



The Mumbai Obstetric and Gynecological Society News and Views

MOGS Newsletter Vol 1 Sept 2024



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93. Dr. Parikshit Tank



Message *from the* President

Dear Esteemed Members of MOGS,

It gives me immense pleasure to present the first issue of **MOGS News and Views 2024**. It is hard to believe that almost six months have passed since my installation as the president of this prestigious organization, the MOGS. Our entire team has been active and fully dedicated to MOGS activities, focusing on the theme of caring for women from adolescence to senescence — support, strengthen, and sustain!

I have established 15 different committees, each focused on various areas such as social awareness, education, administration, and event organization. For the first time ever, we have initiated MOGS publications. To train young consultants, we have also started a refresher course and training programs in various specialties. The presidential webinar series, centred on the presidential theme, involves stalwarts from across the world, benefiting our members. Additionally, the constitution was revised and passed in the general body meeting on the 19th of September.

This newsletter includes articles on women's safety. MOGS actively participated in all protests to seek justice for Abhaya, following the horrific incident in Kolkata.

Regarding academic programs, we have had excellent attendance at all conferences and outreach programs. We already had 4

conference and four more will be held in next 6 months 20 outreach programs are already done. Overall attendance has cross 5746 and 31 mmc points and 83 ICOG credit points are sanctioned. I thank the members for their positive response to all our activities, supported by our academic partners. We have writeup on "Intriguing OBGYN Trivia: Pioneers, Discoveries and Fascinating Facts".

This year, for the first time, we have included interested and enthusiastic general body members in all our activities, and I hope they are enjoying their participation.

We have also initiated a journal "**MOGS Chronicles**" purely dedicated to case reports to benefit our members in their clinical practice. Our society has always been a beacon of knowledge and mentorship, shaped by the invaluable contributions of our mentors and teachers. It is through their guidance that we continue to thrive and innovate. The recent initiatives and case reports published in the **MOGS Chronicles** reflect our ongoing efforts to bridge the gap between practitioners, ensuring that we remain at the forefront of medical advancements.

Thank you for your unwavering support and dedication. Together, we will continue to make a difference in the lives of countless women and their families.

Warm regards,

Prof. DR. SUVARNA KHADILKAR
President MOGS 2024-2025



Message *from the* Secretary

Warm greetings from Mumbai Obstetrics and Gynecological Society ! Its festival season and Mumbai is immersed in festivities. This is correct time to release the MOGS News and Views which is the first official communication from the society to its general members of its performance.

This year has been particularly busy with conferences, orations. Workshops, training programmes, hands on cadaveric dissections and webinars. Community activities like antenatal checkups, tubal ligation camps, tree plantations, visit to old age homes have kept the society on its toes. New initiative for this year has been a Scientific Publication called MOGS Chronicles which a compilation of interesting case reports for the practising gynecologist.

With Navaratri around the corner, lets prevent violence against women in any form and make this planet a better place to live in. Happy reading.

DR. GEETHA BALSARKAR
Secretary MOGS 2024-2025



Message *from the* Editor

FROM WOMB TO TOMB!

We gynaecologists act as primary care-givers for women in their life journey, as focussed in this year, from Adolescence to Senescence! Along with the health challenges faced in different ages and stages of life, there are other social and mental health issues faced by many women.

Hence we thought it was appropriate to focus on current situation and challenges to be faced by each one of us. It is with great pride that we bring to you the first newsletter under the auspices of MOGS President, Dr. Suvarna Khadilkar & Team 2024-25, focussing on the stupendous work done so far. We also share a look into the handover to the incoming team, and offer a glimpse of the plan for the year.

***“In the end, we will remember not the words of our enemies,
but the silence of our friends”***

- Martin Luther King Jr.

Another issue causing concern is rising incidence of violence against health care professionals, and women and children. The horrific incident in Kolkata RGKar Medical college is just the tip of the iceberg, and we as the fraternity of medical professionals are speaking up, demonstrating and working on improving the situation and finding Justice for Abhaya. MOGS is working with FOGSI on sensitizing, enabling and empowering women to “Say No to VAWG”

We have included a special section on interesting Trivia, along with reports of programs. On behalf of MOGS Managing Committee & the editorial team, we would like to thank all the contributors. We hope you enjoy reading the articles and find them interesting. Let's join hands to work for holistic health of women.

Wishing you and your families good health and safety in the festival season!

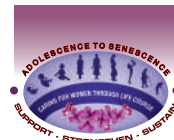
EDITOR
Dr. Reena Wani

Co-Editors
Dr. Sunil Tambvekar
Dr. Dhaval Belvi, Dr. Sanchari Pal



MOGS President takes over the new office..





Managing Committee Meeting in progress



Board of Trustees Meeting

Meetings Conducted

Managing Committee Meetings : 7

Board of Trustees Meetings : 3

General Body Meeting was held on 19th September 2024;
Amendments in Constitution of MOGS were made, and
approved unanimously by the members.



The Mumbai Obstetric and Gynecological Society (MOGS) is set to proudly host the prestigious AICOG 2025 Conference at the Jio World Convention Centre, Mumbai, in January 2025. The baton for hosting the conference was ceremoniously handed over to Dr. Suvarna Khadilkar, the current President of MOGS, by Dr. Shantakumari, signifying the official transition and excitement for the upcoming event. This conference is a landmark occasion in the field of obstetrics and gynecology, bringing together professionals to discuss advancements, research, and future directions in women's health.

The AICOG (All India Congress of Obstetrics and Gynaecology) is a major annual conference that attracts participation from national and international experts, making it a key platform for knowledge exchange and professional development in the field.

NEW INITIATIVES 2024-25

First Time In History of MOGS

This year marks a remarkable milestone in the history of MOGS, As we **proudly embark on a new journey** with the launch of **our first-ever series** of groundbreaking initiatives. Designed to elevate both the scientific and academic horizons of our members, these programs are tailored to address the evolving challenges in obstetrics and gynecology. With a focus on enhancing academic knowledge and scientific training in high-risk obstetrics, **advanced clinical practices, surgical skill development and fostering collaborative learning**, these initiatives mark an exciting chapter in our commitment to excellence and innovation within the field.

1) First MOGS Publication

For detailed information on obstetrics and gynecology books, visit our website www.jaypeebrothers.com, for detailed information on obstetrics and gynecology books, visit our website www.jaypeebrothers.com, for detailed information on obstetrics and gynecology books, visit our website www.jaypeebrothers.com

Practical Guide to Management of Postpartum Hemorrhage

Savior Features

Postpartum hemorrhage is the leading cause of maternal mortality in India. Maternal mortality in India has declined significantly from 437 per 100,000 live births to 87 per 100,000 live births by 2020. The Sustainable Development Goal for maternal mortality ratio set by the United Nations for 2030 seems hopeful and attainable. It has been a remarkable feat of decline in maternal mortality rate. However, there is a huge discrepancy in performance of various states with The 9 Empowered Action Group States and Assam still having a maternal mortality rate of 137 per 100,000 live births.

Improving awareness and hence interventions in control and management of postpartum hemorrhage can go a long way in saving maternal lives. The author conceived the idea of this book with this aim in mind. This book highlights the medical and surgical management of postpartum hemorrhage. Many unaddressed areas like retained placenta, laceration in perineum of third and fourth degree have been defined and role of modern interventions like artificial intelligence and laparoscopic uterine surgery have been discussed. The book covers analysis of why mothers die of hemorrhage and proposed preventive strategies. It is truly a handbook for every practicing obstetrician to help assess the golden hour.

Savarna Satish Khadilkar MCh (Obstetrics and Gynaecology) is a distinguished figure in the field of Obstetrics and Gynaecology. She has held several key positions in prestigious organizations throughout her career. She is Professor and Head, Department of Obstetrics and Gynaecology, Government Medical College, Chandigarh, India, and also a Senior Consultant, Bhabha Hospital, Institute of Medical Sciences and Research Centre, Mumbai, Maharashtra, India. Currently serving as the Deputy Secretary General of FIGO (2021-2024) and the President-Elect of MOGS (2024-2025), she has demonstrated exemplary leadership. She has also served as the Vice President of MOGS (2022-2024) and Secretary of MOGS (2021-2022), showcasing her commitment to advancing the field. Her work extends to the academic realm, where she has been the Editor-in-Chief of the Journal of Obstetrics and Gynaecology of India (JOGI) since 2021 and now serves as the Editor-in-Chief. Additionally, she has edited 12 books and authored over 100 publications, establishing herself as a prolific writer and scholar. In recognition of her outstanding achievements, Dr. Khadilkar has received more than 30 local, national, and international prizes and awards. She is also a sought-after speaker, having delivered numerous sessions, keynote addresses, and invited lectures on both national and international platforms. Internationally, she has served as a review committee and editorial board, including the FIGO committee on "Maternal Health Care" (2021-2022) and the corresponding editorial board of the Journal of Obstetrics and Gynaecology Research (JOGR) of the Asia and Oceania Federation of Obstetrics and Gynaecology (AFOG). Her commitment to advancing the field through her role as a recognized teacher in Endocrinology at the University of South Wales, UK, her dedication to the field and her impressive body of work make her a respected figure in obstetrics and gynaecology both nationally and internationally.

Preeti Nitsure-Deshpande MCh (Obstetrics and Gynaecology) is a Consultant Obstetrician and Gynaecologist at Rajawade Hospital, Gauri Hospital, KJ Somaiya Multispecialty Hospital, Surya Hospital (Chennai), and Santhosh - Dr. Preeti Deshpande Clinic, Mumbai, Maharashtra, India. She is a Member of Royal College of Obstetricians and Gynaecologists (RCOG) and is one of the mentors at RFA-Tutors to students appearing for the MRCOG examination. She is an Assistant Editor of the 2nd edition of the book *Playing by the Rules: An Update on Government Policy, Regulation and Act on Practising Obstetrics and Gynaecology* and an Assistant Editor of *PT: Prevention, Diagnosis and Treatment of Domestic Violence and Sexual Assault Cases*. She constantly endeavors to make a positive contribution to society, women, and students through various organizations. She is the winner of the Best Youth Council Member Prize at the Mumbai Obstetrics and Gynaecology Society for two consecutive years (2013-2016) and (2016-2017).

Madhuri Mehendale MCh (Obstetrics and Gynaecology) is an advanced Laparoscopic and ART (Infertility) Specialist, Senior Assistant Professor, Department of Obstetrics and Gynaecology, Lokmanya Tilak Municipal Medical College, Mumbai, Maharashtra, India, for last 11 years. She is a passionate undergraduate and postgraduate teacher with over 11 years' experience and several national/international publications to her name. She is an active MOGS Managing Council Member and Treasurer, AFOG (2023). She has been an Invited Lecturer for many well-known and reputed pregnancy and perinatology. She has several chapters in various textbooks at national level to her name. She has been a convener for the postgraduate teaching program organized by MOGS and FIGO for several years. Her special interest is critical care in high-risk pregnancy.

