



BASICS & BEYOND 2019

ORGANISED BY AICC-RCOG SOUTH ZONE AND BANGALORE RCOG TRUST
ON PERINATAL HEALTH- NATURE AND NURTURE

Date:

16th & 17th November 2019

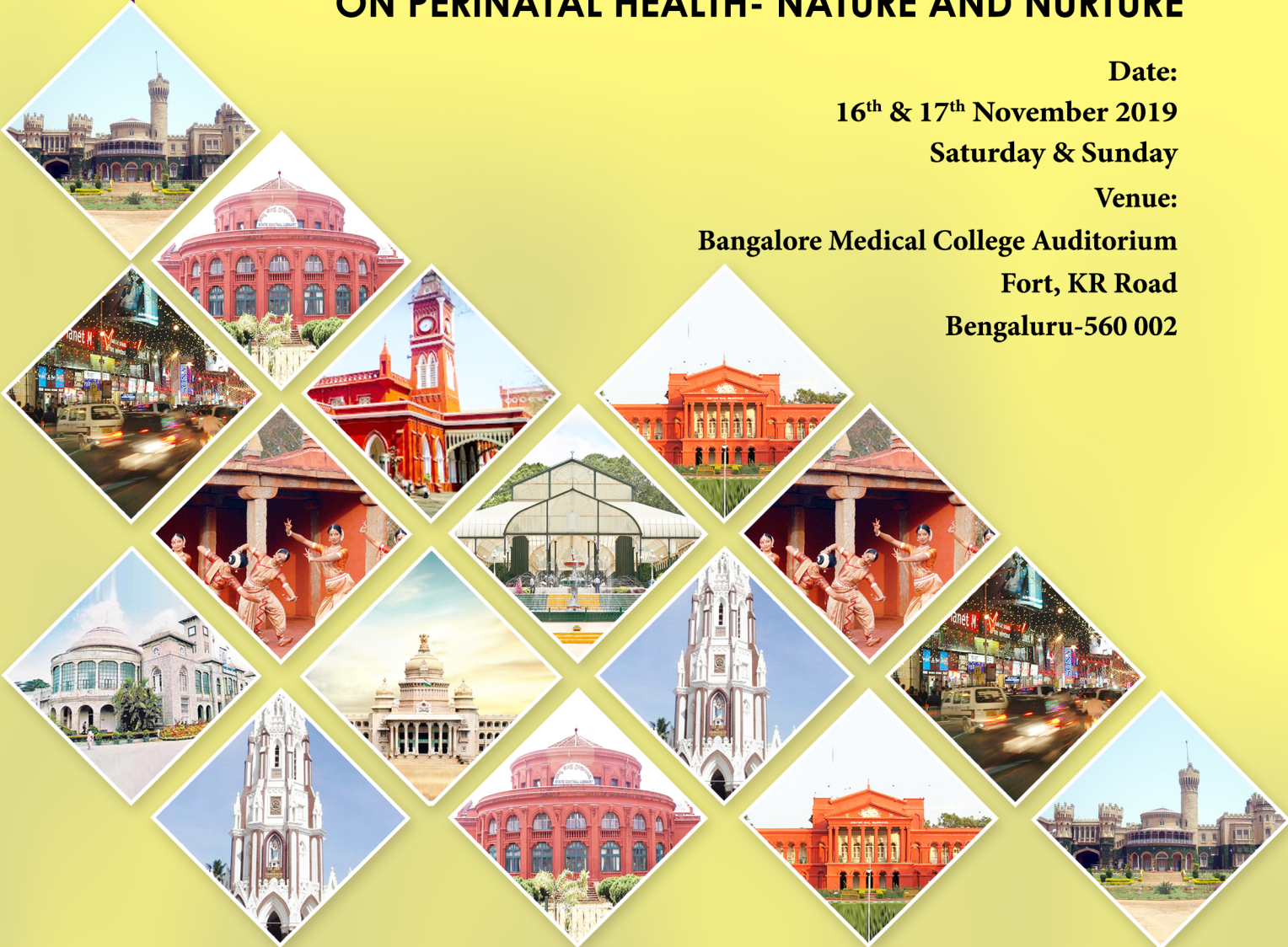
Saturday & Sunday

Venue:

