

Adolescent Health Committee FOGSI

ADOLESCENCE

NEWSLETTER 2018



Prof. Dr. S. Sampathkumari

MD, Chairperson, FOGSI Adolescent Health Committee



Message From



Dr. Jaideep Malhotra
President: FOGSI 2018

Dear Friends,
I bring you greetings from FOGSI and My heartiest congratulations to Dr Sampath kumari and her team.

Dear Friends in the words of Earl Wilson, "Snow and adolescence are the only

problems that disappear if you ignore them long enough." Everywhere in the world, there has been a dilemma on how to bring up children and what to teach them and what not to teach them and believe me we are never going to be right, but

that does not mean that we should not engage with them. The biggest lessons learnt are that communication is the most essential when we are nurturing this very sensitive age group. As physicians we are much bothered about their physical health, but there can be no physical health without understanding mental, psychological and sexual health. We need a total turn around in managing adolescents and for this school education and sensitizing the teachers also plays an important role. I hope this conference will deliberate on all these issues and bring about greater understanding and consensus in focusing on the overall health of our young population.

"Catch them young and keep them healthy for life."



Dr. Pratima Mittal
President: FOGSI 2018

Dear All!
Adolescence is a period in which an individual undergoes major physical and psychological changes. It presents a window of opportunity to set the stage for healthy and productive adulthood and to

reduce the likelihood of problems in the years that lie ahead. At the same time, it is a period of risk: a period when health problems that have serious immediate consequences can occur or when problem behaviours that could have serious adverse effects on health in the future are initiated.

I am immensely delighted to know that Dr. S. Sampathkumari, Chairperson, FOGSI Adolescent Committee is bringing out her 3rd Newsletter on the activities of the committee during 2018 soon after the successful event of 'Thulir 18' – FOGSI Adolescent National Conference during 7-9 Dec 2018. As Vice President in charge of the committee I am very happy that she has not only conducted programs herself but has tremendously influenced many members from societies in many parts of India for conducting similar programs in their area.

I extend my best wishes to Dr. Sampathkumari & her team of members for such dedicated service to the community of adolescents and the impact of their service will certainly benefit our Mother India!



Dr. S. Shanthakumari
Chairperson: FOGSI – ICOG

Adolescence is a wonderful period in everybody's life, yet it is the period of turbulence, filled with riddles, melancholy, boisterousness, energy and adventurous spirit. It is in this phase one's own body and mind

are at war with his own self. Finding a solution is equally risky, cumbersome but is still a necessity and compulsion.

Dr. Sampathkumari as Chairperson of the committee has been doing a remarkable work and more importantly is able to successfully spread her zeal and commitment among a large

battalion of members at many OG societies. One such example is Thulir'18.

Thulir 2018 – FOGSI Adolescent National Conference at Chennai on Dec 7-9th was a wonderful opportunity to debate, discuss and derive strategies to develop Adolescent health care policies. It is becoming necessary and would soon become a necessity for India would be home of a largest battalion of youthful force. In their well being lies the future of our great country – India.

I congratulate Dr. Sampathkumari and her team for taking up this task and conducting this task admirably.

All the very best!



Dr. S. Sampathkumari
MD, DGO, FICOG, FC Diab., FIME
Chairperson: FOGSI Adolescent
Health Committee

Yes it is true! 3 years went by in jiffy. It was at AICOG '16: Agra with the wishes and blessings from all seniors and stalwarts I took over as the Chairperson of the committee and now it's time to hand over to the next in line.

The three years that went by have taught me, guided me, embolden me in many ways. But more than that this three years earned me the love of many FOGSIans across the country. Their sincere wishes and warm hugs at the FOGSI events tell me that I have been treading on the right path and that I am doing the right thing. Recently, **IMA Tamilnadu State Branch has bestowed a State Award on me at the State Conference on 8th Dec, 2018 for the 'Mission Pink' activities (Adolescents.related)**, events such as this firm up my resolve to continue my service to this community who will increase to 40% of Indian population by the turn of the decade.

The FOGSI Adolescent National Conference – Thulir18, it's resounding success in spite of OGSSI's Annual Conference in Nov and the AICOG'19 at Bengaluru in January has amplified the urgency to focus on adolescents' health care in building a robust India.

