



Dr. Amita Saxena
President



Dr. Jigyasa Dengra
Editor



Dr. Shubhali Sharma
Co-Editor



Dr. Richa Dhirawani
Secretary

HEALTH CHECKUP PROGRAMME IN ASSOCIATION WITH INNER WHEEL CLUB OF JABALPUR



CME ON LIVE HYSTEROSCOPY AT IDEAL INFERTILITY CENTER



Convener
Dr. D'Pankar Banerji
Ob/Gyn, Director, Ideal Fertility

Discussion media
electrosurgery methods
for surgery?

What to buy?
How to set up?

**Learn
Hysteroscopy**

**LIVE
HYSTEROSCOPY
DEMO**

Karl Storz OR1
Dr. Deepti Gupta

Minimum
financial
requirements?

3 May 2022
4:30 pm - 6:00 pm

Ideal Fertility
Conference Room 3rd
floor

Different distension media
& application of electrosurgery
methods **Dr. Fanindra Solonki**
MS, MCh Urology

Negotiating a difficult
cervix **Dr. Deepti Gupta**
MS, FRCOG, Ob/Gyn

For details, contact
Dr. Chhavi Shrivastava
8770266113
9300411122

CME was conducted at ideal fertility centre under guidance of Dr. Deepankar Banerji. Live demonstration of Hysteroscopy was done by Dr. Deepti Gupta and Dr. Fanindra Solonki MS, Mch Urology explained different distension media and application of appropriate electro surgery methods. CME was attended by many JOGS members and was well appreciated.

CME ON STRESS MANAGEMENT AND MOTHERS DAY CELEBRATION IN ASSOCIATION WITH IMA WDW



CME was conducted by IMA President Dr. Chitra Jain and IMA Secretary Dr. Sonal Richhariya on stress management where Dr. Himanshu Acharya explained on work life balance and stress management in day to day life in the presence of notable Social Worker Dr. Kailash Gupta. The event was followed by ramp walk of mothers and daughters on account of mothers day celebration.

JABALPUR OBSTETRICS AND GYNAECOLOGY SOCIETY 2021-22 INSTALLATION CEREMONY

The installation ceremony of managing committee of JOGS was held glittering ceremony on 8th may at hotel vijan mahal. Dr. Amita Saxena was installed as president of JOGS for year 2021-22 along with secretary Dr. Richa Dhirawani. Presiding over the ceremony was Chief Guest Dr. Jaydeep Tank a renowned gynaecologist and FOGSI president along with Guest of Honour Dr. Jitendra Jamdar renowned orthopedician and cabinet minister.

President Dr. Amita Saxena in her acceptance speech thanked everyone for their love and support and promised to take JOGS to new heights. Secretary Dr. Richa Dhirawani emphasized on team work along with many enthusiastic ideas for upcoming year.



The other newly installed office bearer includes **Joint Secretary** Dr. Deepti Gupta, Dr. Roma S. Nag, Dr. Priyanka Gour, **Treasurer**, Dr. Namita Tiwari, Dr. Komal Jain, **Editor** Dr. Jigyasa Dengra, Dr. Shubhali Sharma.



A CME was held on the occasion which was accredited for - 1 ICOG Points. Dr. Jaydeep Tank delivered a talk on management of PCOS.

FELICITATION OF PAST PRESIDENTS



Felicitation of all the past president dating back from year 1982 was done at installation ceremony.

