



PRESIDENTIAL ADDRESS

President's Address

Hrishikesh Pai¹

Received: 16 January 2023 / Accepted: 16 January 2023

© Federation of Obstetric & Gynecological Societies of India 2023



Dr. Hrishikesh Pai
M.D., F.R.C.O.G. (UK-HON), F.C.P.S., F.I.C.O.G., M.Sc. (USA)

Today is a fantastic day for me. My installation has taken place on the first day of Diwali, Dhanteras. Being Diwali, I was wondering if all of you would come and attend the installation. However by coming for this function, you have demonstrated that you all love me very much, and that the power of love outweighs all other forces in life.

The story of my life begins with My father—my role model—who was a fantastic public health personality, Harvard educated, Magna cum Laude, Padma Shree, and a dedicated professor at KEM Hospital. When I finished my MBBS, I wanted to go into public health, but my father told me, “Hrishi, it's a difficult line, people don't respect me so much, so why don't you opt for Gynaecology, which is a blend of medicine, surgery, mental health, and above all, the only field where you could treat two individuals simultaneously!!” I agreed to my father's suggestion and became a gynecologist. Today I stand before you as President Of the Federation, a vehicle that enables me to commit myself to public health.

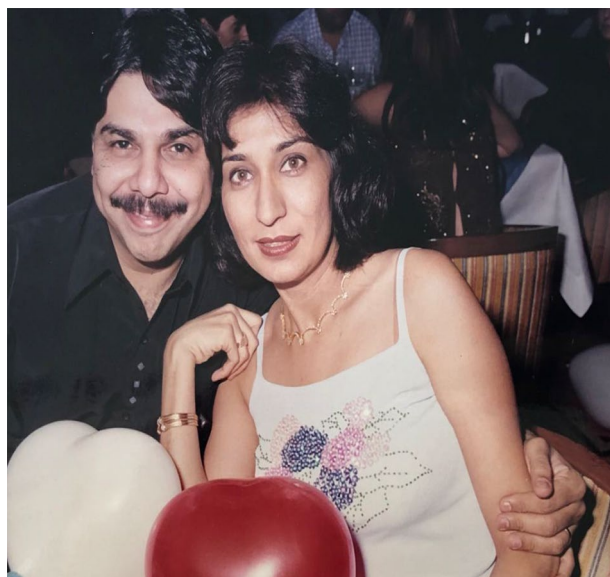
The last three decades have been excellent for the field, with numerous breakthroughs such as ultrasound, endoscopy, and IVF. In 1984, when I was working in KEM as Dr. ND Motashaw's house surgeon, the first hysteroscopic workshop in India was conducted. My boss was the late, Dr. Raval, who was a fantastic human being. He was one of the pioneers in obstetric ultrasounds in the country. He asked me to join him as an ICMR fellow. During this time I did many thousands of obstetric ultrasounds. Then came the fantastic line of IVF, and I was smitten by it; eventually, I took that line, and there was no turning back. Simultaneously, there has been a lot of public health movement in the last 30 years, which has been defined by UN SDGs goals. Women's life expectancy in India has increased from 49.7 (1975) to 70.7 (2022), Author Yuval Harari, in his book Homo Deus proposes that as science advances, our longevity will increase, and women may live to be 150 years old and remarry at the age of 75!! It is a fresh start.

