

From the desk of Dr. Rishma Dhillon Pai: President FOGSI 2017

Rishma Dhillon Pai¹

Received: 10 January 2017 / Accepted: 10 January 2017 / Published online: 2 February 2017
© Federation of Obstetric & Gynaecological Societies of India 2017



Dr. Rishma Dhillon Pai

MD FRCOG DNB FICOG DGO FCPS

President 2017—Federation of Obstetrics & Gynaecological Societies of India (FOGSI)

Fellowship ad eundem of the Royal College of Obstetricians & Gynaecologists, London.

Hon. Secretary—Indian Association of Gynaecological Endoscopists (IAGE)

Vice President—Indian Society for Assisted Reproduction (ISAR)

Board Member –World Endometriosis Society (WES)

Consultant Gynaecologist: Lilavati, Jaslok & Hinduja Health Care Hospitals, Mumbai

Imm Past Chairperson: ISAR (Maharashtra Chapter)

Rishma Dhillon Pai is a Consultant Gynaecologist at Lilavati, Jaslok & Hinduja Health Care Hospitals

✉ Rishma Dhillon Pai
rishmapai@hotmail.com

¹ Mumbai, India

Respected Chief Guest, Guest of honour, Immediate Past President Dr. Alka Kriplani, Chairperson of the 60th AICOG Dr. Dipesh Dholakia, Outgoing Vice Presidents Dr. Bharati Dhorepatil, Dr. Vineet Mishra, Dr. Ashish Mukhopadhyay, Dr. Sadhana Gupta and Dr. Revathy Janikiram, Dr. Garima Kachhwa, my team of Vice Presidents, Dr. Sunita Tandulwadkar, Dr. Bhaskar Pal, Dr. Rajesh Modi, Dr. M G Hiremath and Dr. Ranjana Khanna, ICOG chairman Dr. Krishnendu Gupta, Dean Dr C N Purandare and Secretary Dr S. Shantakumari, Secretary General of FOGSI, Dr. Hrishikesh Pai, Deputy Secretary General Dr. Jaydeep Tank, Treasurer –Dr. Madhuri Patel, Jt. Treasurer-Dr. Suvarna Khadilkar, Jt. Secretary Dr. Sarita Bhalerao, Organizing Secretary of AICOG Dr. Pragnesh Shah, Dr. M. C Patel, Conference Convener, Dr. Alpesh Gandhi, Dr. Atul Munshi, Dr. C B Nagori, Organizing Co-Chairpersons, Dr. Kiran Desai, Dr. Kanthi Bansal, Scientific Chairpersons Dr Parul Kotdawala and Dr Haresh Doshi and the entire organizing Committee of AICOG, Past Presidents of FOGSI, All dignitaries on and off the dais, my fellow FOGSIANS, our pharma colleagues, my dear family, ladies and gentlemen.

I stand before you today with my hands folded, my head bowed down and with humility and respect, accept the responsibility of taking over the reins of this great organization, FOGSI, as its 61st President.

I believe whatever you vividly imagine, ardently desire, sincerely believe and enthusiastically act upon must inevitably come to pass.

Today is a landmark day for me in the long journey which started with my joining FOGSI in 1988 and actively working for it ever since—as a member, chairperson, vice president and now its president. It is also the beginning of the phase for which I have prepared extensively, worked tirelessly and made plans with enthusiasm, passion and excitement. FOGSI is a melting pot—a mix of diverse individuals, cultures, ideas, thoughts, all coming together for one common goal, the wellbeing of the women of India.

I remember today my parents, my brother and my in-laws, who I am sure, are watching me from above with pride.

In this journey there are two people to whom I owe everything, My husband Dr. Hrishikesh Pai who ‘cradle snatched’ me while I was an intern and has held my hand ever since—guiding me, supporting me at every step, being my biggest critic and my greatest strength. Thank you Hrishikesh. My sister Poonam Dhillon, who has been not only the best sister in the world, but also like a mother and a best friend from ever since I can remember. She is responsible largely for everything that I am today.

My children Anvisha and Arnav and my family who have always encouraged me and are my heart and soul.