CALENDER RELEASE



NEWSLETTER RELEASE



KNOW THE FACTS

Florence Nightingale In The Barrack Hospital At Scutari



Florence Nightingale, (born May 12, 1820, Florence, Italy—died Aug. 13, 1910, London, Eng.), Italian-born British nurse, founder of trained nursing as a profession. As a volunteer nurse, she was put in charge of nursing the military in Turkey during the Crimean War. Her first concern was sanitation: patients' quarters were infested with rats and fleas, and the water allowance was one pint per head per day for all purposes. She used her own

finances to purchase supplies. She also spent many hours in the wards; her night rounds giving personal care to the wounded established her image as the "Lady with the Lamp." Her efforts to improve soldiers' welfare led to the Army Medical

School and a Sanitary Department in India. She started the first scientifically based nursing school, was instrumental in setting up training for midwives and nurses in workhouse infirmaries, and helped reform workhouses. She was the first woman awarded the Order of Merit (1907)

MONTHLY PMSMA ACTIVITY



Dr. Sharda Mishra Examining Patients

INTERNATIONAL NURSE DAY CELEBRATION

International Nurses Day (IND) is an international day observed around the world on 12 May (the anniversary of Florence Nightingale's birth) each year, to mark the contributions that nurses make to society. The special day was chosen by the International Council of Nurses and has been observed officially since 1974. The inspiration behind the day is the iconic Florence Nightingale, the British nurse and social reformer who dedicated her life to the improvement of the health sector.



On International Nurses Day nurses were felicitated for their dedication, determination and their selflessness at various hospitals and clinics.

CME ON LABOUR ANALGESIA IN ASSOCIATION WITH ISA JABALPUR



CME was conducted on 14th May and lecture was delivered on Labour Analgesia by Dr. Deepak Hingwe and Rational use of Oxytocine by Dr. Deepti Gupta and panel discussion was done on --- moderated by Dr. Devesh Gupta.

NATIONAL HYPERTENSION DAY

On National Hypertension Day BP checkup of the staff and patients of various hospitals was done by members of JOGS.



ANAEMIA AWARENESS



HEALTH AWARENESS TALKS ON MENSTRUAL HYGIENE



JOGS made history today by organising a mammoth awareness program in celebration of Menstrual Hygiene Day (MHD) on 28th May 2022 private hospitals and nursing homes OPDs/ Seminar halls across JABALPUR and out skirts. The theme of Menstrual Hygiene Day 2022: was "Making menstruation a normal fact of life by 2030". The event included several educational activities to destigmatise menstruation, breaking the taboos, myths and uplift menstruating women across all walks of society. Beneficiaries include adolescent girls, young patients, relatives, staff nurses, student nurses, medical students, the general public in the community

FOGSI FAMILY DAY CELEBRATION AT CULTFIT GYM



FOGSI Family day was attended by FOGSI members with great enthusiasm at cultfit gym, to celebrate health and importance of fitness and life style choices. Everyone enjoyed energy filled and fun beaming zumba session.

ESSAY COMPETITION - MY FAMILY

Winners of Essay Competition

DR. DIPIKA DEWANI

DR. PRADNYA HARSHEY

DR. ARCHANA SINGH

ESSAY-1 MY FAMILY

"The love of a family is life's greatest blessing."

: Eva Burrows

Family to me is that most important unit which has moulded me into the person I am. My family is my power house which gives me confidence on good days and strength when days are difficult. How important is family as a unit to an individual was most understood by me when I left my home town for higher education. For me initially it was chasing my dreams but for my family it was their little bird who took her flight into the vast sky. My family has taught me what it is to love whole-heartedly and unconditionally.

In today's world where family sizes are shrinking, I am bestowed in abundance by God for blessing me with a joint family and for making my belief stronger in family ties. For me my family is that army, where every member has a different temperament but with one singular purpose and that is to have each other's back.

Growing up in a joint family has been one joy ride. My all family members have nurtured me and my siblings with utmost care, immense affection and have deeply and strongly inculcated the message of brotherhood and what it means to stand by each other and for each other against odds.

Having my both parents working that too in a full time job with odd hours of work routine, the major credit of bringing us up (me and my siblings), taking care of our daily needs, catering our emotional needs was all done by my beloved Bui, Dadi, Chachi and Chachu. In my entire childhood and adolescence never did my loving family members made us, the children of the house miss our parents. What it is to be: selfless, stand together in unity, affectionate, commitment, devoted, is what I learnt from my family.

