



AHMEDABAD OBSTETRICS AND GYNAECOLOGICAL SOCIETY

AOGS E-TIMES

JUNE - AUGUST 2020 >>>>

Theme : Catch them Young & Teach Them Right

Motto : Beti Bachhao, Beti Padhao Aur Bete ko bhi Samjhaao

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CATCH
THEM
YOUNG

TEACH
THEM
RIGHT



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Special Invitee

Dr. Chirag Amin | Dr. Geetendra Sharma | Dr. Hemant Bhatt | Dr. M. C. Patel | Dr. Nita Thakre | Dr. Parul Kotadawala | Dr. Tushar Shah

FOGSI President : Dr. Alpesh Gandhi

Editors : Dr. Rajal Thaker | Dr. Munjal Pandya | Dr. Arati Gupte Shah

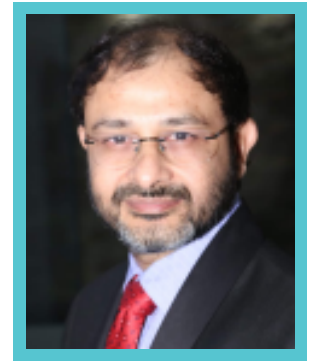


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TEAM AOGS MESSAGE



Dr. Rajal Thaker
President



Dr. Sunil Shah
Hon. Secretary

Dear AOGS members,

We are happy to present the first volume of AOGS bulletin, which is, titled as 'AOGS Times'. Team 2020-21 has not kept any particular name as every year; there is a different name. Hence, to maintain the uniformity, our bulletin is named as 'AOGS Times'

The Team 2020-21 had taken over the charge of AOGS on 31st May 2020. We are meeting through this bulletin after a gap of several months as we all are passing through unprecedented pandemic of COVID-19. While working as frontline warriors we have a comfort of home when we come back from duty, there was a tough time for those who wanted to go back their home during locked down.

Teachers Day celebrations are just over and Teacher of the year award goes to COVID-19!

What lessons have we learnt from COVID-19?

- Importance of good health
- You should be willing to trade some of your freedom for the greater good of the public and maintain social distancing
- You should wash your hands, whether there's a virus or not
- Working from home should be an option for many
- Everyone should know how to cook
- Importance of family and friends
- Learn to appreciate and protect nature. COVID-19 has worsened the Ocean Plastic Pollution Problem due to drastic increase in use of masks and gloves, plus a decline in recycling programs
- Your body and mind is your home and you have to learn how to love it and live with it. Learn how to be content alone. Live your passion; have a hobby



So, Lets Re-orient our life – Remember there is no better 'right time' than today

The theme of current year is based on Adolescents. 'Catch Them Young & Teach Them Right' Hence, we are having few good articles related to adolescent health.

Due to current COVID-19 pandemic situation, we have conducted many academic activities through webinars. To name a few, Kal-Aaj aur Kal webinar, AOGS-SOGOG webinar, webinar on Adenomyosis- an Enigma, AOGS- KMC Foundation webinar during breast-feeding week along with several webinars under SOGOG. Webinars have provided a very good opportunity to connect with all and at the same time we can save lots of time and expenses as well. We have carried out many extra-curricular activities by making a short video on how our members celebrate environment day, e-book on 'Green Thumbs of AOGS', International YOG Day celebration through live webinar, video on organ donation, essay competition on father's day and compilation of these 38 essays in an e-book 'My Father~ My Hero'. We congratulate winners of this competition and also to winners of various competitions organized by FOGSI/ FOGSI committees. In coming days, we are planning to organize a webinar series titled, as 'संभारण' through with we would like to have an interview of our senior teachers and consultants. We have also organized a 'Healthy Food' competition and in coming months we are having few more interesting programs.

Save Paper – Save Trees & So, Here is our AOGS E-Times!

Take care

Dasvidaniya.

Dr Rajal Thaker | Dr Sunil Shah

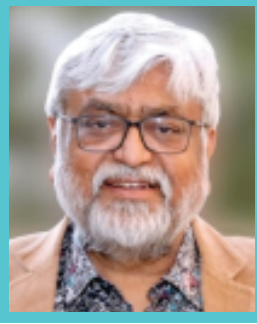


BLESSINGS & BEST WISHES



Dr Rajal, President AOGS,
Dr. Sunil Shah, secretary, AOGS,
all the members of the managing team,
I wish you a very good and fruitful year

Dr. Vilasben Mehta



I wish an eventful tenure with brilliant achievements to the new team of AOGS office bearers led by Dr. Rajal Thaker and seconded by Dr. Sunil Shah. I am sure they will come up with new ideas and innovations to support and enhance the academic moto and team spirit of the society. With hearty congratulations and sincere best wishes.

Dr. Chaitanya Nagori



It gives us an immense pleasure & satisfaction, when we see the managing committee of AOGS 2020-21 taking over the charge on 31st May. This team comprises of experienced academicians like President Dr. Rajal Thaker, Dr. Shashwat Jani, Special invitees like Dr. C.B. Nagori, Dr. Parul Kotdawala, Dr. Tushar Shah & Many other talented colleagues. It has many young turks like – Dr.

Mahesh Jariwala, Dr. Kirtan Vyas, Dr. Nivedita Vaja, Dr. Parth Shah & above all of them Dr. Munjal Pandya – They are the promising future of AOGS.

We have seen Dr. Rajal Thaker working very hard for any assigned task – right from the days of her residency in V.S. Hospital. We admire her qualities of forthrightness, honesty, creativity & She is always on the move for one cause or the other. It seems her resolve for the life is : ચાલતો રહેજે... તુ ચાલતો રહેજે... જીવનની વાટે... મંઝિલને માટે... વિસામો ન લેજે... ચાલતો રહેજે...

When stalwarts of FOGSI & SOGOG like FOGSI President Dr. Alpesh Gandhi, Dr. M.C. Patel, Dr. Geetendra Sharma, are guiding your ship as advisors – We are sure AOGS ship is going to gain new territories & peaks in its quest for more academic excellence & intimate brotherhood for AOGS family members.

It is heartening to note that, after Dr. Neeruben Shah i.e. after approx gap of more than 15 years, a lady in form of true academician, writer, traveller, environmentalist, animal lover & a wonderful human being Dr. Rajal Thaker is guiding the prestigious organisation of our AOGS.

સંસ્કૃતમા કહ્યું છે ને , યત્ર નાર્યસ્તુ પૂજયન્તે , રમન્તે તત્ર દેવતા :

આશા રાખીએ કે , AOGS ના આભામંડળમા દેવત્વનુ વાતાવરણ નિર્માણ પામે .

Our best wishes to lovely team of AOGS 2020-21 and blessings.