✉ Hrishikesh Pai
journalobgyn@gmail.com; hdpai@hotmail.com

¹ Lilavati Hospital, Bandra Reclamation, Bandra (W),
Mumbai, Maharashtra 400050, India



41



43



42

45 Once, when I was travelling to Coimbatore for an IVF
 46 cycle and was waiting in the lounge for the plane, I was
 47 admiring twins bothering their mother and felt bad for
 48 her; and then, a woman came and touched my feet and I
 49 was surprised when she said, “Dr. Pai, I was treated by you
 50 and received these twins from you”; the immense grati-
 51 tude I got from my patient was phenomenal, and the same grati-
 52 tude I am experiencing today for all of you. I would also
 53 like to express my gratitude to my parents and thank them,
 54 my great mother and father, Mrs. Hema and Dr. Dutta Pai,
 55 were my teachers; my father was a freedom fighter who was
 56 imprisoned for four years, and I greatly admire and respect
 57 him. Thanks to my wife, Dr. Rishma Pai, former president of
 58 the federation and a wonderful human being. My children,
 59 Anvisha and Dr. Arnav Pai, as well as the new addition to
 60 the family, Ravi, are doing well by the grace of God. Arnav



44

is studying gynecology and Anvisha is studying IT. Poonam
 Dhillon, my sister-in-law, is a wonderful person with a
 golden heart, and her two children, Paloma and Anmol,
 are both aspiring actors. My sister Medha and her husband,
 Dr. Upendra Kulkarni, a gynecologist, have traveled all
 the way from the USA. I also recall my aunts Kamal and

61
62
63
64
65
66



67 Mrinal. Dr. Nandita Palshetkar and Dr. Rohan Palshetkar,
 68 my IVF business partners and friends, I thank you. I would
 69 also like to thank my dear friend Dr. Dinesh Salgaonkar,
 70 Ms. Ojaswini Kapoor, Dr. Shaunak Khandwala, Dr. Pooja
 71 Mehta, Dr. Sunita Arora, Mr. Ashok Ghandat, Dr. Sudesh
 72 Kamat, Dr. Shailendra Mahimkar, Ms. Vrunda Kuchekar,
 73 Dr. Parul Sharma, Mr. Nikhil Banwat and all members of
 74 my bloom IVF family. I could not have achieved all this if I
 75 had not been a member of the Mumbai OBGYN society; I
 76 will never forget them because everything I am today is due
 77 to the Mumbai society. I thank the entire FOGSI leadership,
 78 including past presidents and the secretary general. Thank
 79 you to all the government agencies. International officials
 80 Dr. Anne Kihara from FIGO, Dame Lesley Regan from
 81 FIGO, Dr. Rohana Haththotuwa from SAFOG, and Dr. Fer-
 82 dousi Begum from SAFOG. The most important two people
 83 in my life today are President Dr. S Shantha Kumari and
 84 Secretary General Dr. Madhuri Patel; without them, I would
 85 not be able to move forward. Thanks to Dr. P. C. Mahapatra,
 86 Dr. Hara Pattanaik, Dr. Hema Divakar, Dr. Pratap Kumar,
 87 Dr. D K Dutta, Dr. Maninder Ahuja, Dr. Jayam Kannan,
 88 Dr. Vineet Mishra, Dr. Sanjay Patel, Dr. Mahesh Gupta, Dr.
 89 Sunita Tandulwadkar, Dr. Bhaskar Pal, and all my well-
 90 wishers: Greetings to Mr. Manoj Bajpayee, Mr. Anu Malik,
 91 Mr. Talat Aziz, Mr. Anand Narasimhan, Mr. Rajesh Khattar,
 92 and Mr. Satish Kaushik.

93 Thanks to Dr. Sunita Tandulwadkar for the wonderful
 94 newsletter, Dr. Ashish Kale and Dr. Mala Arora for the first

two FOGSI publications of the year, and to all 38,000 mem-
 bers spread across 263 societies.

Thank you to everyone who worked behind the scenes.
 Your love, affection, and support have enabled me to
 advance to positions of leadership in a variety of national
 and international organization, including ISAR, IAGE, IFFS,
 ASRM, ESHRE, and now FIGO and FOGSI.

