



AHMEDABAD OBSTETRICS & GYNAECOLOGICAL SOCIETY

# AOGS TIMES

## “SUTRA”

“Thread” of concise knowledge

**Theme :** “Women’s Health : Prevent, Detect & Thrive”

**Motto :** “United in Purpose, Stronger Together”

FEBRUARY 2026

VOLUME 11

President

**Dr. Nita Thakre**

+91 98250 42238

drthakre@gmail.com

Hon. Secretary

**Dr. Parth Shah**

+91 94296 17556

parthpjs@yahoo.com



**Ardem Patapoutian and David Julius**

Past President FOGSI - **Dr. Alpesh Gandhi**

President - Elect

**Dr. Munjal Pandya**

+91 97129 11784

munjal171184@yahoo.co.in

Vice President

**Dr. Mukesh Patel**

+91 98253 68346

drmukesh5369@gmail.com

Hon. Treasurer

**Dr. Sanjay Shah**

+91 98240 57071

gynaecare\_2005@yahoo.co.in

Hon. Jt. Secretary

**Dr. Arati Gupte**

+91 96620 28127

arati2811@gmail.com

Clinical Secretary

**Dr. Nisarg Dharaiya**

+91 75672 00111

nisarg.dharaiya@gmail.com

### Managing Committee Members

Dr. Ashish Varma | Dr. Darshan J. Shah | Dr. Hardik Chauhan | Dr. Hetal Patolia  
Dr. Jwal Banker | Dr. Mehul Damani | Dr. Mohil Patel | Dr. Nisarg Patel | Dr. Premal Shah | Dr. Viral J. Patel

### Ex-Officio

Dr. Sunil Shah | Dr. Akshay Shah

### Co-Opt. Members

Dr. Shashwat Jani | Dr. Lata Trivedi

### Special Invitee

Dr. Tushar Shah | Dr. M.C. Patel | Dr. Parul Kottawala | Dr. Dipesh Dholakia  
Dr. Hemant Bhatt | Dr. Kamini Patel | Dr. Jignesh Deliwala | Dr. Supriya Dalal

### Editors:

Dr. Arati Gupte | Dr. Hetal Patolia

[www.ahmedabadobgyn.org](http://www.ahmedabadobgyn.org)

2nd Floor, Dream Icon @ PARIMAL, Nr. Krupa Petrol Pump, Nr. Kalgi Cross Road, Surendra Mangaldas Rd, Ellisbridge, Ahmedabad, Gujarat 380006 Phone : 079 - 26586426 M : +91 78610 11818 | E-mail : office@ahmedabadobgyn.org

## નિરાશાથી આશા સુધી... આશાથી સ્વાગત સુધી...

સનફ્લાવર ivf હોસ્પિટલ **૨૨ વર્ષોનો** અનુભવ, વિશ્વાસ અને સફળતા નો વારસો લઈ ને હવે તમારી નજીક, ગાંધીનગર માં નવી શાખા સાથે આવી રહી છે.

### ભારતમાં ફર્ટિલિટી સારવારમાં અગ્રગણ્ય-નામો માં એક,

- ૨૧,૦૦૦ થી વધુ સફળ કેસો
- ૬૦ થી વધુ દેશોના દર્દીઓનો ભરોસો
- અને દર વર્ષે હજારો પરિવારો ને માતા પિતા બનવાનું સુખ આપનાર

# હવે તમારું પણ સપનું થશે સાકાર — તમારા શહેરમાં, તમારા ઘરના આંગણે!

સનફ્લાવર IVF - એક નવા પરિવાર ની શરૂવાત નો વિશ્વાસ

### અમે આપીએ છીએ

- અદ્યતન ટેકનોલોજી
- પ્રથમ પ્રયાસમાં ઉચ્ચ સફળતા દર
- વ્યક્તિગત સારવાર
- વ્યંધત્વના નિષ્ણાત ડોક્ટરોની ટીમ
- સચોટ નિદાન
- સારવાર માં પારદર્શિતા
- સ્ત્રી અને પુરુષ બંને માટે વ્યંધત્વની સંપૂર્ણ સારવાર