Practical Guide to Management of Postpartum Hemorrhage

Editor-in-Chief
Savarna Satish Khadilkar

Co-Editors
Preeti Nitsure-Deshpande
Madhuri Mehendale

Forewords
CN Purandare
KS Shivkar

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Practical Guide to Management of Postpartum Hemorrhage
Editor in Chief Dr. Savarna Khadilkar
Co-Editors: Dr. Preeti Nitsure-Deshpande, Dr. Madhuri Mehendale



MOGS PRESIDENTIAL WEBINAR ON MENOPAUSE
 In Society of Obstetrics & Gynaecology
 "Support, Strengthen & Sustain!"
THEME : DECODING MENOPAUSE
 Date : 1st August 2024 | Timing : 4 to 7 pm
ENROLL NOW

Panel of Experts

Inauguration
 Presidential Address and Introduction of Chief Guest & Guest of Honor
 Dr. Suvorna Khadlikar

SESSION - I (Continues)

Chairpersons : Dr. Annu Dhillon, Dr. Anja Saha, Dr. Rajendra Agarwal
4:30 - 4:45 pm Screening for Cervical Cancer and Molecular Synthesis of Menopausal Hormones
4:45 - 5:00 pm Menopausal Hormones: Therapy, Benefits and Risks
5:00 - 5:15 pm MHT acceptance and clinical assessment
5:15 - 5:30 pm Q & A

SESSION - 2

Chairpersons : Dr. Agnieszka Pajdakiewicz, Dr. Sathya Srinivas, Dr. Roshini Sharma
5:30 - 5:45 pm Basics of Menopause
5:45 - 6:00 pm Gynaecological Functions in Menopause
6:00 - 6:20 pm Cardiovascular Health in Menopause
6:20 - 7:00 pm Case based Discussion on managing Menopausal Malady
7:00 - 7:15 pm Vote of Thanks

MOGS PRESIDENTIAL WEBINAR ON Geriatric Health and Women
 "Support, Strengthen & Sustain!"
 Date : 29th August 2024 | Timing : 4 to 6:30 pm
ENROLL NOW

Panel of Experts

Inauguration
 Presidential Address and Introduction of Chief Guest & Guest of Honor
 Dr. Suvorna Khadlikar

SESSION - I

Chairpersons : Dr. Rakhee Shah, Dr. Ashok Shinde, Dr. Sangeeta Agarwal
4:30 - 4:45 pm Cognitive Assessment in the Elderly
4:45 - 5:00 pm Residential Care in Elderly
5:00 - 5:15 pm Mental Health in Elderly Women
5:15 - 5:30 pm Q & A

SESSION - 2

Chairpersons : Dr. Geetha Balsarkar, Dr. Prashant Deshpande, Dr. Annu Dhillon
5:30 - 5:45 pm Screening for Cervical Cancer
5:45 - 6:00 pm Molecular Synthesis of Menopausal Hormones
6:00 - 6:20 pm Cardiovascular Health in Menopause
6:20 - 7:00 pm Case based Discussion on managing Menopausal Malady
7:00 - 7:15 pm Vote of Thanks

MOGS PRESIDENTIAL WEBINAR ON VAGINAL SURGERIES
 "Support, Strengthen & Sustain!"
E Certificate Course Lecture Series : Vaginal Surgery Part 1
 Date : 8 August 2024 | Timing : 4 to 7:30 pm
ENROLL NOW

Panel of Experts

Inauguration
 Presidential Address and Introduction of Chief Guest & Guest of Honor
 Dr. Suvorna Khadlikar

SESSION - I

Chairpersons : Dr. Abhinav Shrivastava, Dr. Sangeeta Agarwal
4:30 - 4:45 pm The look of pelvic floor and its impact, Revision for long term effect
4:45 - 5:00 pm Thinks and tips of Non-Descent Vaginal Hysterectomy
5:00 - 5:15 pm Vaginal Hysterectomy: Bilateral Salpingo-oophorectomy in obese post-menopausal patient
5:15 - 5:30 pm Q & A

SESSION - 2

Chairpersons : Dr. Gaurav Gaur, Dr. Eshwar Sathyan, Dr. Annu Dhillon
5:30 - 5:45 pm Debulking techniques in vaginal hysterectomy
5:45 - 6:00 pm Sacrospinous Ligament Fixation in vault prolapse
6:00 - 6:15 pm Pelvic floor repair for prolapse
6:15 - 6:30 pm High Uterine Suspensions
6:30 - 6:45 pm Diagnosis, Treatment & prevention of Obstetric Anal Sphincter Injury
6:45 - 7:00 pm Stress urinary incontinence Surgeries
7:00 - 7:30 pm Vote of Thanks

MOGS PRESIDENTIAL WEBINAR ON VAGINAL SURGERIES
 "Support, Strengthen & Sustain!"
E Certificate Course Lecture Series : Vaginal Surgery Part 2
 Date : 22 August 2024 | Timing : 4 to 7:15 pm
ENROLL NOW

Panel of Experts

Inauguration
 Presidential Address and Introduction of Chief Guest & Guest of Honor
 Dr. Suvorna Khadlikar

SESSION - I

Chairpersons : Dr. Sunan Shaha, Dr. Animesh Maydeo, Dr. Kishan Shinde
4:30 - 4:45 pm MDVH in prolapsed LSCS / Sacrospinous Ligament
4:45 - 5:00 pm LeFort's Surgery
5:00 - 5:25 pm Kulkarni's Operation: Technical Minute
5:25 - 5:40 pm Hysterectomy by Vaginal Natural Orifice Transluminal Endoscopic Surgery
5:40 - 6:15 pm Anterior Compartment Repair including Vaginal Paravaginal Repair
6:15 - 6:40 pm Vaginal Hysterectomy: Simplified
6:40 - 7:05 pm Ovarian Cystectomy Vaginally
7:05 - 7:15 pm Vote of Thanks

4. MOGS TRAINING PROGRAMS AND CERTIFICATE COURSES

MOGS CERTIFICATE COURSE 2024-2025
 The Mumbai Obstetric and Gynaecological Society
October Batch Enrolment for MOGS Certification Course on Critical Care in Obstetrics is Now Open

Panel of Experts

Dr. Suvorna Khadlikar President, MOGS
Dr. Geetha Balsarkar Secretary, MOGS
Dr. Sujata Dalvi Treasurer, MOGS

MOGS RECOGNISED TRAINING CENTERS : Critical Care in Obstetrics

SR. NO.	TRAINER	TRAINING	CENTER FOR TRAINING
1	Dr. Ashutosh Ajaankar	Critical Care in Obstetrics	Jupiter Hospital

To apply for the MOGS Certification Course Select any one centre from the list
<https://drive.google.com/drive/folders/1pOy07pAuQ93c58BldJgXkGgc9CW8t17>
 For further details, please email us at MOGS Office mogs2012@gmail.com or contact us at
 Tel: +91 22 24955324 | +91 90223 61841

MOGS CERTIFICATE COURSE 2024-2025
 The Mumbai Obstetric and Gynaecological Society
October Batch Enrolment for MOGS Certification Course on Fetal Medicine is Now Open

Panel of Experts

Dr. Suvorna Khadlikar President, MOGS
Dr. Geetha Balsarkar Secretary, MOGS
Dr. Sujata Dalvi Treasurer, MOGS

MOGS RECOGNISED TRAINING CENTERS : Fetal Medicine

SR. NO.	TRAINER	TRAINING	CENTER FOR TRAINING
1	Dr. Raju R. Sahetya	Fetal Medicine	Pushpa Hospital, (Anandhi W)
2	Dr. Nitin Chaubal Dr. Jyoti Nitin Chaubal	Fetal Medicine	Thane Ultrasound Centre Thane (W)

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The Mumbai Obstetric and Gynaecological Society

MOGS CERTIFICATE COURSE 2024-2025

October Batch Enrolment for MOGS Certification Course on Gynecological Endoscopy & Minimal Access Surgery is Now Open

Dr. Suvarna Khadilkar
President, MOGS

Dr. Geetha Balsarkar
Secretary, MOGS

Dr. Sujata Dalvi
Treasurer, MOGS

**MOGS RECOGNISED TRAINING CENTERS :
Gynecological Endoscopy & Minimal Access Surgery**

SR. NO.	TRAINER	TRAINING	CENTER FOR TRAINING
1.	Dr. Rajendra Sankpal	Gynecological Endoscopy & Minimal Access Surgery	Dr. Sankpal's Advanced Gynecological Endoscopy Hospital & Centre for Diabetes Care (SAGE Hospital), Malad (W)
2.	Dr. Uddhavraj Dudhodia	Gynecological Endoscopy & Minimal Access Surgery	Surya Children's Medicore Pvt. Ltd Santacruz (West)
3.	Dr. Sanket Pisot	Gynecological Endoscopy & Minimal Access Surgery	Akonasha Maternity Hospital, Andheri West

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The Mumbai Obstetric and Gynaecological Society

MOGS CERTIFICATE COURSE 2024-2025

October Batch Enrolment for MOGS Certification Course on Reproductive Medicine is Now Open

Dr. Suvarna Khadilkar
President, MOGS

Dr. Geetha Balsarkar
Secretary, MOGS

Dr. Sujata Dalvi
Treasurer, MOGS

**MOGS RECOGNISED TRAINING CENTERS :
Reproductive Medicine**

SR. NO.	TRAINER	TRAINING	CENTER FOR TRAINING
1	Dr. Rohan Palshetkar	Reproductive Medicine	D Y Patil IVF Centre Navi Mumbai
2	Dr. Richa Jagtap Dr. Jyoti Nitin Chaudal	Reproductive Medicine	Art Fertility Clinics (A Unit of Global Fertility Solutions Pvt. Ltd.) Kuria (W)

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 For further details, please email us at MOGS Office mogs2012@gmail.com or contact us at
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The Mumbai Obstetric and Gynaecological Society

MOGS CERTIFICATE COURSE 2024-2025

October Batch Enrolment for MOGS Certification Course on Vaginal Surgery is Now Open

Dr. Suvarna Khadilkar
President, MOGS

Dr. Geetha Balsarkar
Secretary, MOGS

Dr. Sujata Dalvi
Treasurer, MOGS

**MOGS RECOGNISED TRAINING CENTERS :
Vaginal Surgery**

SR. NO.	TRAINER	TRAINING	CENTER FOR TRAINING
1	Dr. Nitin Pai Dhungat	Vaginal Surgery	Dr. Pai Dhungat Nursing Home, Mumbai - 400 004

To apply for the MOGS Certification Course Select any one centre from the list
<https://drive.google.com/drive/folders/hpOy07pAuQ93c5BbLdJgXkGgcI9CW8t17>
 For further details, please email us at MOGS Office mogs2012@gmail.com or contact us at
 Tel.: +91 22 24955324 | +91 90223 61841

In-depth Training Module Created For Vaginal Surgeries Certificate Course, first time ever by MOGS.



5) Formation of New 15 Sub Committees:-

1. Constitution Review committee
2. Inauguration Reception committee
3. Scientific / free paper Committee
4. Educational Committee - Adolescent care, Pregnancy care, Menopause care, Geriatric care.
5. Valedictory committee
6. Cultural program committee
7. I.T. Initiative committee
8. Publication committee – News Letter
Case report
Annual Report
9. Outreach program committee - Zonal Conveners
10. Public Awareness and community health committee
11. Training Committee
12. MOGS cells (administrative cells) : (Violence against doctors, violence against women, media reporting, IT, and legal matters)
13. Charity activity committee
14. Youth council committee
15. Membership support committee

First time ever, General body members as well as Youth council members had been involved for advanced roles for conducting important MOGS events.

6) Initiative Violence against Doctors;

MOGS had a tie up with Association of Medical Consultants (AMC) to tackle the burning issue of Violence against Doctors.





FOGSI The Federation of Obstetric and Gynaecological Societies of India

shouts out

30 days and counting...

WHERE IS JUSTICE FOR ABHAYA?

Let the collective roar of **44,000+** FOGSIans make the difference

Protest Rally/Demonstration in a public place on Safety and Security of Women Health Care Workers

Monday 3-4 PM
9th September

Invite all medical fraternity and public to join

[f](#) fogsiofficial
 [i](#) fogsiofficial
 [x](#) fogsiofficial
 [in](#) fogsiofficial
 [+](#)

MOGS Conducted Protest March Against Kolkata RG Kar Medical College incident and stood strongly in support of Postgraduate Doctors & Womens.



“Coffee with the President”

PROF. SUVARNA S. KHADILKAR

AN INTERVIEW BY DR. DHAVAL BELVI (Youth Council Member)



At the outset, I thank you Madam for your time and willingness to do this interview.

As the president of the prestigious MOGS, the largest , by membership, OBGY society of the FOGSI family, what is the vision you have for MOGS, in your presidential tenure, and beyond ?

My vision for MOGS is to continue its legacy of excellence in OBGY by fostering innovation, enhancing member engagement, and promoting research and education.

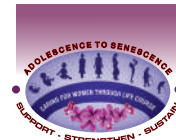
I have announced my theme for the year caring for women from Adolescence to Senescence.... Support, Strengthen and Sustain!!!! I aim to support, strengthen, sustain the wellness and health of women at all ages and welfare of our membership of our society as well as the organisation. I aim to make our organization robust, financially stable, and independent. I have undertaken several new ventures like training programmes for young members, activities on say no to violence against women.

I have initiated a tie up with AMC to protect our members from violence against them at their clinics and hospitals. I have undertaken several academic activities like webinars, train the trainers programs and outreach programs with help from our

academic partners. We will have 8 conferences during my tenure. In my Presidential webinar series, centered on this year's theme, I have invited esteemed national and international experts who are leaders in their respective fields. This has provided more opportunities for professional development and collaboration I wish to see that the MOGS stands as a strong ethically sound, financially independent charitable trust.

Having spent more than 3 decades in all capacities and roles, climbing the proverbial ladder, and now, as President, how have you seen MOGS evolving over the years from the days of landlines, physical ballots and letters, to email and WhatsApp?

