



TM



FOGSI YOUNG TALENT PROMOTION COMMITTEE
PRESENTS

*“Khushiyan ke
Rang
FOGSI ke
Sang”*

Happy

Holi



NEWSLETTER 2021



Dr. Alpesh Gandhi
President FOGSI

I appreciate this initiative of YTP to highlight about culture and traditions of Holi along with stating COVID-19 safety tips. FOGSI is a melting pot of different visions, attributes, cultures and traditions and this is being nicely upheld by Youngsters by mixing fun, frolic and cultures.

I am sure, this newsletter will turn out to be an enriching read for all the FOGSIANS.

"On this auspicious occasion of Holi, I Hope the canvas of your life gets painted with all the colours of happiness." - Happy Holi!

This year 2021, as our struggles around COVID-19 are not over but our unity and understanding towards it has strengthened us to fight it once again.

Let us paly safe holi, with social distancing natural colours. Let us also keep the sanctity of this special occasion by painting our souls with one color of unity.



Dr. Archana Baser
Vice President FOGSI



Dr. Jaydeep Tank
Secretary General

Holi is a colourful festival of fun, gaiety and excitement. May God grant us peace of mind and good health. Let's play organic Holi and hope you have a colourful day and colourful life with all kinds of right twists in the colour.

This gives me thrills and chills to put forward another unique newsletter from YTP house. Something different has been attempted here through a mix of Joy, literature, colour and food. What better mode of celebrating your Holi, when immense blessings have poured from all across the FOGSI world.

Hope everyone enjoys this colourful presentation by YTP FOGSI.



Dr. Neharika Malhotra
Chairperson YTP Committee



Hi all !!!!

Happy Holi

This was the best opportunity to interact with Seniors and Juniors alike! While thinking of theme and write ups we all enjoyed so much that it felt like we are actually playing Holi with different shades this time. Thank you Chairperson YTP for believing in us, for this will definitely be the most cherished compilation of our lives.

Holi brings us the memories and some of them are special! This time, seniors have shared their most cherished memories and we are so delighted to present them for all of us.

Traditions and cultures are re Lived, each time we put colors on each others. Editors have highlighted these colors by talking about the importance attached to them. We are equally excited to bring myriad topics for a wonderful go through, while enjoying Gujhiyas with coffee.

Hope, you all will relish our virtual party.

Signing off....

Three Musketeers

Shehla

Ankita

Monisha

Of course with our cute Director...

Neharika!



Dr. Shehla Jamal



Dr. Ankita Bansal Goyal



Dr. Monisha Singh



Dr. Neharika Malhotra





Dr. Narendra Malhotra
Past President FOGSI



Hari Barfi ka Raaz

“Soon after our marriage in 1982 and next year we had to go to Agra for celebrating our first Holi. It was a grand affair, as I was the eldest of the clan and Jaideep was the most awaited new Bhabhi. All our cousins, Dr Hemant, now a famous oncologist and Dr B L Gupta and all others gathered. Naughtiness was at its peak. Next morning by 8 to 9 am we were drenched in colors beyond recognition. The whole house was filled with aroma of Gujhiyas and other delicacies that mom used to make for the whole hospital and staff. We were so tired and started munching those along with Thandai served by my mother. Suddenly the door bell rang and we received full thaali of beautiful Green Pista Barfi sent by Dr Gupta! We started hogging that also, only to realise later that it was not Pista but BHANG barfi.... And Lo!!! We all were flying high in the sky and I could hear that my father was scolding me as I Had to be the prime suspect being the naughtiest. Dr Gupta, A father figure for us, kept silent and just smiled!!! We all slept for next two days. On returning to our better sense, we laughed and laughed and still cherish those memories... and yes Hari Barfi Ka Raaz is now a famous story!



Dr. Archana Baser
Vice President FOGSI

All Is WELL!!!!

I love Holi since childhood and lived in a community where there were good bonds and holi was a festival where everyone was welcomed. I was very naughty and leader types I would gather every one to come up with ideas to colour someone who was not willing.

My Dad took all of us to weekend home on holi to stay away from colour and strict vigilance on me knowing my mischievous nature.

I did heroic but dangerous Holi once.

In old days there used to be wells for procuring water in almost every neighborhood.

Well in our campus was not too deep it was slushy though some steps and rocks, With the help of local bhaiyya, with a rope I got down in well with all my colours in a bucket and stood on a rock started shouting to gather attention. All my siblings and their partners came running started looking down in well for me. My allies coloured all of them then every one got down in well we all held ourselves firm on rocks and played holi in well!!!

So it was HOLI on THE ROCKS for us at that time.

Too scared to think about it now

Well it was fun in The well , With loads of scolding from Dad



Haaye, Main Sharm Se Laal Hui!!!