The world order is likely to witness a colossal change in the next 10 years. And, China which poised to unseat the global powers has to surmount the problems of its ageing population whereas, India is home to 21.6% of adolescents whose numbers are set to increase to 40%. It's a great opportunity and a risk at the same time. Very soon 2 out of every 5 people would be an adolescent and in their care lies the future of our country. The burgeoning rates of infertility, diabetes, divorce and sexual violence will be the impediments to progress. The time is now. It is ripe. For if we don't strike it now then when could we reap the benefits of such huge young population?

I urge everyone to think aloud and step out to act. Visit a school or a college in your area once a month to spread the hygiene facts and figures. Only a well informed society will forge ahead.

I take this opportunity to thank all my Presidents – Dr. Alka Kriplani, Dr. Rishma Pai and Dr. Jaideep Malhotra, Secretary Generals – Dr. H D Pai & Dr. JaydeepTank and all the office bearers, Committee Chairpersons, EC members and Zonal Coordinators, President & Secretaries of OG Societies all over India and fellow FOGSI members for their encouragement, support for rallying behind me in the cause of Adolescent well being!

Prof. Dr. S. Sampathkumari
Chairperson, FOGSI Adolescent Health Committee 2016-18

Programs by the Committee & OG Societies

6.1.18 FOGSI DAY

With OGSSI (Chennai Society) celebrated at INSTITUTE OF OG. 250 Nursing students participated. Rally with placards on adolescent girls' health was done outside the nursing college campus. Dr. Veni, (President: OGSSI). Dr. Shanthi (VP, OGSSI) and more than 25 doctors participated.

FOGSI DAY



Followed by a public forum and counseling session for students on all aspects of adolescent health in the morning time.

6.1.18 FOGSI DAY (Afternoon)

ADOLESCENT COUNSELLING on nutrition, menstrual health, mental health, sexual health and vaccination were done at Dr. Ambedkar Arts College with OGSSI President & Secretary

SALEM SOCIETY 24.8.18



7.1.2018 - Yavatmal Society in association with UNICEF conducted an Adolescent Health CME cum Workshop

FOGSI DAY



NATIONAL PROGRAMS

ADOLESCENT DYSMENORRHOEA 17.1.18-TALK



AICOG 2018 at BHUVANESWAR

IMA WOMENS CONCLAVE, Chennai GRT 10.3.18 TALK ON SEXUAL HEALTH



GURUGRAM WOMEN SUMMIT - 1.6.18 ADOLESCENT HEALTH PANEL WITH VP DR. LILA VYAS



POGS & ENDO SOCIETY – GETENDO 16. 6.18 - RTM on ADOL PCOS at PUNE

POGS & ENDO SOCIETY –GETENDO 16. 6.18 - RTM on ADOL PCOS at PUNE & NZYF GANGTOK 22 – 24, NOV 2018



NZYF GANGTOK 22 – 24, NOV 2018
TALK ON PELVIC MASS IN ADOLESCENT

Rallies by Committee & other societies

a. TIRUVANNAMALAI SOCIETY on **CANCER DAY 5.2.18 -RALLY** by Florence College students - 100 Students. Counselling session at Aruna Vidya College of Arts & Science, Kannakurukai, 226 km from Chennai

FOGSI DAY 6.1.18 (Afternoon)



b. CHENNAI SOCIETY 10.2.18 DEWORMING DAY

Rally in the morning by Nursing students of IOG -150 students
Counseling session on adol health in the afternoon with Queen Mary's College-250 students

CHENNAI SOCIETY 10.2.18 DEWORMING DAY



c. AHMEDABAD SOCIETY 20.5 18 with MMCON counseling session with Dr. Rajal Thaker at Mahipatram Rupram Ashram, Ahmedabad for Ashram students. 120 st participated.