MOGS has evolved tremendously from the days of landlines and physical ballots to the digital age of SMS, e-voting, emails and WhatsApp. Since the last four years we are conducting e-Voting successfully. During my tenure, I have implemented a Go Green initiative. This transformation has enhanced communication efficiency. Our audience reach is very wide and far and making our operations more economical. The society has grown in membership and influence, adapting to the changing needs of our members and the medical community. I have



always been a proponent of digital evolution in every society I have worked for. In 2011, I revamped the website of the AMWI Mumbai branch, initiated group messaging to connect with all members, and for the first time, began calling for all meetings electronically and sending proceedings digitally, thereby saving the environment. As President of IMS national, I, for the first time ever started the “E-certification course” on Menopause management where in the participant would get the “E certificate” also digitally.

and introduced me to MOGS, FOGSI, JOGI, and now FIGO. Prof. Kamal Deshmukh, the head of the department, was a motherly figure -always supportive and encouraging me to achieve more. Dr. Jasmine Lopez, my postgraduate teacher, guided me through my thesis, boosted my confidence, and taught me how to be a good teacher. Prof. Usha Saraiya introduced me to AMWI, and my first house post was under her, where I learned my basics while working in her unit. Dr. Indu Vijaykar, Dr. Vimal Parikh, Dr. Asha Singhal, Dr. Seeta Tilwani, Dr. Sadhana Desai, Dr. Shivkar and Dr. Palep have all influenced my career as a clinician.



I started my term as an MC member with Dr. Duru Shah, and it was a great experience. My menopause committee received the Best Committee award for three consecutive years! Thereafter, I learnt many new things from all my predecessors in MOGS. Each President has a unique skill set and style of working, and I thoroughly enjoyed observing them. They taught me, as a President, what one should do and what one should not.

What is your earliest memory of MOGS?

As third-year MBBS students back in 1981, we were posted at Cama Hospital. We would observe our teachers and senior residents, impeccably dressed for the event, rushing off to the MOGS conference held at prestigious South Bombay hotels like the Taj and Oberoi, just 10 minutes away from Cama hospital. At that time, I was quite intrigued and wondered how they managed all this in addition to their heavy emergency duties and long OT lists. Later, as a resident doctor in the same hospital, my teachers encouraged me to present papers in MOGS conferences. Little did I know that one day I would become the president of this prestigious organization.

You have been a post graduate teacher for decades at for decades at JJ, Cama and Bombay Hospital. What, in your opinion, can MOGS do, liaisoning with teaching hospitals, to train the resident doctors?

I have seen both sides very closely over the last 38 years! We have a wealth of expertise in MOGS, as well as in medical colleges and universities. However, there are certain skills that practitioners possess and others that teachers from university-affiliated institutes have. In the interest of betterment and comprehensive development of our next generation, we should collaborate with each other to develop educational modules and offer students a complete package of training material. One such initiative I have already started on the MOGS platform. i.e. the training courses for young graduates to provide them with hands-on experience.

That is great! The incredible journey from Cama Resident to MOGS President is truly inspiring!!! You've worked with so many stalwarts along your journey, what has been their contribution in your growth?

I must say, I am who I am today because of my mentors and teachers. Prof. C. N. Purandare, my mentor, shaped my career

You have also been EIC of JOGI, and





now, DEPUTY EDITOR IN CHIEF OF THE INTERNATIONAL JOURNAL OF OBGY (IJGO) the official publication FIGO, probably one of the most reputed journals of OBGY.

What according to you is the importance of publishing the good work done, and what could be done to encourage more work being reported and published, especially since so much good clinical work happens in Mumbai?

I must say that writing is not everybody's cup of tea. You need to have interest, initiative and flare for writing articles! It is a paradox that busy clinicians may not find time to sit down and analyse the data and also to review the literature. Many clinicians may not be interested in presenting their work to the peers. As the editor in chief of JOGI, we have conducted several research methodology workshops across the country and, we did witness the improvement in the quality of the articles that we received. So writing good quality articles, will generate interest in readers to write. Publishing your work has several advantages, it gives you a recognition that you are an authority in the field, and it also helps with promotions in the jobs and you are known worldwide as an expert in the same field.



Where do you wish to see MOGS 10 years down the line?

I definitely wish to see MOGS as the strongest body both financially as well as academically. I also want to see MOGS Leading the national as well as

international gynaecological societies. However, the solid foundation that has been laid by our predecessors will sustain itself, only if the future presidents take deep interest and work hard towards fulfilling vision and mission of MOGS. It certainly has the potential to be the world leader.

You are also Chairperson of the Menopause committee of FIGO.

It has been a subject close to your heart. What do you think needs to be done to improve the quality of life in menopausal age women, and what is your plan of action for the same?

My plan includes launching awareness campaigns, training healthcare providers on menopause management and advocating for policies that support women's health at menopause. Currently India does not have any policy covering midlife women, like wise many countries do not have such policies, our committee will work on the advocacy and also publications on MHT. Improving the quality of life for menopausal women requires a multi-faceted approach, including education, access to healthcare, and support systems. I hope we can lead this campaign smoothly and fulfil the aims & the objectives of our committee.

In addition, I have been assigned the task of being Scientific Advisor to FIGO World Congress 2025, to be held at Cape Town, South Africa. I understand that it is a significant responsibility and, in that conference, we will get to showcase our committee work. We will advise to have focussed deliberations on menopause for staying updated with the latest research, collaborating with international experts.

Last year you won the MOGS personality of the year award!! tell us Something about your hobbies and interests, beyond OBGY?

Dancing, singing, playing harmonium are my favourite hobbies and I love writing poems, sketching. I always played



badminton and represented college at intercollegiate levels tournaments. But my best time is with my family particularly with my grandson Agastya.



How and when did you decide to take up medicine and what were the reasons you chose OBGY?

My mother always wanted me to take up medicine, and she also wanted me to work for poor and needy women. So, I decided to take up medicine as she had instilled in me the passion for helping others. By God's grace I got a PG seat in OBGYN and post MD, I chose to be a full-time teacher in public hospital as it allowed me to pursue my passion of teaching and serving poor and needy women. I knew that this branch has a significant impact on women's health and well-being, from childbirth to menopause.



My beloved Parents, My inspiration and source of strength

Your husband is an accomplished neurophysician, your son and daughter are pursuing their own careers and you are also a grandmother. What role have they played in your journey to President?

My family has been my pillar of support. My husband's understanding and encouragement, my children's pride in my work, and the joy of being a grandmother have all played a crucial role in my journey to becoming President of MOGS. We always placed family objectives before personal achievements, and as a family we always worked jointly towards achieving success of each other's objectives.



"My family"



Agastya, the apple of my eye....

**Thank you for your time, Madam!
Long Live MOGS!**

PAST EVENTS

As we are concluding **our mid term**, we take this opportunity to reflect on the remarkable array of events and activities that have unfolded so far. MOGS has hosted a plethora of **impactful conferences, orations, workshops, outreach programs and public awareness** programs all aimed at fostering professional growth. From groundbreaking Scientific discussions to community-driven initiatives, these events have not only strengthened our academic foundations but have also broadened our engagement with the wider public. We are **proud to share the highlights of these achievements with our members.**

Presidential Conference

PRESIDENTIAL INSTALLATION CONFERENCE

“Obstetric Challenges & Dilemmas”

6 -7 April 2024

Prog. Date	Program	Venue	Conveners	Attendees
06 th April, 2024	MOGS Presidential Installation Conference on Obstetric Challenges & Dilemmas	Hotel St. Regis, Lower Parel, Mumbai.	Office Bearer In charge – Dr. Shailesh Kore , Dr. Sujata Dalvi Dr. Atul Ganatra, Dr. Ganpat Sawant, Dr. Pratik Tambe	296

The Presidential Conference was **an auspicious beginning**, coinciding with the celebrations of **Gudi Padwa**. This event marked the start of a vibrant journey, setting the tone for the year's initiatives with **enthusiasm and purpose.**









The event was truly one of a kind, featuring outstanding scientific deliberations and the **installation of our beloved President, Prof. Dr. Suvarna Khadilkar**. Along with dignitaries from FOGSI and MOGS, the vibrant and captivating program was further elevated by the presence of our **Chief Guest, Dr. Shriram Nene**, renowned cardiac surgeon and health influencer, whose celebrity status added a special touch to the occasion.



The event concluded with the unveiling of the *Theme of the Year: "Adolescence to Senescence", highlighting the continuum of women's health across different life stages. The conference also featured a unique initiative, "Ramp Walk for the Cause!", which aimed to raise awareness and support for women's health rights and health issues





The Conference on "**Obstetric Challenges & Dilemmas**", accompanied by three post-conference workshops, was an exceptional event designed to tackle the most pressing issues in modern obstetric care. The conference delved into complex clinical cases, emerging challenges, and ethical dilemmas faced by practitioners in high-risk obstetrics. Featuring a diverse array of expert speakers and interactive sessions, it provided attendees with a platform to explore **cutting-edge solutions and share practical insights**. Elaborative and **Hands-On Workshop on PPH management**, Hypertensive disorders of pregnancy and Menstrual health awareness.

7th April 2024, Workshops

- Hypertensive Disorders of Pregnancy (HDP) Workshop
- Menstrual Health Workshop
- PPH Workshop MOGS in collaboration with ICOG & LDI REACH





The International Conference on PCOS : An Old Story, With New Tales

<u>Prog. Date</u>	<u>Program</u>	<u>Venue</u>	<u>Conveners</u>	<u>Attendees</u>
21 st to 23 rd June, 24	MOGS with PCOS Society of India International Conference on PCOS: An Old Story, With New Tales	The Leela, Andheri, Mumbai.	Dr. Duru Shah	232



MOGS successfully Collaborated with PCOS Society of India hosted **International PCOS Conference, a landmark event** dedicated to addressing the **complexities of Polycystic Ovary Syndrome (PCOS)**. The conference brought together leading experts from around the world to share their cutting-edge research, clinical insights, and innovative approaches to managing PCOS. With an emphasis on both scientific advancements and practical treatment strategies, the event featured dynamic panel discussions, workshops, and keynote lectures from renowned specialists in reproductive health and endocrinology.

The conference not only offered our members an invaluable opportunity to expand their knowledge but also fostered **international collaboration on this crucial health issue** affecting millions of women globally. Through the exchange of ideas and best practices, this event underscored MOGS' commitment to staying at the forefront of women's health and **empowering clinicians with the latest tools and expertise**.

MOGS with IAGE Conference Hysteroscopy, Infertility, Sonography (HIS) HIS Conference for HER

Prog. Date	Program	Venue	Conveners	Attendees
08th & 09th June, 2024	MOGS with IAGE – HIS Conference for HER	Jio Convention Centre, BKC, Mumbai.	Dr. Atul Ganatra, Dr. Sudha Tandon	265



MOGS, in collaboration with IAGE, organized the Hysteroscopy, Infertility, and Sonography (HIS) Conference for HER. The event witnessed great number of attendees, including distinguished dignitaries from IAGE, who engaged in vibrant discussions focused on endoscopy. This conference provided a platform for sharing valuable insights and advancements in the **fields of endoscopy and infertility management, fostering a collaborative environment for professionals.**



MOGS in Collaboration with AMWI National Conference on AMWI Women's Health Summit 24

Prog. Date	Program	Venue	Conveners	Attendees
04th August, 2024	MOGS in Collaboration with Association of Medical Women in India (AMWI) Organised National Conference	Conference Hall, FOGSI Office, Kamala City, Lower Parel West, Mumbai.	Dr. Mandakini Megh	145



MOGS, in collaboration with AMWI, proudly hosted **the National Conference on the AMWI Women's Health Summit 2024**. This **summit addressed a wide range of women's health care issues**, facilitating fruitful discussions among experts and participants. Attendees engaged in meaningful dialogues on critical topics, aiming to enhance understanding and improve health outcomes for women. Our President was felicitated on becoming **FIGO committee** Chair on women at menopausal age and Deputy editor in chief of **IJGO** during the conference.



OUTREACH PROGRAMS

Prog. Date	Program	Venue	Conveners	Attendees	Educational partner/ Association
08 th April, 2024	MOGS with Well Women Centre - H N Reliance Hospital Seminar – Vitro Maturation (IVM)	H N Reliance Hospital, Mumbai.	Office bearer in charge – Dr. Sujata Dalvi Conveners - Dr Ameya Purandare	43	H N Reliance Hospital
28 th April, 2024	MOGS Outreach CME - RPL	Lavender Bough, Ghatkopar, Mumbai.	Dr. Sudha Tandon, Dr. Ganpat Sawant, Dr. Pradnya Supe, Dr. Madhuri Mehendale, Dr. Pradnya Chagede	37	Sun Pharma – Senora Div.

