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HEALTH AWARENESS TALK AT LIJJAT PAPAD MAHILA GRAH UDYOG



Dr. Amita Saxena, Dr. Pragya Dhirawani, Dr. Neena Shrivastva, Dr. Archana Shrivastva delivered talks on menopause and osteoporosis.

HEALTH CHECKUP CAMP



Dr. Nisha Sahu, Dr. Shashi Thakur examining patients.

SCIENCE AND SPIRITUALITY OF GARBHSANSKAR



Garbhsanskar seminar at Anant Hospital

Garbhsanskar seminar at Elgin Hospital

HEALTH CHECKUP CAMP AT CHC MOHGAWAN TRIBAL AREA MANDLA



Dr. Sharda Mishra at health checkup Camp held at CHC Mohgaon Mandla on 13.4.2022 with SANGHINI SEVA.

Around 385 ANC attended the camp. All essential investigations for ANC along with Sick cell anaemia were carried out and high risk ANC were identified. Proper treatment, advice and counselling were carried out.

WORLD ENVIRONMENT DAY CELEBRATION

Led by the United Nations Environment Programme (UNEP) and held annually on 5 June since 1973, World Environment Day is the largest global platform for environmental public outreach and is celebrated by millions of people across the world. World Environment Day is the United Nations day for encouraging worldwide awareness and action to protect our environment.



Enthusiastic participation of JOGS members for plantation at Dr Alka Aggarwal residence, Vimal nursing home adhartal. Dr Alka spoke on importance of plantation for sustainability of planet and to combat global warming, also members were happy to observe growth of plants which were planted last year event was well covered by various media house



Plantation drive at Dr Rakhi Bajpai farmhouse to celebrate world fertility awareness and world environment day. The day June 4 is celebrated on World Fertility Day with the aim of drawing attention both to the difficulties of many people to have biological children, as well as to the medical advances that currently help many women and men to achieve their desire to be mothers and fathers.



Plantation by Dr Shobha Gupta, Dr Nisha Sahu and Dr Pushpa Pandey on occasion of World Environment Day in association with Bramha Kumaris.

Awareness talk on importance of plantation, save water, noise pollution preventions and no plastic use were explained to all attendees.



Plantation of रुद्राक्ष plant at police hospital.

Tree Plantation by Individual JOGS Members

MEDIA COVERAGE



WEBINAR MASTER LEARNING CLASS ON PPH



JOGS in association with Indore, Ratlam, OBG Societies conducted online webinar on PPH and with Dr. Geeta Guin as Speaker and Dr. Amita Saxena, Dr. Neena Shrivastva, Dr. Anuradha Dang, Dr. Richa Dhirawani, Dr. Sonal Richhariya as Chairperson.

HEALTH CHECKUP CAMP



Health checkup camp at panagar by Sharda Mishra

GARBH SANSKAR SEMINAR



Dr Suman Jain doing free OPD for antenatal patient also delivering talks on Garbh Sanskar in association with Gayatri Parivar at satna



Garbh Sanskar Ceremony at JHRC.



KJ MEMORIAL hospital organised the event attended by Dr Pushpa Pandey, Dr Amita Saxena, Dr Kusum Jain and Dr Komal Jain



Garbh sanskar workshop conducted at Sutika Gruha on Tuesday. Dr Sharda Mishra guided patients and relatives. Dr Padma Pandey, Dr. B. Vegad, Dr S. Jaiswal, Dr. A. Budhrani, Dr P. Harshey were present. Dr Namita Tiwari gave vote of thanks.

CME ON RH IMMUNISATION



Dr Vivek Krishnan from cochin a renowned national speaker shared his knowledge on various aspect of RH ISOIMMUNISATION, Dr Richa Dhirawani and Dr Roma Nag delivered talks on prevention and treatment of RH ISOIMMUNISATION

FOGSI COMMITTEE WORKSHOP



Dr Amita saxena president JOGS, Dr Alka Agrawal, Dr Anuradha Dang MP representative of Fogsii oncology committee attended workshop at Bhopal as chaiperson and panelist.

