



**FOGSI
YOUNG TALENT PROMOTION COMMITTEE
NEWSLETTER**



Dr. Hrishikesh Pai
President FOGSI 2022-23



Dr. Madhuri A. Patel
Secretary General, FOGSI



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ॐ भूर् भुवः स्वः। तत् सवितुर्वरेण्यं। भर्गो देवस्य धीमहि । धियो यो नः प्रचोदयात्॥

President's Message



Dr. Hrishikesh Pai
President FOGSI 2022-23

As I look forward at a very diligent work by young talent promotion committee, I cannot help but beam with pride at the hard work and fantastic learning I can visualise taking place every single day. We've had a big push on developing a growth mindset this term with initiation of BADLAAV, I can already see this young committee putting forth bright ideas. With a revolutionary aim, FOGSIANS are embracing new challenges and striving for high academic achievement.

This newsletter has the flavours of academics, frolic, events, pledges, and dedicated efforts.

My best wishes to all and wish you all a great year ahead.

All love
Dr Hrishikesh Pai
President FOGSI

Secretary General's Message

It gives me immense pleasure to congratulate team YTP to put forward such a great work.

FOGSI is full of talent and energy which is evident by the thoughts and their execution in the form of write ups in this newsletter.

I wish all a marvellous read and wish many more endeavours and laurels to all.

Best wishes

Dr Madhuri Patel
Secretary General FOGSI



Dr. Madhuri A. Patel
Secretary General, FOGSI

Vice President's Message



Dr. Sampath Kumari
VP Incharge

It is really nice to know that YTP committee is releasing a Newsletter on the occasion of AICOG'23: Kolkata. Dr. Neharika has taken steps to increase the level of participation by including events and announcing prizes for participation. Yes, it is imperative that we should take FOGSI across to the members from all corners of our country. And, in this regard I welcome the steps taken by her. YTP committee has also helped FOGSIans explore their inner and hidden talents by giving them a platform. We gynaecologists are more concerned with our patients rather than our own selves. Stress busters have become necessary to make our lives worth living. We used to sing, dance, act and other such activities during our younger days and even in our college days. Let us re-invent such wonderful days and enrich our personal lives to face the demands of our professional life. I once again hail the YTP committee for its efforts and programs. Congrats!

Prof. Dr. S. Sampathkumari
Vice President: FOGSI

Editor's Message



Dr. Shehla Jamal

With overbound pride and utmost joy, we share with you all our upcoming venture, our next issue of the newsletter. This newsletter is our labor of love. It has been designed to help us reflect upon the varied activities and dynamism of the members of the committee. It is an attempt to keep everyone abreast of all the incredible and innovative work that is happening within the committee. We solicit support from our readers in incorporating further more endeavors and working towards the upliftment of the society. The goal is to evoke a great sense of zeal and enthusiasm amongst the community at large. Wishing you all a happy reading.

For the forthcoming issues of Newsletter, we solicit the following information.

1. Awards received & Achievements of the member(s).
2. Conference attended / paper presentations by the members of the committee.
3. Events/CMES/Symposia conducted.
4. Collaborative Research undertaken
5. Publications
6. Community Healthcare Initiatives
- 7, Student directed activities
- 8, Write-ups on clinical meetings.

QUIZ

Rules:

- 1) Rearrange the alphabets to get the answer of the clue given.
- 2) The alphabets marked in red will form the final answer.

1. Father of modern gynaecology?

M I S S

2. Technique commonly used for second stage caesarean section?

D H A N W A R P A T

3. Who discovered obstetric forceps?

B E R C H L E N A M

4. Non steroidal, non hormonal once a week OCP?

M A N C H E R O C N T

5. Name of the maneuver, where mother supports herself on her hands and knees to resolve shoulder dystocia ?

A S K I N G

6. Bluish discoloration of skin around umbilicus. Seen in ruptured ectopic pregnancy?

L E C U L N

7. Congenital disorder characterised by uterus didelphys, unilateral obstructed hemivagina and ipsilateral renal agenesis, all being secondary to mesonephric duct-induced Mullerian anomalies.

L E R Y H N – R E N E R W – L I C H D E R W U N (SYNDROME)



Dr. Shreya Prabhoo

STEPPING STONES TOWARDS ENTREPRENEURIAL SUCCESS



Dr. Narendra Malhotra

MD, FICMCH, FICOG, FRCOG, FICS, FMAS, AFIAPM
Past President FOGSI/IFUMB/ISPAT/ISAR /AOGS / INSARG
M.D. Ujala Cygnus Rainbow Hospital
Director ART Rainbow IVF
Director (MNMH) Pvt. Ltd.
Chairman, SMRITI

“There is no shortcut to success; climbing the ladder up needs hard work and only hard work”

The word Entrepreneurial is an adjective defined by oxford dictionary as "characterized by taking financial risks in hope of profit; enterprising or "an entrepreneurial culture"

An entrepreneur businessman is a person who starts his own opportunities and takes financial risks to make money. Its like drawing up a business plan.

Usually the term entrepreneurial is used for establishing shops, factories and other small business where the person invests his/her own money and success is when they make profit from this business which they use for living.

For medical graduates and postgraduates and super specialists, the choice of work is

1. Open up a consultation clinic (small business)
2. Open up a small nursing home or hospital. (scalable startup)
3. Open up a big multispecialty hospital (large company or entrepreneurship)
4. Or become a social entrepreneurship opening up NGO and doing social Service

As a medical graduate we are not taught any entrepreneurial skills, its not in the medical curriculum.

Alsoafter passing out all doctors do not get a govt. job, or a job in corporate hospital and hence these new comers fresh postgraduate doctors open up small clinics or nursing homes as business.

About 60% of health care in India is provided by private practitioners (entrepreneurs) .The gaps in health services offer a great opportunity to doctors who have the aptitude for understanding market needs and become successful entrepreneurs.

Health care sector is now recognized as a business and is governed by all the laws common to industries and also consumer forum, this makes it difficult for doctors to be good successful entrepreneurs. All Nursing homes come under small scale industry and need over 30 licenses to startup.

A Medical sector business may be running hospitals, medical services, medical equipment, drugs, medical insurance and even agency facilitating provision of health care to patients.

A lot of doctors who venture into medical entrepreneurship face difficulties and business stagnation and sometimes to be a successful business man they have to sacrifice their medical skills and focus only on administration & management skills.

To have entrepreneurial success in medical field, we need to understand that this is a field which has many aspects and a human life angle. The 10 steps and stepping stones towards entrepreneurial success are:-

1. Be honest.
2. Be transparent
3. Work sincerely
4. Work hard.
5. Be kind to all
6. Conduct effective market surveys
7. Look for partners
8. Be ready for a long haul
9. Don't run after money
10. Let money come & run after you

“We don't need a title to lead. We just need to care. People would rather follow a leader with a heart than a leader with a title”





Dr. Bhavini Shah

Nature vs Nurture

The opposition and interaction of nature and nurture and their roles in personality development have been at the center of scientific discussion and debate for long. Different theories justify the importance of each half of this debate; however, there is no clear winner to what determines an individual's behavior and development: nature or nurture. On the one hand, it is proven that genetics, which represents the nature part, influences how a person looks, his or her features or appearance, which are usually innate and bear resemblance to parents. On the other hand, there is no clear identification concerning the development of a personality, character traits, or pattern of behavior.

Nature and nurture's impact might both explain the way a person grows intellectually, what skills he or she acquires, and how his or her character develops.

The term "nature vs. nurture" was coined by Francis Galton in 1875.

The nature vs nurture debate has caused people to take extreme positions.

The extreme nature position is referred to as nativism which believes that all of a person's mental and physical characteristics are inherited and predetermined at birth. The concept of nativism gave rise to selective breeding and the eugenics movement. This also gave rise to the racially biased ethnic cleansing perpetrated by the Nazis.

The other extreme is the extreme nurture position called empiricism. In 1689 philosopher John Locke proposed the tabula rasa theory which means blank slate and implies that we are born with no innate knowledge. It implies that all the knowledge we gain in life comes from sensory experiences, education, and our interactions after birth.

Looking at nature and nurture in black and white terms would be erroneous. The interaction between the two is entirely grey and very closely intertwined.

For example, a child growing up in a family where the father has alcohol dependence issues with anger outbursts and aggression. If the child grows up to have substance use disorder and problems of emotional regulation, it's very difficult to determine whether nature or nurture has a bigger weightage determining both these issues in the child.