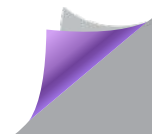




Prog. Date	Program	Venue	Conveners	Attendees	Educational partner/ Association
25 th May, 2024	MOGS CME on "PCOS: from Controversies to Consensus"	ITC Maratha, Andheri, Mumbai	Dr. Punit Bhojani, Dr. Rohan Palshetkar, Dr. Bhumika Kotecha	92	Eris
07 th June, 2024	MOGS with OGSMB Outreach CME - High Risk Pregnancy	GCC Club, Mira Bhayander Road, Mira Road.	Office Bearer Incharge – Dr. Rajendra Nagarkatti Dr. Kiran Shinde, Dr. Siddesh Iyer	105	Sun Senora
15 th June, 2024	MOGS with FOGSI MTP & YTP CME on "MTP"	Fairfield by Marriott, Andheri, Mumbai.	Dr. Suvarna Khadilkar, Dr. Rohan Palshetkar	75	DKT India
16 th June, 2024	MOGS Outreach CME - Infertility	Lavender Bough, Ghatkopar, Mumbai.	Dr. Parikshit Tank, Dr. Ganpat Sawant, Dr. Pradnya Changede, Dr. Pradnya Supe	48	Sun Pharma - Inca Div



In his captivating talk, **Dr. Nozer Sheriar** addressed the critical and practical **challenges surrounding Medical Termination of Pregnancy (MTP)**. His insights shed light on important legal, ethical, and clinical aspects, providing invaluable guidance to practitioners navigating this complex area of care.





The CME on **Recurrent Pregnancy Loss** comprehensively covered all aspects of this debilitating condition, from **pathophysiology to the latest advancements in treatment**, including emerging approaches such as Immunotherapy.





Prog. Date	Program	Venue	Conveners	Attendees	Educational partner/ Association
07 th July, 2024	MOGS with FOGSI Public Awareness Comm. CME on "Preserve the Uterus"	Hotel ITC Maratha, Andheri East, Mumbai.	Dr. Sudha Tandon, Dr. Tushar Palve, Dr. Riddhi Desai	98	Bayer
13 th July, 2024	MOGS Outreach CME - Optimising Pregnancy Care"	Ginger Mumbai, Vile Parle East, Mumbai.	Dr. Komal Chavan, Dr. Priti Vyas, Dr. Shreya Prabhoo	92	Sun Pharma - Spectra Div
14 th July, 2024	MOGS with FOGSI Family Welfare Comm. – Outreach CME on Recent Adv, on Obst & Gyn.	GCC Club, Mira Bhayander Rd, Mira Road.	Office Bearer Incharge - Dr. Rajendra Nagarkatti, Conveners – Dr. Priti Vyas, Dr. Vipin Checker, Dr. Navneet Desai	61	Sun Pharma - Spectra Div
19 th July, 2024	MOGS Outreach CME – Key Issues in Obst & Gyn	Fortis Hospital, Mulund West, Mumbai.	Dr. Atul Ganatra, Dr. Pratik Tambe, Dr. Sonal Kumta	52	Sun Pharma - Spectra Div



The **Preserve the Uterus CME** saw excellent attendance and featured highly interactive sessions with leading experts. Attendees engaged in dynamic discussions on the latest techniques and strategies for uterine preservation, making the event both informative and collaborative.





The CME on "**Recent Advances**" and "**Key Issues in Obstetrics and Gynecology**" addressed a wide range of challenging issues faced by clinicians. This comprehensive program brought together renowned experts who shared their insights on the latest developments in medical technology, diagnostic methods, and treatment protocols.

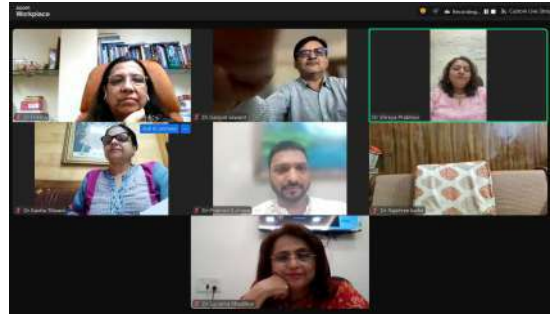
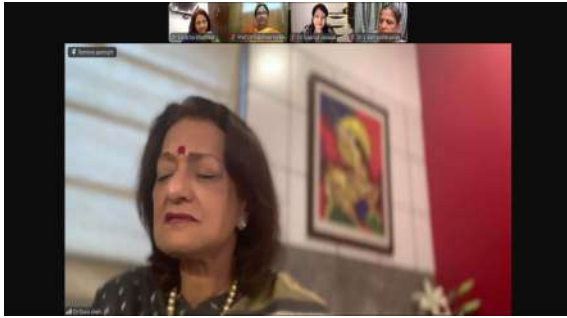


WEBINARS

In one of its kind and impactful initiatives, MOGS has also organized a specially curated series of focused scientific Presidential Webinars, with seven successful sessions conducted to date. These webinars have addressed the challenges clinicians face across the spectrum of women's health, from adolescence to senescence, offering in-depth discussions and expert insights to help navigate these critical phases of care.

Prog. Date	Program	Conveners	Attendees
06 th June, 2024	MOGS Presidential Web Series: Episode 1 : Adolescent Health - Caring For Women From Adolescence To Senescence	Conveners – Dr. Pradnya Supe, Dr. Rajshri Katke Co - Ordinators – Dr. Sanchari Pal	130
20 th June, 2024	MOGS Presidential Web Series: Episode 2 : Adolescent Endocrinology	Conveners – Dr. Pradnya Supe, Dr. Rajshri Katke Co - Ordinators – Dr. Shikha Mehta	149





Prog. Date	Program	Conveners	Attendees
04 th July, 2024	MOGS Presidential Webinar – High Risk Pregnancy	Dr. Pradnya Changede, Dr. Shilpa Agrawal	132
09 th July, 2024	MOGS with SNTD College Online Program – Let us Talk – A journey of self discovery and empowerment	Dr. Priti Vyas	156
18 th July, 2024	MOGS Presidential Webinar – Labor & Delivery	Dr. Pradnya Changede, Dr. Shilpa Agrawal	199



Prof. Dr. Arulkumaran



Overview

In a high-risk (at-risk) pregnancy, the mother, fetus, or neonate is at increased risk of morbidity or mortality before or after delivery.

Pregnancy poses additional physical and emotional stress on a woman's body.

Health problems often arise before a routine routine progress of a pregnancy was also common the likelihood for a high-risk pregnancy.

vii) High risk newborn –

- APGAR score below 7
- Birth weight less than 2500gm or more than 4 kg
- Convulsions
- Respiratory distress syndrome
- Hypo glycaemia
- Fetal infection
- Persistent cyanosis
- Anemia
- Major congenital abnormalities
- Jaundice

SAT Sri Vidya Devi Thackeray College of Home Science
(Empowered Autonomous College)
S.A.D.T. Women's University

Student Induction Programme

Let us talk : A Journey of Self - Discovery and Empowerment

9th July, 2024

What is menstruation & Period-

Cape Town International Convention Centre
5-8 October 2025

**Instrumental Deliveries in Modern Obstetrics
A Need to Re-establish Role & Relevance**

Dr. Nozer Sheriar
MD DNB FRACOG FRCOG FRCPS DGO

Past Secretary General & Past Chairperson, MTP Committee
Federation of Obstetric & Gynaecological Societies of India

Past President, Mumbai Obstetric & Gynaecological Society

Member, Technical Advisory Group, South East Asia Region, WHO
Member, Board of Directors, CI, FPAI & Guttmacher Institute
Co Chair, Medical Advisory Panel, FPA India

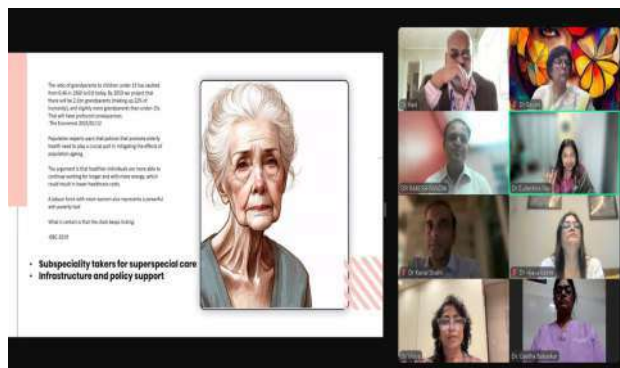
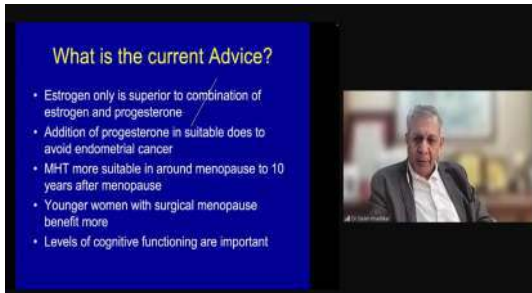
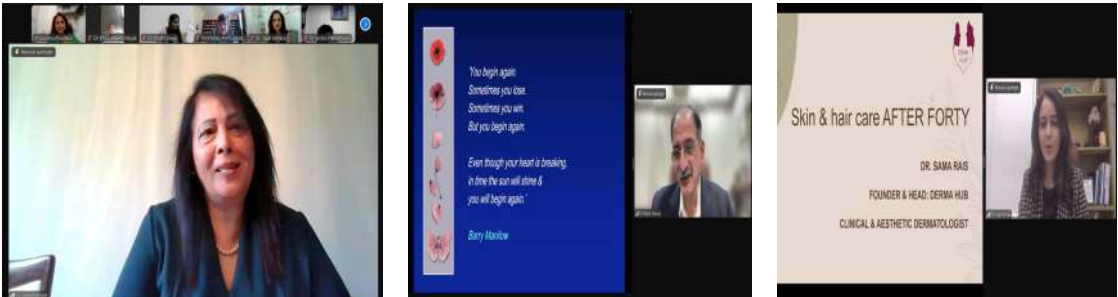
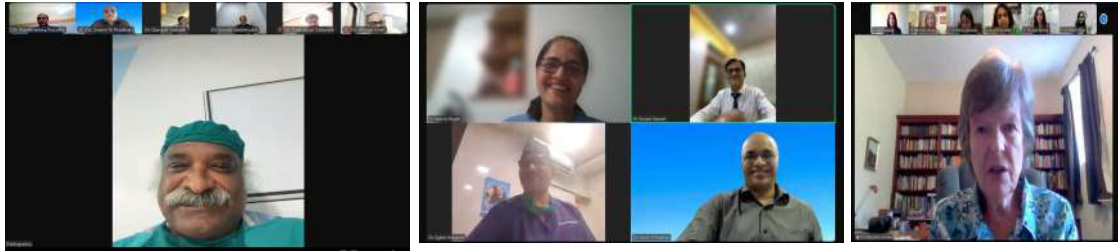
Peripartum Cardiomyopathy

Peripartum cardiomyopathy (PPCM) is a form of heart failure that occurs during the last trimester of pregnancy or within the first few months postpartum. It presents as rapid weight gain, dyspnea and lower limb edema. The condition often develops in women who appear to be in good health. The condition is a major cause of morbidity and mortality in pregnant women, with a higher incidence in the Third World and underdeveloped.