+91 90994 00847

www.sunflowerhospital.in



ગ્રાઉન્ડ ફ્લોર, નિરામય મેડિકલ હબ, નામોસ્તુતે હોસ્પિટલ પાસે, ઘ- ૩,  
પથિકાશ્રમ, ગાંધીનગર

મેમનગર | નારણપુરા | નરોડા | ગાંધીનગર

Follow us on social

**Sunflower**  
Hospital  
Infertility & IVF Centre, Ahmedabad

# TEAM AOGS MESSAGE



**Dr. Nita Thakre**  
President



**Dr. Parth Shah**  
Hon. Secretary

Dear Colleagues and Friends

The ongoing tensions in the Middle East, particularly the Iran–Israel conflict, remind us that war affects far more than borders and politics. For those of us in medicine—and especially in gynecology—the consequences are deeply human and immediate. When hospitals are damaged, supply chains break down, and communities are displaced, pregnant women and newborns become some of the most vulnerable patients. Obstetric care depends on continuity: antenatal visits, safe delivery facilities, access to blood banks, and neonatal support. In a war setting, these essentials can disappear overnight.

For gynecologists and obstetricians, the effects of conflict are often seen in rising complications—untreated high-risk pregnancies, premature births, miscarriages, and infections that could otherwise have been prevented. Displacement also means loss of access to contraception, screening services, and routine reproductive healthcare. Women in refugee camps or unstable environments may face malnutrition, psychological stress, and, tragically, higher risks of gender-based violence. All of these factors directly influence reproductive health outcomes and increase maternal morbidity and mortality.

As clinicians, these realities remind us that women's health is closely tied to social stability and functioning healthcare systems. The current global conflicts serve as a stark reminder that gynecology is not practiced in isolation from the world's events. Supporting humanitarian medical care, protecting healthcare facilities, and advocating for maternal health services—even in crisis settings—are responsibilities that extend beyond our clinics. In difficult times, safeguarding the health of women and mothers remains one of the most meaningful ways medicine can serve humanity.

**Dr. Nita Thakre**  
President

**Dr. Parth Shah**  
Hon. Secretary

## CENTERSTAGE



### David Julius and Ardem Patapoutian

David Julius and Ardem Patapoutian are scientists whose discoveries transformed our understanding of how the human body senses temperature, touch, and pain. They were jointly awarded the Nobel Prize in Physiology or Medicine for identifying the molecular mechanisms that allow the nervous system to detect physical stimuli. Julius discovered the **TRPV1 receptor** by studying how the compound capsaicin from chili peppers activates nerve cells, revealing how the body senses heat and burning pain. Patapoutian, on the other hand, identified **mechanosensitive ion channels** called Piezo1 and Piezo2, which enable cells to detect mechanical forces such as touch, pressure, and body position.

These discoveries had major implications for **clinical medicine**, particularly in understanding and treating pain and sensory disorders. Julius's work on temperature-sensitive receptors and Patapoutian's research on pressure-sensitive channels showed how external stimuli are converted into electrical signals that the brain interprets as sensations. This knowledge has opened new possibilities for developing **targeted therapies for chronic pain**, cardiovascular disorders, and other conditions involving abnormal sensory signaling. By identifying specific molecular targets in sensory neurons, their research has also encouraged the development of **safer non-opioid pain treatments**, which could help reduce dependence on traditional painkillers.

# MEDICAL NEWS

## 1. Medical and Healthcare News in Gujarat

### More free medicines in government hospitals

Gujarat has expanded its **Essential Drugs List**, adding **150 new medicines** and increasing the number of free medicines available in public hospitals to **1,479 items**. This improves access to treatment across primary health centres, civil hospitals, and medical colleges.

### Major medical infrastructure projects

The state plans to build an international **"Medicity" healthcare complex** near Kalol with an investment of about **₹13,000 crore**, aimed at attracting global medical services, research centres, and advanced hospitals.

### Specialty healthcare expansion

The Gujarat government is expanding **specialized treatment centres for kidney and heart diseases**, including satellite healthcare facilities in cities such as Bhavnagar, so patients can access advanced treatment closer to home.

### Medical research and biosafety

A **BSL-4 high-security laboratory**, used to study extremely dangerous pathogens, is being developed in **Gandhinagar**, strengthening India's capacity for infectious-disease research and biosafety preparedness.