After my marriage, I went to my parents house, as first Holi after marriage is celebrated at maika, as our ancestral tradition. As usual, I was playing Holi with full zest and suddenly the door bell rang. I thought neighbors came to play Holi, so I took a lot of colors in my hands to smear them up. To my surprise, my husband was standing there and I did not expect him. In super excitement, I Colored his face and embraced him, only to see that my in Laws were standing right behind him. I was frozen realizing what I did and then, I rushed to my room. I guess, the blush was deeper than the color of gulaal that day. I still remember this and even today, A blushy smile comes, as soon as I that flashback comes.



Dr. Archana Verma
VP Elect FOGSI



Dr. Parag Biniwale
Secretary ICGG

My most cherished memory is that I always try to celebrate HOLI with my family. Having festive delicacies, family time and playing with colors is all I want to have this day.

Chairperson YTP FOGSI

Holi is a terrifying festival for me.. somehow I don't like it and I always have been coloured the most.. maybe because all my life I have been grown with cousins who were all boys mostly (yeah I have almost 11 cousin brothers) so every Holi they would come to Agra and colour me like crazy with all weird new things each year.. thankfull now all have grown up and settled and that Holi doesn't happen now.. one crazy Holi memory which I did was that my neighbors have the water storage on the terrace which was connected with our roof so on Holi day I climbed that water tank and poured dirty silver colour in it and you can imagine what happened All the water supply was silver I think it took three days for them to get normal water Nobody still knows that it was me.....



Dr. Neharika Malhotra
Chairperson YTP Committee



Holi complicated with Uterine inversion



Dr. Bhaskar Pal

Most of the Holi memories are too obnoxious to share in public, however my mind goes back to one memorable experience which was in the year 1993 when I was a registrar in Sion Hospital Mumbai, I do not recollect being on call, and those were the days before the mobile phones but we had a very robust intercom system, I remember in the doctors quarters we were playing Holi to all our glee and smeared with colours when the phone rang in the RMO quarters and they said its an emergency in the labour room, I remember this coz it was my quickest bath on a Holi day or any day and running to LR, all possibly within 5 minutes to go and find first post resident was trying to deliver the placenta and had an inversion...that was my most scary Holi moment

Happy Holi !!!!!!!

Holi and the Future bride !!!!!!!!

Holi is one of the most happiest festival which I love coz I got introduced to it by my husband , this photograph is of first Holi that we ever spent together on mud island beach, this was the picture first shown to my in laws saying this is the girl their son wanted to marry, who shows such pictures to your future in laws to select the possible bride!!!!!!!!!!!!!!

Another memory I have of happy Holi is celebrating it my mother she would love for us to come over and have a gala time, and when we were out of time she called us and told us that she missed us. So I think some of the happiest memories are during Holi and I wish u all FOGSIANS a very happy Holi!!!



Dr. Nandita Palshetkar

Imm. Past President



Bhaang waali holi!!!!

I remember many years ago when I was in a medical school, whole group of us friends has gone to the beach to celebrate and we drank wonderful masala milk loaded with dry fruits, and we had no idea what happened, me and one of my close friends who is now a leading physician in US, we started laughing and laughing so hard, with tears rolling down our eyes then we felt the cravings to eat jalebi and went to the nearest sweet shop and had kilos of jalebis, we had no idea what had hit us, and then it was all a blur. Now whenever we meet we look back to this beautiful memories and laugh about them... happy Holi



Dr. Rishma Dhillon Pai



Dr. Hrishikesh Pai

Thandai and the drive!!!

I remember many years ago when my daughter was young, we went late for a holi party and the thandai was almost over, I ended up rapidly having 2-3 glasses of thandai. Had an amazing time at the party. Halfway through our drive back home it really hit me. After some time I couldn't drive any longer, somebody had to be called back to drive us back. When I reached home my mom gave me food and I ate like a crazy amount and then slept peacefully. That was a terrific holi. Happy Holi to all!

Holi Aali Re Aali re...

Yes...grown up with humming this tune.

Come March, and came the hoarding of colors, planning for mischieves and letting go all our diet plans!

This is the perfect time to let your hair down, play pranks and revel in the pool of colors that will be thrown across, even before the actual date. The festival is celebrated on the full-moon night of 'Phalgun', which falls in the month of March and marks the onset of spring, which signifies, freshness, beauty and color and everything new.. Just like every festival in India signifies something, Holi is associated with the holiday spirit and symbolizes the victory of 'good' over 'evil'.

According to ancient customs, a bonfire is lit in the memory of the event and burning of the evil Holika and the victory of Prahlad, the son of demon king, Hiranyakashyap. Apart from lighting the fire there are various other customs such as using the ashes from the fire to light the burner at home, the preparation of certain sweets and playing with colors.



Customs Related to Holi

Bonfire

Lighting the bonfire on the full-moon night of 'Phalgun' is the first custom that marks the beginning of the festival. On the eve of Holi, people congregate in an open area and light bonfires made of dead leaves, twigs and wood. Dancing and singing around the bonfire to welcome the spring and commemorate the triumph of Lord Vishnu and Prahlad, and the end of the evil 'Holika', holds a different joy. People then take the embers from this holy fire to kindle their own domestic fires at home. The ashes of the Holi fire are also believed to have medicinal properties.

