

Presidential Address

Pandit Suchitra

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Suchitra Pandit

My dear fellow FOGSIANS,

I dedicate this presidential address to all of you here today, on the auspicious occasion of the inauguration of the 57th AICOG of FOGSI at Patna. It is a great moment of pride and personal achievement to hold this position in FOGSI as President, and I realize that this means a great responsibility to be at the helm of affairs of this organization.

It is of significance that, I am installed at Patna, earlier known as Pataliputra, the seat of learning and fine art and the sacred city with the confluence of Hindu, Jain,

Buddhist, and Sikh religions. Today, Patna is hailed as one of the fastest growing cities in India.

I know that the entire Team AICOG, Patna under the leadership of Dr. Shanti Roy has relentlessly pursued their task to put up this AICOG, and my sincere thanks to all of them.

Acknowledgements

Attitude of Gratitude

My desire to contribute to women's health and welfare stems from a very strong sense of duty to the community inculcated by my parents.

My father taught me one important mantra ... ***There is nothing impossible ... Hard work and true determination will give you success...so believe in yourself !!***

I value all my achievements today as I have tried to follow his advice.

My mother's calm and balanced nature helped me to travel along my chosen path. My sister, brother, their families, and my cousins have given me continuous support in all my endeavors.

Friends are the family you choose—Jess C. Scott

I am eternally grateful to my dearest friends who are like family to me: Ramesh and Selvi Naidu, Dr. Ameet Patki, and Dr. Priti Vyas who have stood by me in my times of need.

If I have seen further than others, it is by standing upon the shoulders of giants.”

Isaac Newton

I would like to pay my respects to my brilliant gurus in my formative years: Dr. Asha Patravali from my Pharmacy college, Dr. Shakuntala Chhabra, Dr. Swarnalata Samal, Dr. Ulhas Jajoo, Dr. K. N. Ingle from my almamater—Mahatma Gandhi Institute of Medical Sciences, Sewagram, Wardha—for my medical training, and for instilling in us the importance of reaching out to the rural areas of India.

I am indebted to my excellent teachers Dr. Geeta Niyogi, Dr. Vijaya Badhwar, Dr. V. D. Patkar, Dr. Almeida Fernandez, Dr. Snehlata Deshmukh, and Dr. Daksha Pandit from LTMG College and Hospital, Mumbai for constant positive reinforcement which helped me architect my career further.

I humbly acknowledge the **role of my mentors in FOGSI**: the graceful and learned Dr. Usha Saraiya—President FOGSI in 2002—who selected me as her Joint Secretary and opened up a whole new world of FOGSI as it gave me an insight into the academic, administrative, and social aspects. Working with her was a very fulfilling experience.

Dr. Shirish Sheth whose sound advice has constantly encouraged me to achieve my goals.

Dr. Sanjay Gupte who has a remarkable ability to inspire everyone, has been my advisor, and guiding light.

My special thanks to **Dr. C. N. Purandare, President-Elect FIGO for giving impetus to my organizational skills....** and the ever enthusiastic Dr. Narendra Malhotra who gave me the freedom to work and explore when I was the Vice President during his tenure.

With a great sense of pride, I wish to thank all the Past Presidents of FOGSI who have laid down the glorious path for me to tread on, and I promise to do my best.

I also salute the Late Dr. R. D. Pandit, Dr. V. B. Patwardhan, Dr. V. N. Purandare, Dr. Mehroo Hansotia, Dr. D. K. Tank and Dr. Behram Anklesaria, Past Presidents of FOGSI, who are no longer there but continue to motivate us to reach new horizons!

A great heartfelt thanks to Dr. Hema Divakar, the **immediate Past President of FOGSI**, who has done a phenomenal job of steering FOGSI with her clear vision and unlimited zest for work. This now not only leaves me with a big challenge but also inspires me to put my best foot forward ...my successor Dr. Prakash Trivedi who will continue to do a fantastic job as well !

My special regards to Prof. Arulkumaran, President FIGO, a perfect combination of humility and extraordinary skills who has been a role model to many of us.

My three guardian angels: the quickwitted Dr. Ameet Patki who is my harsh critic but a true friend; a very helpful, dynamic Dr. Nozer Sheriar always cautioning me about things while encouraging me to stand up for a right cause; and the ever-smiling Dr. Hrishikesh Pai who says just go ahead ...if there is a problem ...I am there !

I wish to thank Dr. Jaydeep Tank and Dr. Madhuri Patel for their constant supports.

A friend is one that knows you as you are, understands where you have been, accepts what you have become, and still, gently allows you to grow.

