THE PCOS SOCIETY INDIA

PANDORA

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10th ANNIVERSARY



...The Newsletter of The PCOS Society, India

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Welcoming....

Our Honorary Members



Prof Helena Teede
Reproductive Endocrinologist,Monash Centre for Health Research & Implementation, Australia



Prof Clare Boothroyd
Fertility Specialist, Care Fertility, Australia. President, Asia Pacific Initiative on Reproduction

Our New Patrons



Dr. Anshu Singh
Gynaecologist



Dr. Reeta Mahey
Gynaecologist



Dr. Chandra Jyoti
Gynaecologist



Dr. Shraddha Thakur
Gynaecologist



Dr. P. G. Anandhi
Gynaecologist



Dr. Himanshu Gupta
Gynaecologist



Dr. Shweta Singh
Gynaecologist



Dr. Nandini Joshi
Gynaecologist



Dr. Meher Radhika Kalla
Gynaecologist



Dr. Rashmi Kumari
Gynaecologist



Dr. Premlata Varthakavi
Endocrinologist



Dr. Rekha Ramappa
Gynaecologist



Dr. Sri K Sudha
Gynaecologist



Dr. Lydia Suguna Karat
Gynaecologist



Dr. Mangayarkarasi Ashokan
Gynaecologist



Dr. Abhyudaya Verma
Physician



Dr. Poornima Durga
Gynaecologist





Dr. Gauri Karandikar: for being elected as the Secretary of Society of Adolescent Health and Medicine, International Community for 2026-2028.



Dr. Padma Rekha Jirge: for being nominated for a full membership of Sigma Xi Scientific Research Honour Society, USA.for her scientific work in the field of infertility and IVF.



The PCOS Society of India is delighted to announce the upcoming launch of its **Foundation Course in PCOS,** commencing **January 2026.**

Designed for clinicians seeking a strong, evidence-based grounding in the reproductive, endocrinological, and metabolic dimensions of PCOS, this structured certificate program will offer a comprehensive overview of current best practices in diagnosis, counselling, and management.

- **8 Modules** with accompanying **Podcasts** for each Module
- **15 hrs of Study Time**
- **Online course- Flexitime**
- **Created by Our Experts**
- **Certificate will be provided**

Further details, registration information, and module highlights will be announced soon.

Our New Life Members

Dr. Ankita Bobade	Gynaecologist
Dr. Deep Bhagat	Gynaecologist
Dr. Anjali Kachhap	Gynaecologist
Dr. Payal Boipai	Gynaecologist
Dr. Deep Patel	Gynaecologist
Dr. Ayesha Rajgoli	Gynaecologist
Dr. Ranjit Inamdar	Gynaecologist
Dr. Parimala Devi Lakkappa	Gynaecologist
Dr. Prashant Salvi	General Surgeon
Dr. Disha Sambhrant	Gynaecologist
Dr. Priyanka Kasliwal	Gynaecologist
Dr. Aiswariya Rajee	Gynaecologist
Dr. Y. Shinde	Gynaecologist
Dr. Ruby Verma	Gynaecologist
Dr. Gayathri Kuravi	Gynaecologist
Dr. Sri Lakshmi Bhrahmandan	Gynaecologist
Dr. Nitin Kshirsagar	Gynaecologist
Dr. J. Nithya Babukumar	Gynaecologist
Dr. Kavita Todkar	Gynaecologist
Dr. Sheena Kapoor	Dermatologist
Dr. Meeta Gupta	Gynaecologist
Dr. Madhubala Manickavasagam	Gynaecologist
Dr. Nilesh Bhalerao	Gynaecologist
Dr. Gitanjali Kapoor	Gynaecologist
Dr. Subhadeep Basak	Gynaecologist
Dr. Ankita Upadhyay	Gynaecologist
Dr. Kushal Shah	Gynaecologist
Dr. Vindhyashree Shivaraju	Gynaecologist
Dr. Indira H	Gynaecologist
Dr. Phool Yadav	Gynaecologist
Dr. Jayanta Chakraborty	Gynaecologist
Dr. Niruby Rasendrakumar	Gynaecologist
Dr. Aruna Chitturi	Gynaecologist
Dr. Jasmine Kaur	Gynaecologist
Dr. Vijaya Lakshmi T	Gynaecologist
Dr. Shraddhha Prabhu-Redkar	Gynaecologist
Dr. Kaushal Patel	Gynaecologist
Dr. Shreya Sharma	Endocrinologist
Dr. Richa Chandra	Gynaecologist
Dr. Samridhi Bhargav	Gynaecologist
Dr. Swati Tripathi	Dermatologist
Dr. Sanchita De	Gynaecologist
Dr. Anjali Talwalkar	Gynaecologist
Dr. Renu Agrawal	Gynaecologist
Dr. Gayatri Gunupuru	Gynaecologist
Dr. Nithya Manoharan	Gynaecologist
Dr. Snehal Doctor	Gynaecologist
Dr. Shobharani Jigalur	Gynaecologist
Dr. Neelam Raj Purohit	Gynaecologist
Dr. Pooja Patil	Gynaecologist
Dr. Shefali Bansal Madhav	Gynaecologist

