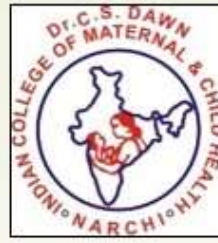


NARCHI Nagpur Branch activities 2023



**NATIONAL ASSOCIATION FOR REPRODUCTIVE
& CHILD HEALTH OF INDIA**

NARCHI, Nagpur Chapter 2022-24

DR. ALKA KUMAR
President



DR. NITU SINGH
Hon. Secretary

Theme- Health Empower's Women

Installation Ceremony





CME on 19-02-2023



Online CME on 25-02-2023

 PUBLIC AWARENESS COMMITTEE
NATIONAL ASSOCIATION FOR REPRODUCTIVE &
CHILD HEALTH OF INDIA (NARCHI) Nagpur Chapter.
in association with
 MANCH SUDHA (Forum for Educating people on women's wellness)

Date: 25th February 2023, Time 4pm to 5pm
on Google Meet Link :

Invites for awareness program on
Nutrition in PCOS(Polycystic ovarian Syndrome)

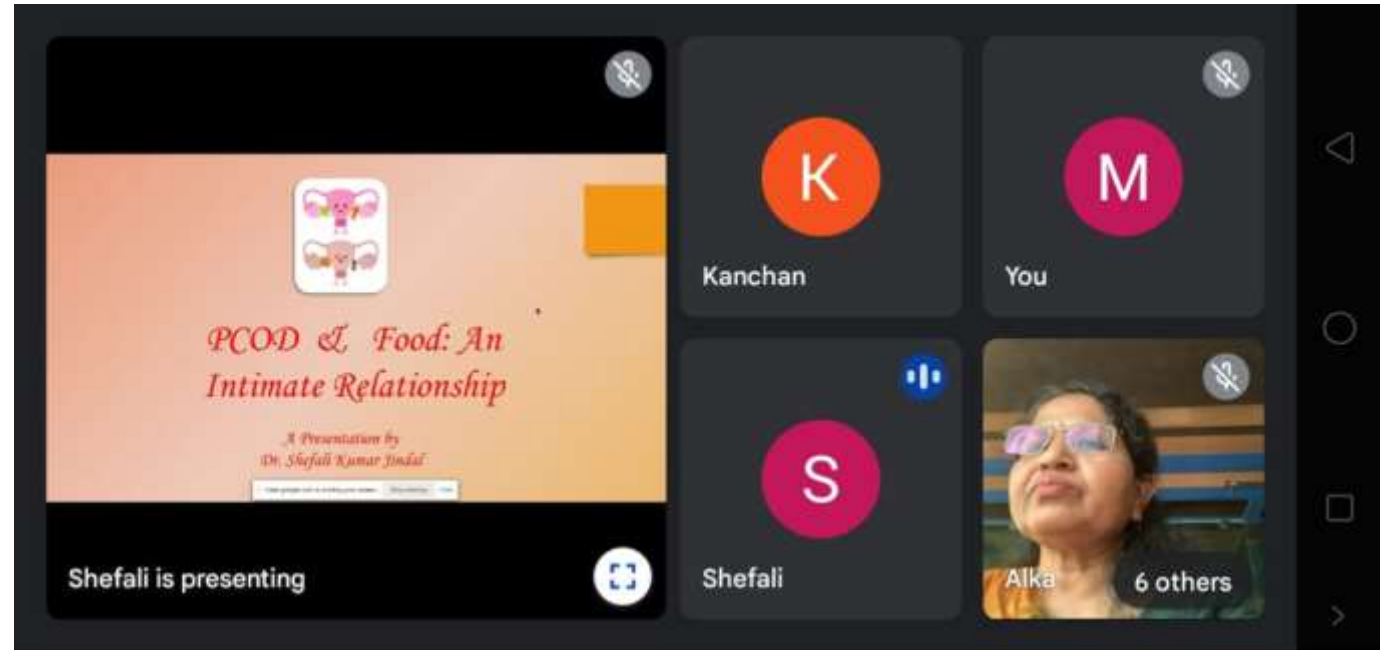
Speaker


Dr. Shefali Kumar Jindal
PHD , Registered Nutritionist and Psychologist)

