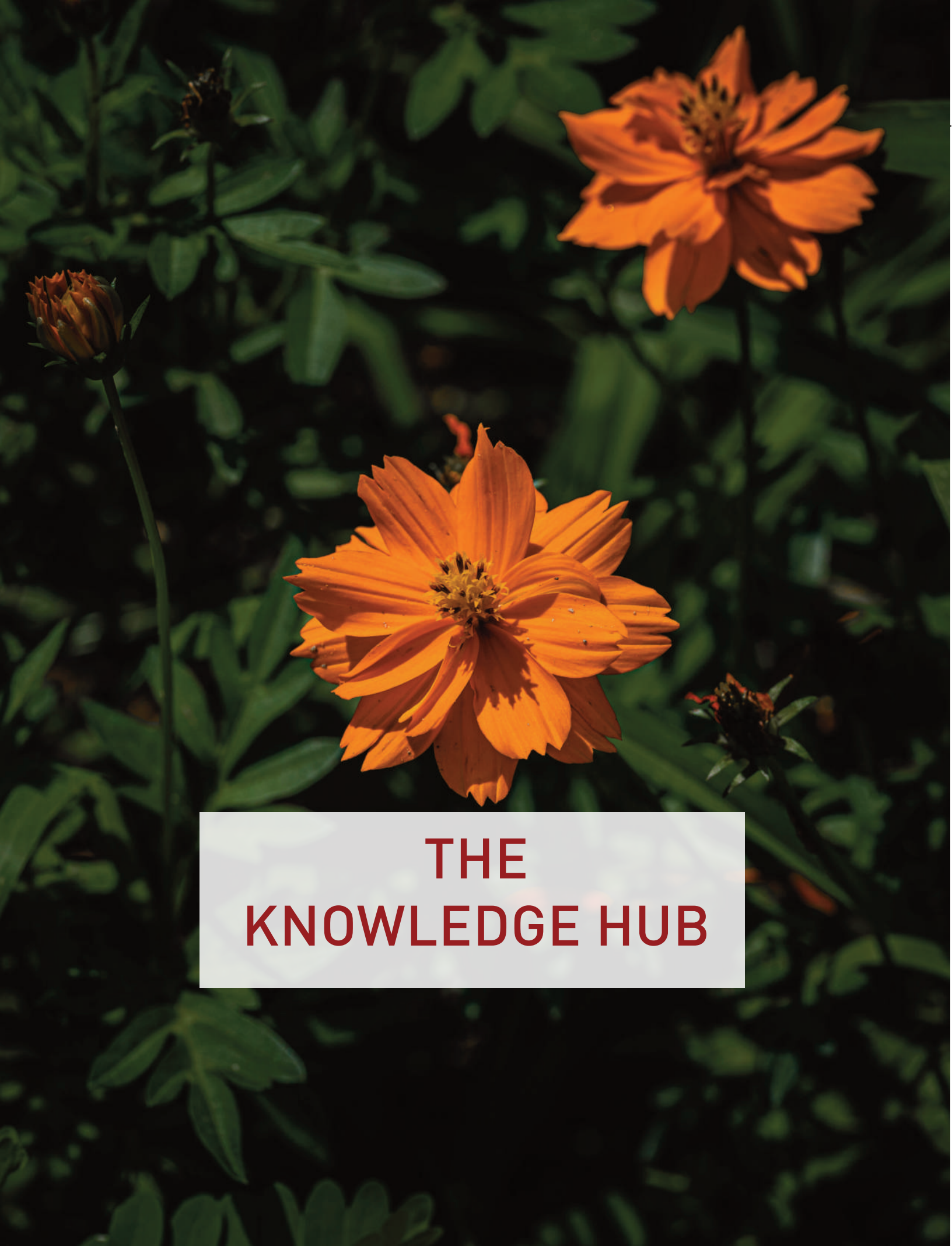
Topic : Complete perineal tear- Dr. Zarin Rahman

Panel discussion : Medical disorders in pregnancy

AOGSBJ online CME on 15/06/2025

Topic : reducing pelvic floor trauma during childbirth – Dr. Prof. Ajay Rane



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

THE KNOWLEDGE HUB

Regenerative Wellness — From Lifespan to Health-span in Women



Rishi Tandulwadkar



Introduction

Regenerative wellness is an integrative philosophy that supports the body’s own

repair programs before disease takes root. It weaves together four evidence-based threads:

Pillar	Purpose	Typical Interventions
Foundational lifestyle	Provide the metabolic milieu in which tissues can regenerate efficiently	Mediterranean-style nutrition, structured movement, restorative sleep, mindfulness
Targeted IV therapies	Rapidly replete cofactors that decline with age or heavy metabolic demand	High-dose vitamin C & E, glutathione, CoQ10, NAD ⁺ , amino-acid blends
Biologic injections	Deliver autologous or minimally-manipulated signals that jump-start local healing	Platelet-rich plasma (PRP), micro-fragmented adipose tissue, mesenchymal stem/stromal cells (MSCs), exosomes
Digital optimisation	Track biologic age and guide habits with real-time feedback	AI-enabled wearables and blood-based “age clocks”

Unlike regenerative medicine, which also embraces gene-editing, 3-D bioprinting, and other frontier technologies, regenerative wellness emphasises accessible, clinic-ready strategies that

dovetail with daily life. Those deeper laboratory advances exist—and are exciting—but fall outside the scope of this article.

1. Reproductive & Fertility Health

Late-age child-planning now collides with a natural decline in oocyte quantity and quality. Intra-ovarian PRP delivers a burst of platelet growth factors that appear to re-awaken dormant follicles; a 2024 systematic review documented higher antral-follicle counts and improved embryo euploidy in women with diminished ovarian reserve after a single PRP session. Early-phase work with umbilical-cord MSCs and their exosomes is exploring similar follicular benefits while avoiding ovarian hyper-stimulation.

