

FOGSI

# CONNECT

THE FOGSI NEWSLETTER

January 2025

THE **TRENDSETTER**

**DR SUNITA TANDULWADKAR**

President FOGSI  
2025-2026

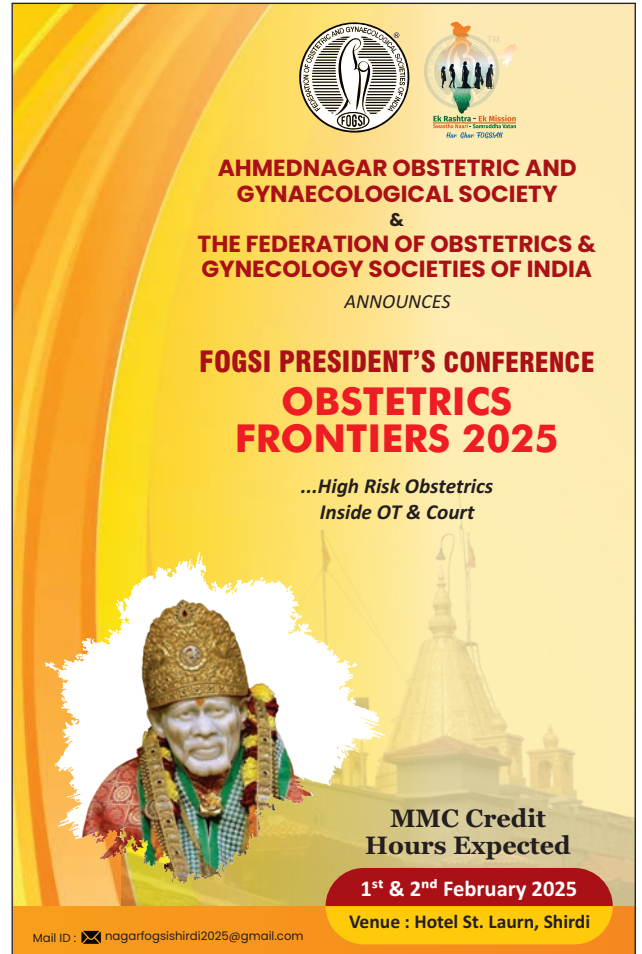




**FOGSI Galacon**

*Destination*  
**Andaman Islands**

 **Block your Dates: Jan 24 to Jan 27, 2025**  
(Friday to Monday)



**AHMEDNAGAR OBSTETRIC AND GYNAECOLOGICAL SOCIETY**  
&  
**THE FEDERATION OF OBSTETRICS & GYNECOLOGY SOCIETIES OF INDIA**  
ANNOUNCES

**FOGSI PRESIDENT'S CONFERENCE**  
**OBSTETRICS FRONTIERS 2025**

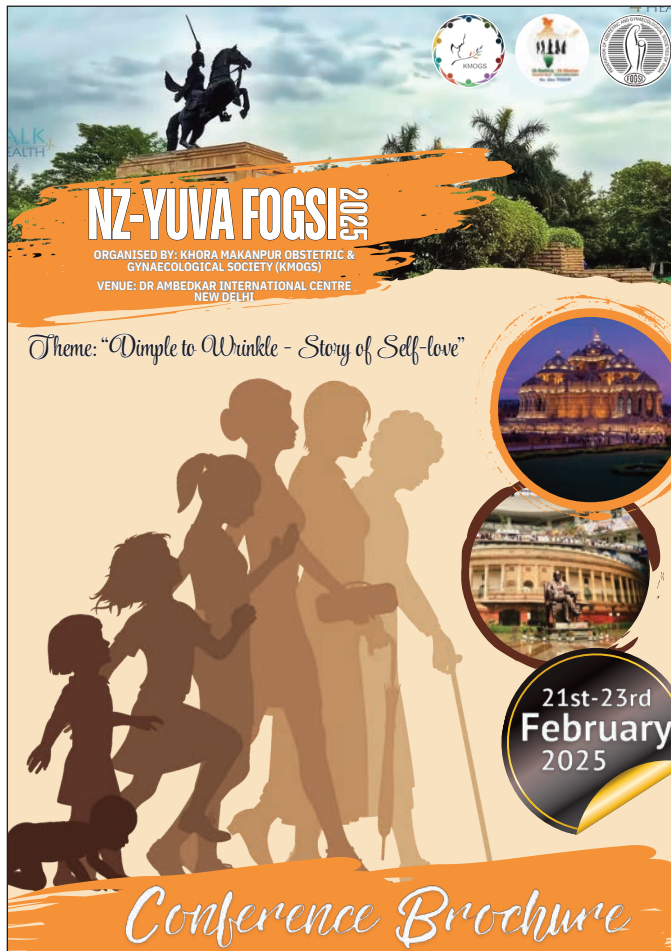
*...High Risk Obstetrics  
Inside OT & Court*

**MMC Credit  
Hours Expected**

**1<sup>st</sup> & 2<sup>nd</sup> February 2025**

**Venue : Hotel St. Lourn, Shirdi**

Mail ID : [nagarfogshirdi2025@gmail.com](mailto:nagarfogshirdi2025@gmail.com)



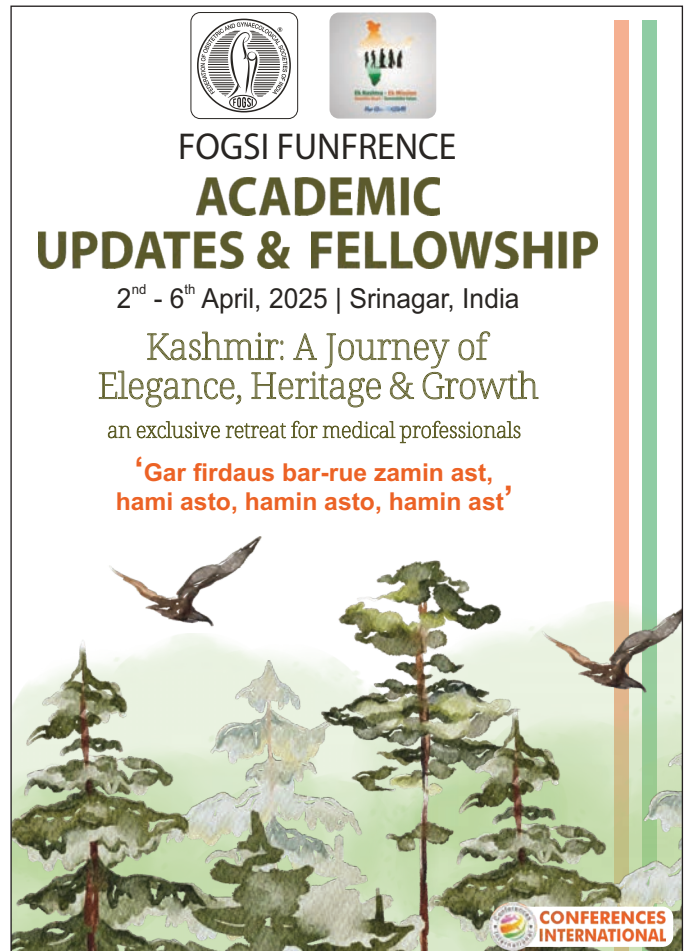
**NZ-YUVA FOGSI 2025**

ORGANISED BY: KHORA MAKANPUR OBSTETRIC & GYNAECOLOGICAL SOCIETY (KMOGS)  
VENUE: DR AMBEDKAR INTERNATIONAL CENTRE  
NEW DELHI

Theme: "Dimple to Wrinkle - Story of Self-love"

**21st-23rd  
February  
2025**

*Conference Brochure*



**FOGSI FUNFRENCE**  
**ACADEMIC  
UPDATES & FELLOWSHIP**

**2<sup>nd</sup> - 6<sup>th</sup> April, 2025 | Srinagar, India**

**Kashmir: A Journey of  
Elegance, Heritage & Growth**  
an exclusive retreat for medical professionals

**'Gar firdaus bar-rue zamin ast,  
hami asto, hamin asto, hamin ast'**

**CONFERENCES  
INTERNATIONAL**





“

As your President, my promise is not only to elevate our academic and professional excellence but also to support your personal growth, mental health, and protection in society.