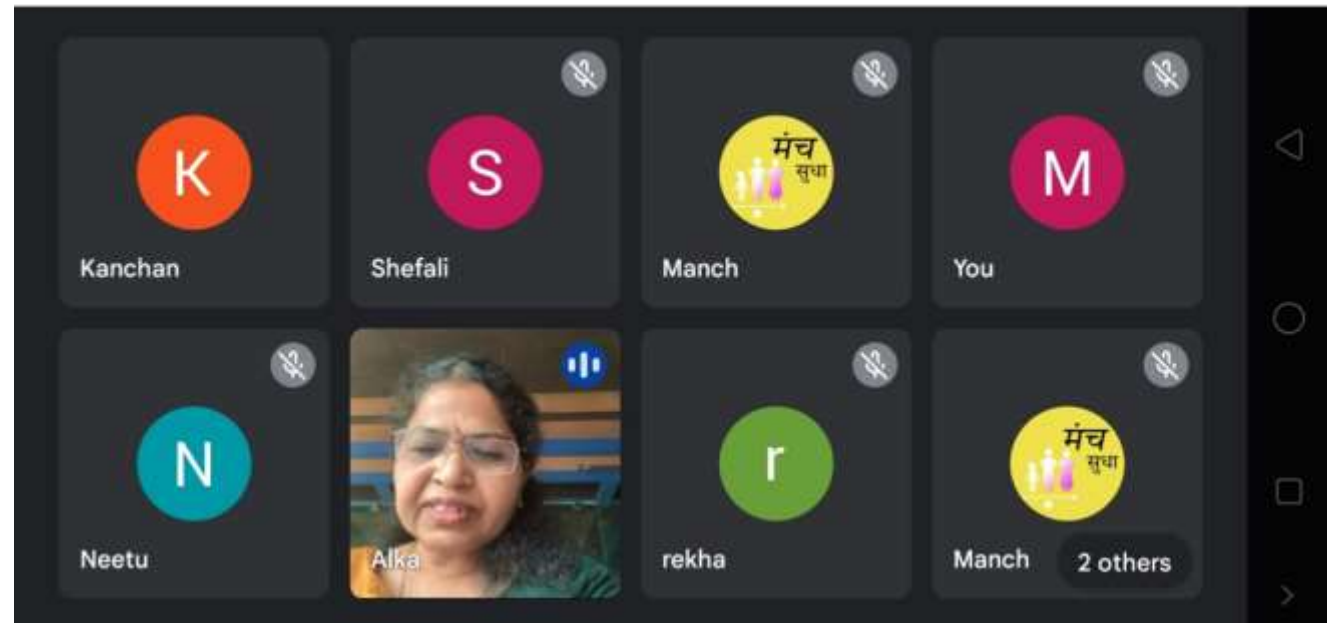
 **Dr. Alka Kumar**
President

 **Dr. Nitu Singh**
Secretary

NARCHI, Nagpur Chapter 2022-24



The screenshot shows a Google Meet interface. On the left, a presentation slide is displayed with the title "PCOD & Food: An Intimate Relationship" and the presenter's name "Dr. Shefali Kumar Jindal". The slide also features a diagram of a female reproductive system. On the right, there are four participant avatars: Kanchan (orange circle with 'K'), You (pink circle with 'M'), Shefali (pink circle with 'S'), and Alka (video feed of a woman with glasses). A status bar at the bottom indicates "Shefali is presenting".



The screenshot shows a Google Meet interface with a grid of participant avatars. The avatars are: Kanchan (orange circle with 'K'), Shefali (pink circle with 'S'), Manch (yellow circle with 'मंच सुधा'), You (pink circle with 'M'), Neetu (teal circle with 'N'), Alka (video feed of a woman with glasses), rekha (green circle with 'r'), and Manch (yellow circle with 'मंच सुधा'). A status bar at the bottom indicates "Manch 2 others".