AHMEDABAD SOCIETY 20.5 18



d. MIDYEAR CONFERENCE OF CHENNAI SOCIETY

'SAFE MOTHERHOOD COMMITTEE' CHAIRPERSON Dr. Palaniappan –Walkathon by Chennai doctors and students at Sri Ramachandra Medical College on Diabetes and other high risks in pregnancy awareness on 8.6.18

INTERNATIONAL WOMEN'S DAY 7.3.18



e. World Population Day - 17.7.18

Walkathon on awareness of contraception at TRIPLICANE, KGH hospital by doctors and nurses-150 participated

World Population Day - 17.7.18



f. SALEM SOCIETY 24.8.18

Walkathon by 680 students and 50 OG doctors on Cancer Awareness followed by Public Forum

SALEM SOCIETY 24.8.18



g. INTERNATIONAL WOMEN'S DAY 7.3.18

1. 17.3.18 CHENGALPATTU OG FORUM - 200 Students, Doctors & Nurses participated in the Walkathon for 3 km on 'WOMEN'S HEALTH' Walkathon by Medical College and Arts College students numbering more than 1000 students on 'Women Empowerment'. It was inaugurated by the Dean, followed by Counselling session on Adolescent Health for students.

INTERNATIONAL WOMEN'S DAY 7.3.18



2. 15.3.18 Women's day celebration with IMA CHENNAI SOUTH -200 doctors and students

15.3.18 Women's day celebration



3. Walkathon on 'Women Empowerment' with IMA Chennai South in Andhra Mahila Sabha Nursing College, Adyar. 100 students & 50 general practitioners took part. It was inaugurated IMA Women's Wing President & Secretary, followed by Counselling session on Adolescent Health for the nursing students.

h. ADOLESCENT HEALTH CMEs

1. TIRUVANNAMALAI Society ToT 24.2.18 -16 doctors trained

ADOLESCENT HEALTH CMEs THIRUVANNAMALAI Society ToT 24.2.18



2. ADOLESCENT HEALTH CLINIC STARTED AT THIRUKOVILUR

ADOLESCENT HEALTH CLINIC STARTED AT THIRUKOVILUR



ADOLESCENCE

3. Cancer Day CME on 25.2.2018 at Aruna Vidya Arts & Science College, Kannakurukkai, 226 kms from Chennai.

CANCER DAY CME on 25.2.18



4. KOTTAYAM SOCIETY 27.2.18 -- 68 Doctors Participated

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5. CHENGALPATTU OG FORUM 5.3.18 - 60 doctors participated

CHENGALPATTU OG FORUM 5.3.18 - 60



HIV Awareness Session at Chengalpattu on 12.02.2018



6. MADHA MEDICAL COLLEGE 14.3.18 - 350 Doctors participated

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7. KANCHEEPURAM 15.3.18 with KANCHI IMA doctors – CME ON ADOLESCENT HEALTH

KANCHEEPURAM 15.3.18 with KANCHI IMA doctors – CME ON ADOLESCENT HEALTH



8. COIMBATORE SOCIETY - 4.4.18 PSG COLLEGE, COVAI - 59 doctors participated

COIMBATORE SOCIETY - 4.4.18 PSG COLLEGE, COVAI



Program at KB Nursing College, Bengaluru with Dr. Sheela Mane on 25.05.2018



9. TRICHY SOCIETY 17.4.18 - National Conference at CAUVERY COLLEGE

TRICHY SOCIETY 17.4.18 - National conference



10. PUNE SOCIETY 24.4.18 – PANEL on Adolescent Health with PUNE CONF

PUNE SOCIETY 24.4.18 – PANEL



11. TIRUPATTUR OG FORUM With IMA TIRUPATTUR CME on 29.4.18 - 74 doctors participated

TIRUPATTUR OG FORUM 29.4.18



12. ELURU SOCIETY 18.5.18 - ASRAM Medical College - 47 doctors

ELURU SOCIETY 18.5.18



13. AURANGABAD SOCIETY 18.7.18- 53 doctors participated

AURANGABAD SOCIETY 18.7.18- 53



14. JALGAON - 19.7.18

JALGAON - 19.7.18



15. SHRIRAMPUR - 20.7.18

SHRIRAMPUR - 20.7.18





Invitation Card
Program on Adolescent Education
AMOGH, FOGSI along with DUTMC
 Co-ordinated by West Zone Zonal Co-ordinator
Date: 20.07.2018 Time: 9:00 am to 1:00 pm
Venue - Dr. Vikas Patel Medical College, Jalgaon

PROGRAM DETAILS

09:00 am to 09:30 am - Personality Development in Adolescent
 Speaker - Dr. Vinod Lakhani
 Inauguration
 Addressed by
 09:30 am to 10:00 pm - Adolescent FOGSI
 (Chairperson - Adolescent Health Committee (AH))
 10:00 am to 10:30 pm - Adolescent Health
 Speaker - Dr. Anjali Shinde (Co-ordinator West Zone)
 10:30 pm to 1:00 pm - Food Demonstration by IITM, JALGAON
 Co-ordinator - Dr. Shikha Khanna
 (Chairperson Adolescent Health Committee (AH))
 Dr. Vinod Lakhani