”

Dear FOGSIAN's,

It is with profound gratitude and commitment that I embrace the honor of serving as your President for the coming year. Under the theme of

**“Ek Rashtra Ek Mission, Swastha Nari Samruddha Vatan,”**

I extend an open invitation to each one of you to join hands as we drive forward our vision of a healthy and empowered nation, built on the foundation of women's health and well-being. Together, we shall realize the strength and unity embodied in our slogan:

**“Har Ghar FOGSIAN”**

— **every FOGSIAN standing as a pillar of strength and care across India.**

As your President, my promise is not only to elevate our academic and professional excellence but also to support your personal growth, mental health, and protection in society. This year, you'll see a wealth of initiatives and projects aimed at not just upgrading clinical skills and expanding knowledge but fostering an environment where each FOGSIAN feels valued, protected, and empowered.

The journey from January to December will feature monthly highlights of our initiatives, publications, and programs, and I encourage every FOGSIAN to get involved. Through QR codes provided with each program, you can directly connect with and contribute to our projects, allowing you to leave a lasting impact within your communities and beyond.

Let us make this a year of unparalleled growth, unity, and purpose. With every FOGSIAN actively engaged, I believe we can achieve incredible strides in women's healthcare and make lasting contributions to a stronger, healthier India.

With steadfast dedication,

**Dr. Sunita Tandulwadkar**  
**President, FOGSI, 2025**



“

FOGSI Connect is more than just a newsletter—it is a reflection of the collective spirit, energy, and innovation that defines our community. Through its pages, we aim to showcase the incredible work that has been crafted under Dr. Tandulwadkar's guidance.

”

Dear FOGSIAN's,

**'सर्वसमावेशक दृष्ट्या नेतृत्वं यशस्वि भवतु।'**

A leader's vision shines brightest when it embraces everyone.

It is with immense pride and enthusiasm that I welcome you to the inaugural issue of FOGSI CONNECT, a newsletter that aims to bridge gaps and foster connections across our vibrant FOGSI community.

This issue is a tribute to the relentless efforts and trailblazing leadership of our charismatic president, Dr. Sunita Tandulwadkar. Her unwavering commitment to inclusivity and excellence has set a benchmark for all of us. She has seamlessly woven academics, social outreach, and even spiritual endeavors into the fabric of her presidency, ensuring that every corner of our country feels the positive impact of her initiatives. Her efforts have ensured that the activities planned for the upcoming year shall touch lives of all FOGSIans, fostering a sense of belonging and engagement.

From groundbreaking vaccination drives to the launch of insightful books, from organizing impactful CMEs, workshops, and conferences to nurturing a spirit of unity and growth, Dr. Tandulwadkar has truly epitomized the essence of leadership. Her vision transcends boundaries, binding us together in a shared mission to uplift women's health and strengthen our profession.

FOGSI Connect is more than just a newsletter—it is a reflection of the collective spirit, energy, and innovation that defines our community. Through its pages, we aim to showcase the incredible work that has been crafted under Dr. Tandulwadkar's guidance.

I hope this issue inspires you to be a part of this journey, to contribute your expertise, and to embrace the opportunities that lie ahead. Together, let us continue to advance, update and connect.

Happy reading!

Warm regards,  
**Dr. Pooja Lodha**  
 Editor, FOGSI Connect January 2025



# FOGSI Office Bearers 2025 - 2026



**DR. SUNITA  
TANDULWADKAR**  
President



**DR. BHASKAR  
PAL**  
President Elect



**DR. JAYDEEP  
TANK**  
Immediate Past President



**DR. KOMAL  
CHAVAN**  
Vice President



**DR. VARSHA  
BASTE**  
Vice President



**DR. ABHA  
SINGH**  
Vice President



**DR. N.  
PALANIAPPAN**  
Vice President



**DR. SHYAMAL  
SETT**  
Vice President



**DR. SUVARNA  
KHADILKAR**  
Secretary General



**DR. PARIKSHIT  
TANK**  
Dy Secretary General



**DR. NIRANJAN  
CHAVAN**  
Treasurer



**DR. AMEYA C.  
PURANDARE**  
Joint Treasurer



**DR. ASHWINI  
A. KALE**  
Joint Secretary



**DR. PARAG  
BINIWALE**  
ICOG Chair



**DR. SARITA  
BHALERAO**  
Editor JOGI



## COMMITTEE CHAIRPERSONS FOGSI 2025



**Dr. Supriya Jaiswal**  
Adolescent Health Committee



**Dr. Surekha Tayade**  
Clinical Research Committee



**Dr. Chaitanya Ganapule**  
Endocrinology Committee



**Dr. Anu Chawla**  
Endometriosis Committee



**Dr. Sejal Naik**  
Endoscopy Committee



**Dr. Jyoti Bunglowala**  
Ethics & Medico Legal Committee



**Dr. Ashish Kale**  
Family Welfare Committee



**Dr. Asha Jain**  
Foods & Drugs and Medico  
Surgical Equipment Committee



**Dr. Seetha Ramamurthy Pal**  
Genetic & Fetal Medicine Committee



**Dr. Saritha Shamsunder**  
Gynaecologic Oncology Committee



**Dr. Neena Malhotra**  
Imaging Science Committee



**Dr. B. Kalpana**  
Infertility Committee



**Dr. Pratibha Singh**  
International Academic Exchange  
Committee



**Dr. Manoj Chellani**  
Medical Disorders in Pregnancy  
Committee



**Dr. Kiran Pandey**  
Medical Education Committee



**Dr. Alka Kuthe**  
Medical Termination of Pregnancy  
Committee



**Dr. Archana Dwivedi**  
Midlife Management Committee



**Dr. Bharathi Rajshekar**  
Perinatology Committee



**Dr. Rashmi Kahar**  
Practical Obstetric Committee



**Dr. Priyankur Roy**  
Public Awareness Committee



**Dr. Archana Kumari**  
Quiz Committee



**Dr. Poonam Goyal**  
Safe Motherhood Committee



**Dr. Apurba Kumar Dutta**  
Sexual Health and STIs Committee



**Dr. Charulata Bapaye**  
Breast and Puerperal Health  
Committee





**Dr. Kavita Barnwal**  
Urogynaec & Pelvic Floor Repair  
Committee



**Dr. Suman Sinha**  
Vaginal Surgeries Committee



**Dr. Rohan Palshetkar**  
Young Talent Promotion Committee



**Dr. Kiranmai Devineni**  
No To Violence Against Women  
Committee



**Dr. Kanchan Sharma**  
NCD (Non Communicable  
Diseases) Committee



**Dr. Brajbala Tiwari**  
Environmental Health Committee



## PAST PRESIDENTS



## WITH ICOG CHAIRPERSON AND SECRETARY





## WITH VICE PRESIDENTS



## WITH JOINT SECRETARY





## FOGSI MANAGING COMMITTEE



## FOGSI OFFICE BEARERS










## KNOW YOUR PRESIDENT



Dr. Sunita Tandulwadkar is a visionary leader and an accomplished professional in the field of obstetrics and gynecology, known for her pioneering contributions to infertility treatment, endoscopy, and women's health. With over three decades of experience, she has transformed the landscape of reproductive medicine and gynecological surgery in India. As the Head of the Department of Obstetrics and Gynecology at Ruby Hall Clinic, Pune, she has established one of the most advanced fertility and endoscopy centers in the country. Her groundbreaking work includes introducing 3D laparoscopic surgery and innovating surgical techniques, such as robotic tube—tubal anastomosis, which have set new benchmarks in the field.

