



# BASICS & BEYOND 2019

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

Date:

16<sup>th</sup> & 17<sup>th</sup> November 2019

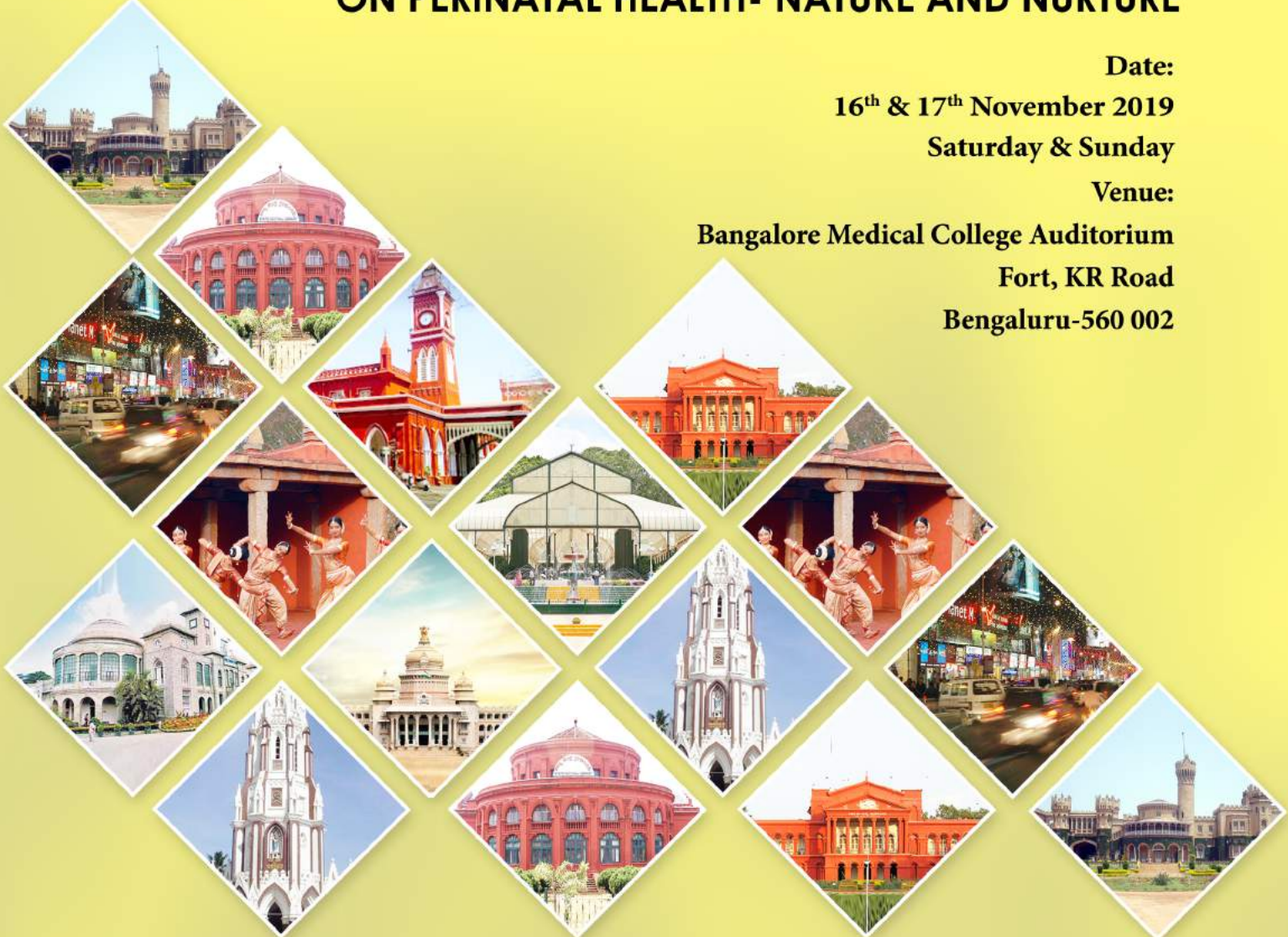
Saturday & Sunday

Venue:

Bangalore Medical College Auditorium

Fort, KR Road

Bengaluru-560 002



KMC Points 4 for both days

Website : [www.blore-rcog.com](http://www.blore-rcog.com)



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



**Advisory Board**

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Dr. Latha Venkataram

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Dr. Madhushree Vijayakumar

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Dr. Seema Chennakeshava

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Dr. Srimathy Raman

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Dr. Prathima Radhakrishnan

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**Transport and Hospitality  
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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 prepregnancy, 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 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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**16<sup>th</sup> 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