## 2. Medical News in India

### Digitisation of hospital patient records

The **National Medical Commission (NMC)** is promoting **digital tracking of patient visits in medical college hospitals**, aiming to improve transparency, patient management, and monitoring of medical education standards.

### Expansion of healthcare funding

India's **Union Budget 2026** increased health spending to **over ₹1.06 lakh crore**, supporting expansion of hospitals, medical colleges, healthcare infrastructure, and biomedical research.

### India aiming to become a global medical hub

Government initiatives are promoting **medical tourism, biopharmaceutical production, and traditional medicine such as Ayurveda**, aiming to position India as an important global healthcare and pharmaceutical centre.

## 3. Global Medical News (Iran–Israel War Impact)

### Attacks on hospitals and health facilities

The **World Health Organization (WHO)** has verified **at least 13 attacks on hospitals and healthcare facilities in Iran** since the escalation of the **Iran–Israel conflict**. Several healthcare workers were killed or injured, and medical services in affected areas have been severely disrupted.

### Humanitarian and public-health crisis

More than **1,200 deaths have been reported in Iran**, and around **100,000 people fled Tehran**, putting heavy pressure on emergency medical services and refugee healthcare systems.

### Global medical supply disruption

The conflict has disrupted a major **WHO humanitarian logistics hub in Dubai**, delaying shipments of medicines, vaccines, and laboratory supplies to several countries.

### Damage to hospitals near strike zones

Some **airstrikes targeting military infrastructure also damaged nearby hospitals**, raising international concern about the protection of medical facilities during armed conflicts.

### Emergency preparedness in Israel

Hospitals in **Israel** have cleared beds and transferred some patients to home care in order to prepare for potential **mass-casualty emergencies** during the conflict.

# CME: AUB (Preserve the uterus) Date : 01.03.2026



# CME: AUB (Preserve the uterus) Date : 01.03.2026



# HEALTHY AGEING FOR DOCTORS ABOVE 50: DIET, NUTRITION SUPPLEMENTS & EXERCISE



**Dr. Bhavit Shah**

## Introduction

Doctors above the age of 50 face unique challenges: long working hours, stress, irregular meals, reduced recovery, and gradual muscle loss (sarcopenia). Scientific nutrition and smart exercise can preserve **energy, immunity, cognition, metabolism, and longevity.**

### This article focuses on:

- Optimal diet & protein intake
- Safe nutritional supplements
- Role of fasting & chronic disease care
- Smart exercise planning
- Daily routine for sustainable health

## Core Principles of Nutrition After 50

### ✓ Goals

**Preserve muscle mass** – Natural loss of 1–2%/year (sarcopenia) affects metabolism, strength, and independence.

**Improve insulin sensitivity** – Age-related insulin resistance is common, worsened by sedentary lifestyle and visceral fat.

**Reduce inflammation** – Chronic low-grade inflammation (“inflamm-ageing”) accelerates degenerative diseases.

**Enhance immunity** – Immunosenescence

reduces infection defense and recovery.

**Support brain & heart health** – Vascular ageing, oxidative stress, and insulin resistance increase cardiovascular and cognitive risks.

### ✓ Ideal Macronutrient Distribution

Nutrient	Target
Protein	1.2–1.5 g/kg/day
Carbohydrates	40–45% (low GI)
Fats	25–30% (good fats)
Fiber	25–35 g/day

## Protein – The Most Important Nutrient

### Why Protein Matters

- Prevents sarcopenia
- Improves metabolism
- Enhances immunity
- Supports hormone balance

### Best Protein Sources

- Paneer, tofu, curd, Greek yogurt
- Dal, chana, rajma, soy
- Nuts & seeds
- Whey isolate (vegetarian friendly)

### Protein Supplements

- Whey Isolate: 20–30 g post workout
- Plant Protein Blend: Sattu, Pumpkin seeds, Chickpeas
- Casein at night: Cow’s milk, Cottage cheese, Hung curd

**⌚ Fasting & Metabolic Health**

**Intermittent Fasting (IF)**

- 14:10 [14h fasting / 10h eating]
- 16:8 [16h fasting / 8h eating]

**Benefits:** Improves insulin sensitivity, reduces visceral fat, autophagy activation, inflammation control, GH increase

