

13. Which of the following statements regarding the use of IUCD is TRUE :

- A. Most IUD were withdrawn from the market due to the financial burden
- B. The Contraceptive effectiveness of IUD is similar to that of barrier methods
- C. The risk of Salpingitis in IUD wearer is positively correlated with duration of use
- D. Contraceptive effectiveness of copper-containing IUD is higher than that of the inert device
- E. Women using progesterone containing IUD have heavier than the women using the inert device.



14. IUCD are relatively contraindicated in the following patient EXCEPT:

- A. With past history of chronic Salpingitis.
- B. With Submucous fibroid
- C. With history of ectopic pregnancy
- D. With septate uterus
- E. With history of C section



15. The use of progesterone only pills :

- A. Ovulation is not regularly inhibited
- B. Protection against is as good as combined pill
- C. There is a risk of DVT
- D. Breakthrough bleeding is rare
- E. The dose of progesterone is much larger than in combined pill



16. The goal for developing a successful contraception include all of the following EXCEPT:

- A. Regulate fertility.
- B. Stabilize population growth.
- C. Reducing maternal morbidity.
- D. Diminishing the incidence.
- E. Decreasing the prevalence of STD.



17. Estrogens commonly used in oral contraceptive pills include.

- A. Ethinyl estradiol.
- B. Ethinyl estriol.
- C. Northisterone.
- D. Ethisterone.
- E. Estradiol valorates.

WINNERS

1. Dr Jigyasa Dengra 2. Dr Deepshikha Sahu 3. Dr Dipika Dewani 3. Dr Sulekha Dewani

1.c 2.e 3.d 4.b 5.c 6.d 7.c 8.e 10.e 13.e 11.b 12.b 13.d 14.e 15.a 16.d 17.a 18.e 19.a 20.d.

Agenda of August



Dr. Amita Saxena
President



Dr. Jigyasa Dengra
Editor



Dr. Shubhali Sharma
Co-Editor



Dr. Richa Dhirawani
Secretary

BREAST FEEDING AWARENESS PROGRAMME

The World Breastfeeding Week is considered one of the largest joint campaigns undertaken by international organizations such as The World Health Organization (WHO) and UNICEF. Organized by the World Alliance for Breastfeeding Action (WABA), it aims to promote the benefits of breastfeeding. World Breastfeeding Week has been celebrated since 1992 and includes annual themes such as healthcare systems and women. World Breastfeeding Week is celebrated every year across the world from August 1 — August 7. This global campaign aims to raise awareness about breastfeeding and its advantages. Following a surge in the infant mortality rate due to a drop in the number of mothers who wanted to breastfeed, the initiative became essential.



Breast Feeding Awareness Programme by Dr. Sulekha Diwani at SMJ Trust Hospital



Breast feeding awareness by Dr Kiran Peepra at Anganwadi Bilhari



Dr Swaraj naik and Dr Neena Srivastav gave tips to establish early breastfeeding in postnatal care patients to nursing staff of naik hospital

Breastfeeding week Awareness programme at Rani Durgawati hospital Jabalpur Dr Mamta Gupta, Dr Chitra Jain Dr Alka Agrawal, Dr Rashmi Kuraria, Dr Rashmi Bhatnagar gave awareness talk about Breast feeding to the delivered patients of postnatal care ward



Breast feeding awareness activity for hospital staff and nurses at city hospital by Dr Sneh Choubey



Breastfeeding awareness activity at NSCB medical college in post operative ward by Dr Dolly Maravi and postgraduate students CS ward no.9 and PGS



Breast feeding awareness program by Dr Neena Srivastav at SutikaGrah



Breastfeeding awareness programme done at Aanganwadi by Shilpa Somshekhar.



Breastfeeding Poster Competition at Jabalpur Institute of Health Sciences with Dr Rakhi Bajpayee as Chief Guest. Breast feeding week celebration at KJ Memorial Hospital. Importance of breast feeding explained to the staff and patient by Dr. Kusum Jain & Dr. Komal Jain

7. With regards to contraception failure, the pearl index refers to:
- A. Numbers of Pregnancies in years.
 - B. Number of pregnancies in 1 woman-year.
 - C. Number of pregnancies in 100 woman-year.
 - D. Number of pregnancies in 100 woman-years over pregnancy losses.
 - E. Number of Pregnancy losses in 100 woman-years.



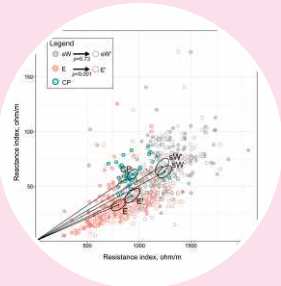
8. Contraindication of OCP, EXCEPT:
- A. IHD
 - B. Previous DVT
 - C. Previous CVA
 - D. Family Hx of Breast Carcinoma.
 - E. 35 Y, smokes > 15 cigarette per day.