'Dhulehdi'

The very next morning, the festival of colors or 'Dhuledi' is welcomed. It is during this time that adults and children smear colored powder on each other or use water jets, known as 'pichkaris' to squirt colored water on each other. In many households, the colors are prepared through a traditional color preparation custom known as 'abeer'. Women usually prepare this using medicinal herbs, turmeric and kumkum (red vermilion powder). In modern times, synthetic colors and dyes are used and people use balloons, water jets and colored foams to play Holi with. The colors are usually bright, vibrant hues of reds, greens, blues, pinks and purples, and obviously, a visual treat.

Family time

Visiting family and friends and exchanging gifts and sweets are a very important part of Holi customs. On the day of Holi, the children venerate the elders of the house by touching their feet for blessings and offering sweets. The adults on the other hand, reward the children with blessings, new clothes or sweets for Holi, along with dabbing some color on the face for good luck. After this, families visit their relatives or friends' houses and celebrate Holi together, reveling in the spirit of oneness and bringing the community closer.

Preparation of Food

Food is an integral part of Holi and is one of the reasons that keep both, adults and children brimming with energy on the day of the festival. Making mouthwatering sweets and delicacies are important, especially for the women in the house and the morning usually starts with the aroma of fresh preparations of sweetmeats with 'Desi Ghee'. The most prominent sweets made in North India are 'Gujjias' and 'Puran Poli' in parts of Maharashtra and south India. 'Thandai' (a cool drink made with almonds, milk, sugar and spices) is served in large quantities and is quite often mixed with 'bhaang' (an intoxicating ingredient) as a part of the customs. Although 'bhaang' is considered heady, it is consumed during Holi as a way to de-stress and have fun!

Customs in Other Parts of India

In other parts of India, barley seeds are roasted in the fire and are consumed. It is believed that the yield for the forthcoming harvest season can be foreseen by reading the direction of the flames. Also, in some parts of north and east India, humor-poem meetings are arranged. Towards the south, communities offer first fruits, coconuts and harvest to the holy fire before playing with colors.

Above all, Holi is about mixing all the colors of life into one, create a collage without any planning..and this collage is unique as each one has his own way of mixing and coloring.

So..come...fall in ...colors..this Holi With YTP

Dr. Shehla Jamal



Holi Colours

Pink- since 1992, this color is used for Breast cancer awareness
So use Gulaal this Holi, with an aim to take pledge for increasing education on breast cancer

Red color is used as a symbol for increasing awareness about HIV and substance abuse.
On the contrary, Abeer is used in Holi as a mark of goodluck, matrimony, beauty and health.
So, this Holi, let all of us soak in the positivity of color red and pledge against substance abuse and create more awareness on HIV and AIDS.

Yellow represents the sacred turmeric color that is being used in religious rituals and devotional ceremonies. It is even considered as a sign of luck, fertility and fortune. Yellow is representative of Endometriosis awareness, which is a lesser-known entity specially in our country. So this time while playing with this beautiful and vibrant color, don't forget to reach masses about this potentially incapacitating disease.

On one side, green signifies health, happiness, positivity and on the other hand stands for mental health awareness also. What better color do we want to represent a good mental health... come, get smeared in color green and sing...Hum pe ye kisne...hara rang daala....

Blue, which is the predominant color used to symbolize the color of Lord Krishna.
Stand against domestic violence with this vibrant color. Play with blue, but never feel blue and prevent someone from turning blue. Develop codes for indicating domestic violence!!!

Teal color is used for cancer cervix and PCOS awareness. This festival season, use this liberally to create lots and lots of education against these two entities. And you will realise, that all the colors of Holi, have become brighter and hold more meaning to us all!



Symbolic meaning
of colours on

Holi



Dr. Shehla Jamal



HOLI FOOD HEALTHY REPLACEMENT TO SUGARY ITEMS

Good food is as it looks where you first eat with your eyes and wait to dig into the holi special food displayed out there. A festival of colours celebrated with a lot of fun, colours, pranks, food and drinks, who would not be happy and excited when it finally arrives! However, apart from your skin and hair that may be harmed due to the chemicals in the colours, your weight loss and health plans are also under danger. A healthy and heavy breakfast is compulsory so that you should not end up overeating as it will just add more calories.