**For Diabetic Doctors**

- Avoid prolonged fasting
  - Eat every 3–4 hours
  - Focus on low GI foods: Oats, Brown rice, Lentils, Chickpeas, Rajma, Fruits, Broccoli, Spinach, Carrot, Cucumber
  - Include protein with every meal
  - Monitor sugar before workouts
- Avoid fasting if sugars are uncontrolled

**Safe Nutritional Supplements for 50+**

Muscle Group	Exercise Examples	Reps/Sets	Notes
Legs	Squats, Leg press, Lunges, Calf raises	8–12 reps, 2–3 sets	Functional strength, balance, mobility
Core	Plank, Dead bug, Bird dog, Cable crunch	20–60 sec / 8–12 reps	Spine protection, posture, stability
Chest & Shoulders	Push-ups, Dumbbell bench press, Shoulder press	8–12 reps, 2–3 sets	Improves posture, upper body strength
Back	Lat pulldown, Seated rowing, Resistance band row	8–12 reps, 2–3 sets	Posture, prevents rounded shoulders
Arms	Biceps curls, Triceps pushdown	8–12 reps, 2–3 sets	Functional daily strength

Supplement	Benefit	Dose	Natural Source / Form
Whey Protein	Muscle repair & growth	20–30 g/day	Milk-derived (whey isolate/concentrate)
Omega-3 (EPA/DHA)	Heart, brain & joints	1000 mg/day	Algae oil, flaxseed oil (ALA), walnuts, soy
Vitamin D3	Bone, immunity & hormones	2000 IU/day	Sunlight, fortified milk, mushrooms, supplement
Magnesium	Sleep & recovery	300 mg/day	Nuts, seeds, spinach, whole grains, magnesium glycinate/citrate
Creatine Monohydrate	Strength & cognition	3–5 g/day	Supplement (synthetic vegetarian source)
Curcumin	Anti-inflammatory	500 mg/day	Turmeric root with piperine, turmeric+ginger+black pepper
Probiotics	Gut health & immunity	As directed	Curd, yogurt, kefir, fermented foods, capsules

**✓ Prefer GMP-certified brands**

**Exercise Prescription After 50**

**Three Pillars**

- Strength Training – 3 days/week
- Cardio – 150 min/week
- Mobility & Balance – daily

**Muscle Targets & Example Exercises**

- Legs: Squats, Leg press, Calf raises
- Core: Plank, Dead bug, Bird dog, Cable crunch
- Chest & Shoulders: Push-ups, Dumbbell bench press
- Back: Lat pulldown, Seated rowing

**Exercise Mix**

- Resistance bands, Free weights, Bodyweight exercises
- Walking, cycling, swimming

**Planning the Doctor’s Day**

**Morning**

- Warm water + soaked almonds
  - Light stretching
  - High-protein breakfast
1. Paneer – 100 g (18–20 g protein), Vegetables (tomato, capsicum, spinach), Green tea / black coffee.

2. Besan Chilla + Curd
3. Tofu Bhurji + Toast
4. Protein Smoothie
5. Moong Dal Chilla + Paneer Stuffing
6. Greek Yogurt Bowl
7. Sattu Drink + Toast

### Work Hours

- Small protein snacks
1. Paneer Cubes
  2. Roasted Chana
  3. Peanut Butter Toast
  4. Nuts & Seeds Mix
  5. Mini Protein Shake
  6. Boiled Moong Chaat
  7. Cheese Slice + Fruit
- Hydration every hour 30–35 ml per kg body weight per day

### Evening

- Gym or brisk walk
  - Post workout protein
1. Whey Isolate (Gold Standard)
    2. Low-Fat Milk + Paneer
    3. Greek Yogurt Bowl
    4. Tofu Stir Fry

### Night

- Light dinner
1. Vegetable Khichdi + Paneer
  2. Protein Soup
    3. Besan Chilla + Curd
    4. Moong Dal + Salad

### Walk 10 min post dinner

- Casein or curd [Cow's Milk, Cottage Cheese, Hung Curd / Greek Yogurt, Casein Protein Powder (Supplement)]
- Magnesium [ Pumpkin seeds, Almonds, Spinach (cooked), Chia seeds, Flaxseeds,  
Dark chocolate (70%)]