Our New Associate Members

Dr. Asmita Shah	Nutritionist and Fitness Expert
Dr. Barnali Ray Basu	Associate Professor (Physiology)
Dr. Priyanka Jain	Nutritionist
Dr. Shruti K. Bhardwaj	Nutritionist
Dr. Bhavini Furia	Family Physician
Dr. Amanat Kagzi	Clinical Dietician
Dr. Divya Rana	Homoeopath
Dr. Gayatri Sarkar	Family Physician



Dr. Riddhi Desai
Co editor, Pandora
Managing Committee Member, MOGS
Managing Committee Member, The PCOS Society of India
Managing Committee Member, AFG



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Coordinating Editor

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Youth Brigade, Chair
Aakriti Gupta

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This issue has been designed by P. Vel Kumar

Editorial



Dr. Duru Shah
MD, FRCOG, FCPS, FICS, FICOG, FICMCH, DGO, DFP
Director, Gynaecworld
The Center for Women's Health & Fertility, Mumbai
Founder President, The PCOS Society, India
Chief Editor, Pandora

Dear Friends,

Welcome to the **"30th Issue of PANDORA"** the Newsletter of the PCOS Society of India! PCOS seems to have been the most common disorder in women in this decade. Every Medical Organization is discussing it, many new therapies and drugs are being produced, a large number of commercial apps are fighting shoulder to shoulder for visibility in social media, and 1 out of 5 girls or women seem to have PCOS! Is it just a wind sweeping by or are we diagnosing it better?

As an Organization, we have spent 10 years of intense efforts to diagnose and address the disorder and bring it centerstage. Now we all call it **"PCOS"** and not **"PCOD".** But today science believes, that it is not the gentle ovary which is the **"trigger"** of this massive disorder, but it is in fact the **"victim"** of the Syndrome; and as new research keeps coming in, there is a new appropriate name being given to it soon!

2025 has been a great year for our Society. I am proud to share some amazing news! On October 1st, 2025, the PCOS Society, India bagged one of the most creditable honors in India, **"The Mahatma Award"** at a fantastic ceremony in Delhi. This was our second award this year and it was my fortune to lead the team at the PCOS Society to the dais to receive the Award. Please watch this 2 ½ mins. video of the event **(**https://youtu.be/A2j-A5YV0b8?si=IF_Z99xm7P0sb98n).

At this event I gave a **Keynote address** on "**Breaking the Cycle addressing the PCOS Puzzle"** and also assisted in the release of the **"CSR Growth Good Book"** in which the **"PCOS Society" of India** has been featured! Check out the pictures on Pg 4.