William Shakespeare

Thanks are due very much to two of my good friends from the UK, Dr. Pranav Pandya and Dr. Patrick Obrien, who have specially flown to be here today for my installation and who are always willing to share their knowledge and experiences with us !!

Over the years, many of my trusted friends have propelled my growth. I wish to sincerely thank each and everyone of them. The list is endless, and if I have not mentioned all names, it is due to space constraints.

I am indebted to Mumbai Obstetric & Gynecological Society (MOGS), my parent society which I have been associated with for the last 25 years for nurturing me and giving me an opportunity to work; and thanks to the entire Team of MOGS for a wonderful innings during my tenure as President of MOGS.

I am ever so grateful to the charismatic Mrs. Tina Ambani, Chairman, Kokilaben Dhirubhai Ambani Hospital & Research Institute; Dr. Ram Narain, Executive Director; and the entire governing council for permitting me the space, time, and encouragement to pursue my dream. Every person in my department has contributed to my success, and I owe a lot to Team KDAH.

As a teacher and guide at LTMG Hospital and the Chairperson of Young Talent Promotion Committee, my interactions with my dear students have made me feel energetic and young. It gave me the opportunity to cultivate, identify, and channelize their great reservoir of talent in a fruitful way. They have always been my source of inspiration: Rakhee, Ranjeet, Teju, Pooja, Arti, Sejal, Waman, Prashant, Rana, Prachi, Anita, Vijay, Shashikant, Shalaka, Urvashi, Jatinder, Dimple, Sachin, Gazal, and Rashmi, and many more. Space constraints allow me to mention only the above few names.

My enthusiastic team 2014 consisting of the five, Wise, Vice Presidents, the knowledgeable Dr. Gokulchandra Das from the East; enthusiastic Dr. Indrani Ganguli from the North; very efficient Dr. Ritu Joshi; and ever-smiling Dr. Roza Olyai from the West zone; and the energetic

Dr. Sheela Mane from the South zone—along with hard-working and very capable joint secretary Dr. Gorakh Mandrupkar—have all decided to work together with me. I welcome and congratulate all of them, and I am sure that as an Integrated Team FOGSI 2014 ...

.....” **If everyone is moving forward together, then success takes care of itself.** “

—Henry Ford

About FOGSI

I am really privileged to be a part of our esteemed Federation, FOGSI, since 1984. Believe me, I cherish every moment of the 30 years of this learning process, as FOGSI has given me a platform for interaction with colleagues from all over India at an academic and personal level.

My journey in FOGSI began by first being a member of various committees, Joint secretary, Chairperson of the Young Talent Promotion Committee, and later as the Vice President FOGSI. It has been such an enriching experience with tremendous work done in the form of workshops on Communication Skills, Drills for Obstetric Emergencies, Cesarean skills, Obstetric Skill Workshops, and several publications.

I have been actively involved with important FOGSI projects namely MVA Pilot Project, Kishori Adolescent Empowerment Project as Secretary for 8 years, FOGSI ANKUR Project, and participant in the Bharat Jagruti Yatra, Save the Mother Initiative, and ICOG projects.

Warren Bennis says that “Leadership is the capacity to translate vision into reality. But we must also remember that before you are a leader, success is all about growing yourself, when you become a leader, success is all about growing others.” I humbly accept this responsibility.

The Federation of Obstetric and Gynecological societies of India (FOGSI)_today towers above all other societies of India as one of the largest organizations of specialized professionals with over 29,000 members. FOGSI is a classical confluence of unity in diversity like the Indian nation.

The phenomenal growth, progress, and spectacular achievements of the FOGSI speak volumes of the solid foundation laid, as well as the vision, able guidance, and leadership provided by the founder members.

With this background, I would like to share my vision for FOGSI as an organization of committed members who would like to serve the women and the mothers of this country.



My Theme for the Year 2014

Empower Women Empower India ... Pledge for Excellence !!

‘A Woman is the Full Circle - within her is the power to create, nurture and transform

—Diana Mariechild

Women’s empowerment is a subject very close to my heart. In the simplest of words, it is basically the creation of an environment in which women can make independent decisions on their personal development, as well as shine as equals in society. **Given the opportunity, from the home to space, women have proven themselves: From Maitreyi, Gargi, Rani Laxmibai to Kalpana Chawla, to name a few !**

The world must continue to wake up and pay attention to the rights and opportunities for all the human beings. It is time for equal rights, opportunities and equal participation for women.

—Michelle Bachelet

Under-Secretary, Executive Director of UN Women, the 5th Annual Women’s Empowerment Principles Event in New York, March 2013.