Form	Best Use
Magnesium Glycinate	Sleep, anxiety, recovery
Magnesium Citrate	Constipation + recovery
Magnesium Malate	Energy, muscle pain
Magnesium Threonate	Brain function

### Pre-Sleep Nutrition for Growth & Recovery

- Casein protein [Slow amino acid release]
- Warm turmeric milk [200 ml]
- Greek yogurt [Gut friendly, Muscle repair]
- Nuts (almonds, walnuts) [Magnesium source, Nervous system calming]
- Camomile tea
- Ashwagandha Latte (Optional)

**Benefits:** Muscle repair, GH secretion, better sleep quality

### Mechanism of Nutrition on the Body

- Protein → Muscle protein synthesis via mTOR
- Omega 3 → Reduces cytokine inflammation
- Fiber → Improves gut microbiome
- Creatine → Increases ATP regeneration
- Magnesium → Regulates GABA for sleep

### Final Message

Age is not a limitation. With **scientific nutrition, disciplined exercise, and smart recovery**, doctors above 50 can maintain **strength, sharpness, endurance, and joy in practice.**

**“Train for longevity, eat for recovery, and rest for regeneration.”**

**NOTE:** In last month's article "IVF is more than just conception", the names of the co- authors Dr. Tuhina Mital (FNB fellow, Banker IVF) Aditi Kotdawala (Chief Embryologist, Banker IVF) remained unpublished. we apologise for the oversight.

# MEDICAL QUIZ

## Diseases prevalent during global conflicts

**1. In conflict zones with collapse of water sanitation systems, which pathogen is the most common cause of large epidemic cholera outbreaks?**

- A. Shigella dysenteriae
- B. Vibrio cholerae O1 or O139
- C. Salmonella typhi
- D. Escherichia coli O157:H7

**2. Among displaced populations in crowded refugee camps, which complication is the leading cause of mortality from measles outbreaks?**

- A. Acute renal failure
- B. Encephalitis
- C. Secondary bacterial pneumonia
- D. Acute hepatitis

**3. Which vector-borne disease is strongly associated with armed conflicts in the Middle East due to disruption of vector-control programmes and population displacement?**

- A. Leishmaniasis
- B. Yellow fever
- C. Chagas disease
- D. Lyme disease

**4. In war settings with contaminated water and limited antibiotics, severe dysentery with high fever and seizures in children is most likely caused by:**

- A. Entamoeba histolytica
- B. Shigella dysenteriae
- C. Campylobacter jejuni
- D. Yersinia enterocolitica

**5. Outbreaks of meningitis frequently occur in crowded military barracks or refugee camps. The most common causative organism in such epidemics is:**

- A. Streptococcus pneumoniae
- B. Neisseria meningitidis
- C. Listeria monocytogenes
- D. Haemophilus influenzae type b

**6. In wounded soldiers exposed to soil-contaminated injuries without vaccination coverage, which toxin-producing organism causes spastic paralysis?**

- A. Clostridium botulinum
- B. Clostridium tetani
- C. Bacillus anthracis
- D. Clostridium difficile

**7. Collapse of vaccination programmes during prolonged conflicts has historically resulted in the re-emergence of which disease caused by an enterovirus?**

- A. Poliomyelitis
- B. Rabies
- C. Rubella
- D. Mumps

**8. In Middle Eastern conflict zones, which parasite transmitted by sandflies causes cutaneous ulcers and occasionally visceral disease?**

- A. Plasmodium falciparum
- B. Trypanosoma brucei
- C. Leishmania donovani complex
- D. Toxoplasma gondii

**9. In war-affected regions with poor sanitation, which hepatitis virus is most commonly responsible for large waterborne outbreaks?**

- A. Hepatitis B
- B. Hepatitis C
- C. Hepatitis E
- D. Hepatitis D

**10. Among survivors of armed conflict, which psychiatric condition characterized by intrusive memories, hyperarousal, and avoidance is most frequently reported?**

- A. Bipolar disorder
- B. Generalized anxiety disorder
- C. Post-traumatic stress disorder
- D. Schizoaffective disorder