GOD Bless AOGS

Dr. Dipesh Dholakiya | Dr. Hemant Bhatt

BLESSINGS & BEST WISHES



Dear President Rajal and others of the team,

I do not think or remember any professional 'nbody giving such a prodigious and productive boost to

'environment' musually relegated to a back seat.

With your love for nature and it's expressio through your traveloguesm this seems so natural. Takes me back to reminisce over Bahuguna's chipko movement.

Do please keep up to the good work and through it to your plans to accomplish all that you set out to achieve.

With Best Wishes and Regards,

Yours,

Dr. Narendra T. Vani



I congratulate the incoming team under the able leadership of Dr. Rajalben. We know that all the members are hardworking, dedicated, committed since so many years. They are like soldiers as well as leaders. You all are assuming responsibility at a very difficult time, because this corona virus pandemic is one of the biggest health challenges of the century. It is a global crisis, a global enemy from which we are also not spared. When I took over as FOGSI president in Lucknow, I did not know how things would change over the next few weeks. All the plans we have made together over the last year, we had to immediately switch over to a new way of implementing these. I am happy that with support from all of

you we are trying our best in this difficult time.

Rajalben, i am a regular reader and a fan of your articles which are published in the newspapers. Thank you for your help in making the FOGSI FAQs on COVID-19. I could not have made those without you. So thank you for making these FAQs to solve the queries of our healthcare providers and patients. You are also a nature lover, bird and animal lover, and have given your multi talented services in so many fields.

We all know Dr Sunil, hard working young, dynamic, active, dedicated.. words fall short! We have a very enthusiastic team, and I am sure it will be great fun to work with AOGS. Even in this difficult time I am certain we will be able to take care of our members, our friends, our patients. I firmly believe this new team will take AOGS to new heights. We all are with you at all times. It is a happy coincidence that even in FOGSI, AOGS is leading today, so we will work together in harmony. My best wishes to you for the successful implementation of all your plans.

We dont know how long these uncertain times will last, but it is a long fight.

I am thankful that you are continuing the essential services and thus doing a great service to our patients, but my one request to you is please take care of yourself first. Safety is very important.

Signing off with congratulations and best wishes to the new team.

Dr. Alpesh Gandhi

Obstetric practice then



Dr. Shirish Daftary

Former Senior Consultant at
Professor Emeritus - Nowrosjee
Wadia Maternity Hospital
Mumbai, Maharashtra

As an Obstetrician having observed practice over more than six decades. I have witnessed a sea change in the practice of our speciality.

In the earlier years of practice I had witnessed a very different profile of patients we dealt with, The primigravidae accounted for only 30% of the patient load, The bulk of them were multiparae, anaemia, malnutrition, PPH were common. More than 30% of patients treated at hospitals were emergency transferred cases, Maternal morbidity and mortality were matters of concern. I have witnessed and treated patients of obstructed labour, and even performed craniotomies, In my earlier days of practice - We were trained to perform midcavity forceps and rotation forceps, rupture uterus was an entity we dealt with at least once every month, The introduction of the ventouse led to the decline of the obstetric forceps. Greater emphasis on Antenatal care led to reduction in medical disorders in pregnancy, Breech delivery was an art that we cultivated, internal podalic version was practiced - judiciously. Cesarean section accounted for less than 10% of deliveries. With the introduction of advances - better and effective drugs, sonography and tests for assessing and monitoring fetal health - the era of "Fetus as the patient had arrived". In present day practice, greater attention is being paid to monitoring pregnancy progress, high risk patients are advised institutional care, fetal health monitoring has become of paramount importance, MTP has helped prevent birth defects, Difficult instrumental Vaginal Deliveries have been replaced by a more liberal use of cesarean sections, labour analgesia has come to stay. The introduction of Samarth Cannulae have played a prominent role in controlling deaths from PPH. This contribution by an Indian Colleague has helped save many lives.

I thank you for your invitation, and congratulate AOGS for keeping abreast with advances in our specialty to provide the best of care to our womenfolk

Warm Regards

Dr. Shirish Daftary



Why do we need to focus on Adolescent Reproductive health?

Dr. Parul Kotdawala

Chairman, adolescent health committee, FOGSI, 1999-2003
Vice chairperson, ICOG

Dear colleagues.

As you are aware, there is a big focus on Adolescent reproductive health over last 2 decades. I was fortunate to take over as Chairperson of Adolescent Health Committee of FOGSI in 1999, when Dr. Mehroo Hansotia, the then president of FOGSI declared the theme for her year as 'year of Adolescent Girl – through Education and Empowerment'! This was the first

time that our professional gynec association had focused on an area which was non-clinical! The Adolescent health still remains a big focus for the government health agencies in their policies and projects, as they have far reaching implications for the future health of the community.

India is home to world's largest adolescent population in the world, with adolescents comprising of 1/5 of total population (22%). Adolescents have diverse sexual and reproductive health problems. Adolescent fertility rates contribute 17% to the total fertility rate in India and about 14% of births in women aged below 20 are unplanned. India has the highest numbers of young age married girls & teenage pregnancies in the world!

Although the transition from childhood to adulthood is fraught with challenges, this is the most healthy and exciting phase in any person's life. In the process of developing independence from relying on parents, teachers and peers, a child develops habits and a way of life, which have long term health implications, and hence we are focusing on this age. The food habits, life-style and substance abuse have potential to mid-life health implications, like obesity, blood pressure, smoking, alcohol and drugs.

We as Gynecologists focus more on 'Sexual & Reproductive health', and hence our role is towards counseling and concentrating on menstrual hygiene, developing healthy and responsible sexuality, protecting from sexual abuse and caring for the victims, preparing the youngsters for a future parenthood (a joint venture of both – boys & girls). We also help these young people by counseling about impact of nutrition for bone health, anemia prevention, vaccination and weight management to avert PCO and eating disorders like anorexia and bulimia.

Establishing Adolescent clinics can bring these young people on board to discuss and share their reproductive and health issues, and go a long way to achieve above objectives. It is more reassuring for youngsters to realize that their concerns and problems are not unique and are shared by many others.

We need to be careful in our interaction with young adolescents. They generally wish to be independent, and yet they feel insecure within. We need to be friendly and non-judgmental, but also need to avoid patronizing and sermonizing attitude. Our guidance should include;

1. Keeping the Reproductive System Healthy
2. Eat a balanced diet that is high in fiber and low in fat (emphasis on Iron & calcium for girls)
3. Drink plenty of water & maintain a healthy weight
4. Get regular exercise and enough sleep.
5. Avoid using tobacco, alcohol, or other drugs.
6. Manage stress in healthy ways.