Epigenetics is the study of how the environment and other factors can change the way that genes are expressed. It refers to external factors and experiences that turn genes "on" or "off." Epigenetic mechanisms alter DNA's physical structure in utero (in the womb) and across the lifespan.

Epigenetics blurs the line between nature and nurture because it says that even after birth, our genetic material can get modified; environmental factors can modify genes during one's lifetime. For example, cannabis exposure to the brain can increase someone's risk of psychiatric disease via epigenetic mechanisms.

So most experts recognize now that neither nature nor nurture is stronger than the other. Instead, both factors play a critical role in who we are and whom we turn into. Not only that but nature and nurture interact with each other in important ways throughout our lifespan. Epigenetics also further emphasizes this interplay between nature and nurture.



MENTAL HEALTH AND EMPOWERMENT



Dr. Aakriti Gupta

We are professional healers. We take care of people's problems every moment, all day, every day till our last breath. It is an honour and a privilege indeed. However, our profession is taking toll on us. At one time or another, we can become tired, angry and with no time for anything and miss out on the things that may bother us later. We too are humans and like machines or IT software we also need rebooting time and space.

HAVE YOU HEARD ABOUT PHYSICIAN BURNOUT??

Burnout is "a condition in which physicians lose satisfaction and a sense of efficacy in their work." We tend to feel exhausted and unfulfilled by many routine tasks. It feels as if we are not providing the level of care they see as their moral obligation. In turn, providers' mental health is the primary result of physician burnout. Hence, our health system can't function at its best. Being a female physician especially a doctor mummies, the majority of us feel there is a societal and cultural pressure to be perfect all the time in every sphere of our life: as a professional, parent, and person.

Now the question arises - Given the intensity of our work and hectic schedules, how can we maintain our sanity and happiness in life?

I am sure all of us would have pondered over this at one point or instead many days in life.

Lets us discuss a few suggestions on things physicians need to know about work-life wellness.

1. Give yourself priority

Make time for self care of your whole self: mind, body, heart, soul. Start with yourself. Reach out and talk. Remember, you are more than just your career. Not only are you a wife, friend, sister, daughter, you are a person. You are a multifaceted and complex woman. Don't forget yourself.

2. Stretch Yourself

Yes, you're a doctor, but that shouldn't be the only thing that defines you. Don't forget that. Don't let your degree bind you.

3. Live your best life

It took me a while to realize that I needed to slow down and make the most of my life. Things can be unpredictable, no matter how detailed our plans for the future. Instead, start living your best life as there might be no better time ahead.

4. Work on mental wellbeing

For decades, we have programmed ourselves to think that working all the time makes us better doctors. Working non-stop doesn't make us "better;" it just makes us grumpy and tired. It shows up in how we slowdown at work, our patient encounters, and our personal lives. Feeling overwhelmed and frustrated are signs you need understand. Most importantly, work smarter, not just harder. If you feel bored, try a change of pace or use your medical degree in a different way. Try non-clinical work, advocacy, research projects, giving lectures, mentorship, and/or entrepreneurial endeavours.

5. Have a social life

Spend time cultivating relationships with family, friends. Resume hobbies. Learn a new skill. Travel. Get outside your professional bubble.

6. **Accept that you are not perfect**

Recognize you won't and don't know everything. Every day and every patient is a learning experience. You are human. And that is more than OK

7. **Value yourself and don't adjust for less**

Some hospitals or clinics may try to convince you that your medical degree and expertise do not matter by offering you very low compensation. Many physicians worry that if they don't accept the offer, they will be out of a job or that it will go to someone else. If you are unsure what is appropriate compensation, reach out and speak to other physicians. Please recognize that you can and will find the right job for you. Because in the long run it adds to the vicious circle of high workload, less salary and hence burnout.

8. **Don't be guilty**

Whether it be for sick days, maternity leave, time for pumping breaks at work, or even a vacation, know your rights. Don't let anyone bully you or guilt you into commitments or responsibilities with which you are not comfortable. The guilt can extend to mom guilt. Am I spending enough time with my child? Doctor mom, you are doing a great job. You are enough.

AMAZING INDEED

9. **Don't overanalyze**

This a common problem with doctor moms. Unlike other careers, our work as doctors doesn't end when we leave the hospital. We are on call, have to finish notes, check and respond to emails, and then we worry about the potential what-ifs. We are really great at multitasking. I feel we are overburdened with personal and professional work and hence over think about every possible if and buts

10. **Please remember that you are not alone**

Find a support system. We know that it is exciting but that this medical experience is demanding and never-ending. Please do not let it consume you. You've worked too too hard and sacrificed too much to just accept whatever anyone gives you. We all are in this together. Through our collective voices, we can advocate for positive changes for you and for us. Lets build our mental health strongly for generations to come.

With all due love and respect

A doctor by your side, your colleague in medicine, and a friend in life.



DIGITAL EDUCATION- USE OR MISUSE



Dr. Shrutika Thakkar

The more you read,
The more things you will know.
The more that you learn,
The more places you'll go

-Dr Suess

There was a time when there used to be coveted titles/ manuscripts / research papers that medical students would struggle to read. They had to go to the library, make reservation for a book and wait for a long time as there were limited books available. Rare and difficult surgeries were only learned after years of experience and training under a master in the subject. For any specialisations/ advanced trainings, months of gruelling fellowships in far-fetched countries were the only option.

Now with the touch of a button, it is possible to view surgical videos, download books, learn rare skills and gain access to almost infinite amount of information on internet. The brightest of minds and the most skilled surgeons are today accessible over a zoom call to the whole world. But it's extremely important to understand that, while technology is available, it has its own drawbacks and should only be used as a 'tool' for learning.

Medical students currently studying continuously need to keep themselves up to date with the latest technology and use that technology to maximise their potentials to benefit their patients. Medical students looking to upgrade their knowledge and skills have the option of either doing fellowships/ training courses at hospitals in various parts of the world - sometimes at the cost of their family time & loss of wages; or they can do online courses from the comfort of their homes. Online courses can be done from anywhere in the world and teaching from any person situated anywhere in the world can reach their doorstep at the click of the mouse. This is indeed a very huge advantage as medical students typically need years of training typically in the youthful years of one's life when starting a family, setting a house etc are also priorities they need to fulfil. In surgical branches, closely observing excellent surgeries are very useful to upgrade one's skills – in an online course the option of playback and replay allow you to learn intricate steps easily by paying attention to the minutest details.

However despite all the above advantages digital education does have its disadvantages in the present form. Searching for the correct content and accessing the right information is the key. When access to anything becomes simple and straightforward, people generally take it for granted and misuse or even abuse the technology unless its value is understood properly. A simple example of the dangers of online education is a young surgeon trying to do laparoscopic lateral pelvic wall dissection for deep endometriosis after viewing multiple videos of excellent teachers. The surgeon is quick to realise during his/her first such case it self that viewing and doing are not the same. Having an able guide assisting you in the actual case is an invaluable asset that cannot be replicated by a remote tutor explaining concepts in an online course. Not to mention the fact that performing a new surgery without adequate previous experience is akin to 'experimentation' and hence is not at all ethical from patient safety point of view.

In conclusion, the present form of digital education available has its uses and advantages but there is definitely a huge risk of misuse. With time and experience, the medical field will have to find a balance between the use of technology and the age old teaching styles. Till then it will be prudent to exercise due caution and be extremely selective in choosing the training courses.



MULTITASKING STRIKING A LIFE BALANCE for a Working MOM



Dr Neharika Malhotra

Striking a balance between your work and personal life is not an easy job for working women. It has never been easy for women to juggle a thriving career and a happy family life. It still isn't because being a full-time working mom comes with bouts of stress and guilt for not being able to give equal time to work and family.

Setting a priority in life post-marriage and kids is by far the most difficult thing for a working woman. She is bonded emotionally as well as physically to her responsibilities.

Becoming a mother is a blessing which is bestowed only on women -- along with motherhood comes the responsibility of raising children with the best of everything.

There are always two sides to a coin.

With the support of friends and family it is possible to strike a balance between professional and personal life.

At the same time it is very important that the people around you are adjusting and non-complaining -- this completely depends on our attitude towards them.

We should be thankful that few people are still human to understand the position of a woman who is leaving her small kid behind and going to work but it is entirely on us to make them understand our priorities in life.

I ALWAYS GET THESE QUESTIONS FROM AROUND ME and BELIEVE ME I DON'T HAVE AN ANSWER TO THEM.

Do you, feel the guilt of not being around for your kids?

How do you cope with it?

How do you strike a healthy balance between your professional and personal lives?



