



AHMEDABAD OBSTETRICS & GYNAECOLOGICAL SOCIETY

# AOGS TIMES

## “SUTRA”

“Thread” of concise knowledge

**Theme :** “Women’s Health : Prevent, Detect & Thrive”

**Motto :** “United in Purpose, Stronger Together”

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## નિરાશાથી આશા સુધી... આશાથી સ્વાગત સુધી...

સનફ્લાવર ivf હોસ્પિટલ ૨૨ વર્ષોનો અનુભવ, વિશ્વાસ અને સફળતા નો વારસો લઈ ને હવે તમારી નજીક, ગાંધીનગર માં નવી શાખા સાથે આવી રહી છે.

ભારતમાં ફર્ટિલિટી સારવારમાં  
અગ્રગણ્ય-નામો માં એક,

- ૨૧,૦૦૦ થી વધુ સફળ કેસો
- ૬૦ થી વધુ દેશોના દર્દીઓનો ભરોસો
- અને દર વર્ષે હજારો પરિવારો ને માતા પિતા બનવાનું સુખ આપનાર

## હવે તમારું પણ સપનું થશે સાકાર — તમારા શહેરમાં, તમારા ઘરના આંગણે!

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# TEAM AOGS MESSAGE



**Dr. Nita Thakre**  
President



**Dr. Parth Shah**  
Hon. Secretary

Dear Friends,

It gives me immense pride and joy to share the overwhelming success of our recent cultural evening, where AOGS had the honor of hosting a mesmerizing Gujarati folk music performance by the renowned Shri Hardik Dave and his talented team.

**“સંસ્કૃતિ એ આપણું વર્તમાન છે, અને વારસો પણ.”**

**(“Culture is both our present and our legacy.”) – Shri Hardik Dave**

The energy, the spirit, and the authenticity they brought to the stage reminded us of the rich cultural tapestry we belong to. The rhythms of Gujarat echoed in the hearts of everyone present, creating an atmosphere that was both nostalgic and electrifying.

As the Organizing President, witnessing the smiles, the spontaneous clapping, the dancing, and the heartfelt appreciation from our audience was truly fulfilling. It reaffirmed the power of culture in uniting us and the importance of keeping our traditions alive—even far from home.

I extend my sincere gratitude to:

- **Shri Hardik Dave** and his team for their exceptional performance,
- Our dedicated committee and staff members for their tireless efforts,
- Our seniors **Dr Dipesh Dholakia**, **Dr Alpesh Gandhi** and **Dr Hemant Bhatt** for their guidance and support.
- **And most importantly, to all of you who attended and made the event so memorable.**

Let this success be a stepping stone toward many more cultural celebrations. Together, we continue to honor our roots and build a vibrant, connected community.

Warm regards,

**Dr. Nita Thakre**  
President

**Dr. Parth Shah**  
Hon. Secretary

## CENTERSTAGE

### Jennifer Doudna and Emmanuelle Charpentier



In 2020, Jennifer Doudna and Emmanuelle Charpentier were awarded the Nobel Prize in Chemistry for their pioneering work on CRISPR-Cas9, a revolutionary gene-editing technology. This marked a historic moment—not only because of the transformative potential of their discovery but also because it was the first time two women shared a Nobel Prize in the sciences without a male co-recipient.

CRISPR-Cas9 is a tool that allows scientists to make precise, targeted changes to the DNA of living organisms. Inspired by a natural defense mechanism found in bacteria, which use CRISPR sequences and Cas enzymes to fend off viral invaders, Doudna and Charpentier reengineered this system to cut DNA at specific sites. This allows researchers to remove, insert, or alter genetic material with unprecedented ease and accuracy.

The implications of their discovery are vast. In medicine, CRISPR is already being used in experimental treatments for genetic diseases such as sickle cell anemia, muscular dystrophy, and certain forms of cancer. In agriculture, it promises crops that are more resistant to disease, pests, and climate change. The technology also opens the door to more controversial applications, such as germline editing, which could permanently alter the human gene pool—raising profound ethical questions.

