



FOGSI ICOG IN ASSOCIATION WITH RCOG ONLINE CERTIFICATE COURSE ON "PERINATAL MENTAL HEALTH"



Tue 28th, Wed 29th, Thu 30th April 2026

Timing: 4.00pm to 7.00pm



Dr. Bhaskar Pal
President FOGSI ICOG



Dr. Sheela Mane
Chairperson ICOG



Dr. Ashok Kumar
Chairperson Elect ICOG



Dr. Sadhana Gupta
Vice Chairperson ICOG



Dr. Suvarna Khadilkar
Secretary General FOGSI



Dr. Pratik Tambe
Secretary ICOG

Convenor



Dr. Uma Ram



Dr. Sarita Bhalerao



Dr. Anita Rajorhia



Dr. Shashi Kabra



Dr. Latha Venkataram

Co-convenors

Coordinators

Day 1



Dr. Shyjus P



Dr. Meeta Gupta



Dr. Kiran Pande

Day 2



Dr. Deepa Gupta

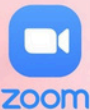


Dr. Anita Rajorhia

Day 3



Dr. Shashi Kabra



ID: 886 2574 2821 | Passcode: 753653

ICOG has Awarded 10 Credit Points

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Day 1 | 28th April 2026 (Tuesday)

Convenor: Dr. Uma Ram
Co-convenor: Dr. Anita Rajorhia
Coordinators: Dr. Shyjus P, Dr. Meeta Gupta

4:00 pm - 4:10 pm	Inauguration & Welcome by FOGSI President Dr. Bhaskar Pal & Chairperson ICOG Dr. Sheela Mane, Secretary General FOGSI Dr. Suvarna Khadilkar
4:10 pm - 4:15 pm	Overview of Day 1 topics by Dr. Uma Ram

4.15 pm - 4.30 pm Session 1		
Chairpersons : Dr. Jyotika Desai, Dr. Seema Hakim		
Time	Topic	Speakers
4.15 pm - 4.30 pm	Importance of mental health through key reproductive phases of a woman's life	Dr. Prabha Chandra
4.30 pm - 4.50 pm	Mental health screening	Dr. Ashlesha Bagadia
4.50 pm - 5.10 pm	Mental health in gynaecological conditions	Dr. Prabha Chandra
5.10 pm - 5.20 pm	Q and A	

5.20 pm - 6.20 pm Session 2		
Chairpersons : Dr. Madhuri Patil , Dr. Vaishali Korde		
Time	Topic	Speakers
5.20 pm - 5.45 pm	PMDD and related disorders	Dr. Ashlesha Bagadia & Dr. Runa Benjamin
5.45 pm - 6.10 pm	Infertility, ART & Mental Health	Dr. Prabha Chandra & Dr. Shamemma Anvarsadath
6.10 pm - 6.20 pm	Q and A	

6.20 pm - 6.55 pm Panel Discussion:		
Time		
6.20 pm - 6.50 pm	Moderators: Dr. Uma Ram / Dr Prabha Chandra	Panelists: Dr. Charmila Ayavoo Dr. Shweta Singh Dr. Aruna Muralidhar Dr. Kavita Bhatti
6.50 pm - 7.00 pm	Post Test - Day 1 Topics	
7.00 pm	Concluding Remarks & Vote of Thanks	Convenor / Co-convenor

****Note: Eligibility criteria- 50% marks in post test on all 3 days.
 Certificate will be issued to eligible FOGSI members ONLY**

Day 2 | 29th April 2026 (Wednesday)

Convenor: Dr. Uma Ram
Co-convenor: Dr. Shashilata Kabra
Coordinator: Dr. Kiran Pande , Dr. Deepa Gupta

4:00 pm - 4:10 pm	Welcome by Dr. Sadhana Gupta, Vice Chairperson ICOG & Chairperson Elect Dr. Ashok Kumar
4:10 pm - 4:15 pm	Overview of Day 2 topics by Dr. Uma Ram

4.15 pm - 4.30 pm		
Session 1		
Chairpersons : Dr. Tamkin Khan , Dr. Manju Puri		
Time	Topic	Speakers
4.15 pm - 4.45 pm	Perinatal Grief	Dr. Ashlesha Bagadia & Dr. Varalakshmi Nandyal
4.45 pm - 5.05 pm	Breaking bad news	Dr. Ashlesha Bagadia
5.05 pm - 5.20 pm	Q and A	

5.20 pm - 6.50 pm		
Session 2		
Chairpersons : Dr. Jeyarani Kamraj , Dr. Kiranmayi		
Time	Topic	Speakers
5.20 pm - 6.45 pm	Interpersonal violence and trauma informed care	Dr.Lakshmi & Dr.Uma Mikillineni
5.45 pm - 6.05 pm	De-escalation and communication skills	Dr.Ashlesha Bagadia
6.05 pm - 6.20 pm	Substance abuse	Dr. Lakshmi Shiva
6.20 pm - 6.25 pm	Q and A	

6.25 pm - 6.55 pm		
Panel Discussion:		
Time		
6.25 pm - 6.55 pm	Moderators: Dr. Parul Tank / Dr. Varalakshmi	Panelists: Dr. Kshama Kedar Dr. Madhuri Chandra Dr. Shakuntala Kumar Dr. Sandhyarani Panigrahi
6.55 pm - 7.00 pm	Post Test - Day 2 Topics	
7.00 pm	Concluding Remarks & Vote of Thanks	Convenor / Co-convenor

****Note: Eligibility criteria- 50% marks in post test on all 3 days.
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Day 3 | 30th April 2026 (Thursday)

Convenor: Dr. Uma Ram

Co-convenor: Dr. Latha Venkataram

Coordinators: Dr. Anita Rajorhia , Dr. Shashilata Kabra

4:00 pm - 4:10 pm	Welcome by Dr. Pratik Tambe, Secretary ICOG & Dr. Sarita Bhalerao, Vice Chairperson Elect
4:10 pm - 4:15 pm	Overview of Day 3 topics by Dr. Uma Ram

4.15 pm - 4.30 pm Session 1		
Chairpersons : Dr. Surekha Tayde, Dr. Aruna Suman , Dr. Nivedita Zha		
Time	Topic	Speakers
4.15 pm - 4.45 pm	Pre conception counselling for common and severe mental disorders	Dr. Ashlesha Bagadia & Dr. Uma Ram
4.45 pm - 5.15 pm	Depression and Anxiety in pregnancy	Dr. Shubangi Dare & Dr. Runa Benjamin
5.15 pm - 5.40 pm	Q and A	

5.45 pm - 6.50 pm Session 2		
Chairpersons : Dr. Sudha Sharma , Dr. Haresh Doshi , Dr. Usha Sharma		
Time	Topic	Speakers
5.45 pm - 6.15 pm	Psychiatric emergencies	Dr. Shubangi Dare & Dr. Runa Benjamin
6.15 pm - 6.30 pm	Doctors self care	Dr. Ashlesha Bagadia & Dr. Uma Ram
6.30 pm - 6.50 pm	Q and A	
6.50 pm - 7.00 pm	Post test Day 3	
7.00 pm	Concluding Remarks & Vote of Thanks	Convenor / Co-convenor

****Note: Eligibility criteria- 50% marks in post test on all 3 days.
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