MULTITASKING

Women aren't better at multitasking than men. They're simply forced to do more work OR EXPECTED TO

No one is good at multitasking

Multitasking is the act of performing several independent tasks within a short time. It requires rapidly and frequently switching attention from one task to another, increasing the cognitive demand, compared to completing single tasks in sequence.

This study builds on an existing body of research showing human brains cannot manage multiple activities at once. Particularly when two tasks are similar, they compete to use the same part of the brain, which makes multitasking very difficult.



SHOULD YOU MULTITASK?

Women do more housework, regardless of who the breadwinner is

Average (mean) hours per week of housework in male/female couples, by earnings arrangement, 2015-17.

Couples without dependent children



Couples with dependent children*



*Housework and childcare have been combined for couples with dependent children.

But human brains are good at switching between activities quickly, which makes people feel like they're multitasking. The brain, however, is working on one project at a time. This means working mums are balancing planning birthday parties, childcare drop-offs and dance lessons all on top of their regular jobs, commutes and careers.

Public opinion persists that women have a biological edge as super-efficient multitaskers. But, as MOST study shows, this myth is not supported by evidence.

This means the extra family work women perform is just that – extra work. And we need to see it as such. “You have to prioritize what works for you, because if you don't, you will wind up on that burnout train.”

WHAT IS WORK-LIFE BALANCE ?

Work Life balance is a phenomenon that occurs to those who are gainfully employed and have to manage their personal life. We are all engaged in a number of roles everyday and we hold a number of roles throughout our life. Life conflict occurs when we are unable to give our “many roles” required time and energy as a result of which participation in one role is made increasingly difficult by participation in another. So, there is a need of Work life balance.

So, what exactly is work life balance?

Work life balance is the daily Achievement and Enjoyment in all spheres of life namely work, family, friends, health and spirit.

“Work–life balance doesn't have just one definition. It's very fluid.”. “It's more of creating a state of equilibrium.”

If one solution or choice doesn't work, don't be afraid to try something else.

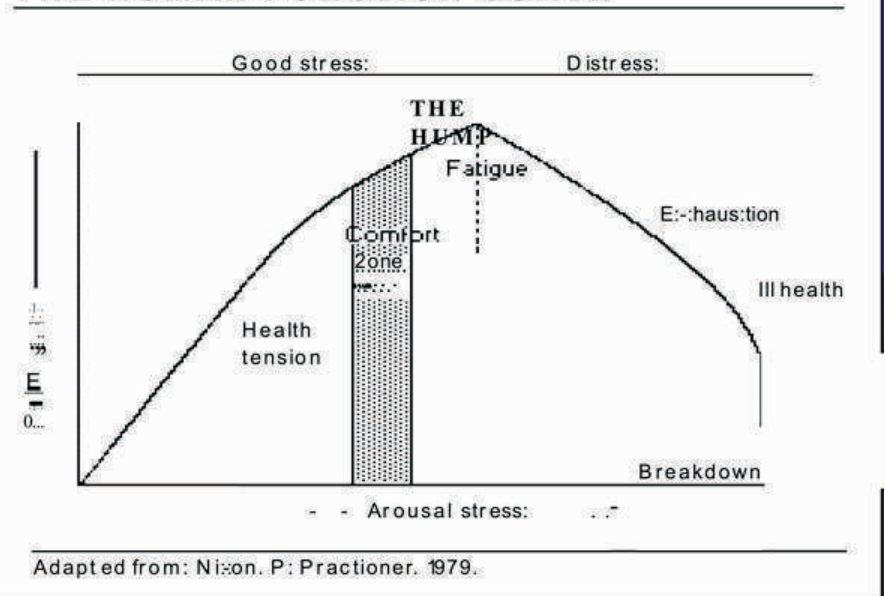
IMPORTANT THINGS WHILE HANDLING LIFE

1. Purpose

YoungSTERS may lose passion for or satisfaction with their work because they no longer find meaning in it or have lost sight of its purpose.

Finding meaning in your work should also take into account family needs and aligning your own needs with those of your organization.

THE HUMAN FUNCTION CURVE



LOVE WHAT YOU DO.

2. Time management

Balancing work and life roles requires good time management skills. Effective time management involves setting both long- and short-term goals, planning and organizing, and refraining from engaging in time-wasting activities.

3. Prioritization

Among your various responsibilities, it is important to identify what is important to you.



4. Reassessing and resetting

During life transitions, such as the completion of training, marriage, childbirth, and the death of family members, taking time to reassess and reset both work and life goals can be helpful in creating balance.



“Don't feel like you always have to say yes. It's better to say no and succeed at what's already on your plate than to say yes and perform poorly or worse,”

TIPS TO GET A LOT OF THINGS DONE :

- Get organized and stay organized
- Multitask
- Track your time
- Complete actionable items now
- Do things when you have time
- Work where you're productive
- Warn others and ask for help
- Stay focused
- Take breaks and eat well
- Plan ahead and recharge your battery



IT TAKES THREE - THE PERFECTLY STABLE TRIPOD!

Dr. Ritu Hinduja

Dr. Kalyani Shrimali

Dr. Reema Sircar

I am sure most of you have heard that friendships developed at school are for life, and that they are the most beautiful friendships because they are formed when you are innocent and not influenced by all the adult things in life ... its pure! And that it's difficult to have friends in the same fraternity because professional competition always gets in the way! We three, believed this for the longest of time – until we were proved wrong, and how!

Friendship is the hardest thing in the world to explain. It's not something you learn in school. But here we are trying to give it our best shot.

Being from 3 different cities belonging to 3 different cultures and backgrounds --- how did we become friends still surprises us..... the only thing we had in common was ironically our profession. There have been a lot of ironic moments in our friendship like we grew closest when the world was supposed to have isolate itself and not socialize- “The Great Covid Lockdown”. We were a little less scared every time each one of us was diagnosed with the “C” because we knew that our kids would always have family with the other two.

Friendship to us was never about having someone to hang around with or go to the movies with, it was a connection on an ethereal level. Though we do make futile plans to have a vacation together some day we will surely make these plans materialize.

Our friendship is a tripod Perfectly stable ... Kalyani being the sensible one, who not only guides but also pampers, Reema being the perky one who keeps the zing alive, and also gives good advice and Ritu is the glue.

It's not been all rosy always, like all relationships we do hit rough waters at times, but we become stronger swimmers each time and manage to reach the shore together.

There are so many inspiring friendships in our fraternity and they continue to inspire us!

A good Friend Is Like A Four Leaf Clover, hard to find and lucky to have, and we each has been lucky two times over. (touchwood)



SOCIETY OF MENSTRUAL DISORDERS AND HYGIENE MANAGEMENT



SOCIETY OF MENSTRUAL DISORDERS AND HYGIENE MANAGEMENT

Brief About Society:

Society of Menstrual disorders and Hygiene Management was born out of a dream to serve mankind through serving womankind. At SDMHM, we strongly believe that small steps ultimately culminate into revolutions. Yes, Revolutions that change the perspectives, revolutions that transform and revolutions that inspire. We are a team of dedicated doctors and health care practitioners with a common goal of empowering humanity. We see India as the future of the globe, and Indian women as the master crafters of power. Anything that holds women back should be taken care of like, in our society, myths and notions around menstruation.

AIMS:

- ✍ To promote sense of fellowship amongst the members of the society, to work for social cause.
- ✍ To disseminate correct knowledge regarding menstrual hygiene and other conditions like PMDD, menstrual disorders, PCOS, nutrition and contraception in all the segments of the women experiencing menstrual cycle.
- ✍ To promote safer, cleaner and sustainable menstrual sanitation practices in the society.
- ✍ To reach the under privileged and remote sections of the society.
- ✍ To promote research, and engage and update with the latest advances in the field of menstrual hygiene and associated disorders.
- ✍ To conduct seminars, CMEs, workshops on a regular basis, with an aim to educate others.
- ✍ To associate/ collaborate with other organisations and group of people, who are also working with a similar objective.
- ✍ To open a 24x7 helpline for solving the queries associated with menstruation.
- ✍ To emphasize about access to clean water, hygiene and sanitation, especially in schools.



DOCTOR G - A MOVIE REVIEW



With the modern world evolving to newer advocacies of women empowerment, superseding the idea of men and women striving hard in the quest to become equal breadwinners, the advent of a motion picture like Doctor G is an admirable pursuit to stir conversations through art.

It marks the birthing of a story that starts as a quintessential cute story that eventually crescendos to an action thriller spiking adrenaline leading to subversion of the genres. The film protagonist played by the able Ayushmann Khurrana is a OBGYN resident in his mid 20s who looks down upon his profession and finds it demeaning his masculinity. The ecosystem surrounding him involves his mother who serves him food on his table while he cribs about his insecurities, the errors of his ways, complexing his internal journey marking the representation of male chauvinism in his thought process.

