



2020-21

Stories of the **Green Thumb** of our **AOGS Family...**

TEAM AOGS 2020-2021

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AHMEDABAD OBSTETRICS & GYNAECOLOGICAL SOCIETY

ENVIRONMENT DAY CELEBRATION

TREE PLANTATION / TREE APPRECIATION PROGRAM

Date : 05.06.2020



Dr. Rajal Thaker
President, AOGS
2020-2021

With proper
Social Distancing & Mask,
Plant a tree at your
Garden / Colony / Campus &
Send your Selfie / Photo
or

Take a Selfie/Photo with
A Tree That you have raised
Send a Selfie / Photo on
+91 98250 82646



Dr. Sunil Shah
Hon. Secretary, AOGS
2020-2021

Program Co-ordinators : Dr Rajal Thaker, Dr Sunil Shah, Dr Azadeh Patel, Dr Munjal Pandya

MESSAGE

Respected AOGS Family,

As one of the initiatives of sending positive messages to the society, we thought of creating compilation of dedication of our members towards nurturing and saving environment.

“Stories of the Green Thumb of our AOGS Family...” is just another effort of expressing our gratitude towards MOTHER NATURE and the little efforts we put in as a part of routine life...

We hope you enjoy reading this booklet and it would be great if we keep on sharing knowledge with one another to amplify our contribution towards MOTHER EARTH...

Program Co-ordinators :

Dr Rajal Thaker, Dr Sunil Shah, Dr Azadeh Patel, Dr Munjal Pandya

On this world environment day, pledges are being taken all across the globe to preserve mother nature. We have been receiving a lot from her and it's our duty to give her back for her own existence which in turn, will allow survival of all the species. Let us promise to ourselves to take care of the environment and grow more trees, plant more plants and make this world green...

We the doctors are pollution warriors and we should use our office, relations and influence to save the environment and for spreading awareness at mass level about adverse effects of pollution and toxins on pregnancy, foetus, neonate, fertility, malignancy, endocrinal disorders, psychological problems and on overall women's health ☸

DR ALPESH GANDHI



ENVIRONMENT DAY CELEBRATION



Trees and plants give us delicious atmosphere to live happily. So, we planted Gulmohar, Asopalav, Sevan, Coconut tree and so on....as well as Tulsi and Phudina plants as aushadhi for keeping us healthy. We have Mogara, Jasood and Rose plants whose flowers give us sweet smell and smile that make us happy. So I plea... Go Green...

Keep the environment clean. Thankyou 🌿

ANKITA PATEL, DR ARUN PATEL

This Cherry Tomato plant holds a special place in our garden since past monsoon. It was planted by our 2 year old son (now 3) to learn lot of concepts – from ingredients to plantation, to why trees are so important to us, to saving them. The memories of him watering the plant, learning to take care, getting surprised watching it grow bigger and bigger from soil to finding it magical of it giving cherry tomatoes will last forever 🌿

DR AZADEH PATEL, DR JAYESH PATEL, NIMAY





This is a Phudina plant . We have planted before a couple of months at our new home . We expected to use it when we would come to reside at that house. Now we are enjoying this plant medicinally as well as it's esthetics 🌿

DR BHAVIN PRAJAPATI

This plant traditionally called LOVLINA is *Beaucarnea recurvata* - also called Elephant's foot or Ponytail plant. It is now 7 years old or rather 7 years young. The cluster itself has started giving new off-shoots. It is an evergreen ornamental plant with a strong base (so called the Elephant's foot) and the leaves hanging down from a great height defining my life's mantra to always gain new heights, learn new things and yet remain humble with deeper, soulful and meaningful roots etched to the ground 🌿

DR CHAITANYA NAGORI





When planted silver palm, it was at level of our knee. Today, each leaf is 6 feet diameter with sparrow nest in the leaffold 🌿

DR CHIRAG AMIN, DR MEENA AMIN

Planted a lovely flowering plant today on Environment day....what a lovely feeling....pledge to nurture it daily morning will be more beautiful on seeing the bright red flowers of this plant...my new friend in my little paradise