Another feather in our cap was the release of the **"PCOS Flag"** based on the PCOS logo. The PCOS logo on our flag has a significance which has been beautifully explained by the artist; Also seen on on page 4. (https://drive.google.com/file/d/1gsPgmDdwGh8gAuZsw09fyjGm63OejwRJ/view?usp=sharing)

Our Society has had 2 brilliant **Masterclasses**, one **"National"** in Mumbai and the other **"International"** in Delhi. Please refer to details on page 9. Our one-day physical sessions called **"E3 Seminars"** continued in various cities with their reports on page 10.

The Annual Conference called "***One Vision" .... a 10-year multidisciplinary Voyage in PCOS"*** in collaboration with **Mayo Clinic USA**, and ***Ahmedabad ObGyn. Society*** was held in Ahmedabad where we presented **Honorary Fellowships** to 2 very eminent International Physicians involved in the science of PCOS, **Prof. Helena Teede** from Monash University and **Prof. Clare Boothroyd** from Australia. Please see details on page 8.

I have so much more to say, but this page does not permit me to go further. I would like to sincerely thank my brilliant team at the PCOS Society of India for their marvelous support and co-operation, the staff at the PCOS Society office for their dedication, and my team at Gynaecworld for assisting me tirelessly over the last 10 years in the execution of my role as President!

The Support of our Corporates is the fuel which helps the Fire of our passion to keep burning; without the fuel, the fire could have not been so intense, I sincerely thank all our Corporates for their Educational Grants towards all our educational activities.

A special thanks to Torrent and Sun Pharma, for their constant support to **"Pandora"** which has assisted us in getting our Flag fly higher.

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Click on link: https://forms.gle/8NjNAVCkDcH3RVLD7
or Scan the QR Code:

Dr. Duru Shah
Chief Editor, Pandora
Founder President, The PCOS Society

Mahatma Award 2025

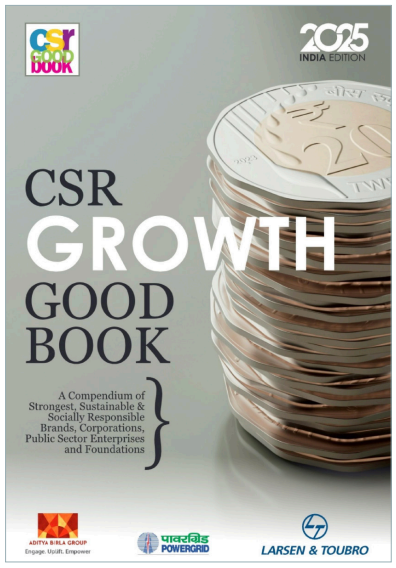


Link to view the video: https://youtu.be/A2j-A5YV0b8?si=IF_Z99xm7P0sb98n



The PCOS Society India has been honoured with **the Mahatma Award 2025 for Social Good and Impact,** a prestigious global recognition celebrating organizations that embody the values of truth, equality, and social responsibility inspired by Mahatma Gandhi.

The award acknowledges the Society's sustained efforts in advancing women's health, creating awareness, and driving research and advocacy in Polycystic Ovary Syndrome (PCOS).







Keynote address by Dr Shah

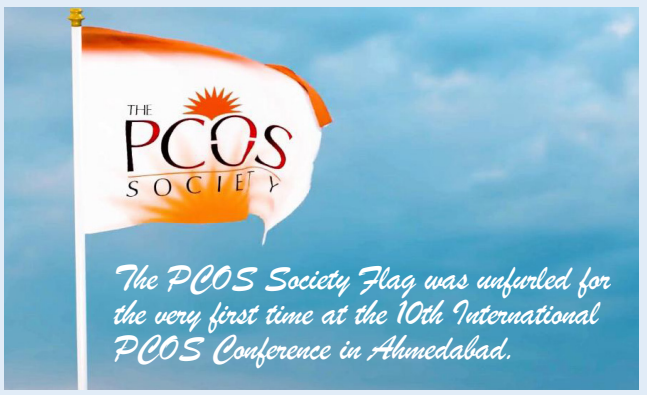
Scan the QR code to read the inside pages of the CSR Good Book

Adding to this recognition, the recently launched **CSR Growth Good Book**—a compendium highlighting impactful social initiatives—has also featured the work of the PCOS Society India, showcasing its contributions toward improving women's health and wellbeing.