He lives in a world surrounded by female role models inclusive of his love interest, his head of the department played by the veteran Shefali Shah, marking intricacies and leading his life to a sartorial change awakening his conscience. Shefali Shah enacts the role of a lady who carries the innumerable connotations of a strong bossy woman with great elan. She is neither faulty nor preachy.

The world showcases the plethora of varying emotions experienced by a woman during pregnancy by vivid portrayal of a happy pregnant female, a confused single mother, a devastated teen, a woman robotic about multiple pregnancy experiences.

The jokes crafted well about women poop during labor, the candour in the conversation with an infertile couple are executed well. During the process of the film, after experiences of a multitude of emotion turmoil the protagonist ends into an ally, a fixer of wrongs, takes a step back and carries out worthy assessments of his privileges.

On the whole the novel subject and the notion a of brave execution deserves an applause.

DR. SHEHLA JAMAL
ASSOCIATE PROFESSOR
RMRI BAREILLY

CERVICAL CANCER VACCINATION -THE NEED OF THE HOUR



Dr. Prerna Keshan

Consultant OBGYN Infertility Specialist
MBBS, DGO, FICOG, FICMCH, FIAOG.

MOTTO OF THIS ARTICLE-

- ✍ To emphasize on the routine use of cervical cancer vaccination against the HPV.
- ✍ comprehensive review of universal screening, vaccination along with awareness to prevent ca cervix
- ✍ overview of the socioeconomic burden and globally a major public health threat that cervical cancer poses .
- ✍ the biggest question answered will be why at all should we as a nation let our females “die” when we can “protect.”

DISEASE COURSE OF HPV-THE HUMAN PAPILLOMA VIRUS-

- ✍ large number of women get HPV infection sometime during their lifetime (80% by the age of 50)
- ✍ majority of the females do not have any symptoms and would clear the infection without developing any disease
- ✍ few women about 7% develop precancerous lesions and cervical cancer over a period of time (few months to 9 years)

POPULATION AT HIGH RISK-

- ✍ Multiple sexual partners
- ✍ Early age of marriage
- ✍ Young age at first sexual exposure
- ✍ Male partner sex.
- ✍ Apart from sexual behavior-smoking and nutritional factors also contribute to it.

PREVENTIVE STRATEGIES-

- SCREENING-well organized cervical screening programs and widespread good quality cytology(PAP SMEAR) can reduce cervical cancer incidence and mortality, however competing health care priorities, insufficient financial resources ,limited number of trained providers have made high coverage for cervical cancer screening in most low and middle resourced settings difficult to achieve.
- VACCINATION-this is where and why we talk about vaccination to reduce the cervical cancer burden considerably without much training and learning curve involved.

RATIONALE-

- Women previously infected with a particular type are unlikely to become reinfected by the same type, because of immunity largely provided by antibodies targeted against the major papilloma virus capsid protein L1.
- These antibodies block the interaction between infectious virions and their epithelial receptor, preventing viral access. When made in the laboratory, L1 protein self assembles into virus like particles(VLPS) that are morphologically identical to HPV and highly immunogenic but not in themselves infectious because they lack the viral genome .
- Natural HPV infection induces a weak immune response and does not offer full protection against new HPV infection.
- Vaccines induce high immune response than natural infection.
- Vaccination is the only form of primary prevention for ca cervix.

TYPES OF VACCINE-

- Bivalent vaccine-against strains -HPV 16 and 18
- Quadrivalent vaccine-against strains-HPV 6,11,16,18
- Nano valent vaccine-against additional 5 strains-31,33,45,52,58

EFFICACY-

The vaccines are 100% effective in preventing high grade cin and cervical adenocarcinoma in situ.

DOSAGE-3 DOSES

- Today
- Month 2
- Month 6

TARGET POPULATION-

- FDA recommends 9 to 26 years age females (preferably 11-13 years)
- Can be offered to females till 45 but with limited benefit.
- Catch up vaccination –No Age Limit.
- Quadrivalent HPV vaccination even recommended during lactation and immediate postpartum period.
- Other anogenital diseases linked to HPV –vulval Ca, Vaginal Ca, Anogenital Warts, Penile c Ca, Anal Ca and Oropharyngeal Ca, hence also recommended for boys.

WHY IS IT BEST TO IMMUNISE ADOLESCENTS-

- Immunizing before exposure can give per-protocol efficacy
- Higher immune response in adolescents than young adults
- Only two doses are required for full protection so more cost effective.

THE INDIAN SCENARIO-

- India is the youngest country in the world!!
- Adolescent population 250-260 million
- These millions are awaiting our attention for cervical cancer prevention-

WORLD'S APPROACH TO FIGHT CA CERVIX BY VACCINATION-

- Bhutan, Malaysia, Panama, Mexico, Argentina has introduced HPV vaccination as a part of the national immunization schedule.

CHALLENGES FOR UNIVERSAL VACCINATION-

- Despite of the 100% protection it offers, worldwide vaccination programs are still years from realization.
- To have maximum impact vaccination we would need to target young women prior to the onset of sexual activity.
- Sensitive public health campaigns would be required to convince parents to allow their teenage daughters to be vaccinated against a sti.
- Reaching women in underdeveloped settings, where already outstretched budgets that are struggling to deliver food, water and basic health care may make HPV vaccination unaffordable .

WHAT NEEDS TO BE STRONGLY CONSIDERED-?

- The potential of HPV vaccine to reduce the worldwide incidence of cervical cancer is unprecedented.
- Universal vaccination protocols require careful and strategic financial planning in both developed and more so in underdeveloped settings.

- Triad of awareness, screening and vaccination needs a mass scale public program implementation for the desired outcome.
- Unlike other cancers since ca cervix is preventable, we need to educate and empower women to prioritize their health and reinforce proactive measures.

THE GRAVE SCALE OF THE PROBLEM-

- Without further preventive measures, deaths from cervical cancer are predicted to jump fourfold to over a million a year by 2050 as a result of explosion in HPV infection rates across the world with more and more sexually active young adult population.

MESSAGE SHOULD BE LOUD AND CLEAR...

- We don't need to cure cancer (curative treatment involves much higher socioeconomic burden) if we can prevent it
- Don't wait –vaccinate is the mantra.
- Pursue, Prevent, Protect and Prepare

CONCLUSION –

- 27% of the world burden of cervical cancer is seen in India
- Since diagnosed in the late stages, significant mortality is attributed to it.
- Cervical cancer preventive measures in our country haven't even reached the tip of the iceberg
- Hence primary prevention with vaccination is the basis of cancer control.



CERVICAL CANCER: CAUSES, SYMPTOMS & PREVENTION

**IT TAKES A LOT TO
FIGHT CERVICAL CANCER,
BUT VERY LITTLE TO
PREVENT IT**

SEXUAL EMPOWERMENT



Dr. Apurba Dutta

Empowerment is act or action for empowering someone or something. It all centres around an individual having power over something. It looks like promoting their self-worth, determining their own choices and the right to influence social change, not just for themselves but for everyone.

WHAT IS SEXUAL EMPOWERMENT?

- ✍ According to Peterson Sexual empowerment is a multidimensional process comprising a variety of attitudes and behaviors, including among others,
- ✍ Having a healthy body image;
- ✍ Accepting and validating one's own sexual desire;
- ✍ Feeling that one has the right to express one's sexuality;
- ✍ Having expectations of sexual pleasure;
- ✍ Recognizing and being clear about one's own sexual desires;
- ✍ Being able to communicate these desires to one's partner;
- ✍ Refusing unwanted sexual contact;
- ✍ Using contraceptives effectively.

HOW TO PROMOTE SEXUAL EMPOWERMENT

- ✍ The best way to promote sexual empowerment is to talk about it.
- ✍ Giving a voice and a platform to talk about and own their experiences is a great way to give other people the confidence to claim back their voice and power.
- ✍ This not only keep the discussion alive , but it also helps others feel empowered.
- ✍ Another way to sexually empower women is to empower women in their everyday life.
- ✍ Once a woman feels empowered, she can then start to become sexually empowered, giving her back her control.
- ✍ Sexuality education at high school and colleges- it gives the necessary information in right way and provide students to think about their own ways.

SEXUAL EMPOWERMENT Vs SEXUAL OBJECTIFICATION

Sexual empowerment relates to seeing someone as a whole person, with them embracing their sexuality as part of themselves – having ownership of their body and feelings.