### Answer Key

1.B, 2.C, 3.A, 4.B, 5.B, 6.B, 7.A, 8.C, 9.C, 10.C

## READER'S CORNER

# THE DEMON UNDER THE MICROSCOPE



FROM BATTLEFIELD HOSPITALS

TO NAZI LABS, ONE DOCTOR'S

HEROIC SEARCH FOR

THE WORLD'S FIRST

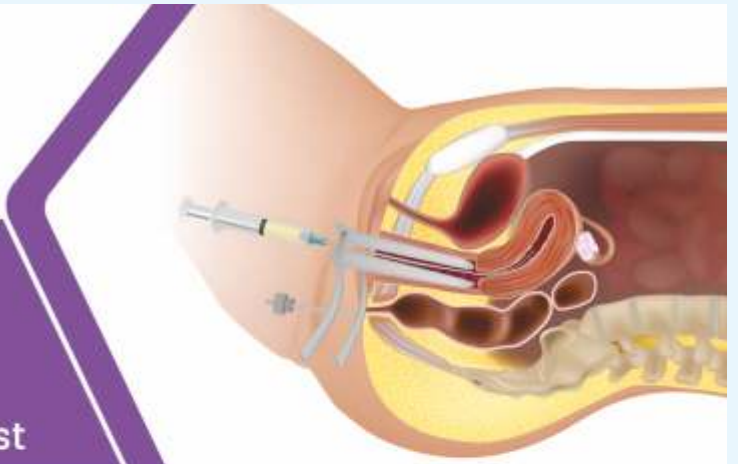
MIRACLE DRUG

THOMAS HAGER

The *Demon Under the Microscope* by Thomas Hager is a compelling work of narrative science history that traces the development of the first sulfa drugs, the earliest effective antibacterial medicines. Set in the years surrounding the rise of Nazi Germany, the book follows scientists working in the laboratories of Bayer and IG Farben as they race to discover compounds capable of fighting deadly bacterial infections. Hager combines medical history with political context, showing how scientific

research, industrial competition, and the pressures of a rapidly changing Europe shaped one of the most important breakthroughs in modern medicine.

The book is particularly engaging because it explains complex microbiology and pharmacology through vivid storytelling and real historical characters. Hager demonstrates how the discovery of sulfa drugs transformed the treatment of infections such as sepsis, pneumonia, and wound infections—conditions that had previously killed millions, especially during wartime. For clinicians and readers interested in medical history, the book offers a fascinating look at the origins of antimicrobial therapy and reminds us how dramatically medicine changed in the early twentieth century, laying the groundwork for the antibiotic era that followed.



# FREE IUI WORKSHOP

For OBGYN/Aspiring Embryologist

### DATE & TIME

29/03/2026, Sunday, 08:30 AM to 01:00 PM

Registration Compulsory

**91731 30391**

### TOPICS

- Semen Analysis
- Different Types Of Semen Wash Techniques
- Controlled Ovarian Stimulation
- Reproductive Endocrinology Discussion
- Tips And Tricks To Improve Result In IUI
- Art Level 1 Registration Procedure

# Microwave Thermal Ablation Workshop

### Key Highlights

- Live Procedures And In Theatre Experience
- Imaging Integration (Mri & Usg Guidance For Mwa)
- Case-Based Discussions
- Working Lunch With Experts

Course Director



**Dr. Prakash Patel**  
Infertility and IVF Specialist  
Dip. in Advance Laparoscopy (France)

### DATE

**19 April 2026, Sunday**



**Registration: 99741 96801**  
**Registration Fees: ₹ 11,800/-**

**Only 25 Spots Available**

## SHUKAN HOSPITAL & IVF CENTRE

1st Floor, City Centre, Opp. Shukan Mall, Science City Road, Sola, Ahmedabad-380060  
Mo. 70419 40220, 8320015625 | [www.shukanhospital.com](http://www.shukanhospital.com)

**14000+ Infertility  
Success Stories**



**MOTHERHOOD™**  
WOMEN'S & CHILD CARE HOSPITAL PVT. LTD.  
IVF | ENDOSCOPY | NICU-PICU

## First-Ever Milestone in the Field of Gynecology in Gujarat

Motherhood Hospital achieves Gujarat's first Microwave Ablation for Adenomyosis using 4K 3D Rubina Laparoscopy System.