WHO Intrapartum Care Model

Prog. Date	Program	Conveners	Attendees
01st August, 2024	MOGS with An activity of Chair of FIGO Committee Presidential Webinar – Decoding Menopause	Dr. Riddhi Desai, Dr. Aparna Padgaonkar	137
08th August, 2024	MOGS Presidential Webinar – Vaginal Surgeries: Part 1 – Certified Courses Lecture Series	Dr. Mandakini Megh, Dr. Ganpat Sawant, Dr. Egbert Saldanha	252
14th August, 2024	MOGS with An activity of Chair of FIGO Committee Presidential Webinar – Impact of Menopause of Women’s Health	Dr. Riddhi Desai, Dr. Aparna Padgaonkar	113
22nd August, 2024	MOGS Presidential Webinar – Vaginal Surgeries: Part 2 – Certified Courses Lecture Series	Dr. Mandakini Megh, Dr. Ganpat Sawant, Dr. Egbert Saldanha	179
29th August, 2024	MOGS Presidential Webinar – Geriatric Health and Women	Dr. Prit Vyas, Dr. Vijaya Babre, Dr. Sudeshna Ray	85





COMMUNITY ACTIVITIES

Women's Health Camp

Prog. Date	Program	Venue	Conveners	Attendees
09 th May, 2024	MOGS with Primary Health Centre, Maswan Organise - Women's Health Camp	Kanta Hospital, Palghar, Dist - Raigad.	Dr. Rajendra Chowhan MOC – Dr. Pramod Survase	150

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आयुष्याच्या प्रत्येक टप्प्यावर स्त्रियांसाठी काम करणार डॉ. सुवर्णा खाडिलकर यांचा निर्धार



♦ मुंबई। पोंगंडावस्थेपासून वृद्धत्वापर्यंतच्या संपूर्ण आयुष्याच्या प्रत्येक टप्प्यावर स्त्रियांची काळजी घेणे, त्यांचे आरोग्य बळकट करण्यासाठी, त्यांना आधार देणे या थीमवर वर्षभर काम करण्याचा निर्धार मुंबई प्रसूती स्त्रीरोग संस्थेच्या अध्यक्ष डॉ. सुवर्णा खाडिलकर यांनी केला आहे. त्यासाठी त्यांनी १६ कलमी अजेंडा तयार केला असून, विविध क्षेत्रांवर लक्ष केंद्रित करण्यासाठी त्यांनी विविध समित्यांही स्थापन केल्या आहेत.

मुंबई प्रसूती स्त्रीरोग संस्थेच्या अध्यक्षपदाचा पदभार स्वीकारल्यानंतर सुवर्णा खाडिलकर यांनी संपूर्ण ताकदीने कामाला सुरुवात केली आहे. पदव्युत्तर विद्यार्थ्यांबरोबरच संस्थेच्या सदस्यांसाठी वैद्यकीय शिक्षण सुरू करणे आणि विविध क्षेत्रातील तरुण स्त्रीरोगतज्ज्ञांसाठी प्रथमच विशेष प्रशिक्षण आणि प्रमाणपत्र अभ्यासक्रम सुरू करण्यावर भर देत मुंबई ओबीजीएन सोसायटीच्या माध्यमातून पुस्तके व प्रकाशने प्रकाशित करण्यास सुरू केली, यासाठी समविचारी संस्थांना सोबत घेऊन काम करण्याची भूमिका त्यांनी घेतली आहे. मुंबई प्रसूती स्त्रीरोग संस्था अधिक सक्षम व्हावी यासाठी संस्थेच्या घटनेत दुरूस्ती करण्याचे त्यांनी ठरवले आहे.

गरीब रूग्णांना उत्तम आरोग्य सेवा देण्यासाठी त्यांनी अधिकाधिक आरोग्य शिबिराचे आयोजन करण्याबरोबरच गाव दत्तक कार्यक्रम हाती घेतला आहे. ९ मे रोजी पालघरच्या मसवन येथे भरविलेल्या भव्य आरोग्य शिबिरात २८ गावातील नागरिकांची तसेच २०० अतिजोखमीच्या रूग्णांची तज्ज्ञ डॉक्टरांकडून तपासणी करण्यात आली.

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Police Health Camp

Prog. Date	Program	Venue	Conveners	Attendees
22 nd May, 2024	Police Health Camp	Police Hospital, Nagpada, Mumbai.	Dr. Sonali Deshmukh	166



World Menstrual Hygiene Day CME


Prog. Date	Program	Venue	Conveners	Attendees
28 th May, 2024	World Menstrual Hygiene Day CME	Webinar	Dr. Pradnya Supe, Dr. Rajshri Katke	98

INTRODUCTION

Menstruation is a natural process that occurs in the female reproductive system.

It is a crucial aspect of a woman's life, and it is important to maintain good menstrual hygiene during this time.

Menstrual hygiene refers to the practice of keeping oneself clean and hygienic during menstruation.



Contd

MOGS with HBT Medical College – Menstrual Hygiene Day

H. B. T. Medical College, 47, Dr. B. D. Keshkar, Marol Nagar, Mumbai

Department of Obstetrics & Gynaecology

Celebrated Menstrual Hygiene Day with Patients today (28 May 2024) at Gyn. OPD (E3). Dr. Pradnya Supe arranged the program with the guidance of Dr. Wani Madam & Dr. Asmita Madam. Posters & Charts created by Ms. Pooja S. (CDO - OBGY).

Health talked given by Dr. Reena Wani Madam (HOD of OBGY Dept.), Dr. Asmita Patil (Associate Prof.), Dr. Rashmi Jalave (Assistant Prof.) & Pramila Yadav (Assistant Prof.) to create awareness among women about maintaining hygiene during periods, facts & myths, disposal etc.

Dr. Pradnya Supe

Dr. Rajshri Katke

Dr. Reena Wani Madam

Dr. Asmita Patil

Dr. Rashmi Jalave

Dr. Pramila Yadav

Ms. Pooja S. (CDO - OBGY)





Menstrual Cups



All you need to know about



MOGS with HBT Medical College – Menstrual Hygiene Day

H. B. T. Medical College & Dr. R. N. Cooper Municipal General Hospital, Juhu, Mumbai

Department of Obstetrics & Gynecology

Celebrated Menstrual Hygiene Day with Patients today (28 May 2024) at Gyn. OPD (E1) OBGY CDO arranged the program with the Guidance of Dr. Wani Madam & Dr. Asmita Madam. Posters & Charts created by Ms. Pooja S. (CDO - OBGY).

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No. of beneficiaries – 42 Gyn patients

H. B. T. MEDICAL COLLEGE & DR. R. N. COOPER MUNICIPAL GENERAL HOSPITAL, JUHU

DEPARTMENT OF OBSTETRICS & GYNECOLOGY

**They Bleed.
Yes they bleed to create us!**

Menstrual Hygiene Day
Theme of the year :
#PeriodFriendlyWorld.
Menstrual Hygiene is an
Empowerment

CAMA And ALBLESS HOSPITAL





WORLD MENSTRUAL HYGIENE DAY CELEBRATION 28.05.2024
#PERIODFRIENDLYWORLD

V N DESAI HOSPITAL



Community Health & Charity Activity

Date	Program	Venue	Conveners
12 th July, 2024	Bal Asha Trust	E Moses Road, Mahalakshmi, Mumbai.	Dr. Bhumika Kotecha Mundhe



BMD (Bone Density Camp)

Prog. Date	Program	Venue	Conveners	Attendees
19 th June, 2024	BMD Camp	Ruxmani Hospital, Babulnath, Mumbai.	Dr. Bhumika Kotecha Mundhe	50 Patients



International Yoga Day Celebration

Prog. Date	Program	Venue	Conveners	Attendees
21 st June, 24	MOGS with R N Cooper Hospital – International Yoga Day Celebration	R N Cooper Hospital, Juhu, Mumbai.	Dr. Reena Wani	130
21 st June, 24	MOGS with Dept of Obgyn, V N Desai Hospital - International Yoga Day Celebration	Conference Hall, V N Desai Hospital, Santacruz, Mumbai.	Dr. Komal Chavan	62







MOGS proudly organized a Yoga Pose Competition on International Yoga Day, which received an exemplary response from participants. Among the outstanding performances, three winners stood out for their exceptional skill and dedication.



MOGS Winners Of The Best Yoga Pose






Dr. Rajeshwari Khyade




Dr. Mansi Medhekar




Dr. Sandhya Saharan

World Breastfeeding Week

Prog. Date	Program	Venue	Conveners
01st August, 2024	MOGS with Mumbai Breastfeeding Committee – World Breastfeeding week celebrations	Seth GSMC and KEM Hospital, Parel, Mumbai.	Dr. Reena Wani, Dr. Sunil Tambvekar
08th August, 2024	World Breastfeeding week – 2024	Saifee Hospital, Charni Road, Mumbai.	Dr. Suvarna Khadilkar





Nurturing Bonds: Expert Insights on Breastfeeding



Ms. Simran Choudhary



Suvarna khadilkar, President MOGS



Breastfeeding
Awareness
Week

YouTube video player

President **Suvarna Khadilkar** was interviewed by **Simran Choudhary** for **Breast Feeding Awareness**.

Say NO to Violence against women Initiative



Say NO to Violence against women Initiative: MOGS proudly collaborated with Padmavibhushan Mary Com, Boxing World champion, She shared a powerful message advocating for the prevention of violence against women, emphasizing the importance of awareness and collective action to combat this critical issue.

World Environment Day - 05.06.2024



The theme of World Environment Day 2024 is "Land restoration, desertification and drought resilience" UN Convention

Wadia Hospital

The theme of World Environment Day 2024 is "Land restoration, desertification and drought resilience" UN Convention

WORLD ENVIRONMENT DAY
5TH June 2024



"Planting Today for a Greener Tomorrow!"



"Green is the New Gold!"

WORLD ENVIRONMENT DAY
5TH June 2024



CELEBRATING WORLD ENVIRONMENT DAY



"Plantation in Small Space Balcony"

Dr. Pramod Survase
MOGS Youth Committee



Celebrating World Environment Day with a Walk!



Walk where you can
Save fuel, save our
Planet



Dr. Shreya Prabho
Managing Council
member MOGS

Public Awareness

Prog. Date	Program	Venue
16 th August, 2024	MOGS & FOGSI Justice Rally for the crime against a lady doctor on duty in R G Medical College Kolkata	Azad Maidan, CST, Mumbai.
09 th Sep., 2024	One month after MOGS & FOGSI Justice Rally for the crime against a lady doctor on duty in R G Medical College Kolkata	Cama Hospital, CST, Mumbai.



Doctors Day Celebration

Prog. Date	Program	Venue	Conveners	Attendees
01 st July, 2024	MOGS with HBTMC and R N Cooper Hospital – Doctors Day Celebration	R N Cooper Hospital, Juhu, Mumbai.	Dr. Reena Wani	Faculty - 20 Students - 99



World Population Day Celebration

On World Population day 11th July 2024, President Dr. Suvarna Khadilkar and Dr. Raju Sahetya in conversation with Legendary Dr. Rustom Soonawala On Family welfare and population dynamics



MOGS conducted Rishma Pai and Hrishikesh Pai QUIZ for Postgraduate doctors preliminary round attended by many Postgraduate doctors from various Medical Colleges from the city. 8 candidates were selected for the final round will be held in Adolescence to Senescence Conference at ITC, Parel and YUVA FOGSI Conference.

Activity was conducted by Dr. Punit Bhojani and Dr. Shailesh Kore.



MOGS conducted '**HOD meeting**' activity where HOD Dept of OBGYN from the medical colleges from the city. Gathering was also addressed by Prof. Dr. CN Purandare and had fruitful discussions on various practical issues and challenges faced by colleges, problems referral systems and possible solutions.





No Country For Women : An Insight From A Female Medico

Dr. Sanchari Pal
Youth Council Member

“You can tell the condition of a nation by looking at the status of its women”

-Jawaharlal Nehru

In a country like India, it takes a special kind of super power to be born as a woman and Herculean efforts combined with a great deal of luck to continue surviving as a woman. Instances of violence against women is nothing new in our country. Similarly, instances of the general public beating up medical professionals is something that the country has gotten used to. The entire nation has been shaken with the news of the suspected gangrape and violent murder of a second year female resident doctor at RG Kar Medical College and Hospital in Kolkata on 9th August, 2024. A lot of times, when we come across news of crimes against women, a lot of questions come in people’s minds: what was she wearing? Why was she out late at night? Who was she hanging out with? Befuddling all these questions, here was a lady doctor who was raped and murdered while on duty within her hospital premises. Back in 2019, an intern doctor developed pneumocephalus after being beaten up by patient attendants. Since then, the medical community has been demanding a Central Protection act (CPA) in place at hospitals to punish perpetrators involved in crimes against healthcare professionals. 5 years have passed but there has been no change in the plight of medicos in this country.

