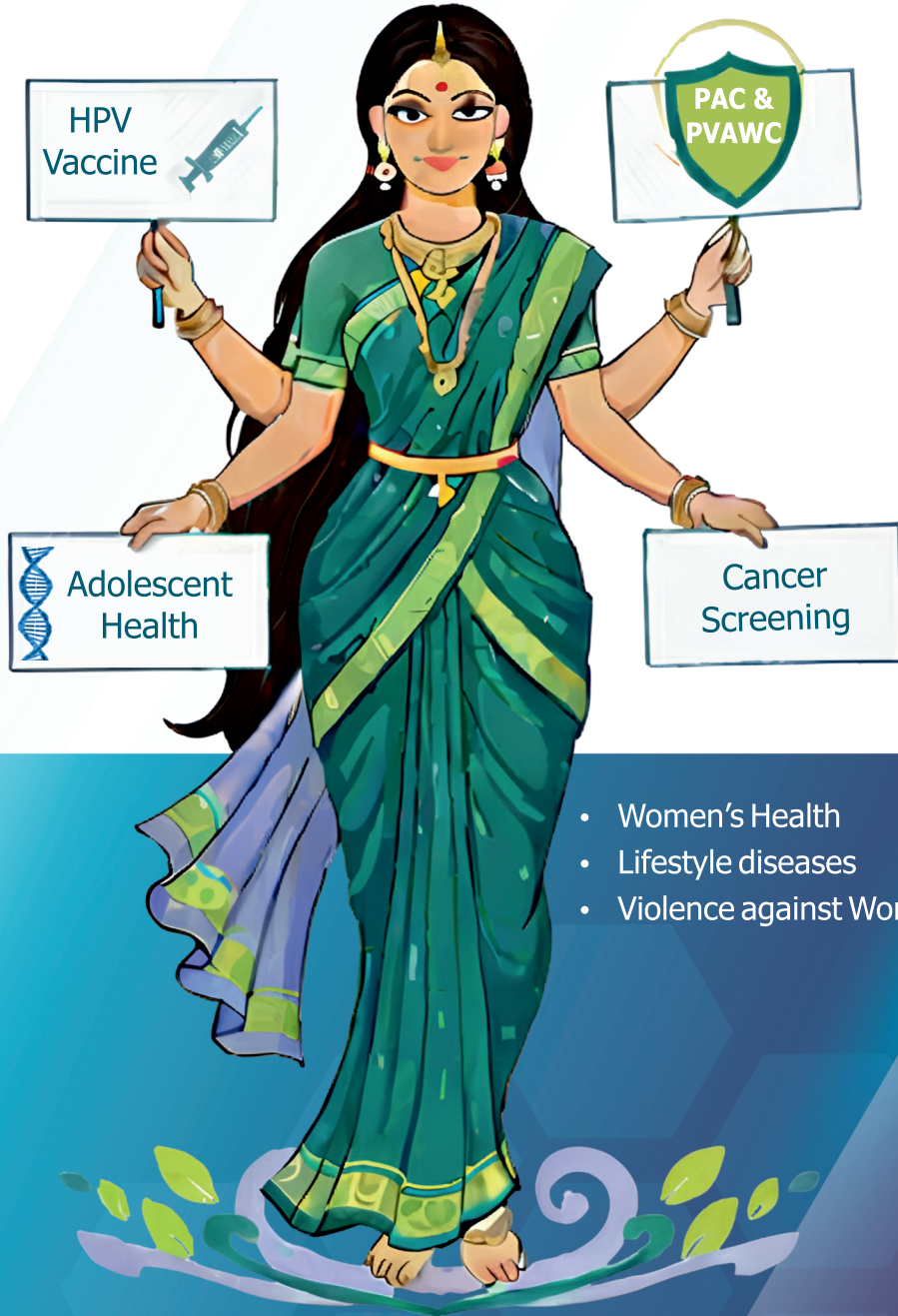




# HEALTHY WOMAN, HEALTHY NATION

Empowering our Community with Awareness



- Women's Health
- Lifestyle diseases
- Violence against Women

ಸ್ವಸ್ಥ ನಾಶಿ ಸ್ವಸ್ಥ ದೇಶ... ಆರೋಗ್ಯ ಜಾಗೃತಿಯತ್ತ ಪಯಣ

Public Awareness Committee & Prevention of Violence Against Women Committee Ksoga