Adolescent sexual and reproductive health refers to the physical and emotional wellbeing of adolescents and includes their ability to remain free from unwanted pregnancy, unsafe abortion, STIs (including HIV/AIDS), and all forms of sexual violence and coercion. One of the important concerns of young people is their sexual relationships. In particular, young people need to know how they can maintain healthy personal relationships. It is important to keep in mind that sex is never 100% 'safe', but we can advise young people on how to make sex as safe as they possibly can. That is why we should always talk about 'safer' sex and not 'safe sex'. A big proportion of girls and boys are pressurized by their peers to get involved in young age sexual encounters, which most regret later. We should promote a thought that saying 'NO' to sex is absolutely OK, till one is ready and comfortable. And also we need to appraise these young people about the fallout of unsafe sex in terms of STIs, pregnancies and abortions.

We tend to concentrate on girls as they are burdened with a much higher share of suffering from unsafe sex, we need to bring in boys also in our ambit in a bigger way. Boys are generally more shy in sharing their concerns, and need coaxing attitude from us to open up. They need to be aware of their responsibility for any fall-out of unsafe sex, and a consciousness about their future role as life partner. Till date we have remained insular, and uncomfortable in dealing with teenage boys. It is time that we learn to engage them in our 'adolescent programs', and also involve other professionals like pediatricians and psychologists in our endeavor to deal with boys too!

I appreciate and congratulate the present AOGS team to bring in focus the 'Adolescents' for the current year, and to plan a series of articles on Teen Health. I thank President Dr. Rajal & team AOGS for asking me to contribute this article and wish them very active year ahead in service of the future of our country - 'Teens'!

FOGSI's vision for Adolescent Health



Dr. Alpesh Gandhi FRCOG

President, FOGSI

- About 243 million adolescent in India
- Since adolescence and teenage is the most important age in shaping ideas and attitudes that will form the base of a healthy and happy adult girl and woman.
- But this age group also represents a very vulnerable section of our society, one that is often misunderstood or overlooked when it comes to healthcare, because the overall perception is- children are healthy, why do they need special attention?

FOGSI has taken up this mission of Preventable Adolescent Healthcare Education

- To Educate them
- To lighten the burden of these young girls,
- To make them confident
- And able to navigate their teenage years.

We wish to educate these girls about the normal process of menstruation and reproduction, so they can identify abnormal from normal, and get timely help. It helps in preventing anemia, infection, and many sexual diseases. PCOS has also become very prevalent nowadays due to obesity.

- FOGSI has recently started a campaign for 90 days from 15th August, for #MoreThanBara for Anaemia free India. Hb% \geq 12gm % for all by age of 15 (by 2025)
- Education about malnourishment, obesity and nutrition is also important to the adolescent as these are the shaping years of life.
- We wish to educate adolescents and their families to avoid early marriages, to allow enough time for these girls and boys to mature physically as well as mentally, to be able to fully take on the responsibility of married life.
- Adolescence is an age of numerous conflicting emotions. If a child does not have enough emotional support, dealing with these emotions and feelings can become difficult.
- We wish to address the need for psychological wellbeing of an adolescent child, and teach them that it is alright to ask for help without feeling ashamed.
- Federation of Obstetrical and Gynaecological Societies of India (FOGSI) reiterates its commitment to fight the preventable disease of cervical cancer and unequivocally confirms the role of HPV vaccination and its screening for prevention of cervical cancer for women of India irrespective of any caste, religion, economical status, and educational status.
- Vaccinate girls aged 10-14 years with two doses of HPV vaccination at 6 months apart.
- FOGSI Recommends establishing dedicated Adolescent clinics where trained health care workers will provide quality health care to youngsters.

FOGSI's vision and plan of action

1. To advocate to GOI to include Preventable Adolescent healthcare education as part of the high school and higher secondary school curriculum from 9th standard onwards all across India.
2. To Start a FOGSI's course on Adolescent Healthcare Counselling in liaison with a Recognised Uni.
3. Advocate to include HPV vaccine as part of the national immunization schedule.
4. To advocate and promote Creation of dedicated adolescent clinics in public and private hospitals.
5. To start an adolescent helpline number.
6. To organize special workshops for parents and teachers to educate about preventable adolescent health issues, mental and physical needs of an adolescent and ways to deal with them.
7. To publish FAQ's- in booklets and to circulate on social media and schools and colleges.
8. To Collaborative work with our partners.



Mindfulness Meditation

Dr Preeti M Galagali, MD PGDAP,FIAP

Director & Consultant Adolescent Health Specialist
Bangalore Adolescent Care & Counselling Centre, Karnataka

Mindfulness is a way of life. It is defined as awareness of the present moment with acceptance. Mindfulness meditation is said to have emerged in 6th to 4th century BC during Lord Buddha's era. In recent times, multi tasking and increased stresses are taking a toll on health. COVID-19 pandemic has resulted in global fear, anxiety and uncertainty about the future. Mindfulness practices usher in calmness and holistic well being. Mindfulness practices are an integral component of Yoga.

Neurobiological studies have proved that mindfulness results in structural and functional changes in brain resulting in improved attention and working memory. Brain in adolescence is under construction and neural pathways wiring and firing together by practicing mindfulness may result in psychological wellness over the entire lifespan. Adolescents have highly reactive emotional and reward centre in the brain with a poor control in form of an immature prefrontal cortex. Mindfulness can be particularly helpful in developing emotional control in adolescence, where the mind works 'overtime' with innumerable emerging feelings and thoughts; sometimes leading to risky behaviour like drug and media abuse, violence, sexual promiscuity, unhealthy eating, self harm and gambling. Mindfulness based stress reduction and cognitive behaviour therapies are known to be effective in treatment of anxiety and depression.

Mindfulness is most effective if it is practiced every day, preferably at the same time for 45 minutes. Shorter practices for 2 -5 minutes are also known to calm the turbulent mind and help in coping with stress. Formal meditation techniques focus on breath awareness while informal techniques can be practiced even while walking and eating. Mindfulness based apps like Calm and Headspace can be recommended to adolescents and adults.

Mindfulness sessions in schools have been successful in improving parent pupil relationship, classroom behaviour, altruism, generosity, kindness and increasing academic scores. Mindful parenting nurtures mindful progeny. Competency of teachers and health care professionals improves if they practice mindfulness and prevents burnout. Neuroscientists, mental health professionals and adolescent health specialists are excited with the encouraging results of preliminary research studies conducted on effects of mindfulness on adolescents. Ongoing research will precisely define the role and practice of mindfulness in clinical medicine. Until then, health care professionals should give anticipatory guidance to their patients to be mindful in their lives to promote peace and harmony in the society.