However, one would be mistaken if they consider this to be an issue that only concerns the medical fraternity. In 2012, the whole world was shaken by the cruelty involved in the rape and consequent death of Nirbhaya in Delhi. It has been 12 years and India’s daughters are still being gang-raped and murdered while on duty, while in uniform. During my undergrad and postgrad studies, my parents used to feel relieved once I informed them that I have reached my hospital. Personally, I have always had a sense of invincibility while inside the hospital campus: none of the deviants of the outside world can touch me within these boundaries. Our workplace is like our sanctum. And the sanctity of our workplace has been destroyed. A hospital is a place of healing and hope. The place that used to feel like a warm hug has now become a nightmare. Even as I write this, I am coming across news of drunk patients and attendants physically assaulting female residents at Sion Hospital, angry patient attendants threatening to pull an RG Kar on another female doctor in Delhi, inebriated patient banging the head of his female attending doctor in Andhra...the list is endless. We have collectively failed as a society when repetitive crimes like these happen and our elected administrators do nothing about them except verbal assurances of safety. For a nation that contributes less than 2% of its GDP to the health sector, it is unsurprising that there is no proper call room for on-duty doctors, there is no hygienic washroom for doctors, there is not even a safety latch on the doors of the doctor’s resting rooms and just about anybody can go in at will! Society is quick to nitpick the doctor’s supposed negligence if a doctor loses a patient. However, the same society is silent when a doctor has lost her life and the administration is busy covering up the crime scene and aiding misappropriation of evidence.

The ghastly nature of the crime is worrisome. What happens to be more worrisome is the collective effort of an entire governance to protect the perpetrators, to tamper the evidence and to delay justice. Doctors across India withdrew their services from non-emergency sectors

with one basic demand: safety at the workplace. Their protest was supported by every layer of society: from the poor patient who comes to a government OPD to the highly educated celebrity delivering a talk on national television. In Mumbai, Azad Maidan has seen participation from all strata of society with aged and respected medical faculties joining the protest in the scorching sun. Following solid reassurances of a Central Protection Act (CPA), central forces have been deployed at RG Kar Medical College and Hospital, the investigation has been taken up by the CBI and doctors have withdrawn their strike because at the end of the day, we have a moral responsibility to serve the sick. However, it has been almost a month and Abhaya is still awaiting justice. Doctors across Bengal are still on strike, the administration is doing all that it can to curb any voice of dissent but the dissidence grows among the masses. The country and the state that worships Maa Durga every year has one unified voice reverberating throughout the motherland: "Justice For Abhaya". If we cannot respect our mothers and sisters in the flesh, what right do we have to worship lifeless idols of goddesses?



Figure 1: MOGS Protests against Kolkata RG Kar Medical College Incident

Even as we all feel this angst about this incident, we also realize that there will always be female doctors running across dark corridors at midnight trying to reach the blood bank for blood, there will always be policewomen patrolling dark alleys at night on their patrol bikes, there will always be corporate women troubleshooting international software bugs at odd hours of the night, there will always be women working in the dead of night at airport counters. It is the government's moral responsibility to provide safety which is a basic human right. This is one time too many and we are not backing down until we create a better nation for women.

To all Indian women, who are born with a spirit of steel!

Intriguing OBGYN Trivia: Pioneers, Discoveries and Fascinating Facts

Dr. Sunil Tambvekar
Youth Council Member

1) What were “lying-in” hospitals, and when did they originate?

Answer: Hospitals providing specialized care for childbirth, originating in the 18th century.

Lying - in hospitals were established to provide care for women during childbirth, particularly for the poor. The first such institution was established in London in 1749.

Many early lying-in hospitals required women to follow strict rules, including staying in bed for several days after delivery, this was later found to increase the risk of developing venous thrombosis.

(Reference: Donnison J. Midwives and medical men: A history of the struggle for the control of childbirth. Heinemann; 1977.)

These traces of history can still be found in the city, with these hospitals bearing the name ‘Lying-in Hospital

- 1) The Parsi Lying-in Hospital (PLIH),** also known as Tehmulji’s Lying-in Hospital at Fort, was one of the first maternity hospitals of Bombay district established in 1887. It was founded by legendary physician and obstetrician Tehmulji Bhicaji Nariman (3 September 1848–1 August 1940). Hospital is not functional.
- 2) Ruxmani Lying-In Hospital, Malabar Hill**
- 3) Dr. Gupte Lying-In & Surgical Hospital, Khar.**

2) What is the origin of the term “Caesarean”?

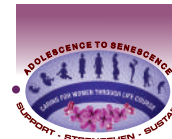
Answer: It is believed to be derived from Julius Caesar, though this is not proven.

The term “Caesarean” is thought to be related to the birth of Julius Caesar, but historical evidence does not support this. It is more likely derived from the Latin word “caedere,” meaning “to cut.”

In ancient times, cesarean sections were often performed only when the mother had died or was near death, as survival was rare.



Figure 1: Woodcut illustration from Lives of the Twelve Caesars (1506 edition).
Courtesy: National Library of Medicine.



Reference : Todman D. A history of caesarean section: from ancient world to the modern era. Australian and New Zealand Journal of Obstetrics and Gynaecology. 2007 Oct;47(5):357-61.

3) Who first used chloroform as an anesthetic during childbirth, and when?

Answer : Sir James Young Simpson in 1847.

Simpson pioneered the use of chloroform to relieve labor pain, becoming a controversial figure in his time. Queen Victoria later popularized its use by requesting chloroform for the birth of Prince Leopold in 1853.

Interesting Fact: Simpson tested chloroform on himself and his friends, becoming unconscious in the process before realizing its potential.

Reference : Jones R. A history of inhaled anesthetics. The wondrous story of anesthesia. 2014:609-27.

4) Which physician significantly reduced maternal deaths by introducing handwashing in obstetrics?

Answer : Ignaz Semmelweis.

In 1847, Semmelweis noticed that puerperal fever (childbed fever) mortality rates were lower in midwife-supervised clinics than in physician-supervised clinics. He mandated handwashing with a chlorinated lime solution, drastically reducing deaths.

Interesting Fact : Despite his success, Semmelweis faced fierce opposition from his peers and died in obscurity, with his theories only widely accepted after his death.

- o **Reference** : Carter KC. Ignaz Semmelweis, Carl Mayrhofer, and the rise of germ theory. Med Hist. 1994;38(1):75-97.

5) Who started the first birth control clinic in India, and when?

Answer : Dr. Raghunath Dhondo Karve started the first birth control clinic in India in 1921.

Dr. Raghunath Dhondo Karve, a professor of mathematics and an advocate of birth control, opened India's first family planning and birth control clinic in Bombay (now Mumbai) in 1921. His efforts were groundbreaking in the context of the time, as birth control was a taboo subject in India. Karve was inspired by his father, Maharshi Dhondo Keshav Karve, a well-known social reformer.

Despite facing strong opposition from both conservative sections of society and the government, Karve persisted in his mission to promote birth control as a means to control population growth and improve women's reproductive health.

Dr. Karve not only opened a clinic but also launched a monthly magazine, Samaj Swasthya (Public Health), to spread awareness about reproductive health and family planning. He was way ahead of his time, and his work eventually influenced later efforts in India's family planning movement, although he did not receive much recognition during his lifetime.



Figure 2: Dr. Raghunath Dhondo Karve (14 January 1882 – 14 October 1953)



Later Dr. Avabai Wadia opened birth control clinic in Mumbai in 1933. This was a significant milestone in India's family planning movement. Wadia went on to found the Family Planning Association of India (FPAI) in 1949, which became a key institution in promoting birth control and reproductive health services across the country.

Reference:

- o Botre, S., & Haynes, D. E. (2017). Sexual Knowledge, Sexual Anxieties: Middle-class males in western India and the correspondence in Samaj Swasthya, 1927–53. *Modern Asian Studies*, 51(4), 991–1034. <https://doi.org/10.1017/s0026749x16000184>

o <https://radhonkarve.com/>

6) When were birth control pills first approved by the FDA?

Answer: In 1960.

The first oral contraceptive, Enovid, was approved by the U.S. Food and Drug Administration (FDA) in 1960. This marked a significant moment in reproductive health, giving women unprecedented control over family planning.

Interesting Fact: The pill's development was largely funded by private individuals like Katharine McCormick, a women's rights activist.

- o **Reference :** Watkins ES. On the pill: A social history of oral contraceptives, 1950–1970. Johns Hopkins University Press; 1998.

7) What family is credited with inventing the obstetrical forceps, and when?

Answer: The Chamberlen family in the 16th century.

The Chamberlens kept their invention a closely guarded secret for generations, only revealing the forceps design after the death of the last male heir.

Interesting Fact : The Chamberlens carried their forceps to each delivery in a box to avoid suspicion, ensuring no one knew what tools they used.

- o **Reference :** Doran A. A Chronology of the Founders of the Forceps (1569–1799). *BJOG: An International Journal of Obstetrics & Gynaecology*. 1915 Jun;27(68):154-72.
- o Young RL. *Obstetrical Forceps : History, Mystery, and Morality*. (2011)

8) Which institution in India was the first to offer formal medical education to women?

Answer: The Lady Hardinge Medical College in Delhi.

Founded in 1916, Lady Hardinge Medical College was the first medical college for women in India. It was established to provide education and training in western medicine exclusively for women, helping address the acute shortage of female medical practitioners during the British colonial period.

Interesting Fact : The college was named after Lady Hardinge, the wife of the then Viceroy of India, who played a significant role in advocating for women's medical education in India.

- **Reference :** History/ :: Lady Hardinge Medical College & associated SSK & KSC Hospitals. (n.d.). Retrieved September 13, 2024, from <https://lhmc-hosp.gov.in/index1.php?lang=1&level=1&sublinkid=27&lid=77>

9) Who was the first female obstetrician and gynecologist in India?

Answer: Dr. Kadambini Ganguly.

Dr. Kadambini Ganguly, one of the first two women to graduate with a degree in medicine in India in 1886, was the first Indian female doctor to practice western medicine. She played a significant role in advancing medical care for women in India and is

celebrated for breaking barriers in the medical profession.

Interesting Fact : Apart from her medical practice, she was an active participant in the Indian independence movement and an advocate for women’s rights.



Figure 3 : Dr. Kadambini Ganguly (1861-1923)

Reference:

- Anatomy of a change : early women doctors. Karlekar M. <https://www.jstor.org/stable/24394278> IIC Quarterly. 2012;39:95–106
- Paul S, Salunkhe S, Mane S V, et al. (June 30, 2024) Dr. Kadambini Ganguly (1861-1923) : A Pioneer in Indian Medicine. Cureus 16(6): e63543. doi:10.7759/cureus. 63543

10) Who was the world’s first “test-tube baby,” and when was she born?

Answer: Louise Brown in 1978.

Louise Brown was born as a result of the first successful in vitro fertilization (IVF), an event that revolutionized fertility treatments.

Interesting Fact: Louise Brown’s birth was widely publicized, sparking ethical debates

about “playing God” and the future of reproductive medicine.

- o **Reference :** Edwards RG, Steptoe PC. Birth after the reimplantation of a human embryo. Lancet. 1978;2(8085):366.

11) When was the first successful hysterectomy performed, and by whom?

Answer: In 1843 by Charles Clay.

Charles Clay, an English surgeon, performed the first successful hysterectomy for uterine fibroids. At the time, surgery was a high-risk endeavor due to the lack of anesthetics and antiseptics.

Interesting Fact : Clay’s procedure took over 120 minutes, and the patient survived, marking a turning point in gynecological surgery.



Figure 4: Charles Clay of Manchester and the first successful abdominal hysterectomy. 17th November 1843



o **Reference** : Mettler L. Manual of new hysterectomy techniques. JAYPEE BROTHERS PUBLISHERS; 2008 May 30.

12) **When & where was the first successful uterine transplant that resulted in a live birth? And Which Surgeon made this possible later in India?**

Answer: In 2014, in Sweden.

The first successful uterine transplant resulting in a live birth occurred at the University of Gothenburg in Sweden. The patient had been born without a uterus and received a transplant from a living donor.

The first successful uterine transplant in India that resulted in a live birth was performed in Pune, Maharashtra, in 2018. The surgery was led by Dr. Shailesh Puntambekar and his team at the Galaxy Care Hospital. The patient, who had been born

without a uterus, received a transplant from her mother. This was a groundbreaking achievement in Indian medical history and highlighted the country's advancements in reproductive medicine and gynaecological endoscopy.

Reference:

- Brännström M, Johannesson L, Dahm-Kähler P, et al. First live birth after uterus transplantation. Lancet. 2015;385 (9968): 607-16.
- Puntambekar S, Telang M, Kulkarni P, Puntambekar S, Jadhav S, Panse M, Sathe R, Agarkhedkar N, Warty N, Kade S, Manchekar M. Laparoscopic-assisted uterus retrieval from live organ donors for uterine transplant: our experience of two patients. Journal of Minimally Invasive Gynecology. 2018 May 1;25(4):622-31.

