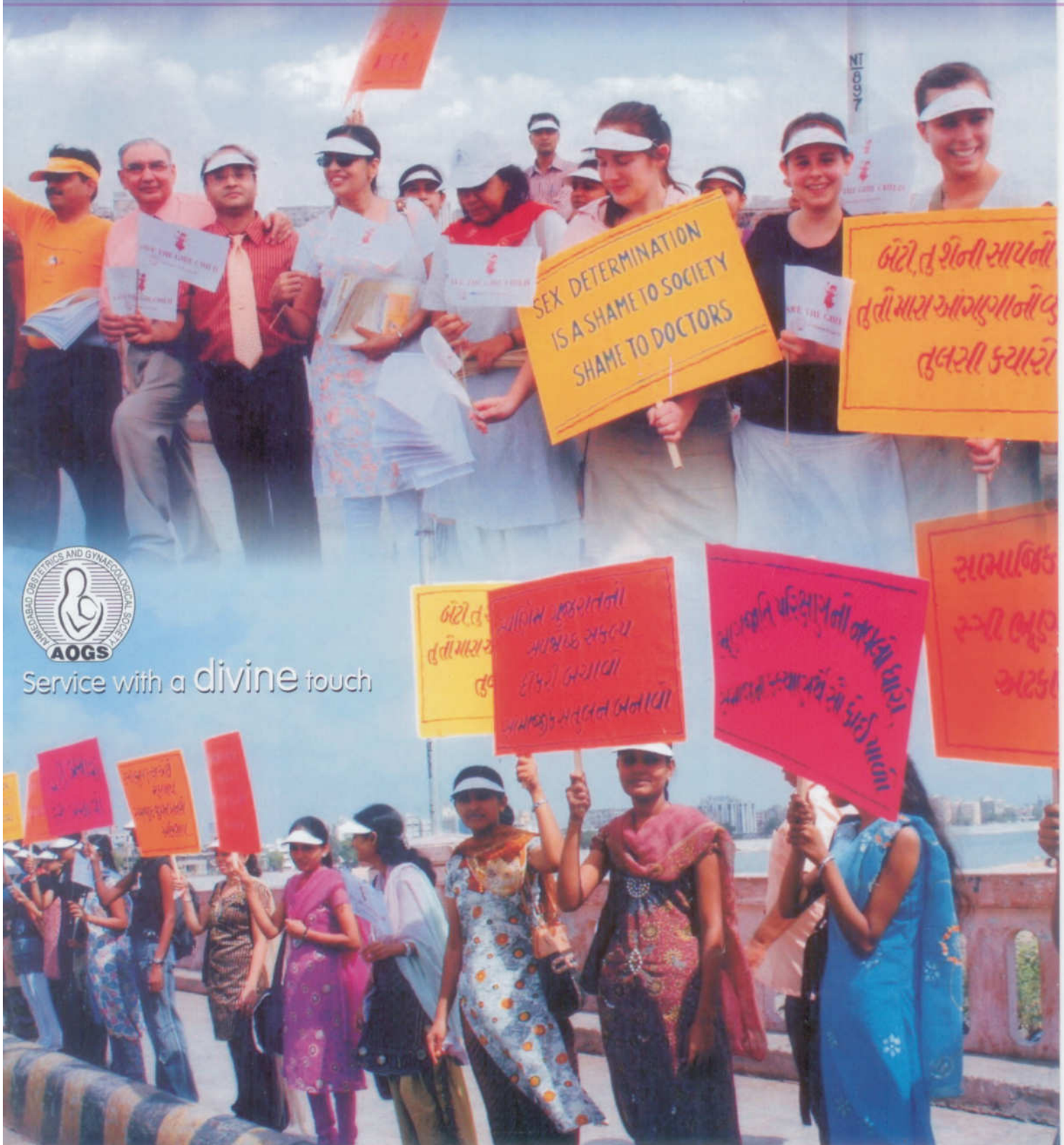


AOGS TIMES

AN AHMEDABAD OBSTETRICS AND GYNAECOLOGICAL SOCIETY NEWSLETTER Vol. 4 July 2009

www.ahmedabadobgyn.org



Service with a divine touch

THE SCIENTIFIC PROGRAMME WITH **FELICITATION OF 10TH & 12TH STD. STUDENTS** WAS HELD ON SUNDAY, 21ST JUNE, 2009 AT INDER RESIDENCY.