Bangalore Medical College Auditorium

Fort, KR Road

Bengaluru-560 002



KMC Points 4 for both days

Website : www.blore-rcog.com



INTERNATIONAL CONFERENCE
BASICS & BEYOND 2019
PERINATAL HEALTH- NATURE AND NURTURE



Advisory Board

Dr. Jaya Narendra
Dr. Jaya Bhat
Sr. Lillian Therese
Dr. Swamy
Dr. Vidyamani

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Dr. Latha Venkataram

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Dr. Srimathy Raman

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Committee**

Dr. Raja Munireddy
Dr. Basavaraj Devarashetty

Namasthe

Dear Colleague,

Welcome to Bengaluru for the unique conference on Perinatal Health- Nature and Nurture. We have come a long way since David Barker proposed the effect of intrauterine environment in the causation of adult disease in the offspring. Today, there is a large body of evidence in literature linking maternal health, lifestyle and behaviour around pre-pregnancy, pregnancy and post partum period to the health of the offspring at birth and later in life.

IT IS NOT JUST GENES – Emerging evidences on DOHaD (Developmental Origin of health and Disease) has shown a key role in Intra uterine foetal programming

How is it relevant to an obstetrician?

As Obstetricians we play a key role in maintaining physical and mental health of mother and child not only during pregnancy but long term.

- **Understanding the epigenetics-** How the Intra-uterine environment in the first nine months of life shapes the rest of our life and the future generations. We pass more biological milestones before we are born and in the early few months of life than at any other times in our lives
- **Modulation of Intra-uterine environment-** With the above understanding Obstetrician's play an important role in modifying maternal health care (pre-pregnancy, antenatal, intra and post-partum) to promote healthy human development
- **Counseling regarding future maternal and child health-** Preganancy provides a window of opportunity for interventions as complications in pre-pregnancy can herald future maternal health issues

Please come and listen to the renowned international faculty who have done original research on these topics

**IT IS TIME TO CHANGE OUR OBSTETRIC CARE
LET'S GIVE THE BEST TO GET THE BEST
LEARN-PONDER-IMPLEMENT-ACHIEVE**

Masterclasses are also differently planned with invited experts from the respective fields to conduct these classes. You have an option to choose and attend one of the four masterclasses.

Organizing Team



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 PERINATAL HEALTH- NATURE AND NURTURE



16th NOVEMBER 2019

Masterclasses Details on page 6 & 7

Midwifery module
 8am - 5pm

Perinatal Mental Health
 8am - 2pm

**Perinatal Trauma-
 Maternal and Neonatal
 injuries and consequences**
 8am - 2pm

**Clinical Governance and
 Research Methodology**
 8am - 2pm

16th NOVEMBER 2019

Conference Scientific Programme and Inauguration 2.30pm-8pm

Scientific Committee :

Dr. Umadevi, Dr. Srimathy Raman, Dr. Gayathri Kamath,
 Dr. Rita Mhaskar and Dr. Srinivas Jois

2-2.45pm	Registration	
2.45-3pm	Welcome and Introduction	Dr. Uma Ram
3-5.45pm	Session 1- Concepts	
3-3.20pm	DOHaD- Relevance to the obstetricians	Prof. Jon Hyett
3.25-3.45pm	Ancient concepts for a quality progeny	Dr. Ahalya Sharma
3.50-4.10pm	DOHaD: from populations to mechanisms and interventions	Prof. Mark Hanson
4.15-4.35pm	Mode of conception -Does it matter for foetal programming?	Dr. Manisha Singh
4.40-5pm	GDM : Is it gestational? Is it Diabetes?	Prof. Chittaranjan Yajnik
5.05-5.25pm	Micronutrients- Need to understand the importance	Prof. Ponnusamy Saravanan
5.30-5.45pm	Discussion	
5.45-6pm	Tea	
6.10-6.40pm	AICC RCOG- SZ Oration-Parents of the world: the transmission of NCDs across generations	Prof. Mark Hanson
6.45-8pm	Inauguration and PONI Launch	
8.30pm	Faculty Dinner	



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17th November 2019 8.30am-5.30pm