Leadership is one of the most important aspects of suc-
 cess. It is primarily driven by Hierarchical collectivism. If
 you want to successfully lead an organization, you must
 have a hierarchy, which runs the organization in a collec-
 tive fashion. One must be inclusive, have continuity in ones
 actions and consolidate what has been accomplished in the
 past and present. Strategic planning for the future is very
 important. I always tell people about the leadership mantras
 that I have used in my career, and I best illustrate this by
 giving examples of leaders from the past and present. The
 most important mantra of leadership is passion. Kurt Semm
 and Dr. APJ Abdul Kalam are good examples. I earned my
 master's degree from Jones Institute at the age of 56; it was
 difficult, but I was driven to succeed. Life has power, juice,
 and meaning because of passion. Without passion, there is
 no greatness. Passion drives people to stay up late and get up
 early in order to be great. It was passion that drove a French
 colposcopy doctor to remove the gall bladder through the
 vagina. The second mantra of leadership is "Belief," with
 Mahatma Gandhi and Elon Musk serving as prime exam-
 ples. The third mantra is Strategy. Alexander the Great was

123 a fantastic strategist, as was our own General who won the
 124 1971 Indo Pak war, Sam Manekshaw. The fourth mantra
 125 is Clarity of values. This is very critical, and Swami Vive-
 126 kananda and Atal Bihari Vajpayee are wonderful examples
 127 of this trait. The fifth mantra is Energy which is crucial, and
 128 who better to showcase it than our current Prime Minister,
 129 Shri Narendra Modi, as well as, our late Prime Minister Mrs
 130 Indira Gandhi. The sixth mantra is Bonding power; Nelson
 131 Mandela and Mahendra Singh Dhoni as great examples of
 132 this. The seventh mantra is Communication, best represented
 133 by Bill Clinton, Oprah Winfrey, and our own Dr Deepak
 134 Chopra. I have added a few more mantras, one of which is
 135 Loyalty. I will give my life rather than change my loyalty,
 136 Indian Army is one such thing that is loyal to the nation.
 137 Finally the most important mantra is having “Empathy and
 138 Kindness” toward your patients and colleagues. Mother
 139 Teresa is a good example of it. I feel that “If we can succeed
 140 without hurting our colleagues, we can savour our success.”
 141 Being kind is the most important aspect of success to me.”.
 142 The great William Penn said, “I shall only pass through this
 143 world once.” So, whatever good I can do or kindness I can
 144 show to any human being, let me do it now...because I will
 AQ4 not pass this way again.”

146 All of the above is implemented by Team FOGSI; obvi-
 147 ously, resources and a team are required to maintain and
 148 grow this palace dedicated to women’s health. FOGSI’s
 149 office bearers include Secretary General Dr. Madhuri Patel,
 150 Incoming President Dr. Jaydeep Tank, and Vice Presidents
 151 Dr. Alka Pandey, Dr. Asha Baxi, Dr. Geetendra Sharma, Dr.
 152 Sampath Kumari, and Dr. Yashodhra Pradeep. They are sup-
 153 ported by Dr. Suvarna Khadilkar (deputy secretary general),
 154 Dr. Parikshit Tank (treasurer), Dr. Niranjana Chavan (joint
 155 treasurer), Dr. Manisha Takhtani (joint clinical secretary),
 156 Dr. Laxmi Shirkhande (ICOG chair), and JOGI Editor, Dr.
 157 Geetha Balsarkar. The 28 committee Chairs are my cabinet
 158 minister, and they are very important to me. National coor-
 159 dinators, Zonal coordinators, Task Force, Youngistan, and
 160 Volunteers have all been added. Dr. Rishma Pai and Dr. Nan-
 161 dita Palshetkar, both of whom are past presidents of FOGSI,
 162 are my national coordinators. My zonal coordinators are
 163 Drs. Ameya purandare, Komal Chavan, Rohan Palshetkar,
 164 Shrutika Thakkar, Arnav Pai, Aparna, Anu chawla, Vinita
 165 singh, Indarneel Datta, Jayrani Kamraj, and Selva Priya. I
 166 have instituted new temporary groups called, the “Presiden-
 167 tial Task Force” and the “Youth Group.”. Let us hope these
 168 groups perform well, so that they can be continued by the
 169 incoming president Dr. Jaydeep Tank.