My deepest gratitude to my teachers, my first boss during my residency—Dr. Ajit Virkud who encouraged me from day one, My M.D. guide Dr. Shirish Seth one of the most admired and respected FOGSI and FIGO Presidents, Dr. Usha Krishna who continues to amaze me even today with her great energy, enthusiasm and positivity.

I really look up to and seek blessings from Dr. Sanjay Gupte who was my President, when I was Vice President. Dr. C N Purandare FIGO President, My dear Dr. Alka Kriplani outgoing president who has done outstanding work for FOGSI last year and many past presidents of FOGSI—Dr Prakash Trivedi, Dr Suchitra Pandit, Dr Hema Diwakar, Dr P K Shah, Dr. P C Mahapatra, Dr Narendra Malhotra, Dr. Pankaj Desai, Dr Duru Shah and many more who have made fantastic contributions to FOGSI.

I am blessed to be guided, inspired and helped by many stalwarts such as our past secretary general Dr Nozer Sheriar and dear FOGSI friends who are more like family. My team 2017 is a wonderful, committed team of hard working talented FOGSIANS, Vice Presidents—Dr. Sunita Tandulwadkar, Dr. Bhaskar Pal, Dr. Rajesh Modi, Dr. M G Hiremath and Dr. Ranjana Khanna.

FOGSI office bearers Dr. Hrishikesh Pai, Dr. Jaydeep Tank, Dr. Madhuri Patel and Dr. Suvarna Khadilkar, team ICOG Dr Krishnendu Gupta, Dr. C N Purandare, Dr. Mala Arora (Chairperson Elect), Dr S. Shantakumari and Dr. Sushma Pandey are the pillars of FOGSI. I welcome the ever energetic and hard working President Elect—Dr. Jaideep Malhotra—and look forward to working with her in the near future. My Jt. Secretary- Dr. Sarita Bhalerao

and National Convener Dr. Nandita Palshetkar, all of us will be working together closely as ‘each one of us can make a difference but together we can make change’.

A very special thank you to the Mumbai Obstetrics and Gynaecological society, which has been my parent body and my entire MOGS family who has been a source of encouragement and motivation for me for over 28 years. A big thank you also to the FOGSI staff who are super efficient and extremely helpful.

My theme for the year is ‘She Matters’. Care, Educate, and Transform. Woman is at the core of it all. She has all the essentials of life within her. She is important because she can create and nurture and bring about transformation and if we care for our women and educate them, we can definitely transform our country and the world.



FOGSI has many roles to play; it is a multifaceted organization working at many levels—academic, fellowship, liaisoning with the government and NGO’s, membership and community service.

Academically, we have a busy, bright and brilliant year ahead for you. There are meaningful, well-planned large conferences being organized, starting with this AICOG in Ahmedabad. This is a fantastic huge academic event, and I wish them all the best and congratulate the organizing team for putting together such a grand show. We start our year with a unique Youth Summit where hundreds of youngsters will get together and share ideas, get informed, learn and teach and help towards building a healthier India. There are several events in collaboration with specialized bodies such as Indian Association of Gynaecological Endoscopists (IAGE) and International organizations like RCOG, FIGO, AOFOG and European Society for Gynaecological Endoscopists (ESGE). During the ‘FOGSI Nari Swasthya Pahel’ event in New Delhi, we will bring together the government and NGOs and strategize towards making a difference in women’s healthcare across the country.

The **YUVA FOGSI** conferences are being held in Lucknow, Trissur, Navi Mumbai and Guwahati.

Specialized conferences of infertility, urogynaecology, critical care, endoscopy, oncology, RPL are planned.