Most importantly my family didn't preach, they inspired us by their deeds and action. My Family has helped in shaping the future and career my siblings and mine.

As an adult my family has had a major influence in my decision-making process through inculcating values that can differentiate between right and wrong.

In today's time where mankind is dealing with a big threat to existence in the form of Covid-19 pandemic, the prime importance in life is that of my family. This has come as a big reality check. The brighter side of

pandemic wave was the realization that at the end of the day its only my family who have borne it all, our hectic covid duties, catering to ill health of each other, no running away and adjusting to every adversity which pandemic brought along and today it is because of my family's persistence and undying efforts that we have sailed through the pandemic with bare minimum adversities and have come out stronger and more aware of being blessed with each other; similar people with never say die attitude, willing to cross mountains for each other and holding onto one another.

The basic essence of what labels my species as humans is I believe the simple quality of empathy. This most important virtue has been instilled into my conscious and existence by my family and today and everyday I am grateful to God for my family members who everyday have put efforts and to make me become a better and more sensitive human being.

What does one human crave the most? Love? Affection? Time? Attention?

I feel the basic need and craving I as a human have is for the sense of belongingness. My family gives me the feeling that I belong to them. They give the sense of security. They give me my roots. Knowing where I belong gives me the anchor I need to deal with everything the world throws at me. They are the set of people I can truly be myself without the fear of being judged, at ease, who help me enhance my good qualities, appreciate and acknowledge my efforts to accomplish something no matter the end result and at the same time keep me fully aware informed about my shortcomings without being judgemental.

Having a family is such a basic necessity that often we take it for granted when we have it. Our families stay with us from our first breath to our last. They provide us with the foundation upon which we build ourselves, without them my existence can never be thought of. To me, my family is an extension of myself. Whatever and however I put in words, will always fall short, to describe about the value of my family to me would be as difficult as describing about the rising and falling colours of the rainbow, beautiful yet so overwhelming.

My family is in all sense the wind beneath my wings!!

By :- Dr Deepika Dewani

ESSAY-2 MY FAMILY

My name is Dr. Pradnya Amlan Harshey, Age 52 years, just like my name, Pradnya, I want to write about my family with new insight. Born into family of Kharwadkars daughter of Prakash Kharwadkar, an astute philanthropic, industrialist and Pratibha Kharwadkar, the best mother, I am a merit student, an extrovert, a smiling person and all credit to my parents for giving me the confidence, courage and the background to be myself. My younger brother, Prasad, who though different from me in thoughts, more rational, more successful, still thinks the world of me. He has been the best friend and brother you dream of, see in movies, and read in books. Infact, more real and better version of the best brother. My second parents Dr. Bhalchandra and my paternal Aunt Suman Bhalchandra are responsible for the sincere hardworking and smiling part of me. They not only gave me home but opened their hearts to me when I completed my professional degree and my undergraduate degree. My maternal Mama Dr. Satish Muley, Dr. Sudhir Muley, my grand mami Dr. Kunda Muley, Dr. Sandhya Muley gave me their whole hearted love & gave me the freedom to fly. My cousins who are actually ur first best friends, Anu Tai, Kirti, Sujata, Sampada, Piyush, Hrishikesh are just the right gang to cheer u encourage you, , motivate u & love u unconditionally.

Does the family name define U ? married to Dr. Amlan Harshey, son of Dr. L.J.Harshey, renowned paediatrician, a philanthropic RSS and Kalpana Harshey, the best MIL life has been roller coaster ride for 25 years. I am one of the blessed ones who fell in love with Amlan after engagement, married him, loved him to the fullest and even after his death, is in love with him. Family means Amlan begins and ends with him. Isn't it like this with all of us? Like all arranged marriages, we got the best of both parents (mine & his) i still Miss. Aai & Baba (Amlan's) and my both parents miss Amlan so much.

