

# Nepal Society of Obstetricians and Gynaecologists (NESOG): Tracing it's history

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## Introduction

Nepal Society of Obstetricians and Gynaecologists (NESOG) is a professional organization of obstetricians and gynaecologists established in 1988 A.D.

The idea of formation of society of obstetricians and gynaecologists was conceived way back in 1974 when Dr. Savitri Gurung and Dr. Sanu Maiyan Dali attended a conference on "Asian Regional Conference on Family planning" held in Manila, Philippines, in January 6-11, 1974.

This conference was inaugurated by Mrs. Imelda Marcos, the first lady and was attended by 10,000 women medical doctors. The theme of the conference was "How to mobilize medical women in Family planning". Dr. Gurung and I were astonished to see so many women doctors in one hall. It was beyond our imagination. During the meeting, we were asked by our international colleagues whether we had a society of obstetricians and gynaecologists. We quietly said no. It just remained a dream at that time as we were only about ten obstetricians and gynaecologists in the whole country.

Fourteen years later in May 1988, the author had gone to Japan to present a paper on "Family Planning in Nepal" in Sixth Annual Meeting of Society for Advancement of Contraception". There Emeritus Prof. Hiroaki Soma introduced the author to two eminent people: Late Prof. Mijuno, and Late Emeritus Prof. Shan S. Ratnam, the secretary general of Asia Oceania Federation of Obstetrics and Gynaecology (AOFOG). On that occasion, they highlighted the importance of the society and showed their keen willingness to help Nepal in this regard. On her return, the author narrated the joyful events with Dr. Bhola Rijal, then, the Associate Professor, Department of Obstetrics and Gynaecology, Tribhuvan University Teaching Hospital. We had a couple of in - house meeting. Then finally, we called Dr. Dibya Shree Malla of Maternity Hospital and discussed the possibility of the formation of Nepal Society of Obstetricians and Gynaecologists in a couple of meetings.

Eventually, the dream became a reality in November 1988. With the encouragement of Emeritus Prof. Hiroaki Soma (Visiting Consultant at Prasuti Griha and visiting Professor at Institute of Medicine), Prof. Sanu Maiyan Dali, Dr. Dibya Shree Malla and Dr. Bhola Rijal discussed and called a meeting to establish the Nepal Society of Obstetricians &

Gynaecologists at the Superintendent Quarter of Paropakar Shree Panch Indra Rajya Laxmi Devi Prasuti Griha (Maternity Hospital). Finally, NESOG was born in November 1988 at a very prestigious place, Paropakar Shree Panch Indra Rajya Laxmi Devi, Prasuti Griha.

This first formal meeting was attended by the following founder members.

Dr. Dibya Shree Malla  
Dr. Sanu Maiya Dali  
Dr. Bhola Rijal  
Dr. Annapurna Shrestha  
Dr. Junu Thapa  
Dr. Mahodadhi Shrestha  
Dr. Swaraj Rajbhandari

## Objectives of NESOG

The objective of NESOG is to serve the people by rendering fully educational, scientific and public health oriented services of high standard in the field of obstetrics and gynaecological diseases in Nepal.

## NESOG's Adhoc Committee

NESOG's Adhoc Committee was formed in November 1988 and the executive members were as follows:

President	: Dr. Dibya Shree Malla
Vice President	: Dr. Sanu Maiya Dali
Gen Secretary	: Dr. Bhola Rijal
Treasurer	: Dr. Saraswati M Padhye
Jt. Treasurer	: Dr. Junu Thapa
Secretary	: Dr. Mahodadhi Shrestha

## Socio Cultural Sub-committee

Secretary	: Dr. Swaraj Rajbhandari
Members	: Dr. Neelam Pradhan
	: Dr. Kundu Yangzom
	: Dr. Kasturi Malla
	: Dr. Achala Vaidhya
	: Dr. Yamuna Suwal

## NESOG office

-One room was provided for NESOG office by Dr. Dibya Shree Malla, the Superintendent of Maternity Hospital.

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## International meeting

NESOG had the opportunity to organize First International meeting on 28<sup>th</sup> January, 1989 with Emeritus Prof. H. Soma and the Japanese colleagues. Emeritus Prof. H. Soma, Emeritus Prof. Shan S. Ratnam and Late Prof. Mijuno helped NESOG to receive sister affiliation with AOFOG.

## Academic activities

NESOG started its academic activities by holding workshops in collaboration with AOFOG and scientific meetings with Family Health International.