**Dr. Anand Patel &** Team performed the breakthrough surgery.

Microwave Ablation of Focal Adenomyoma  
A Fertility-Preserving Treatment Option

### Patient Symptoms

- Dysmenorrhea
- Dyspareunia
- Heavy menstrual bleeding
- Impaired quality of life with difficulty in planning conception



### Procedure

Ultrasound-guided microwave ablation of focal adenomyoma was performed as a minimally invasive, uterus-preserving technique in a patient desiring future fertility.

### Outcome After Surgery

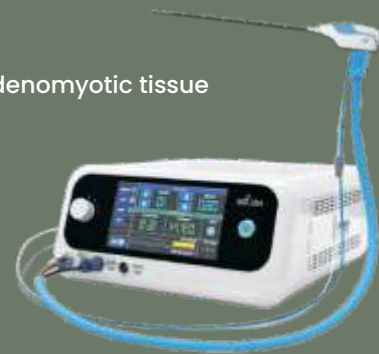
- Significant reduction in menstrual pain and bleeding.
- Rapid symptomatic improvement
- Progressive reduction in uterine volume
- Uterus achieved near-normal size within 3-6 months, as reported in published studies
- No distortion of the uterine cavity

### Fertility Outcome

- Restoration of a more favorable uterine environment
- Improved implantation potential
- Pregnancy planning is generally advised after complete uterine healing, typically after 6 months
- Encouraging fertility outcomes have been reported in appropriately selected patients

### About the Microwave Ablation System

- Delivers high-frequency thermal energy for precise ablation of adenomyotic tissue
- Preserves surrounding healthy myometrium
- Performed under real-time ultrasound guidance
- Minimally invasive with reduced recovery time



*“Microwave ablation offers an effective, fertility-sparing alternative for the management of focal adenomyoma in women wishing to conceive.”*

+91 90990 74235 | 99049 96633

1<sup>st</sup> Floor & 2<sup>nd</sup> Floor, Sarjan Arcade Above Axis Bank, Science City Road, Sola, Ahmedabad, Gujarat - 380060 | +91 90990 74235 | + 91 99049 96633

www.motherhoodhospital.com | motherhoodhospital    

Building Families



Technology • Trust

Simple | Safe | Smart | Successful

This Republic Day let's pledge



Support **INDIA** Support **SWADESHI**

SERVICES OFFERED

IVF ■ ICSI ■ IUI ■ Blastocyst Culture ■ Laser Assisted Hatching ■ PGD - PGS, PGTA - PGTM, PGT SR ■ ERA ■ PRP  
Stem cells ■ Egg/Embryo/Sperm Donation ■ Egg/Embryo/Blastocyst Freezing ■ Semen Bank ■ Surrogate Mother



Simple | Safe | Smart | Successful

- AHMEDABAD** : PALDI - Opp. Manjula Municipal Garden, Next to Adani CNG & Orion Building, Paldi Cross Roads, Ahmedabad-380007. Ph. 07940404646, 9879572298  
**SINDHUBHAVAN** - SF-213 Stellar, Sindhubhavan Road, Nr. Pakwan # Road, Bodakdev, Ahmedabad-380059. Ph. 07940404666, 6357080136  
**NIKOL** - 501, Hilltown Plaza, Near Amar Javan Circle, Nikol, Ahmedabad-382350. Ph. 07940404686, 9227114040
- SURAT** : 9th Floor, Param Doctor House, Lal Darwaja, Station Road, Surat-395003 Ph. 07940404622, 9879572247
- VADODARA** : 4th Floor, Trisha Square - 2, Sampatrao Colony, Opp. Gujarat Kidney Hospital, Jetalpur Road, Alkapuri, Vadodara-390007. Ph. 07940404644, 7575099898
- BHUJ** : Spandan Maternity Home, Plot No. 13-28, Shivamnagar, Nr. Umanagar, Engi. College Road, Mirzapar Highway, Bhuj-Kutch-370040. Ph. 9687188550, 9687002283
- BHAVNAGAR** : Hema Women's Hospital, 203-205, 2nd Floor, Sai Ganga Building, B/s Rasoi Dining Hall, Kalubha Road, Bhavnagar-364001. Ph. 07940404677, 7069314040
- MUMBAI** : Ghatkopar - 2nd Floor, Vallabh Vihar, Next to Ramji Mandir, Nr. Rajawadi Signal, M. G. Road, Ghatkopar (E), Mumbai-77. Ph. 07940404611, 9328190146  
 Borivali / Vile Parle 9167204019, Vashi 9687004268, Thane 9167204018
- ANAND** : Iris Hospital Unit-2, Nani Khodiyar, Anand-388001. Ph. 7069034655, 7069074655
- VARANASI** : Bavishi Neo Fertility, S-15/47, Jamuna Sewa Sadan Hospital, Panchkosi Road, Shivpur, Varanasi, Uttar Pradesh-221003 Ph. 7069074646, 7069084646
- E-mail : drbavishi@ivfclinic.com | Website : www.ivfclinic.com | WhatsApp : 9687422288