- 1. Gujiyas :** You can make your gujiyas healthy by making a few variations. *Gujiyas* made with coconut as a filling, or baking your *gujiyas* instead of frying them may be one of the ways to make them healthier and more fit for your diet. You can also make smaller gujiyas, to make sure you eat less of them. Drizzling honey over your gujiyas instead of sugar syrup is also a healthy choice you can make this Holi.
- 2. Oat Idlis :** Instant to make and rich in carbohydrates, oats idlis are a good way to make your Holi breakfast healthy. Add beans, carrots and peas to go an extra edge when we talk about celebrating the festival of colours. Low in fat, oats are a great way to pump some health with the first meal of the day.
- 3. Palak Methi Dumplings :** If you love lots of green in your diet then nothing like it. Just a little bit of oil and flavor of green chutney enhances the state of this healthy Holi snack. Abundantly available iron in both palak and methi makes this dish worth replicating on not just festivals but in daily routine too.
- 4. Low Calorie Thandai :** low fat milk and add honey as the sugar substitute and enjoy the guilt-free drink.
- 5. Brown Bread Dahi Vada :** bread dahi vada is a healthy way to alter the traditional urad dal vada. High in minerals, iron and calcium, brown bread vada can be prepared in just ten minutes. Top it with tamarind chutney and green chutney and you are all set to eat it to glory.
- 6. Orange Kheer :** Orange kheer or orange pudding, this healthier version is a substitute to rice and sugar enriched kheer. Diabetic friendly, this sweet dish will surely satiate your sweet cravings this Holi.
- 7. Lauki Halwa :** Lauki or bottle gourd is 98% water and lauki juice is good for treating urinary disorders. Make a healthy Holi treat of lauki that is high in fiber and do not compromise on health and taste this festival season. Add rose petals, dry fruits of your choice and Voila, you are all set.
- 8. Corn Rava Kheer :** Low on fat and high in carbohydrate, sooji or rava is an excellent source of providing essential energy. Corn helps in controlling diabetes and reducing hypertension. Blend the two for a sweet dish and celebrate Holi with no health-related worries.
- 9. Drink Healthy :** Dehydration is linked to headaches, muscle fatigue, obesity, poor gut health, and lethargy. Thus, hydrate yourself well this Holi with enough water over sodas and other artificially flavored drinks. you can choose glass of lemon water, glass of fresh fruit/ vegetable juice or glass of coconut water/buttermilk.

10. Foods to be replace with healthier diet on holi :

Avoid These	Calories	Choose This	Calories
1 Gujiya	270	1 Khakhra	90
1 Puran Poli	220	1 Katori oats apple phirni / 2 dry fruits laddu	175/150
1 Malpua	340	1 Rasgulla	186
1 Glass whole milk Thandai (without bhang)	245	1 Glass skimmed milk	110

11. For Holi Night

After consuming heavy meal during the day. Choose light dinner:

- 1 bowl of Soup (veg/non-veg)
- 1 bowl Salad or Stir-fried veggies
- 1 bowl of Khichdi with curds
- Vegetable / paneer / chicken sandwiches
- Green moong dal / Oats chillas/Dhoklas / Muthiya/ Idli/ Dosa with mint coriander chutney

We found perfect infographics for you this holi!



Extra sugary snacks loaded with calories during Holi may always put a dent in your weight loss/healthy diet goals. So, this Holi, try these super amazing healthy treats and ditch the sugary ones.



Dr. Monisha Singh



BURA NA MANO COVID HAI BE SAFE THIS HOLI !!

Holi involves colours, getting together and eating special delicacies. Well, not everything is fun. Holi also means getting smothered with unhealthy colours, staying wet for a long time and exposing the skin to harmful chemicals.

This year Holi is being celebrated with the deadly coronavirus as the backdrop. Playing with water, interacting with a large crowd and touching several people –all have the potential to infect you with the viral disease. However, people cannot put their lives on hold, nor is it necessary, celebrate holi, but you must maintain necessary precautions and follow these tips.

Avoid large gatherings- Limit your holi interaction with family, whom you anyway interact with, rather than large group of strangers

Internal nourishment is just as important as external care - consume herbs that are rich in antioxidants or those have antimicrobial properties that help sickness at bay like amla, lemon juice, oranges, etc. Ensure you have face mask on before stepping out. Follow hygiene - carry a sanitizer, cover your mouth while coughing, maintain social distancing, wash your hands at regular interval. Before heading out, drink plenty of water. There is a massive chance of getting dehydrated. Try to make sure no one in the group coming together to play Holi is showing signs of a cough, fever or cold. Playing with cold water will increase the chances of getting infected with seasonal flu, so go dry or use lukewarm water to play Holi. Wash your hands when you have food. Holi colours are powders that can get easily be transmitted to food items. Keep all the food items away from the playing area. A way of saving water is using pichkari instead of buckets of coloured water. Keep a first-aid kit ready for emergencies.

Colours

Instead of using chemical colours for Holi, go green. You can choose to prepare eco-friendly colours at home, other than buying unreliable material from the market. Homemade raw materials like turmeric, sandalwood and henna can be used to make vibrant skin-friendly colours. Flowers are another viable form of preparing colours. Scrubs can be prepared through a mix of gram flour, turmeric, curd and rosewater.