170 I believe the federation has five important pillars namely:
 171 academics, CSR, fellowship, advocacy, and research,. Fel-
 172 lowship, I believe, is the thread that binds us all together.
 173 In 1844, Alexander Duma published “Three Musketeers
 174 whose theme was “Omnes pro uno, Unus pro omnibus,”
 175 which translates as "all for one, one for all.” “Among the six

important things, I believe fellowship is a critical compo- 176
 nent of our organization. It is the foundation upon which the 177
 entire organization is built. If you get a call at 2 a.m. in the 178
 middle of the night asking for help and then run for helping 179
 your friend, which is the power of fellowship. All work and 180
 no play makes Jack obviously a dull boy, so fun filled fellow- 181
 ship is also very important, and we have many tools for that, 182
 such as FOGSI’s Talent 2.0,FOGSI luminary/achievers and 183
 Appreciation Awards for leaders and members of FOGSI, 184
 Ms/Mr. FOGSI Pageant, and FOGSI Sports Competition. AQ5 185

Advocacy by FOGSI is one of the most critical pillars 186
 of the association. When I returned to India in 1991, I was 187
 traveling in Deccan Queen train, for delivering a talk at Pune 188
 Gynecological Society’s conference. I was sitting next to a 189
 man, to whom I asked what does he do, to which he replied, 190
 “I am a businessman.” When he asked me about myself, I 191
 said “I have just started a sperm bank and am going to give 192
 a talk on the same subject, to the Pune society.” To that, he 193
 asked me, “What is the interest rate in your bank?” Though 194
 amusing, such misconceptions must be dispelled. Hence, 195
 advocacy amongst people, doctors and colleagues, using 196
 community-based tools such as TV, radio, print, and social 197
 media, and endorsements from doctors, politicians, celebri- 198
 ties, and civil society, is essential. 199

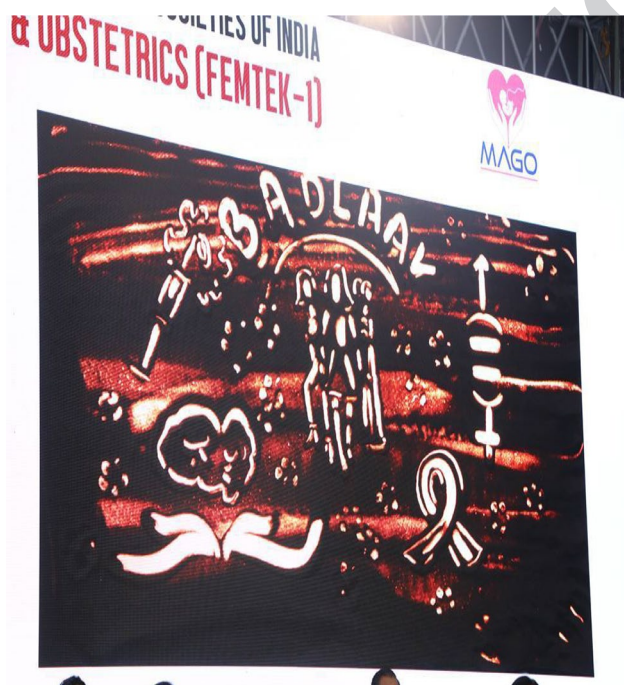
There will be four Zonal Conferences with Yuva at 200
 Kota-Ranthambhore, Varanasi, Imphal and Calicut. There 201
 are five academic conferences led by Vice Presidents at 202
 Kodaikanal, Indore, Ahmedabad, Patna and Lucknow. 203
 There are many specialty conferences and international 204
 conferences as well. One of them being India Day, which 205
 we started during Dr. Rishma Pai’s tenure. We went to 206
 the United Kingdom for India Day, and we are going to 207
 repeat it on June 28, 2023. We hope that all of you will 208
 come in large numbers. The other conference is FOGSI 209
 FIGO Night and FIGO Conference in Paris in 2023, where 210
 Dr. Anne Kihara will take over as President of FIGO. We 211
 have also received many book proposals, the first of which 212
 was released today. We also have planned to publish many 213
 Good Clinical Practice Recommendations, nearly 30 in 214
 total. The game changer is Digitalization—Platforms such 215
 as Google and Facebook have enabled us to rapidly esca- 216
 late and do a variety of things that would have normally 217
 required many physical meetings. We are also going to 218
 plan many FOGSI Focuses as well. 219