IV & lifestyle boosters

- **CoQ10, vitamins C/E** – A 2024 Oxford review of RCTs found CoQ10 pre-treatment increased mature oocyte yield and live-birth rates in IVF cycles.
- **Moderate resistance-plus-aerobic training** elevates systemic IGF-1, a myokine cross-talk mediator that supports granulosa-cell metabolism.
- Stress-reduction practices (yoga, pranayama) lower cortisol, the enemy of luteal progesterone.

2. Regenerative Wellness for Menopause

Ovarian oestrogen drop-off drives visceral fat gain, bone loss and vascular ageing. Clinics now blend wellness PRP (vaginal, vulvar or intra-ovarian) with small autologous adipose-derived MSC doses to restore local trophic signalling and relieve genito-urinary syndrome.

Lifestyle cornerstones

- Green-Mediterranean diet from the 18-month DIRECT-PLUS RCT slowed the epigenetic clock by ~9 months, most strikingly in post-menopausal women.
- High-intensity resistance & impact training (HiRIT) preserved trabecular bone and boosted lean mass in a 12-month perimenopausal protocol.
- Night-time hot-flash spikes are blunted by evening magnesium-glycinate IV “pushes” combined with paced breathing.

3. Autoimmune Balance

Women account for ~80 % of autoimmune cases. Intravenous or intra-articular MSC infusions tame Th1/Th17 cytokine storms and expand T-reg populations; a February 2025 meta-analysis of 21 RCTs confirmed durable remission across lupus, rheumatoid arthritis and systemic sclerosis with excellent safety.

Adjuncts

- Hyper-sialylated IVIg can synergise with MSCs, down-regulating Fc-receptor-mediated inflammation in refractory disease.
- A polyphenol-rich Mediterranean plate correlated with 29 % lower incident RA in a 350 000-woman cohort.
- Guided cold-plunge therapy transiently boosts IL-10 and may lengthen time-to-relapse when paired with

immunomodulatory cells.

4. Pelvic-Floor Regeneration

Urinary leakage and prolapse stem from levator-ani micro-tears. A 2024 single-blind RCT showed 68 % composite success at six months after one mid-urethral PRP injection versus 18 % with saline. Micro-dosed exosomes are entering trials to reinforce collagen cross-linking.

Movement medicine

Structured pelvic-floor muscle training for 16 weeks reduced levator-hiatus area and improved continence in a postpartum randomised trial. Bio-feedback apps now gamify daily Kegel adherence.

5. Cardiovascular Resilience

Oestrogen loss accelerates endothelial senescence.

Small autologous **bone-marrow MSC or CD34+**

endothelial progenitor cell (EPC) infusions have been granted FDA fast-track designation for refractory angina and are already available in research clinics.

Exercise as biologic conditioner – A February 2025 study demonstrated that 12 weeks of endurance-plus-HiIT mobilised EPCs via neuregulin-1 signalling, boosting peri-infarct capillary density and lifting LVEF in post-MI women. IV chelation for heavy-metal load and combined vitamin C/N-acetylcysteine drips are sometimes added for oxidative stress buffering, though large trials are under way.

6. Brain & Nerve Vitality

Allogeneic iPSC-derived dopaminergic progenitors have crossed the safety threshold in Kyoto's Phase I/II Parkinson's trial, but wellness-gearred programs rely first on MSC-secretome nasal sprays and exosome-rich PRP for neuro-support.

Key adjuncts

- 500 mg NAD⁺ IV tripled whole-blood NAD⁺ and produced acute executive-function gains in a 2024 double-blind pilot.
- Deep slow-wave sleep drives norepinephrine-coupled vasomotion that pumps cerebro-spinal fluid through the glymphatic “brain-wash” system, clearing β -amyloid and tau.
- Rhythmic aerobic exercise raises BDNF, synergising with cell-derived factors.

7. Chronic Pain & Disability

Degenerative osteoarthritis leads the disability charts. A March 2025 meta-analysis of 18 RCTs confirmed that intra-articular MSC injections improved WOMAC pain and function with no major adverse events. Conditioned-media hydrogels and low-level-laser-

primed exosomes are extending cartilage resilience.

Metabolic priming

A 24-hour fast → nutrient-dense re-feed doubled intestinal stem-cell proliferation in mice—but also raised early tumour risk, underscoring the need for clinician supervision when employing fasting as a regenerative stimulus

8. Digital Optimisation

AI-enabled wearables are shifting regenerative wellness from episodic visits to continuous coaching. Real-time biological-age algorithms parse heart-rate-variability, sleep architecture and activity data to flag early drift from homeostasis, allowing micro-course corrections long before lab markers worsen. Some clinics now integrate wearable dashboards directly with IV-therapy dosing and PRP scheduling.

9. Challenges & Practical Guard-Rails

Variability in cell preparations, limited longitudinal data, cost, and equitable access remain hurdles. International task forces are converging on potency assays for PRP and MSCs, while regulatory bodies tighten labelling for exosome products. Patients should seek centres that document outcomes in registries and follow ISO-class clean-room protocols.

Future Outlook

As databases grow and AI refines patient-matching, off-the-shelf MSC-exosome lyophilisates, personalised IV nutrient stacks, and adaptive wearables could make regenerative wellness routine primary care. Gene editing, bioprinting, and organoid transplantation are still ahead—but foundational lifestyle, IV nutrition, PRP and stem-cell biologics are already extending women's health-span today.

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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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