Explanation of LOGO

The mother faces all the perils of antenatal period and childbirth to bring a new life into this world, and with her selfless love and unassuming sacrifices, enlightens the future of her child with colors of the rainbow. FOGSI is like a mother who toils selflessly to ensure women’s health by guiding societies and its members to follow good practice guidelines and empower India.

Though women have progressed in a number of spheres, yet much remains to be done. We as FOGSIANS should work along with health-care policy makers to address what women’s health needs in a holistic way starting from conception to senescence. Women’s health at every stage and every aspect of life is important as this is the wealth of the Nation. So, if we empower women—we empower India, and we all must pledge toward achieving excellence !!

Vision

To Reduce Maternal Mortality and Improve Perinatal Outcome

We will also be addressing issues related to Adolescence, young adults, women in the reproductive age group and women above 40 years, and senior citizens

Maternal mortality is one of the basic health indicators of a society. It is a benchmark of humanity. Although MMR is showing a reducing trend, yet we have a long way to go. We have to dream of an India where our MMR can be comparable to that the advanced countries. Can we do this? Of course we can! If each one of our 29,000 FOGSIANS pledges excellence, working in close liaison with the existing programs, and use the new strategies, our dream can be turned into reality !!

We can't help everyone, but everyone can help someone.

—Ronald Reagan

The reproductive maternal newborn child and adolescent health (RMNCH+A) coalition was formed in India, which is now the highest level multi-stakeholder policy advocacy platform led by the Ministry of Health and Family Welfare (MOHFW), **Government of India (GOI)**. The Coalition is also the platform for discussing, strategizing, and action for all aspects of MNCH for **Strengthening Civil Society Contribution to the RMNCH+A Approach**.

The **Janani Suraksha Yojana (JSY)** has brought about a dramatic increase in the hospital delivery rates in the young mothers from 47 % in 2008 to 79 % in 2013. I sincerely hope that FOGSI can work with the National Urban Health Initiative for helping the urban poor mothers and their newborns **with the integrated improved health-care systems**.

We have also designed workshops to address the basic issues and strengthen the roots—through unconditional educational grants by pharmaceutical companies.

Focussed workshops for training and capacity building maternity care provide the following:

- **Postpartum Hemorrhage ...Predict, Prevent, and Handle: The First Golden Hour!!**
- **Certificate course on Standardized Management of Hypertensive Disorders of pregnancy along with the Organisation Gestosis**
- **Managing IUGR—the way forward!**
- **Preterm Labor—current trends in management to improve perinatal outcome!**
- **Neonatal resuscitation—A must for every practicing obstetrician!**

Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved
—Mattie Stepanek

I look forward to having collaboration with GOI, Organisation Gestosis, NNF, Save the Children, India IAP, IPAS, PSI, PHFI, WHO, JHPIEGO, FPAI, IMA, AVNI, and Impact India Foundation with its Lifeline Express in partnership with the Indian Railways (the world's first hospital on a train). We hope to reach out to the interiors of India including the tribal areas where there is an unmet need for contraception, comprehensive abortion care, adolescent reproductive health, mother and child care, and menopausal health.

I would like to assure you all that FOGSI will continue to play a major role along with the Govt. of India in formulating and implementing policies in various aspects of maternal health including reducing maternal mortality, PCPNDT, MTP, Adolescent health care, and formulation of strategies to reduce the burden of Cervical Cancer. FOGSI is always committed to supporting both public and private sectors through continuous interaction with different partners as far as knowledge sharing in the field of maternal and child health is concerned.

Our International academic associations with FIGO, AFOG, RCOG, and SAFOG have gained great significance, and I am happy that many of the stalwarts from these associations are here today. This has helped us share a common platform to discuss, learn, and improvise on our clinical practices.

Workshops for Empowering Women

Our pledge for excellence has prompted us to design workshops for Excellence In Practice (EIP) aimed at focusing on improving social and health issues of women.

A woman needs to be made aware of her rights to make decisions concerning reproduction, free from coercion, discrimination, and violence. Improved communication needs to be established between the couple on issues of sexuality, reproductive health, and the understanding of their joint responsibilities, so that they are equal partners in public and private life.

Pledge Toward Excellence in Practice (EIP) workshops

- **Addressing female sexual health issues**
- **Family welfare workshop—helping women choose!**
- **Promoting wellness in women**
- **FOGSI Ankur Project** for sensitizing pregnant women and their families for treatment of anemia, diet, early registration, financial planning, and hospital delivery.

This enhances birth preparedness and improves maternal and perinatal outcomes.

- International Women's Day celebration to felicitate women achievers in March 2014. I wish that each and every society celebrates this day.
- Currently, maternity and newborn package is not covered by the most existing insurance companies.