Use Dustbin as your primary waste tank. Don't use Mother Earth as your primary waste dumper 🌿

DR DARSHINI SHAH, JAYMAN





We have planted our garden 3 years back. Our garden is a magical place full of blessings and wonders. The beautiful flowers shower upon us heavenly fragrances, the green trees lend their divine presence to soothe us. It is a pleasure and a privilege to bask in the glory of our green friends. May God bless us with a green world full of cherished experiences and abundant treasures, a legacy to our future generation 🌿

DR DIPAK NAYAK

Trees are our life. We can't survive without trees. I have hundred pots of plants at my place. I have 25 big trees around my house. We take lots of care of our trees throughout year. They make our surroundings clear so we can breathe highly oxygenated air in this CORONA Pandemic 🌿

DR DIPESH DHOLAKIYA, GEETA DHOLAKIYA





This tall standing adult PALM which I have nurtured so far like my child was gifted to me as a Small Sapling on my Birthday by a Great Environmentalist Late Mr Luvkumar Khachar before 15 years with whom I was associated since 1974 (1st mbbs). The world environment day is a befitting tribute to a crusader like him to whom I am emotionally attached as I am with Nature ☘

DR FALGOON PARIKH

I have planted Sweet Basil. It's called સમરો in Gujarati. In Jains- we dedicate Rose flower and Sweet Basil on Murti of our Tirthankars while doing Pooja. So we have great religious feelings for this sweet basil. My whole family goes for Pooja daily 🙏

DR HARDIK MEHTA





જસુદ ઉર્ફે *Hibiscus rosa-sinensis* વિઘ્નહર્તા ગજનન ગણપતિનું પ્રિય પુષ્પ છે. માથામાં વાળના સુગ્રથિત વિકાસ માટે જસુદનું તેલ આયુર્વેદની દ્રષ્ટિએ ઉત્તમ ગણાય છે. જસૂદના ફૂલનું ચૂર્ણ આયુર્વેદની દ્રષ્ટિએ ગર્ભાધાનમાં સહાયકારક ગણાય છે. જસુદના ફૂલનો શ્યામગુલાબી લાલ ક્લર જીવનમાં ઉર્મિસભર સકારાત્મકતાનો ભાવ ઉભો કરવામાં સદૈવ દ્રષ્ટિગોચર થતો હોવાનું અનુભવ્યું છે

DR HEMANT BHATT, MAMTA BHATT

As the thought goes

Plant a seed, grow a better future!

On this world environment day we would like to share our feelings about this plant of ours... the Conocarpus and this mighty tree Michelia Champaca (Champa).

We had planted Conocarpus almost a year ago and at this point it really feels worth it... Also, since a decade we have witnessed Champa growing and spreading its huge branches bringing shade and beauty to our garden. The refreshing atmosphere the plants bring soothes the mind....., Now the variety of birds which have inhabited to these plants and trees all feel like a part of our home, our family!

Especially the company of peacock on the Champa keeps us all mirthful and merry. Seeing its plumage daily makes our lives colourful and lively. Seeing our peacock dance is an exuberant joy! It is really mesmerizing to wake up every morning to the sounds of chirping adding melody to the atmosphere.

Altogether, it brings peace, calmness and serenity 🌿

DR JIGNESH DELIWALA, DR KRUTI DELIWALA





Mother Earth gives us life! Plants give us oxygen, shelter, food, entertainment , flowers, medicines , rubber, oil, fuel , peace & much more! Champa is a big tree, she will give shade to many people, there will be cool breeze near her, she will bear beautiful & fragrant flowers!