Instead of telling people what they “need” to do, I asked 220
 them what they “want” to do. The response has been over- 221
 whelming, with over 26 colleagues volunteering to help. 222
 Integrated FOGSI CMEs will also be plentiful, as will 223
 initiatives such as FOGSI Udaan Initiative USAID by Dr. 224
 Jaydeep Tank, Prematurity Project SAMVEG USAID/ 225
 IAP by Dr. Jaydeep Tank, FOGSI Initiative for Saving 226
 the Uterus by Dr. Rishma Pai, FOGSI Initiative for Sav- 227
 ing the Ovary by Dr. Nandita Palshetkar, FOGSI Initiative 228

229 for Reducing Maternal Mortality Rate by Dr. D K Dutta,
 230 FOGSI Well Woman Initiative by Dr. Hema Divakar,
 231 FOGSI Adult Vaccination initiative by Dr. Jayam Kan-
 232 nan, FOGSI NCD Project by Dr. Hrishikesh Pai, FOGSI
 233 HDU Initiative by Dr. Alpesh Gandhi and FOGSI Youth
 234 Endoscopy training by Dr. Prakash Trivedi/Dr. Alka Kri-
 235 plani. One of the very crucial proposed initiatives is about
 236 how to reduce caesarean birth, which I have reworded as
 237 “FOGSI Initiative to Increase Safe and Respectful Vaginal
 238 Birth” by Dr. Pratima Mittal/Dr Achla Batra.” We also
 239 have other initiatives such as FOGSI Youth Mela by Dr.
 240 Suchitra Pandit, FOGSI Research Program by Dr. San-
 241 jay Gupte, FOGSI Advocacy on Social Media, Television
 242 and Radio by Dr. Suvarna Khadilkar/Dr. Selvapriya Sar-
 243 vanan, FOGSI Celebration of Special Days and Health
 244 Days by Dr. Priyankur Roy/Dr. Rohan Palshetkar/Dr. Anu
 245 Chawla/Dr. Shrutika Thakkar, FOGSI Collaborations by
 246 Dr. Maninder Ahuja, Plant One Tree for Every 1000 Births
 247 initiative Dr. Kalyan Barmade, Cancer Cervix Prevention
 248 by Dr. Niranjn Chavan, Promotion of Mental Health and
 249 Well-being in Doctors and Patients by Dr. Parikshit Tank.
 250 When Rishma and I had gone to Israel, a taxi driver told
 251 us that there is one tree planted for every birth in Israel,
 252 and a certificate is given to say that “This is your tree and
 253 you shall take care of it,” since Israel is a barren land and
 254 trees are very important. So, I told Dr. Kalyan that we
 255 would do the same for every 1000 births.