HEALTH TALK AT NACHIKETA SCHOOL



Dr Neena Srivastav and Dr Richa Dhiravani delivered talks on menopause awareness to teachers of Nachiketa School Jabalpur

WORLD BLOOD DONOR DAY

World Blood Donor Day is celebrated every year by people around the world on June 14. It is celebrated on the birthday anniversary of Karl Landsteiner on June 14, 1868. Landsteiner was awarded the Nobel Prize for his discovery of the ABO blood group system aim is to raise awareness of the need for safe blood and blood products for transfusion, as per the World Health Organization (WHO)



JOGS members donating Blood at Jabalpur Blood Bank

WEBINAR ON RATIONAL USE OF BLOOD PRODUCT IN ASSOCIATION WITH IMA

INDIAN MEDICAL ASSOCIATION JABALPUR
JABALPUR OBSTETRICS & GYNAECOLOGICAL SOCIETY

WEBINAR ON ZOOM
Date : 15th June 2022 + Time : 4:00 pm - 06:00 pm
Venue : Virtual Platform on Zoom

Topic : Transfusion protocols in Obstetrics and Gynaecology

CHAIRPERSON
Dr. Kehkasha Raza, Sr. Gynaecologist
Dr. Sharad Jain, Asst. Professor, RSCB MCH JB

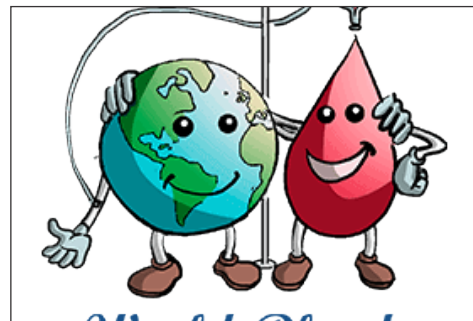
SPEAKER
Dr. Manisha Srivastava, Medical Superintendent, AIIMS, Bhopal

BLOOD TRANSFUSION

14 JUNE World Blood Donor Day

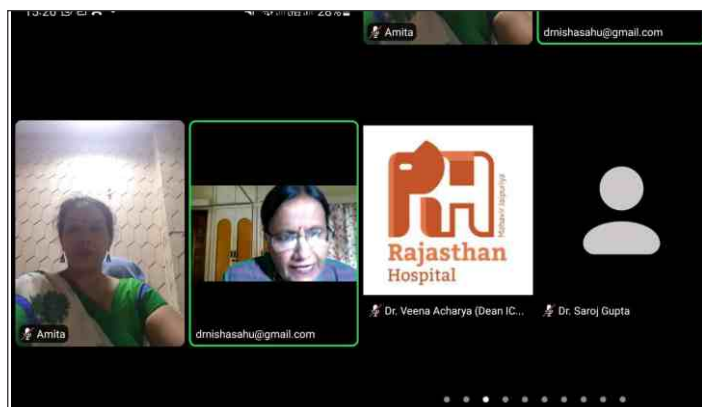
Dr. Pawan (Hypertension) President - IMA
Dr. Anup (Mandana) Secretary - IMA
Dr. Anish Saxena President - JOGS
Dr. Nisha (Ophthalmology) Secretary - JOGS

	Packed Red cells	Free Plasma	Platelet Concentrates	Cryoprecipitate
Volume	250-300	100-150	50-60	10-20
Shelf life	35/42 days	One Year Frozen	5-6 days From donor	One Year Frozen
Storage Temp	4-6° C	Mix 36	22° C - 24° C	Mix 36-40° C
Dosage	One unit	100ml (100g)	Numbering of 100ml and 200ml	Numbering 10 bags-20 bags
Rate of Transfusion	2-4 hrs	10 minutes	10 minutes	10 minutes



Informative webinar headed by dr Manisha Srivastav medical superintendent , AIIMS BHOPAL and chaired by Dr Kehkasha and Dr Sharad Jain

ONLINE CME ON BREASTFEEDING



Dr Nisha Sahu taking lecture on breastfeeding with group of pregnant ladies and doctors of Rajasthan

FATHERS DAY CELEBRATION BY JOGS

JABALPUR OBSTETRICS & GYNAECOLOGICAL SOCIETY

TEAMWORK MAKES THE DREAM WORK

Happy Fathers Day

Treasure Hunt on Whatsapp
Fathers Day Special
Participants- Fathers and Babies
19th June 2022
30 Mins.