References

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2. Dunning DL, Griffiths K, Kuyken W, et al. Research Review: The effects of mindfulness-based interventions on cognition and mental health in children and adolescents - a meta-analysis of randomized controlled trials. *J Child Psychol Psychiatry.* 2019;60(3):244-258.
3. Behan C. The benefits of meditation and mindfulness practices during times of crisis such as COVID-19 [published online ahead of print, 2020 May 14]. *Ir J Psychol Med.* 2020;1-3. doi:10.1017/ipm.2020.38

Management Medicos & AOGS Presents.....

HITCON DIGITAL LEARNING

- Medical Apps for obstetrics & Gynecology**
- **Dr. Munjal Pandya**
- Technology & Software for Routine Practice Modernization**
- **Dr. Nisarg Dharaiya**
- How to backup your mobile**
- **Dr. Alok Modi**

PROGRAM COORDINATORS:-
Dr. Shashwat Jani **Dr. Kirtan Vyas**
President :- **Hon.Secretary :-**
Dr.Rajal Thaker **Dr.Sunil Shah**
& Team AOGS 2020-21

FB Live : <https://www.facebook.com/HITCONHealthtech/>

14/06/2020, Sunday, 4.00 P.M.

AOGS organises SOGOG webinar on Thursday

18th June, 2020, Thursday
From 3.30 to 5.00 PM

WEBINAR LAYOUT

- WELCOME ADDRESS BY **Dr. Dipesh Shetakiya** SOGOG Convener
- WELCOME ADDRESS BY **Dr. Minalben Patel** SOGOG President
- RECENT UPDATE OF COVID-19 IN RELATION TO PREGNANCY
Dr. Rajal Thaker President, AOGS
- MANAGING OBSTETRIC PATIENTS OF COVID-19 IN GOVT. SETUP
Dr. Parulben Shah HOD Gynaec Dept., VVP Hospital
- ABSTRACT EXPERT** MEDICOLEGAL ENLIGHTENMENT OF VARIOUS ISSUES RELATED WITH OUR DAY TO DAY PRACTICE
Dr. Geetendra Sharma

PANELISTS WHO WILL BE BOWLING ARE

- ✓ Dr. JMC Patel
- ✓ Dr. Hemant Bhatt
- ✓ Dr. Pradyuman Vasa
- ✓ Dr. Parul Kothiwala
- ✓ Dr. Sunil Shah
- ✓ Dr. Rajal Contractor

• SESSION WILL BE OF 45 MINUTES
• FOLLOWED BY 15 MINUTES OF OPEN FORUM FOR QA WITH AUDIENCE

Register for webinar on :
<http://enlacecode.com/live/index.php/webinar/join/aogs-20>

VOTE OF THANKS
Dr. Sunil Shah **Dr. Hemant Bhatt**
 Hon. Secretary, AOGS Hon. Treasurer, SOGOG

AOGS Celebrates INTERNATIONAL YOG DAY

Date : 21.6.2020, Sunday
Time : 8 am to 9 am

Welcome Speech by Dr. Rajal Thaker

Dr. Rajal Thaker President - AOGS

Dr. Sunil Shah Hon. Secretary

Yog Guru : Shri Hemendra Singh Rajput
Yog and Health

Importance of Yog and Health
Demonstration of various YOG Asans
We Can Also Perform Yog together through this webinar

Program Co-Ordinator
Dr. Aarti Gupte Shah

ObGyn Practice कल, आज और कल

21 JUNE 2020, 10 AM

Dr. Rajal Thaker President - AOGS

Dr. Sunil Shah Hon. Secretary

BLESSINGS BY
Dr Vilasben Mehta | Dr Shirish Daftari | Dr Alpesh Gandhi

Program Flow

- Welcome Speech**
Dr. Rajal Thaker
10 Minutes
- Stalwarts of India in Gynecology**
Dr. Sunil Shah
15 Minutes
- Practice during those days**
Dr. Vishakhaben Shah
20 Minutes
- Panel Discussion on**
Current scenario in ObGyn practice and future prospective!
60 Mins.

PANELISTS

- Dr Ajit Rawal
- Dr Dipesh Dholakiya
- Dr Chaitanya Nagori
- Dr Hemant Bhatt
- Dr Manish Banker
- Dr Keyur Sheth

MODERATOR
Dr Tushar Shah

Program Coordinators
Dr. Sanjay Shah | Dr. Darshini Shah

5 Vote of Thanks
Dr. Sunil Shah

For Registration - <http://enlacecode.com/live/index.php/webinar/join/aogs-20>

June 2020



Ahmedabad Obstetrics & Gynaecological Society

Environment Day Celebration

"TREE PLANTATION / TREE APPRECIATION PROGRAM"

Date : 05.06.2020

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. Rajal Thaker
President, AOGS - 2020-2021



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



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

Program Co-ordinators :
Dr. Azadeh Patel
Dr. Munjal Pandya



Ahmedabad Obstetrics & Gynaecological Society

my
father
my HERO

Editor-in-Chief
Dr Rajal Thaker

Editors
Dr Jignesh Deliwala
Dr Nivedita Vaja

Compilation of essays on 'My Father ~ My Hero'
written by AOGS members to
celebrate Father's Day 21st June 2020



Dr Rajal Thaker
President, AOGS

TEAM AOGS 2020 - 2021

Dr Sunil Shah
Hon. Secretary, AOGS



AOGS essay Competition on Father's Day

My Father ~ My Hero

CONGRATULATIONS WINNERS

First Prize :

Dr. Pradhyuman Vaja

Second Prize :

Dr. Parul Bansal,
Dr. Chaitanya Patel

Third Prize :

Dr. Sujal Munshi

Consolation Prize :

Dr. Kanthi Bansal

NAMES OF JUDGES

DR MIRA DESAI
DR MUKESH BAVISHI
AND
DR PARUL KOTDAWALA



Gujarat chapter ISAR presents

Webinar workshop on

Male Infertility

in association with

AOGS and SOGOG

(12th July, 2020 - Sunday)

GCISAR office bearers



Dr. Tushar Shah
 President, GCISAR
 Ex-Asso. Prof. Obs & Gyn
 NHL Medical College
 Special Interest in Advance Infertility



Dr. Mehul Damani
 Secretary, GCISAR
 Senior Fertilizing IVF Specialist
 Director - Planet Women



Dr. Dharmesh Kapadia
 Treasurer, GCISAR
 MBS, Master in
 Clinical Embryology (Australia)
 Clinical Embryologist



AOGS office bearers



Dr. Rajal Thaker
 President, AOGS



Dr. Sunil Shah
 Secretary, AOGS



Dr. Minaxiben Patel
 President, SOGOG



Dr. Dipesh Dholakia
 Secretary, SOGOG



SOGOG office bearers

Eminent Speakers



Dr. Jatin P. Shah
 Director, Mumbai Fertility
 Clinic & IVF Center



Dr. Rupin Shah
 Microsurgeon and Consultant
 Andrologist
 Lilavati Hospital, Mumbai