Calendar of events—2017

| Month | Date | Name of event | Place | Contact person details |
|-----------|-----------------|---|-------------|---|
| January | 24th–29th | 60th AICOG | Ahmedabad | Dipesh Dholakia, Pragnesh Shah, M C Patel, Alpesh Gandhi, Atul Munshi, C B Nagori, Parul Kotdawala, Haresh Doshi |
| February | 1st, 2nd | FOGSI—MOGS Youth Summit | Mumbai | Suchitra Pandit, Nandita Palshetkar, Sudha Tandon, Priti Vyas |
| February | 17th–19th | SAGE -2017 (IAGE, FOGSI, ESGE conference) | Mumbai | Rajendra Sankpal, Rudy De Leon Wilde, Rishma Pai, Rajendra Saraogi |
| March | 3rd–5th | Endogyn 2017 (FOGSI, IAGE, BOGS) conference | Kolkata | Rishma Pai, Rajendra Sankpal, Arup Kumar Majhi, Bhaskar Pal |
| March | 10th | FOGSI core committee meeting | Mumbai | Rishma Pai, Hrishikesh Pai, Jaydeep Tank, |
| April | 5th | FOGSI Nari Swasthya Pahel | New Delhi | Rishma Pai, Hema Divaker, Hrishikesh Pai, Alka Kriplani, Jaideep Malhotra, Nandita Palshetkar |
| April | 15th–16th | FOGSI Managing Committee | Bangalore | Chandrika Muralidhar, Shilpa G B, Sheela C N, Thejavathy, Sheela Mane |
| April | 28th–30th | YUVA FOGSI-North Zone | Lucknow | Chandravati, Indu Tandon, Priti Kumar, Urmila Singh. VP Incharge: Ranjana Khanna |
| May | 13th–14th | National Conference on Practical Obstetrics and Advanced Infertility | Hubli | M G Hiremath, Shobha Bembalagi, Kasturi Donimath |
| June | 3rd–4th | YUVA FOGSI-West Zone | Navi Mumbai | Sucheta Kinjawadekar, Anu Vij, Mini Nampoothiri, Rahul Wani, VP Incharge: Sunita Tandulwadkar, Rajesh Modi |
| June | 24th, 25th 26th | Fogsi CNN conference | Pune | Sunita Tandulwadkar, Nishikant Shirotri |
| July | 21st–23rd | YUVA FOGSI-South Zone | Thrissur | K. Ambujam, Betsy Thomas, Dr. Neetha, VP Incharge : M G Hiremath |
| June | 29th | FOGSI—RCOG Conference | London | Prof Lesley Regan, Rishma Pai- Prof Arulkumaran, Prof Hani Fawzi, Prof Alison Wright and Kim Dawson, Hrishikesh Pai, Jaydeep Tank, Ameet Patki |
| August | 4th–6th | FOGSI FIGO | Hyderabad | C N Purandare, S. Shanthakumari, Rishma Pai, Hrishikesh Pai |
| August | 12th, 13th | International FOGSI Gynae Oncology Conference | Cuttack | Bhagyalakshmi Nayak, Neerja Batla, S K Giri, Janmayeya Mohapatra |
| August | 19th, 20th | BOH-The Trilogy | Delhi | Ranjana Khanna, Mala Arora, Shakuntala Kumar, Amita Tripathy |
| September | 2nd–3rd | AICC RCOG 2017 in assoc with FOGSI and MOGS | Mumbai | Ameet Patki, Rishma Pai, Vanita Raut, Hrishikesh Pai, Shantala Vadeyar, Jaydeep Tank |
| September | 7th–10th | The Hysterectomy summit | Nagpur | Rajesh Modi |
| September | 15th–16th | FOGSI core committee meeting | Mumbai | Rishma Pai, Hrishikesh Pai, |
| September | 16th–17th | FOGSI Managing Committee | Mumbai | Rishma Pai, Hrishikesh Pai, Jaydeep Tank, Vanita Raut, Madhuri Patel, Suvarna Khadilkar |
| September | 22nd–23rd | 4th World Congress of Ian Donald School for Ultrasound, Human Reproduction & Perinatal Medicine | Dubai | Narendra Malhotra, Ashok Khurana, Jaideep Malhotra, Sonal Panchal, Raj Menon, Shivkumar Menon |
| September | 23rd–24th | Critical Care for Obstetrics –FOGSI—ICOG Conference | Indore | Mala Arora, Asha Baxi, Kawita Bapat, Archana Baser |
| October | 6th, 7th & 8th | Critical care in Obstetrics | Patna | Abha Rani Sinha, Alpesh Gandhi |
| November | 3rd, 4th, 5th | YUVA FOGSI-East Zone | Guwahati | Ratna Kr Talukder, Gitanjali Deka, Hemanga Talukder, Apurba Das, Radha Rasmi Barua, VP in Charge : Bhaskar Pal |
| November | 17th–19th | FEMM—Fertility, Enhancement, Management and More | Mumbai | Rishma Pai, Vanita Raut, Nandita Palshetkar, Hrishikesh Pai, Jaydeep Tank, Jaideep Malhotra |
| December | 2nd–3rd | Why foetus die in the utero | Kolkata | D K Dutta |
| December | 8th–10th | Urogynaecology Satellite Conference, GOAL Conference | Ahmedabad | Vineet Mishra |