Receiving the Mahatma Award is both an honour and an inspiration to continue the Society's mission of fostering awareness, empowerment, and change for women across the nation.

Also at this event was our very own Founder Prsident , Dr Duru Shah who delivered a **Keynote address on "Breaking the Cycle: Addressing the PCOS Puzzle."**

The PCOS Society Flag



- **The PCOS Flag proudly bears the emblem of The PCOS Society, India.**
- The **radiant orange** and vermilion hues symbolize energy, optimism, and the dawn of discovery. These colours reflect our collective hope—that through science, collaboration, and compassion, we will overcome the burden of PCOS.
- **The rising sun** at the heart of the logo represents illumination, progress, and the promise of a brighter tomorrow.
- While the **expanding rays** signify the restoration of balance and wellbeing—the very essence of our efforts to spread the knowledge on managing PCOS to all.
- **Together, the colours and the design embody the Society's mission—to empower women, advance knowledge, and inspire a future free from PCOS.**

10th International PCOS Conference: Speaker Abstracts

The PCOS Society Oration

Diabesity (Diabetes + Obesity): The silent hijacker of Women's Reproductive Health



Professor Helena Teede
Women's Health Monash University Australia
President of the International Society Of Endocrinology

The interaction of metabolic and reproductive health is largely overlooked and underappreciated. Reproductive dysfunction is common in diabetes, underpinned by endocrine cross talk with a diversity of associated reproductive health manifestations. Likewise, obesity has major endocrine and inflammatory effects with considerable reproductive impact. These reproductive features encompass changes in puberty and menarche, menstrual cycle and ovulatory abnormalities, increased polycystic ovary syndrome prevalence and severity, significant sub fertility, resistance to fertility treatments, major adverse pregnancy outcomes, and interactions around menopause. Reproductive problems can manifest early in puberty, during adolescence, later when fertility is desired, or during pregnancy and the perimenopausal period. These health issues will be covered along with the additional reproductive implications of contemporary diabetes management, including secondary polycystic ovary syndrome and hyperandrogenism, underpinned by insulin action on the ovary. Overall, the sharp rise and earlier onset of obesity and diabetes is now driving an epidemic of women of reproductive age with metabolic-related reproductive problems. With an ever-increasing number of young women living with diabetes and obesity, clinicians need to be aware of and equipped for the challenges of navigating reproductive-metabolic health concerns across the lifespan.

Keynote Lecture

Vaginal and Gut Dysbiosis in PCOS



Prof.Clare Boothroyd
Medical Director,Care Fertility, Australia
President, Asia Pacific Initiative on Reproduction

In 2012 it was hypothesized by Tremellen and Pearce that PCOS could result from dysregulation of the gut microbiome. Such dysbiosis could set in place a chronic inflammatory condition, leading to hyperinsulinemia, hyperandrogenemia and what we recognize as the syndrome of PCOS. Since then animal models have confirmed alteration in the gut microbiome in association with PCOS. Concomitantly human studies have shown altered diversity of the gut microbiome in women with PCOS compared to controls, independently of body mass index and other confounders. Intervention studies (albeit with heterogeneous interventions – probiotic, prebiotic and symbiotic) but placebo controlled and of short duration have shown consistent changes in markers of the metabolic stigmata of PCOS. The majority of the intervention studies for gut dysbiosis have been conducted in Iran. Because of the ethnic differences in PCOS there is an urgent need for such trials in other populations. The International Evidence-based Guideline for the Assessment and Management of PCOS is silent on the role of modifiers of the microbiome but the basic science indicates that we stand on the threshold of significant changes in therapeutic options - particularly as mothers with PCOS give birth and their daughters become adolescents. The vaginal microbiome, is smaller than and different to the gut microbiome. There is paucity of evidence that the vaginal microbiome is relevant to the syndrome we know as PCOS though it is highly relevant in other gynecological conditions.