Dr. Amita Saxena, President - JOGS
Dr. Richa Dhiravani, Secretary - JOGS

Father's Day

Dr. Anup Jain: Hey there! I am using WhatsApp.
Dr. Ashish Dengra: For Appointment call on 07612410958, 07...
Dr. Bharat Shrivastava: Available
Dr. Janmejay Jandhar: Happy
Dr. Prashant Yadav: Can't talk, WhatsApp only
Dr. Sudin Nag: General and laparoscopic surgeon
Jd: Karm hi pooja hai ...
Spash Naik: Arthroscopy Sports Injury & Joint Replacem...
Sunit Lokwani: Retina & Glaucoma

Father and daughter enthusiastically participated for the celebration.

HEALTH CHECKUP CAMP AT GURUDWARA PREM NAGAR



Dr. Nisha Sahu examining patients

MEETING WITH CMHO AND MTP OFFICERS



JOGS members attending meeting at Victoria Hospital

THE INTERNATIONAL DAY OF YOGA

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Today it is practiced in various forms around the world and continues to grow in popularity. Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga. The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga.



JOGS in association with IMA celebrated yoga day at IMA hall Jabalpur, yoga instructor taught various yog asana to attendee



Yoga day celebration at Anant Hospital Jabalpur



Yoga day celebration at Jabalpur Hospital and Research Centre

MEDIA COVERAGE OF INTERNATIONAL DAY OF YOGA CELEBRATION



CERVICAL CANCER PREVENTION TRAINING TO CHOS.



Dr Nisha Sahu explaining the importance of screening of cervical cancer and how to perform me VIA On 15.6.22 at Regional training center to 50 CHO

TALK ON PPH MANAGEMENT



DR Kaveri Shaw delivered talk on PPH management for health care provider and nursing staff at Vijaya womens clinic

AWARENESS PROGRAMME ON ANAEMIA IN PREGNANCY

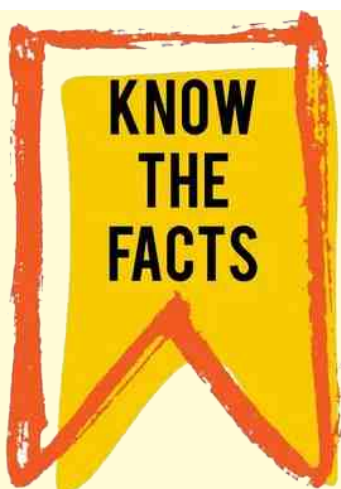


Dr Roma Nag delivered talks to antenatal patient on anemia prevention at Nirmal Hospital Kanchghar

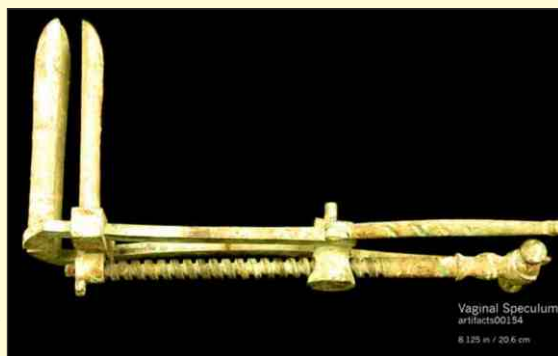
CONTRACEPTION AND BREAST CANCER AWARENESS PROGRAMME



Poster distribution on Breast Cancer awareness to ASHA workers at IMA hall. Programme was conducted in association with IMA WDW.