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- **Follow Us for Updates** - <https://www.instagram.com/mogshq/>
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MOGS MEDIA COVERAGE

नवराष्ट्र

एमओजीएस अध्यक्षपदी डॉ. खाडिलकर

घाटकोपर, नवराष्ट्र न्यूज नेटवर्क, २०२४-२५ या वर्षासाठी मुंबई प्रसूती आणि स्त्रीरोग सोसायटीच्या (एमओजीएस) अध्यक्षपदी डॉ. सुवर्णा खाडिलकर यांनी निवृत्ती झाली आहे. खाडिलकर यांना ३० हून अधिक स्थानिक, राष्ट्रीय आणि आंतरराष्ट्रीय पातळीवरील आणि पुस्तक प्रिझाले आहेत. राष्ट्रीय आणि आंतरराष्ट्रीय स्तरावर त्यांनी आपल्या यशस्वीने डॉक्टरेटचा मान्यतापत्राची देखील प्राप्तिले आहेत. २०२१-२२ मध्ये त्यांनी

महणून डॉ. सुवर्णा खाडिलकर ओडकाच्या जाताने, खाडिलकर यांनी आपल्या संपूर्ण कारकिर्दीत प्रसिद्धित संस्थेमध्ये अनेक महत्त्वाच्या पदांवर काम केले आहे. सध्या २०२१-२४ या कालखंडासाठी डॉ. खाडिलकर या फेडरेशन ऑफ ऑब्स्टेट्रिकल अँड गायनर्नॅलोजिकल सोसायटी ऑफ इंडियाच्या उपमहासचिव म्हणून काम करत आहेत. २०२१-२२ मध्ये त्यांनी

एमओजीएसचे संचालक पद भूषवले आहे. तसेच २०२२ पासून त्या एमओजीएसच्या उपाध्यक्षपदी कार्यरत होत्या. त्यांनी विविध पदांवर काम करताना नेतृत्व कोशास्य दाखवत या क्षेत्रात प्रगती करणाऱ्यासाठी चांगलीकरी दाखविली आहे. २०२१ पासून त्या जर्नल ऑफ ऑब्स्टेट्रिकल अँड गायनर्नॅलोजी ऑफ इंडिया च्या एमरिटस संपादन होत्या. आता मुख्य संपादन म्हणून त्या कार्यरत आहेत. याव्यतिरिक्त, त्यांनी १२ पुस्तके संपादन केली असून, १०० हून अधिक प्रकाशने प्रकाशित केली आहेत.

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मुंबई प्रसूती आणि स्त्रीरोग सोसायटीच्या (MOGS) अध्यक्षपदी डॉ. सुवर्णा खाडिलकर

खाडिलकर यांना ३० हून अधिक स्थानिक, राष्ट्रीय आणि आंतरराष्ट्रीय पातळीवरील आणि पुस्तक प्रिझाले आहेत

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नवराष्ट्र

आरोग्य वार्ता • मुंबई प्रसूती स्त्रीरोग संस्थेच्या अध्यक्ष डॉ. सुवर्णा खाडिलकर यांचे प्रतिपादन

नेहमीच स्त्रियांसाठी काम करत राहणाऱ्या

मुंबई, नवराष्ट्र न्यूज नेटवर्क, घाटकोपर, नवराष्ट्र न्यूज नेटवर्क, २०२४-२५ या वर्षासाठी मुंबई प्रसूती आणि स्त्रीरोग सोसायटीच्या (एमओजीएस) अध्यक्षपदी डॉ. सुवर्णा खाडिलकर यांनी निवृत्ती झाली आहे. खाडिलकर यांना ३० हून अधिक स्थानिक, राष्ट्रीय आणि आंतरराष्ट्रीय पातळीवरील आणि पुस्तक प्रिझाले आहेत. राष्ट्रीय आणि आंतरराष्ट्रीय स्तरावर त्यांनी आपल्या यशस्वीने डॉक्टरेटचा मान्यतापत्राची देखील प्राप्तिले आहेत. २०२१-२२ मध्ये त्यांनी

महणून डॉ. सुवर्णा खाडिलकर ओडकाच्या जाताने, खाडिलकर यांनी आपल्या संपूर्ण कारकिर्दीत प्रसिद्धित संस्थेमध्ये अनेक महत्त्वाच्या पदांवर काम केले आहे. सध्या २०२१-२४ या कालखंडासाठी डॉ. खाडिलकर या फेडरेशन ऑफ ऑब्स्टेट्रिकल अँड गायनर्नॅलोजिकल सोसायटी ऑफ इंडियाच्या उपमहासचिव म्हणून काम करत आहेत. २०२१-२२ मध्ये त्यांनी

एमओजीएसचे संचालक पद भूषवले आहे. तसेच २०२२ पासून त्या एमओजीएसच्या उपाध्यक्षपदी कार्यरत होत्या. त्यांनी विविध पदांवर काम करताना नेतृत्व कोशास्य दाखवत या क्षेत्रात प्रगती करणाऱ्यासाठी चांगलीकरी दाखविली आहे. २०२१ पासून त्या जर्नल ऑफ ऑब्स्टेट्रिकल अँड गायनर्नॅलोजी ऑफ इंडिया च्या एमरिटस संपादन होत्या. आता मुख्य संपादन म्हणून त्या कार्यरत आहेत. याव्यतिरिक्त, त्यांनी १२ पुस्तके संपादन केली असून, १०० हून अधिक प्रकाशने प्रकाशित केली आहेत.

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आयुष्याच्या प्रत्येक टप्प्यावर स्त्रियांच्या काळजीसाठी काम करणार - डॉ. सुवर्णा खाडिलकर

मुंबई प्रसूती स्त्रीरोग संस्थेच्या अध्यक्षपदाचा पदभार स्वीकारल्यानंतर सुवर्णा खाडिलकर यांनी संपूर्ण ताकदीने कामाला सुरुवात केली

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गर्भाशयाचे रक्षण करा यावर Mogs आणि FOGSI द्वारे मोहिम आणि कार्यशाळा

आरोग्य

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मुंबई :

गर्भाशय वाचवण्यावर भर स्त्रीरोगतज्ज्ञांची विशेष कार्यशाळा

मुंबई, ता. १० : महिलांचे गर्भाशय वाचवण्याची जबाबदारी स्त्रीरोग तज्ज्ञांनी उचलली आहे. यासंदर्भात वेळोवेळी कार्यशाळा आयोजित करण्यात येत आहेत. या माध्यमातून गर्भाशयाचे संरक्षण करणे करता येईल? यासंबंधित स्त्रीरोग तज्ज्ञांकडून युक्त्या शिकवल्या जात आहेत.

गर्भाशय सुरक्षित उपक्रमांतर्गत आयोजित ७५ व्या कार्यशाळेचा शनिवारी (ता.६) मुंबईत समारोप झाला. ही कार्यशाळा फॉर्मि आणि मॉर्मि या स्त्रीरोग तज्ज्ञांची संघटना यांच्या संयुक्त विद्यमाने आयोजित

केली होती. विविध स्त्रीरोग तज्ज्ञांनी आपापले अनुभव सांगून सुचना केल्या. कामा रुग्णालयाचे अधीक्षक व स्त्रीरोगतज्ज्ञ डॉ. तुषार पालवे म्हणाले की, "केंद्राच्या आरोग्य व कुटुंब कल्याण विभागाने गर्भाशयाच्या शस्त्रक्रिया कमी करण्याच्या सुचना दिल्या होत्या. त्याअंतर्गत गर्भाशयाची शस्त्रक्रिया करून ते सुरक्षित ठेवण्यासाठी प्रयत्न केले जात आहेत. त्यामुळेच, या कार्यशाळेचे आयोजन केले होते. यामध्ये स्त्रीरोग तज्ज्ञांनी शस्त्रक्रियेपेक्षा गर्भाशयाची संरक्षण आजारांवर औषधोपचार करण्यावर भर देण्यास सांगितले आहे."

सर्वाधिक प्रमाण आंध्र प्रदेशात

राष्ट्रीय वार्षिक आरोग्य सर्वेक्षण नुसार भारतात २५ ते ४९ वयोगटातील ३.३ टक्के भारतीय महिलांनी गर्भाशय काढून टाकण्याची शस्त्रक्रिया (हिस्टेरॅक्टोमी) केली होती. गर्भाशय काढण्याचे सर्वात अधिक प्रमाण आंध्र प्रदेश ८.७ टक्के आणि तेलंगणा ८.२ टक्के इतके दिसून आले. त्या खालोखाल बिहार ६ टक्के आणि गुजरात ४ टक्के आढळून आले. ईशान्येकडील प्रदेशात २.२ टक्के सर्वात कमी प्रमाण होते अशी माहिती फेडरेशन ऑफ ऑब्स्टेट्रिकल अँड गायनर्नॅलोजिकल सोसायटी ऑफ इंडियाचे अध्यक्ष डॉ. जयदीप टाक यांनी दिली.

भायंदर-वर्सेई -विरार आयुक्तालय में तबादला ब्रांच में लाया गया है।

आपको किसी एड कासमें

सर्जरी से गर्भाशय को बचाने का महिला रोग विशेषज्ञों ने उठाया बीड़ा

वरिष्ठ संवाददाता | मुंबई

महिलाओं के गर्भाशय को बचाने का बीड़ा देशभर की महिला रोग विशेषज्ञों ने उठाया है। इसको लेकर समय-समय पर कार्यशालाएं आयोजित की जा रही हैं। इसी कार्यशाला के जरिए गर्भाशय को कैसे सुरक्षित किया जा सकता है? इसका गुरु स्त्री रोग विशेषज्ञों को सिखाया जा रहा है। इतना ही नहीं इन्हीं स्त्री रोग विशेषज्ञों की मदद से महिलाओं को भी गर्भाशय को लेकर जागरूक किया जा रहा है। गर्भाशय सुरक्षित पहल के तहत आयोजित 75वीं कार्यशाला शनिवार को मुंबई में संपन्न हुई। स्त्री रोग विशेषज्ञों की संगठन फॉर्ग्रेसी और मॉग्रेसी के संयुक्त तत्वावधान में यह कार्यशाला आयोजित की गई थी। इस कार्यशाला में विभिन्न स्त्री रोग विशेषज्ञों ने अपने अनुभव एक दूसरे के बीच साझा करते



हुए कई सुझाव भी दिए।

गर्भाशय संरक्षित करने पर जोर: कामा अस्पताल के अधीक्षक और स्त्री रोग विशेषज्ञ डॉ. तुषार पालवे ने बताया कि केंद्रीय स्वास्थ्य व परिवार कल्याण विभाग ने गर्भाशय सर्जरी को कम करने के निर्देश दिए थे। इसी के तहत गर्भाशय की सर्जरी और इसे सुरक्षित करने का प्रयास किया जा रहा है। इसलिए यह कार्यशाला आयोजित की गई थी। इसमें स्त्री रोग विशेषज्ञों

को गर्भाशय से संबंधित बीमारी का इलाज सर्जरी से ज्यादा दवाइयों से करने पर जोर देने के लिए कहा गया है। उन्होंने कहा कि गर्भाशय को संरक्षित करने का मतलब आमतीर पर सर्जरी से बचाना है, जिसमें गर्भाशय को शल्य चिकित्सा से हटाया जाता है। गर्भाशय को संरक्षित करने के कई कारण हैं, जिसमें प्रजनन क्षमता को बनाए रखना, हार्मोनल परिवर्तनों से बचना आदि शामिल है।

7

दो

वरिष्ठ का 2 किया दो दि जान सप्ता मरीजं 6 लं जुला को हु मरीज किए अपोर ट्रांसप (जेह संगीर अस्प ब्रेन परिज की हि