Planted my Champa six months back, hugging her gives peace of mind. She seems to understand me! I will take care of her like my child, She will grow & take care of many! ❀

DR KANTHI BANSAL, DR MUKESH BANSAL

I have a small garden in my compound. I had planted two trees - 🌳 🌳 Saptarni & Sevan just outside my compound wall. Now both trees are grown up. It gives fresh air to people & shelter to our vehicles. There are many other plants in my garden like champa, Tulsi, office time, money plant & many other colourful plants. We both love our plants very much & taking very good care of it. It gives us lots of satisfaction & relaxation 🌿

DR KOKIL DAVE, DR ROSHNI DAVE





I have planted, Christmas tree, as it's beautiful and cool. I have planted spider plants, as they are oxygen producing during night also. The vision for planting, is to make air pure with more oxygen and the world beautiful. The feeling I have, is that, I have returned back to nature, what we owe to nature 🌿

DR KSHAMA SHAH

One thing I worried the most, was my plants, when I was leaving my home, to get hotel quarantined as I was covid positive. I filled up all plant pots upto brim with water, patted them and left the house, with wishful thinking for both, me and plants, to remain alive! And to my surprise ,they were as hale n hearty as me, when I returned home! 🌿

DR LATA TRIVEDI





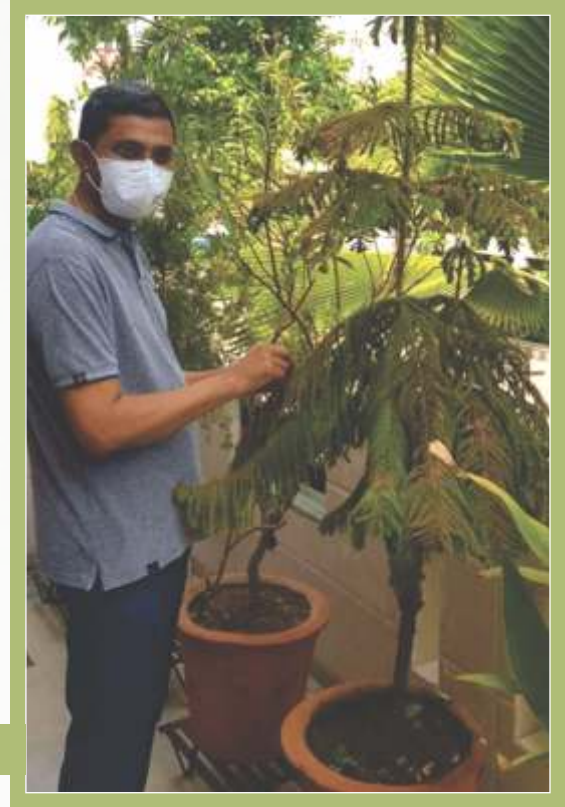
प्रकृति एवम् पर्यावरण का संरक्षण कर हम अपने दायित्व का निर्वाह करे । आज हम इन्हें संभाले । कल वो हमें पनाह देंगे । पुर्वज हमारे लिये जो विरासत छोड गए है, ईसको संभालते हुए, ईसका संरक्षण करते हुए हम आने वाली पीढी के लिए प्रस्तुत करे । आज के दिन एक पेड या पौधा लगा कर पर्यावरण के प्रति अपने दायित्व की पूर्ति होगी । हमारे परिवार में यह परंपरा है, जन्मदिन पर एक पेड या पौधा लगाना । प्रकृति की यही सच्ची साधना होगी । ❧

**DR M.C.PATEL,
DR RUTVIJ PATEL, DR NIRALI PATEL AND ABHIMANYU**

Christmas tree, Norfolk Island pine, (*Araucaria heterophylla*)

It is a evergreen and ornamental plant of the family Araucariaceae, The attractive saplings are cultivated throughout the world as houseplants. It's branches are arranged in symmetric whorls, and the trunks are characteristically straight. The leaves of young plants are needlelike and curve upward to a point, while those of mature trees are scale like and densely overlapping. The plant is attractive ornamental plant, suitable for smaller spaces. Christmas plant is most durable, high oxygen emitting, require very little care and appreciated especially in wintertime for their pleasant smell and greenery 🌿

DR MINESH PRAJAPATI





Mother nature has bestowed upon us her valuable treasure for survival of every living being. On this World Environment Day, I would like to write about Neem tree in our premises. Neem tree is a fast growing tree, considered as medicinal plant. It has a significant role as Ayurvedic medicine, as cosmetic and as a plant of importance in organic farming. My this friend, has been part of my life since many years and it's always pleasant to stand under this magnificent altruistic giant getting his cold and soothing shelter.