8.15-8.30 am	Welcome and Recap of Session from 16 th Nov	
8.35 am-1.00 pm	Session 1- Antenatal Modifiers	
8.35-09.05 am	The importance of optimizing adolescent and pre-conception health	Prof. Mark Hanson
9.10- 09.30 am	Tip of the iceberg- Long term maternal effects of Gestational Diabetes	Prof. Ponnusamy Saravanan
9.35-09.55 am	Preeclampsia- a marker for future maternal health	Prof. Jon Hyett
10.00-10.20 am	Microbiomes and health	Prof. Ponnusamy Saravanan
10.25-10.45 am	Stress- Need to stress	Dr. Prabha S Chandra
10.50-11.10 am	Maternal infections-Link to later developmental problems	Dr. Ranjan Kumar Pejaver
11.15-11.30 am	Discussion	
11.30-11.45 am	Tea	
11.45am-1.00 pm	Plenary Sessions	
11.45am-12.15 pm	Diabesity- Intergenerational Programming	Prof. Chittaranjan Yajnik
12.30-1.00 pm	PCOS phenotype-Programming and how we can target prevention	Prof. Vasantha Padmanabhan
1.00-2.00 pm	Lunch	

2.00-4.00 pm	Session 2 – Delivery and Beyond	
2.00-2.20 pm	Does gestational age at birth matter - Short and long term impact	Dr. Praveen Venkatagiri
2.25-2.45 pm	Vaginal pass/ bypass- Relevance to mother and offspring	Prof. Jon Hyett
2.50-3.10 pm	Lactation- Importance in DOHaD	Prof. Vasantha Padmanabhan
3.15-3.35 pm	Early years / Puberty -Window of opportunity	
3.40-4.00 pm	Discussion	
4.00-4.15 pm	Tea	

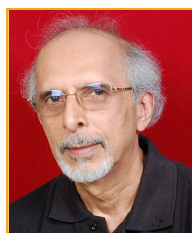


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4.15-5.30 pm	Session 3- Miscellaneous	
4.15-4.35 pm	Environmental chemicals and programming- Issues to ponder	Prof. Vasantha Padmanabhan
4.40-5.30 pm	Panel Discussion on changing approach to pregnancy care	
	Panelists- Profs. Hanson, Hyett, Padmanabhan, Yajnik, Paeds , OBGYN, developmental psychiatrist	

Renowned Researchers and Faculty



Prof. Chittaranjan Yajnik
Pune, India



Dr. Harshad Sanghvi
Jhpiego, Baltimore, USA



Prof. Jon Hyett
Sydney, Australia



Prof. Mark Hanson
Southampton, UK



Prof. Ponnusamy Saravanan
Warwick, UK



Prof. Vasantha Padmanabhan
Michigan, US



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MIDWIFERY MASTERCLASS 16th Nov 2019 8am-5pm