Two, sons who are like stars Aditya & Abhishek, is the family we created. Hopefully we have given them on all good parts of both of us and hope GOD will give them the wisdom to be good human beings who are not only successful, happy, healthy and wealthy but will have some philanthropic ideas of their grand parents.

My sister in law Bhawana, Amlan's sister Shilpa & Sarika are like the sisters. I have longed for whether it is finance, the beauty tips, parenting joy and sorrows, the kitchen disasters.

They have made my life better Amlan always said that Shilpa is my sister not yours, he was that possessive. Gratitude for the whole Harshey Squad, who have rallied around taking care of all three of us. Grateful to God for this family of Sameer, Bhawana (Harshey, Kaka, Kaku) Shilpa & Debesh (Dutta clan) , Sarika Tai & Kishore Jijaji (Nene clan) for taking so good care of all of us. The bonds of family are like fevicol, you just need to stick together.

Family is also about friends. This is the family we choose, nature cherish. My school friends Anu, Bhanu, Bharati, Charu have rallied around these 37 years, my college friends Sarita and so many have helped me in my rise from ashes!! The list is endless !! The family of Amlan's friends Pawan Sir., Kirti Sir, Sandhu Sir have been blessings Nisha, Poonam, Devika, Shikha, Anita, Vidu are the foundation of new Pradnya.

Family is also about the work culture u create. The staff of our hospital is all about family. They are own 2' am friends who are there to share sorrow, work diligently to raise the standards. No amount of money can compensate them. when I was struggling. The emotional support, the unique way of always cheering me, encouraging me, taking care of me. can not be written in words.

Our cook Rajani, Driver Nagraj, Sourabh, Devraj, Brijesh, Pramila, Sushma, Baby, Laghvi the list is just too long. Family is what we get when we give & receive. These are bonds which are beyond relation. That is called " _kkuqca/ku"predestined bonds.

Now we also have "oklqnsodqVqacde" This is large meaning which somehow difficult to implement. I am Indian & the whole community is my home. "vge~ Hkkjrh;e~ vLeh" This is my family too.

So, next time, think about who your family is !! The family bonds are by blood, by marriage, by what we create friends who also chose us, and the list of our everyday helpers who make our life smoother, fulfilling and worth living.

Family who stands with us is our family.

मेरा परिवार

चयन किया किसने भला, अपना घर परिवार,
यह तो है भगवान् का, हम सबको उपहार

इस सुन्दर पंक्तियों के लिए इस लेखक को मेरा बारम्बार नमन। निश्चित ही इस लेखक का अपने परिवार के प्रति उच्चतम, उद्गारस्व अनुपम भाव है व इस चार पंक्तियों में जैसे सारा संसार समा गया हो।

मैं इस परम भाव से पूर्णतः सहमत हूँ और हूँ भी क्यों ना.. परिवारक्या इस शब्द का बोध होने से या मात्र श्रवण होने से हमें एक सुखद अनुभूति नहीं होती है? परिवारआखिर क्या है ये परिवार ?

वैसे तो परिवार से सम्बंधित कई नामावली है जैसे कुटुंब, कुलबा, कुल, घराना, खानदान इत्यादि..परन्तु इसकी परिभाषा क्या है. ?, क्या हम इसकी परिभाषा जानते हैं. ? अगर जानते हैं तो क्या हम समझते भी हैं ?

मेरे लिए तो परिवार को परिभाषित करना मानो शब्दों के अथाह समंदर में गोता लगाकर मोती सामान भावों को चुनना और उन्हें पिरोकर माला को प्रतिरूप देना काफ़ी हद तक अकल्पनीय सा लगता है। बचपन में जो समझाया गया तथा समय के चक्र ने जो अनुभव काया उससे अभी तकयही समझ में आया किजन्म से हमें जो समूह मिलता है, रिश्तों का समूह...**रक्त संबंधितों का समूह...** जो एकही घर में साथ रहते हैं उसे ही परिवार कहते हैं।