Dr. C. B. Nagori
 Director,
 Dr. Nagori's Institute and
 Infertility and IVF



Dr. Sudesh Kamat
 Laboratory Director
 Bloom IVF Group, Mumbai



Dr. Mahendra Bhalodiya
 Lab Director



Dr. Divyesh Bhalodiya
 Senior Embryologist



Dr. Shrenik Shah
 Prof and Head,
 Dept. of Biology Gie Hospital
 Ahmedabad



Dr. Kalpesh Kapadia
 M. Ch (Urology)



Dr. Geetendra Sharma
 Medico Legal Expert,
 Ahmedabad

Time	Topic	Speaker
9:30 AM - 9:40 AM	Welcome & Introduction	By Program Coordinator Dr. Tushar Shah Dr. Mehul Damani
9:40 AM - 10:00 AM	History taking & Male examination	Dr. Kalpesh Kapadia
10:00 AM - 10:30 AM	Semen analysis & Abnormal Semen Report	Dr. Rupin Shah
10:30 AM - 10:45 AM	Semen wash technique	Dr. Divyesh Bhalodiya
10:45 AM - 11:10 AM	Oligospermia- Medical Management	Dr. Rupin Shah
11:10 AM - 11:30 AM	IUI Clinical Concepts in male infertility	Dr. C. B. Nagori
11:30 AM - 12:00 PM	Azoospermia- Diagnosis and Management	Dr. Rupin Shah
12:00 PM - 12:15 PM	Sperm DNA fragmentation	Dr. Mahendra Bhalodiya
12:15 PM - 12:40 PM	Ejaculatory Dysfunction	Dr. Rupin Shah
12:40 PM - 1:00 PM	Varicocele - Surgical Management - Current Role in era of IVF/ICSI	Dr. Shrenik Shah
1:00 PM - 1:20 PM	Clear and Unbiased facts about ICSI in male infertility	Dr. Jatin Shah
1:20 PM - 1:35 PM	Use v/s abuse of ICSI in male infertility	Dr. Dharmesh Kapadia
1:35PM - 1:50 PM	Recent Advances like IMSI- PICSI- MACS in treating severe infertile male	Dr. Sudesh Kamat
1:50PM - 2:10 PM	Sperm mixing in ART & Medicolegal aspect of sperm handling	Dr. Geetendra Sharma
2:10 PM - 2:30 PM	Discussion by Expert Panel	Dr. Nimish Shelat Dr. Jitendra Prajapati Dr. Minaxi Patel Dr. Dipesh Dholakia Dr. Rajal Thaker Dr. Sunil Shah

Ahmedabad Obstetrics & Gynaecology Society

Webinar Invite

"Adenomyosis: The Most Frustrating Pathology"

Date : Wednesday 15th July, 2020 | Time: 3:00 PM to 5:00 PM

PROGRAMMING OF WEBINAR

Special Thanks



Dr. Rajal Thaker
 President AOGS, Ahmedabad
 Medical College (G.I. Hospital),
 Ahmedabad President
 AOGS, 2018 to 2020



Dr. Sunil Shah
 Secretary AOGS, Ahmedabad
 MBS, Master in
 Microsurgery, and Secretary - 1998 to
 2000 and Vice President of AOGS

Invited Faculty



Dr. Rajal Thaker
 President AOGS, Ahmedabad
 Medical College (G.I. Hospital),
 Ahmedabad President
 AOGS, 2018 to 2020



Dr. Nagesh Chavhan
 Senior gynaecologist, Gynaecologist
 Professor, Ahmedabad
 AOGS, Ahmedabad
 Dr. Nagesh Chavhan, Gynaecologist
 and Obstetrician, Ahmedabad



Dr. Divyesh V. Shukla
 Consultant Obstetrician
 Lecturer, Ahmedabad
 Director, Ahmedabad
 Post Graduate Professor
 and Head, Ahmedabad



Dr. Ching Anil
 Consultant, Gynaecologist
 Professor, Ahmedabad
 Hospital, Ahmedabad
 Consultant, Ahmedabad
 and Gynaecologist,
 Ahmedabad



Dr. Parul Khandwala
 Head of the Dept. of Obstetrics
 & Gynaecology, Ahmedabad
 Professor, Ahmedabad
 Endocrine Surgeon &
 Gynaecologist, Ahmedabad
 AOGS, Vice President, Ahmedabad

Programme

Welcome	Dr. Rajal Thaker, President AOGS	3:00pm - 3:15pm
Introduction of Faculty Secretary AOGS	Dr. Sunil Shah, Vice Secretary AOGS Ahmedabad	3:15pm - 3:30pm
Any Questions & Introduction of subject	Dr. Parul Khandwala	3:30pm - 3:45pm
Diagnosis/Challenges in Management of Adenomyosis	Dr. Ching Anil	3:45pm - 4:00pm
Adenomyosis & IUI	Dr. Divyesh V. Shukla	4:00pm - 4:15pm
Adenomyosis & IVF	Dr. Nagesh Chavhan	4:15pm - 4:30pm
Adenomyosis & Infertility	Dr. Mahesh Jain	4:30pm - 4:45pm
Case Based Panel Discussion of Adenomyosis	Moderator: Dr. Parul Khandwala Panelists: Dr. Sunil Shah, Dr. Ching Anil, Dr. Divyesh V. Shukla, Dr. Nagesh Chavhan, Dr. Rajal Thaker, Dr. Sunil Shah	4:45pm - 5:00pm
Vote of Thanks	Dr. Sunil Shah, Vice Secretary AOGS Ahmedabad	4:55pm - 5:00pm



Dr. Alpeesh Gandhi
 President, FOGSI



Dr. Jaydeep Tank
 Secretary General, FOGSI



Dr. Rajal Thaker
 President, AOGS



Dr. Sunil Shah
 Hon. Secretary, AOGS



Dr. Nagesh Chavhan
 Senior gynaecologist, Gynaecologist
 Professor, Ahmedabad



Dr. Ching Anil
 Consultant, Gynaecologist
 Professor, Ahmedabad
 Hospital, Ahmedabad



Dr. Parul Khandwala
 Head of the Dept. of Obstetrics
 & Gynaecology, Ahmedabad
 Professor, Ahmedabad
 Endocrine Surgeon &
 Gynaecologist, Ahmedabad
 AOGS, Vice President, Ahmedabad