CME on 22-04-2023

**NATIONAL ASSOCIATION FOR
REPRODUCTIVE & CHILD HEALTH OF INDIA
(NARCHI) Nagpur chapter**
Theme- Health Empower's Women

Date: 22nd April 2023 Time: 4.00 to 6.00pm
Venue - Hotel Centre Point, Ramdaspath, Nagpur

GBM- 4.00 PM

Time- 4.30 PM
Topic - G. I. Disorders in Pregnancy

Speaker **Chairpersons**

| | | |
|---|---|---|
|  |  |  |
| Dr . Ravi Daswani | Dr. Ujjwal Deshmukh | Dr. Kanchan Sortey |

| | | |
|---|---|---|
|  |  |  |
| DR. ALKA KUMAR President | DR. NITU SINGH Hon. Secretary | DR. KANCHAN D'YADMUTHE Master of Ceremony |

NARCHI, Nagpur Chapter 2022-24

Followed by Hi-tea



Webinar on 04-02-2023

NATIONAL ASSOCIATION FOR REPRODUCTIVE & CHILD HEALTH OF INDIA (NARCHI) Nagpur Chapter
in association with
NAGPUR OBSTETRICS & GYNAECOLOGICAL SOCIETY (NOGS)

Theme- "Health Empowers Women"

Date: 4th February 2023 Time: 5 to 6 pm
Online CME – First Trimester bleeding
Link- <https://meet.google.com/cey-akoc-zhv>

Topic - Evaluation Of First Trimester Bleeding
Topic - Management Of First Trimester Bleeding

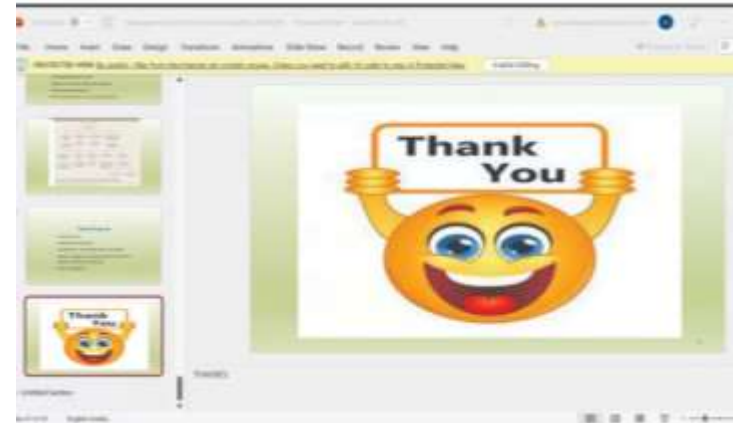
Chairpersons

Dr. Ritu Dargan, Nagpur
Dr. Sarita Bhalerao, Mumbai

Dr. Smita Deole
Dr. Alka Mukherjee

DR. ALKA KUMAR, President
DR. NITU SINGH, Hon. Secretary
DR. KANCHAN SORTY, Chairperson Scientific Committee
DR. WARSHA DHAWALE, President
DR. ANAGITA TAIPURIA, Hon. Secretary