MORE THAN 130 AOGS MEMBERS ATTENDED THE PROGRAMME. ALL THE GLITTERING STARS OF 10TH & 12TH STD. WERE HONoured WITH THE MERIT CERTIFICATE & MEDALION. IT WAS A MEMORABLE EVENT WHERE THE PARENTS OF THE SUCCESSFUL CHILDREN, OUR AOGS MEMBERS WERE SEEN HAVING A GLOW OF COMPLETE SATISFACTION & FEELING OF PRIDE & PRESTIGE ON THEIR FACES. EVERYBODY CHEERED & HAILED THE SUCCESS OF THEIR NEAR AND DEAR ONES.

DR. KRISHNENDU GUPTA GAVE THE PRACTICAL OVERVIEW & USEFUL TIPS REGARDING THE MANAGEMENT OF "HIV IN OBSTETRICS." THE FORCEFUL NARRATION & CLARITY OF THOUGHTS IMPRESSED EVERYBODY IN THE AUDIENCE.

DR. P.C. MAHAPATRA WAS AT HIS BEST WHILE DISCUSSING THE DIFFERENT MODES OF HYSTERECTOMIES. HIS WITTY COMMENTS & SOUND ACADEMIC ASSERTIONS WHILE COMPARING & CONTRASTING DIFFERENT TECHNIQUES, WERE WORTHY TO TAKE SERIOUS NOTE OF IN ROUTINE CLINICAL PRACTICE.

IT WAS A WONDERFUL SOCIO-ACADEMIC PROGRAMME & EVERYBODY ENJOYED THE MIXED BONANZA WITH DELICIOUS DINNER.



Past PROGRAMS Report



"SAVE THE GIRL CHILD CAMPAIGN"

ON 1ST JULY, 2009 I.E. ON DOCTORS'DAY, OUR SOCIETY ORGANISED ONE BIG SOCIAL AWARENESS CAMPAIGN RELATED WITH THE ISSUE OF "FEMALE FOETICIDE".

OVER 400 COLLEGE GIRLS OF S.L.U ARTS COLLEGE & C. U. SHAH ARTS COLLEGE WITH 150 GIRL STUDENTS OF MOUNT CARMEL SCHOOL PARTICIPATED IN FORMING THE HUMAN-CHAIN AT NEHRU BRIDGE, DEPICTING PLAY CARDS & BANNERS ON THE "SAVE THE GIRL CHILD" THEME. OVER 50 DOCTORS FROM OUR SOCIETY ALSO PARTICIPATED ENTHUSIASTICALLY.

DR. HEMANT BHATT CO-ORDINATED THE EVENT WITH THE CRUCIAL HELP OF DR.

ALPESH GANDHI, DR. KANTHI BANSAL & DR. RAJAL THAKAR.

THE PROGRAMME WAS WELL COVERED BY PRINT & ELECTRONIC MEDIA.

EVERYBODY APPRECIATED THE PROGRAMME WITH A DIFFERENCE WHERE WE REALLY CONTRIBUTED IN BRINGING IN MUCH NEEDED SOCIAL AWARENESS FOR THIS ISSUE.

OUR AHMEDABAD 'CDHO' DR. VAIDHYA ALSO PARTICIPATED IN THE CAMPAIGN WITH OTHER OFFICERS.





message

TEAM 2009-10

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Dr. Jignesh Deliwala
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Dr. Raj Iyengar
Dr. Kamlesh Jagwani

Ex-Officio
Dr. Parul Kotdawala
Dr. Mahesh Gupta

Co-opt. Members
Dr. Jignesh Shah
Dr. Kiran Desai

Sp. Invitee
Dr. Alpesh Gandhi
Dr. Dipesh Dholakia
Dr. Kanthi Bansal

Respected seniors & Dear colleagues,

Rainbow greetings for romantic & festive monsoon season. May god the almighty shower the blessings in form of rain on our motherland so as to make everybody joyous & satisfied.