Hair care

Before going out, apply generous amounts of oil to your hair, so that the colour doesn't stick to the scalp. Give your head a massage for the oil to get absorbed. Tie your hair. Making a top bun or braid will ensure not all parts of the hair gets the colour treatment. You can also wear a scarf or a bandana. Do not let the colour or coloured water sit on the scalp for long. Clean it while the hair is wet.

Skincare

Like the hair, apply oil to your face and every exposed part of the body. Applying sunscreen is a must. Cut your nails short and apply a coat of polish to protect your nails from catching on the colour. Wear a pair of sunglasses to protect your eyes and the skin around eyes. Insert a piece of cotton to prevent the colours from going deep inside the ears. Don't be harsh on the skin while removing colours. Use lukewarm water to wash the face, followed by a mixture of sea salt, glycerine and a few drops of aroma oil. Once the colour comes off, moisturise the skin.

What not to do on Holi

- If you are facing any weakness or signs of cold, refrain from playing Holi.
- Don't let anyone harass you in the name of celebration.
- Do not let kids play Holi unattended.
- Do not let the water and colours sit on the body. Wash immediately after playing.
- However, do not take frequent baths.
- Do not play Holi if you are allergic to colours.
- Refrain from using kerosene for scrubbing the colour off.
- Mud, stones, raw egg or varnish are to be avoided
- Do not drive after consuming bhang or alcohol.

“We urge you to stay safe and healthy in this beautiful festival of colours”

HOLI

In the time of COVID-19

Prime Minister Narendra Modi has announced on social media that he will not participate in any Holi Milan programmes this year as a precaution to curb the spread of novel coronavirus (COVID-19). Many others have decided to follow suit. Here are some dos and don'ts to follow while you celebrate the festival of colours this year.

KEEP THE VIRUS AT BAY

- Avoid large gatherings
- Celebrate with close family members at home instead of Holi parties in housing societies and clubs
- If anyone has symptoms like cough, cold and fever, he/she should not step out
- Cover your mouth and nose with a tissue when you cough or sneeze
- Those who have a travel history to countries affected with COVID-19 should remain in home isolation for a period of 14 days. Avoid stepping out to play Holi as a precaution if you have not completed the 14-day period
- Those who have a history of travel should remain at home
- Constantly clean hands with soap and water or alcohol-based rub to curb infection
- Do not put colours on the face

GENERAL PRECAUTIONS

Use good quality, water-soluble colours without chemicals	Use sunglasses to protect your eyes	If colour enters the eye, immediately wash it off with tap water
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INFOGRAPHIC: SANJAY TAMBE



Dr. Ankita Bansal Goyal
MD, DNB, FMAS, PGDS



MOHE RANG DE LAAL BUT NOT POSTPARTUM HEMORRHAGE

Postpartum hemorrhage has always been an obstetrician nightmare as it is unpredictable and more so because it is difficult to prepare the patient in advance. The line of management when PPH sets in varies widely from consultant to consultant and institute to institute.

The treatment and management of postpartum hemorrhage are focused on resuscitation of the patient while identifying and treating the specific cause. The first step in the management of PPH is timely diagnosis and initiating prompt treatment in order to reduce the associated morbidities & mortality. Effective teamwork & good communication play a vital role along with resuscitation, monitoring investigations and step wise treatment, all starting simultaneously.

The age old 4T's – Tone, Tissue, Trauma and Thrombin need to be thoroughly evaluated to start treatment and managing the root cause for PPH. Active management of third stage of labour using 20 units oxytocin infusion at the delivery of the anterior shoulder of the baby has been recognised as the prime step in PPH prevention.

POINTERS FOR PREVENTION OF POSTPARTUM HEMORRHAGE

1. **Assess, Recognise and Diagnose.**
2. **CALL FOR HELP** - it has to be a multidisciplinary approach with colleagues available for help and timely escalation to involving a senior Obstetrician, Anaesthetist & hematologist if needed.
3. **COMMUNICATION** - The women & her relatives/support people must be included in the communication & more importantly updated from time to time.
4. **RESUSCITATION** - Initial resuscitation with ABC approach to be started immediately with advance resuscitation as needed.
5. **MONITOR** - Vital signs at regular interval and documentation of the same.
6. **MEASURE** - On going blood loss & awareness of total blood loss volume at all time.
7. **INTRAVENOUS ACCESS** - Wide bore (16G) preferably two to be secured.
8. **A DESIGNATED PPH BOX** made & kept ready can not just save time but help save life as all equipments & medication can be readily available during an emergency.
9. **INVESTIGATIONS** - Basic hematological investigations to be sent when IV line is being secured along with blood grouping and cross matching. 2-3 bags PCV to be cross matched and kept reserved as blood provision might take longer.
10. **ACTIVE MANAGEMENT**
 - A. IV fluids to be given warm to avoid hypothermia. Replacing with appropriate iv fluids in the 3:1 ratio (Crystalloid : Colloid).
 - B. Device to infuse fluid under pressure is to be kept ready.
 - C. Cover the patient & use a warmer if available.
 - D. Lower the head end of the patient. Position the patient flat. Legs may remain bent/ in lithotomy position for ease of examination.
 - E. Administer oxygen at 6-8 ltr/min via a re-breathing mask.
 - F. Prophylactic Antibiotic to be given.
 - G. Cause to be looked for and treated :
TISSUE
 - a. Uterine massage to be done.
 - b. Check that the placenta is complete.
 - c. Vaginal examination to exclude causes other than atony.
 - d. To remove any clots if present.