A true trailblazer, Dr. Tandulwadkar is globally recognized for her pioneering application of stem cell therapy in infertility, delivering the world's first baby using ovarian stem cell rejuvenation for a woman aged 45. Her unwavering commitment to innovation has led her to design advanced laparoscopic instruments and establish new protocols that are now widely practiced. Beyond clinical work, she is deeply committed to teaching and has mentored over 300 gynecologists who are now practicing worldwide. Through her work, she continues to inspire the next generation of specialists in reproductive medicine and endoscopy. Dr. Tandulwadkar's contributions extend beyond the operating room and classroom. Her leadership roles include serving as President of the Indian Association of Gynecological Endoscopists and the Pune Obstetrics and Gynecology Society, where her initiatives have brought global recognition to Indian gynecological practices. She has organized numerous national and international conferences, including the prestigious STAR Global

Summit, and has introduced impactful training programs such as the EAGLE Project, aimed at empowering young gynecologists. As the Founder President of the Society of Ovarian Rejuvenation, she continues to lead advancements in ovarian health and fertility preservation. Her work has been widely recognized, with over 150 awards from various organizations, including the Pride of FOGSI, Best Gynecologist of Maharashtra, and multiple accolades from the Economic Times for her expertise in IVF and endoscopy. However, her contributions are not limited to accolades; her social initiatives speak volumes about her dedication to community service. She has spearheaded campaigns to prevent female feticide, organized cervical cancer awareness drives, and initiated the "Sponsor a Birth" program, providing free IVF treatments to underprivileged families. Her work in cancer screening camps and free antenatal care for low-income families has touched countless lives. As she assumes the presidency of the Federation of Obstetrics and Gynecology Societies of India (FOGSI), Dr. Tandulwadkar envisions a transformative agenda for women's healthcare in India. Her flagship projects, such as Sampoorna, which focuses on preconceptional care, and Know Your Numbers, a nationwide health data collection initiative, aim to address critical gaps in maternal and neonatal health. She is committed to integrating cutting-edge technology with holistic care to improve healthcare outcomes across the nation. Dr. Sunita Tandulwadkar's journey is a testament to her relentless pursuit of excellence, innovation, and service. Her presidency marks a new chapter for FOGSI, bringing a visionary approach to improving the quality of women's healthcare in India. Through her leadership, she continues to inspire her



## A DAY IN HER LIFE — Dr Bushra Khan

Dr. Sunita Tandulwadkar feels blessed to receive the grace through her spiritual guru, Param Puja Swami Gagangiri Maharaj. On many instances she believes herself to be the medium through which his blessings are showered upon people. Stepping into Ruby Hall Clinic every single day Dr. Sunita Tandulwadkar wears a white coat with dignity and pride. She leads one of the largest departments of obstetrics and gynecology in the city of Pune. She is a chief of Ruby Hall Clinic IVF and endoscopy center. After a fulfilling day of surgeries at Ruby Hall Clinic, Dr. Sunita Tandulwadkar continues her passion-driven journey at Solo Clinic. This state-of-the-art OPD complex, with 5 to 6 consulting rooms for her dedicated team, offers a serene and inspiring space where she connects with her patients in a pleasant and personalized atmosphere. Solo Clinic—where expertise meets compassion. Over three decades this

distinguished expert has donned upon many hats. Dr. Sunita started the trend of laparoscopic hysterectomy and advanced endoscopic surgeries way back in 1995. She is a leader and innovator in minimally invasive laparoscopic surgeries and specializes in robotic procedures. Dr. Sunita is a pioneer in regenerative medicine, she created a world record by helping a 45-year-old woman conceive which is considered as a modern medical miracle. Her dedication, passion, perseverance and leadership qualities have placed Ruby Hall IVF clinic and endoscopy center as a sought-after destination for infertile couples all over the world. In 2017 she initiated a NGO called “Sponsor a Birth” where many like-minded people joined in this noble initiative where they helped needy and underprivileged infertile couples in treatment with IVF.

## AS A TEACHER — Dr Pooja Lodha

सब धरती कागद करूँ, लेखनि सब बनराय।  
सात समुंद की मसि करूँ, गुरु गुन लिखा न जाय।।

If we roll out the entire earth as paper All the forests as a pen And the 7 oceans as ink Yet, words won't suffice to embrace and cherish our guru, Dr Sunita Tandulwadkar. A high risk Obstetrician, an endoscopist, an ART specialist, a robotic surgery expert, a rejuvenation and stemcell pioneer. Students over years have been exposed to all these subspecialties of obstetrics and gynaecology under this one iron lady. Today, her students are at coveted positions across the globe — from the UK to the US,

Middle East, Africa, Australia, Nepal, Bhutan, Mangolia and many more. Madam, you taught us not just to deliver babies, but to deliver excellence, every single day in life. You taught us to pick up oocytes, but also to pick up virtues and good vibes from everything and everyone around us. You taught us to put in the scope, but little do you know that your teachings have gone beyond the scope of academics and have impacted us beyond measures. You taught us not just to manage high risk pregnancies, but to manage our professional, personal and spiritual lives. Your impact on our lives shall last for more than forever. We respect you, salute you and love you madam!

## AS A LEADER OF ORGANIZATIONS — Dr Sejal Naik

Today, we gather to celebrate an icon—a living legend whose brilliance knows no bounds and whose leadership reshapes the future. It is my profound privilege to introduce a force of nature, a revolutionary in her field, and a luminary whose name will echo through the annals of history—Dr. Sunita Tandulwadkar.

Dr. Sunita is not merely a leader; she is a phenomenon. Her journey is one of relentless pursuit, unyielding vision, and boundless passion. She epitomizes the ideals of courage, innovation, and transformative leadership, blazing trails where others saw only walls and turning aspirations into monumental achievements.

### Championing Triumph in Obstetrics: POGS, MSR, IAGE

Her extraordinary leadership journey is marked by her illustrious roles as President of the Pune Obstetric and Gy-

necological Society (2021–2022), Chairperson of MSR, President of IAGE, President Elect ISAR, and the Founder President of the Society of Ovarian Rejuvenation. Through her visionary dedication, she has elevated obstetrics, gynecology, endoscopy, fertility, oncology and rejuvenation medicine. She opened the doors to a new era of medical breakthroughs, bringing the brightest minds together to explore unthinkable possibilities, placing India on the global stage as a hub of excellence and innovation.”

### A Stalwart of FOGSI: Past, Present, and Future

Dr. Sunita's association with the Federation of Obstetric and Gynaecological Societies of India (FOGSI) is a testament to her tireless dedication. From Chairperson Infertility committee, Vice President (2015–2017) to her recent role as President-Elect till today, she has been a guiding force, championing initiatives for various educational pro-

grams and social campaigns addressing the numerous pressing women's health concerns across the country.