NARCHI, Nagpur Chapter 2022-24
NOGS 2022-23



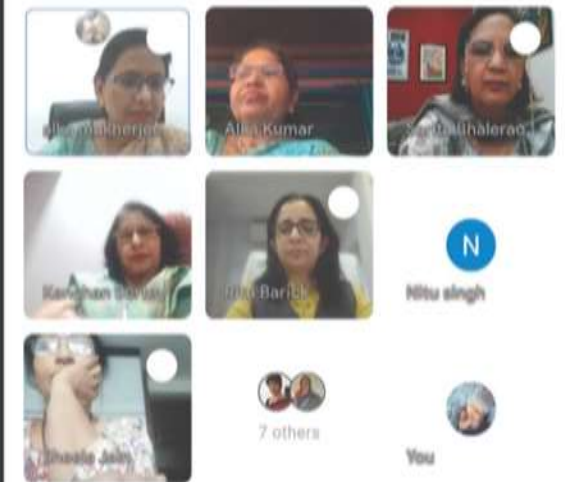
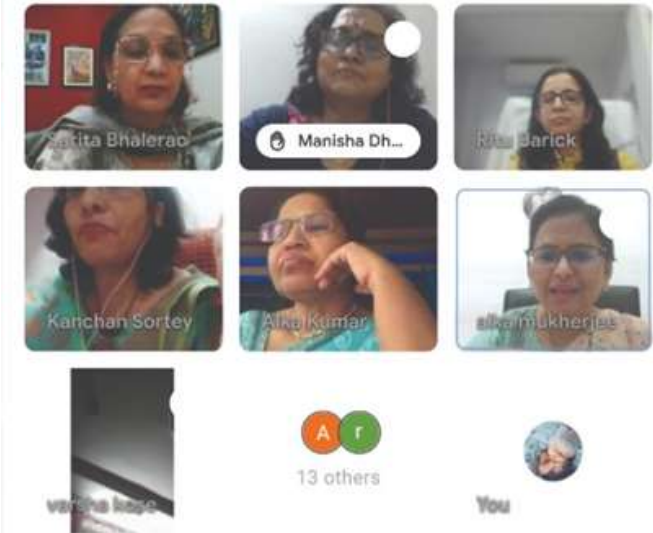
Dr. Sarita Bhalerao
MD, DNB, FRCOG

Obstetrician & Gynaecologist to
Breach Candy, Reliance HNH, Saifee,
Bhatia and Wadia Maternity Hospitals
Mumbai

Governing Council Member ICOG
Joint Secretary FOGSI 2017
Past President AMWI (Mumbai Branch)

Chair AICC, RCOG West Zone
Quiz Committee Chair person FOGSI 2009-2011
Past Chapter Secretary IMS Mumbai

Immediate Past President,
The Mumbai Obstetric & Gynaecological Society



Webinar on 10-03-2023

NATIONAL ASSOCIATION FOR REPRODUCTIVE & CHILD HEALTH OF INDIA (NARCHI) Nagpur Chapter
in association with
NAGPUR OBSTETRICS & GYNAECOLOGICAL SOCIETY (NOGS)

Theme- "Health Empowers Women"

Date: 10th March 2023 Time: 5 to 6 pm
Online CME - Recurrent 1st trimester pregnancy loss
Link- <https://meet.google.com/gdr-qnxk-csg>

Topic - Evaluation of RPL in 1st trimester

Topic - Management Of RPL in First Trimester

Dr. Bhakti Gurjar
Nagpur

Dr. Jyoti Jalawal
Raipur

Chairpersons

Dr. Raj Bhojwani

Dr. Moushami Joshi

Dr. Alka Kumar
President

Dr. Niketu Singh
Hon. Secretary

Dr. Kanchan Sortey
Chairperson Scientific Committee

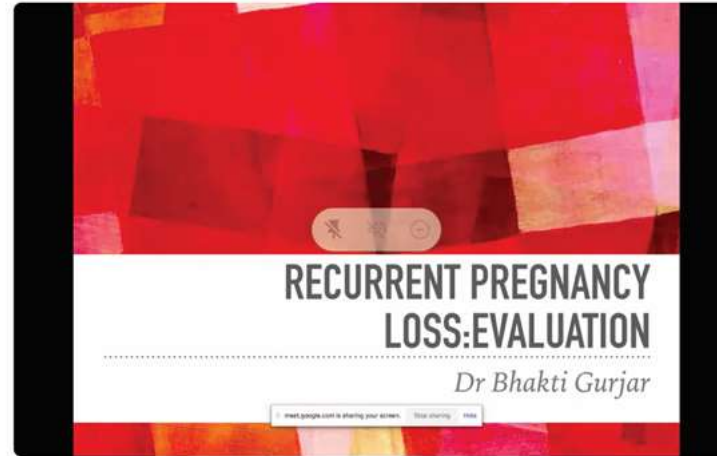
Dr. Wacina Dhawale
President

Dr. Sangita Takale
Hon. Secretary

NARCHI, Nagpur Chapter 2022-24

NOGS 2022-23

Bhakti Gurjar is presenting



NANDINI MULTISP...