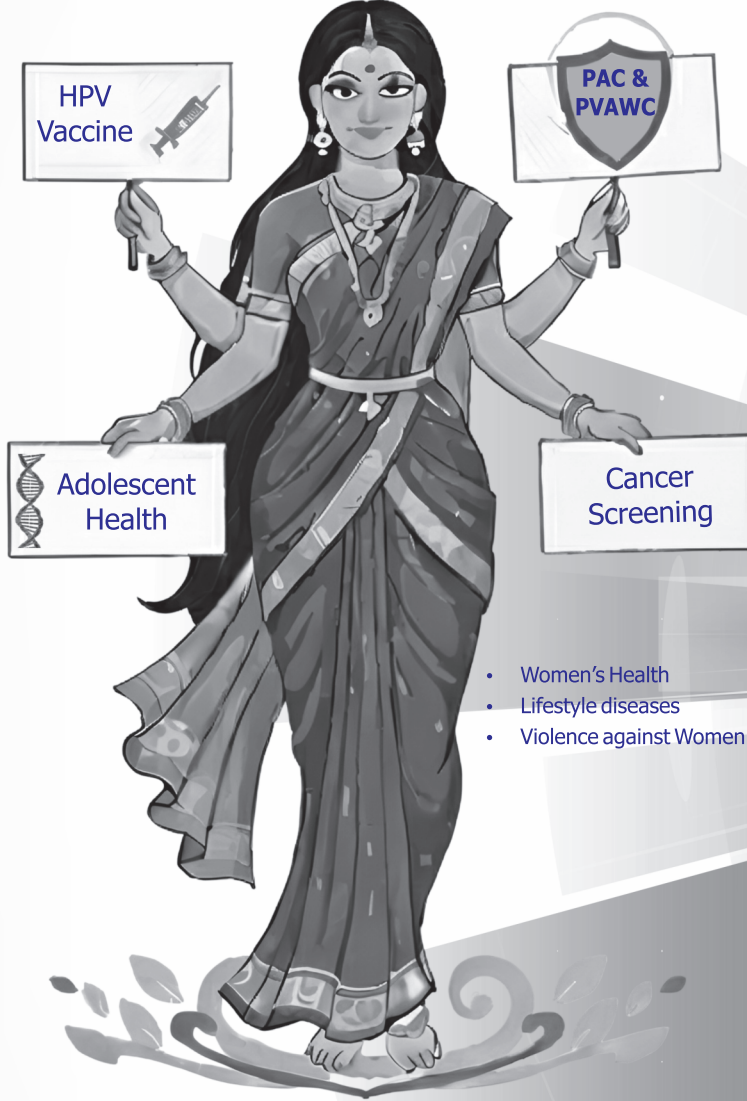
# HEALTHY WOMAN, HEALTHY NATION

Empowering our Community with Awareness

ISSUE NO: 2

OCTOBER 2025

NEWSLETTER

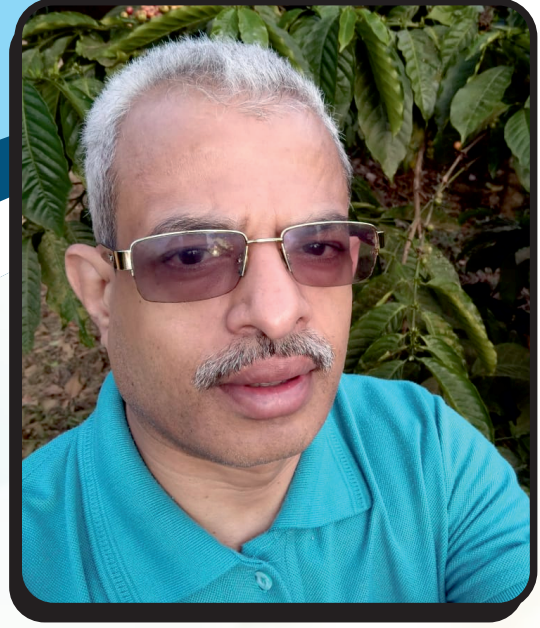


ಸ್ವಸ್ಥ ನಾಳಿ ಸ್ವಸ್ಥ ದೇಶ...  
ಆರೋಗ್ಯ ಜಾಗೃತಿಯುಳ್ಳ ಪಯಣ

Public Awareness Committee & Prevention of Violence Against Women Committee KSOGA

Cover Page Design: Dr Jyothi Gongdemath

# EDITOR'S MESSAGE



Greetings of the season...

Happy to know that the PAC and PVAWC is coming out with this 2nd edition of its Newsletter and getting it released at KSOGA conference at Tumkur.

Sincere thanks to Office bearers of KSOGA and ever enthusiastic office bearers and members of PAC and PVAWC for their co operation, contribution and involvement. Wishing and expecting the content of this newsletter reached the public and brings about positive changes in their health.

Thank you.

With regards,  
Sincerely Yours  
Dr. Krishnananda Mallya

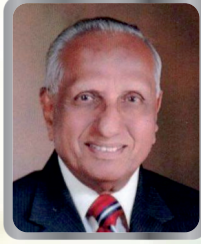
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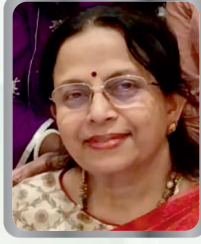
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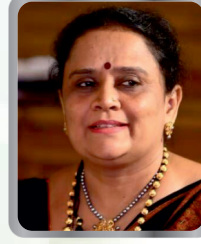
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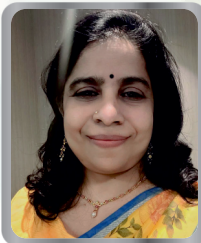
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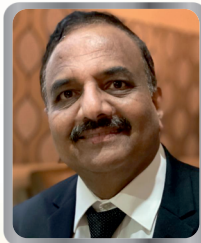


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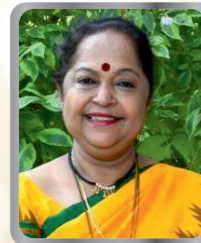
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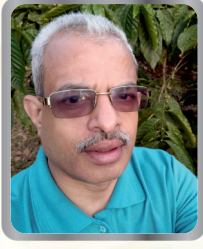


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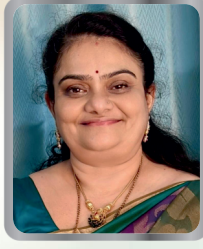
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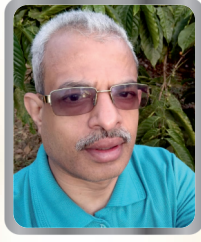
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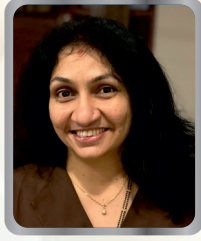
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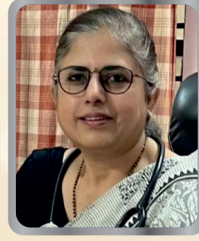
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## PRESIDENT'S MESSAGE

ಆತ್ಮೀಯ ಡಾ. ವೀಣಾ ಭಟ್‌ರವರಿಗೆ ತಾವು ಹಾಗೂ ಡಾ. ರಾಜಲಕ್ಷ್ಮಿ ಮತ್ತು ತಮ್ಮ ಪೂರ್ಣ ತಂಡವು, ನಮ್ಮ KASOGAಗೆ ಒಂದು ಹೊಸ ಆಯಾಮವನ್ನು ನೀಡಿರುವುದನ್ನು ನೋಡಲು ನಾನು ತುಂಬಾ ಹರ್ಷಿಸುತ್ತಿದ್ದೇನೆ. ಇಲ್ಲಿಯವರೆಗೂ KASOGAವು, ಕೇವಲ ವೈದ್ಯರಿಗೆ, ಅದರಲ್ಲೂ ಪ್ರಸೂತಿ ಮತ್ತು ಸ್ತ್ರೀರೋಗ ತಜ್ಞರಿಗೆ ಮಾತ್ರ ಸೀಮಿತವಾಗಿತ್ತು. ಆದರೆ ತಮ್ಮ ಸಮರ್ಥ ಮಾರ್ಗದರ್ಶನದಲ್ಲಿ, ತಾವು ಸ್ತ್ರೀಯರ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳ ಕುರಿತಾದ ಸಂದೇಶವನ್ನು, ಆಶಾ ಕಾರ್ಯಕರ್ತೆಯರು ಹಾಗೂ ಜನಸಾಮಾನ್ಯರಿಗೆ ಅರಿವು ಮೂಡಿಸುವ ಮೂಲಕ ತಲುಪಿಸಿದ್ದೀರಿ. ಸಮಾಜದ ಬಗ್ಗೆ ತಮಗಿರುವ ಬದ್ಧತೆಯನ್ನು, ನಾನು ತುಂಬ ಹೃತ್ಪೂರ್ವಕವಾಗಿ ಅಭಿನಂದಿಸುತ್ತೇನೆ.

**Dr Durgadas Asranna**  
President, KASOGA 2025-26



## SECRETARY'S MESSAGE

ಮಾಹಿತಿ ಶಿಕ್ಷಣವನ್ನು ಅತ್ಯಂತ ಪರಿಣಾಮಕಾರಿಯಾಗಿ ನಿರ್ವಹಿಸುತ್ತಿರುವ ಸಮಿತಿಯ ಸರ್ವ ಸದಸ್ಯರು ವಿಶೇಷವಾಗಿ ಡಾ. ವೀಣಾ ಭಟ್ ಮತ್ತು ಡಾ. ರಾಜಲಕ್ಷ್ಮಿ ಅವರಿಗೆ, ಸಾರ್ವಜನಿಕರಿಗೆ ಇಷ್ಟೊಂದು ಶಕ್ತಿಯುತ ಕಾರ್ಯಕ್ರಮವನ್ನು ರೂಪಿಸಿದಕ್ಕಾಗಿ ಧನ್ಯವಾದಗಳು.