VAGINAL SPECULUM

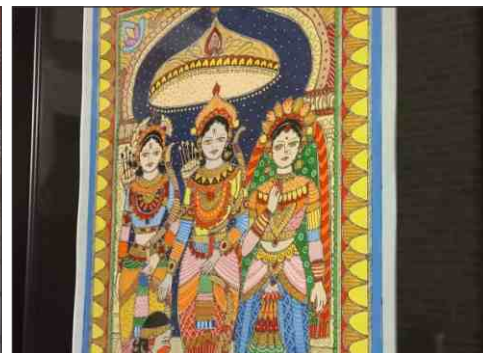
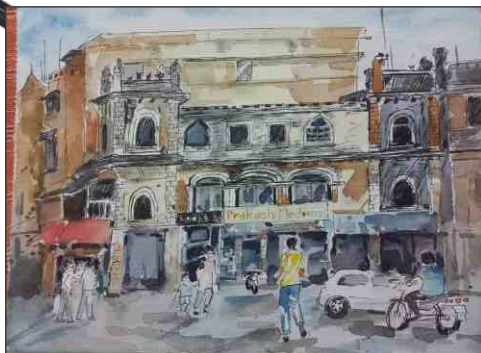


The vaginal speculum that most OB/GYN practitioners use today has a long history, dating back to ancient Rome. The doctors that lived in Pompeii before the Vesuvius eruption were the first to use and manufacture this medical tool. Original instruments were excavated from their ruins in 1770 at a location known by archeologists as The House of the Surgeon¹, named for the amount of surgical instruments unearthed at the site. Primitive vaginal

specula date back to the year 97 A.D. They were manually operated by a corkscrew, and composed of dovetailed valves that opened and closed to allow detailed examination. Their design is similar to the ones used today.



JOGS GOT TALENT !

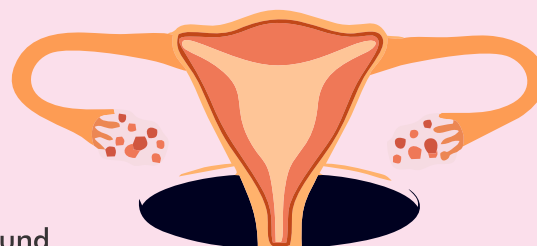


Mesmerizing painting by Dr. Roopelkha Chauhan

WHATSAPP QUIZ ON PID AND GENITAL INFECTION

Q.1. All of the following are true about PCO EXCEPT:

- A. To diagnose PCO hormonal analysis can be done at any time of the cycle
- B. It is associated with reversed FSH:LH ratio
- C. It is associated with increase resistance to insulin
- D. Can be associated with increased prolactin level
- E. The ovaries have characteristic appearance by the ultrasound



Q.2. Evaluation of infertile couples:

- A. History of regular cycles is suggestive of anovulation
- B. History of severe dysmenorrhea and dyspareunia is suggestive of endometriosis
- C. Endometriosis is diagnosed by hysteroscopy
- D. Hysterosalpingogram is the only means of assisting ectopic pregnancy
- E. Thyroid disease does not affect fertility



Q.3. All of the following possible causes of infertility, EXCEPT:

- A. Previous laparotomy for any reason
- B. Smoking
- C. High body mass index
- D. PCOE. Uterine subserous fibroids



Q.4. All the following are possible causes of anovulation, EXCEPT:

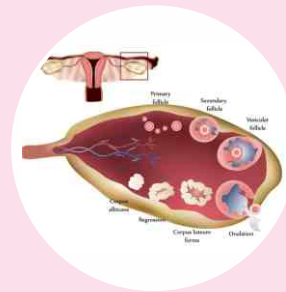
- A. High body mass index
- B. Anorexia nervosa
- C. Polycystic ovarian syndrome
- D. Premature ovarian failure
- E. Sickle cell trait

**Q.5. The initial evaluation in an infertile couple should include:**

- A. Ovarian biopsy.
- B. Semen analysis.
- C. D & C.D. Laparoscopy.
- E. Sperm penetration assay.