अगर यही परिवार है तो ईश्वर ने हम सबको हमें मेरा परिवार रुपी बहुमूल्य उपहार प्रदान किया है जिसमें पारिवारिक रिश्ते मिले हैं जैसे माता पिता , भाई बहन पति बच्चे इत्यादि। इन पारिवारिक रिश्तों ने हम सबका सर्वांगीण विकास किया है जो की एकमजबूत समाज की आधारशिला रखता है।

लेकिन मेरा यह मानना है किईश्वर द्वारा दिया गया एकअद्भुत नाम (**परिवार**)जिसे अलग अलगमायनों में नाम दिये गये हैं इस संसार में एक एक चीज हीपरिवार है ये चहचहाती चिड़ियाँ, ये हवा, ये वातावरण सभी मुझे परिवार लगते हैं।

सर गडविनएल्बर्ट (प्रथम विश्व युद्ध जनरल) ने कहा था जहाँ हमें अपनापन लगे वही परिवार है।

सबसे जीता जागता उदाहरण हैहमारे पशु..जो किसबसे महत्वपूर्ण परिवार के सदस्य होते हैं। उनका जीवन हमारी उपस्थिति मात्र है और कुछ भी नहीं...

परिवार एक एकता का प्रतीक है जीवन में इसका महत्वपूर्ण स्थान हैहौसला है, हिम्मत है, व्यक्ति की पहचान है। परिवार का समाज के निर्माण में एक विशेष योगदान है। मनुष्य एक सामाजिक प्राणी है लेकिन उससे पहले वह किसी न किसी परिवार का सदस्य होता है जो उसे सामाजिक प्राणी बनने में सभी स्तर पर अपना योगदान प्रदत्त करता है और इस तरह से एक समाज का निर्माण होता है।