Save Nature, Save Future... 🌿

DR MUKUL SHAH

Tulsi. Our rich history is full of literature praising this miraculous plant! Every house used to have her at the entrance and almost every remedy has her as an ingredient. My wife Janki and I have been taking care of the little garden we've. Few weeks back, this particular plant got all her leaves shrunk, may be due to heat, but then one thing stayed constant: "Hope". It got back to its all green appearance! It's time not to go back to our history, but to get history walk with us, within us, for better survival of future generations! Let's get to the roots and revive the hidden treasures! 🌿

**DR MUNJAL PANDYA, DR JANKI PANDYA
AASHVI & SANVI**





There is an experience that TN Seshan told in a Management Seminar. He was traveling in Uttar Pradesh with his wife for a picnic while he was the Chief Election Commissioner. On the way, they saw a large mango plantation filled with sparrow nests. Seeing this, they went down there and his wife wanted to take two nests home. The police escort called a young boy who was grazing cows in the fields and demanded to bring the nests down and offered to pay him Rs10. He refused, so Seshan raised the offer to Rs.50. The policeman asked the boy to do it as Seshan was a big officer. The boy told Seshan and his wife 'Saabji I will not do it for whatsoever you will give.' He continued, 'inside those nests, there will be baby sparrows, if I give you those nests to you, in the evening when mother sparrow returns with food for the babies and do not find them there, she will cry. I do not have the heart to see that'. Hearing this Seshan and his wife were shocked. Seshan says my position and the IAS melted away in front of that little boy. I was in front of him like a mustard seed. They gave up their wish and after returning, this incident continued to haunt him with guilt for days. Education, position or social status is never the yardstick for the measure of humanity. Knowledge is to know nature. We don't achieve anything by gathering a lot of information. Life becomes blissful when you have knowledge, sense & wisdom. #WorldEnvironmentDay ☸

Human Biological waste when judiciously used recharges the earth & Human self denial judiciously used recharges the heavens above.
If only we act on the wisdom of 'what to do when and how' ☸

DR N T VANI

Our perchance allotted Housing Board home deteriorated to a ghost villa, abandoned and unattended. On retirement in 2000, Shashi refurbished it to shape it as a Clinic and gradually to the 'greenest spot' in the vicinity. Years later on a fateful moment a mango sapling got transplanted from a household pot to a spot in our backyard under woefully shaded canopy of trees above. Look at the grit to survive, the propensity to grow, the sapling hunted out an isolated ray of sunlight somewhere to pull it up and today has flourished to a space of its own in full sun establishing its own identity beyond the spread of the canopy. It flowered, bore fruit while we did NOTHING. A senior Forest Official had once advised us: DO NOTHING, take steps to stop random grazing and forest will regenerate itself on a barren land. If only we act on the wisdom of 'what to do when and how' and most of the times DO NOTHING. Mother Nature knows how to take care of herself if we let her. For long I scattered Mango seeds, Tamarind seeds and the likes on fallow lands on sides of the stray roads to salute my tree, it's grit and its inborn willingness to give fruit to anyone without discrimination. Unfortunately I am locked in and the tree is too expansive to send a picture 🌿

DR N T VANI, DR SHASHI VANI





MY EXTENDED FAMILY: I have always dreamt of being surrounded by the greenery. That was the reason I zeroed down on the flats where I am staying at present. And to have the whole garden view at leisure, I selected the 12 th floor (top). Now that sounds too far. As a part of the family, my portable garden moved in with me. No doubt, I added a few more greens as I long for more. They have become a part of my daily routine. Watering, trimming, setting, cleaning, putting manure are inseparable acts of my day. I nurture them with my utmost love and affection. As a part of my family members, they get to eat what we eat. As a part of water conservation, I water them with the water that is discarded by RO plants (it wastes about 60% of water), water used to soak dal, wash veggies, left overs of malai ie chhaas, paneer water, and even spoilt milk some times, so that they get good proteins. They get to taste over ripe fruits sometimes as they are rich in minerals and sugar. After all, they are an inseparable and most lovable part of my family. They hold a very special place in my heart. They are a source of food, shelter, shade, oxygen, minerals, prevents soil erosion, land slides, floods and what not. In simple words they are the unit responsible for "THE LIFE" on this mother earth. Gift one tree to everyone at any occasion. Gift of lifetime ☘