Dr. Divyesh Bhalodiya
 Senior Embryologist



Dr. Shrenik Shah
 Prof and Head,
 Dept. of Biology Gie Hospital
 Ahmedabad

I PLEDGE TO DONATE MY ORGANS

#PLEDGETODONATE_ORGANS

Ahmedabad Obstetrics & Gynecological Society

Dr. Alpeesh Gandhi
President, FOGSI

Dr. Jaydeep Tank
Secretary General, FOGSI

Dr. Rajal Thaker
President, AOGS

Dr. Sunil Shah
Hon. Secretary, AOGS

How to see the webinar live
 Register advance QR Code for free to see the webinar
 Register advance QR Code for free to see the webinar
 Register advance QR Code for free to see the webinar

● August 2020 ●



CME Organized in Association with



President: Dr. Jayesh Patel
Secretary: Dr. Damkan Wadekar



President: Dr. Falguni Satarakar
Secretary: Dr. Amita Shah



President: Manisha Meheria
Secretary: Dr. Rakesh Chakravarti



President: Dr. Abhi Nulkarni
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President: Dr. Yogini Rolekar
Secretary: Dr. Pratik Parikh Mavani



President: Dr. Narendra Gajjar
Secretary: Dr. Satyan Kasabwala



President: Dr. Mandakini Megh
Secretary: Dr. Parag Bidwale

Topics of the eCME

Vaccination in Pregnancy: Dr Yashodhara Pradeep

Influenza Vaccination in Pregnancy: Dr Milind Wadekar

Case based discussion on BOH with CLD, Molar Pregnancy and Scar Pregnancy:

Moderator: Dr Yashodhara Pradeep

Panelists: Dr Sushma Shah, Dr Dhaval Gorasiya, Dr Narendra Gajjar & Dr Yogini Rolekar

Panel on Thrombocytopenia :

Moderated by Dr Prakash Bhatt & Dr Jyoti Shah

Panelist: Dr Kaushal Patel, Dr Falgoon Parikh, Dr Yashodhara Pradeep & Dr Jayshree Kapadia

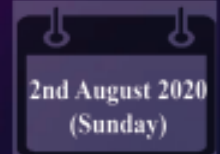
Master of ceremony by Dr Amita Shah



Dr Yashodhara Pradeep
MD, FICMCH, FICOG, FICMU
Professor & HOD Dept. of Obst. & Gynae. Dr. R.M.L.I.M.S, Lucknow



CLICK to 'Join' here



World Breastfeeding Week



Webinar: Panel Discussion

"Breast feeding and KMC during COVID -19 Era"

Jointly Organized by Kangaroo Mother Care Foundation, India
Ahmedabad Obstetrics and Gynaecology Society

Wednesday 5th August 2020 | Time: 03.30 to 05.00 PM

MODERATORS



Prof. S N Vani
H.O. S. Post, FIAP, FIAPF
Managing Trustee, KMCF India
Emerita Professor of Pediatrics
Including Neonatology, PSC, Gujarat
Past President of IAPF, India



Prof. Rajal Thaker
Dep. of Obs/Gyn.,
SCL Hospital
IHL Municipal Medical College
Ahmedabad,
President AOGS 2018-19, 2019-20

PANELISTS



Dr. Parag Desai
MD, FIAP
Trustee KMCF, India
Lecturer Obstetrics FIIP certified
Neonatal Pediatric Intensivist, Apollo
Mumbai Hospital, Ahmedabad



Dr. Anuj Grover
MD, MBChB, FRCP, CCES, MRCP, MRCPCH, MRCP, Consultant
Neonatology, Tata Neonatal Care Centre,
Ahmedabad



Dr. Mira Patel Adhija
MD, DLS (Diploma)
Consultant Obstetrics and Gynaecology,
Shubham Hospital, Navroze,
Shubham Women's Hospital
Navroze, Ahmedabad



Dr. Supriya Bhal
MD, DLS (Diploma)
Consultant Obstetrics and Gynaecology,
SJA Hospital
Jang Hospital, Ahmedabad, Sanki Hospital,
Ahmedabad



Prof. Shashi Alpar
MD (Ped)
Fellowship in Neonatology, Mumbai, Prof.
and HOD of Pediatrics, Govt Medical
College and SSO Hospital, Mumbai



Prof. Jolly Vaidhyan
MD (Ped)
Prof. and HOD
Paediatrics including Neonatology,
S.J Medical College and Civil Hospital,
Ahmedabad

On behalf of KWC Foundation

Prof. Shashi H. Vani
The managing trustee
Prof. Somsakhar N
Hon Secretary

On behalf of AOGS

Prof. Rajal Thaker
President
Dr. Sunil Shah
Hon Secretary



Dear Zyba Prama

Dear Doctor,

Your patients speak to you... your experience with them and our survey of thousands of women across the world, has given us some insights.

1 in 3 women experience HMB

83% of women say that HMB has an impact on their daily life*

63% of HMB women have iron deficiency*

25% of HMB women with anemia received multiple transfusions*



We cordially invite you for 'Mission Save The Uterus' Scientific Program

Place: Ahmedabad

Date: 9th August 2020 | Time: 09:00 am to 12:00 noon

Scientific Program

Time (min.)	Topics	Speaker
5 min	Welcome Speech	Dr. Alpesh Gandhi
30 MIN	Mission Save The Uterus & Medical Management of Endometrium Hyperplasia	Dr. Maninder Ahuja
30 MIN	Medical Management of Endometriosis	Dr. Parul Kothariwala
20 MIN	AUB – Diagnosis & Evaluation	Dr. Agnesh Dehwala
30 MIN	AUB – Treatment Option	Dr. Tuskar Shah
20 MIN	Mirena in AUB	Dr. Mehul Dasrani
30 MIN	Mirena Insertion Tips	Dr. Shital Purojati
40 MIN	Panel Discussion on AUB	Moderator: Dr. Mehul Dasrani Dr. Tuskar Shah

Panelists:
Dr. Ajit Rawal
Dr. Chirag Anish
Dr. Kamini Patel
Dr. Sandhya Chharia
Dr. Manisha Motaria
Dr. Sunil Shah
Dr. Divesh Patel
Dr. K. Chellappan
Dr. Dipak Bhugale

Accredited 1 COG Points

*Source: 1. WHO, UNICEF, World Bank, UNFPA, UN Women, 2018. 2. WHO, UNICEF, World Bank, UNFPA, UN Women, 2018. 3. WHO, UNICEF, World Bank, UNFPA, UN Women, 2018. 4. WHO, UNICEF, World Bank, UNFPA, UN Women, 2018. 5. WHO, UNICEF, World Bank, UNFPA, UN Women, 2018. 6. WHO, UNICEF, World Bank, UNFPA, UN Women, 2018. 7. WHO, UNICEF, World Bank, UNFPA, UN Women, 2018. 8. WHO, UNICEF, World Bank, UNFPA, UN Women, 2018. 9. WHO, UNICEF, World Bank, UNFPA, UN Women, 2018. 10. WHO, UNICEF, World Bank, UNFPA, UN Women, 2018.