On the other hand, sexual objectification is seeing someone as an object, just for their body and sexual attributes and not the other wonderful personality traits which makes them truly individual.

ADVANTAGES OF SEXUAL EMPOWERMENTS

- ✍ It gives the equality, health and reproductive rights.
- ✍ It boosts the morale and self-esteem.
- ✍ It promotes healthy relationships.
- ✍ It prevents STDs including HIV/AIDS
- ✍ It prevents unwanted and teenage pregnancy.

DRAWBACKS OF SEXUAL EMPOWERMENTS

- ✍ Many time Sexual empowerments leads to blind dating and Zipless fucking. Is this really a person wants?
- ✍ Persons are suppressing a common, evolved desire for a more emotionally connected sexuality. It's making many of them miserable.
- ✍ It may increase the chance of STDs and HIV/AIDS if no proper protection taken
- ✍ It may increase unwanted and Teenage Pregnancy if no proper contraception used.
- ✍ It may lead to sexual exploitation and increase in crime rate.

REFERANCES

- ✍ Zoe D. Peterson:What Is Sexual Empowerment? A Multidimensional and Process-Oriented Approach to Adolescent Girls' Sexual Empowerment;March 2009.[Sex Roles](#) 62(5):307-313
- ✍ AlonsoQuijano-Ruiz,MarcoFaytong-Haro: Maternal sexual empowerment and sexual and reproductive outcomes among female adolescents: Evidence from a cross-sectional study in Ecuador;[SSM - Population Health.Volume 14](#), June 2021, 100782

HOW TO REDUCE MISCARRIAGES IN IVF BY UBQH-R AND SAMINOVA 5

Miscarriages are quite common in IVF. Typical miscarriage rates are 10-20%. Major reasons for miscarriages are

1. Embryo quality which is dependent on Sperm & Oocyte quality, mostly due to damaged DNA
2. Uterus problems
3. Hormone Imbalance
4. Immunological reasons

UBQh-R (Ubiquinol + Resveratrol) for males and **UBQh-R + SAMINOVA 5** (L-arginine + L-Leucine + Glutathione + Shatavari + Ashwagandha) for females have helped in reducing miscarriage rates.

In males, UBQh-R improves sperm quality as shown in a clinical trial as follows

- ✍ Sperm Count increased by avg 2.5 million
- ✍ Sperm Motility increased by avg 10%
- ✍ Most important Morphology improved by 1.5% as Resveratrol helps in repair of damaged DNA

SAMINOVA 5 in females improves egg quality, strengthens uterus especially endometrium thickness, balances hormones naturally, helps in embryo implantation thru mTOR pathway and improves immune response.

Embryo quality improves

- Improves sperm & oocyte quality, especially DNA
- UBQh-R improves sperm quality especially Morphology & DFI
- SAMINOVA improves egg quality due to all ingredients in it.
 - Glutathione, Shatavari & Ashwagandha are strong antioxidants which protects oocytes from free radicals
 - 800 mg of L-leucine improves egg quality
- **The commonest reason for a miscarriage is a genetic abnormality in the fetus**, and this is Nature's defense mechanism, to prevent the birth of an abnormal baby. While these defects are often random, they are commoner in older women. This is because the eggs of older women have more genetically abnormalities, because they have "aged" and have genetic defects, which cannot be screened for.
- Resveratrol helps in DNA repair as verified in Male fertility trials for UBQh-R where Morphology improved by average 1.5%. Also seen by drastic improvement in DFI, one example testimonial of Dr.Rutvij Dalal
- Ubiquinol & Resveratrol protects from free radicals at Mitochondria level where you have max chances of DNA damage

Uterus Problems

- Leucine and arginine in SAMINOVA regulate trophoblast motility through mTOR dependent and independent pathway helping in embryo implantation in the uterine which reduces miscarriage rate.
- SAMINOVA strengthens Uterus by
 - improve endometrium thickness which reduces miscarriage.
 - Shatavari contains mucilage, which acts as a tonic for the mucous membrane of the cervix and also protects it. Well-protected cervix secretes cervical mucus which is responsible for fertility in a healthy ovulation cycle, and helps to prevent miscarriage

Hormone Balancing

- SAMINOVA balances hormones naturally by balancing HPO & HPA axis
- It not only balances reproductive hormones but also helps in other hormones like Thyroid hormones.
- Hormone imbalance can cause miscarriage.

Immunological Reasons

- Glutathione is involved in regulating the genes that cause chronic inflammation, helping those who are experiencing immunological miscarriages or if the body is rejecting one's mate's sperm.
- Shatavari & Ashwagandha stimulates the immune responses and balances the hormone level which improves fertility and reduces miscarriage chances.

FEEDBACK FROM DOCTORS

- Doctors who are using UBQh-R for males & SAMINOVA 5 for females have drastically low miscarriage rate
- It is negligible if they use both UBQh-R & SAMINOVA 5 for females and UBQh-R for males

Nutritional Intervention in PCOS

Our Study on Protisol

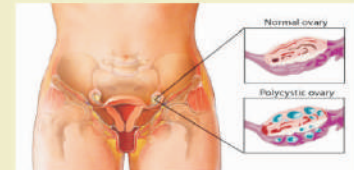
PRESENTER – Ramesh Patodia - CEO Ambrosia Nutrition Pvt LTD.
Study done by Dr.Neharika Malhotra, Dr Sarita & Dr Neerja at Rainbow Hospital Agra



INTRODUCTION:

PCOS is an endocrine system disorder affecting women in their reproductive years. Approx 40-60% of urban women of reproductive age are suffering from it.

- PCOS is a syndrome disease defined by a collection of signs and symptoms.
- Irregular or missing menstrual periods
- Infertility
- Excess or unwanted body or facial hair growth
- Thinning hair on the scalp
- Weight problems, often including weight gain around the waist
- Skin problems, including skin tags, darkening skin and acne



AIM AND OBJECTIVES

This was an a study on efficacy of PROTISOL for treatment of PCOS patients.

PROTISOL is a patented & award winning formulation containing Pea Protein, Inositols, Folic acid & 25+ Vitamins

METHODS

Study was done on 132 patient who were diagnosed to have PCO features in last two and half month.

They were given plant protein based powder Protisol ; in dose of 4 scoops with water twice daily (before breakfast and dinner) for first month until improvement in symptoms appeared ; followed by 4 scoops with water once daily (before breakfast)

At the start of study, we did basic physical examination two record their BP, weight, BMI, features of androgen excess and investigations- Blood Sugar (fasting), FSH, LH, AMH, Testosterone levels. Patients were counseled regarding lifestyle modification and diet management. All patients were followed up ate one and two months interval, and outcomes studied.

Follow Up Parameters Studied

Total No. of Patients	No. of Pts. Came for Follow up	Weight Loss	Improvement in Menstrual Pattern	Acne Improvement	Hirsutism Improvement	B.Sugar Control
132	123	101	52	18	10	36

RESULTS

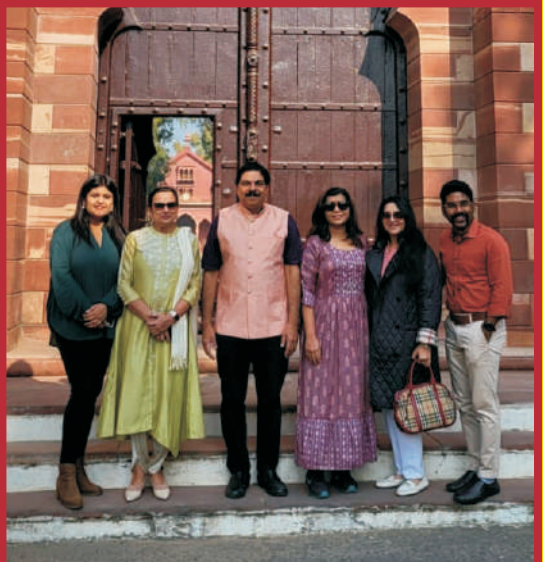
- Out of total 132 patients, 123 patients came for follow up
- Out of 123 patients, 101 patients had weight loss in first 2 months , ranging from 1 to 2.5 kg.
- 52 patients who were previously having prolonged cycles or bleeding on withdrawal, started having period without withdrawal after two months of PROTISOL. (100% result)
- Out of 89 patients, who had acne, 18 patients showed improvement in acne after first month. Others showed improvement after 3 months
- Hirsutism improved in 10 patients, out of total 78 patients presenting with hirsutism. Others showed improvement after 3 months
- 90 patients had slightly raised fasting Blood sugar levels. With Protisol, 36 reported with normal fasting sugar levels.
- 14 patients were taken up for IVF
- 33 patients were taken up IUI
- Only 2 patients reported a increase in weight after treatment

Why PROTISOL works?

