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AOGS TIMES

तथास्तु

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Theme: Innovate. Integrate. Inspire.
Motto: Skilled Hands, Sensitive Hearts.

Confidence



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TEAM AOGS MESSAGE



President
Dr. Munjal Pandya



Hon. Secretary
Dr. Arati Gupte

Dear AOGS Family,

October brought opportunities to celebrate the warmth and togetherness that make our association special. Beyond our professional commitments, it is the willingness to participate, contribute and support one another that keeps the AOGS family connected.

Our Garba celebration on 25th October was a joyful expression of this spirit. It was wonderful to see colleagues come together for an evening of music, dance and friendship. We sincerely thank the AOGS Garba Committee, the organising team and every participant for making the celebration memorable. Your enthusiasm brought the evening to life.

Guided by our theme, "Innovate. Integrate. Inspire.", we continue working towards a balanced calendar of academic activities, cultural gatherings and opportunities for meaningful interaction. Our endeavour is to make AOGS a space where members across generations can exchange ideas, strengthen friendships and contribute to the association's growth.

We encourage you to take an active part in the programmes ahead. Share your suggestions, bring your colleagues along and help us shape activities that reflect the interests and needs of our members. Your feedback helps us plan better, and your participation gives every initiative its purpose.

We also thank the editorial team, contributors, committee members and supporters whose efforts bring Tathaastu to you. These pages offer a wonderful opportunity to share our members' work, interests and achievements. We welcome your contributions to future issues.

As we move into the coming months, we look forward to more occasions to learn together, celebrate together and serve our professional community. Let us continue nurturing the warmth, mutual respect and shared purpose that make AOGS our extended family.

By AOGS. For AOGS.

With warm regards,

Dr. Munjal Pandya
President, AOGS

Dr. Arati Gupte
Hon. Secretary, AOGS

EDITORIAL

CONFIDENCE: A QUIET STRENGTH



Before a difficult conversation, a first independent procedure or an unfamiliar responsibility, there is often a moment of hesitation. We prepare, take a breath and begin. Confidence grows through such moments—when we give ourselves permission to act despite uncertainty.

The summit on this month's cover represents a visible achievement. What remains unseen is the journey: the preparation, the repeated attempts, the setbacks and the willingness to continue. In our own lives, too, confidence develops gradually through efforts that may never receive recognition.

For us as clinicians, it takes shape through study, practice and thoughtful reflection. Experience helps us make decisions, while humility allows us to recognise when we need assistance. Asking for another opinion can be an expression of sound judgement and trust in ourselves.

Our inner conversation matters as well. When every mistake becomes a verdict on our ability, growth becomes difficult. When we examine it honestly and identify what we can improve, we give ourselves a way forward. We can hold ourselves accountable while treating ourselves with kindness.

We also influence the confidence of those around us. A senior who welcomes questions, a colleague who offers constructive feedback and a teacher who allows a learner time to think can make a lasting difference. Encouragement helps people attempt what they once avoided.

Perhaps a useful question to carry from this issue is: "What small step have I been postponing because I do not yet feel ready?"

Prepare for it. Seek guidance where needed. Then take that step.

May our confidence grow with experience, remain open to correction and help us bring out the best in others.

Dr. Arati Gupte & Dr. Dhrumi Prajapati
Editorial Team, Tathaastu

HOC Vedanta- AOGS Conference 24th October, 2026









GARBA CELEBRATION : DATE - 25.10.2026



















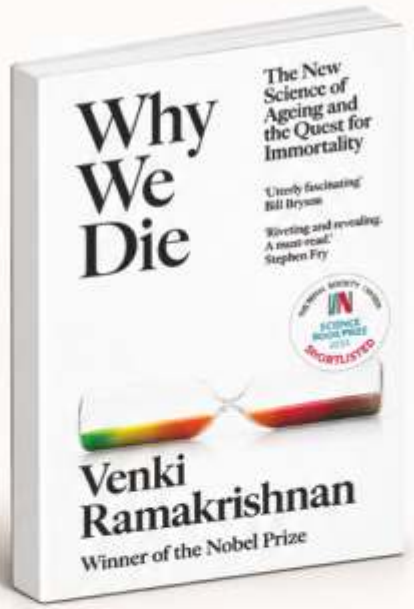


GARBA CELEBRATION : DATE - 25.10.2026



BOOK REVIEW

Why We Die



The New Science of Ageing and the Quest for Immortality

Venki Ramakrishnan

Have you ever wondered why we age and why, despite all the advances in modern medicine, we still cannot escape death? In **Why We Die: The New Science of Ageing and the Quest for Immortality**, Nobel Prize-winning scientist Venki Ramakrishnan explores these fascinating questions. He takes us into the world of our cells, DNA and genes to explain what actually happens to our bodies as we grow older. he explains complicated scientific concepts in a simple, engaging way without making them sound like a biology lecture. He makes you realise just how much is happening inside our bodies every single day, much of which we barely think about.

The book gets even more interesting when Ramakrishnan discusses whether ageing can actually be slowed down or reversed. He explores exciting areas of research such as stem cells, gene therapy, cellular reprogramming and anti-ageing drugs. With so much talk these days about longevity, supplements and the possibility of living to 100 or even 150, his take is particularly relevant. He separates genuine scientific progress from the exaggerated promises of the anti-ageing industry. One point that really stands out is that living longer and living healthier are two very different things. After all, what is the point of adding years to life if those years are not healthy and meaningful?

Overall, **Why We Die** is a fascinating read that leaves you thinking long after you have finished it. It doesn't promise a magical formula for immortality, nor does it suggest that science has all the answers. Instead, it gives us a glimpse into how much we have discovered and how much we still have to learn about the human body and the ageing process. I would definitely recommend this book to anyone interested in science, medicine, health and longevity. It might not tell us how to live forever, but it certainly makes us think differently about how we live the years we have.

- Dr. Arati Gupte

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INDIA ✱ NEWS

Five Oral Presentations at National Conferenc ISAR Embryology, Udaipur 2026

Stepping beyond the laboratory and onto the academic stage, our embryologists delivered five oral presentations by Kiran V. Patel, Nancy Sharma, Hetvi Milisiya, Dharti Rudani and Dwiti Rathod, drawn from across Sneh IVF centres, including Maninagar, Jamnagar and Bopal. A reflaction of our Academic Culture across it's centers.

National Recognition: Best Paper in Embryology

Adding to this achievement, presentation of Dwiti Rathod secured the Best Paper in Embryology award and 1st Prize in the Oral Presentation Category, a proud milestone and a mark of the calibre of research emerging from our institution on a national platform.

September began with the auspicious Sthapana of Ganpati Bappa at Sneh Hospital

As the month unfolded, that blessing seemed to accompany every milestone we celebrated from exceptional clinical results to academic achievements and national recognition —filling the Sneh family with renewed aspirations and promise for the future. MLAs, corporators, and senior bureaucrats also availed themselves of the darshan



National Milestone: ISAR-ART Excellence Award

The celebrations did not end there. Sneh's team member Nancy Sharma. brought home the ISAR ART Excellence Award 2026 for Embryology Excellence, a recognition of consistent contribution and emerging leadership that speaks for the strength of the institution as a whole.

Faculty Involvement: Taking Academics Beyond the Laboratory

We believe that better clinical outcomes are the fruit of continuous learning, scientific exchange and evidence-based practice. This belief came alive at ISAR Embryology 2026, where members of our team stepped beyond presenting research to serve as session moderators, debate participants and presentation judges, reflecting Sneh Hospital's growing presence in scientific dialogue and academic collaboration.

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