**16<sup>th</sup> 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	<b>Dr. Uma Ram</b>
<b>3-5.45pm</b>	<b>Session 1- Concepts</b>	
3-3.20pm	DOHaD- Relevance to the obstetricians	<b>Prof. Jon Hyett</b>
3.25-3.45pm	Ancient concepts for a quality progeny	<b>Dr. Ahalya Sharma</b>
3.50-4.10pm	DOHaD: from populations to mechanisms and interventions	<b>Prof. Mark Hanson</b>
4.15-4.35pm	Mode of conception -Does it matter for foetal programming?	<b>Dr. Manisha Singh</b>
4.40-5pm	GDM : Is it gestational? Is it Diabetes?	<b>Prof. Chittaranjan Yajnik</b>
5.05-5.25pm	Micronutrients- Need to understand the importance	<b>Prof. Ponnusamy Saravanan</b>
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	<b>Prof. Mark Hanson</b>
6.45-8pm	Inauguration and PONI Launch	
8.30pm	Faculty Dinner	



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**17<sup>th</sup> November 2019 8.30am-5.30pm**

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

<b>2.00-4.00 pm</b>	<b>Session 2 – Delivery and Beyond</b>	
2.00-2.20 pm	Does gestational age at birth matter - Short and long term impact	<b>Dr. Praveen Venkatagiri</b>
2.25-2.45 pm	Vaginal pass/ bypass- Relevance to mother and offspring	<b>Prof. Jon Hyett</b>
2.50-3.10 pm	Lactation- Importance in DOHaD	<b>Prof. Vasantha Padmanabhan</b>
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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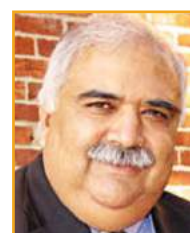


4.15-5.30 pm	<b>Session 3- Miscellaneous</b>	
4.15-4.35 pm	Environmental chemicals and programming- Issues to ponder	<b>Prof. Vasantha Padmanabhan</b>
4.40-5.30 pm	Panel Discussion on changing approach to pregnancy care	
	Panelists- Profs. Hanson, Hyett, Padmanabhan, Yajnik, Paeds , OBGYN, developmental 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 16<sup>th</sup> Nov 2019 8am-5pm**

Mentor : **Dr. Evita Fernandez**

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

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



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**Masterclass on Perinatal Trauma 16<sup>th</sup> 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	<b>Dr. Madhu Naidu</b>
9.00 -09.30 am	Anatomy and physiology of pelvic floor	<b>Dr. Kalaivani</b>
9.30-10.00 am	Tips and tricks of diagnosing perineal injury	<b>Dr. Uma Ram</b>
10.00-10.30 am	How to get it right? – performing and suturing Perineal injuries	<b>Dr. Madhu Naidu</b>
10.30-11.00 am	Coffee break	
11.00-11.30 am	How to get it right with instrumental deliveries	<b>Prof. V.P. Paily (TBC)</b>
11.30-12.00 noon	Complications and medico legal implications	<b>Dr. Pranathi Reddy</b>
12.00-12.30 pm	Prevention of perineal injuries	<b>Dr. Madhu Naidu</b>
12.30-1.00 pm	Neonatal injuries at delivery... what do we know?	<b>Dr. Jayanth Sampath</b>
1.00-1.30 pm	Questions and Discussion	

**Masterclass on Perinatal Mental health 16<sup>th</sup> 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	<b>Dr. Prabha S Chandra</b>
9.30-10.15 am	Screening for anxiety, depression and identifying risk factors in perinatal period	<b>Dr. Ashlesha Bagadia Dr. Madhushree Vijayakumar</b>
10.15-11.00 am	Assessment and interventions for Perinatal Grief	<b>Dr. Geetha Desai Dr. Madhushree Vijayakumar</b>
11.00-11.15 am	Coffee Break	
11.15 am-12.00 pm	Preconception counselling and Basics of Psychopharmacology in perinatal mental health	<b>Dr. Lakshmi S</b>
12.00-12.45 pm	Psychological interventions for distress	<b>Dr. Veena Satyanarayana</b>
12.45 to 1.30 pm	Assessment of violence, trauma in the perinatal period	<b>Dr. Prabha S Chandra, Dr. Veena Satyanarayana</b>