Last month we enjoyed an academic programme & felicitations of our sons & daughters at Hotel Inder Residency. We conducted a hugely successful human-chain programme on "save the girl child" campaign on 1st July, 2009, on doctors' day. Through this programme we have yet again demonstrated our unwavering commitment to the government and the civil society for abolishing female foeticide and their by reducing the gender bias at the earliest.

This month we are organizing a unique informative conference on ultrasonography with eminent local & national faculties on 19th July, 2009. This will be followed by family entertainer sugam-sangeet programme on 16th August, 2009.

Our aim is to organize events with much breathing space in between, so that everybody's family life remains absolutely calm & peaceful(!!!), at the same time our academic prowess remains unaffected.

We are going to EGYPT in the month of October immediately after diwali. Already 45 members have registered themselves. Please hurry up for registration as this kind of opportunity comes once in a life-time.

Anticipating your whole-hearted support in every activity we plan,

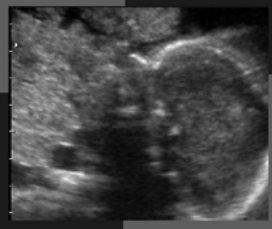
Yours sincerely,

Team AOGS

“For every minute of anger - we loose **60 seconds** of happiness.”



Jointly Organized by
 Ahmedabad Ob-Gyn Society, APASARA and
 FOGSI....Imaging Science Committee
Genetics and Fetal Medicine Committee



IMAGING FOETUS... VISION AHEAD 2009

Conference with the difference

19 July 2009

Venue: **GLS Art Auditorium**, Gujarat Law Society Campus,
 Opp. Law Garden, Ellisbridge, Ahmedabad 380006.

**Registration Charges Rs. 500/- (up to 15th July)
 After 16th July and Spot Rs. 800/-
 No refund on Cancellation**

PROGRAM

Session 1 Genetic Screening How much it is practical?



- 9.00 am First Trimester Soft Markers
...Dr. Chander Lulla
- 9.20 am Chemical Markers in Euploidy
...Dr. Menon
- 9.40 am Interesting Case & Take Home Message
...Dr. Jignesh Shah
- 9.50 am 2nd Trimester Soft Markers
... Dr. Prashant Acharya
- 10.10 am Interesting Case & Take Home Message
... Dr.
- 10.20 am 2nd Trimester Chemical Markers
... Dr. Menon

10.40 am INAGURATION

10.50 am Tea Break

Session 2 Malformation..... What Next?



- 11.00 am Lecture : CNS Malformation and its
relevance with life...Dr. Chander Lulla
- 11.30 am Interesting Case & Take Home Message
...Dr. Shetal Desai
- 11.40 am Lecture : Cardiac Anomalies and its

- 12.10 pm Interesting Case & Take Home Message
...Dr. Mehul Damani
- 12.20 pm Lecture : GUT and its relevance
with life...Dr. Ashok Khurana
- 12.40 pm Interesting Case & Take Home Message
...Dr. Jignesh Deliwala
- 12.50 pm Lecture: GIT and its relevance with life
...Dr. Varun Duggle
- 1.10 pm Interesting Case & Take Home Message
...Dr. Janak Desai

1.20 pm

LUNCH



Session 3 Color Doppler & its practical application in high risk pregnancy



- 2.30 pm Arterial Doppler...Dr. Jayprakash Shah
- 3.00 pm Interesting Case & Take Home Message
...Dr. Jigish Trivedi
- 3.10 pm Venous Doppler...Dr. Ashok Khurana
- 3.40 pm Interesting Case & Take Home Message
...Dr. B. I. Patel

3.50 pm to 5.50 pm Session 4 LIVE DEMONSTRATION

5.50 pm to 6.00 pm **Lucky Draw and Prize Distribution**

**Win Exciting Prizes
 worth
 RS. 50000/-**

Masters of Ceremony : Dr. Geetendra Sharma and Dr. Hemant Bhatt

આવનારા દાયકાઓ સુધી મન જેના સંસ્મરણ માત્રથી તરખતર રહેશે...
તેવો ન ભૂતો ન ભવિષ્યતિ જેવો અનન્ય કાર્યક્રમ એટલે....