This is unfair as one of the important events in a women's life does not have the most basic cover, and so I will attempt to facilitate Medical insurance for pregnancy coverage.

Empower India by reaching out to the young people

- **FOGSI communication skills workshop for young doctors** by improving doctor–patient interaction
- **FOGSI Youth Mela** for empowering the future generation!!

We all agree that the youth are the current and future of tomorrow; so they need to be empowered with knowledge. As the President of Mumbai Obstetric & Gynecological Societies (MOGS) (2013–2014), I along with others had initiated the Youth Melas for girls and boys in the age group of 15–24 years with the help from the faculty from MOGS. We had an encouraging feedback. Keeping in mind the unmet need of this service, I wish to take this concept nationwide. This is a 3-h program which Includes the following topics:

- Communication skills.
- Staying fit, healthy diet, and know your body
- Prevention of an unwanted pregnancy by means of contraception
- Prevention of HIV/sexually transmitted infections.
- Prevention from cervical cancer by vaccination
- Self-defence to prevent from abuse
- First Aid
—we hope to get the necessary supports from the GOI and other NGOs for this activity.
- **FOGSI Medical college initiative** for promoting awareness and prevention of cervical cancer and promoting reproductive health.

Cervical Cancer is the Most Common Cancer in Women in Developing Countries

If we have to reduce the cancer burden in India, then the most important strategies would be primary prevention, community-based low-intensity cervical screening in combination with awareness campaign, vaccination, and monitoring system.

The HPV vaccine is a safe and effective option for cervical cancer prevention. If this has to be included in the future

National vaccination strategies, then the cost of the vaccine should be reduced. The national consensus guidelines for vaccine administration in India should be formulated. I wish to appeal to all the state health administrations to launch the program using service delivery models that are the most suitable to them. FOGSI will partner these programs along with other associations involved in this humungous task.

- **FOGSI antiobesity Drive** ...since obesity is now a national threat, we are also initiating this awareness and advice program regarding lifestyle changes, healthy diet, exercise, and pharmacotherapy when required. With every Kg weight loss, one healthy meal will be given to a malnourished child.
- **We are also planning Fitness for Fraternity workshops for our fellow colleagues, where experts will advise about the lifestyle changes, diet, and exercises.**

Pledge Toward Excellence in Practice (EIP) workshops

- Early pregnancy loss
- Safety first
- Ovulation induction and IUI
- Postpartum care
- PCPNDT and MTP: solving problems
- Endometriosis—current concepts in management
- Practical approach to infertility
- Cesarean skills
- Recurrent pregnancy loss
- PCOS Management from adolescence to menopause
- Hysteroscopy
- Communication skills
- Cesarean skills
- Preventive oncology
- Masterclass urogynecology
- Staying Healthy after 60 years

The FORCE Program for Postgraduates will Continue in the Various Zones with an Improved New Format

All the above workshops will be conducted with help of our FOGSI Committees, and we have kept a National Coordinator for each workshop to facilitate liaison with the various societies and help the chairpersons of Committees who can carry on their individual plans as well for the year, if they wish to.

Planned Conferences for Pledging for excellence FOGSI National & International events in 2014 RCOG World Congress 2014—Hyderabad in March 2014

National Medicolegal Conference with West Bengal Society of OBGYN in May 2014

Harmony with Hormones with Mumbai Society of OBGYN in June 2014
Pelvic Floor—Unfolding the facts with Pune Society in June 2014

WWW.Empower.con for (Womanhood Wisdom and Wellness.Empower.con)

Empower women with knowledge, awareness, and access to health thereby encouraging them to face the challenges of the daily life and keep their mind, body, and soul in balance to feel well, with **Association of Gynecologists of Delhi in July, 2014.**

Journey toward Safer Pregnancy!! at Jaipur in August 2014.

Use of Modern Technology to Save Lives at Trivandram in October 2014.

FOGSI INDO-NEPAL summit to share ideas on Save the Mother and child !

SAFOG–FIGO meet with participation from FOGSI at Srilanka in October 2014

Silver Jubilee Conference of North East at Gauhati in November 2014.

National YUVA FOGSI Conferences

Special appreciation is due for Padmashree Dr. Kamini Rao—Past President FOGSI, for initiating this concept for giving a platform to our junior colleagues.