9. Combined oral contraceptive pills are associated with :
- A. Dysmenorrhea
 - B. Menorrhagia
 - C. Polymenorrhoea
 - D. Ovarian cyst
 - E. Intermenstrual bleeding.



10. OCP have the following beneficial effects EXCEPT :
- A. Decrease endometrial cancer
 - B. Decrease benign breast disease
 - C. Decrease iron deficiency anemia
 - D. Decreased ovarian cancer
 - E. Decrease the incidence of renal failure

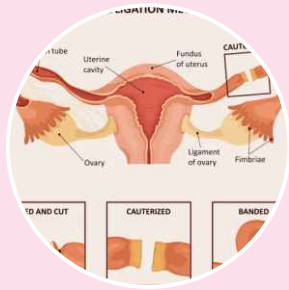
11. Side effect of OCP include all the following EXCEPT:
- A. Break through bleeding
 - B. Dysmenorrhea.
 - C. Nausea
 - D. Mastalgia
 - E. Chloasma



12. The use of OCP reduces the risk of all the following EXCEPT:
- A. Ectopic pregnancy
 - B. Hepatic adenoma.
 - C. Salpingitis
 - D. Ovarian cancer
 - E. Endometrial cancer

4. Mechanisms of Oral Contraceptive Pills include all of the following EXCEPT:

- A. Ovulation suppression
- B. Enhanced ovarian androgen production
- C. Altered cervical mucus
- D. Altered endometrium
- E. Altered tubal motility



5. Postulated mechanism of the IUCD include all of the following action EXCEPT:

- A. Altered tubal motility
- B. Altered endometrium
- C. Altered cervical mucus
- D. Cupper has spermicidal effect
- E. inhibition of implantation



6. Regarding injectable progesterone contraception, all of the following is true, EXCEPT:

- A. Medroxyprogesterone acetate is the most commonly used
- B. May cause irregular uterine bleeding
- C. May cause amenorrhea.
- D. Should not be given to lactating mother.
- E. Does not carry a risk of venous thrombosis.



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Breast feeding awareness program at Ashish hospital by Dr Pallavi Baghel



Breastfeeding Awareness by Dr Sneha T Methwani at Ayurvedic College & Hospital



Dr Gunjan Bhargav SharmaConducted breast feeding awareness talk at CHC Shahpura Bhitoni.



Breast feeding awareness at Bargi by Dr G Sharma

Breastfeeding Week celebration at Jabalpur hospital and research center on 4th August. Dr Sharda Mishra Spoke on benefits of breast feeding, Dr Neena Shrivastava on myths regarding breast feeding, Dr Pragya Dhirawani and Dr Richa Behrani answered questions related to breast feeding, Dr Sangeeta Shrivastava spoke on Breast Milk Bank, Dr Neetu Yadav and Dr Nivedita spoke on Challenges of Breastfeeding. Dr Richa Dhirawani delivered vote of thanks.



Breast feeding awareness program at Motilal Nehru Hospital Cantonment Board Jabalpur by Dr Sharad Mishra



Breast feeding awareness talk at Hawabagh college by Dr Kiran Peepra



Breastfeeding Week at JHRC on 4th August 2022. Dr Sharda Mishra Spoke in benefits, Dr Neena Shrivastava on myths Dr Pragya Dhirawani and Dr Richa Baharani who answered questions. Dr Sangeeta Shrivastava spoke on Breast Milk Bank. Dr Neetu Yadav and Dr Nivedita spoke on Challenges of Breastfeeding. Dr Richa Dhirawani delivered vote of thanks.



Breastfeeding Week Awareness at Shalby Hospital by Dr Avani Patel and Dr Charu.



Breastfeeding awareness activity at N.S.C.B medical college in Obstetrics and Gynaecology department, by Dr Sonal Sahni, Dr Shweta Sirsikar, Dr Ranu and Dr Nandita. Patient were educated about Benefits of breast feeding for mother & baby and proper positioning of breast feeding.



Breastfeeding Awareness Programme at Nirmal Hospital by Dr Roma S Nag



Breastfeeding Awareness week celebration at N.S.C.B medical college with slogan and poster competition attended by Dr Kavita N Singh, Dr Priyadarshini Tiwari, Dr Geeta Guin, Dr Sonal Sahni and other consultant. Winners were Dr. Priya Shrama, Dr. Sandhya Raj and Dr. Arpita Baghel.



HISTORY OF ORGAN DONATION

The first-ever organ donation was done in 1954 when Ronald Lee Herrick donated a kidney to his identical twin brother. Doctor Joseph Murray conducted the procedure for which he has also won the Nobel Prize in Physiology or Medicine in 1990 for advances in organ transplantation.

In 2015, a newborn baby became the youngest ever organ donor after he donated his kidneys to an adult with renal failure. The boy just lived for just 100 minutes after being born.

The oldest known donor has been in Scotland where a 107-year-old woman donated cornea after her death in 2016. The oldest known organ donor for an internal organ was a 95-year-old West Virginia man, who donated his liver after he died

India has the Transplantation of Human Organs and Tissues Act to regulate organ donation in the country. The law allows both deceased and living people to donate their organs. According to a World Health Organization, only 0.01 per cent of people in India donate their organs after death.