TONE - uterine atony.

- Apply bimanual pressure to reduce bleeding.
- Continue uterine massage to stimulate a contraction & expel any clots if present.
- Administer bolus ergometrine 250mcg intramuscularly.
- Ensure administration of IV 20-40Units oxytocin.
- Misoprostol 600mcg sublingual or per rectal to be used.
- Carboprost 250 im deep can be given and repeat dose at intervals of 15-20mins
- Carbetocin 100mcg iv bolus over 1 min is now available in India and is more effective than oxytocin.

TRAUMA - To Cervix, Vagina, Perineum

- Start iv 1gm Tranexamic acid.
- Thorough examination and timely suturing under anaesthesia should be done.
- Consider the possibility of uterine rupture as well.

THROMBIN - Time for full blood count & coagulation profile

- Coagulation abnormalities need to be treated with appropriate components i.e. FFP, Platelets, or Cryo precipitate.

If bleeding persists Shift the patient to Operation Theatre for Exploration of uterine cavity, uterine tamponade or Bimanual compression.

If uterotonics and mechanical compressions are unsuccessful - Exploration for B Lynch Bracesutures, Uterine artery embolisation, Ligation of Internal Iliac Vessels or Obstetric Hysterectomy would be the next step.

Conclusion

Red is the colour of extremes. It has more emotional associations than any other colour. It is the most warm colour but also the most contradictory colour. It is the colour of love, passion, energy, excitement and sex that every woman would want. Paradoxically, it is also the colour of anger, danger, and rage that nobody wants in life. This Holi lets all join hands to make sure no woman gets coloured Red due to PPH....

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Dr Bhavini Shah Balakrishnan

DNB, DGO, Consultant OBS and GYNAE,
MUMBAI



HELPING YOUNGSTERS DECIDE OBGYN SUBSPECIALTY

INTRODUCTION

“MD” really stands for “MAJOR DECISIONS”

Medicine is a profession that requires overwhelming sacrifice and commitment. Huge amount of money is spent along with rigorous education & tough years of on-the-job training. Like life in general, choosing one's medical specialty/subspecialty is challenging. Having so many additional options just means the decision gets even tougher

FACTORS AFFECTING CHOICE

The following factors are most influential in choosing a specialty:

- the type of patient problems encountered,
- the opportunity to make a difference in people's lives and to help others, and
- the intellectual content of the specialty

Some students look closely at malpractice insurance costs, or worry about overcrowding in a given field, and others seek specialties that offer the opportunity to pursue research. One of the most unifying variables, ranking at the top of the list, is a good personality match between student and specialty

WHY OBSTETRICS AND GYNECOLOGY

Every woman needs a good obstetrician-gynecologist. These multidisciplinary specialists practice preventive medicine, deliver new lives into the world, and perform surgery. Most of their patients are healthy young women who come for prenatal care or annual physical examinations. More than just experts on the pelvic region and reproductive tract, OB/GYN physicians must handle problems that require highly technical medical and surgical skills, and, at the other end of the spectrum, be sensitive observers who can give psychological support.

Obstetrics and Gynecology is a hands-on specialty full of many surprises. There is never a dull moment. To excel in this specialty, medical students have to examine many gravid abdomens, performing unlimited vaginal examinations, and operate at odd hours. Obstetrics-gynecology is unique in being highly specialized—in the medical and surgical treatment of female health problems—while still categorized as primary care. The majority of reproductive-age women in this country consider their obstetrician-gynecologist as their primary care provider

After completing residency in obstetrics and gynecology, one may decide to specialize. Lets look at some

Maternal–Fetal Medicine

Patients with high-risk pregnancies, who have serious co-existing medical or surgical disease that could prevent delivery of a viable term infant or affect the survival of the mother, fall under the expertise of specialists in maternal-fetal medicine (MFM). These specialists serve as consultants to general obstetricians for referrals involving pregnancies complicated by major disease or for diagnostic or therapeutic procedures. Although MFM physicians may focus on consultations and sonography, they are specially trained in a variety of intricate procedures. Diagnostically, they perform genetic amniocentesis, fetal blood sampling, obstetrical ultrasound, chorionic villus sampling, and cordocentesis. Therapeutically, they are experts at high-risk deliveries, abortions, laparoscopy, fetal gene therapy, and fetal reduction.