- With two doses of 2 grams each, patient gets 4 grams of M- inositol/ day, which is the minimum recommended dosage for treatment of PCOS.
- Protein deficiency is one of the reasons for Insulin Resistance which causes PCOS. Pea based protein is one of the best plant protein.
- Micronutrient deficiencies cause insulin resistance. PROTISOL contains 25+ Vitamins, to make up the deficiency. These Vitamins in PROTISOL improves its efficacy in management of PCOS by synergistically acting with Inositols and Pea Protein.
- Protisol promotes normal hormone and lipid levels for regular menstrual cycles, improves egg quality, increases SHBG levels and thereby decreased testosterone levels, improves insulin sensitivity, decreases LH levels, induces weight loss, effectively manages hirsutism, induces ovulation and prevents gestational diabetes.

FOGSI NARI SWASTHYA JANANDOLAN YATRA

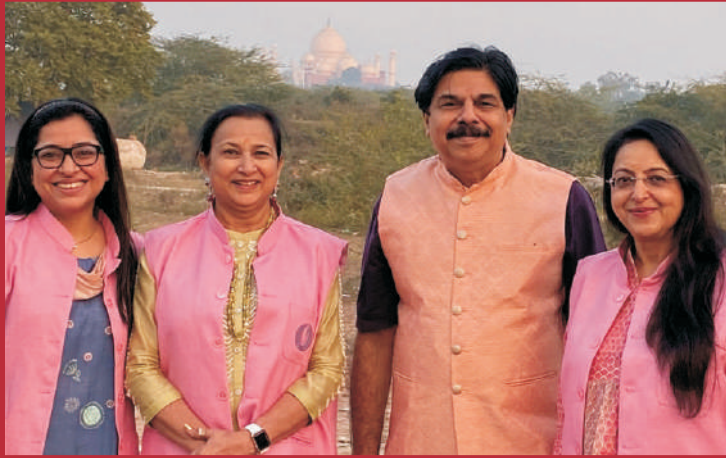
NARI SWASTHYA JANANDOLAN YATRA (Na Na Anemia Bus Yatra) PLAN - as on 26.11.22		
WEEK 1	Arrival:	28-Nov: Rishikesh (Mon)
	28-Nov: Flight to Dehradun	29-Nov: Dehradun (Tue)
	Departure:	30-Nov: Khora Malkanpur (Wed)
2-Dec: 2 hrs drive from Meerut and Flight from Delhi		
WEEK 2	Arrival:	06-Dec: Aligarh (Tue)
	6-Dec: Flight to Delhi (early morning) and 3.5 hrs drive to Aligarh	07-Dec: Agra (Wed)
	Departure:	08-Dec: Kanpur (Thu)
9-Dec: 1.5 hrs drive from Kanpur and Flight from Lucknow		
WEEK 3	Arrival:	13-Dec: Gorakhpur (Tue)
	13-Dec: Flight to Gorakhpur	14-Dec: Lucknow (Wed)
	Departure:	15-Dec: Prayagraj (Thu)
16-Dec: Varanasi (Fri)		
17-Dec: Mau (Sat)		
WEEK 4	Arrival:	21-Dec: Patna (Wed)
	22-Dec: Flight to Patna	22-Dec: Muzaffarpur (Thu)
	Departure:	23-Dec: Bhagalpur (Fri)
24-Dec: 4.5 hrs drive from Bhagalpur and Flight from Patna		
WEEK 5	Arrival:	27-Dec: Ranchi (Tue)
	27-Dec: Flight to Ranchi	28-Dec: Dhanbad (Wed)
	Departure:	29-Dec: Jamshepur (Thu)
30-Dec: 3 hrs drive from Jamshepur and Flight from Ranchi		
WEEK 6	Arrival:	02-Jan: Durgapur (Mon)
	2-Jan: Flight to Durgapur	03-Jan: Bardhaman (Tue)
	Departure:	04-Jan: Kolkata (Wed)
As per personal AICOG plan as Yatra concludes at AICOG		



Badlav - Yatra - Launch

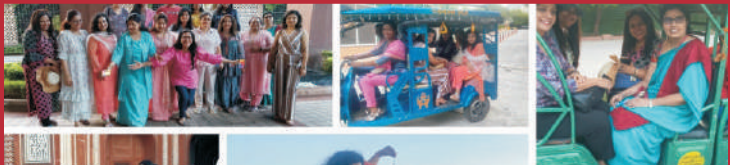


FOGSI NARI SWASTHYA JANANDOLAN YATRA



INSARG YTP CONFERENCE

InSARG BIENNIAL
Indian Society of Aesthetic & Regenerative Medicine
With
FOGSI YOUNG TALENT PROMOTION COMMITTEE
& **GENETICS COMMITTEE & UROGYNE COMMITTEE**
26TH, 27TH & 28TH AUGUST, 2022
TAJ HOTEL & CONVENTION CENTRE, AGRA



YTP REPORT

WEBINAR/CME/CONFERENCE/WORKSHOP

- ✘ Genetics in Infertility
- ✘ Male Infertility-Adjuvants
- ✘ Genetics & Recurrent Pregnancy Loss
- ✘ First Trimester Genetic Evaluation
- ✘ Jingle All the Way
- ✘ Post Partum Journey – Lets Make It Wonderful
- ✘ Recent Evidences on Antioxidants
- ✘ PCOS-Not a Disease but Metabolic Imbalance
- ✘ Genetics & Pregnancy Conclave
- ✘ Khushiyon ke Rang, FOGSI ke Sang

- ✘ POGS YTP Workshop-Jeena isi ka naam hai
- ✘ YTP with BOGS-Covid 19 and Pregnancy
- ✘ Building Youth Resilient (International Youth Day Celebration with FOGSI)
- ✘ First Step in Understanding Infertility
- ✘ All about Vitamin D in Human Reproduction
- ✘ Youth Day with YTP & BOGS
- ✘ Divine Garbhsanskar with YTP
- ✘ Instagram Contraception Awareness Program
- ✘ Prenatal Diagnosis in Genetic Disorders
- ✘ MEDHA-FOGSI PG Training Programme
- ✘ FOGSI Respectful Maternal Care Project Launch
- ✘ Breast Cancer Awareness Month
- ✘ Perinatal Health
- ✘ Endolit
- ✘ Endolit
- ✘ POGS, Patna YTP Webinar
- ✘ Infertility CME with MOGS Mathura
- ✘ Endolit
- ✘ Innovations in Female Fertility Management-A Masterclass with FOGSI Stalwarts
- ✘ Genetics & Rare Diseases
- ✘ Infertility Updates
- ✘ Surat Physical CME on Pre-eclampsia
- ✘ Live Handson Hyst Lap Workshop
- ✘ INSAARG Conference
- ✘ Indore Physical CME on Mothers Day- Newer HRT, A Hope for Millions of Menopausal Women
- ✘ Agra Physical CME on Dydrogesterone
- ✘ Ghaziabad Physical CME on Infertility
- ✘ Moradabad Physical CME on Infertility Insights
- ✘ Saharanpur Physical CME on PIH
- ✘ Alwar Physical CME on Ovarian Rejuvenation & Unexplained Infertility
- ✘ Mathura Physical CME on Poor Ovarian Reserve & Medicolegal
- ✘ Agra Physical CME on Poor Ovarian Reserve & Medicolegal
- ✘ Bharatpur Physical CME on Poor Ovarian Reserve & Medicolegal
- ✘ Gwalior Physical CME on Ovarian Rejuvenation & Unexplained Infertility
- ✘ Live Handson Hyst Lap Workshop
- ✘ YTP Dheera Event in School
- ✘ Womens Conclave Hybrid CME Srinagar
- ✘
- ✘ INSAARG Conference
- ✘ Youth Talk about Midlife Webinar
- ✘ Series of 5 CMEs on Infertility
- ✘ Series of 5 IUI Workshops

YTP IN COLLABORATION WITH

- YTP in collaboration with ISPAT & FOGSI Genetic Committee
- YTP
- YTP
- YTP in collaboration with FOGSI Imaging Science Committee
- YTP in collaboration with Nagpur Obs & Gyn Society
- YTP in collaboration with FOGSI Public Awareness Committee
- YTP
- YTP
- YTP in collaboration with ISPAT & SFM
- YTP in collaboration with FOGSI IAEC Committee & Adolescent Health Committee
- POGS & YTP
- Bareilly Society

