

Past program excerpts

Sex Drive-How to add "ZING" to the life?

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We are born Sexual, but not lovers,
Healthy sexual life...

Tones your muscles. Regulates blood pressure and heart beats and leaves you medically fit.

Makes you look and feel young, happy and in-demand.

What are the reasons of evaporation of spice from the life?

Fast life, busy routine, Conflicts, children, Sexual dysfunction, wrong belief regarding sex, age, stress and many.

What to do?

Good relationship = Great Sex

- * Be your spouses cheerleader
- * Look sexy, keep fit
- * Touch each other as much as possible
- * Don't take things for granted
- * Trust each other

Make your Man feel on Top of the World

- * Have confidence in him
- * Don't nag or shout at him
- * Don't unload your problems in first 30mts
- * Respect your In Laws

Make your Lady feel on Top of the World

- * Agree with her, Be gentle
- * Listen to her
- * Smile & keep your mouth shut
- * Encourage her to discover her hidden talent.
- * **GIVE HER TIME - NOT GIFTS**

Follow Some bed room ethics

No Mobiles, laptops, TVs, food , drinking ...

Ambeince has to be conducive...

Keep romance alive by solving your difference before going to bed .

Initiating sex

Some pointers for Men

- * Appearance must be pleasant, shave & wash
- * In bed use plenty of foreplay, explore her body, be gentle
- * For heaven's sake don't fall asleep after sex, cuddle her and talk to her

Some pointers for Her

- * Look clean, well cut, sweet smelling, with attractive makeup on
- * Avoid being too critical or corrective
- * Tell him what makes you feel good
- * Sexy underwear, perfume and a readiness to cuddle are terrific come ons

Sex has no Expiry date.

Sex never gets old



The program on "Sexuality and Fertility modern era" was held on 30th May 2009. More than 150 doctors attended the program. Dr. Paras Shah and Dr. Himanshu Desai neatly narrated the finer aspects of sexual life, while showing how the mind and body can work in tandem with each other to achieve the much desired results in sexual life.

Panel discussion on "Male infertility" was nicely conducted by Dr. Himanshu Bavishi. All the panelists - Dr. C. B. Nagori, Dr. Manish Banker, Dr. Shailesh Shah, Dr. Himanshu Desai and Dr. Nimish Shelat touched upon the wide ranging day to day queries with much aplomb and art.

Everybody enjoyed the academic program till mid night with élan and satisfaction