Keynote Lecture

"PCOS for Life": Understanding women's health beyond menopause



Prof. Suneela Vegunta,
Lead, Program Director,
Women's Health,
Mayo Clinic, USA

Background:
Polycystic ovary syndrome (PCOS) is a chronic, lifelong endocrine disorder. With increasing life expectancy, women are now spending several decades in the postmenopausal state, yet clinical attention to PCOS often diminishes after reproductive years**. Many women are incorrectly reassured that menopause "resolves" PCOS, overlooking persistent metabolic and cardiovascular risks.**

Main Findings:
The menopausal transition brings unique challenges and opportunities to influence long-term morbidity and mortality in women with PCOS. Aging and menopause are associated with worsening central adiposity and obesity, which can exacerbate underlying insulin resistance and metabolic dysfunction. These changes contribute to the development of prediabetes, type 2 diabetes mellitus, and dyslipidemia, further amplifying cardiovascular disease (CVD) risk. PCOS is recognized as an independent risk factor for both diabetes and CVD. In addition, affected women are at increased risk for obstructive sleep apnea (OSA) and metabolic-associated steatotic liver disease (MASLD), necessitating targeted screening.

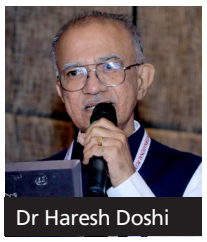
Unopposed estrogen exposure during the premenopausal years also predisposes women with PCOS to endometrial hyperplasia and carcinoma, and this risk may persist beyond menopause, particularly in the presence of compounding risk factors such as obesity, diabetes, or hypertension. Any postmenopausal bleeding warrants prompt evaluation. In contrast, current evidence does not suggest an increased risk of ovarian or breast cancer in women with PCOS.

Conclusions:
PCOS remains clinically relevant across the lifespan. Ongoing counseling, screening, and management of cardiometabolic and endometrial risks are essential. Increasing awareness among clinicians and patients is critical to mitigate long-term health consequences and improve quality of life in postmenopausal women with PCOS.

10th International PCOS Conference: Workshop

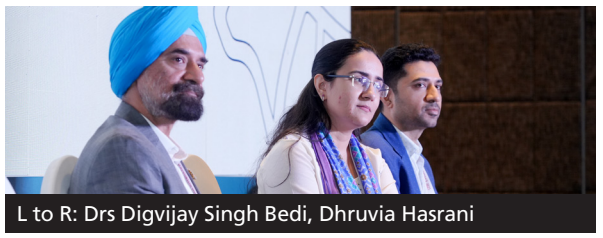
Workshop1: Cracking the Code: Understanding Obesity in PCOS


Drs Piya Ballani & Archana Dwivedi


Dr Haresh Doshi


Dr Shashank Joshi

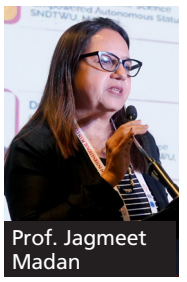

Dr Kamal Goplani


L to R: Drs Digvijay Singh Bedi, Dhruvia Hasrani



Worshop 2: Beyond the Prescription-The Power of Lifestyle in PCOS


Ms Nupur Shah


Prof. Jagmeet Madan


Ms Smita Shah


Ms Nisha Ballare



L to R: Drs.Nirja Chawla, Rucha Shah, Suneela Vegunta, Gauri Karandikar, Jwal Banker, Manoj Pandya