● August 2020 ●

Shouting Shouting 0 DOC screen me early



SOGOG with Various Societies of Gujarat



invites you for Web CME



Program Details

Welcome & Inauguration by

Dr. Minaxi Patel | Dr. Dipesh Dholakia

Blessings of Dr. M. C. Patel

Topic 1: Role of Colour Doppler in IUGR

Speaker: Dr. Prashant Acharya

Time: 03:40 PM to 04:05 PM

Role of Labetalol in Pre Eclampsia

Speaker: Dr. Manish Pandya

Time: 04:05 PM to 04:15 PM

Panel Discussion on 1st Trimester Screening

Moderator: Dr. Girija Wagh

Panelists: Dr. Jayesh Patel | Dr. Deval Shah
Dr. Parth Shah | Dr. Dhaval Gorasia
Dr. Sayuj Fadadu

Time: 04:15 PM to 05:00 PM



Date:
31st Aug 2020 (Monday)



Time:
03.30 PM to 05:00 PM

SOGOG Office Bearers



Dr. Minaxi Patel
President, SOGOG



Dr. Dipesh Dholakia
Secretary, SOGOG

MOC



Dr. M. C. Patel
J. Secretary, SOGOG



Dr. Hemant Shatt
Treasurer, SOGOG

Speakers

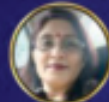


Dr. Manish Pandya



Dr. Prashant Acharya

Moderator



Dr. Girija Wagh
Director- Girija Hospital and Fertility Centre,
Pune

Panelists



Dr. Jayesh Patel



Dr. Parth Shah



Dr. Sayuj Fadadu



Dr. Dhaval Gorasia



Dr. Deval Shah

We Welcome You



Program Link:



<https://global.gotomeeting.com/join/788337405>

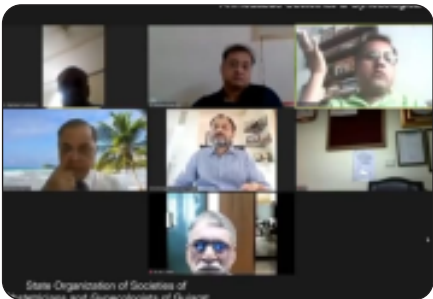


WEBINAR

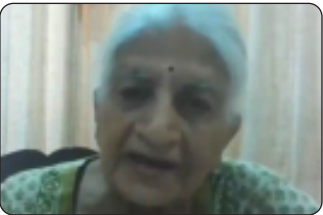
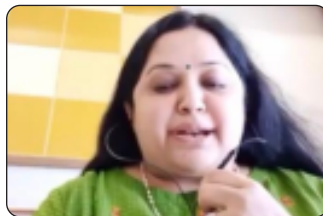
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Date : 18.06.2020

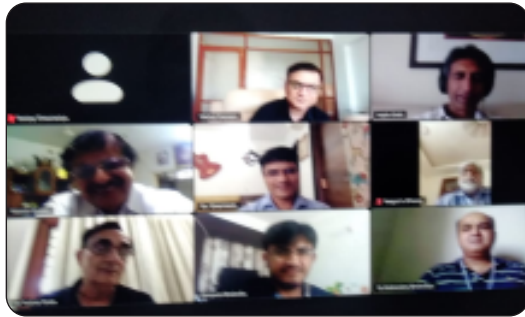


Date : 21.06.2020



WEBINAR

Date : 12.07.2020



Date : 15.07.2020

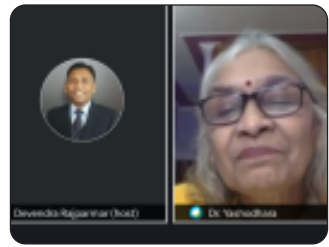
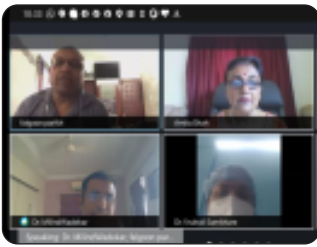


Panelist

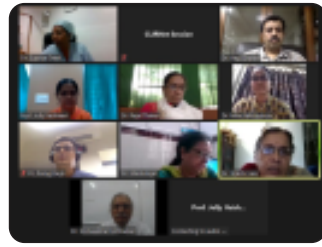
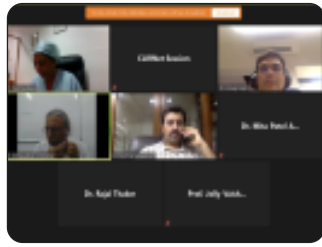
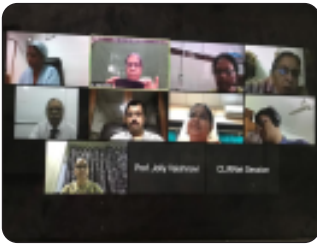


WEBINAR

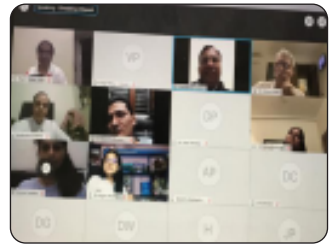
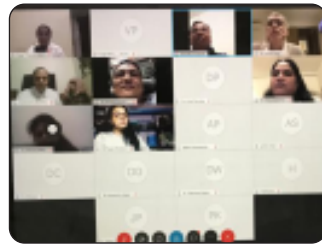
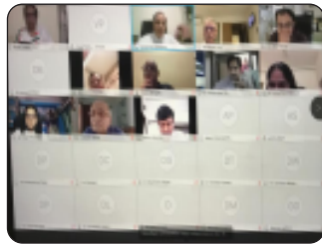
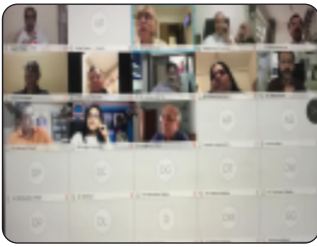
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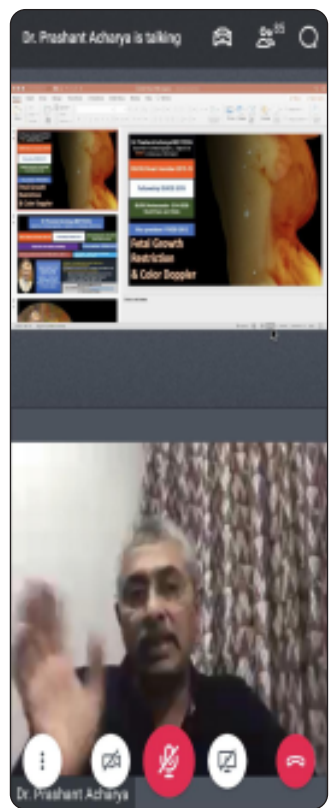
Date : 5.08.2020