The Nobel Committee described CRISPR-Cas9 as “a tool for rewriting the code of life.” By turning a bacterial immune system into a tool for editing genes, Doudna and Charpentier democratized genetic engineering—making it faster, cheaper, and more accessible than ever before. Their work not only changed the landscape of biology and medicine but also sparked global discussions about the future of gene editing.

Their Nobel Prize is a recognition not only of scientific brilliance but of the transformative impact of fundamental research on human health and society.

## MEDICAL NEWS

### NEET UG Result Discrepancies in Gujarat

Several students in Gujarat reported abrupt changes in their NEET scores. One student's marks dropped from 415 to 115 during the registration process, with another receiving four different scorecards (415, 115, 500, 550). Parents are raising concerns, considering legal action against the NTA for lack of transparency.

### High Court Rejects NEET UG Re-Test

The Madhya Pradesh High Court (Indore bench) dismissed petitions from students affected by power outages at exam centers in Indore and Ujjain, who had demanded a re-test. The court accepted the NTA's argument that the disturbances didn't significantly impact results and advised the agency to ensure better logistics and power backup in future exams.

### NEET PG Scam Alert

The National Board of Examinations in Medical Sciences (NBEMS) issued a scam advisory, warning NEET PG candidates about fake emails, SMS, and social media messages claiming exam postponements, leaked papers, or guaranteed scores. Students are urged to rely only on official sources.

### ICMR warns of high salt intake

The Indian Council of Medical Research–National Institute of Epidemiology (ICMR-NIE) reports that average daily salt consumption in India—especially in urban areas—is nearly double WHO recommendations, increasing risks for hypertension, stroke, heart, and kidney disease. Campaigns are now underway to promote low-sodium alternatives in states like Punjab and Telangana.

### Ban on homeopaths prescribing allopathy reversed

The Maharashtra government has rolled back its decision allowing homeopathic practitioners to prescribe allopathic medicine and set up a 7-member expert panel to review the matter.

### AIIMS Nagpur debuts Bhishm Cube disaster response system

The AIIMS Nagpur unveiled a portable, modular "Bhishm Cube" medical unit capable of treating up to 200 patients daily during disasters.

### Phase III trial begins for India's dengue vaccine

Panacea Biotec and ICMR have launched large-scale Phase III trials for "DengiAll," a tetravalent dengue vaccine. Over 8,000 participants are enrolled nationwide in 20 centres to evaluate its safety and effectiveness.

### India's first National Biobank inaugurated

On July 6, 2025, CSIR-IGIB and the Science Ministry launched India's first National Biobank in Delhi, aiming to collect genomic, lifestyle, and clinical data from 10,000 diverse participants to support research on diseases like diabetes and cancer.

## CME in Association with Gestosis India Association on "HDP Course".

**Date: 31st August, Sunday**



*Congratulations*

We are proud to share that one of our esteemed members,  
**Dr. Jignesh C. Shah, has been elected as the President of  
Ahmedabad Medical Association (AMA)**

Dr. Jignesh Shah is a senior consultant gynaecologist and  
the Founder & Director of Jigisha Speciality Hospital, Nava vadaj, Ahmedabad.

**His professional journey in AMA includes:**

- Library Secretary – AMA (2007–2008) | • Joint Secretary – AMA (2008–2009)
- Honorary Secretary – AMA (2011–2013) | • Vice President – IMA Gujarat State Branch (2015–2016)

**We, at the Ahmedabad Obstetrics and Gynaecology Society, convey our heartfelt best wishes to  
Dr. Jignesh Shah  
for a successful, impactful, and inspiring tenure as the President of AMA.**

## ALL THE BEST FOR THE EVENT

AOGS is overwhelmed to inform our fellow members that **Falgun Parikh has been selected by SFI (Swimming Federation of India)** as one of the contingent to represent India in World Swimming Championship 2025 to be held in Singapore. He is selected in 2 individual events. 50 meters freestyle and 800 meters freestyle.

... About 8000 participants from about 190 countries will compete in presence of about 2 lakh spectators and will be watched by about 5 million viewers across the world digital or on Social Media.

We wish him all the best for the event.