Q.6. Induction of ovulation agents:

- A. Clomiphene citrate is an anti-androgen.
- B. Clomiphene citrate is given by injection.
- C. Gonadotropins is given orally.
- D. Ultrasound scan is not needed with induction.
- E. Causes multiple follicles.

**Q.7. Characteristic of normal semen analysis all true EXCEPT:**

- A. Volume > 2ml
- B. pH of 7.2-7.8
- C. Sperm count > 20 million /ml.
- D. Sperm motility > 50%
- E. Normal sperm morphology is <20%

Q.8. In Secondary infertility:

- A. Is frequently due to tubal problems
- B. The problem is often a chromosomal defect in women.
- C. Is frequently due to male factor
- D. Commonly associated with endometriosis.
- E. May be due to hypoprolactinemia



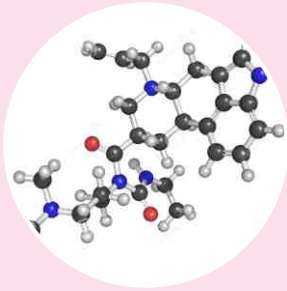
Q.9. In an infertile couple all are correct EXCEPT:

- A. Fibroid can cause infertility.
- B. Ovulation can be induced by Clomiphene.
- C. Gonadotropins can cause hyperstimulation.
- D. Polycystic ovary is a common problem.
- E. Hyperprolactenemia can cause infertility.



Q.10. Regarding Hyperprolactenemia all are true EXCEPT:

- A. Can be drug induced
- B. Stress can play role
- C. Can cause infertility
- D. In case of pituitary adenoma surgical removal is the best choice
- E. Dopamine agonist is the treatment of the choice



Q.11. Galactorrhea (non-gestational lactation) may result from all of the following EXCEPT:

- A. pituitary adenoma
- B. Hypothyroidism
- C. Renal failure
- D. Intrapartum hemorrhage
- E. Bronchogenic carcinoma



Q.12. The test used to diagnose ovulation on day 21 in a 28 days menstrual cycle is:

- A. Estrogen.
- B. FSH.
- C. Progesterone.
- D. LH.
- E. Prolactin.



Q.13. The most likely cause of infertility in a 30 year old women, P2+4 who had salpingitis after her last abortion, 3 years ago is:

- A. Submucous fibroid.
- B. Asherman's syndrome (Uterine synechiae).
- C. Blocked tubes.
- D. Tuberculous endometritis.
- E. Endocervicitis.



Q.14. Regarding ovulation can be diagnosed by the following measures, EXCEPT:

- A. Measuring day 14 serum progesterone.
- B. Observing a rise in basal body temperature in the 2ND half of the menstrual cycle.
- C. Study of the cervical mucous.
- D. Endometrial histology.
- E. Ultrasound.

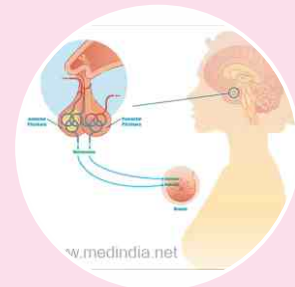


Q.15. Hysterosalpingiogram (HSG) is contraindicated in the following EXCEPT:

- A. Suspicious pregnancy.
- B. PID.
- C. Congenital malformations of the uterus.
- D. Presence of abnormal uterine bleeding.
- E. Uterine malignancy.

Q.16. Regarding Hyperprolactinemia, all of the following are CORRECT EXCEPT:

- A. Can be drug induced.
- B. In cases on pituitary adenoma surgical removal is the best option.
- C. Stress can play a role.
- D. Can cause infertility.



WINNERS

1.A2.B3.E4.E5.B6.E7.E8.A9.A10.D11.D12.C13.C14.A15.C16.B

**Agenda
of
July**

1st July- Doctors day/ Save the Girl Child day

10th July- CME on Abortions and MTP Act

22nd JULY- CME on Vaccination in Pregnancy

28th JULY- World Hepatitis Day