The FOGSI Journal has been doing extremely well and under the new Editorship of Dr. C. V. Hegde, It is bound to rise to greater heights.

I am extremely excited about the **YES programmes** (Youth Education and Service) overseen by Dr Ashwini Bhalerao-Gandhi, where we will be carrying out interactive sessions on health and nutrition across 150 schools all over

the country. We have a beautiful video message for the children by the legendary Asha Bhosle and actress Poonam Dhillon which will be inspirational for them.



The GREAT (Gynaecology Research, Education, Advances and Treatment) Workshops will be held in almost every FOGSI Society. These are practical workshops on infertility, PPH, low-birth-weight and pre-term baby, first trimester, PCOS and abnormal uterine bleeding,

| GREAT WORKSHOPS- Gynaecology Research, Education, Advances and Treatment | Conveners | Co-conveners | Educational grant |
|--|--------------------------------|--|--------------------|
| 1 Infertility | Sunita Tandulwadkar | Madhuri Patil, Sujata Kar | Emcure, Sun Inca |
| 2 Postpartum haemorrhage | Mahesh Gupta, Sheela Mane | Phagun Shah, Binal Shah, Susheela Rani, Shobha Gudi | Emcure |
| 3 Managing the pregnancy with Low-birth-weight baby | Ritu Joshi | Mala Arora, Anita Soni, Parikshit Tank | Sun Spectra |
| 4 Polycystic ovarian syndrome. | Pratik Tambe, Jaideep Malhotra | Seema Pandey, Aswath Kumar | Sun Inca, Bayer |
| 5 First trimester | Bhaskar Pal | Mahua Bhattacharya, Pratik Tambe, Ashwath Kumar, Alok Sharma | Abott, Sun Spectra |
| 6 Abnormal Uterine Bleeding | Dr. Sudha Tandon | Fehmida Banu, Jyoti Mishra | Bayer |

Medico Legal Session will be held along with every workshop. The conveners for this are Bipin Pandit, Mandakini Megh, Geetendra Sharma and the Co conveners are Rajni contractor and Manish Machave.

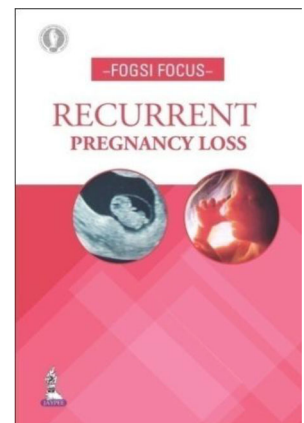
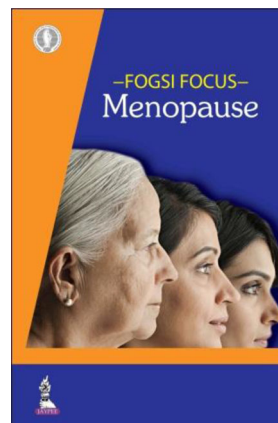
Pratishruti-Fogsi Figo MSD Programme which is a promise to eliminate HPV related Cancers. This programme involves training of trainers and capacity building to teach all gynaecologists across the country, the latest updates on prevention, diagnosis and treatment of cervical cancers.

The very popular **FORCE Post Graduate training programmes** will be continued this year. They play an important role in imparting latest information and education to our postgraduate students.

The **3D laparoscopy workshops** held in PVR theatres are a visual delight and a fantastic learning opportunity.