अपनापन रखिये यकीन मानिये वही **मेरा परिवार** है

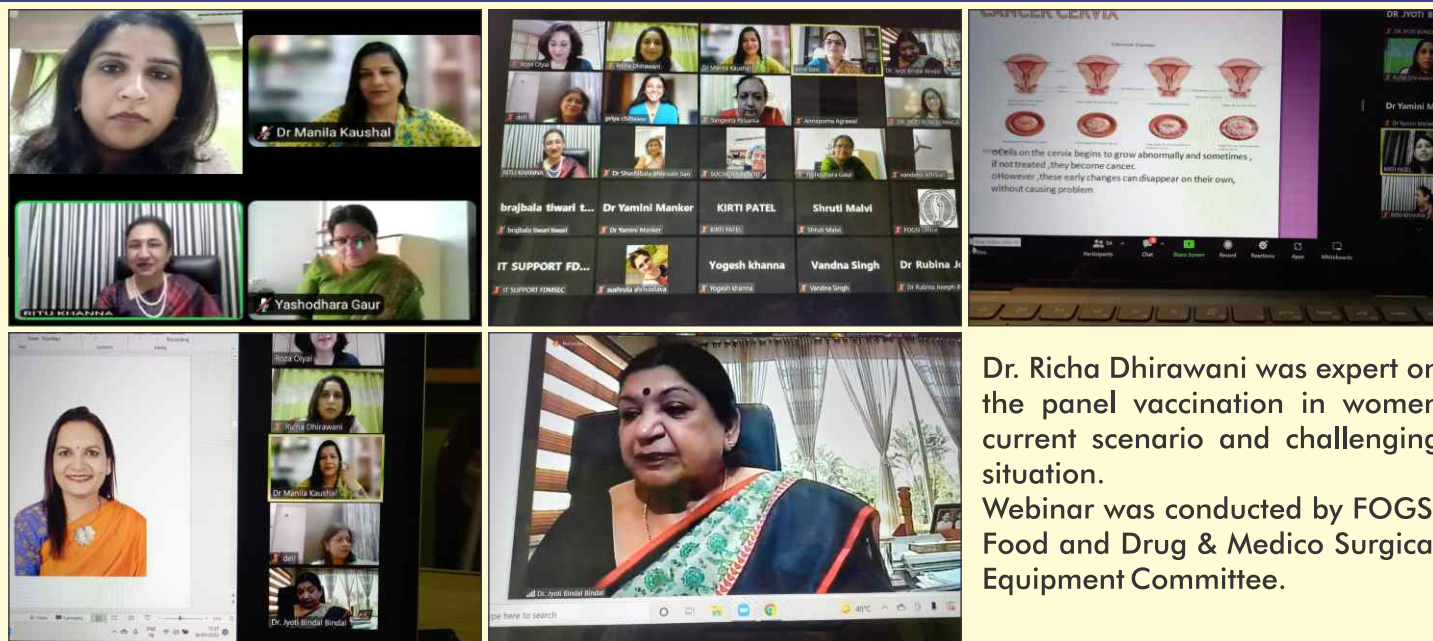
जय हिन्द

डॉ. अर्चना सिंह (एसोसिएटप्रोफेसर)

स्त्री रोग विभाग

मेडिकल कॉलेज जबलपुर

WEBINAR ON VACCINATION DURING PREGNANCY



Dr. Richa Dhirawani was expert on the panel vaccination in women current scenario and challenging situation. Webinar was conducted by FOGSI Food and Drug & Medico Surgical Equipment Committee.

GARBHSANSKAR SEMINAR



Garbhsanskar seminar at sutika grah

Karyashala at shiv shakti bhavan bhavartaal



NO TOBACCO DAY





31 May is World No Tobacco Day. This yearly celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies, what WHO is doing to fight the tobacco epidemic, and what people around the world can do to claim their right to health and healthy living and to protect future generations. Members of JOGS actively participated in spreading the awareness across Jabalpur and outskirts by arranging various talks, camps and awareness campaigns.



JOGS GOT TALENT !

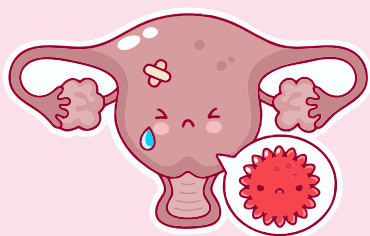


Mesmerizing painting by Dr. Swaraj Naik

WHATSAPP QUIZ ON PID AND GENITAL INFECTION

Q.1. Vulvovaginal Candidiasis:

- A. Cause muco-purulent cervicitis.
- B. Frequently associated with systemic symptoms.
- C. May be diagnosed microscopically by mixing discharge with KOH.
- D. Is treated with doxycycline.
- E. Is one of the sexually transmitted diseases.

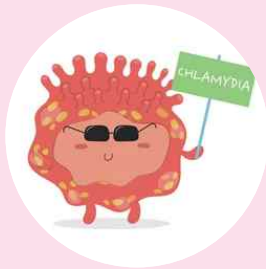


Q.2. Bacterial Vaginosis:

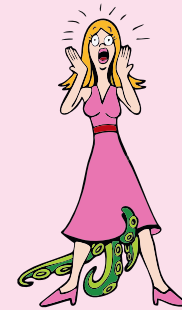
- A. Is rare vaginal infection.
- B. Is always symptomatic.
- C. Is usually associated with profound inflammatory reaction.
- D. Causes fishy discharge which results from bacterial amine production.
- E. Is treated with Clotrimazole.

Q.3. Trichomoniasis:

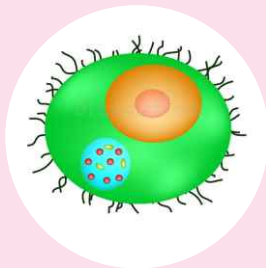
- A. Associated with cytological findings in PAP smear.
- B. Associated with pregnancy & Diabetes mellitus.
- C. Is sexually transmitted parasite which causes pruritic discharge.
- D. May cause overt warts.
- E. Is diagnosed on a wet smear which reveals clue cells.