DR NAHID ANSARI, YURYD

This is a picture of my clinic, where I have grown pipal, neem and one more tree. They are 10 yrs old. People were laughing when I nurtured them but now these trees are giving shade to many humans, birds and animals. I am so delighted for my small contribution to healthy environment. Many a times wood cutter comes and ask to cut or even trim but my strict instructions to my staff also not to allow anyone to cut in my absence

.They r my babies you can see me in total shade at one o'clock . You can see many other plants also. As a proud FOGSIAN it is very proud feeling to pen down something about my babies very close to my heart on this world environmental day an UN's clue to encourage awareness action for protection of environment 🌿

DR NITA MISHRA





Spider Plant - Airplane Plant - Chlorophytum Comosum

I love indoor plants as they brighten my space & it gives life to my green corner !!

It is a plant which it easy to grow & easy to maintain. It produces oxygen & purifies the air by absorbing Carbon Dioxide, formaldehyde & xylene.

They are non toxic. I love my powerhouse of oxygen & low maintenance plant. I keep it on a ledge where the sunlight is indirect & not harsh.

I water them daily in these times of summer. LUV its grace, brightness & speed of growth.

I wish to plant many more such plants in the green corner of my house like Acasia Palm, Money Plant, Areca Palm & Rubber Plant !!

Will post my pics & let you all know 📷

DR NITA THAKRE

આ બકુલનો છોડ વસુંધરા મૌલિ સેવા સંસ્થા દ્વારા મને નાગપુર માં વૃક્ષારોપણ કાર્યક્રમમાં અતિથિ વિશેષ તરીકે સ્મૃતિ ચિન્હ તરીકે ભેટ આપવામાં આવેલ.

આ છોડ તેમની કાયમ યાદગીરી છે. તે એક નક્ષત્ર છોડ છે જેમાં ખુબસુરત સફેદ ફૂલ આવે છે. તેની ઘેઘુર ઘટાઓ ગરમીની મોસમમાં લીલો છાંયડો પણ આપે છે ❀

DR PRADYUMAN VAJA, DR NIVEDITA VAJA



माता भूमिः पुत्रोऽहं पृथिव्याः ।

Earth is my mother and I am her child.

#EnvironmentDay 2021

ये धरती हमारी माता है और हम इसके पुत्र हैं।



આ સખ્તપર્ણું નું ઝાડ અમે જ્યારે આ નવા ઘરમાં રહેવા આવ્યા ત્યારે અમે વાવ્યું હતું, જેને અમે અમારા બાળક ની જેમ સીંચી ને મોટું કર્યું,, જેને અમારા આંગણામા વટવૃક્ષ થયેલું જોઈ એક બાળકના માતાપિતા ની જેમ આનંદ થાય છે

DR PRADYUMAN VAJA DR NIVEDITA VAJA

I love Nature in all forms. I have planted more than 80 trees past several years and also distributed several hundreds of saplings and seeds. I think my love for Trees has started from my school days as CN Vidyalaya had a large campus with so many trees. When I was young my mother used to send me with a small bucket to water the roadside trees. I have been taking sessions at nature education camps on tree identification, importance of trees and about people who have worked hard for saving the trees- like Chipko movement of India and Tree sit campaign of Julia Butterfly Hill in USA. This is the RAYAN tree that is raised by me past twenty years and now it has started giving fruits as well. For me trees are my best friends. I need to be surrounded by trees all around for sure...