ಗರ್ಭಿಣಿಯರ ಆರೋಗ್ಯ, ಗಂಡಾಂತರ ಗರ್ಭಧಾರಣೆಯ ಕುರಿತು ಆರೋಗ್ಯ ಕಾರ್ಯಕರ್ತರಲ್ಲಿ ಜಾಗೃತಿ ಮೂಡಿಸಿದ್ದಾರೆ. ಮುಟ್ಟಿನ ನೈರ್ಮಲ್ಯ ಮತ್ತು ನಿರ್ವಹಣೆ ಬಗೆಗೂ ಸಾಕಷ್ಟು ಮಾಹಿತಿ ಒದಗಿಸಿದ್ದಾರೆ. ಜೊತೆಗೆ ಶಿವಮೊಗ್ಗ ಘಟಕದೊಂದಿಗೆ ಸೇರಿಕೊಂಡು ಒಂದು ವಾರದ ಯೋಗಾಸನ ತರಗತಿಗಳನ್ನು ನಡೆಸಿಕೊಟ್ಟಿದ್ದಾರೆ. ಯೋಗವನ್ನು ನಾಡಿನ ಜನರ ದೈಹಿಕ ಮತ್ತು ಮಾನಸಿಕ ಆರೋಗ್ಯಕ್ಕೆ ಮಾತ್ರವಲ್ಲದೆ, ಮಹಿಳೆಯರ ಉತ್ತಮ ಆರೋಗ್ಯ ಫಲಿತಾಂಶಗಳಿಗಾಗಿ ದೀರ್ಘಕಾಲಿಕ ಪರಿಹಾರವಾಗಿಯೂ ಬಳಸಬಹುದು. ತಮ್ಮ ಮನೆಯ ಹೊರಗೆ ದುಬಾರಿ ವ್ಯಾಯಾಮ ಕ್ರಮಗಳನ್ನು ಅನುಸರಿಸಲು ಸಮಯವಿಲ್ಲದ ಅಥವಾ ಸಂಪತ್ತು ಇಲ್ಲದ ಮಹಿಳೆಯರಿಗೆ ಇದು ಇನ್ನಷ್ಟು ಉಪಯುಕ್ತವಾಗಿದೆ.

ಈ ಕಾರ್ಯಕ್ರಮಗಳಿಗಾಗಿ ನಾನು KASOGA ಸಾರ್ವಜನಿಕ ಅರಿವು ಮತ್ತು ಮಹಿಳಾ ದೌರ್ಜನ್ಯ ವಿರೋಧಿ ಸಮಿತಿಗೆ ಶ್ಲಾಘನೆ ಸಲ್ಲಿಸುತ್ತೇನೆ ಮತ್ತು ಭವಿಷ್ಯದ ಚಟುವಟಿಕೆಗಳಿಗೆ ಶುಭಾಶಯಗಳನ್ನು ಕೋರುತ್ತೇನೆ.

**Dr Shobha Gudi**  
Honorary Secretary, KASOGA 2025-26



## CHAIRPERSON SPEAKS...

ಎಲ್ಲರಿಗೂ ನಮಸ್ಕಾರ,

ಮೊದಲನೆಯದಾಗಿ ಕರ್ನಾಟಕ ರಾಜ್ಯ ಪ್ರಸೂತಿ ಹಾಗೂ ಸ್ತ್ರೀ ರೋಗ ತಜ್ಞರ ಸಂಘದ ಸಾರ್ವಜನಿಕ ಅರಿವು ಹಾಗೂ ಮಹಿಳಾ ದೌರ್ಜನ್ಯ ವಿರೋಧಿ ಸಮಿತಿಯ ಅಧ್ಯಕ್ಷಳನ್ನಾಗಿ ಆಯ್ಕೆ ಮಾಡಿದ ಎಲ್ಲ ಸಮಿತಿಯ ಪದಾಧಿಕಾರಿಗಳು ಮತ್ತು ಅಧ್ಯಕ್ಷರಿಗೆ ನಮನಗಳು. ಈ ಸಮಿತಿಯ ನೈಜ ಉದ್ದೇಶವನ್ನು ಈಡೇರಿಸಲು ಮುಕ್ತ ಅವಕಾಶ ಮಾಡಿಕೊಟ್ಟಿರುವ ಕಾರಣ ಜನಸಾಮಾನ್ಯರಿಗೆ ಕಾಯಿಲೆಯ ಬಗ್ಗೆ ಭಯಭೀತಿ ಹೋಗಲಾಡಿಸಿ ನೈಜ ಅರಿವು ಮೂಡಿಸುವತ್ತ ಹಲವು ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಹಮ್ಮಿಕೊಂಡು ಮುಂದುವರಿಯುತ್ತಿದ್ದೇವೆ.

ಈ ನಿಟ್ಟಿನಲ್ಲಿ ಬೆನ್ನೆಲುಬಾಗಿ ನಿಂತಿರುವ ನಮ್ಮ ಸಮಿತಿಯ ಕಾರ್ಯದರ್ಶಿ ಡಾ. ರಾಜಲಕ್ಷ್ಮಿಯವರಿಗೂ ಹಾಗೂ ರಾಜ್ಯದಾದ್ಯಂತ ಕಾರ್ಯಕ್ರಮ ವಿಸ್ತರಿಸಲು ಸಹಕರಿಸಿ ಶ್ರಮಿಸುತ್ತಿರುವ ಎಲ್ಲಾ ಸಮಿತಿಯ ಸದಸ್ಯರಿಗೂ ಧನ್ಯವಾದಗಳು. ಕಾರ್ಯಕ್ರಮಗಳ ವಿವರಗಳನ್ನು ದಾಖಲಿಸಿ ತ್ರೈಮಾಸಿಕ ವಾರ್ತಾ ಪತ್ರ ಪ್ರಕಟಣೆಗೆ ಸಂಪಾದಕತ್ವ ವಹಿಸಿಕೊಂಡ ಡಾ. ಕೃಷ್ಣಾನಂದ ಮಲ್ಕರಿಗೂ ಧನ್ಯವಾದಗಳು.

ಗುಡಿಗೆ ಹೊರಟ ಹಾದಿಯಲ್ಲಿ ಹೆಜ್ಜೆಗೊಂಡು ಹೂವಿದೆ, ಪುಣ್ಯಪಯಣ ಸಾಗುವಲ್ಲಿ ನಿಮಿಷಕೊಂಡು ನೋವಿದೆ ಎಂಬ ಸು.ರಂ. ಎಕ್ಕುಂಡಿಯವರ ಕವನದ ಸಾಲುಗಳು ಮಹಿಳೆಯರ ಜೀವನದ ಅದರಲ್ಲೂ ಜೀವನದ ಪುನರುತ್ಥಿ ಹಂತಗಳಾದ ಗರ್ಭಧಾರಣೆ, ಪ್ರಸವ, ಸ್ತನ್ಯಪಾನ ಋತುಬಂಧ ಇತ್ಯಾದಿಗಳನ್ನು ದಾಟಲು ಮಹಿಳೆಯರ ಸೇನಾಸಾಹಸವನ್ನು ಕುರಿತೇ ಹೇಳಿದ್ದೆಂದು ಅನಿಸುತ್ತದೆ. ಮಹಿಳೆಯರ ಸಂತಾನೋತ್ಪತ್ತಿ ಆರೋಗ್ಯವಷ್ಟೇ ಅಲ್ಲ ಸಮಗ್ರ ಆರೋಗ್ಯ ಕಾಪಾಡಿಕೊಳ್ಳಲು ಸಹಕರಿಸಲು ಪುರಕವಾಗುವಂತಹ ಹಲವಾರು ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ನಾವೆಲ್ಲಾ ಯೋಚಿಸಿದ್ದೇವೆ. ಯೋಚನೆಗಳೆಲ್ಲಾ ಯೋಜನೆಗಳಾಗಿ ಕಾರ್ಯರೂಪಕ್ಕೆ ಬರಲಿ ಅದಕ್ಕೆ ಎಲ್ಲರ ಸಹಕಾರ ಒದಗಿ ಬರಲಿ ಎಂದು ಆಶಿಸುತ್ತೇನೆ.