### The Dawn of a New Era: FOGSI President 2025

As she ascends to the presidency of FOGSI, Dr. Sunita Tandulwadkar stands poised to redefine excellence. With a bold, inclusive vision, she aims to unite FOGSI's vast network, foster collaboration, and revolutionize women's health globally. Under her leadership, FOGSI will not merely

thrive—it will set benchmarks the world will aspire to follow. Dr. Sunita is more than a leader; she is a visionary whose legacy transcends medicine. A beacon of hope and transformation, and an embodiment of what is possible when passion meets purpose.

Ladies and gentlemen, I invite you to rise and celebrate the extraordinary, the unstoppable, the larger-than-life Dr. Sunita Tandulwadkar, a woman whose light will guide us all toward a brighter future.

## AS A MOTHER — Lekha Nirmal Tandulwadkar

After hearing about her incredible spiritual journey, her impactful role as a teacher, and her inspiring leadership, I have the privilege of speaking about a side of Dr. Sunita Tandulwadkar that is just as remarkable—her role as the heart of our family.

While she excels in every aspect of her professional and spiritual life, what truly sets her apart is the love, care, and dedication she pours into her family.

As a mother, she embodies unconditional love and tireless dedication. She has always been there to guide, support, and nurture us.

And if you've ever caught her behind the scenes, you'll see her in her true element—managing a million things at once while radiating positivity and an undeniable energy that uplifts everyone around her.

But here's the fun part—Mom isn't just about being a rockstar mom; she's also the ultimate family glue. Every single year, no matter how hectic her schedule—or

anyone else's—she ensures all of us, 30 to 40 people, come together for New Year's. And when I say come together, I mean it's like a full-blown festival with food, laughter, and memories that last a lifetime.

We've had so many amazing trips together—shopping trips, walking trips, spiritual trips, and even surprise trips! She has this magical way of turning ordinary moments into extraordinary adventures.

To me, she is not just a mother-in-law—she is my mom, my friend, my mentor, and my biggest cheerleader. Now, people often joke about the saas-bahu dynamic, but in our case, "Mom and me, we're a team!" And let me tell you, *ek ghar tabhi swarg banta hai jab saas aur bahu saath mein champagne... oops, coffee peete hain!*

Mom, thank you for being the heart of our family and for teaching us that no matter how busy life gets, family is the greatest blessing. We are so lucky to have you, our CHO.

## THE JOURNEY TO FOGSI PRESIDENT — Dr Ashwini Kale

"In her journey to becoming the FOGSI President, she has embarked on an extraordinary 580-day odyssey—a monumental testament to resilience, vision, and relentless hard work. Covering over 1,75,000 kilometers across India by road, train, and air, she ventured into the heart of our nation. This epic undertaking brought her to 170 societies, spanning every corner of our vast and diverse land. It was a journey of connection and purpose, where she engaged with thousands of passionate FOGSIans, uniting them in a shared vision of solidarity and active participation. As the saying goes, 'The harder the journey, the greater the reward.' Each mile traveled, each conversation exchanged, and every effort exerted was driven by an unyielding determination, boundless enthusiasm, and an unwavering commitment to excellence. Life, as always, interwove its profound moments along this journey. She endured a major shoulder injury, mourned the heart-wrenching loss of her beloved father, and rejoiced in the beautiful marriage of her son. Through these highs and lows, her focus remained steadfast. Her faith in Gagangiri Maharaj was her anchor, a guiding light and an unshakable mountain

of strength. As Ralph Waldo Emerson aptly said, 'What lies behind us and what lies before us are tiny matters compared to what lies within us.' This indomitable spirit and faith paved the way to a historic triumph—an unprecedented victory in one of the largest and most passionately contested FOGSI elections. With over 17,000 votes cast, this record-breaking achievement symbolized more than success; it epitomized perseverance, teamwork, and an unbreakable collective will. Along this extraordinary path, she learned invaluable lessons about the essence of leadership and service. She forged friendships that are life's true treasures and built connections that will last a lifetime. She was reminded of the timeless truth that, 'Faith is taking the first step even when you don't see the whole staircase.' This journey is a true testament to the idea that no challenge is insurmountable when fueled by faith, determination, and an unwavering belief in the power of purpose. As someone once said, 'The road to success is always under construction,' and this journey was proof that every step forward is a step worth taking."

## THEME FOR THE YEAR



**Ek Rashtra - Ek Mission**  
**Swastha Naari - Samruddha Vatan**  
*Har Ghar FOGSIAN*



A vibrant tropical floral pattern on a black background. The design features large, stylized flowers in bright red, white, and orange, interspersed with lush green foliage and palm fronds. A central white rectangular box contains the text.

# **SOCIAL PROJECTS FOR THE YEAR**





## PROJECT: KNOW YOUR NUMBERS

### “Know Your Numbers” is an ambitious health initiative.

- This project seeks to gather vital health data—Weight, Blood pressure, Blood Sugar Level with HbA1C, and Hemoglobin level—from women across India.
- By focusing on these key health indicators, the project aims to foster a proactive health management culture among women.
- The data collected will be instrumental in identifying prevalent health issues early and promoting interventions that can significantly reduce the incidence of chronic diseases.
- This initiative not only emphasizes the importance of regular health monitoring but also strives to empower women with the knowledge and tools needed to take charge of their health, ensuring they lead longer, healthier lives.
- Collect key health data: weight, blood pressure, blood sugar, HbA1C, and hemoglobin from women

across India.

- Encourage proactive health management for early identification of prevalent health issues.
- Promote timely interventions to reduce chronic disease incidence.
- Empower women with knowledge and tools for better health and longevity.
- Gather vital health data: weight, blood pressure, blood sugar (HbA1C), and hemoglobin levels from women across India.
- Foster proactive health management among women.
- Identify prevalent health issues early and promote timely interventions.
- Reduce the incidence of chronic diseases through regular monitoring.
- Empower women with knowledge and tools for healthier, longer lives.







aarogya yog yatra

BRINGING SPIRITUALITY IN MEDICINE

**'Your' Wellness: 'Our' Mission**

**FOGSIANS & Women of India**

*Medicine Cures Spirituality Heals!*

- Dr Sunita Tandulwadkar



# PROJECT: AAROGYA YOGA YATRA

## FOGSI's Journey to Integrate Spirituality in Medicine

As I take over as the President of FOGSI in January 2025, I am filled with immense gratitude and determination to contribute meaningfully to the health and well-being of our nation. Among the various academic and social programs, I will lead, one stands out as closest to my heart—**Aarogya Yoga Yatra**.

India is a land of spirituality, home to sacred places brimming with energy that transcends the physical. With this Yatra, we will journey to 13 of India's most spiritually significant locations, such as Tirupati, Rishikesh, Rameshwaram, Puri, Varanasi, Dwarka, Ayodhya, Ajmer, Srinathji, Amritsar, and others.

### Purpose of the Yatra

This project is not merely a journey but a mission—to integrate spirituality into medicine. At each location, we will hold two impactful events:

**1. Public Forums:** These will demonstrate how doctors, by embracing spirituality, can go beyond curing illnesses to truly healing patients from within. As we believe, "Medicine cures, but spirituality heals."

**2. CMEs on Spirituality in Medicine:** Tailored for doctors, these sessions will emphasize the importance of incorporating spirituality into everyday practice. Strengthening the spiritual core of medical professionals will help

them deliver not just treatment but care that transforms lives.