મહારત્ની મસ્તી શ્યામતા શ્રાવણમાં...



બેજોડ સુગમસંગીત અને રસભર ભક્તિ સંગીતનો
મનમોહક રસથાળ...

એટલે.... શ્રી હસમુખ પાટડીયા

શ્રી ચેતના પાટડીયા

શ્રી ફાલ્ગુની ડૉક્ટર

શ્રી કંદર્પ ત્રિવેદી....નાં મધુર કંઠનો ઈશ્વરીય આસ્વાદ...

સંગીત સંધ્યાના સારથી... શ્રી અંકિત ત્રિવેદી

**૧૬મી ઓગષ્ટ, ૨૦૦૯, રવિવાર | રાત્રે ૯.૦૦ કલાકે
ટાગોર હોલ, પાલડી, અમદાવાદ.**

મધ્યાહને અલ્પાહારની મિજબાની તો ખરી જ....

આવો, ગુજરાતી સંગીતનાં આ દિગ્ગજોને સાથે બેસીને મનભરીને માણીએ...

ટીકીટ દર રૂ. ૫૦/- પ્રતિ વ્યક્તિ

નોંધ : કાર્યક્રમની ટીકીટો ૧લી ઓગષ્ટથી
AOGS Officeથી બપોરે ૨ થી ૬માં મેળવી લેવી.

Program Sponsors :

Corona Remedies (Arrush division) makers of *Cap. Corofer XT, Nostra, Locipil*
Dahlia Pharmaceuticals makers of *α-Dip, Freny 35, Cramp Power*

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with a new touch

29-30 August 09

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21st Century



Hosted by
Ahmedabad Ob-Gyn Society



For more details contact

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TECHNICAL SPECIFICATIONS

1. Dish Antenna	12 feet perforated parabolic Dish Antenna
2. Name Satellite	INSAT - 3B
3. Location of Satellite	83° East
4. Feed	Extended - C band prime focus feed
5. LNBC Type	Extended -C band LNBC
i. Local oscillator frequency	5950 MHz
ii. INPUT frequency range	4.5 GHz to 4.8 GHz
6. Digital Satellite Receiver or SAT TOP BOX	
7. Receive frequency	4608, 4610, 4612, 4614, 4616 MHz (Any one Frequency to receive)
8. Symbol Rate	02222
9. Polarization	Horizontal

Test signals at specified hours 7 days prior to the program

Any problem in
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An Expensive Shawl a story

Once upon a time, there was a king who was hedonistic. He indulged in excessive drinking, sensual pleasures and other such vices. He would tell his prime minister, "One does not get born as a human very often. So one should pursue material comforts and sensual pleasures. One should enjoy life to the fullest."

The prime minister was a sensible and decent person. He was concerned about the untoward, wild activities of the king and was pained by his disposition. Whenever he had an opportunity, he would try to counsel the king. But to no avail. The king did not understand. When the king was intoxicated, he could not discriminate between right and wrong. He would mistreat the public. People lived in terror. The king was extremely cruel and so no one dared to open his mouth.

One day, just by chance, the king was extremely pleased by some action of the prime minister. As a reward, he gave the prime minister a very expensive shawl. Soon after leaving the court, the prime minister used the shawl to clean his nose.

A courtier who was jealous of the prime minister happened to see this improper gesture. He went to the king and reported, "Your highness, today the prime minister has made an extremely disrespectful gesture."

The king asked, "What?"

The courtier said, "Your honor rewarded the prime minister with an invaluable shawl. However, he depreciated your kind gesture by blowing his nose into it."

The king promptly summoned the prime minister. He said, "How could you dare to insult me by blowing your nose into the expensive shawl I give you?"

With due respect, the prime minister replied, "Your highness, I have only followed what you have taught me."

"I schooled you to show disrespect?" the king retorted, "How?"