**Q.4. Chlamydia Trachomatis infection:**

- A. Are commonly manifested as vaginal discharge.
- B. PAP smear usually suggest inflammatory changes.
- C. Infection in the male partner present as urethritis.
- D. May ascend into the upper genital tract resulting in tubal occlusion.
- E. All of the above.

**Q.5. All the followings can be transmitted sexually EXCEPT:**

- A. HIV.
- B. Chlamydia.
- C. Gonorrhea.
- D. Vaginal Candidiasis.

**Q.7. Vaginal Trochomitis is :**

- A. sexually transmitted disease
- B. Yeast infection
- C. Cause Salpangitis
- D. Is more common in diabetic

Q.8. Candida occur in all of the following EXCEPT:

- A. Diabetic
- B. Long term anti biotic
- C. Thyrotoxicosis
- D. OCPE. Pregnant

**Q.9. All the followings can be transmitted sexually EXCEPT:**

- A. HIV.
- B. Clamydia.
- C. Gonorrhea.
- D. Vaginal Candidiasis.

Q.10. Genital tract Candida occurs more frequent in all these patients, EXCEPT:

- A. Diabetic.
- B. On long term antibiotic therapy.
- C. Thyrotoxicosis.
- D. On oral contraceptive pills.
- E. Pregnant.



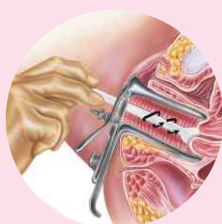
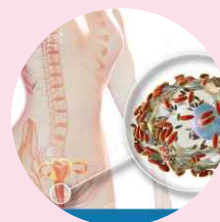


Q.11.Regarding Vaginal Trichomoniasis, choose the CORRECT answer:

- A. Is a yeast infection.
- B. Is generally sexually transmitted.
- C. Frequently cause Salpingitis.
- D. Is more common in diabetic patients.
- E. Treated by antifungal drugs.

Q.12. The treatment choice for gardenerella vaginosis is :

- A. Ampicillin.
- B. Metronidazole.
- C. Clindamycin.
- D. Gentamycin.
- E. Vancomycin.



Q.13. Which of the following is NOT detected by a cervical smear?

- A. Herpes Simplex Virus
- B. Human Papilloma Virus
- C. Actinomycosis
- D. Trichomonas

Q.14. Metronidazole is indicated for which of the following conditions:

- A. Bacterial vaginosis
- B. Trichomonas
- C. Prophylaxis before vagina surgery
- D. All of the above

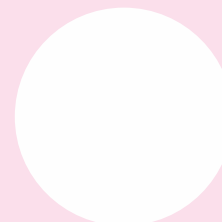


Q.15. Vaginal Trichomoniasis, choose the correct answer :

- A. Is a yeast infection
- B. Is generally sexually transmitted
- C. Frequently cause salpingitis
- D. Is more common in diabetic patients
- E. Threatened by antifungal drugs

Q.16. All the following infection can be transmitted through sexual intercourse, EXCEPT:

- A. Genital herpes
- B. Human Immunodeficiency Virus (HIV)
- C. Chlamydia
- D. Gonorrhea
- E. Vaginal Candidiasis



QUIZ WINNERS

DR. JIGAYSA DENGRA

DR. RUPALI SINGH

DR. DEEPTI GUPTA.

Answers :- 1.c 2.d 3.c 4.e 5.d 6.c 7.a 8.c 9.d 10.c 11.b 12.b 13.d 14.d 15.b 16.e

**Agenda
of
June**

4th June- World environment Day Celebration ,
5th June- FOGSI Fertility Day / Plant a tree Day At Medical College,
11th June- CME on Rh Neg - Speaker Dr Vivek Krishnan
14th June- World Blood donor Day,

19th June - Fathers Day Celebration
21st June- WORLD YOGA Day
Quiz on INFERTILITY One sunday!