



Dr. Alpesh Gandhi
President FOGSI
+91 98250 63582
gandhialpesh@gmail.com

Dr. Jaydeep Tank
Secretary General FOGSI
+91 98201 06354
drjaydeeptank@me.com



Dr. Anita Singh
Vice President
+91 93341 11925
anitasinghob@gmail.com

Dr. Archana Baser
Vice President
+91 98260 64080
archanabaser@gmail.com

Dr. Atul Ganatra
Vice President
+91 98211 63277
ganatra.atul@gmail.com

Dr. Ragini Agrawal
Vice President
+91 97111 87176
drraginiagrawal@gmail.com

Dr. T. Ramani Devi
Vice President
+91 94431 55282
ramanidevidr@yahoo.co.in

Dr. Madhuri Patel
Deputy Secretary General
+91 98690 42132
drmadhuripatel@gmail.com

Dr. Suvarna Khadilkar
Treasurer
+91 98200 78703
suvarnakhadilkar2@gmail.com

Dr. Parikshit Tank
Joint Treasurer
+91 98332 55870
pariktank@gmail.com

Dr. Sunil Shah
Joint Secretary
+91 90999 77077
sunilshah0501@gmail.com

Dr. Nandita Palshetkar
Immediate Past President
+91 98200 32315
nandita.palshetkar@gmail.com

Dr. S. Shantha Kumari
President Elect
+91 98480 31857
drshanthakumari@yahoo.com

Dr. Rakhi Singh
Chairperson (2020 – 2022)
Endocrinology Committee
Mob : 9810253140
E-mail : drrakhisingh@yahoo.co.in

Greetings from the Endocrinology Committee of FOGSI.

We are planning to come out with a Google Form Survey for adolescent girls/ young women (< 30 years of age) in India.

Regarding: Corona pandemic induced lifestyle changes and its possible effect on women's health, particularly leading to PCOS.

Who will fill: Adolescent girls (under parental guidance) and young women (up to 30 years of age).

To Circulate : Kindly help to circulate among the students of Schools of India, College Students, Corporates. Also encourage them to forward in their groups so that the form reaches the masses.

The Endocrinology Committee of FOGSI is keen on working as a part of the CSR activity

Purpose is to know about the effect of lockdown on.

1. Increase in anxiety, restlessness, depression due to covid crisis.
2. Sedentary lifestyle and Increase of screen time due to online education.
3. Mental and physical health of school going girls.
4. Outdoor activities in Covid times.
5. Food habits and consumption of Junk food.
6. Lifestyle young women like their diet, physical activity, sleep, symptoms suggestive of OSA, habits like smoking and alcohol consumption and its effect on menstrual cycles and PCOS.
7. Possible increase exposure to endocrine disruptors.

Also to ascertain about the PCOS symptoms and their possible increase during lockdown

1. Questions about clinical symptoms suggestive of PCOS like irregular cycles, symptoms of hyperandrogenism like acne, hirsutism, alopecia and symptoms suggestive of metabolic associations like obesity, acanthosis are asked.

FEDERATION OF OBSTETRIC AND GYNAECOLOGICAL SOCIETIES OF INDIA

C-5,6,7,9,12,13, Trade World, 1st Floor, D-Wing Entrance, Kamala City, Senapati Bapat Marg, Lower Parel (W), Mumbai - 400013, INDIA
Tel: +91-22-24951648 / 24951654 / 24948032 / 2494 8048 | Email: fogsii2007@gmail.com / office@fogsii.org | Web: www.fogsii.org
REGD NO BPT-ACT F-810(MUM)



Dr. Alpesh Gandhi
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+91 98250 63582
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2.The knowledge young women pertaining to PCOS is assessed and the source of their knowledge is sought.

3.Details of family history PCOS and chronic NCD like diabetes, hypertension, CVD are asked.

4..Finally in the form of last 2 questions, the group is educated about possible complications of PCOS.

The basic demographic data will be presented in the form of descriptive statistics.

Quantifiable responses will be analysed for possible associations using regression ANOVAetc

The data can be further studied by demography (diff states and zones of India), age group (adolescents and reproductive age groups), urban and rural.

Preventive strategy

To chalk out a preventive strategy and to address the rise of incidence in PCOS by making necessary and timely interventions based on inferences drawn.

The survey will be done online through google forms sent through smart phones. through the link provided below,

<https://docs.google.com/forms/d/e/1FAIpQLScMrG0WXsZORJxaRbaiMSF1Z5acFmxlkgx7VKfZHVQHhoXbyQ/viewform?vc=0&c=0&w=1>

Warm Regards

Dr Rakhi Singh

Chairperson of Endocrinology committee of FOGSI 2020-2022

Secretary of UP State ISAR 2019-2021

**Senior Consultant and IVF Specialist
Obstetrician and Gynaecologist.**

**Diploma in Reproductive medicine and Embryology
Germany.**

Diploma in Gynaecological Endoscopy Germany.

Alarm international course in High risk obstetric Canada.

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