**ALL CENTERS OFFER ALL FERTILITY TREATMENT UNDER ONE ROOF WITH INTERNATIONAL STANDARDS**

# Sneh Na Samachar

INDIA



NEWS



15 MARCH 2026

## ISAART

International Scientific Academy of  
Advanced Research and Training  
An Academic and Training Unit of Sneh Hospitals

## ISAART : (International Scientific Academy of Advanced Research & Training)

ISAART is a premier academic and clinical training academy dedicated to advancing excellence in medical and scientific education. We specialize in skill-oriented, evidence-based, and practice-focused training that seamlessly bridges academic knowledge with real-world clinical application.

Our mission is to empower clinicians, embryologists, and healthcare professionals through structured learning modules, intensive hands-on exposure, and mentorship under experienced national and international faculty.

ISAART currently hosts International fellows in Clinical Embryology and Clinical ART, and strengthens its role as a center for global collaboration. Actively ahead in Academic publications, have Abstracts selected in reputed international journals and professional platforms, including ASPIRE, Alpha, ESHRE & ASRM.

### Advanced Programs in ART, Fetal Medicine & Embryology

#### Comprehensive ART Training - Level 1 & Level 2

Structured Assisted Reproductive Technology (ART) programs designed for clinicians and embryologists, ranging from foundational IVF concepts to advanced clinical and laboratory practices.

#### Fetal Medicine Training

Advanced clinical training in prenatal screening, fetal assessment, anomaly detection and contemporary fetal medicine protocols

#### Laparoscopy Training

#### Clinical Embryology Training

In-depth theoretical and hands-on training covering embryology laboratory techniques, quality control, laboratory setup, troubleshooting, and best clinical practices.

#### Advanced Embryology Skill Modules

- Embryo Biopsy Training
- ICSI (Intracytoplasmic Sperm Injection) Training

#### Who Can Apply

Clinicians | Embryologists | Dentists | MBBS / BHMS / BAMS Graduates |  
Healthcare Professionals

### Choose from Structured Training Programs Available

Weekend training programs for clinicians

1 Week | 15 Days | 1 Month |

3 Months | 6 Months | 1 Year Programs

All programs emphasize maximum hands-on exposure, case-based learning and practical skill development as per your existing skill & further development.

- Train international fellows
- FOGSI approved centre

ISAART has collaboration with prestigious universities, academic institutions, and professional bodies to deliver:

- Recognized certifications
- Collaborative academic and clinical programs
- Curricula aligned with national and international standards

Assured Career Support post Training for embryologist

ISAART is committed to long-term professional growth. We actively support our trainees through:

- Career guidance and mentoring for embryologist
- Job assistance and placement support for embryologist
- Strong Clinical exposure and networking opportunities

**REGISTER  
NOW FOR  
OUR MONTH  
END IUI  
WORKSHOP**

30<sup>th</sup> 21<sup>st</sup> 22<sup>nd</sup>  
FEBRUARY 2026  
VENUE: THE FORUM - CONVENTION  
CENTRE, 67/1 POND ROAD, NEHA AHMEDABAD



We are delighted to present ISAART Academy (A Division of Sneh IVF) at the ISAR 2026 in Ahmedabad. Through this initiative, we aim to create a strong platform for education, research, and hands-on training in reproductive medicine for clinicians and embryologists.



6359 788 000

READ MORE AT [WWW.ISAART.IN](http://WWW.ISAART.IN)

#### Address

Sneh IVF, Nr Vitthal Mandir Between Hatkeshwar Circle,  
7th Day School Road, Maninagar East, Ahmedabad