### The Power of Spirituality

In my 34 years of experience as a doctor, I have learned that success requires hard work, passion, dedication, and honesty. However, it is spirituality that has enabled me to deliver my best every single day. Spirituality connects us with the universe's energy, guiding us to heal holistically. This Yatra is my way of sharing this realization with all FOGSI members and the larger community. I firmly believe that even those who may not feel spiritually connected today will, by the end of this year, understand and experience the transformative power of the universe.

### Join Us on This Journey

I humbly invite all FOGSIANS to join me in this endeavor. The itinerary, including dates and locations, will be shared in the upcoming FOGSI Connect bulletin and on our website. I appeal to each of you to support, bless, and, most importantly, physically join this Yatra. Together, let us create a movement that not only strengthens our practice but also elevates our collective consciousness.

Let us embark on this journey with an open heart and a belief in the universe's power to heal.

DATE	PLACE	SOCIETY
20 <sup>nd</sup> – 21 <sup>st</sup> January	TIRUPATI	TIRUPATI
19 <sup>th</sup> – 20 <sup>th</sup> February	RISHIKESH	DEHRADUN
18 <sup>th</sup> – 19 <sup>th</sup> March	PURI	CUTTACK
20 <sup>th</sup> March	VARANASI	VARANASI
11 <sup>th</sup> – 12 <sup>th</sup> June	DWARKA & SOMNATH	JAMNAGAR
10 <sup>th</sup> July	AJMER & PUSHKAR	AJMER & UDAIPUR
13 <sup>th</sup> July	SHRINATHJI	UDAIPUR
28 <sup>th</sup> July	RAMESHWARAM	MADURAI
10 <sup>th</sup> - 11 <sup>th</sup> September	MATHURA & GOVARDHAN	MATHURA
10 <sup>th</sup> - 11 <sup>th</sup> December	AYODHYA	AYODHYA
12 <sup>th</sup> - 13 <sup>th</sup> December	AMRITSAR	AMRITSAR

**National Convener -**  
**Dr. Jayam Kanan**  
**VP Incharge -**  
**Dr. Palaniappan**  
**Public Awareness**  
**Committee -**  
**Dr. Priyankur Roy**



# PROJECT: SAMPOORNA



## Prime Your Body: Nurture Your Pregnancy: Empower Your Baby This Is our Swastha Janm Abhiyan

### Vision Statement

\*Our vision is to nurture healthy pregnancies by ensuring that every woman is fully prepared before conception.

\*We focus on optimizing vital health parameters, including weight, nutrition, hemoglobin levels, blood sugar, and thyroid function, while promoting the importance of preconceptional folic acid and maintaining a healthy BMI.

\*Through this comprehensive approach, we aim to increase awareness of preconceptional care and the importance of planning pregnancies.

### Mission Statement:

To create a future where every pregnancy is preplanned

and safe, and every baby is born healthy by empowering women with comprehensive preconceptional care, which may help reduce maternal and neonatal mortality rates across India.

### In Short-

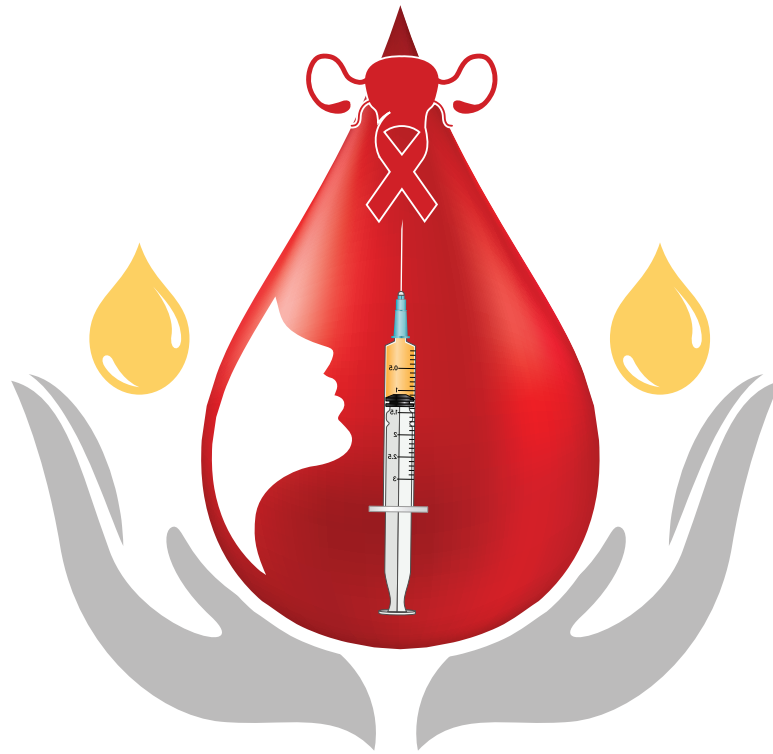
\*Every Pregnancy is a Planned Pregnancy

\*Importance and Awareness of Contraception

\*Importance of making important health parameters normal before entering the most important journey of 9 months

\*Importance of 3 months of folic acid supplementation before planning the pregnancy.

# PROJECT: DO TEEKE ZINDAGI KE



## **Do Teeke Zindagi Ke – CERVICAL CANCER VACCINATION –**

As part of my upcoming tenure as the President of FOGSI, I am pleased to submit a proposal for a comprehensive training program on HPV vaccination, targeting 50,000 members of the Indian Medical Association (IMA).

This initiative aligns with our shared goal of enhancing public health through preventive care, and I am confident that, with your support, we can make a significant impact in addressing cervical cancer awareness and prevention across India.

9-14 age group we will conduct the drive for increasing awareness of cervical cancer vaccination.





# PROJECT: FOGSI ANUBANDHA



## FOGSI Anubandh: Strengthening Our Bond

Meet Your President: \*2nd & 4th Tuesday of every month  
\*4 pm-5 pm \*27 meetings: one with each state  
Reach Out to all Society Presidents to hear them out  
As your President, I firmly believe that the strength of FOGSI lies in your voice. With FOGSI Anubandh, I aim to build meaningful connections, address your challenges, and bring FOGSI closer to every member across the country.

To achieve this, I will be interacting state-wise with Presidents and Secretaries of all societies through a Zoom platform on the second and fourth Tuesday of every month, from 4 PM to 5 PM. Along with me on these meetings, I will be requesting my Vice President of the respective zone, committee chairpersons of the state, and office bearers – the Secretary General, Deputy Joint Secretary General, Treasurer, Joint Treasurer, and Joint Secretary – to join. This ensures that we can discuss issues collectively and solve as much as possible on the spot.

### Our discussions will focus on:

- Addressing challenges specific to your region, including professional or administrative hurdles.
- Strengthening communication and ensuring FOGSI's projects reach every doorstep.
- Motivating more gynecologists to join FOGSI and contribute to its vision.
- Highlighting and nurturing local talent and innovative solutions.

During my travels across the country for my election campaign covering 1,75,000 km during, I connected with countless gynecologist friends. I realized that while chal-

lenges differ state to state, a sense of disconnection often exists – the feeling that FOGSI does not always reach the ground level.

FOGSI Anubandh is my commitment to change this. It is about you – your voices, your concerns, and your contributions – because together, we are stronger.

*In your trust, I find my responsibility.*

*In our dialogue, I find our path forward.*

*In our collaboration, I see our future.*

Let us come together, build bridges, and shape a future where every FOGSIan feels connected, supported, and inspired.