WHATSAPP QUIZ ON PID AND GENITAL INFECTION

1. The following is an absolute contraindications to the combined oral contraceptive pills:

- A. Varicose veins
- B. Previous history of viral hepatitis
- C. Prosthetic heart valve
- D. Diabetes mellitus
- E. Age above 35 years



ORAL CONTRA

2. The following conditions are aggravated by oral contraceptive pills

- A. Hirsutism
- B. Endometriosis
- C. Dysmenorrhea
- D. Pre-menstrual syndrome
- E. Genital fungal infection



3. Regarding Intra uterine contraceptive device (IUCD)

- A. Reduces pelvic inflammatory disease
- B. Inhibits ovulation
- C. Increases incidence of endometrial cancer
- D. If pregnancy occurs there is increased risk of ectopic pregnancy.
- E. Failure rate is 0.1%



ORGAN DONATION RALLY

August 13 of every year is observed as World Organ Donation Day aimed at raising awareness about the importance of organ donation and encourage people to take a pledge for the same. One person can save up to eight lives from chronic illness by pledging to donate their heart, kidney, pancreas, lungs, liver, intestines, hands, face, tissues, bone marrow, and stem cells. Hence its important to make people aware to donate their organs after death can be life-changing for many.



Organ Donation Rally in association with Inner Wheel club of Jabalpur to raise awareness about organ donation

GARBH SANSKAR PROGRAM



Garbh Sanskar Program at Bramha Kumari Center by Dr Pushpa Pandey and Dr Richa Behrani



Garbh Sanskar Program at Gaytri Shakti Peeth Jabalpur, event was well attended by expecting mothers and they were explained about science and spirituality of Garbh Sanskar.

PPH MANAGEMENT TRAINING



Prevention and management of Post Partum Hemorrhage training to the doctors of Jabalpur division by Dr Sharda Mishra

TALK ON IMPORTANCE OF BREAST FEEDING



Talk on Importance of Breast Feeding and Breast Milk at homescience college by Dr Pragya Dhirawani and Dr Sangeeta Shrivastav

BREASTFEEDING AWAERNESS



Breastfeeding awareness talk by Dr Kaveri Shaw at Vijaya Women's Clinic

QUIZ AT NSCB MEDICAL COLLEGE



Quiz competition for post graduate students was held at NSCB Medical College Jabalpur and the winners were Dr Khyati Gupta, Dr.Teh-In Chou, Dr Roshni Tiwari

CME ON GENITOURINARY PROBLEMS

CME was organised by Jabalpur Menopause Society and Club 35 in association with Jabalpur obstetric and gynecology society on Genitourinary Problems in middle age women with Dr. Pragya Dhirawani, Dr. Swraj Naik, Dr. Neena Shrivastava, Dr. Anupama Solanki and Dr. Nidhi Jain as experts.





FIRE MOCK DRILL



Fire mock drill conducted by Dr Shweta Sirsakar, Dr Archana Gupta and Dr Bharti Sahu to prepare staff for any fire mishap at NSCB medical college

CME ON IUI AT SEONI



Dr Jigyasa Dengra Invited as a speaker by Seoni Obstetric and Gynecology Society to speak on secrets of IUI



AMRIT MAHOTSAB CELEBRATION AT SUVIDHA HOSPITAL



Azadi Ka Amrit Mahotsav celebration along with contraception Day by DrAnuradha Dang for Asha workers Under the banner of Jabalpur Obstetric and Gynaecological Society also delivered talk on cancer awareness to Asha workers under the banner of Jabalpur Menopause Society

WEBINAR ON ACUTE COMPLICATION ON PREGNANCY



Dr Amita Saxena and Dr Richa Dhirawani were Chairperson for online session on Abruption Placenta

CONTRACEPTION AWARENESS



Dr Richa Dhirawani spoke on contraception and its various methods the and cleared doubts of attendee at Jabalpur hospital and research center

PLANTATION



Plantation at Naik nursing home

CME ON COSMETIC GYNECOLOGY

Cosmetic Gynecology has become one of the fastest growing subspecialties of elective surgery for women and includes specialists in gynecology, urogynecology, urology, and plastic surgery. It has been scientifically shown that the appearance of a woman's genitalia affects her self-confidence and sexuality. This area of special interest includes both cosmetic procedures to enhance the aesthetic appearance of the vulvo/vaginal region, as well as functional vaginal repairs to enhance or help restore sexual function following the changes that may occur following childbirth and/or aging.



CME along with workshop on Cosmetic Gynecology was conducted with national faculty Dr Navneet Magon on 21st August 2022

CME was well attended and appreciated by Jabalpur Obstetric and Gynecology Society members

ADOLESCENT EDUCATION AND POLYCYSTIC OVARY AWARENESS



Adolescent education and polycystic ovary awareness at botany department of Home Science College by Dr Neena Shrivastava