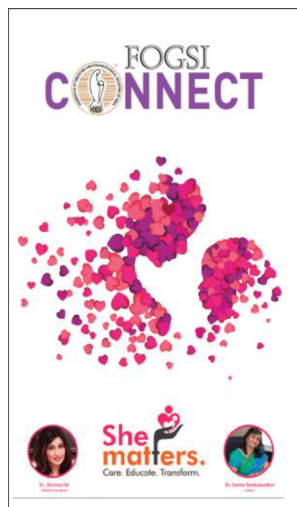
The **FOGSI FOCUS** are subject focused publications which our members look forward to and we will be bringing out many of them on subjects of interest to our gynaecologists.

| FOGSI FOCUS | AUTHORS |
|---|--|
| 1 Postpartum care-Our continued responsibility | Rishma Pai, Sarita Bhalerao, Geeta Balsarkar |
| 2 Infections in Obstetrics & Gynaecology –They are Everywhere | Bhaskar Pal, Reena Wani |
| 3 Will anyone remain infertile? Advanced Infertility Management | Nandita Palshetkar |
| 4 Latest & the best—New Techniques in Gynaecology | Sunita Tandulwadkar |
| 5 Urinary Tract Infections | Vineet Mishra |
| 6 Menopause—Handle with care | H.P. Pattnaik, Suvana Khadilkar |
| 7 Recurrent pregnancy loss | Parikshit Tank, Fessy Louis, Alok Sharma |
| 8 Preterm Birth | Jaideep Malhotra, Narendra Malhotra |



In order to constantly interact with fellow FOGSIANS, I will be bringing out two new publications this year. **‘FOGSI Connect’**—our quarterly newsletter—will keep

members informed about all the past and present activities and will have the latest scientific articles. These are being edited by Dr Sunita Tandulwadkar, Dr Roza Olayi, Dr Vidya Pancholia and Dr Bhaskar Pal. ‘**Reaching Out**’—the Presidents Newsletter—will be like a conversation that I would like to have with all 34,000 members and this will be a quarterly publication too.



Youth are the builders of the new India and in order to encourage and recognize brilliant **and gifted young fogsi-ans**, we are instituting for the first time **two new awards to be given at each Yuva Fogsi** this year. Fogsi strongly believes in women empowerment hence at each of these 4 Yuva conferences, **three women achievers** from that zone **will be honoured** and recognized.

In the words of Susan Jeffries, if you always do what you've always done, you will always get what you've always got'.

In the internet era, we have to keep abreast and so we are launching the **GREAT APP**, where all the Fogsi Focuses, latest guidelines etc. will be uploaded as will be many power point presentations on important subjects.

FOGSI will partner with Docplexus to spread awareness about health care of women, and disseminate knowledge and encourage interaction amongst our wide network of gynaecologists.

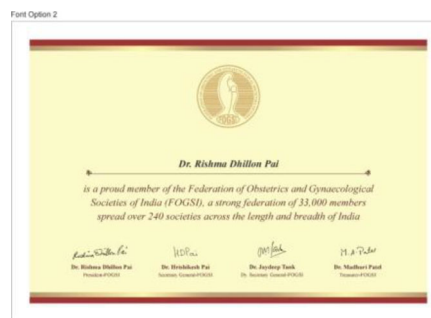
Once a month, a 10-minute survey on subjects of importance to practicing gynaecologist will be conducted to understand trends, commonly followed protocols and preferences.

There will be a new quiz on the website every month with attractive prizes. This will keep interest in the website alive.

For the first time, a **Youth Wing for FOGSI called 'FOGSI Future'** is being launched. This will comprise many young upcoming future leaders of FOGSI. For the first time, a **new publication called 'Fogsi Future'** 'on the subject of New drugs in Obstetrics and Gynaecology' will be released written by these young gynaecologists.

FOGSIANS are brilliant, talented and expert multi-taskers. For the first time, we will be conducting a **FOGSI has Talent** search across the country for gynaecologists with extraordinary talent in any extracurricular area-singing, dancing, music etc.