Date	Place
11th February	Societies of Tamil Nadu
25th February	Societies of Bihar/Jharkhand
11th March	Societies of Punjab/Haryana
25th March	Societies of Gujarat
22nd April	Societies of Orissa/West Bengal/Assam/Sikkim/AP(Arunachal Pradesh)/Mizoram/Tripura/Nagaland
13th May	Societies of UP
27th May	Societies of MP/Rajasthan/Chattisgarh
10th June	Societies of AP/Telangana
24th June	Societies of Delhi/Uttarakhand/Himachal Pradesh/Jammu & Kashmir/
8th July	Societies of Maharashtra
12th August	Societies of Kerala
26th August	Societies of Karnataka

## AROGYA SAKHI APP



### Arogya Sakhi

Arogya Sakhi is an innovative app under my FOGSI presidency, designed to provide evidence-based, authentic health information to women across all life stages. Addressing common concerns related to adolescence, reproduction, pregnancy and menopause, it offers guidance on issues from bone health to breast and uterine care. Unlike unreliable internet searches, this app ensures scientific accuracy and empowers women with the knowledge they need for better health decisions. Completely free of cost, Arogya Sakhi is our commitment to supporting women and mothers in their health journey.

This will be trusted App for any needy patients. With a directory of 46,000 FOGSI members mapped by name and address, it will help patients to easily locate the nearest FOGSIan for expert care. Connecting you to the right doctor, anytime, anywhere!

## EXISTING ALL FOGSI PROJECTS





A close-up photograph of a dense bouquet of chrysanthemum flowers. The flowers are in various stages of bloom, showing a variety of colors including deep magenta, bright pink, light pink, pale yellow, and a hint of blue. The petals are long and pointed, radiating from a central greenish-yellow disk. The background is filled with more flowers, creating a rich, textured look.

# ACADEMIC PROJECTS FOR THE YEAR



# PROJECT: EEBR

Under the dynamic stewardship of Dr Sunita Tandulwadkar as the President FOGSI 2025, one of the most unanimous academic projects is the Ethical & Evidence Based Recommendation (EEBR).

Ten such EEBRs have been drafted on the most useful and clinically challenging subjects. Each EEBR has been carefully drafted following a consensus between es-

teemed FOGSI experts and stakeholders and are based on the scientific evidence available at the time of preparation.

EEBRs aim to serve as a ready reckoner in day-to-day clinical practice and will definitely enhance patient counselling and decision - making in various topics of Obstetrics & Gynecology.



## THE MAKING OF EEBR—A JOURNEY





# PROJECT: PUBLICATIONS

"As I travelled across the country for the elections, I discovered that few FOGSIANS feel disconnected, as though FOGSI doesn't belong to them. However, I also observed an incredible wealth of talent and eagerness among many to contribute to FOGSI. And that's why we are launching the project so as to bridge the gap and foster a sense of belonging."

Health Map of India Women & Adolescents

"Our mission is to meticulously map the prevalence of key health conditions among women across India, focusing on diverse socioeconomic and geographical segments. By studying a minimum of 1 lakh to 50 Lakh women in each category, we aim to build a comprehensive database that will not only highlight regional health disparities if any but also position FOGSI as a global leader in understanding and addressing women's health challenges."

## 7 PUBLICATIONS

### 1. Study to Assess the prevalence of hypertension, diabetes and thyroid disorders during pregnancy.

#### AIMS & OBJECTIVES:

- To determine the prevalence of these three conditions in India:
- Hypertensive Disorders in pregnancy
- Hyperglycemia in pregnancy
- Thyroid Dysfunction in pregnancy
- To determine the gestational ages when these are first identified/ diagnosed
- Analyze the prevalence difference between rural & urban, different Socioeconomic groups, parity and age .



High risk conditions In Pregnancy

### 2. Study of prevalence and severity of anaemia among pregnant women in India

#### AIM & OBJECTIVES

- To assess the prevalence of anaemia in pregnant women
- To determine the degree of anaemia
- To determine the demographic distribution of anaemia in our country
- To determine partiy-wise anemia prevalence.



Anemia in Pregnancy

### 3. Study on prevalence of depression in perimenopausal women across India.

#### AIMS & OBJECTIVES:

- To determine the prevalence of depression in perimenopausal women across India.
- To compute the mean age of menopause in India.



Depression in Perimenopausal Women

#### 4. Study of Prevalence and etiology of Post Menopausal bleeding.

##### **AIM & OBJECTIVES:**

- To determine the prevalence of Postmenopausal bleeding in women across the country.
- To identify common risk factors associated with PMB.
- To assess the health outcomes related to PMB in this population.



Postmenopausal Bleeding

#### 5. Study on Prevalence of Obesity in Adolescence.

##### **AIMS & OBJECTIVE:**

- To determine the prevalence of obesity among adolescents in different geographic regions.
- To identify common risk factors associated with obesity in adolescence.
- To assess the health outcomes related to obesity in this population.
- To compare the prevalence and risk factors across different centers.



Obesity In Adolescent

#### 6. Study to evaluate the prevalence of complications in the postpartum period.

##### **AIM & OBJECTIVES:**

- Study on Prevalence of Depression, Anxiety Disorder, Dyspareunia, Tokophobic & Continence Disorders following Childbirth.
- To determine the prevalence of depression, anxiety disorders, dyspareunia, perineal pain, tokophobia & continence disorders following vaginal birth in new mothers.
- To compare the prevalence in rural versus urban settings.
- To compare the prevalence with mode of delivery.
- To compare the prevalence in booked versus unbooked status.



Postpartum Disorders

#### 7. Study on understanding the acceptance and usage patterns of various contraceptive methods among women in India.

##### **AIMS & OBJECTIVES:**

- To determine the prevalence of usage and type of contraceptives in various age groups across different demographic regions in India.
- To identify whether contraception is used or not.
- To identify most commonly used contraception in men and women across India.



Contraception



# PROJECT: EAGLE

## Every Aspiring Gynecologist Learns Endoscopy

The EAGLE Project: Inspiring the Future of Gynecological Endoscopy

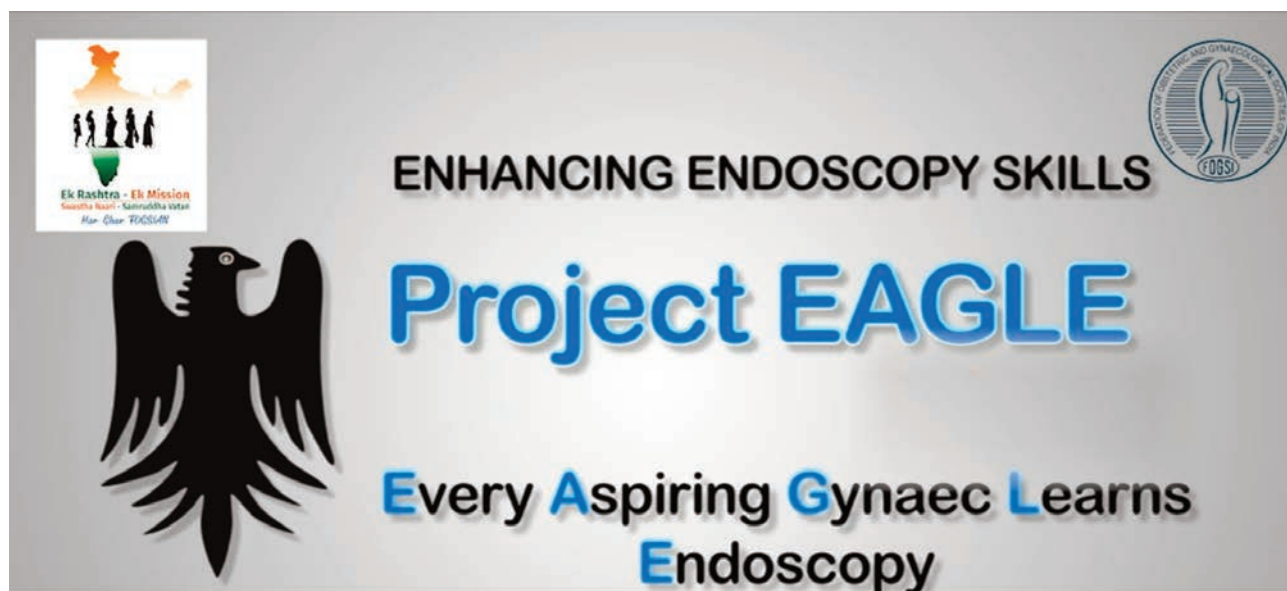
The EAGLE Project (Every Aspiring Gynecologist Should Learn Endoscopy), initiated by FOGSI under the visionary leadership of Dr. Sunita Tandulwadkar, is transforming the landscape of gynecological endoscopy in India. This initiative aims to inspire young gynecologists to embrace endoscopy, ensuring that India shines on the global map for years to come.