Ms Ruby Sound


Dr Rachana Dubey


Yoga Session by Rajvi Mehta

Workshop 3: Desire,Dysfunction & the Disorder-PCOS & Sexual Health


Prof. Suneela Vegunta


Prof Sara Shihab


Dr Mohan Thomas



L to R: Drs Munjal Pandya, Kashmira Jhalla, Sunela Vegunta, Sara Shihab, Sudha Sharma,Suhas Doshi

Workshop 4: Trials &Tribulations of Ovarian Stimulation in PCOS


Dr Padma Rekha Jirge


Lto R: Drs Padma Rekha Jirge, Madhuri Patil, Riddhi Desai, Kathi Bansal, Sujata Kar


Drs Kanthi Bansal & Riddhi Desai


Dr Sujata Kar


Dr Sabahat Rasool


L toR: Drs. Nagadeepti Naik, Lipika Moharana, Vyjayanthi Srinivasan, Clare Boothroyd, Manish Banker

10th International PCOS Conference



10th Anniversary Presidential Address by Dr Duru Shah


Inauguration & Lamp Lighting Ceremony


Dr Madhuri Patil


Felicitating Prof Helena Teede


Felicitating Prof Clare Boothroyd

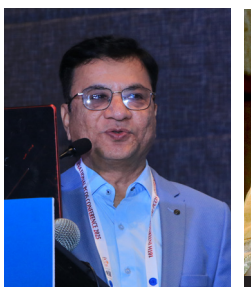

Felicitating our Chief Guest, Mrs Neerja Gupta, Vice Chancellor, Gujrat University


Keynote Address by Dr Kamal Sharma


Keynote Address by Prof Suneela Vegunta

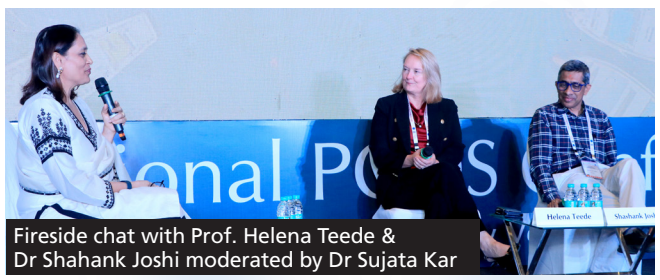

Keynote Address by Prof Clare Boothroyd

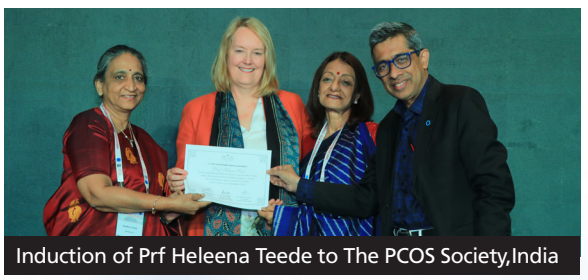

Dr Manoj Pandya


Dr Mehul Damani


Master of Ceremony Dr Sangeeta Agrawal

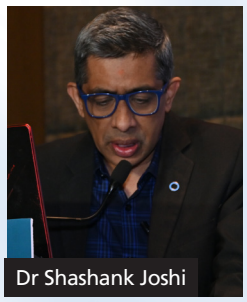

Dr Vyjayanthi Srinivasan


Fireside chat with Prof. Helena Teede & Dr Shahank Joshi moderated by Dr Sujata Kar