- Faridabad during April 11th–13th 2014—Vice President in charge is **Dr. Indrani Ganguli**
—Theme: Operative Gynecology
- Mysore in June, 2014—Vice President in charge is **Dr. Sheela Mane**—
Theme : Medical Disorders in Pregnancy
- Bhubaneswar in August 2014—Vice President in charge is **Dr.Gokul Chandra Das**
—Theme: Practical Obstetrics
- Nashik in September 2014—Vice President in charge is **Dr. Roza Olyai**

Every Yuva FOGSI will have PPH as a essential pre-congress workshop, PIH module for standardizing management, communication skills, the ICOG Hour, and a session on vision 2022.

FOGSI Satellite Conference Awaiting Confirmation of Venue and Date

Publications

FOGSI FOCUS: PCOS, Obesity, Anemia, Postpartum Care

Progesterones in Obstetrics, Sexual Health In women

Safety First

MTP and Contraception Update in liaison with PSI
Preventive Oncology

We are also planning newsletters on a regular basis, so that activities of Team 2014 will be included and circulated to our FOGSI members. Our activities will also be displayed on our website

Team 2014 will work together to accomplish our vision. Each of our vice presidents will be responsible for societies, committees, Yuva FOGSI conferences, Committee workshops, and FOGSI FOCUS.

The ICOG

ICOG was founded in 1984 as the academic wing of FOGSI which has grown to its current position today, where it has 1,100 fellows inclusive of 81 new ones to be added at the Convocation tomorrow. It is involved in certification, conduct of CMEs, and visiting Professorship across India. An important development for ICOG is the International collaboration of the MICOG exam with the Royal College of Obstetricians and Gynecologists (RCOG) for Part 1 exam from March 2013 and in combination with the Royal College of Physicians of Ireland (RCPI) for part 2 MICOG–MRCPI course. This partnership has been initiated thanks to the special efforts put in by Dr. C N Purandare.

Dean ICOG

The enthusiastic team of ICOG are initiating a master class **IGNITE** in one of the important subjects. I suggest that the ICOG will also be involved in the postgraduate teaching programs of FOGSI, help in formulating of research projects, and also assist in execution of programs of the **TEAM 2014.**

We will also have a FOGS I-ICOG Traveling seminars in five cities with the European school of Perinatology in October 2014 thanks to the persistent efforts of Dr. Jaideep Malhotra, Secretary, ICOG.

**Individually, we are one drop,
Together we are an ocean!!**

—Ryunosuke Satoro

ICOG–GOI initiative EmOC

FOGSI certification course on **Emergency Obstetric Care** for the government MBBS doctors working in First Referral units has been very vital in the reduction of maternal mortality in rural parts of India. Dr. Sadhana Desai has spearheaded this FOGSI public–private partnership program, and the GOI has **given extension to this project.**

FOGSI Committees

We have 27 committees on different subjects headed by dynamic chairpersons who are the key pillars of FOGSI which help us disseminate information in the form of workshops and CMEs. This year our promise is that through these 27 committees, we will reach to all 225 societies in year 2014 with at least one program in each society. Our vice residents will be in charge of the committees.

Since we have all taken a pledge for excellence, I would request all the chairpersons to reflect on the work already done and enhance the quality of the workshops so that they are beneficial for members as well as society.

Journal of Obstetrics & Gynaecology of India is amongst the most widely circulated and read journals. The journal is something to be very proud of as it is self-sufficient and is now associated with the publishing house **Springer** which is also working toward getting it indexed! **I welcome Dr. Gautam Allahabadia as the new editor and am sure that he will continue to maintain a high standard of our journal.**

“A boat doesn’t go forward if each one is rowing their own way”

—Swahili proverb

The FOGSI office staffs have always sincerely and strongly stood behind every FOGSI President with a smile and believe in moving forward together. I wish to also

thank Ms. Jasmine Kunder the current office superintendent and also Ms. Bhandarkar for all their inputs in the past. I must acknowledge the efforts made by Dr. Nozer Sheriar, Secretary General, FOGSI for streamlining some pertinent issues to ensure better functioning. I also wish that every FOGSIAN should be a member of the Social Security Scheme and avail of the FOGSI Indemnity Policy.

And so, my dear Fellow FOGSIANS, with blessings from the Almighty, support from my family, and the entire TEAM 2014, I stand before you committing my year as President to take our vision forward and ask each of you to Pledge for excellence and help me in my endeavor to Empower the women—thus empowering India.

Together, we can achieve not only the goals set forth but also push beyond to frontiers that may test us, but in the process, I believe will make us stronger and closer to serve and make a difference.

I end with a quote by Helen Marshall that will steer me in the year to come;

“Aim for a star, and keep your sights high ...

With a heart full of faith within, your feet on the ground and your eyes in the sky.”

**Jai hind
Dr. Suchitra N. Pandit**



President, FOGSI 2014