Through one-day workshops, we provide postgraduate students and early-career gynecologists with

hands-on exposure to laparoscopy, live demonstrations, and expert guidance. FOGSI supports these workshops with faculty, logistics, and advanced equipment, in collaboration with participating departments.

This project is close to my heart, and I am incredibly grateful to the 100+ endoscopic surgeons who make it possible. Together, we're shaping the future of minimally invasive surgery and empowering the next generation to excel in endoscopy.

Join us in this journey of innovation and excellence. Let's inspire, elevate, and lead together!



The banner features a large black eagle silhouette on the left. In the top left corner is a small logo with the text 'Ek Rashtra - Ek Mission' and 'Santosa Raani - Samrudhi Vatai'. In the top right corner is the FOGSI logo. The main text reads: 'ENHANCING ENDOSCOPY SKILLS' in black, 'Project EAGLE' in large blue letters, and 'Every Aspiring Gynaec Learns Endoscopy' in blue and black letters at the bottom.



# PROJECT: GYAN PRAVAH



## Gyan Pravaha: A Stream of Knowledge, A Flow of Inspiration

As part of my vision to bring meaningful and enriching content to our FOGSI members, I am delighted to introduce Gyan Pravaha – a unique podcast series specially designed for our FOGSI chairpersons.

We have 30 chairpersons, and each has been given a dedicated date of the month. On their assigned date, every month, the same chairperson will host a crisp and engaging 30-minute interview with an inspiring figure — national or international, from diverse fields such as academics, social leadership, or even politics.

These interviews will focus on 4 to 5 thought-provoking

questions, offering insights, ideas, and experiences that will captivate and inspire listeners. Whether the guest is from India or outside, the conversation will be meaningful, relevant, and enriching.

What makes Gyan Pravaha truly special is its accessibility – designed to seamlessly fit into your daily lives. Tune in every night at 8 PM – Let Gyan Pravaha become your go-to source of knowledge and inspiration.

So, mark your calendars, set your reminders, and be ready to connect, listen, and grow with Gyan Pravaha.

DATE	NAME	COMMITTEE
1 <sup>st</sup>	Dr. Supriya Jaiswal	Adolescent Health Committee
2 <sup>nd</sup>	Surekha Tayade	Clinical Research Committee
3 <sup>rd</sup>	Dr. Chaitanya Ganpule	Endocrinology Committee
4 <sup>th</sup>	Dr. Seetha Ramamurthy Pal	Genetic & Fetal Medicine Committee
5 <sup>th</sup>	Jyoti Bunglowala	Ethics & Medico-Legal Committee
6 <sup>th</sup>	Dr. Ashish Kale	Family Welfare Committee
7 <sup>th</sup>	Dr. Asha Jain	Foods & Drugs and Medico Surgical Equipment Committee
8 <sup>th</sup>	Dr. Sejal Naik	Endoscopy Committee
9 <sup>th</sup>	Dr. Saritha Shamsunder	Gynaecologic Oncology Committee
10 <sup>th</sup>	Dr. Neena Malhotra	Imaging Science Committee
11 <sup>th</sup>	B. Kalpana	Infertility Committee
12 <sup>th</sup>	Pratibha Singh	International Academic Exchange Committee
13 <sup>th</sup>	Manoj Chellani	Medical Disorders in Pregnancy Committee
14 <sup>th</sup>	Kiran Pandey	Medical Education Committee
15 <sup>th</sup>	Dr. Alka Kuthe	Medical Termination of Pregnancy Committee
16 <sup>th</sup>	Dr. Archana Dwivedi	Midlife Management Committee
17 <sup>th</sup>	Dr. Bharathi Rajshekar	Perinatology Committee
18 <sup>th</sup>	Dr. Rashmi Kahar	Practical Obstetric Committee
19 <sup>th</sup>	Dr. Priyankur Roy	Public Awareness Committee
20 <sup>th</sup>	Dr. Archana Kumari	Quiz Committee

21 <sup>st</sup>	Poonam Goyal	Safe Motherhood Committee
22 <sup>nd</sup>	Dr. Apurba Kumar Datta	Sexual Health and STIs Committee
23 <sup>rd</sup>	Dr. Charulata Bapaye	Study on Female Breast Committee
24 <sup>th</sup>	Dr. Kavita Barnwal	Urogynaec & Pelvic Floor Repair Committee
25 <sup>th</sup>	Dr. Suman Sinha	Vaginal Surgeries Committee
26 <sup>th</sup>	Dr. Rohan Palshetkar	Young Talent Promotion Committee
27 <sup>th</sup>	Dr. Kiranmai Devineni	No To Violence Against Women Committee
28 <sup>th</sup>	Dr. Kanchan Sharma	NCD (Non Communicable Diseases) Committee
29 <sup>th</sup>	Dr. Anu Chawla	Endometriosis Committee
30 <sup>th</sup>	Dr. Brajbala Tiwari	Environmental Health Committee
31 <sup>st</sup>	Dr. Sunita Tandulwadkar	President's Podcast

ज्ञान प्रवाह :