Staffing
 Dr. Vinod Lakhani
 Dr. Anjali Shinde
 Dr. Anjali Shinde
 1 Fellow
 1 Staffer
 1 Aide

16. PATNA SOCIETY 22.8.18 With Young Talent Promotion Committee -70 doctors

PATNA SOCIETY 22.8.18




17. School prog with young talent promotion committee at PATNA 21.8.18

School prog with young talent promotion committee at PATNA





18. NURSES DAY 14.5.18 – Members from Chennai(4), Salem, Pudukottai, Thiruvannamalai, Villupuram and Chengal pattu Medical Colleges conducted Adol Health sessions for nursing students in 8 medical colleges in Tamilnadu

NURSES DAY 14.5.18 – Members from Chennai



Dr. Kiran Pandey

National co-ordinator Adolescent Health Committee FOGSI
President KOGS 2016-18

1. Elaborated the importance of nutritious diet, active life style for good health at Mariaumpur high school
2. Awareness lecture about menstrual problems ,hygiene and puberty changes at Poorandevi school and distributed sanitary pads on 25 April 2018
3. Talk onchallenges of mothering adolescentsat kanya kubja public school Kanpur on 7 may 2018
4. Chief guest at julari devi girls inter college on 1 oct to deliver a lecture on menstrual hygiene
5. Addressing young minds onchallenges faced by adolescents at CSJM university Kanpur and huddard school kanpur in workshop on awareness about sexual health and problems on 10th may 2018 .
6. Oration for national adolescence awareness program for nursing students on effect of nutrient robbers like drug abuse on adolescents healthheld on 16 aug at kalam center Lucknow
7. Chief speaker at kit institute Kanpur- talk onlife skill education for adolescent girls on 30/8/18
8. Talk on adolescence nutrition and its importance for girls and for future generation on 1/9/18 at University of health sciences, Kanpur.
9. Interactive session on endometriosis in adolescent in conference organized by Varanasi obs and gynae society June 2018
10. Guest of honor in cme on 2/6/18 at Kanpur, signified the causes of anemia, its effect on adolescents health and on their future.
11. Chief guest in sahyog foundation program dedicated for empowering poor women and handicapped children, encouraging their skills
12. Workshop on adolescent health on 5 Oct at GSVM medical college. Also organized an interactive session with adolescents – teen talk

National co-ordinator Adolescent Health Committee FOGSI



North Zone Yuva FOGSI, Dehradun

29.4.18 Participated in Rally and Public Forum organized by Dr. Archana Varma, Public Awareness Committee Chairperson

North Zone Yuva FOGSI, Dehradun



North Zone – Report by Dr. Priti Kumar, North Zone Coordinator

Adolescent Health Activities were performed in cities of Lucknow, Kanpur, Behraich, Jammu and Azamgarh. The Adolescent health activities at Lucknow were performed under LOGS ADOLESCENT COMMITTEE. These activities were successfully organised giving several comprehensive adolescent health and counseling camps. More than 3000 adolescent boys and girls were benefitted.

Awareness talks on Role of balanced diet, exercise, physical and mental health, CPR and first aid, menstrual hygiene, were explained by interactive sessions. Free distribution of Sanitary pads to the adolescent girls in under Privileged schools. About 500 sanitary pads distributed.

Activities performed on every visit were

1. Hb% estimation,
2. Demonstration of CPR,
3. Managing Stress,
4. Good touch and Bad touch ,
5. Eye checkup of the children.
6. PCO's Awareness

Joint Collaboration with Government of India- Mission Pink

Village camps were aptly named 'Aao Gaon Chale' - Reaching the unreached in true sense. Schools adopted for the events were:

1. Technical Inter College, Vijay Nagar, Alambagh, Lucknow
2. Sarasswati shishu Mandir , Nirala Nagar, Lucknow (3 camps)
3. Amrai village school, Indira Nagar, Lucknow
4. Aryaman public school, Triveni Nagar. Lucknow.
5. Junior high school, Bharsawa, Mohanlalganj, Lucknow
6. St. Joseph School, Hardoi Road, Lucknow
7. Arya Kanya School, Lucknow (2 Camps)
8. Arya Kanya Inter College Behraich
9. Arya Kanya Inter College, Govind Nagar, Kanpur
10. Jwala Devi Girls College, Kanpur
11. Chitra Degree College, Naubasta, Kanpur.
12. Heritage School Jammu.