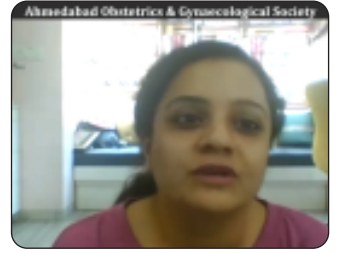
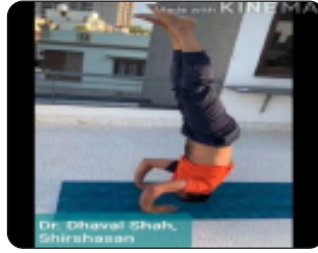
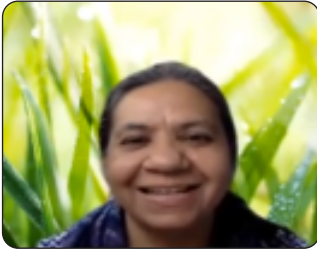
Date : 15.08.2020



Date : 31.08.2020



INTERNATIONAL YOG DAY



World environment day



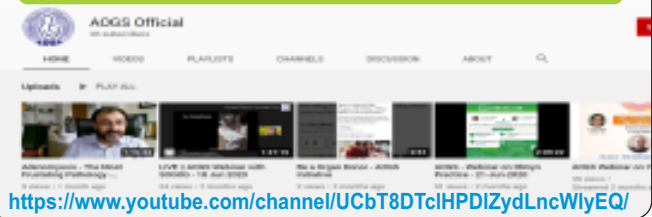
PLEDGE FOR ORGAN DONATION



○ AOGS RECEIVED FOLLOWING PRIZES ○

1. FOGSI's competition on organ donation video
Third Prize - Dr. Kanthi Bansal and Dr. Neeta Thakre
2. Study of breast committee's slogan competition
Second Prize - Dr Rajal Thaker
3. FOGSI's e conclave in preventive adolescent health education poster ompetition
Second Prize - Dr Rajal Thaker
4. FOGSI's competition on Mother's Day - essay on How my mother motivated me
First Prize - Dr Rajal Thaker


○ AOGS YOUTUBE CHANNEL ○



○ AOGS FACEBOOK PAGE ○




○ OBITUARY ○



Dr. Rajesh Shah

we have lost our active member during this pandemic.
We convey our sincere condolences to his family and
prayers for the departed soul



FUTURE PROGRAMMES

Healthy Food Competition

Ahmedabad Obstetrics & Gynecological Society
 202 Bldg, Ahmedabad Medical Association Building,
 Jankar Road, Ahmedabad - 380005
 Phone: 979 7208432
 E-mail: ahmedabadoggs@gmail.com
 Website: www.ahmedabadoggs.org



We Are What We Eat

"Yatha Annam Tatha Mannam," which means that mental and intellectual development is directly related to the quality of our food intake. As India celebrates September as Poshan Maah / Nutrition Month Please send your entry in the Healthy Food Competition of AOGS

Dr. Rajal Thaker
President

Dr. Sanil Shah
Hon. Secretary
AOG
From 4000 2020-21

Details are as follows:

1. Entries are for members of AOGS
2. Your HEALTHY Recipe should be either an appetizer main course/ Dessert/ Snacks... in their recipe book style
3. Only vegetarian and veggie items
4. Three pre-cooked category of Main and Side-dishes
5. Send detailed recipe along with ingredients and along with pics and video while preparing the dish translate in pics and 1 video clip to 1 min
6. Photographs of final chefs to accompany the written about health benefits
7. Please send your entry with your name and contact details before 9 pm on 13 September 2020 on following email: healthyoggs@gmail.com

Happy...!
It's Time to showcase your culinary skills

Program Co-ordinators:

Dr. Nahid Ansari | **Dr. Parul Bansal - Sharda**
 +91 84697 86555 | +91 98795 13675



DR. RAJAL THAKER
PRESIDENT, AOGS
DR. KAMINI PATEL
VICE PRESIDENT
DR. MUNJAL PANDYA
JT. SECRETARY
DR. SANJAY SHAH
SURGICAL SECRETARY



DR. SUNIL SHAH
HON. SECRETARY, AOGS
DR. JIGNESH DELIWALA
PRESIDENT, ILEDG
DR. MUKESH PATEL
TREASURER



DR. DIPESH DHOLAKIYA
CONVENTOR, SOGOG
DR. M G PATEL
JT. SECRETARY



DR. MINAXI PATEL
PRESIDENT, SOGOG
DR. HEMANT BHATT
TREASURER

PROGRAM CONCEPT
DR. RAJAL THAKER

WELCOME
DR. MINAXI PATEL

SOGOG ACTIVITIES
DR. DIPESH DHOLAKIYA

INTERVIEW OF DR. N T VANI
BY DR. PARUL KOTDAWALA

સંભારણાં SERIES :

"RECONNECT WITH GREAT TEACHERS OF YORE" IN GUJARAT, WHOSE WISDOM, SKILLS AND INSPIRATION HAVE SHAPED MOST CURRENT GYNECOLOGISTS IN GUJARAT.



DR. PARUL KOTDAWALA
ONE TIME STUDENT



DR. N. T. VANI
MD, FRCS (Edin), FICOG
EX. PROFESSOR, DEPT. OF OB/GYN
B. J. MEDICAL COLLEGE, AHMEDABAD

EPISODE 1



13 SEPTEMBER 2020
SUNDAY



10.30 AM - 12.30 PM

DOWN THE MEMORY LANE BY EX STUDENTS

- DR. PRAKASH BHATT
- DR. NIRANJAN PARIKH
- DR. G J JAVIA
- DR. MILIBEN DODIA
- DR. HARESH DOSHI
- DR. BHARGAV PATEL
- DR. PRAFUL DOSHI
- DR. VASANT PATEL
- DR. SIRAJ HARSOLIA
- DR. PRASHANT ACHARYA
- DR. HARSHAD BHUPATKAR
- DR. SONAL KOTDAWALA & DR. SUSHEEL VANI

VOTE OF THANKS
DR. MUNJAL PANDYA

Scan QR code to register



CONNECT WITH DR. N. T. VANI

VISIT BELOW LINK FOR UNIQUE AND INSPIRING EXPERIENCE

<http://enlacecode.com/live/index.php/webinar/join/aogs-reconnect>