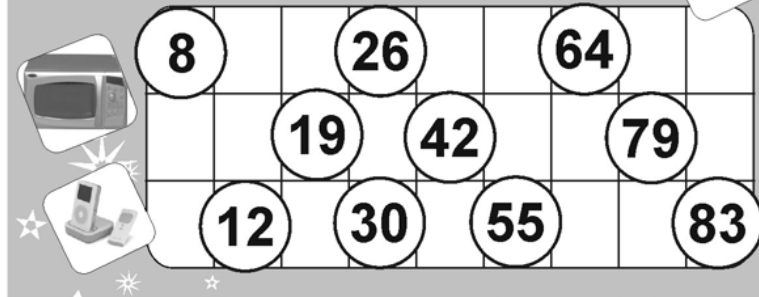
The prime minister said, "You have been blessed with human life that is considerably more valuable than this shawl. However, the way you are whiling away your time in pursuit of creature comforts without any regard to decency and morality has taught me to misuse the shawl."

The prime minister hit the target. The king realized his mistake. His life and kingdom were changed for the best.

Moral : "Value your precious life: God's expensive gift!!"

MEMBER'S PAGE

LETROZ TAMBOLA 09-10



Total 40 numbers called

HAPPY BIRTHDAY!

Dr. HINA M. MASHKARIA	09/07
Dr. DHIREN N SHAH	01/07
Dr. VASANT B PATEL	01/07
Dr. DEVMURARI CHARMY	03/07
Dr. SHITAL MEHUL AGRAVAT	08/07
Dr. PRATIBHABEN PARIKH	08/07
Dr. SUNAINA GARG	02/07
Dr. SHWETA CHATURVEDI	07/07
Dr. SAPANA RAMESHBHAI SHAH	19/07
Dr. SUSHMA CHOUDHARY	23/07
Dr. RAJENDRA R. PATEL	23/07
Dr. RAJENDRA A PATEL	23/07
Dr. MANAN D. SHAH	27/07
Dr. JITENDRA I. SHAH	31/07
Dr. MRS. JARASTIN D. CHOKSHI	10/07
Dr. SHITAL N ZALORIA	12/07
Dr. VIPALI N TRIVEDI	12/07

**"Teach the young people
HOW to think, and not WHAT to think"**

-Sydney Sugarman

RCH Activities

A meeting of Adolescent committee was held on 25/6/2009 at AOGS (4pm-5pm) The meeting was chaired by Dr. Rajal Thaker and Dr. Hemant Bhatt

Following members have agreed to take lectures for GIRLS: Dr. Rajal Thaker, Dr. Supriya Dalal, Dr. Anjana Sawalia, Dr. Falguni Parikh, Dr. Purna Patel, Dr. Parul Kapoor, Dr. Lalitprabha Gupta, Dr. Niruben Shah, Dr. Kanan Vyas, Dr. Kruti Deliwala, Dr. Shetal Desai, Dr. Aaratiben Patel, Dr. Leena Gadhavi, Dr. Sonal Kotdawala, Dr. Kanthi Bansal. Following members have agreed to take lectures for BOYS: Dr. Hemant Bhatt, Dr. Alpesh Gandhi, Dr. M. C. Patel

Please contact Dr. Rajal Thaker (M.: 9825082646) or Dr. Hemant Bhatt (M.: 9825010940) for more information and participation.



Lecture for class 7th Girls was arranged and Dr. Kanan Vyas and Dr. Rajal Thaker took lecture at Kharawala School on 4/7/09. The slide show has been

designed by Dr Rajal Thaker titled as 'TAKE CARE' deals with Changes during Adolescence, Nutrition, Exercise & Life Skill Education.



11 July - WORLD POPULATION DAY..this year's theme is Fight Poverty: Educate Girls. Increasing girls' years of education has been shown to reduce child marriage, promote later motherhood, and support healthier and better-educated children.

Ahmedabad Ob Gyn Society celebrated it with a lecture at Anjuman-e-Islam school, Ahmedabad. About 200 girls of class 8th attended the



lecture that was taken by Dr Rajal Thaker. The slide show titled as 'VIKAS NI VASANT' deals with Changes during Adolescence, Nutrition, Hygienes, exercise and

life skill Education. Dr Kruti Deliwala, Dr Sonali Chauhan and Dr Pragathi Sharma also present and shared their knowledge on Adolescent Health.



an exciting tour in diwali holidays

EGYPT

JOURNEY INTO THE TIME MACHINE OF PAST

URGENT ATTENTION NEEDED

We have finally tied up with flamingo tours & travels for our exciting Egypt tour in Diwali. The package is most attractive & contains unforgettable visits to famous places of Egypt. We will begin our tour on 21st October 2009, i.e. from the night of Bhaibij onwards.