**Dr Veena Bhat**

**Chairperson, PAC & PVAWC KSOGA 2025-26**



## ಕಾರ್ಯದರ್ಶಿಯ ಲೇಖನಿಯಿಂದ...

ನಮಸ್ತೆ...

ಕರ್ನಾಟಕ ರಾಜ್ಯ ಹೆರಿಗೆ ಮತ್ತು ಸ್ತ್ರೀ ಆರೋಗ್ಯ ತಜ್ಞರ ಸಂಘದ ಸಾರ್ವಜನಿಕ ಅರಿವು/ಜನ ಜಾಗೃತಿ ಸಮಿತಿ ಹಾಗೂ ಮಹಿಳಾ ದೌರ್ಜನ್ಯ ವಿರೋಧಿ ಸಮಿತಿಯ ಕಾರ್ಯದರ್ಶಿಯಾಗಿ ಸೇವೆ ಸಲ್ಲಿಸಲು ಅವಕಾಶ ನೀಡಿದ KSOGA ಅಧ್ಯಕ್ಷರಾದ ಡಾ. ದುರ್ಗಾದಾಸ್ ಅಸ್ತನ್ನ, ಕಾರ್ಯದರ್ಶಿ ಡಾ. ಶೋಭಾ ಗುಡಿ ಹಾಗೂ ಸಮಿತಿಯ ಅಧ್ಯಕ್ಷರಾದ ಡಾ. ವೀಣಾ ಭಟ್‌ರವರಿಗೆ ಹೃತ್ಪೂರ್ವಕ ಧನ್ಯವಾದಗಳು.

ಅರಿವು ಜಾಗೃತಿಗೆ ಮೊದಲ ಹೆಜ್ಜೆ. ಜಾಗೃತ ನಾಗರಿಕ ಜೀವನದಲ್ಲಿ ಬದಲಾವಣೆಗಳನ್ನು ಮಾಡಿಕೊಂಡಾಗ ಸುಸ್ಥಿರ ಸಮಾಜ ನಿರ್ಮಾಣ ಸಾಧ್ಯ. ಈ ನಿಟ್ಟಿನಲ್ಲಿ ಈ ಸಮಿತಿಯು ಮಹಿಳಾ ಆರೋಗ್ಯದ ಕುರಿತು ಅರಿವು ಮೂಡಿಸುವ ಸಲುವಾಗಿ ಜನಸಾಮಾನ್ಯರಿಗಾಗಿ ಆನ್ಲೈನ್ ಸಂವಾದಗಳನ್ನು ಏರ್ಪಡಿಸಿದೆ. ಕಳೆದ ಎರಡು ತಿಂಗಳ ಆನ್ಲೈನ್ ಕಾರ್ಯಕ್ರಮಗಳಿಗೆ ಜನಸ್ಪಂದನ ಉತ್ತಮವಾಗಿದೆ. ಸಮಿತಿಯ ಸದಸ್ಯರು ಶಾಲಾ ಕಾಲೇಜುಗಳಲ್ಲಿ, ಸಂಘ ಸಂಸ್ಥೆಗಳಲ್ಲಿ ಜಾಗೃತಿ ಕಾರ್ಯಕ್ರಮ ನಡೆಸುತ್ತಿದ್ದಾರೆ. ಪತ್ರಿಕಾ ಲೇಖನಗಳು, ಟಿ.ವಿ., ರೇಡಿಯೋ ಕಾರ್ಯಕ್ರಮದ ಮುಖಾಂತರವೂ ಜನಜಾಗೃತಿ ಮೂಡಿಸುತ್ತಿದ್ದಾರೆ.

ಸಮಿತಿಯ ಎಲ್ಲಾ ಜನಹಿತ ಕಾರ್ಯಕ್ರಮಗಳಿಗೆ ಸದಾ ಸಹಾಯ ಹಸ್ತ ಚಾಚಿ, ಹುರಿದುಂಬಿಸುವ ರಾಜ್ಯ ಪದಾಧಿಕಾರಿಗಳ ಸಹಕಾರದೊಂದಿಗೆ ಡಾ. ವೀಣಾರವರ ಮುಂದಾಳತ್ವದಲ್ಲಿ ಉತ್ತಮ ಆರೋಗ್ಯ ಮಾಹಿತಿ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ. ಜನತೆ ಸಾರ್ವಜನಿಕ ಅರಿವು ಸಮಿತಿಯ ಸದಸ್ಯರು ನಡೆಸಿಕೊಡುವ ಜನೋಪಯೋಗಿ ಕಾರ್ಯಕ್ರಮಗಳ ಸದುಪಯೋಗ ಪಡಿಸಿಕೊಂಡು ಸಮಿತಿಯ ಧ್ಯೇಯೋದ್ದೇಶಗಳು ಸಫಲವಾಗಲಿ.

ಎಂಬ ಶುಭ ಹಾರೈಕೆಗಳೊಂದಿಗೆ...

ಈ ಸಂಚಿಕೆಗೆ ಲೇಖನಗಳನ್ನು ನೀಡಿ ಸಹಕರಿಸಿದ ಸರ್ವರಿಗೂ ಸಾದರ ಕೃತಜ್ಞತೆಗಳು.

**Dr Rajalakshmi**

**Secretary, PAC & PVAWC KSOGA 2025-26**

## PAC AND PVAW COMMITTEE

- The public awareness committee was constituted under the able guidance of President, KSOGA Dr Durgadas Asranna and honorary Secretary, Dr Shobha Gudi.
- Dr Veena Bhat was elected as the chairperson, Dr Rajalaskhmi as secretary, Dr Kiranmayi, Dr M.B. Bellad, Dr Vidya Tobbi, Dr Lalitha H.S., Dr Shobha Dhananjay and Dr Jyothi G.S. as the advisors, Dr Sanjana Patil Tallur is the EC Incharge for the committee.
- The committee has 24 members representing OBG societies all over Karnataka.
- A decision was taken to arrange public awareness webinars in Kannada for the benefit of general public every month.