Mentor : **Dr. Evita Fernandez**

Co-ordinators : **Dr. Radha Rao & Dr. Shreelakshmi**

8-8.30 am	Registration	
8.30-11.00 am	Morning Session	
8.30-8.45 am	Welcome & Pre-workshop Questionnaire	
8.45-9.00 am	Quiz on Common Scenarios	Dr. Srimathy Raman
9.00-9.20 am	Role of Midwife on the labourward	Dr. Evita Fernandez
9.20-9.35 am	Partograph	Dr. Malini K.V.
9.35-9.45 am	Guidelines on Intrapartum Care	Dr. Brunda Channappa
9.45-10.15 am	Talk & Demonstration: Adopting positions in Labour	Ms. Indie Kaur
10.15-10.30 am	Evidence based Interventions in Labour	Dr. Radha Rao
10.30-10.40 am	What women want! (No enema, No shaving, No episiotomy, The new way forward)	Dr. Vijaya Krishnan
10.40-10.50 am	Labour with previous LSCS	Dr. Fatima Poonawala
10.50-11.00 am	Questions & Answers	
11.00-11.30 am	Coffee Break	
11.30-1.30 pm	Pre-Lunch Session	
11.30-12.00 pm	Talk & Demonstration: Helping a slow labour progress	Dr. Vijaya Krishnan
12.00-12.10 pm	Essential Documentation by a midwife	Ms. Indie Kaur
12.10-12.25 pm	Breastfeeding: Tips & Tricks	Sr. Joyce Jayaseelan
12.25-12.40 pm	Postnatal exercises	Dr. Arathi Prasad
12.40-12.50 pm	Pain relief in Labour	Dr. Subramanyam Mahankali
12.50-1.30 pm	NST Interpretation in Case Scenarios	Dr. Shailaja, Dr. Madhura Prakash
1.30-2.00 pm	Lunch Break	
2.00-5.00 pm	Post Lunch Session	
2.00- 4.00pm	Scenario Demonstration with commentary ROLE-PLAYING (20 min each)	
	Pre-eclampsia & Eclampsia	Ms. Indie Kaur, Dr. Malini K.V. & Dr. Seema Chennakeshava
	Instrumental Delivery	Dr. Shailaja & Dr. Sireesha Reddy
	Shoulder Dystocia	Dr. Vijaya Krishnan, Dr. Madhura Prakash
	Postpartum Haemorrhage	Dr. Evita Fernandez & Dr. Gayathri Kamath & Dr. Asha Kiran
	Maternal Collapse	Dr. Subramanyam Mahankali & Dr. Usha Vikranth
	Neonatal Resuscitation	Dr. Prathap Chandra
4.00-4.30 pm	Midwifery as a profession	Dr. Harshad Sanghvi
4.30-4.45 pm	VIDEO PRESENTATION Perineal Repair	Dr. Madhu Naidu
4.45-5.30 pm	Workshop Questionnaire- Answers	



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Masterclass on Perinatal Trauma 16th Nov 2019 8am-2pm

Mentor : **Prof. V.P. Paily**

Co-Ordinators : **Dr. Madhu Naidu**

8-8.30 am	Registration	
8.30-09.00 am	Introduction	Dr. Madhu Naidu
9.00 -09.30 am	Anatomy and physiology of pelvic floor	Dr. Kalaivani
9.30-10.00 am	Tips and tricks of diagnosing perineal injury	Dr. Uma Ram
10.00-10.30 am	How to get it right? – performing and suturing Perineal injuries	Dr. Madhu Naidu
10.30-11.00 am	Coffee break	
11.00-11.30 am	How to get it right with instrumental deliveries	Prof. V.P. Paily (TBC)
11.30-12.00 noon	Complications and medico legal implications	Dr. Pranathi Reddy
12.00-12.30 pm	Prevention of perineal injuries	Dr. Madhu Naidu
12.30-1.00 pm	Neonatal injuries at delivery... what do we know?	Dr. Jayanth Sampath
1.00-1.30 pm	Questions and Discussion	

Masterclass on Perinatal Mental health 16th Nov 2019 8am-2pm

Mentor : **Dr. Prabha S Chandra**

Co-ordinators : **Dr. Madhushree Vijayakumar & Dr. Geetha Desai**

8-8.30 am	Registration	
8.30-9.00 am	Introduction	
9.00-9.30 am	Why Perinatal Mental Health	Dr. Prabha S Chandra
9.30-10.15 am	Screening for anxiety, depression and identifying risk factors in perinatal period	Dr. Ashlesha Bagadia Dr. Madhushree Vijayakumar
10.15-11.00 am	Assessment and interventions for Perinatal Grief	Dr. Geetha Desai Dr. Madhushree Vijayakumar
11.00-11.15 am	Coffee Break	
11.15 am-12.00 pm	Preconception counselling and Basics of Psychopharmacology in perinatal mental health	Dr. Lakshmi S
12.00-12.45 pm	Psychological interventions for distress	Dr. Veena Satyanarayana
12.45 to 1.30 pm	Assessment of violence, trauma in the perinatal period	Dr. Prabha S Chandra, Dr. Veena Satyanarayana

Masterclass on Clinical Governance and Research Methodology 16th Nov 2019 8am-2pm