Joint Collaboration with Government of India- Mission Pink



West Zone - Report by Dr.Niraj Jadhav, West Zone Coordinator

- 1) 8.1.2018 at Birla College, Kalyan
- 2) 9.1.2018 spoke to Girls of Hiranandani College Ulhasnagar
- 3) 1.8.2018 spoke to girls of DAV College, Mumbai
- 4) 31.8.2018 spoke to girls and Boys of Ramanand Arya DAV College, Bhandup, Mumbai

By Dr Parag Patil, Kalyan, Maharashtra

West Zone Report from Dr.Niraj Jadhav

**EAST ZONE YUVA FOGSI 22.11.18**

GANGTOK SOCIETY - Public forum and counselling talk by FOGSI President Dr. Jaideep Malhotra, Dr. Sampathkumari and Dr. Vinitha Singh. 250 students participated in the forum . DR. JAIDEEP MALHOTRA gave talk on Adolescent Vaccine and Dr. Sampathkumari on Adolescent health. Skits. Song and Dance by students and the posters on Cancer prevention were the highlight of the event

EAST ZONE YUVA FOGSI 22.11.18

**East Zone - Report by Dr. Banashree Badra, East Zone Coordinator**

1. 15.2.2018 - Adolescent health camp at Narayana School near Durgapur by Dr.Indranil Dutta.-100 girls attended the awareness talk.
2. 18.2.2018 - Adolescent awareness session in PN Das College, Palta by Dr.Banasree Bhadra - 80 students participated.
3. 11.3.2018 - Adolescent Awareness Program in GICE Hospital, Kalyani - Dr.Dilip Kumar Dutta delivered a talk on adolescent

health in local language followed by free health check up for 100 girls.

4. 27.4.2018 - Dr Rumana Tabassum (Patna obstetric & Gynecology society) conducted an Adolescent Awareness Programme in Bihar Vikas Vidyalaya, Gopalganj - 200 students of class 9, 10, 11 and 12th attended the session.

5. 7.10.2018 PCOD awareness programme was conducted at Nilay clinic, Patna in association with adolescent committee, Patna Obstetric & Gynecology Society (POGS). Dr. Poonam Lal, Co chairperson of committee, delivered a talk - 25 girls participated.

6. Adolescent counseling was done on regular basis in Guwahati Medical College, Guwahati (Assam) in 2018 along with Guwahati Obstetric & Gynecology Society. Every month around 100 adolescent girls attended the clinic.

7. IAOG World Congress on Communication In Health Care was organized on 1st & 2nd Dec 2018 by Kalyani Obstetric & Gynecology Society (KOGS). 100 students of College of Nursing, Kalyani participated in the awareness program. Dr. Dilip Kumar Dutta, Dr. Banasree Bhadra, Dr. Mriganko Mouli Saha, Dr. Indranil Dutta and other members of KOGS participated.

South Zone – Kerala

1. The Cannanore Obstetric and Gynaecological Society: Apart from the routine Adolescent Health classes, THALIR (Teenage Health And Living It Right) involving Teens, Teachers and Parents was conducted in three phases:

Phase 1: Started with a rally by teens with placards highlighting their problems, flagged off by the DGP. Interaction with parents and children, through games and activities made them bond strongly. Health check-up and free clinics for teens were announced.

Phase 2: Talks on internet use and abuse, good touch and bad touch, drug abuse and POSCO act & Phase 3: Was only for Boys, "Boys First", addressing the problems and solutions for Adolescent boys.

2. CALICUT Obstetrics and Gynaecology Society: Conducted a Summer Camp for Adolescent Kids called ASHIQUI. A group of dedicated senior and Junior Gynaes interacted with the Teens and focusing on Sexual Health and Quality Upbringing by involving the parents. Apart from this, regular classes are being conducted.