## MISSION AND VISION OF PAC AND PVAW COMMITTEE

### VISION FOR 2025-27

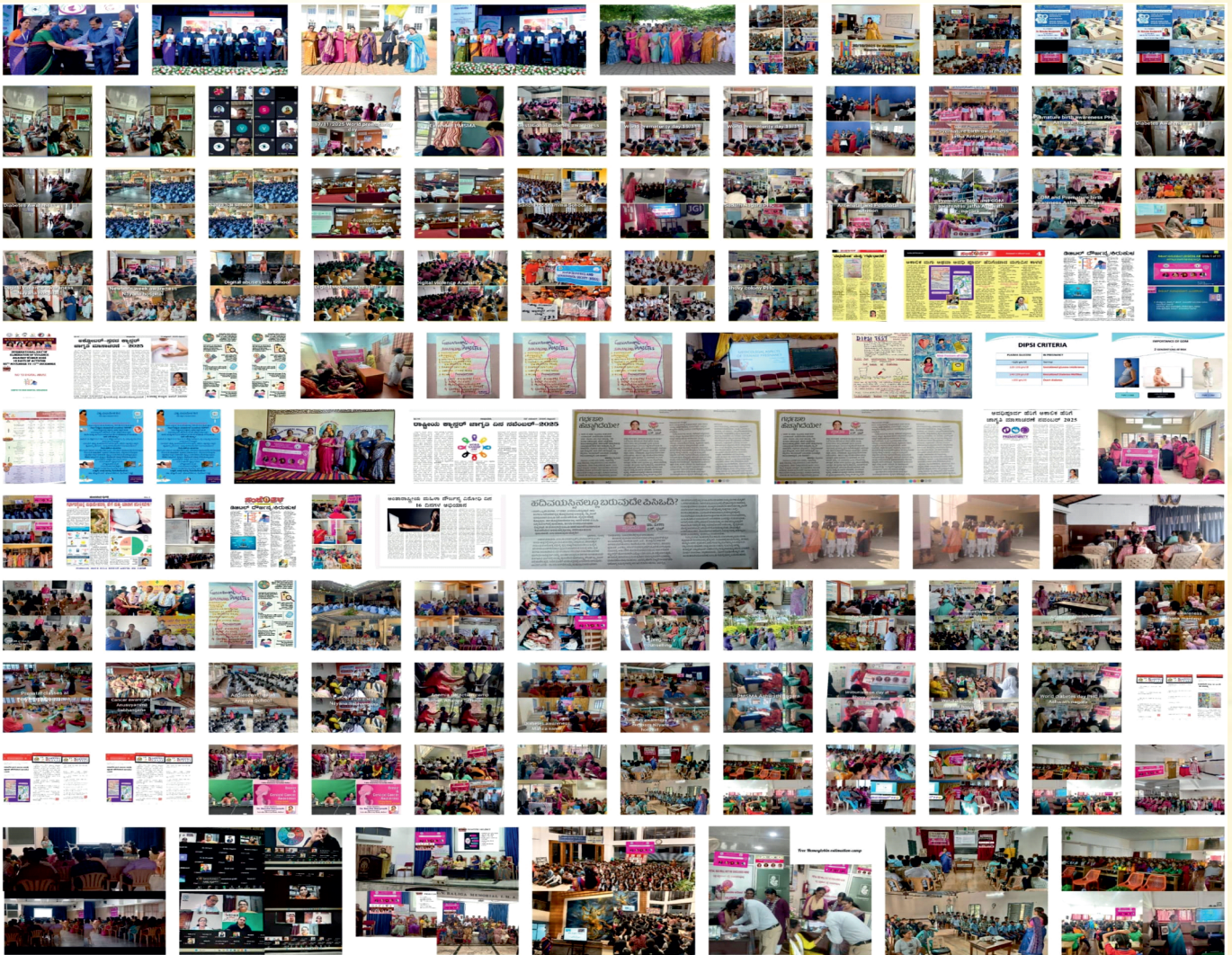
Creating public awareness on common diseases and hazards of present day stressful life style.  
Educating the public on the prevention and screening for some of the health ailments.

### MISSION FOR 2025-27

- Public awareness webinar in Kannada on the last tuesday of every month on an important health day/event of the month.
- Quarterly E magazine on health awareness.
- Public health forum activity at state conference.
- Contribute health awareness articles to KSOGA website.
- Observe health days in the month as far as possible and report the activities .
- Use Print media, social media, TV Radio to spread awareness on relevant public health issues.