- FOGSI with YTP
- YTP in collaboration with FOGSI Infertility Committee
- YTP in collaboration with FOGSI Food & Drug Committee
- Bareilly Society
- Dr Subhada Neel
- Team YTP
- YTP in collaboration with FOGSI Perinatology & IAEC Committee
- FOGSI with YTP
- FOGSI with YTP & Ethics & Medicolegal Committee
- FOGSI with YTP & Breast Committee
- YTP in collaboration with FOGSI Imaging Science Committee
- Endocrinology , YTP and public awareness committee
- Endocrinology , YTP and public awareness committee
- YTP in collaboration with POGS-Patna Society
- MOGS
- Endocrinology , YTP and public awareness committee

- YTP
- YTP with ORDI
- YTP with ISOPARB UP West Chapter
- YTP WITH LOCAL SOCIETIES
- YTP with META & UPIAGE
- YTP with INSAARG

- YTP with Local FOGSI Society
- YTP with Local FOGSI Society
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- YTP with Local FOGSI Society
- YTP with META & UPIAGE
- YTP with SMRITI
- YTP with Infertility Committee and Srinagar Society and Ujala Hospital
- YTP with INSAARG
- YTP with Midlife Committee and Kannur Society
- YTP with Local FOGSI Societies
- YTP with Local FOGSI Societies

PROGRAMS BY YTP TEAM MEMBERS

- ✘ Adolescent Awareness Program
- ✘ Empowering the Adolescent Girls
- ✘ Violence against Healthcare Professionals
- ✘ Suraksha-An OPD activation Program "Hum Surakshit to Desh Surakshit"
- ✘ Vaginal Discharge- Women Intimate Health Lecture Series
- ✘ National Doctors Day
- ✘ Masterclass Series on Fertility Enhancing Endoscopy Surgery
- ✘ Women's Cancer Health with Focus on Hereditary Cancers
- ✘ Imaging Masterclass
- ✘ Youngistan 2020
- ✘ OBG Emergencies
- ✘ Mixed Bag - TOG
- ✘ Breast Milk is Best Milk
- ✘
- ✘ Medicolegal Mystery –Demystified
- ✘ 11-14 Week Genetic & Structural Scan
- ✘ FOGSI Adolescent E-CONCLAVE
- ✘ PG Online webinar series
- ✘ Launch of FOGSI USAID project
- ✘ PPH webinar
- ✘ YTP National Girl Child Day Program by YTP Members of Nagarcoil
- ✘ YTP National Girl Child Day Program by YTP Members of Dhanbad
- ✘ FOGSI PG Forum XFactor
- ✘ POGS YTP Workshop-Jeena isi ka naam hai
- East Zone
- West Zone
- East Zone
- FOGSI AMOGS-YTP
- IACDG
- YTP & AOGD Endoscopy Committee
- YTP, AOGS, BOGS, Max Hospital
- FOGSI-SAFOG
- MOGS
- YTP, SMDG
- YTP
- YTP & IAEC
- YTP-Medicolegal Committee & Clinical Research Committee
- YTP & Sonoschool with FOGSI Societies
- FOGSI
- FOGSI
- FOGSI
- FOGSI
- NOGS
- DOGS
- FOGSI
- POGS & YTP

More than 20 other Academic and Social programs done by other members in their respective societies

SOCIAL & COMMUNITY BUILDING PROGRAMS

- ✘ Mask designing and distribution and PPE kit distribution in many areas in India and COVID awareness in local societies
- ✘ distributing food to migrants
- ✘ Walk for Her
- ✘ Nukkad Natak on AIDS Awareness
- ✘ Valentines Day Activity
- ✘ Youth Empowerment Program
- ✘ Menstrual Hygiene Day Awareness
- ✘ Empowering our Girls-Seminar
- ✘ International Yoga Day Celebration
- ✘ International Environment Day - Healing Environment Awareness Program
- ✘ FOGSI Fathers Day Celebration
- ✘ Mother's Day Celebration Program
- ✘ Organ Donation Pledge Program
- ✘ Breastfeeding Promotion Awareness Program
- ✘ Ozone Day Awareness
- ✘ World Suicide Prevention Day Awareness
- ✘ SAY NO TO VIOLENCE AGAINST WOMEN
- ✘ LOCAL KO KARO VOCAL
- ✘ CHRISTMAS CELEBRATIONS
- ✘ Skit on ACID ATTACK ON WOMEN
- ✘ SKIT ON PRETERM DELIVERY CONSEQUENCES
- ✘ SKIT ON POSTPARTUM CARE
- ✘ YTP Social Event at Agra distributing Tricycle to Handicapped
- ✘ HEALTH DOWN THERE-FROM BIRTH TO GRAVE. TALK GIVEN TO ROTARY CLUB OF VARANASI
- ✘ cervical cancer awareness and free test and screening
- ✘ Menstrual Hygiene Day Awareness talk in slum area
- ✘ Health Checkup Camp
- ✘ Awareness Camp for Menstrual Hygiene, Chandrapur
- ✘ Health check up and awareness program
- ✘ Awareness Meet for Postpartum Patients
- ✘ Cervical and Breast Cancer Awareness Camp
- ✘ Cervical cancer screening camp
- ✘ World AIDS day Awareness Camp
- ✘ Health Checkup Camp
- ✘ Breast & Cervical Cancer Camp
- ✘ Health Checkup Camp
- ✘ Wellness Women Camp
- ✘ Awareness talk on diet lifestyle modifications and HPV vaccination
- ✘ Health Checkup Camp
- ✘ Save the Girl Child Walk-City ki Walk

NEWSLETTERS, PUBLICATIONS & RELEASES

✍ FOGSI SMRITI YTP Calendar 2020	YTP
✍ 22 YTP Update Newsletters Released	YTP
✍ Video on Mental Health	YTP
✍ Video on Salute to Corona Warriors	YTP
✍ Video on Diwali by All senior members and office bearers.	YTP
✍ Release of YTP Annual Newsletter	YTP
✍ Release of YTP Holi Hai Newsletter	YTP
✍ Release of YTP Book OMG	YTP
✍ YTP Ten Tips Series	YTP

HEALTH CAMPS

- ✍ Free Infertility Camp on ISAR Foundation Day at Agra
- ✍ Free Infertility Camp at Bharatpur
- ✍ Cervical Cancer & Breast Screening Camp on Women's Day at Agra
- ✍ Free Infertility Camp at Vrindavan
- ✍ Free Infertility Camp at Mathura
- ✍ Health Checkup Camp at MNMH, Agra
- ✍ Health Checkup Camp at Vill. Atoos, Agra
- ✍ Cervical Cancer & Health Checkup Camp at MNMH Agra
- ✍ Health Checkup Camp at MNMH Agra
- ✍ Menstrual Hygiene Awareness Health Camp at Agra
- ✍ Women's Health Camp at MNMH Agra
- ✍ Health Camp at Pathauli Agra
- ✍ Women's Health Camp at MNMH Agra
- ✍ World Heart Day- Health Camp at 3 Locations in Agra
- ✍ Health Camp at Pathauli Agra
- ✍ Health Camp at Pathauli Agra
- ✍ Women's Health Camp at MNMH Agra
- ✍ Eye Camp & Health Camp at Pathauli Agra
- ✍ Women's Health Camp at MNMH Agra
- ✍ Cervical & Breast Cancer Detection & Health Checkup Camp Pathauli Agra
- ✍ Health Camp at Pathauli Agra
- ✍ Health Camp at Pathauli Agra
- ✍ Mother's Day Health Camp at MNMH
- ✍ Health Camp at Pathauli Agra
- ✍ Health Camp at Pathauli Agra
- ✍ Women's Health Camp at MNMH Agra
- ✍ Women's Health Camp at MNMH Agra
- ✍ Women's Health Camp at Village Dehtora
- ✍ Health Camp at Pathauli Agra



YTP AWARDS

YTP Champion Society Award 2022

- Alwar Obs & Gyn Society
- Mathura Obs & Gyn Society
- Dhanbad Obs & Gyn Society