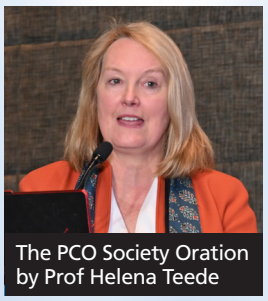

Induction of Prf Heleena Teede to The PCOS Society,India



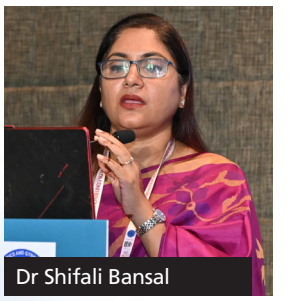
Winner of the Papers & Posters Competition: Dr Vanshika Sangral


Dr Shashank Joshi


Dr Arti Gupta


The PCO Society Oration by Prof Helena Teede


Dr Binal & Jignesh Shah


Dr Shifali Bansal


L to R: Drs Madhuri Patil, Nita Thakre, Duru Shah, Kanthi Bansal



lto R: Dr Kanthi Bansal, Padma Rekha Jirge, Rutviz Mitry, Dileep Srinivasan, Usha Bohra,Nita Thakre


Cultural Program

10th International PCOS Conference

PCOS Quizzes: Grand Finale



Our Quiz Masters: Drs Riddhi Desai & Nagadeepti Naik



PCOS Quizzes Grand Finale: Top 8 Contestants

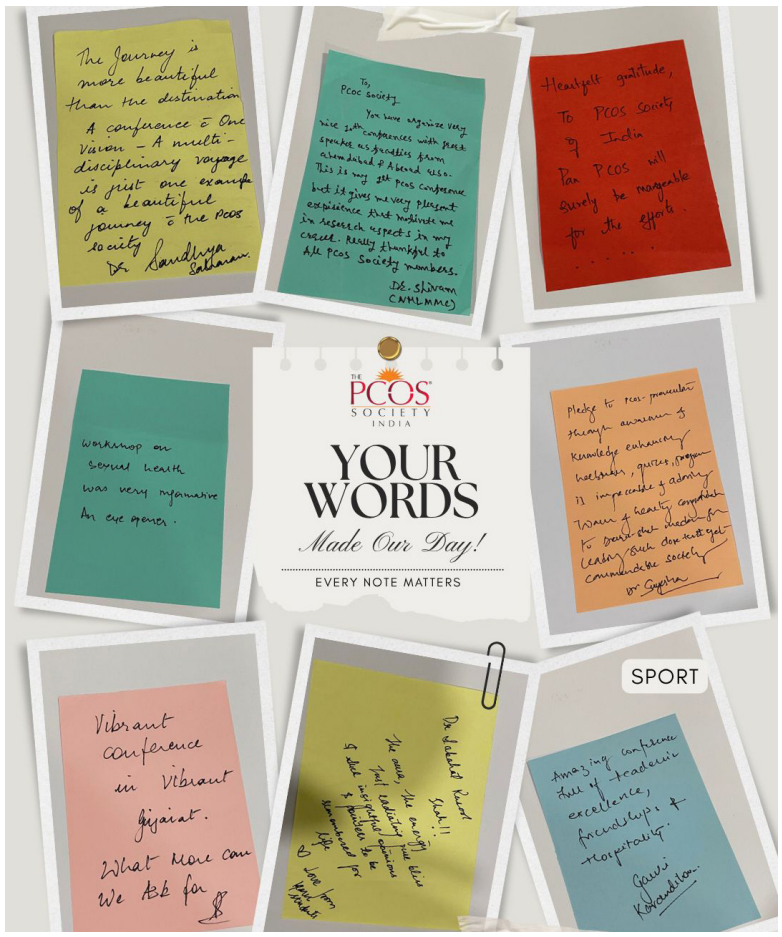

1st Prize Winner Dr. Mrinal Chatterjee


2nd Prize Winner Dr. Pallabi Nayak

Scan the QR Code for program


3rd Prize Winner Dr. Rekha Ramappa

Conference Feedbacks





13th Aspire Masterclass:

100 delegates

Addressing the "Extremes" in Ovarian Stimulation: Individualisation & Beyond...