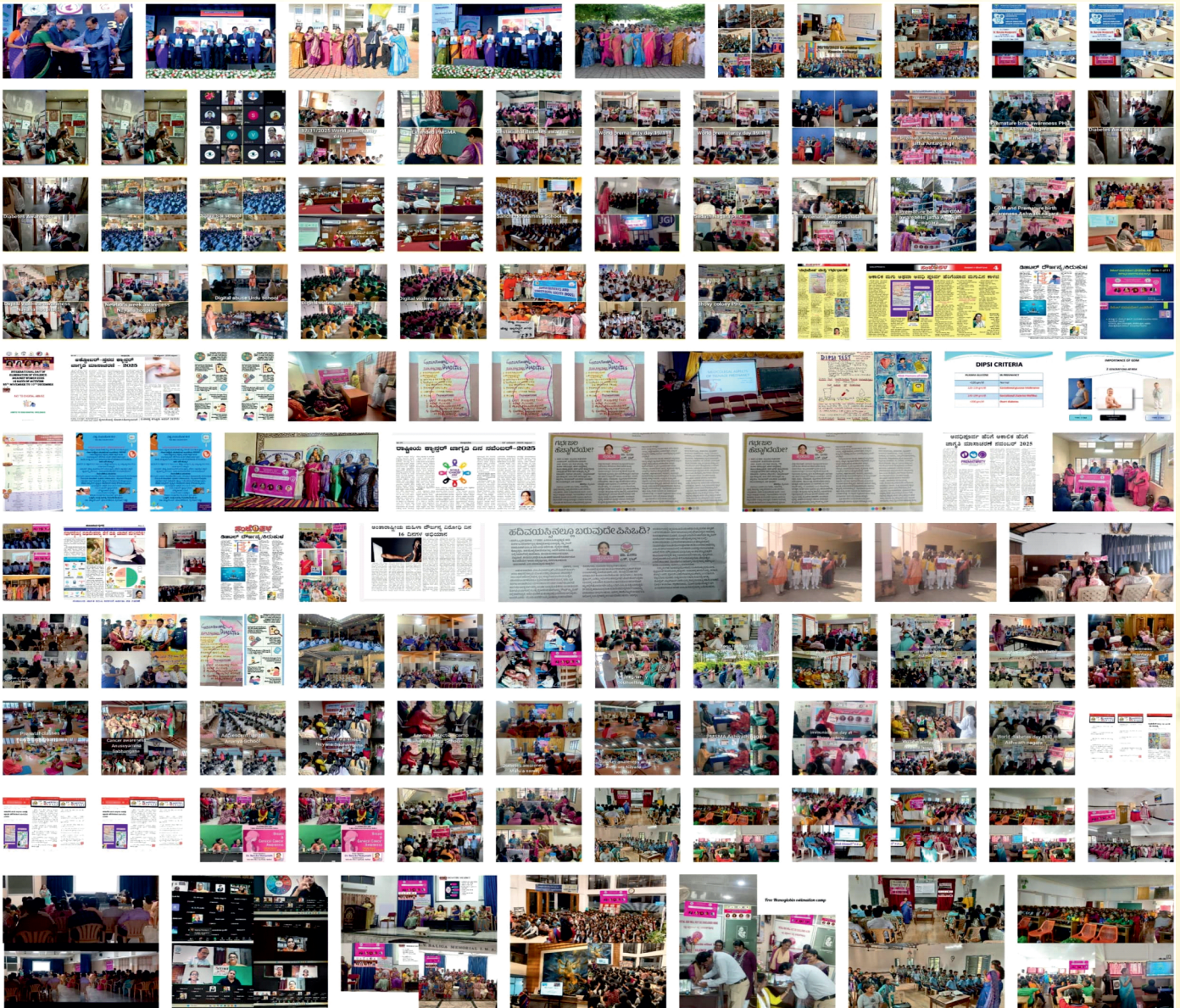
# OCTOBER 2025

- Awareness activities on cancer prevention, HPV Vaccination, Menopause, lifestyle diseases, safe motherhood, teenage pregnancy and adolescent health were conducted by the members.
- Monthly webinar was held on 23/10/2025.
- Eminent gynecologist from Belagavi Dr Vanitha Metgud spoke on how to ease the pause for women highlighting on the symptoms of menopause and easy remedies.
- Dr Ashwini Breast onco surgeon from Apollo hospital Bengaluru spoke on Breast cancer prevention and self breast examination.
- Members conducted public forum at State conference at Tumkur on Adolescent health and hygiene.
- Total number of activities for the month of October is 42.



# NOVEMBER 2025

- Members actively organized awareness activities on diabetes in women, gestational diabetes, adolescent health, women’s health, cancer prevention, PCOSO, premature birth prevention and care of premature born babies and digital violence.
- 25/11/2025 Monthly webinar of the committee was held.
- Dr Hema Divakar, Divisional Director Women wellness FIGO spoke on signs and symptoms of gestational diabetes , diagnosis and management.
- Dr Kiranmai Devineni Chairperson FOGSI No to VAW committee spoke on role of obgyn in detection and prevention of Violence against women.
- Total number of programs for the month of November is 80.



## DECEMBER 2025

- Members conducted awareness programs on sexually transmitted disease, HIV/AIDS, adolescence health, teenage pregnancy, POCSO, cancer prevention, digital violence and safe motherhood.
- Members actively participated in the 16 days of activism on prevention of violence against women conducted by the No to VAW committee FOGSI.
- 23/12/2025 Monthly webinar of the committee was held.
- Dr Betkerur spoke on common sexually transmitted disease and HIV Dr Ramaraju chaired the session.
- A rapid-fire session was held on white discharge Dr Vidya Thobbi chaired the session PAC members answered the sessions.
- Total number of activities for the month of December 93.



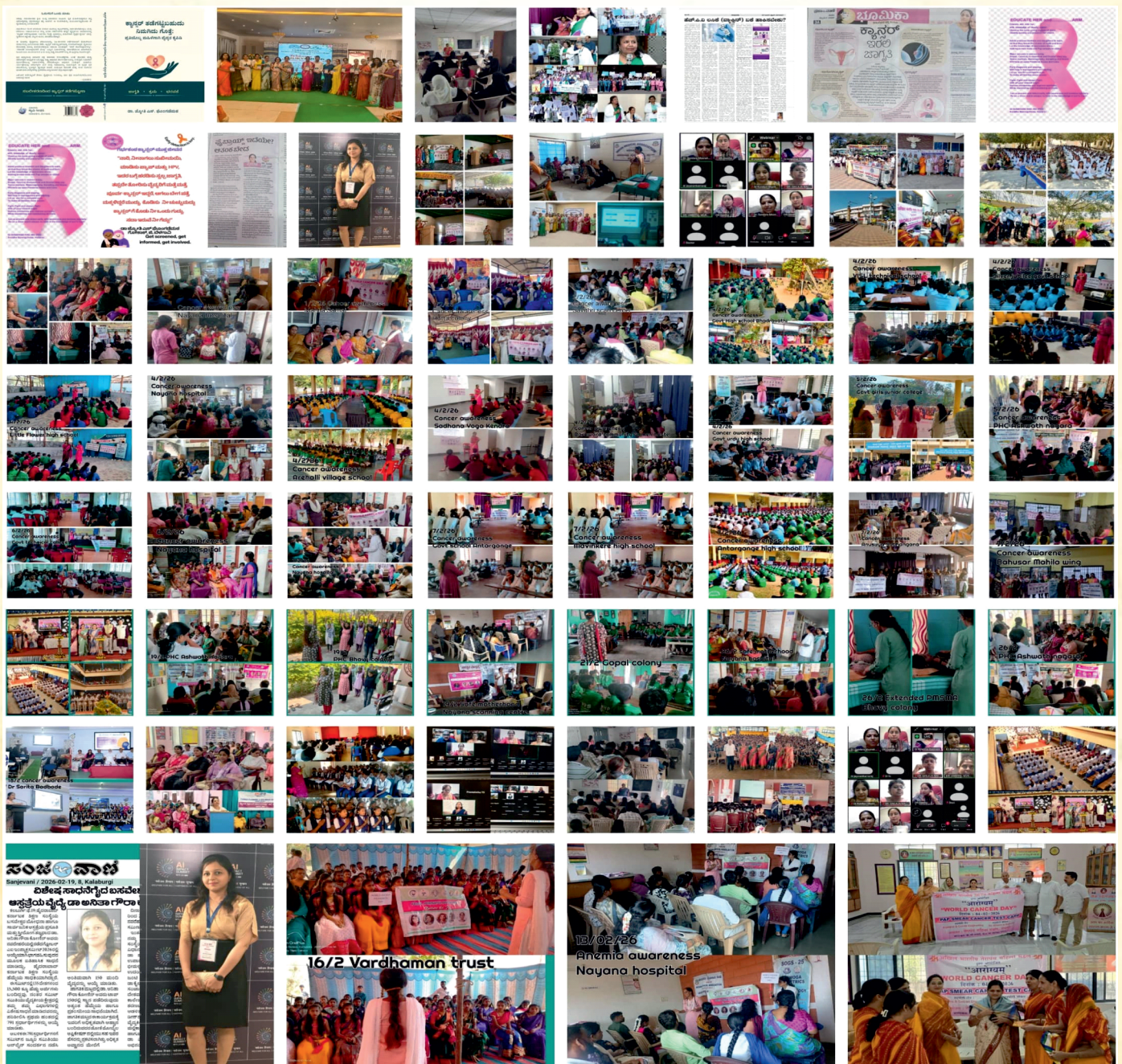
# JANUARY 2026

- Members of the PAC AND PVAWC conducted many awareness activities on cancer cervix through the month.
- Members participated actively in 18 days of activism of No to Violence against women by FOGSI.
- Shimoga society led by Dr Veena Bhat won the best society award for the activities at AICOG Delhi.
- Manipal society represented by Dr Rajalakshmi won the Champion society award at AICOG Delhi for the work on NO to Violence against women
- Dr Rajalakshmi was one of the coordinators for the committee workshop at AICOG Delhi and she was felicitated with FOGSI No to VAW Champion award on the occasion.
- Dr Veena Bhat motivated more than 1500 girls on the national girl child day on importance of girl child, their nutrition, education and safety.
- 27/01/2026 The monthly webinar of the committee was held on zoom for the general public.
- Dr M Sunadari gave detailed insights into causes, screening and prevention of Cancer Cervix.
- She also gave awareness on HPV Vaccine.
- Advisor of the committee Dr M.B. Bellad chaired the session.
- Total number of activities for the month of January by the committee 50.