The well wishers of NESOG, AOFOG members like Late Emeritus Prof. Shan. S. Ratnam from Singapore, Prof. Peter Elliot from Australia, Emeritus Prof. H. Soma from Japan, Prof. Rohit Bhatt from India and Dr. Kanti Giri from WHO, SEARO had helped to hold its first workshop on Maternal & Perinatal Health and Family Planning in 16-17 March, 1990 (3<sup>rd</sup> & 4<sup>th</sup> Chaitra, 2046).

NESOG had financial constraints in receiving the AOFOG Journals. Emeritus Prof. Hiroaki Soma had been kind enough to support NESOG financially each year. He has been supporting AOFOG Journal shipping charge with Japanese Yen 25000 every year since 1990.

NESOG had its first election on 29<sup>th</sup> March, 1991 (15 Chaitra, 2047) at Maternity Hospital, Thapathali. The following office bearers were elected for the following post for the year 1991-1993.

President	: Dr. Bhola Rijal
Vice – President	: Dr. Mahodadhi Shrestha
General Secretary	: Dr. Bimala Lakhey
Treasurer	: Dr. Ganga Shakya
Joint Secretary	: Dr. Pramila Pradhan
Joint Treasurer	: Dr. Neelam Pradhan

## Socio Cultural Subcommittee

Secretary	: Dr. Sushila Shrestha
Members	: Dr. Lata Bajracharya
	: Dr. Rita Manandhar
	: Dr. Rekha Hamal
	: Dr. Amita Thapa

The second workshop on maternal and perinatal health and family planning organized by NESOG and AOFOG was held on 19-20 Nov, 1991 (3<sup>rd</sup> and 4<sup>th</sup> Mangsir, 2048). AOFOG Members like Prof. Peter Elliot from Australia, Prof. R. Samil from Indonesia, Prof. P. Tiwari from India and Prof. S. Khatun from Bangladesh came to attend the workshop for disseminating information and discuss the strategies for the reduction of maternal and perinatal mortality.

Since then NESOG had been involved in various activities of Safe Motherhood and reproductive health program of HMG, MOH.

In 1991, the author was awarded with AOFOG young Gynaecologist award. Since then many NESOG Members had been the recipients of AOFOG Young Gynaecologist

Award. The author had the pleasure of serving NESOG as the fourth President in the year 1995-1997.

## AOFOG Council meeting: Historical Landmark

November 7-8, 1997 had been another landmark in the history of NESOG. NESOG had the pleasure of hosting 5th council meeting. The unique thing about this council meeting was that after the council meeting was over, all AOFOG Council members, the outstanding Professors of Asia Oceania Region were busy updating the NESOG members, Medical Officers and Post graduate Students of M.D. in Obstetrics & Gynaecology in continuing Medical Education (CME) programs held at Maternity Hospital, Kathmandu and Pokhara Manipal College of Medical Sciences. The President of AOFOG and other AOFOG Council members were busy in National Level Workshops held in Bhaktapur and Pokhara to educate the health workers on Reproductive health including Safe Motherhood for dissemination at the grass root level.

NESOG is holding regular CME Programs, publishing Newsletters and organizing free clinic at Kakani Village and Banepa to promote its academic activities.

## Important events

Ten years later, two important events took place.

### Dr June Thapa Oration

Dr. June Thapa Oration was established on 16 August, 1998 by Dr. Loke Bikram Thapa and family to deliver the Oration by Eminent Gynaecologists and Obstetricians in every two years in the International Conference organized by NESOG.

### Shri Hira Nanda Vaidya Memorial Oration

Shri Hira Nanda Vaidya memorial medical trust was established on 29 December, 1998 by Professor Sanu Maiyan Dali and family members of Late Hira Nanda Vaidya to honour Eminent International and National Obstetricians and Gynaecologist during National and International Conferences organized by NESOG every year.

On 21-22, February, 1999, the Tenth Happy Birth Anniversary of NESOG was celebrated by two important events: The First NESOG/ June Thapa Oration was delivered by Emeritus Prof. Shan S. Ratnam. The First NESOG/ Hirananda Vaidya Memorial Oration was delivered by Prof. S. Das Gupta.

### Soma Award

Emeritus Prof. H. Soma, the honorary member of NESOG has set up Soma Award in the National Conference of NESOG in the year 2000 for the best paper.

### NESOG Award

NESOG Award was established by the society in the year 2000 to encourage young gynaecologists for their academic excellence.

#### **NESOG is a member of**

- South Asian Federation of Obstetrics and Gynaecology (SAFOG)
- Asia Oceania Federation of Obstetrics and Gynecology (AOFOG).
- International Federation of Obstetrics and Gynecology (FIGO)
- Safe Motherhood Network.