Mentor : **Prof. Jon Hyet**

Co-ordinators- **Dr. Manisha Singh & Dr. Aruna Muralidhar**

8.45-11.00 am	Session 1	
8-8.30 am	Registration	
8.30-8.45 am	Welcome & introduction	Dr. Manisha Singh
8.45-9.00 am	Brief Introduction to Clinical Governance (Indian scenario)	Dr. Aruna Muralidhar
9.00-9.30 am	Principles of Clinical Governance and Risk management-	Prof. Jon Hyett
9.30-9.45 am	Near misses registry- the process	Prof. V.P. Paily (TBC)
9.45-10.15 am	Principles of Audit	Dr. Pranathi Reddy
10.15-10.35 am	Human errors in clinical practice	Ms. Ashwini Kavadiatti
10.35-11.05 am	Research Methodology	Prof. Ponnusamy Saravanan
11.05-11.20 am	Concepts in continuous professional development	Dr. Maya Devi
11.20-11.45 am	Coffee break	



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11.45 am –1.30 pm	Session 2
11.45 am- 12.15 pm	Group activities (15 mins to give the activity)
Group 1	(Postgraduates) Audit- Defining standard, preparing project, collating data, formulating policy, Re-audit and close the loop, dissemination of recommendations
Group 2	(Consultants and Quality personnel) Clinical risk management- Report and review critical incidents, reflective approach, assess and analyse situations, adopt strategies to reduce risk, monitor quality of equipment and safety of environment, debrief staff, outline human factors, impact of safety, root cause analysis, significant event analysis
Group 3	(Consultants and registrars) Research- Critical appraisal of literature, writing a research protocol, sampling, statistical techniques, presenting the research etc
12.15- 1.30 pm	Presentations by the groups- critiquing and Interaction

National Faculty

Dr. Ahalya Sharma, Ayu, Blr.	Dr. Kalaivani, Chennai	Dr. Ranjankumar Pejaver, Blr.
Dr. Arathi Prasad, Physio, Blr.	Dr. Kamini Rao , Blr.	Dr. Rita Mhaskar, Blr.
Dr. Arulmozhi Ramarajan, Blr.	Dr. Lakshmi S, Psychiatrist, Blr.	Dr. Seema Chennakeshava, Blr.
Dr. Aruna Muralidhar, Blr.	Dr. Lakshmi Shanmugasundaram, Chennai	Dr. Shailaja N, Blr.
Dr. Asha Kiran, Blr.	Dr. Latha Venkataram, Blr.	Dr. Shameema, Kochi
Mrs. Asha Kilaru, (TBC) Public health, Blr.	Dr. Madhu Naidu, Blr.	Dr. Sheela Mane, Blr.
Dr. Ashlesha Bagadia, Psychiatrist, Blr.	Dr. Madhura Prakash, Mysuru	Dr. Shobha Gudi, Blr.
Ms. Ashwini Kavadiatti, Blr.	Dr. Madhushree Vijayakumar, Blr.	Dr. Shreelakshmi, Blr.
Dr. M.B. Bellad, Belagavi	Dr. Malini K.V., Blr.	Dr. Shubha Ramarao, Blr.
Dr. Brunda Channappa, Blr.	Dr. Manisha Singh, Blr.	Dr. Sireesha Reddy, Blr.
Dr. ChittaranjanYajnik, Pune	Dr. Mayadevi, Kochi	Dr. Srinath Manikanti, Neonatologist, Blr.
Dr. Devika Gunasheela, Blr.	Dr. Nagarathamma, Blr.	Dr. Srinivas Jois, Blr.
Dr. Evita Fernandez, Hyderabad	Dr. H.R. Nandini Devi, Blr.	Dr. Srimathy Raman, Blr.
Dr. Fatima Poonawala, Blr.	Dr. Nandhini Mundkur, Devp. Paed., Blr.	Dr. Subramanyam Mahankali, Anaesthetist, Blr.
Dr. Gayathri Kamath, Blr.	Dr. V.P. Paily (TBC), Ernakulam	Dr. Suman Rao, Blr.
Dr. Geetha Desai, Psychiatrist, Blr.	Dr. Prabha S Chandra, Blr.	Dr. Susheela Rani, Blr.
Ms. Indie Kaur, Midwife, UK	Dr. Prakash Mehta, Blr.	Dr. Umadevi, Blr.
Dr. Janaki, Blr.	Dr. Prakash Savanur, Mysuru	Dr. Uma Ram, Chennai
Dr. Jaya Narendra, Blr.	Dr. Pranathi Reddy, Hyderabad	Dr. Usha Vikranth, Blr.
Dr. Jayanth Sampath, Blr.	Dr. Prathap Chandra, Neonatologist, Blr.	Dr. Veena Satyanarayana, Psychiatrist, Blr.
Dr. Jayashree Gajaraj, Chennai	Dr. Prathima Radhakrishnan, Blr.	Dr. Vidyamani, Blr.
Sr. Joyce Jayaseelan, Breastfeeding, Counsellor, Blr.	Dr. Praveen Venkatagiri, Blr.	Dr. Vijaya Krishnan, Midwife, USA
Dr. Jyothika Desai, Blr.	Dr. Radha Rao, Blr.	Dr. Vidya Thobbi, Bijapur