Warsha Dhawale



Dr. Jyoti Jalawal

7 others



3/10/23, 5:44 PM

Meet - gdr-qnxk-csg

Dr. Jyoti Jalawal is presenting

A screenshot of a Microsoft PowerPoint presentation. The slide title is "Aetiology and Risk Factors". The content includes three bullet points:

- Approximately 50% of all cases of early pregnancy loss are due to fetal chromosomal abnormalities.
- The most common risk factors identified among women who have experienced early pregnancy loss are advanced maternal age and a prior early pregnancy loss.
- The frequency of clinically recognized early pregnancy loss for women aged 20-30 years is 9-17%, and this rate increases sharply from 20% at age 35 years to 40% at age 40 years and 50% at age 45 years.

Alka Kumar

Manjusha She...



Kanchan Sortey



Raj Bhojwani

8 others



Webinar on 07-04-2023

NATIONAL ASSOCIATION FOR REPRODUCTIVE & CHILD HEALTH OF INDIA (NARCHI) Nagpur Chapter
in association with
NAGPUR OBSTETRICS & GYNAECOLOGICAL SOCIETY (NOGS)

Theme- "Health Empowers Women"
Date: 7th April 2023 Time: 5 to 6 pm
Online CME on 1st trimester Screening
Link-<https://meet.google.com/tsw-foxc-ess>

Screening in the 1st trimester of pregnancy. Topic: Role of USG in 1st trimester of pregnancy.

Dr Geeta Balsarkar Mumbai **Dr. Neelam Chhajed, Nagpur**

Chairpersons

Dr. Ankita Kothe **Dr. Sheela Jain**

DR. ALKA KUMAR **DR. NITU SINGH** **DR. KANCHAN SORTLEY** **DR. SUSHAMA DESHMUKH** **DR. PRAGATI KHALATKAR**
President Hon. Secretary Chairperson Scientific Committee President Hon. Secretary

NARCHI, Nagpur Chapter 2022-24 **NOGS 2023-24**

4/7/23, 5:21 PM Meet - tsw-foxc-ess

Geetha Subramanian Balsarkar is presenting

First Trimester Screening

- A method to identify women at risk for having an aneuploid fetus from the general population
- Also can identify other birth defects such as congenital heart defects and diaphragmatic hernia
- Performed during 11-14 weeks gestation
- Patient Preferences and earlier diagnosis/reassurance

4/7/23, 5:53 PM Meet - tsw-foxc-ess

Hemant Chhajed is presenting

There are bigger and more important problems than chromosomal abnormalities...

4/7/23, 5:53 PM Meet - tsw-foxc-ess

Webinar on 29-04-2023


PUBLIC AWARENESS COMMITTEE
NATIONAL ASSOCIATION FOR REPRODUCTIVE & CHILD HEALTH OF INDIA (NARCHI) Nagpur Chapter.
 In association with
MANCH SUDHA
 (Forum for Educating people on women's wellness)



Invites you for awareness program

Date: 29th April 2023, Time 4pm to 5pm
Public Awareness Programme
 on Google Meet Link : <https://meet.google.com/ejq-vbkp-1oo>

| Topic | Speaker |
|-------------------|------------------|
| Fatty Liver | Dr. Ravi Daswani |
| IBS & indigestion | Dr. Reena Phogat |