19th-20th September 2025, New Delhi











Scan the QR Code for program

Masterclasses

Masterclass on "Metabolic Cross-Roads": The Overlap of PCOS & Gestational Diabetes Mellitus.

184 delegates

14th September 2025, Mumbai









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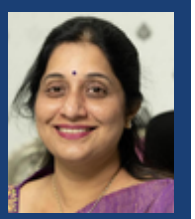
E3 Seminars

Decoding PCOS from Fetal Origin to Menopausal Transition
31st August, 2025, Visakhapatnam

CONVENORS



Dr. Ch. Padmavathy Naidu
President
OGSV



Dr. M N V Pallavi
Visakhapatnam
& Secretary
OGSV





















Scan the QR Code for program

Decoding PCOS from Fetal Origin to Menopausal Transition. 7th September, 2025, Siliguri

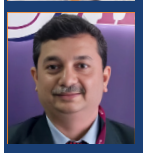
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Dr. Shefali Bansal Madhav
Siliguri
The PCOS Society, India
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Dr. G B Das
President
Siliguri Obst & Gyn Society



Dr. Udayan Sarkar
Secretary
Siliguri Obst & Gyn Society











Scan the QR Code for program





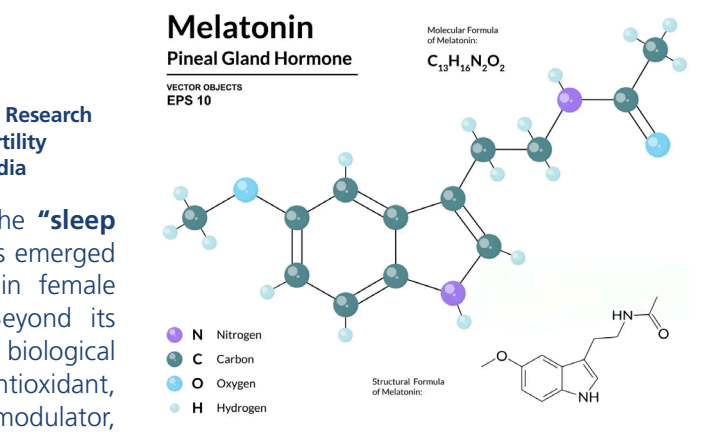


Can Melatonin be the hormone of hope for female fertility?



Dr Shobahna Patted
Director, Patted Fertility & Research Centre, Vice President, Fertility Preservation Society of India

Once regarded mainly as the **"sleep hormone,"** melatonin has emerged as a promising adjunct in female reproductive medicine. Beyond its role in synchronizing the body's biological rhythms, melatonin acts as a potent antioxidant, anti-inflammatory, and immunomodulator, influencing every level of reproductive physiology—from follicular development to implantation.





Recent studies show that melatonin improves oocyte and embryo quality by protecting granulosa and oocyte mitochondria from oxidative injury and enhancing intracellular antioxidant enzyme activity. **In assisted reproduction, supplementation with 3–6 mg at night has been linked to higher rates of mature oocytes, better-grade embryos, and improved implantation potential.**

In polycystic ovary syndrome (PCOS), where oxidative stress and hormonal imbalance coexist, it **restores LH–FSH harmony, reduces testosterone levels, and enhances insulin sensitivity. These effects may translate into improved ovulation, metabolic balance, and sleep quality**—key concerns in PCOS-related infertility.

Emerging data also point to benefits in endometriosis, adenomyosis, and recurrent implantation failure, where **melatonin's immune-regulatory action promotes uterine receptivity and reduces inflammation**. Its safety, affordability, and physiological compatibility make it an attractive adjunct to conventional fertility treatment and lifestyle modification

Though further large-scale studies are needed to establish optimal dosing and long-term efficacy, melatonin's combined ability to protect oocytes and harmonize endocrine-circadian rhythms makes it a promising 'hormone of hope' for women seeking to restore fertility and well being.

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