



AOGD-FOGSICON 2023

45th Annual Conference of AOGD FOGSI PG Conference

Organised by Association of Obstetricians & Gynaecologists of Delhi UCMS & GTB Hospital, New Delhi

Enhancing Knowledge Upscaling Skills

18th to 20th August 2023 | The Leela Ambience Hotel & Residences, Gurugram, Delhi NCR

heartfulness
advancing | with compassion

Pre-Conference Workshop Physician - Heal Thyself Holistic Care of Women Wellness

18th August, 2023 | 9:00 AM - 1:00 PM

Conveners



Dr Kiran Guleria

Director - Professor & Unit Head
Dept. of Obstetrics &
Gynecology, UCMS & GTB Hospital, Delhi



Dr Rahul Mehrotra

Chief - Clinical &
Non-Invasive Cardiology,
Artemis Hospitals, Gurugram



Dr Snehal Deshpande

Developmental Therapist &
Wellness Coach HOD, Pediatric Rehab,
Dr L H Hiranandani Hospital, Mumbai



Dr Linoo Koul

Family physician &
Consultant Fellowship in Mother
& Child care

Co-Convener

Special Guests: Dr NB Vaid, Dr Raksha Arora, Dr Achla Batra, Dr Anita Sabharwal

MOC: Dr Seema Rawat, Dr Niharika

PROGRAM

Time	Topic	Speaker
8:30 - 9:00 AM	Registration	
9:00 - 9:05 AM	Saraswati Vandana & Welcome Address	
9:05 - 9:15 AM	Introduction & Orientation: Physician Heal Thyself: OBGYN-BURNOUT	Dr Kiran Guleria
9:15 - 9:30 AM	Activity	Dr Snehal Deshpande
Chairpersons: Dr Kiran Aggarwal, Dr Leena Sreedhar, Dr Raka Guleria		
9:30 - 10:15 AM	Swasthya - The way from DISEASE TO EASE	Dr Snehal Deshpande
10:15 - 10:30 AM	Activity	Dr Linoo Koul
Chairpersons: Dr Prachi Renjhen, Dr Jaya Chawla, Dr Nalini Bala Pandey		
10:30 - 11:15 AM	Burn out to Joy: Resilience-Don't break bend your way through	Dr Linoo Koul
11:15 - 11:30 AM	Break	
11:30 - 11:45 AM	Activity	Dr Rahul Mehrotra
Chairpersons: Dr Sangeeta Bhasin, Dr Anita Matai, Dr AG Radhika		
11:45 - 12:30 PM	At the He(art) of Communication-Universal connection	Dr Rahul Mehrotra
12:30 - 1:00 PM	View Point of Special Guests & Discussion	

Our Vision:

“Widening the dimensions of the modern medicine & healthcare by restoring vibrational coherence between heart & mind.”

With the emergence of new performance metrics such as Emotional Quotient (EQ) and Spiritual Quotient (SQ) to assess adaptability, emotional resilience and aptitude in students, meditation is emerging as an essential life skill. Heartfulness offers an extensive range of programmes specifically designed to facilitate a sensitive and collaborative environment for the overall welfare of medical professionals.

Program Goals:

Heartfulness Health and Wellness Programs organise a 4 hour event to help you sculpt a better version of your own self. At the end of this program, we equip the doctors:

- To acquire an experiential appreciation of the benefits of meditation and other related practices in one's own personal development journey.
- To embark on a journey of personal excellence that will complement their pursuit of professional and social success
- Learn and practice attitudes and approaches to better engage with others.

www.aogdfogsicon2023.com