I am a proud FOGSIAN and I am sure most of our members feel the same way. **For the first time, we will be sending each one of our 34,000 members a beautiful certificate** to adorn their walls proudly proclaiming them as FOGSI members.



FOGSI is a powerful brand and we want it to be known to all over the world, so we have made a befitting slogan for FOGSI. **'Medical Excellence—Compassionate Care'**.

Also for the first time, we have put together a **FOGSI promotional video** which showcases our vision and mission and all the amazing work that we do. A **jingle** for FOGSI has been created which will be played at all FOGSI events and will create enthusiasm amongst the Fogsians to go ahead hand in hand and do good for the women of India.

I have arranged for many FOGSI Leaders, society presidents to come on **national TV for** giving social and welfare messages, this will improve the image and visibility of our gynaecologists. These 120 seconds per doctor, in local languages, will help us reach out to many unreached women.

Our important core activities of PC PNDDT, Violence against Women, Violence against Doctors, Youth Cell, ART Bill 2014 Regulation which are all of crucial importance to us continue to be worked upon actively.

‘With the privilege of doing well comes the opportunity of doing good’. We all are so privileged and blessed and I strongly believe that we must give back. FOGSI will be utilizing a sum of Rs. 30,00,000/- for doing women welfare activities, all of which will be well documented, photographed and presented to the government and charity commissioner.

FOGSI is **partnering with the government for the ‘Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA)’** where we all will see antenatal patients free of cost on the 9th of each month. If we can dedicate Just 12 days in a year for looking after the poor pregnant women of our country, our maternal and perinatal mortality will come down greatly.



FOGSI will be partnering with the Indian Medical Association on numerous issues as such as community service, Pcpndt, Clinical establishment act, role of ayush doctors etc. **FOGSI Nari Swasthya Pahel** is being

launched in association with IMA with a view to having a large group of committed doctors working along with the government to make a significant improvement in the health of the women of our country. We will be conducting free camps across the country.

FOGSI is collaborating with the Indian academy of Pediatricians and launching the ‘**MAMTA FOGSI TV Project**’ to educate women on maternal and child health via closed TV network installed in the gynaecologists waiting rooms. This service will be free including the TV screens, maintenance and content. We hope to cover thousands of clinics across India to ensure that the waiting time of patients is meaningfully utilized.

The FOGSI JPEIGO NABH Certification and quality accreditation programme is going to the national level in FOGSI by setting up a National Quality Management unit linked to the FOGSI Office. This joint certification system will significantly improve the quality of care provided to our patients.

The **helping 1,00,000 babies survive and thrive project** is being implemented along with the American academy of pediatrics, USAID, UNICEF, National Health Mission, IAP, etc., and will improve training and quality of care to the neonates. This project will support government of India’s goal of reduction of NMR and SBR to single digits by 2030.

As the burden of HIV and its transmission to the neonate is high, FOGSI and SAATHI are collaborating to try to eliminate this.

FOGSI and SAATHI are collaborating towards training and mentoring of private providers on FOGSI Clinical Standards and Supporting health facilities to improve quality of care.

FOGSI-MYLAN Partnership will ensure access to modern contraceptive solutions for safer maternity and wellbeing of women in India.

The FOGSI Rotary ‘Calmed’ Project is a collaborative effort in lowering maternity deaths with training in public awareness, advocacy and monitoring. The pilot project has started in some districts of Karnataka, Goa and South Maharashtra.

Fogsi is collaborating with Sankalp India Foundation to campaign for **Thalassemia-free-India**.

The 27 FOGSI committees headed by the Chairperson, each with special and significant duties are the backbone of FOGSI, and we have an excellent team of dedicated workers this year. We are sure to see excellent academic and social work being done by them in 2017.

We have an absolutely full calendar this year with lots of academics, fellowship and social work. My main focus, however, is to really give back to society and in doing so improve ourselves, our image and society and the country as well.

At the end, I want to say that **my aim in life is not just to survive, but to thrive and to live life fully with passion, compassion, humility, laughter and style.**

Rishma Dhillon Pai

Dr. Rishma Dhillon Pai
MD DNB FRCOG FICOG DGO FCPS
President 2017—FOGSI