EVERYDAY IS ENVIRONMENT DAY FOR ME 🌿

छेतारम् अपि संप्राप्तं छायापुष्पफलादिभिः ।

पूजयन्त्येव तरवो मुनिवत् द्वेषवर्जिताः ॥

The trees offer their oblations even to their cutter by shade, flowers and fruits. Indeed the trees, like the sages are devoid of malice

DR RAJAL THAKER





Ixora is the only genus in the tribe Ixoreae. It consists of tropical evergreen trees and shrubs and holds around 562 species, Members of Ixora prefer acidic soil, and are suitable choices for bonsai. Large flower clusters come in red, orange, yellow and pink and it is known as jungle flame and flame of jungles. Minimum maintenance is needed when growing an ixora bush.

GARDENING AND PLANTING ADDS YEARS TO YOUR LIFE AND LIFE TO YOUR YEARS 🌿

**DR RAJKUMAR KHUBCHANDANI
DR KALPANA KHUBCHANDANI**

My plant is Syngonium Family plant. I received it as a Faculty Memento in one of the National Conference. It's an excellent Air Purifier because it absorbs toxins from air & convert it into Nutrients. I take care of my plant by watering it everyday. It grows very well when taken good care 🌿

DR SHASHWAT JANI





BAR MASI "As the name suggests, it is in bloom, all the year round. May it be the Scorching summer, Heavy rains or Cold winter, Nature is full of colours , come what may! Connects with my way of looking at life.

"RESPECT AND ENJOY NATURE. LIVE LIFE AS IT COMES,"
IT'S MY DUTY TO SAVE ENVIRONMENT'S BEAUTY 🌿

DR SONAL KOTDAWALA

We as humans have done a lot of damage to the environment. In this times of crisis when mother nature is healing herself we have got enough time to analyze and evaluate the ways to save this environment and to allow everyone for better opportunities for survival. I wish we all contribute in nurturing this environment in forthcoming times as well 🌿

DR SUNIL SHAH



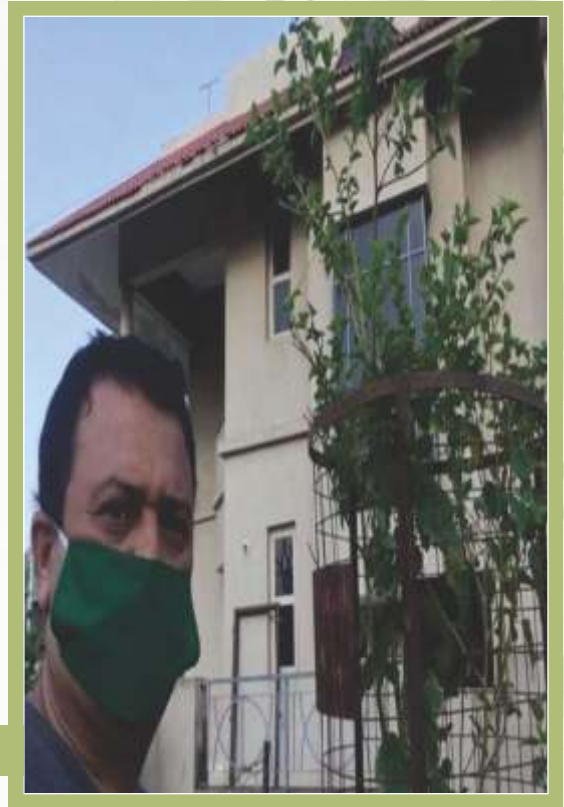


This Adenium plant is a special one among many others in our small garden. This was planted over the burial place of our dear Ranjha a mix breed pet, who passed away at the age of 16 yrs. This Adenium has been nourished by his mortal remains, and somehow it reminds me that this is his way of being with us 🌿

DR SUSHMA SHAH

I had planted this SETUR tree 2 years before and I always give water daily before going to Hospital. I had planted these types of 11 trees in hope that they will give shade & fruit & Benefit to environment. So, prefer trees to small decorative plants ☘