To meet the increasing demands in our speciality for taking up a leadership role in the National priority areas, NESOG has established a few sub committees like Safe Motherhood Committee, Adolescent Health and Development Committee and Oncology Committee.

#### **Partnership**

To achieve its goal NESOG has been working very closely with the Ministry of Health, HMG of Nepal and other development partners like WHO, UNICEF, SSMP (NSMP), NFHP (Engender Health and JHPIEGO) and had developed a training manual for adolescent health and development program for doctors, nurses and counselors and the Nepali version of the manual with the support from FHD/MOH/WHO. Both the manuals address adolescent health and development in a holistic way and provide coverage of a wide range of adolescent health and development issues, including counseling.

NESOG worked with NSMP/ WRLHP/ FHD to establish an EOC monitoring system in Nepal. Following legalization of abortion in Nepal NESOG has participated in the task force developed by FHD/MOH for policy formulation, and subsequently in the technical Committee for implementation of comprehensive abortion services (TCIC), and has contributed in various areas.

The society is also an affiliate institution with Nepal Health Research Council and has contributed to obtaining the Rockefeller Foundation Award.

#### **NESOG's greatest achievement in 2005**

NESOG had started working towards fulfilling its dream of constructing its own building. NESOG is working very hard to have its own building for fostering teaching learning activities, training programs and research activities. Building construction fund was established with generous contribution of all NESOG members. Thanks to the president of NESOG Dr. Chanda Karki and executive committee members whose untiring efforts helped NESOG to be owner of 17<sup>1/2</sup> annas of land at Nilbarahi, Sanothimi in 2005. Soon NESOG plans to have its own building.

#### **Donations**

On 22-27<sup>th</sup> April, 2002, well wishers of NESOG and AOFOG members like Prof. Kim and Prof. S.N Bae from Korea and Prof Peter Elliot, Prof. Bob Osborne and Prof. Bowditch from Australia worked hard to make colposcopy and cytology workshop a grand success.

Prof. Elliot has donated 4 microscopes with two teaching

aids, two cervical biopsy forceps and few speculums to the society. Prof. Kim has donated a cervicogram. Dr. Lani Ackermann American Academy of Family Physician donated a colposcopy machine.

NESOG has been organising National conference annually and International Conferences every two years. NESOG had the pleasure of hosting 5<sup>th</sup> SAFOG Conference in Nepal in the year 2005. The Author had the honor and pleasure of delivering SAFOG Oration "Making Pregnancy Safer: A Community Perspective."

17 yrs later, NESOG formed the Education Committee and Journal Committee on 20 Shrawan, 2062 (4, August, 2005) and appointed Prof. Sanu Maiya Dali as Chief of the Education Committee and Dr. Asma Rana as the chairperson of the Journal Committee respectively.

It has been a dream since the establishment of NESOG to see NESOG growing as an Institution like the Royal College of obstetricians and Gynaecologists of London, Royal College of Obstetricians and Gynaecologists of Australia, Sri Lankan College of Obstetricians and Gynaecologists and many more like this in other countries.

Formation of the Education Committee is the milestone in the direction of establishment of NESOG as an Institution. With the dedicated efforts of NESOG members, one day it will be a reality. NESOG members will be working together in setting standards to improve women's health as done by the Royal College of Ostetricians & Gynaecologists in London. The education Committee will be working in liaison with all member countries to fulfill its necessities to achieve our mission.

NESOG Education Committee successfully performed Desk review of the sectoral policies, strategies and plans, assessing the human and financial resources in the process of revising national safe motherhood long term plan 2002-2017, along with support to Safe Motherhood Programs (SSMP) and FHD. The gaps, deficiencies and discrepancies in the plan had been identified and suggested key areas, issues, concerns and approaches that need to be incorporated in the plan.

Late Emeritus Prof. Shan Ratnam, Secretary General of AOFOG had helped the society since its inception and his philosophy was "to accept responsibility for women's health by looking beyond the hospital walls". NESOG members had done so by reaching to grass root level healthcare providers and training them on active management of third stage of labour. NESOG feels proud to work with Nursing Association of Nepal (NAN) in training grass root level healthcare providers on active management of third stage of labour at 4 developmental regions of Nepal.

Thus NESOG has come a long way with various activities in the process of developing into an Institution. NESOG has worked with FHD/MOH in formulating national policy, strategy and plan related to maternal and neonatal health and looks forward to participating actively in the educational activities at the national level in future as well.

**Long Live NESOG !**