3. Thrissur Obsteric and Gynaec Society under the title 'Samanvayam' have conducted maximum number of Awareness classes across the District. A class was held in the open, a la Gurukula model, special sessions for children of estate workers who were devastated in the recent floods was conducted to rehabilitate them.

4. Cochin Obstetric and Gynaecological Society: As always the regular classes on premarital education under the auspices of the church are being conducted every week. SHE camps are being held to instruct about menstrual problems. Sanitary pad dispensers were installed in some Government Schools.

5. Trivandrum Obstetric and Gynaecological Society. A special session for POSCO survivors was conducted for nearly 400 girls. Dr Biju Prabhakar IAS and IPS Nishanthini, Director of Service for Women and Children were present on the occasion. The feelings of shame and guilt were wiped away from their minds and they were treated for STDs, Pelvic infection menstrual disorders etc. One case of carcinoma was detected and is being treated.

6. Other Societies like Kottayam and Kasargod are also conducting SHE camps and Adolescent Health Awareness classes in schools.

7. The Government program of Souhrida Class for adolescent girls is being handled by our members in various societies. We thank our FOGSI Adolescent Chairperson Dr Sampath Kumari for her ever ready help in conducting various programs and also attending if possible.

Dr. Suchitra Sudhir

Adolescent Chairperson, Kerala Federation of Obstetrics & Gynaecology 2016-18

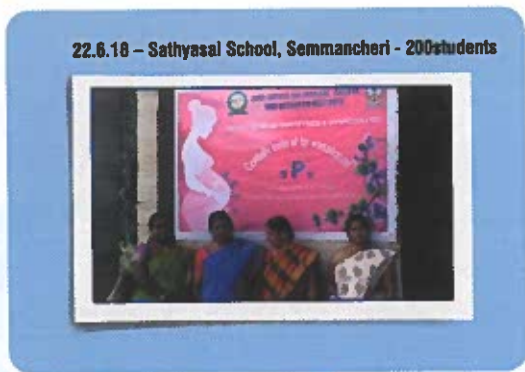


SOUTH ZONE - CHENNAI

- 24.1.18 – Vaniyambadi Islamiah Arts College For Women, a linguistic minority college situated about 200 kms from Chennai - 560 students



- 26.5.18 –K.V Govt Nursing College , Bangalore with Dr. Sheela Mane
- 21.6.18 –YOGA DAY- Prog done with yoga master
 - a.) Vallal Ettiapar School –300 students
 - b.) St. Joseph School -200 students.



THIRUVANNAMALAI

- 24.7.18 Morning –Thirukovilur GHr Sec School - 400 students
- 24.7.18 Afternoon – Vadamalaiyanoor school - 200 STUDENTS .Education Officer also attended.

MEDIA AND MAGAZINE

DEWORMING DAY



TRICHY SOCIETY CME



REPORT ON MENSTRUAL HYGIENE IN DECCAN CHRONICLE 14.6.2018 & AIR RECORDING ON ADOL HEALTH -21.7.18

REPORT ON MENSTRUAL HYGIENE IN DECCAN CHRONICLE 14.6.2018



AIR RECORDING ON ADOL HEALTH -21.7.18



YOU TUBE RECODING AT WOMEN's SUMMIT, GURUGRAM 1.6.18

YOU TUBE RECODING AT WOMEN's SUMMIT, GURUGRAM 1.6.18



ADOLESCENCE

YOUTHCELL MEET AT FOGSI OFFICE UNDER DR. VIDYABHAT OCT 2018

YOUTHCELL MEET AT FOGSI OFFICE UNDER DR. VIDYABHAT OCT 2018



Thulir'18 – FOGSI Adolescent National Conference – Invitation



Thulir'18 – FOGSI Adolescent National Conference – A report

FOGSI Adolescent Committee in association with OGSSI, Chennai conducted this National level conference during Dec 7 – 9, 2018 at Hotel Le Royal Meridien, Guindy.

A Pre-Congress Workshop-cum-ToT was organised at Govt Kasturba Hospital for Women & Children, Triplicane. Dr. Jayam Kannan, VP: FOGSI & Org Chair of the Conference inaugurated it. 40 local doctors and 35 doctors from TN Medical & Rural Health Services Directorate from all over Tamilnadu were the delegates. In the afternoon Role Play & Skits by nursing students literally enthralled the audience and all the teams were rewarded with prizes.