DR VIRAL LUHAR



ENVIRONMENT DAY CELEBRATION

SCREEN SHOTS FROM THE VIDEO THAT WAS MADE ON THE ENVIRONMENT DAY



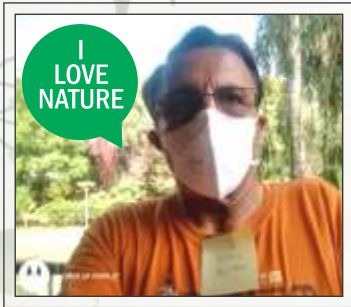
DR AMI MUNSHI
DR SUJAL MUNSHI



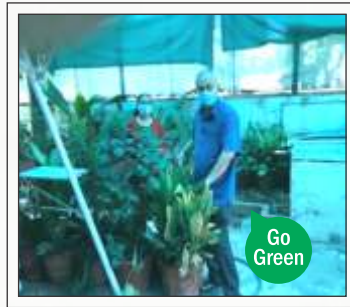
DR ATUL MUNSHI
DR KALPANA MUNSHI



DR BABU PATEL
DR FALGUNI PATEL



DR BHARGAV PATEL



DR CHAITANYA PATEL
DR GEETA PATEL



DR CHINMAY PATEL



DR DEVINDRABEN SHAH

ENVIRONMENT DAY CELEBRATION

SCREEN SHOTS FROM THE VIDEO THAT WAS MADE ON THE ENVIRONMENT DAY



DR DEVANGI DESAI
MITTUL DESAI



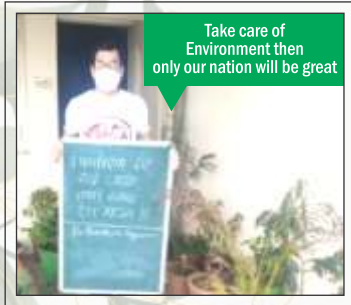
DR FALGUNI DOCTOR



DR HARSHAD SHAH



DR JAYSHREE GANDHI



DR KAMLESH JAGWANI



DR KAVINA DESAI



DR MONOO GUPTA



DR PARIMAL PANCHAL
DR VAISHALI PANCHAL, STAVYA - ANAY

ENVIRONMENT DAY CELEBRATION

SCREEN SHOTS FROM THE VIDEO THAT WAS MADE ON THE ENVIRONMENT DAY



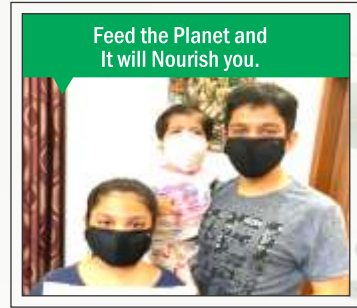
DR PARUL SHAH



DR PAVAN DHIR



DR PRAGNESH SHAH
DR PARUL SHAH & BHAKTI



DR PRATISH SHARDA
AANYA - AMARA



DR PURVI PARIKH



DR R K SHAH



DR RAJITA JANI
DR SHASHWAT JANI



DR RAXITA PATEL
DR DIPAK PATEL, ADITI

ENVIRONMENT DAY CELEBRATION

SCREEN SHOTS FROM THE VIDEO THAT WAS MADE ON THE ENVIRONMENT DAY



DR SANJAY MUNSHI
KALYANI MUNSHI



DR SANJAY SHAH
DR NILAM SHAH



DR SHASHANK DOCTOR



DR SHUCHI PATEL



DR SNEHAL KALE



DR YAMINI TRIVEDI





2020-21

Concept and Creation: Dr Rajal Thaker, Dr Azadeh Patel, Dr Munjal Pandya

Published by : Dr Sunil Shah

Contact details:

office@ahmedabadobgyn.org

drrajalthaker@gmail.com | sunilshah0501@gmail.com | munjal171184@gmail.com | azadeh.patel511@gmail.com

2nd Floor, Ahmedabad Medical Association Building, Ashram Road, Ahmedabad - 380009.

Phone : 079 - 26586426

E-mail : office@ahmedabadobgyn.org | www.ahmedabadobgyn.org

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Rajal
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