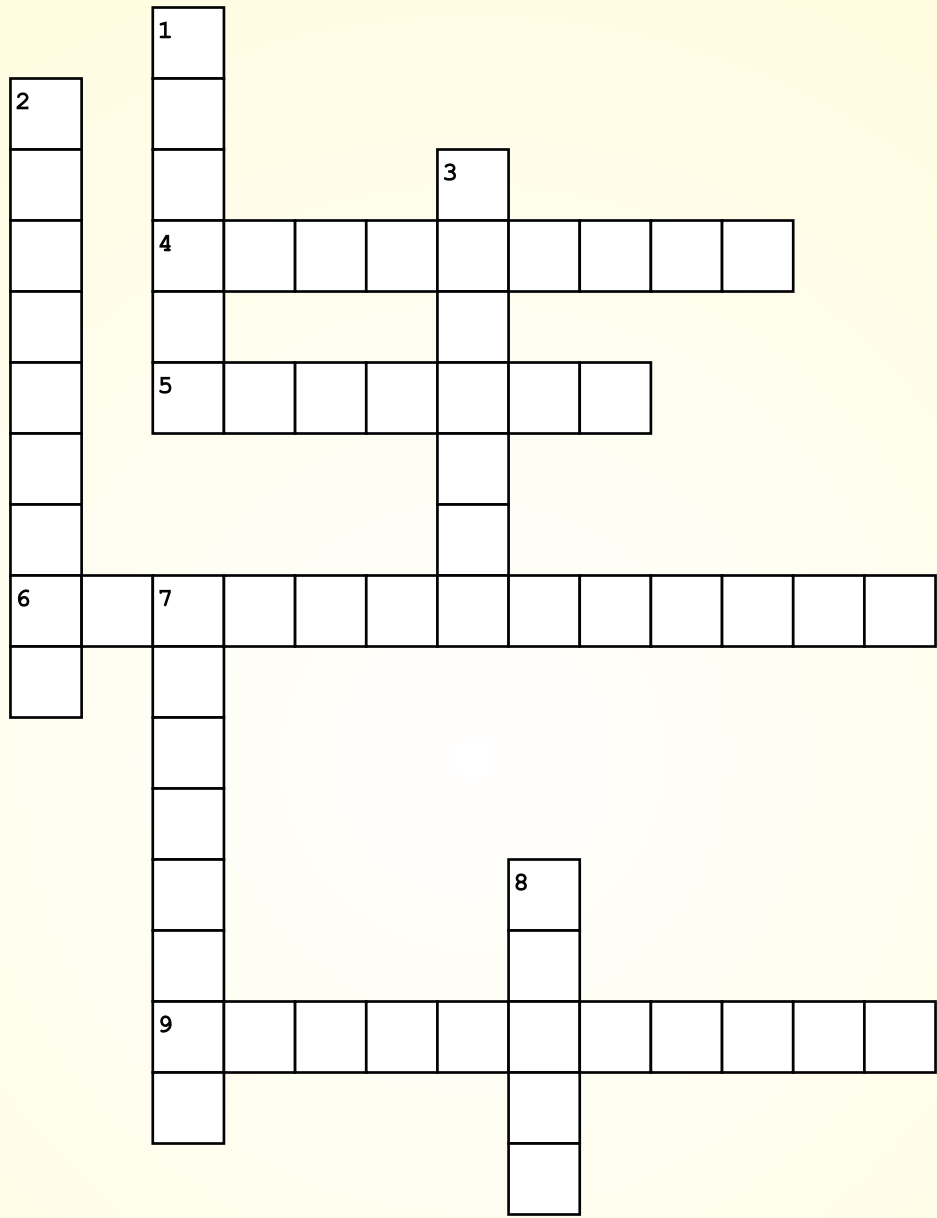
YTP Champion Award 2022

- Dr. Kavita Barnwal
- Dr. Shreya Prabhoo
- Dr. Sheeba Marwah

YTP All Rounder Award 2022

- Dr. Shehla Jamal
- Dr. Perna Keshan
- Dr. Aditi Tandon
- Dr. Monisha Singh
- Dr. Anshu Baser
- Dr. Manisha Ghatе

MOGS Puzzle



Across

- 4. radiological uterine scoring system for reproduction
- 5. A large cystic ovarian tumour is detected in a woman on routine antenatal check up. The most common complication she can encounter
- 6. Umbilical artery is a branch of
- 9. The pad of subcutaneous adipose tissue in front of the pubis

Down

- 1. Accessory reproductive organ formed by modified sebaceous gland
- 2. The bacilli which maintains vaginal pH
- 3. endometrium of the pregnant uterus
- 7. This tutor characteristically arises from the ovary
- 8. The largest paraurethral gland in females

DARD



Dr. Mamta Tyagi

एक स्त्री रोग विशेषज्ञ का दर्द

हम है विशेष क्योंकि हम है स्त्री रोग विशेषज्ञ
समाज हमारी परेशानियों से है अनभिज्ञ

रात रात भर जाग कर नार्मल डिलीवरी कराते है
परंतु अगर ऑपरेशन हो जाये तो मारे जाते है

डिलीवरी नार्मल हो जाए तो थोड़ी तसल्ली होती है
परंतु बच्चा अगर नर्सरी में चला जाए तो मुश्किल होती है

बच्चे की धड़कन के साथ हमारी धड़कन ऊपर नीचे होती है
हम परेशान होते हैं दुनिया बाहरी नींद सोती है

हमारी तुलना दाइर्यों एवं झोला छापो से की जाती है
यह सब एक दंश सा दिल में चुभा जाती है

अगर हम स्त्री होकर ज्ञानिकोलॉजिस्ट है तो और भी परेशानी है
सारी दुनिया को हमारे में ही कमी निकालनी है

समाज से पूछती हूँ, कब हमें मिलेगा पूरा सम्मान
कब हम कर पायेंगे अपने ऊपर अभिमान

Dr Mamta Tyagi
WTP coordinator

FOGSI-SMRITI-MYLAN AWARD-SAVE THE GIRL CHILD

CONGRATULATIONS TO ALL WINNERS

2020-2021



Nagpur Society



Nalgonda Society & Perinthalmanna Society {Tie}



Deoli and Sawangi Society

2021-2022



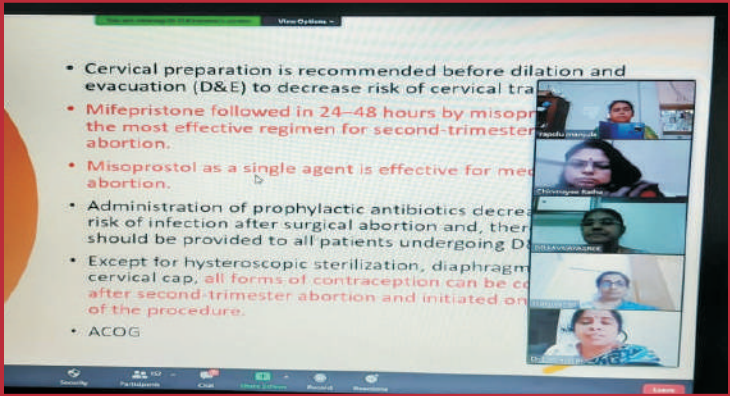
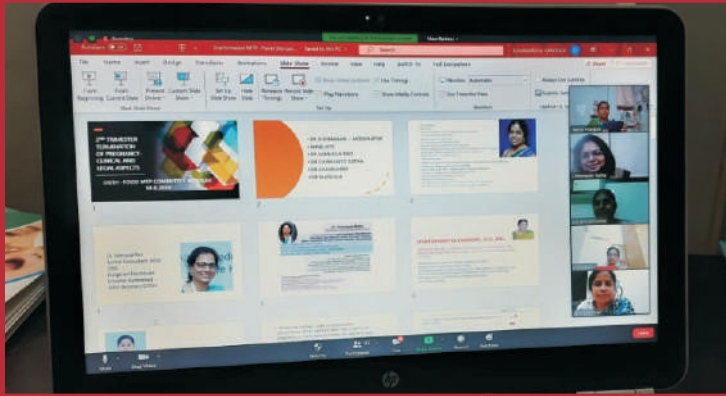
Thane Society



Yavatmal Society



Pusad Society & Rewa Society {Tie}



We are pleased to inform that we are starting
SOCIETY FOR WOMEN REPRODUCTIVE HEALTH
for research and education on
women reproductive health
in following areas

- Menstrual Problems
- PCOS
- Fertility
- MenoPause

Website and mobile app are under development.
Pls send a mail to us to join the society.

SOCIETY FOR WOMEN REPRODUCTIVE HEALTH
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For Male Fertility



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For Female Fertility



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Dr. Neharika Malhotra

Director, Smriti
Chairperson, FOGSI YTP Committee

A Quote, I firmly believe

“The planet does not need more successful people.
The planet desperately needs more peacemakers, healers,
restorers, storytellers, and lovers of all kinds.”

-Dalai Lama