For more details contact:

Conference Secretariat

BASICS AND BEYOND- PERINATAL HEALTH- NATURE AND NURTURE

‘JANANI’, No. 88, 2nd Main, 5th Cross, Banashankari 2nd Stage

(Behind Big Bazar), Bengaluru-560070

Phone: +91-7892189705, 9341305979 E-mail - blorerco@gmail.com



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Registration form
BASICS AND BEYOND 2019
Please use capital letters to fill the form

NAME : _____
H.NO.: _____ STREET _____
AREA : _____ CITY _____
STATE _____ COUNTRY _____ PIN _____
MOBILE NO. : _____ EMAIL: _____
DESIGNATION: _____
POSTGRADUATE, COLLEGE STUDYING IN _____

PGs must attach letter from Head of the Department

Registration for Conference

Choice of Masterclass

Midwifery module Perinatal Trauma-Maternal and Neonatal injuries and consequences
Perinatal Mental Health Clinical Governance and Research Methodology

Amount paid

Cheque / DD No..... / NEFT UTR No.....

Registration fees

Catagories	Early bird until 21st Oct 2019	Regular 22nd Oct to 9th Nov 2019	Late & Spot After 10th Nov
Consultant (OBGYN, Paediatricians etc) (both Conference and one Masterclass)	₹ 5000	₹ 6500	₹ 9000
Conference only	₹ 4000	₹ 5000	₹ 8000
Alternative Medicine & General Medical practitioners (both Conference and one Masterclass)	₹ 4000	₹ 5000	₹ 8000
Conference only	₹ 3000	₹ 4000	₹ 7000
Postgraduates (both Conference and one Masterclass mandatory)	₹ 3000	₹ 4000	₹ 5000
Nurses (Midwifery Masterclass)	₹ 1000	₹ 1500	₹ 2000