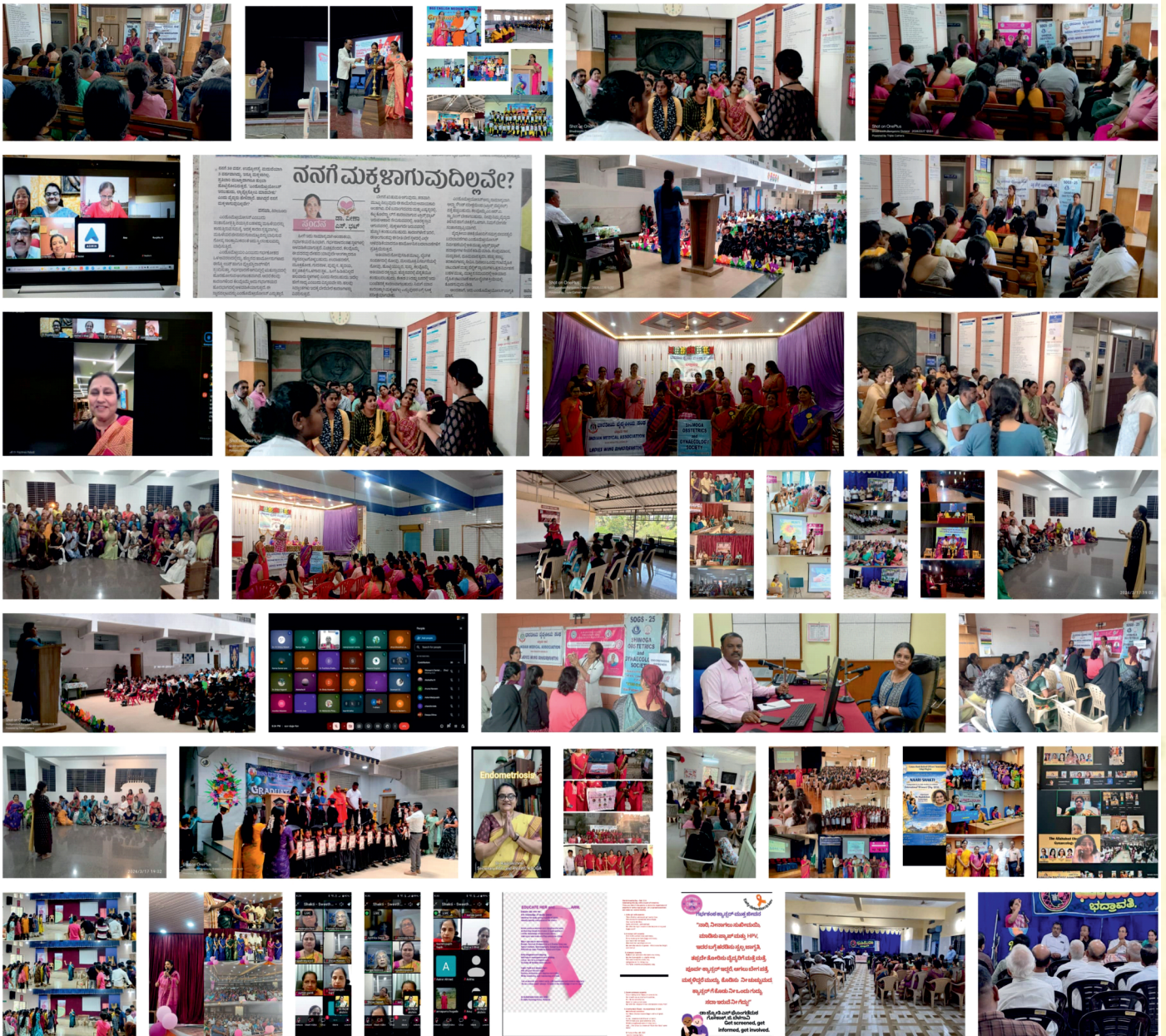
# FEBRUARY 2026

- World cancer day was observed on 4th February by the committee members.
- Various awareness programs on cause, screening, prevention of cancers were held.
- Information was provided on self breast examination, Pap smears and HPV Vaccinations.
- Free screening camps were held across the state.
- 24/02/2026 Committee webinar for the month of February was held on cancer awareness
- Medical Oncologist Dr Aparna Srivatsa spoke on causes, prevention and care of women suffering from cancer.
- Dr Premalatha, HOD Dept of Gyne Oncology St John's Medical college chaired the session.
- Total number of programs by the committee for the month of February 80.



## MARCH 2026

- Members observed International women’s day at their localities and spread awareness on women’s health, HPV Vaccination, adolescent health and menopause during the occasion.
- Monthly webinar was held on the 24th of March to discuss Endometriosis and obesity.
- Dr Vidya Bhat was the resource person for the public awareness webinar on endometriosis.
- Total number of activities for March 2026 is 43.



## Safe Motherhood Day 2026

Motherhood is a rebirth for every woman. It is an unprecedented experience. Safe motherhood means providing necessary antenatal care to every pregnant woman, proper care during delivery, and appropriate postnatal care for both mother and child. This reduces maternal and infant mortality and makes the overall experience of motherhood safe.

Every year on April 11, across India, National Safe Motherhood Day is observed on Kasturba Gandhi's birthday since 2003 with a specific theme. The theme for Safe Motherhood Day 2026 is "Leaving no mother behind, showing equality to all mothers in healthcare." Its main objectives are to provide regular antenatal health check-ups for future mothers and excellent healthcare facilities during and after delivery. It aims to prevent maternal mortality, raise awareness about reproductive health among mothers, and increase their ability to make independent decisions. This day is celebrated with the hope that every delivery occurs under the supervision of skilled healthcare staff or doctors. Safe motherhood is fundamental health care. It represents a basic human right and serves as a major investment in the country's future.

### Current Challenges:

- At one time, the maternal mortality rate exceeded 300 per 100,000 live births.
- Available facilities have reduced this number significantly.
- Many severe, hidden problems still exist despite this progress.
- Every mother does not receive quality healthcare.
- Today, maternal and infant mortality rates have decreased significantly.



- We still face many hidden challenges.
- Cesarean deliveries are increasing today.
- Pregnancies through artificial reproductive techniques and IVF are rising.
- The number of women getting pregnant after heart disease treatments and kidney transplants is also growing.
- Technology provides an overwhelming amount of information.
- We struggle to manage this information effectively.
- Couples adopt the attitude of "we two, ours one" to provide all facilities to that single child.
- They delay motherhood due to high expectations.
- We still face unconquered anemia problems in the 21st century.
- Obesity is increasingly linked to pregnancies.
- Pregnant women face diabetes, high blood pressure, and thyroid issues.
- The way these problems manifest is also changing today.
- Cases of the placenta attaching to the

uterus and scar ectopic pregnancies are increasing.