**Masterclass on Clinical Governance and Research Methodology 16<sup>th</sup> Nov 2019 8am-2pm**

Mentor : **Prof. Jon Hyet**

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

<b>8.45-11.00 am</b>	<b>Session 1</b>	
8-8.30 am	Registration	
8.30-8.45 am	Welcome & introduction	<b>Dr. Manisha Singh</b>
8.45-9.00 am	Brief Introduction to Clinical Governance (Indian scenario)	<b>Dr. Aruna Muralidhar</b>
9.00-9.30 am	Principles of Clinical Governance and Risk management-	<b>Prof. Jon Hyett</b>
9.30-9.45 am	Near misses registry- the process	<b>Prof. V.P. Paily (TBC)</b>
9.45-10.15 am	Principles of Audit	<b>Dr. Pranathi Reddy</b>
10.15-10.35 am	Human errors in clinical practice	<b>Ms. Ashwini Kavadiatti</b>
10.35-11.05 am	Research Methodology	<b>Prof. Ponnusamy Saravanan</b>
11.05-11.20 am	Concepts in continuous professional development	<b>Dr. Maya Devi</b>
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, (TBC) 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 Kavadinatti, 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. Chittaranjan Yajnik, Pune	Dr. Mayadevi, Kochi	Dr. Srinath Manikanti, Neonatologist, Blr.
Dr. Devika Gunasheela, Blr.	Dr. Nagarathnamma, 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, Neonatologist, 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 : \_\_\_\_\_  
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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

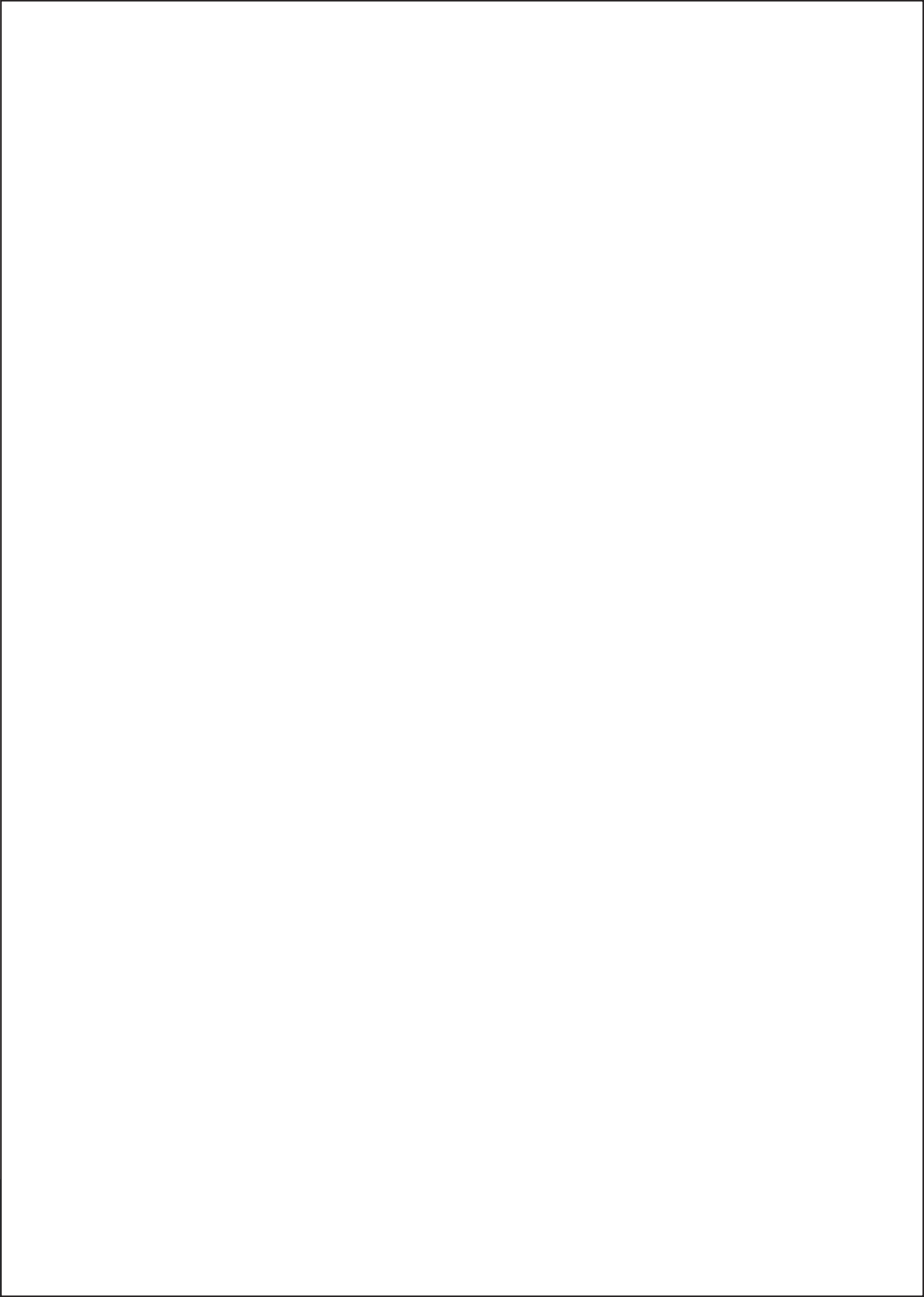
- Cancellation policy:**
- If cancellation before 5<sup>th</sup> November 2019 50% will be refunded
  - No refund will be granted after 5<sup>th</sup> November 2019

**How to pay**

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

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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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