The conference was inaugurated by Ms. Vidya, Director of an NGO working in the area of Sexual abuse. Orations were by Dr. Jaideep Malhotra, President:FOGSI, Dr. Jaydeep Tank, Secretary General: FOGSI and key note address by Dr. Nandita Palshetkar, incoming FOGSI President, Dr. Narendra Malhotra, Dr. Hrishikesh Pai, Dr. Hema Divakar, Dr. Ashma from Nepal and Dr. Jayam Kannan. Plenary sessions by all VPs – Dr. Lila Vyas, Dr. M C Patel, Dr. Pratima Mittal, Dr. P K Shah, Dr. Suchitra Pandit and Dr. Basab Mukherjee. Committee Chairpersons – Dr. Palaniappan, Dr. Kawita Bapat, Dr. Archana Verma, Dr. Vidya Thobbi, Dr. Prateik Tambe, Dr. Vidya Bhat, Dr. Bhagyalaxmi, Dr. Priti Kumar, Dr. Parikshit Tank, Dr. sheela Mane, Dr. Arup Kumar Majhi and Dr. Shoba Gudi shared their experiences with the audience. About 300+ delegated including faculties made the show a grand success.

An ICOG session was conducted in the morning with Dr. Shanthakumari, Chairperson:ICOG, Dr. Parag Biniwale Secretary:ICOG, Dr. Ravichandran from Malaysia. Dr. Mandakini Megh , Dr. Ramnidevi, Dr. Veni and Dr. Sampathkumari.

A faculty dinner preceded by cultural program by FOGSIans were evening highlights.

On 9th morning a Rally cum Walkathan by more than 600 students braving the Chennai winter dawned the day at the famous Besant Nagar Beach which included state martial arts, sloganeering on Save the Girl Child, Anemia and Sexual abuse rented the sky. The area was coloured with Pink caps and Blue T shirts and made special with participation by National athletes Ms. Shiny Wilson, fencer Ms. Bhavani Devi and former olympian Hockey Player Mr. Mohammed Riaz.

The scientific session resumed with lovely debates and panel discussions by. Dr. Kurian Joseph, Dr. Jaishree Gajaraj, Dr. Sampathkumari and many other National speakers of repute.

The conference drew more than 35 free papers, 12 posters and participants from 10 medical colleges for the quiz that was superbly conducted by Dr. Abharani Sinha & Dr. Sebanti Goswami. Prizes for all winners were given by Dr. P K Shah and Dr. Shaanthy Gunasingh. The show came to an end with the valedictory by Past President Dr. P K Shah.

In all it was a show well attended and appreciated by all and many of the delegates' were vocal in their appreciateion for the new and novel topics.that kept the proceedings going lively as was evidenced by the higher level of participation from the audience. Thanks to Dr. Jaideep Malhotra and the FOGSI team for allotting this event at the fag end of the year. Thanks to the team OGSSI under President Dr. Shaanthy Gunasing for their tirelss service at all odd hours for more than 3 months. Special thanks to Dr, Umaiyal, Dr. Vanitha, Dr. Meenakshi, Dr. Rajapriya, Dr. Deepa Dr. Tamilselvi, Dr. Kanagu, Dr. Premalatha, Dr. Geetha, Dr. Srikala, Dr. Kalaivani, Dr. Sriprithika and Dr. Shobana. This even got credit points from TN. DR. MGR medical university, FOGSI: ICOG and Medical Consil Of TN.

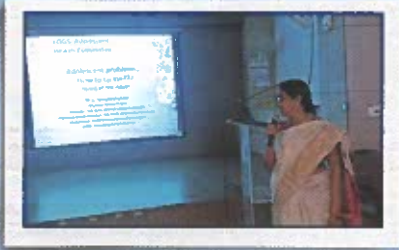
Adolescent Health Committee FOGSI
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Adolescent Chairperson, Kerala Federation of Obstetrics & Gynaecology 2016-1



Programs at tenure end...

CME at ESI Medical College, K K Nagar, Chennai on 28/12/2018 organised by Dr. M. Mohanambal, HoD.



Walkathon at Triplicane on 2/1/2019, organized by OGSSI



School program at St. Theresa's Hr Sec School. Pallavaram. 4000 students participated on 4/1/2019.



Workshop invite at AICOG 2019 Bangalore





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