ज्ञान का बहता रोजाना एक नया, अनोखा रंग ॥  
हर रात 8 बजे जुड़िए आप फॉगसी के संग ॥



## PROJECT: GYAN DEEPIKA

SR No.	Title	Editors
1	Basic Infertility	Dr Rohan Palshetkar, Dr Priyankur Roy, Dr Fessy Louis
2	Me- No - Pause Navigation through Transition	Dr Archana Dwivedi, Dr Komal Chavan
3	Handbook of setting up an OG Practice in India	Dr Asha Jain
4	Algorithms for Obstetrics Emergencies	Dr Kiranmai Devineni
5	Vulval Disorders	Dr Surekha Tayade
6	Spotlight on those Living in the Shadows: The Endometriosis Journey	Dr Anu Chawla
7	Maternal Health 360: The Revolutionary Innovations	Dr Poonam Goyal
8	Annals of vaginal surgery	Dr Sumam Sinha, Dr Rajendra Saraogi
9	Antepartum Fetal Surveillance	Dr Rashmi Kahar
10	Beyond the Scalpel: A New Era of Minimally Invasive Procedures	Dr Sejal Naik
11	Preventive Gynaecology	Dr Charu Bapaye
12	Pregnancy After Organ Transplants and Complex Medical Conditions	Dr Pratibha Singh
13	NCD in Women — A Modern Epidemic	Dr Komal Chavan, Dr Kanchan Sharma
14	Simplified Management of Gynecological Cancers and Pre-Cancers	Dr Sarita Shamsunder
15	Sexuality Redefined	Dr Apurba Kumar Dutta
16	Legal and ethical issues in healthcare system- what a Gynaecologist should know!!	Dr Jyoti Bunglowala
17	Poor Responders	Dr B Kalpana
18	Challenging Cases in Obstetrics & Gynaecology	Dr Kiran Pandey
19	Obstetric Pharmacology: A Practical Guide	Dr Mitra Saxena
20	Aesthetic Gynaecology	Dr Neharika Malhotra
21	Latest updates in Urogynecology	Dr Kavita Barnwal
22	Nurture vs Nature : How environment shapes women's health	Dr Brijbala Tiwari
23	Prenatal Mental Health	Dr Asha Jain, Dr Surekha Tayade
24	The Teen Health Encyclopaedia: A Complete Guide to Adolescent Health Issues	Dr Supriya Jaiswal
25	Ensuring health- beginning from the womb	Dr Bharati Rajshekar
26	Pending	Dr Alka Kuthe
27	Pending	Dr Sujata Dalvi, Dr Pragya Mishra
28	Best practices in IUI	Dr Laxmi Shrikhande
29	Pending	Dr Suchita Pandit
30	Fetogen	Dr Seetha Pal
31	Newer contraceptive insights, a practical handbook for day-to-day practice	Dr Ashish Kale

# PROJECT: GYAN VISTAR

## GYAN VISTAR (JOURNAL CLUB)

(JOGI/BJOG/ACOG/F&S/HR/HRS/.....)

3<sup>rd</sup> Thursday of Every Month – 4:00 TO 5: 00 PM

One Journal and group discussions with  $\frac{3}{4}$  authors

Month	Name
January	Dr. Suvarna <u>Khadilkar</u>
February	Dr. Geetha <u>Balsar</u>
March	Dr. Sarita <u>Bhalerao</u>
April	Dr. Palani
May	Dr. Amit <u>Patki</u> -ASRM/ESHRE/ASPIRE
June	Dr Hema Diwakar
July	<u>Dr.Parag Biniwale</u>
August	<u>Dr. Parul Kothadwala</u>
September	Dr. Ritu Khanna
October	Dr. Narendra Malhotra (Regenerative Medicine )
November	Dr. Neena Malhotra
December	Dr. Priti Kumar





## ACADEMIC CALENDAR AT A GLANCE- 2025

Date	Conference	Place	In Charge
8th -12th January	AICOG	Mumbai	Dr. Nandita Palshetkar & team
20th - 21st January	Aarogya Yog Yatra	Tirupati	Tirupati society
24th - 26th January	Presidential conference	Andaman	Dr.Sampath Kumari
1st - 2nd February	Presidential Conference	Ahmadnagar	Dr.Ganesh Bade
7th- 9th February	ISAR Annual	Lucknow	Dr. Rajul Tyagi,Dr. Ameet Patki
14th - 16th February	AMOGS	Chandrapur	Dr.Manisha Ghate & Dr. Kiran Kurtkoti
19th -20th February	Aarogya Yog Yatra	Rishikesh	Dr.Jaya Chaturvedi/Dr.Neena Malhotra/Deheradun society
21st - 23rd February	North Zone Yuva	Delhi	Team Khora makanpur
1st- 2nd March	ICOG	Pune	Dr. Parag Biniwale
14th - 16th March	IAGE AAGL Annual	Pune	Dr. Sunita Tandulwadkar/Dr. Shailesh Puntambekar/Dr. Ashish Kale
18th -19th March	Aarogya Yog Yatra	Puri	Dr.PC Mahapatra & Team Bhubaneswar
20th March	Aarogya Yog Yatra	Varanasi	Dr.Ritu Khanna
2nd - 6th April	Funference	Srinagar	Dr.Narendra Malhotra/Dr.Sudhir Shah/Dr.Deepak Bagade
10th April	South South South Concla	Delhi	Dr.Hrishikesh Pai
11th April	FOGSI cell meeting	Delhi	Delhi Society/FOGSI
12th- 13th April	FOGSI MCM	Delhi	Delhi Society
18th-20th April	VP conference	Kolkata	VP Dr. Shyamal Sett
26th-29th April	IFFS	Japan	Dr. Rishma Pai
1st- 4th May	ASPIRE	Singapore	Dr. Ameet Patki
10th - 11th May	VP conference	Noida	VP Dr.Abha Singh / Dr Rakhi Singh
17th - 18th May	Presidential Conference	Vishakhapatnam	Vishakhapatnam Society
18th - 24th May	FOGSI Overseas Conferen	Baku-Azerbaijan	Respective Committee Chairpersons
5th- 8th June	EBCOG	Frankfurt	
7th - 8th June	Presidential conference	Bangalore	Bangalore OBGYN Society

11th-12th June	Aarogya Yog Yatra	Dwarka & Somnath	Dr. Mahesh Gupta/Jamnagar society/Gandhi nagar society
13th -15th June	West Zone Yuva	Rajkot	Dr. Nitin Lal,Dr. Jigna Ganatra,Dr.Niraj Jadav/Rajkot obgyn Society
20th - 21st June	South Zone Yuva	Ooty	Dr Chandrakala Maran / Coimbatore OBGYN Society
25th - 28th June	ESHRE	Paris	
5th-6th July	Critical Care Conference	Patna	Dr.Vinita Singh
10th July	Aarogya Yog Yatra	Ajmer & Pushkar	Ajmer and Udaipur Society
11-13th July	VP conference	Udaipur	VP Dr.Komal Chavan
13th July	Aarogya Yog Yatra	Shrinathji	Udaipur OBGYN society
25th - 27th July	VP conference	Kanyakumari	VP Dr.Palaniappan & respective team presidents
28-Jul	Aarogya Yog Yatra	Rameshwaram	Madurai OBGYN Society
1st- 3rd August	FOGSI FIGO	Mumbai	Dr. Hrishikesh Pai
22rd-23rd August	RCOG & BFS	London	Dr.Ameet Patki & Dr.Anu Chawla
5th- 7th September	PPH	Ahmedabad	Dr.Mahesh Gupta
10th-11th September	Aarogya Yog Yatra	Mathura and Govardhar	Mathura OBGYN Society
13th - 14th September	Presidential Conference	Kanpur & Dibrugarh	Dr. Meera Agnihotri / Dr Pranay Phukan
19th - 21st September	AICC RCOG	Chennai	Dr.Uma Ram
26th September	FOGSI cell meeting	Mumbai	
27th- 28th September	FOGSI MCM	Mumbai	
5th-9th October	FIGO	Cape Town	
18th - 19th October	Presidential Conference	Meerut	Dr.Usha Sharma/Dr.Bharti Maheshwari
25th - 29th October	ASRM	San Antonio-Texas -USA	
7th- 9th November	East Zone Yuva	Shillong	Dr.Shyamal Sett & Shilong OBGYN Society
14 th - 16th November	Presidential conference	Pune	Dr.Sunita Tandulwadkar & Dr.Ashwini Kale POGS
5th - 7th December	VP conference	Nashik	VP Dr.Varsha Baste
10th - 11th December	Aarogya Yog Yatra	Ayodhya	Dr. Pritikumar & Lucknow OBGYN society
12th - 13th December	Aarogya Yog Yatra	Amritsar	Amritsar Society



# Back Cover