This will be a tour which will be an experience of a life time!! Already 45 members have registered themselves. We have fixed the 20th July as the last date to avail the benefit of 5% discount on tour package.

So, please hurry....

For further details Please contact

AOGS Office

between 2.30 to 6.30 pm.

Phone : 079 26586426 or

Flamingo Tours & Travels

Mr. Sanjay Shah 9327008656

Smt. Meeta Shah 9377770052



AOGS SOCIAL SECURITY SCHEME

AOGS SSS has started functioning from 1st July, 2009. Congratulations to all of you for showing your solidarity in initiating the scheme. More than 200 members have already enrolled their names under this scheme.

If you are still left out HURRY TO AVAIL ALL BEBEPITS OF BEGINNERS, COMPLETE ALL THE FORMALITIES AND JOIN THE AOGS-SSS.

SPECIAL FEATURE of SSS for BEGINNERS:

1. Member enrolled before 30th September, 2009 shall get the benefit from day 1. After 30th September, 2009 whoever enrolls as a member of AOGS SSS will get benefit of this scheme after completion of one year from the date of enrollment.
2. After 1st July 2012 eligible age for becoming member in AOGS SSS will be restricted to 55 Yrs. on the day of admission.
3. At present, Admission fees to join AOGS- SSS is one of the lowest admission fees compare to many other social security schemes. (Which may increase in future.)
4. It is our moral duty to help our member in his/her bad time.

IMPORTANT NOTICE for members of AOGS SSS:

1. Please submit your completely filled form with the name and signature of nominee and with all required documents (Degree and Council Registration Certificate, Proof of Date of Birth) immediately to the AOGS office as member will not be eligible to get the benefit of the scheme till these formalities are over. So kindly complete the formalities as early as possible to avoid any unnecessary problem.
2. AOGS SSS Constitution is passed in GBM held on 27/06/2009. Copy is available at the AOGS office.

FIRST EXECUTIVE BOARD OF AOGS SSS IS DECLARED (By Selection)

Chairman	: Dr. Pragnesh Shah -President, AOGS
Hon. Secretary	: Dr. Geetendra Sharma
Hon. Treasurer	: Dr. M.C.Patel
Hon. Jt. Secretary:	Dr. Hemant Bhatt
Advisor	: Dr. R. K. Shah
Board members	: Dr. Alpesh Gandhi
	Dr. Dilip Gadhavi-Secretary, AOGS
	Dr. Jayprakash Shah
	Dr. Harshad Ladola
	Dr. Dipesh Dholakia
	Dr. Nandini Jhaveri
	Dr. Anil Mehta

SUSTAINABLE *Happiness*

The moot question of life is what you are craving for : Subjective happiness or Objective happiness.

In objective happiness, you are dependant on object or another person, so you are dependent on others for your happiness.

In subjective happiness, you are not dependent on others but it is in your control provided how you develop yourself for your own happiness.

Sustainable happiness comes from understanding and exploring the subjects, which gives you the right purpose and meaning of your life.

Exercise 1: Take accountability & responsibility for your own happiness.

No one is going to make you happy. You have to learn how to be happy for yourself. You have to choose to let things go and to choose to find neutral ground. If you're just sitting there thinking about all of your problems, you won't be happy. Problems don't lead to happiness, strive for the solution in a pragmatic manner.

Exercise 2: Express gratitude towards God for what you have.

Write down five or ten things that you are really grateful for every day. We always have things to be grateful for - our arms, our legs, our eyes, our teeth, the air that we breathe, our family, our friends, the house that we live in. The list goes on and on and on.

Exercise 3: Practice random acts of kindness with selfless acts (The way God is doing selfless kindness with everyone every moment)

Practice five random acts of kindness a day. It can be something as simple as telling your co-worker, "That outfit looks good on you." People just want to smile; they just want us to be good to them. If you do this every day for a month, your life is going to change.

Exercise 4: Learn to smile for every moment you live.