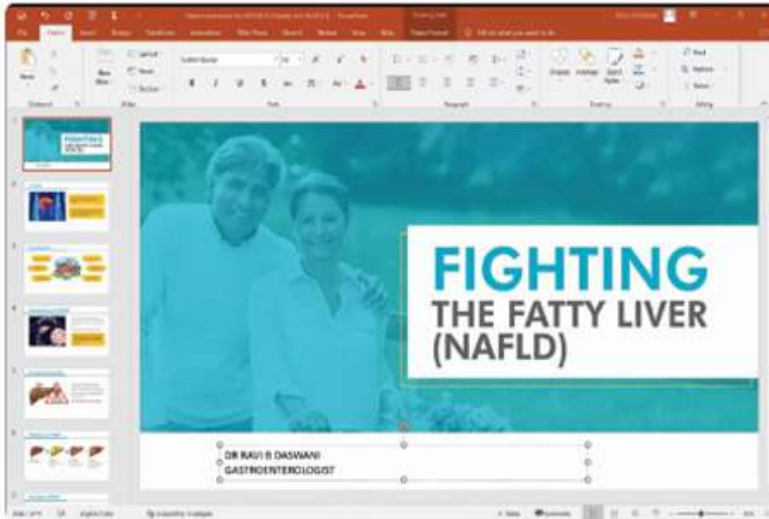


Dr. Alka Kumar
President
NARCHI, Nagpur Chapter 2022-24



Dr. Nitu Singh
Secretary

Ravi Daswani is presenting



Ravi Daswani is presenting

There is no specific therapy that works for everyone, However, most people with IBS can find a treatment that works for them.

Dietary Changes*

- High-fiber diet includes fruits, vegetables, grains, and nuts
- Add supplemental fiber to your diet
- Drink at least eight glasses of water daily
- Avoid caffeine
- Limit milk and cheese

Activity Changes*

- Exercise regularly
- Quit smoking
- Try relaxing
- Eat smaller meals at regular intervals
- Record your meals & identify the foods that trigger IBS flare-ups
- Probiotics, good bacteria can help improve symptoms

Public Awareness Programme on Breast Feeding

1-7 AUGUST
**WORLD
BREASTFEEDING
WEEK**



Dr. Nitu Singh Raghav MBBS, DGO, DNB
Consultant Obstetrician and Gynaecologist



“Breastfeed them
today, for a healthier
tomorrow.”



CAMPS



School Health Programme



Women's day celebrated at GST Office Nagpur

एओपी और नारची ने मनाया अंतरराष्ट्रीय महिला दिवस

एओपी और नारची नागपुर द्वारा जीएसटी कार्यालय में अंतरराष्ट्रीय महिला दिवस पर कार्यक्रम आयोजित किया गया। इस कार्यक्रम के चलते 125 से अधिक महिला अधिकारी लाभान्वित हुईं। कार्यक्रम में श्री राख (जोन प्रभारी जी.एस.टी), श्री राऊत (उप अंचल प्रभारी), श्री गवई (उपायुक्त) और श्रीमती कडू (उपायुक्त) उपस्थित थीं। बालरोग अकादमी नागपुर (एओपी) की तरफ से डॉ. संजय पखमोड़े, डॉ. योगेश टेम्बेकर, डॉ. उदय बोधनकर और डॉ. जया शिवलकर उपस्थित थे। नारची की अध्यक्ष डॉ अलका कुमार और सचिव डॉ नीतू सिंह प्रमुख अतिथि वक्ता थीं। प्रेरण कार्यक्रम के बाद सभी महिला सदस्यों के लिए स्वास्थ्य जांच शिविर और दो व्याख्यान आयोजित किए गए एवं कुकिंग प्रतियोगिता



का आयोजन किया गया। समापन और पुरस्कार वितरण कार्यक्रम एओपी और नारची के संरक्षक

अध्यक्ष और सचिव के साथ-साथ जीएसटी के सम्मानित अधिकारियों के हाथों में संपन्न हुआ।

School health programme at Rural Nagpur by our executive Dr. Sanjay Deshmukh



Breast cancer awareness session was organised at Shree Sainath college of pharmacy, wadi. Breast self examination was taught to the students as well as staff members. They were made aware of increasing incidence of breast cancer in general as well as in young girls



Pap smear Camp at Buttibori