आरोग्य

फॉर्म्युल्यापेक्षा बाळासाठी स्तनपान अधिक फायदेशीर

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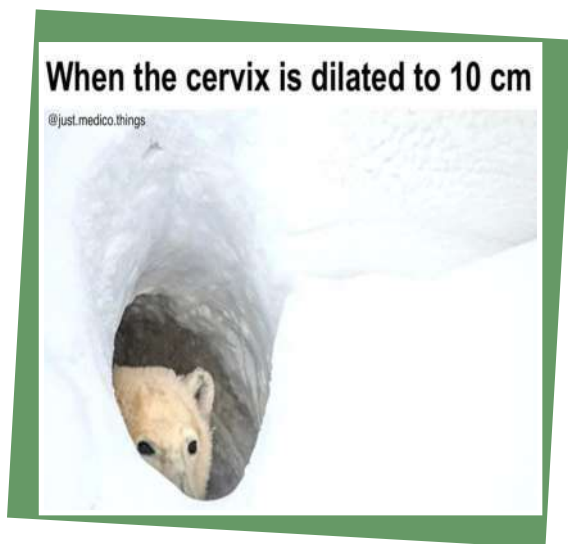
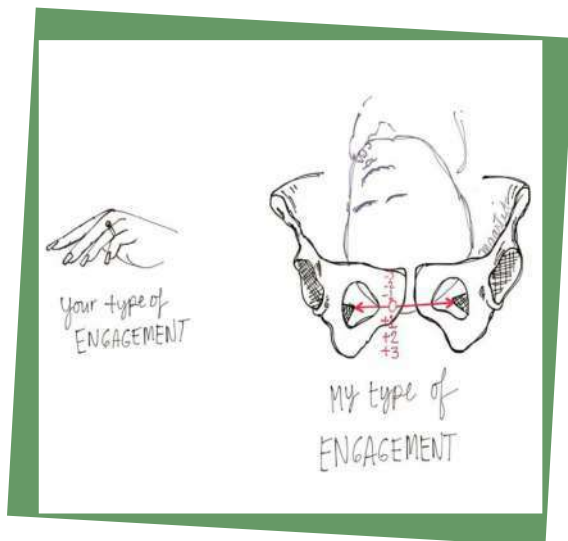
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आईचे दूध हा बाळाच्या अन्नाचा नैसर्गिक स्रोत आहे. आईचे दूध हे बाळाला आवश्यक असलेले कार्बोहायड्रेट, प्रथिने, जीवनसत्त्वे आणि खनिजे आणि सर्वात महत्त्वाचे म्हणजे संक्रमणाशी लढण्यासाठी आवश्यक असलेल्या प्रतिपिंडांनी भरलेले असते. आईच्या दुधात चरबीचे प्रमाण सुद्धा कमी असते. फॉर्म्युला घेणाऱ्या बाळांमध्ये आवश्यकतेपेक्षा जास्त दूध घेण्याची शक्यता असते, तसे स्तनपान घेणाऱ्या बाळांमध्ये होत नाही. आईचे दूध बाळाला वेगवेगळ्या चवींसाठी तयार करते. आईच्या आहारानुसार दुधाची चव बदलत असल्याने बाळ मोठे होऊन पोषक पदार्थ खाऊ लागते. सर्वात महत्त्वाचा



FUN CORNER



Trying to find the apex during a repair:



I hadn't taken this line seriously till now
"MBBS khoon maangta hai"

But after doing night shift Maternity ward Postings I can genuinely feel this Line.....

The loudest sound makers on Earth





UPCOMING EVENTS

Conferences

27 th , 28 th & 29 th Sept. 2024	A2S Conference At ITC GRAND CENTRAL, PAREL & 3 pre congress workshops planned At Seminar Hall, FOGSI Office and S.P. Jain Auditorium, Bombay Hospital.
15 th to 17 th November, 24	FOGSI Presidential conference on Infertility and family planning At The Westin Mumbai Powai Lake
8 th to 12 th January, 25	AICOG 2025 At Jio Convention Center
1 st & 2 nd March, 25	MOGS ANNUAL CONFERENCE

MOGS Youth Council Members 2024-25

- | | | |
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| 1 ADITI TANDON | 2 AISHWARYA AGRAWAL | 3 AISHWARYA PARULEKAR |
| 4 AMRITA TANDON | 5 ARNAV PAI | 6 BINITA SHAH |
| 7 DEOYANI WAKDE | 8 DHAVAL BELVI | 9 ESHA CHAINANI |
| 10 HONEY GEMAVAT | 11 JAGRUTI GHOSH | 12 JITEEKA THAKKAR |
| 13 KRUTIKA KARKHANIS | 14 MAYURI MORE | 15 NANDAN PURANDARE |
| 16 NIDHI KURKAL | 17 PRAMOD SURVASE | 18 PRIYANKA SURREDDI |
| 19 SALONI PATIL | 20 SANCHARI PAL | 21 SHIKHA MEHTA |
| 22 SIDRA KHOT | 23 SONALI DESHMUKH | 24 SUNIL TAMBVEKAR |
| 25 TANUSHREE PANDE | 26 YOGESH TRIVEDI | 27 ZUBIN SHERIAR |



The Mumbai Obstetric & Gynecological Society

C-14, 1st Floor, Trade World, D-wing Entrance, S. B. Marg, Kamala City, Lower Parel (W), Mumbai 400013.
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To
The General Secretary,
The Mumbai Obstetric & Gynecological Society
Mumbai

Date:.....

Dear Sir / Madam,

I desire to join the MOGS as a Patron/Life/ Ordinary/Associate Member. Please consider this as my application for the same. I shall abide by the Rules and Regulations of the Society. My application is accompanied by the Patron/Life / Annual Membership fee paid by Cash / Cheque/ E-payment on _____ Bank, _____ Branch, dated _____ for Rs. _____.

Please arrange to have my application processed at the Managing Council Meeting and oblige.

Details of Applicant			Signature of Applicant
Surname:	First Name:	Initials:	Recent Photograph
Maiden Name:			
Permanent Address			
Res. Tel. No.	Hospital/Office. Tel. No.		
Mobile No.			
e-mail id.:		Date of Birth:	

Qualifications: (Xerox copies of Degrees and Diplomas with University & dates of passing)

-
-
-

Medical Council Reg. No., Date and Place: (attach copy)

Professional Attachments:	Designation
1.	
2.	
3.	
Special Interests:	
1.	
2.	

Proposer's Name: Signature:

Secunder's Name: Signature:

Remarks of Scrutinizing Committee: Elected as Patron / Life Member / Ordinary Member/ Associate Member w.e.f. _____ / Application Rejected:

Type of Membership: Full Member with voting Rights / Associate Member with no voting rights.

President MOGS

Secretary MOGS





NEFT details for MOGS Life Membership

Name as per Bank Account: MOGS
Bank Account No: 24480100012857
Bank Name: BANK OF BARODA
Bank Branch: JACOB CIRCLE BRANCH, Mumbai 400 011
MICR Code: 400012092
RTGS/NEFT/IFSC Code: BARB0JACOBC (The fifth character is Zero)

NEFT details for MOGS Ordinary (Yearly) Membership

Name as per Bank Account: MOGS
Bank Account No: 24480100012858
Bank Name: BANK OF BARODA
Bank Branch: JACOB CIRCLE BRANCH, Mumbai 400 011
MICR Code: 400012092
RTGS/NEFT/IFSC Code: BARB0JACOBC (The fifth character is Zero)



New Revised of Membership Fees with effect from 19th September, 2024 as mentioned below: -

- Rs. 25,000/- inclusive GST (Total fees payable towards Life Membership)
- Rs.3500/- inclusive GST (Total fees payable towards New Ordinary Membership)
- Rs. 1950/- inclusive GST (Total fees payable towards Renewal of Ordinary Membership)
- Rs.35,000/- inclusive GST (Total fees payable towards Patron Membership)
- Associate Membership Fee will be same as per above category of membership

WOMEN'S WELLNESS PORTFOLIO

PRIMOSA[®] BOOST[Ⓐ]

Evening Primrose Oil 500 mg + Tocotrienols 30 mg + Vitamin B6 1.9 mg **Softgels**

PRIMOSA[®] 1000[Ⓐ]

Evening Primrose Oil 1000 mg **Softgels**

PRIMOSA[®] V[Ⓐ]

Evening Primrose Oil 500 mg + Vitex Agnus Castus 40 mg **Softgels**

PRIMOSA[®] 500[Ⓐ]

Evening Primrose Oil 500 mg **Softgels**

CoQ[®] Fem[Ⓜ]

L-Methyl Folate 100 mcg + Methylcobalamin 500 mcg + D-Chiro Inositol 12.8 mg + Berberine HCl 250 mg + CoQ 10 30 mg + Chromium 16.5 mcg + Vitamin D3 200 IU **Tablets**

Eunykta[®] Tablets

Melatonin 5 mg + Magnesium 225 mg + Zinc 11.25 mg

E-COD[®]ω[Ⓐ]

Cod Liver Oil, Fish Lipid Oil, Vitamin E and Wheat Germ Oil **Softgels**

MULTIVITE[®] WOMAN[Ⓜ]

Micronutrients + Natural extracts + Amino acids + Evening Primrose Oil 120 mg + Biotin 30 mcg **Tablets**

BerryCran[®] Softgels

Cranberry extract 240 mg

India's 1st
Ultra Nano
Technology

UNS D3[®]

Cholecalciferol 60000 IU

The Ultra Nano Solution...Precision Engineered



INFERTILITY PORTFOLIO

CoQ[®] 300[Ⓐ]

Coenzyme Q₁₀ 300 mg **Softgels**

CoQ[®] MAN

Tribulus terrestris 150 mg + Eklonia bicyclis 100 mg + Chitosan oligosaccharide 75 mg + Myoinositol 500 mg + Coenzyme Q10 100 mg **Tablets**

CoQ[®] LC[Ⓜ]

L-Carnitine L-Tartrate 1000 mg + Ubiquinol 60 mg + Zinc 10 mg + Astaxanthin 8 mg + Lycopene 2.5 mg **Tablets**

CoQ[®]

Ubidecarenone **Capsules**
(Coenzyme Q10 30 mg)

CoQ[®] Forte

CoQ₁₀ 100 mg + Lycopene 4000 mcg + Selenium 70 mcg + Omega-3 fatty acids 150 mg **Softgels**

Enlarge[™] Forte[Ⓜ] Sachets

L-Arginine 3 gm + Pine Bark Extract 120 mg + Safed Muesli 3 gm

HEALTHY PREGNANCY PORTFOLIO

Aminofit[®] Softlets

Protein hydrolysate (containing 18 Amino acids) 330 mg + Minerals

Aminofit Forte[®] Sachets

L-Arginine 3000 mg + Lycopene 4 mg + Vitamin B6 2.5 mg + Vitamin B12 1.2 mcg + Folic Acid 294.11 mcg

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AICOG 2025

MUMBAI

67th All India Congress of Obstetrics & Gynaecology

8 - 12 January, 2025 | Jio World Convention Centre

DAY WISE CONFERENCE PROGRAM

08

January, 2025

- 21 Pre-Conference Workshops
- FOGSI Managing Committee Meeting
- AICOG has Talent

09

January, 2025

- CG Saraiya CME
- 9 FOGSI Committee Workshops
- FOGSI JOGI PICSEP Workshop
- Inauguration
- Inaugural Function & Cultural Program with Celebrities & Fashion Walk for GENDER EQUALITY

10

January, 2025

- Dr. Rishma Pai & Dr. Hrishikesh Pai Badlaav Oration - Orator: Dr. Frank Louwen (President Elect - FIGO)
- Dr. S Shantha Kumari Dheera Oration - Orator: Dr. Diane Francoeur (CEO - Canadian Society)
- FOGSI Amadeus Shreya Oration - Orator: Dr. Ranee Thakar (President - RCOG)
- "Shoonyam Musical Concert " by Shri Rohit Arora and Music Director Mr. Abhishek Ray
- Dinner & Cultural Night with Celebrities & India's Top Singer - SONU NIGAM promoting "ANAEMIA MukT BHARAT"

11

January, 2025

- Dr. Nandita Palshetkar "We for Stree" Oration - Orator: Dr. Anne Kihara (President - FIGO)
- FOGSI BOGS Prof. Baidyanath Chakravorty Memorial Oration - Orator: Dr. Rohana Haththotuwa (Secretary General - AFOG)
- FOGSI RALLIS Oration - Orator: Dr. Hrishikesh Pai (Trustee - FIGO Asia Oceania)
- ICOG Convocation
- Paid Banquet & Cultural Night with Celebrities, Stars & India's Top Singers - Promoting PREVENTION OF CERVICAL CANCER

12

January, 2025

- FOGSI MSD Oration - Orator: Dr. Jaydeep Tank(President - FOGSI, 2024)
- Dr. Kamini Rao Yuva Orations
- FOGSI Prize Winning Talks
- Valedictory Function

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SCAN THE QR CODE
TO REGISTER NOW!



Dr. Nandita Palshetkar
Organizing Chairperson

Dr. Hrishikesh Pai
Chairperson, Scientific Committee

Dr. Niranjana Chavan
Organizing Secretary