257
 258 “CSR” is the most important aspect of my final presenta-
 259 tion to you. My family was middle-class, and my father,
 260 a professor, did not have much money. Since I wanted to
 261 be a doctor, I had to study 18 h a day, and the State helped
 262 me by paying for it. The State is responsible for my entire
 263 career. No amount of charity will ever pay off the debt I
 264 owe to my country. I am so grateful to my State and I want
 265 to give back to the society. Mr. Om Prakash, a well-known
 266 sand artist, will walk us through what I have planned for
 267 the CSR. We are celebrating 75 years of independence
 268 this year. We have made great strides: built roads, gone to
 269 space, and so on. Two hundred crore COVID vaccinations
 270 have been administered, and there have been numerous
 271 other developments. FOGSI, an organization of 37,000
 272 gynecologists, is working on this to improve women’s
 273 health in its 61st year. Swasth Nari and Sukhi Nari are
 274 the FOGSI theme for this year. Badlaav’s CSR campaign
 275 is defined by Ekikaran—Integration, Samanta—Equality,
 276 Takniki—Technology. Badlaav initiative areas include:
 277 teen and adult vaccination programs, gender equality and
 278 women’s empowerment, improved and respectful mater-
 279 nity care (Manyata), sexual and reproductive health (con-
 280 traception and family planning), preventive health check-
 281 ups for women, anemia prevention, NCDs for non-pregnant
 282 women, cancer prevention and treatment, mental health,
 283 mid-life and menopause. Eighteenth of every month, many
 284 volunteers at our Badlaav Clinics will perform free health
 285 checks on non-pregnant women in their consulting room.
 286 During my tenure as Secretary General of the Federation
 287 in 2016, FOGSI along with Indian Medical association,



256

288 launched the Pradhan Mantri Surkhashit Matriv Abhiyan
 289 (PMSMA) on the 9th of every month. I wish to establish
 290 this Badlaav as a Pradhan Mantri Badlaav Program, on
 291 18th of every month. I am hoping that this can happen.
 292 The logo image depicts multiple languages as well as the
 293 colors pink and green for health and yellow for happiness.
 294 The Nari Swasthya Janandolan Yatra is one of the starting
 295 points and an important part of this Badlaav campaign.
 296 The Na Na Anemia Bus Yatra by Procter and Gamble, as

I will end my speech by quoting the great poet Robert
 Frost, and I quote.

“The woods are lovely, dark and deep,
 but I have promises to keep,
 and miles to go before I sleep,
 and miles to go before I sleep...”



297 informed by Karishma ji, is to support the Federation and
 298 we are going to have this National Ride which is going
 299 to cover the 25 states. It is a huge daunting task, and it's
 300 my inner journey and stemmed from my inner self and I
 301 along with many of you, will do that journey starting from
 302 Rishikesh Uttarakhand, crossing Uttar Pradesh, Bihar,
 303 Jharkhand, West Bengal and ending in January in Kolkata
 304 during the AICOG.

Dr Hrishikesh Pai

HDPai

President FOGSI

Publisher's Note Springer Nature remains neutral with regard to
 jurisdictional claims in published maps and institutional affiliations.

Springer Nature or its licensor (e.g. a society or other partner) holds
 exclusive rights to this article under a publishing agreement with the
 author(s) or other rightsholder(s); author self-archiving of the accepted
 manuscript version of this article is solely governed by the terms of
 such publishing agreement and applicable law.

Journal:	13224
Article:	1740

Author Query Form

Please ensure you fill out your response to the queries raised below and return this form along with your corrections

Dear Author

During the process of typesetting your article, the following queries have arisen. Please check your typeset proof carefully against the queries listed below and mark the necessary changes either directly on the proof/online grid or in the 'Author's response' area provided below

Query	Details Required	Author's Response
AQ2	Journal instruction requires a city and country for affiliations; however, these are missing in affiliation [1]. Please verify if the provided city and country are correct and amend if necessary.	
AQ3	Kindly check and the correspondence mail id is correctly identified.	
AQ4	Please check for the missing quotes in the sentences 'I feel that ... I will not pass this way again.'	
AQ5	The sentence 'Three Musketeers whose theme was' is missing a closing quote. Please check.	
AQ6	Please check whether the insertion of the closing quote in the phrase 'need' in the sentence 'Instead of telling people' is appropriate.	