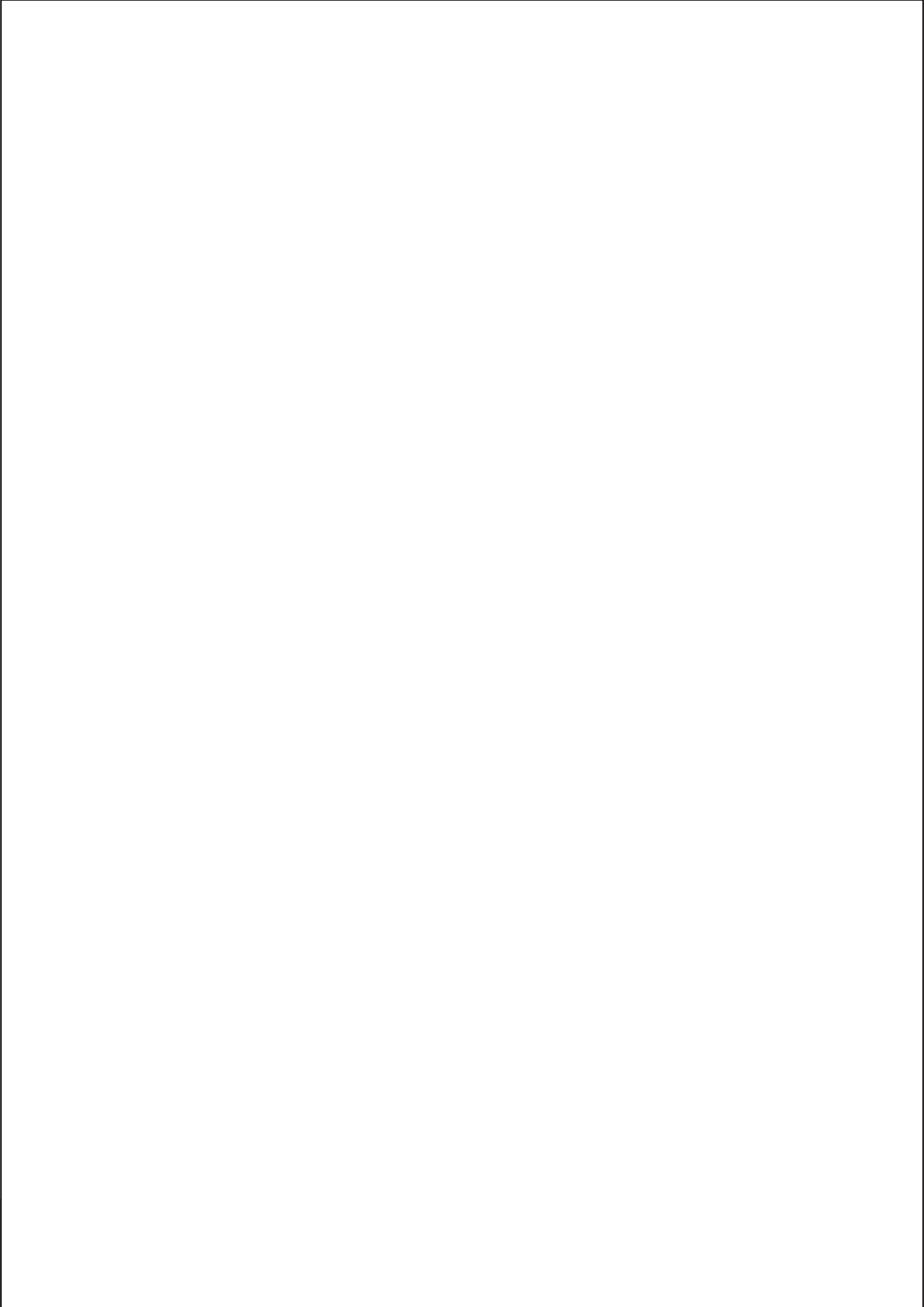
- Cancellation policy:**
- If cancellation before 5th November 2019 50% will be refunded
 - No refund will be granted after 5th November 2019

How to pay

By bank transfer to:
CANARA BANK
ASHOKA PILLAR BRANCH
ACCOUNT NUMBER - 0428201001252
IFSC CODE - CNRB0000428

By Cheque / DD favoring
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Please Email the form and transaction details to : blorerocog@gmail.com





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Hotels near Bangalore Medical College

Hotel Name	Location	Star Ratings	Price
The Elanza Hotel	Richmond Road, Bangalore	4	₹ 2,850
The Grand Magrath	Brigade Road, Bangalore	4	₹ 4,200
Iris - The Business Hotel and Spa	Brigade Road, Bangalore	4	₹ 3,883
S Hotel	J P Nagar, Bangalore	4	₹ 2,970
The Pride Hotel	Richmond Road, Bangalore	4	₹ 4,200
Holiday Inn Express & Suites Bengaluru Racecourse	Sheshadri Road, Gandhinagar, Bengaluru	3	₹ 3,199
The Citadel Hotel	Gandhi Nagar, Majestic, Bangalore	3	₹ 2,021
The Chancery Hotel	Lavelle Road, Bengaluru	3	₹ 3,500
Capital O 2233 Kandi Tree	Jayanagar 4th Block, Bangalore	4	
Vividus	Gandhi nagar, Bangalore	4	
La Marvella	South End Circle, 2nd block, Jayanagar, Bengaluru	4	₹ 8,459
The President Hotel	Diagonal Road, Elephant rock road, Jayanagar, 3rd Block, Bengaluru	4	₹ 3,932
Hotel Pai Viceroy	9th Main, 3 Block, Jayanagar Bengaluru	4	₹ 3,399
Hotel Sanman Gardenia	2nd Block, Jayanagar, Bengaluru	4	₹ 3,315



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