There is one crucial element to happiness, and you cannot achieve happiness without this element. If you take the corners of your mouth and you put them towards your cheekbones, happiness starts emanating from within. Our smile is the best happiness tool we have because it's a way to make other people happy without saying a word. Whenever you are under stress and strain just smile.

Develop positive thinking for problems. Pains & difficulties may be necessary in our life and may be a stepping-stone for bright future, so learn to smile with problems.

Explore the secrets behind the happiness, to have better health, better relationships and more success than ever before.

Dr. Pragnesh Shah

President,

Ahmedabad Ob. & Gyn. Society



PRACTICAL OBSTETRIC COMMITTEE FOGSI

CHAIR PERSON-Dr. ALPESH GANDHI

OPINION BUILDING

There are certain issues which are controversial or still has to prove it's value, in which your personal opinion & experience will be of great help. It is possible that we may arrive on some consensus on few issues. I know it may be different from person to person, but this is an exercise to know what majority believe or experience. This will be helpful in our day to day practice. We need your frank & honest opinion (only in Yes/No or when needed only in few lines) on following issues. Please fill the Questionnaire given below & send or E-mail it to AOGS office.

QUESTIONNAIRE FOR OPINION BUILDING

1. Should we response to demand LSCS? YES / NO
2. Is out come of foetus suffered in painless labour? YES / NO
3. Do you believe in programmed labour? YES / NO
4. Do you prefer vacuum more frequently than forcep? YES / NO
5. Should HIV test be mandatory to all pregnant? YES / NO
6. Do you believe in the role of misoprostol in induction of labour? YES / NO
7. Should all CS be done by Misgav Ladach technique? Is it easier to perform? YES / NO
8. Can we use inj.prostodin (125) than inj. methyl ergometrin for prevention of PPH? YES / NO
9. Do you believe in prophylactic os tightening in case of placenta previa? YES / NO
10. Should episotomy be given to all primis? YES / NO
11. Is partogram really much helpful in day to day practice? YES / NO
12. Do you prefer Parenteral iron in case of severe anaemia during last trimester? YES / NO
13. Are you preferring medical treatment in case of unruptured ectopic pregnancy? YES / NO
14. Should Inj. Anti-D (100/150) be given to all Rh-ve women during pregnancy? YES / NO
15. Is scanning at 11-14wks really indicated for Indian pregnant lady? YES / NO
16. Do you believe in prescribing progesterone in case of RPL? YES / NO
17. Will you like to give advice for cord blood banking (stem cells)? YES / NO
18. Will you like to give trial of labour in case of previous LSCS (believe in VBAC)? YES / NO
19. How can we & FOGSI be helpful in reducing MMR ? only in few lines.

20. What should we do to improve M:F ratio with immediate effect? only in few lines.

Experience of 8 years in Gynaec-Oncology at M. P. Shah Cancer Hospital, GCRI

Dr. Sonali Praveen Garg

(M.D.) Gynaec-Oncosurgeon

Special areas of interest

1. **Video Colposcope** & colposcopy directed cervical biopsy and conservative management of CIN lesions by Loop cone bx/Knife cone bx
2. **All types of Gynaec cancer surgeries**
 - Werthiem's hysterectomy for cancer cervix
 - Staging laparotomy for Ca Endometrium
 - Radical-Fertility preserving surgeries for different types of Ovarian cancers
 - Radical vulvectomy and groin dissection for Ca Vulva.
3. **Management of trophoblastic diseases**

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ANTENATAL PROGRAMME

Information | Support | Exercise | Sharing | Expert Counseling

Va'lens, (Latin) meaning Strong, Healthy and Powerful.

"At Valens we offer a comprehensive antenatal plan that guides women throughout their pregnancy and after, bridging the gap between doctors and their patients."

OUR AIMS:

- Working with the doctors, help women and their families to tackle concerns regarding diet, breastfeeding, common pregnancy complaints and related topics.
- Promote interactive groups sessions with other pregnant and breast-feeding women.
- Talks and seminars by visiting faculties of doctors, gynecologists, pediatricians etc.
- Our antenatal specialist talk to women on various pregnancy related topics such as exercise, labor, baby care, postnatal care etc. with the help of audio-visual aids and props.

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