- We have ample imaging methods to detect these issues.
- These complications still pose serious risks to your life as a mother.
- Confusion is growing about pelvic muscles getting damaged during normal delivery and causing problems.
- Peer pressure and older pregnant women sharing experiences contribute to this.
- These factors lead to more cesarean deliveries requested by mothers.
- The doctor and patient relationship is deteriorating.
- Doctors fear potential lawsuits from patients.
- We must figure out how to further reduce maternal and infant mortality rates amidst all these challenges.

#### **Preparation and Health:**

The first and most important step for a good maternity outcome is ensuring you are in excellent health beforehand. Every pregnancy should be an expected celebration. You and your partner must undergo counseling if you want a child. Doctors must provide information about hereditary diseases, family health, Hepatitis vaccines, and Rubella vaccinations.

You must take folic acid tablets 6 to 8 weeks in advance. If you are already taking treatment for anemia, diabetes, high blood pressure, or epilepsy, you must use safe medications during your pregnancy to avoid complications. You need to manage stress and improve your lifestyle. You must prepare yourself physically and mentally for pregnancy.

#### **Steps for Safe Motherhood:**

You must take the following steps properly for safe motherhood.

#### **Proper Antenatal Care:**

- You must take folic acid tablets regularly during the first three months of pregnancy.
- You must manage extreme fatigue and vomiting with medical advice and family support.
- You must obtain a Mother Card, read it thoroughly, and understand it.
- You must get an NT scan between 11 and 13 weeks.
- You must start taking iron tablets from the 4th month onwards.
- You must take two TD injections with a one month gap.
- You must undergo blood tests for blood group, hemoglobin, and blood infections like HIV and Hepatitis B.
- You must get an anomaly scan in the 5th month and another scan at 8 months.
- You must get examined by a specialist for complications like anemia, high blood pressure, gestational diabetes mellitus, and other medical issues during pregnancy.
- You must obtain appropriate advice and treatment.
- You must watch for danger signs during pregnancy.
- These include reduced fetal movement, severe headache, blurred vision, vomiting, upper abdominal pain, vaginal bleeding, leaking of amniotic fluid, and premature labor pains.
- You must recognize these as warning signs and visit a doctor immediately.

#### **Care During Delivery:**

- You must deliver your baby in a hospital.

- You must ensure proper hygiene and universal infection prevention measures during delivery.
- You must breastfeed immediately after delivery.

**Postnatal Care:**

- You must get adequate rest and eat nutritious food after delivery.
- You must drink at least 2 to 3 liters of water.
- You must keep the baby beside you.
- You must exclusively breastfeed for 6 months.
- You must provide appropriate complementary food after 6 months and continue breastfeeding for up to 2 years.
- You must use birth control methods after delivery and maintain a gap of at least 2 to 3 years between two children.

- You must take iron and calcium tablets for at least 6 months to 1 year.

Taking all these precautions protects your health and your child's health. It lowers maternal and infant mortality rates and ensures safe motherhood. Government schemes like Janani Shishu Suraksha Karyakram, Matru Vandana Yojana, and Pradhan Mantri Surakshit Matritva Abhiyan must properly reach you and every mother. The celebration of this day holds true meaning only when government doctors, private doctors, health workers, ASHA workers, and family members work together to protect the health of mothers and infants.



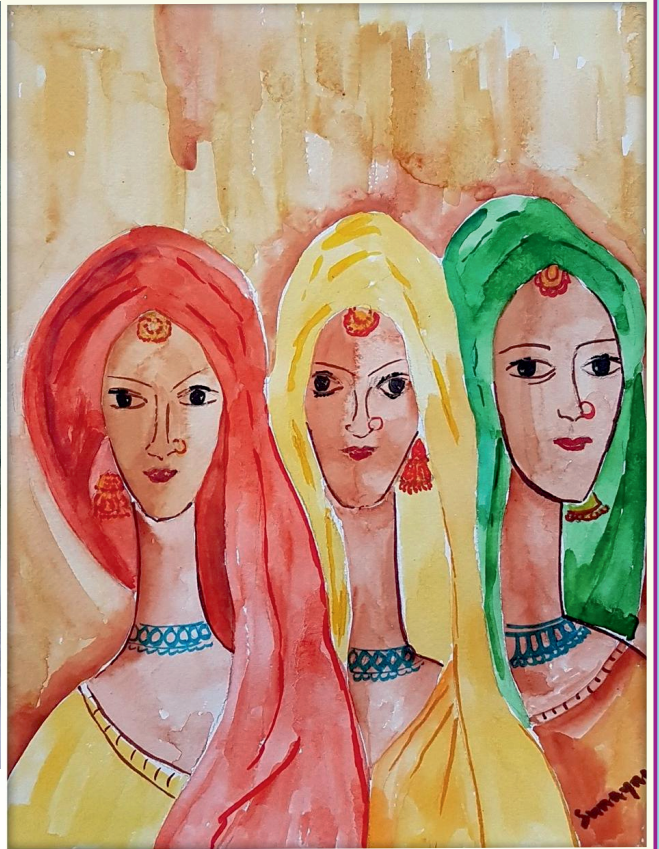
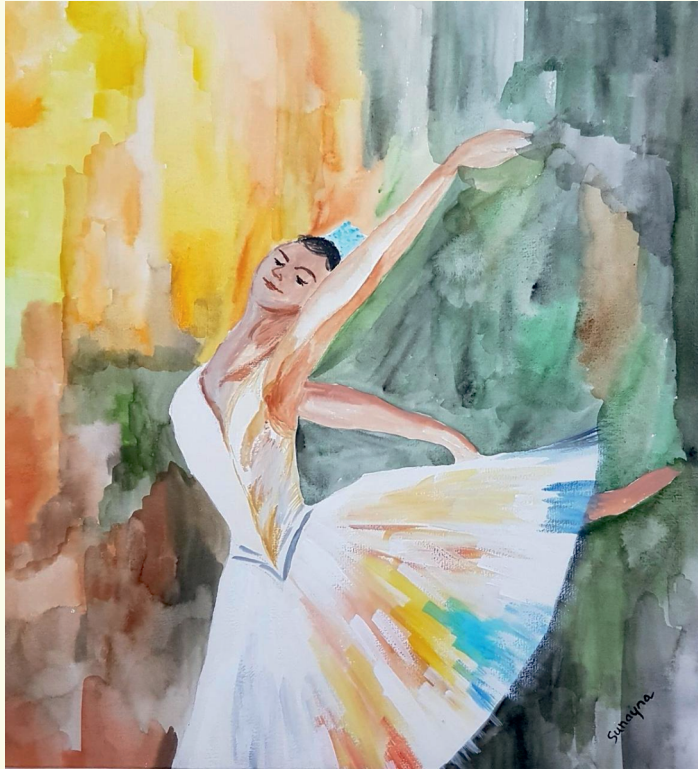
Dr. Veena S. Bhat  
Gynecologist, Bhadravathi











Art by,  
Dr Sunayana Rao