Gynecologic Oncology

Roughly 15% of all cancers found in women involve tumors of the reproductive tract. This area of specialization focuses on the medical and surgical care of women with malignancies arising in the reproductive system: ovarian, uterine, cervical, vulvar, and vaginal cancer. These specialists receive extensive training in the biology and pathology of gynecologic cancer, particularly its diagnosis, treatment, and complications of oncologic care. Gynecologic oncologists comprise an elite group of surgeons who bring hope to thousands of afflicted women. They are skilled pelvic surgeons who use the latest techniques in radical surgery, chemotherapy, and radiation treatment. They manage the urinary and bowel complications resulting from cancer treatment, as well as

pain, palliative care, and psychosocial issues. Gynecologic oncologists are supported by a multidisciplinary team of medical oncologists, radiation oncologists, and gynecologic pathologists who collaborate to provide optimal care. Gynecologic oncologists practice in a variety of clinical settings—academic medical centers, regional hospitals, and specialized cancer centers

Reproductive Endocrinology and Infertility

The endocrine system, which is responsible for releasing hormones that modulate the development of the ovum, is one of the most intricate and complex regulatory systems. For the specialist in reproductive endocrinology and infertility (REI), establishing a pregnancy for couples suffering from infertility is extremely rewarding. Their practice also extends to the treatment of hormonal and reproductive disorders affecting women, children, men, and mature women. Reproductive endocrinologists gain special competence in advanced microsurgical procedures, such as reversal of tubal ligation, treatment with fertility drugs, and methods of assisted reproduction (in vitro fertilization and insemination). With vast knowledge and expertise on the physiology of reproduction, REI specialists medically and surgically treat a variety of complex hormonal disorders, such as infertility, endometriosis, recurrent pregnancy loss, menopause, and ovulatory dysfunction.

Female Pelvic Medicine and Reconstructive Surgery

As women age, a history of multiple deliveries. This can lead to disorders such as urinary incontinence or a prolapsed bladder, uterus, or vagina. To correct pelvic floor dysfunction, women should seek out specialists in female pelvic medicine and reconstructive surgery. Also known as urogynecology, this advanced surgical subspecialty remains on the cutting edge of medicine. It integrates the fields of urology and obstetrics-gynecology in the operating room. To diagnose pelvic prolapse and female voiding dysfunction, these physicians have special expertise in clinical evaluation, cystoscopy, and analysis of urodynamic testing. Because this is a surgical fellowship, specialists in pelvic medicine perform many reconstructive operations to correct pelvic floor dysfunction. They help to improve the quality of life for women with these disorders

ENDOSCOPY

Laparoscopic or any kind of Surgery is not everyone's cup of tea. Though it can be an extremely enjoyable, intellectually demanding and satisfying career for the people suitable for it. You must have the right kind of personality for the job. A laparoscopic surgeon must know the range of unpredictability as he has to face new challenges every now and then. They need physical strength as they have to work for long, irregular hours a. A good surgical decision is also possible with patience and sobriety. Hand skillfulness and coordination are a necessity for laparoscopic surgeons. Manual Dexterity is also very important. They work with very specific instruments, and mistakes can give rigorous consequences. For this they need a long learning curve and they need to be sincere enough to learn this. With all this, laparoscopic surgeon also needs a decent set up with ever evolving instruments of laparoscopy, a well equipped operation theatre and also a good trained team of assistants, nurses and anesthesiologist.

High Risk Obstetrics and Critical Care

And then there are a group of students who are the "Risk Takers", who wants to live life as it comes and loves the Adrenaline rush every day. Who wants to help the society and not specifically money minded. For them High risk obstetrics is the sub-speciality which can quench their thirst to be the change makers. Stamina to work round the clock and set of mind to be alert in the most stressful life and death situations. excellent communication skills - to relate well to patients and their families. good problem-solving and decision-making skills in a split second. The ability to work effectively as part of a multidisciplinary team and alongside other medical specialties leadership ability is must.

Lastly , it is important to recognise your own personality, your strengths and weakness, assess your objectives and goals in life and take the decision



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THE DOCTOR OF FAMILY AND FRIENDS

THE DRAWBACKS OF GIVING FREE MEDICAL ADVICE

Yes, you are a doctor. Yes, you are bound to give advices and suggestions when your near and dear ones are maintaining an abnormal lifestyle. Many of those requests are a quick and easy way to help someone out with a bit of information, a simple clarification, or a reassuring affirmation. Other times they can escalate and become annoyances: A simple question can result in a follow-up phone call(voice/video/images) and more requests. And, in a worst-case scenario, they can present ethical/legal landmines that may tempt physicians to cross professional boundaries.

How do you address or deflect such requests? Unfortunately, there are no easy answers. It depends a lot on you, your boundaries, and the situation.

Code of Medical Ethics is clear, however: "Physicians generally should not treat themselves or members of their immediate families." with extensive reasoning why, including personal feelings that may unduly influence medical judgment, difficulty discussing sensitive topics during a medical history, and concerns over patient autonomy.

Friends and family members aren't inherently wrong to seek your advice, of course. You're a trusted source, and they're faced with a baffling array of questions. Friends and loved ones don't just seek treatment; it can all range from an informal second opinions, help navigating the medical system, help with referrals, interpretation of medical language, to simply factual information, among other things.

Relative/Families don't understand the implications of their requests, which they may inflict upon that doctor's career and ethics. Politely dealing with a neighbor's medical request might be a lot easier than brushing off a family member's. Although some friends and family might sue over "bad advice," most wouldn't dream of it. But lawsuits aren't the only pitfalls doctors should consider. When informally fielding questions, physicians need to be careful not to violate patient privacy. They also need to understand that what may begin as a small request can lead to more intense involvement and situations that can be inconvenient and damaging to the relationship.

It's not wrong for physicians to want to help, he says, but they have to be constantly mindful of what they *don't* know about a situation. "Never leave a person with the feeling that you've settled the problem simply because you spoke with them at a party or a picnic."

You'll help ensure mutual understanding by adding caveats along the lines of, "I'm not your doctor and I haven't examined you, so I can only offer an educated guess," or "This isn't my area of expertise, and I recommend you talk to your doctor about this." Thus, one might say, "I would be happy to continue to be involved. But remember, I am your friend who happens to be a physician, and I think you can appreciate that that is different from being your physician." Or "I would feel better if you asked your doctor about this. I am your cousin who happens to be a physician, but I think you can appreciate that that is different from being your physician."

The categories are not cleanly separable, requests may fall into more than one category, and relatives and friends may ask something that is not covered by any category below.

- Request for factual medical information (e.g., What are the signs and symptoms of Covid-19? How does cervical cancer develop?)
- Request for recommendation about which specialist to see (e.g., Do you know a good diabetologist/endocrinologist?)

- Request for medical information plus some judgment (e.g., What does a CA-125 of 70.5 mean? How would I know if I had ovarian cancer?)
- Request to speak with the requester's physician(s) (e.g., I don't understand what is going on. Could you please talk with my doctor?)
- Request to facilitate a person's care (e.g., Can you intervene on my behalf?)
- Request to encourage a third party to access medical care (e.g., Would you please call my husband and get her to see Dr. X?)
- Request for medical judgment about a medical event (e.g., What would you do, given these symptoms, results, or events?)
- Request for a medical opinion about the appropriateness of medical recommendations or the course of treatment (e.g., Do you think my doctor is doing the right thing?)

Recommendations for adequate medical advice response from relative.

1. Be clear about the expectations of the requester and yourself, including whether you are being asked for simple factual information, for your medical judgment, or to be more substantially involved. If for some reason you cannot respond to the request or have concerns, make that clear. In close relationships, such as with a spouse, a parent, a child, or sibling, **it is a matter of judgment whether you explicitly express the extent of your initial and ongoing involvement and commitment.**
2. Treat your interactions with relatives or friends with the same professional expertise and judgment as you would any patient, even though those interactions may be informal. **Document the encounter with a brief note for your personal files**, which can be useful if you have continuing interactions with your relative or friend.
3. Be aware that **a structured physical examination and especially charging a fee strengthen the establishment of a legal relationship with the requester as your patient.** Most requests for medical advice do not require a structured physical examination, but if you choose to examine the patient, you will need to decide whether the examination should take place in your office.
4. **Respect the requester's autonomy and confidentiality where applicable.** Be sure the requester approves the sharing of information, even in close relationships. Obtain the patient's permission if you review medical records or other information. If the requester is speaking for another person, respect that person's autonomy and confidentiality.
5. **Be aware of the potential conflict between your roles as a relative or friend and as a physician.** Your professional judgment may be in conflict with your emotional judgment. Further, all physicians play a number of different roles (e.g., doctor, spouse, parent, friend, community leader) which can reinforce or conflict with one another, and we all may benefit by reflecting on this and discussing such matters with colleagues to try to understand better how to avoid conflict and optimize synergy among our various roles.



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"VIP UPDATE 2023"

Changes in Management of Advanced Heart Disease

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"YTP UPDATE 2020"

TUMOR FACTORS IN INFERTILITY

Goal Setting are considered for all treatment of infertility of female patients.

1. **Primary** - no previous pregnancies
2. **Secondary** - previous pregnancies, but currently infertile
3. **Recurrent** - previous pregnancies, but currently infertile
4. **Unexplained** - previous pregnancies, but currently infertile

Causes of infertility are:

- **Primary** - no previous pregnancies
- **Secondary** - previous pregnancies, but currently infertile
- **Recurrent** - previous pregnancies, but currently infertile
- **Unexplained** - previous pregnancies, but currently infertile





CAUSES of infertility are:

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Happy

Holi!



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