**Dr. Falgun Parikh**



## CME : BREAST PROBLEMS IN CLINICAL PRACTICE: EVIDENCE-BASED SOLUTIONS

Date : 29th June, 2025 - Sunday

With 1 woman dying every 13 minutes to breast cancer in India today – this was a mandatory program for all of us arranged very well to cover all the aspects of dealing with the breast lumps for us gynecs.

It began with the basics of self breast examination and screening protocols which refreshed the basics but stressed on its importance for self awareness. SBE has to begin at 20 and done every month after periods. Mammography can begin at 40 in normal and at 25 for high risk patients. The next was a very interesting talk on what exactly to do in OPD once you encounter a breast lump. Detailed History taking and clinical examination would tell you the diagnosis in majority of cases if we do it right. The next was on investigation of the mass with clear illustrations of images to identify the malignant masses. Its shape echogenicity margins vascularity calcification, help us. elastography, and doppler help with sonography and mammography and MRI aids the final diagnosis. Next was breast imaging - MRI to be done when in doubt esp in dense breast and inconclusive sono mamo, and once we have a definite diagnosis we do PET CT. We learnt to interpret the types of enhancement and curves of these imaging techniques and also to do a breast biopsy correctly.

Part 2 was all about managing breast cancer. The choice between surgery and neo adjuvant chemotherapy was well explained by the breast oncologists in detail. We ended it with a summary on hereditary breast and ovarian cancer by renowned Dr D G Vijay followed by our signature yummy lunch with a lot of catching up and laughter.

# BREAST PROBLEMS IN CLINICAL PRACTICE: EVIDENCE-BASED SOLUTIONS

Date : 29th June, 2025 - Sunday



# SAMPOORNA CME

Date : 6th July, 2025 - Sunday

## Preconception Care : Risk Assessment

Preconception care is not a one-time consultation but a proactive, comprehensive process that combines patient education, health promotion, and targeted medical interventions. It empowers individuals to identify modifiable risk factors and address them prior to conception. This anticipatory guidance includes a wide spectrum of assessments—medical, genetic, infectious, environmental, nutritional, psychological, and behavioral.

The ultimate aim of PCC is to ensure that when conception does occur, the individual or couple is in the best possible health state, reducing the likelihood of adverse maternal or fetal outcomes and enhancing the chances of a safe, healthy pregnancy.

## Comprehensive Risk Assessment: A Multi-Dimensional Approach

Effective PCC begins with an in-depth clinical evaluation. A systematic, structured history-taking should encompass the following domains:

- **Reproductive History:** Includes assessment of menstrual patterns, prior pregnancies and their outcomes (e.g., miscarriage, stillbirth, preterm labor), infertility issues, contraceptive use, and any known gynecologic disorders like PCOS, fibroids, or endometriosis.
- **Medical and Surgical History:** Chronic illnesses such as diabetes, hypertension, thyroid dysfunction, epilepsy, asthma, and autoimmune disorders must be reviewed. Previous surgeries, especially abdominal or pelvic, may impact fertility and pregnancy outcomes.
- **Genetic and Family History:** Screening for inherited conditions is crucial, particularly in cases of consanguinity, family history of genetic disorders, congenital anomalies, or recurrent pregnancy loss. Ethnicity-specific risks should also be considered.
- **Infectious Disease Status:** Evaluating prior exposure and immunity to infections such as rubella, varicella, hepatitis B and C, HIV, syphilis, and tuberculosis is critical. Immunization gaps should be addressed before conception.
- **Lifestyle Factors:** Key considerations include smoking, alcohol or drug use, diet quality, body mass index (BMI), physical activity level, and occupational stress. Nutritional deficiencies or poor weight management can influence fertility and pregnancy progression.
- **Environmental and Occupational Hazards:** Exposure to radiation, industrial chemicals, solvents, pesticides, or prolonged physical strain can adversely impact fertility and fetal development and should be assessed and mitigated where possible.

- **Mental Health Evaluation:** Mental wellness is often under-addressed in PCC. Screening for depression, anxiety, past psychiatric history, psychotropic medication use, or family history of psychiatric disorders is crucial for maternal and fetal well-being.

## Genetic Screening and Counselling

Genetic counselling is an integral part of PCC, particularly in populations with a high prevalence of inherited conditions. The American College of Obstetricians and Gynecologists (ACOG) recommends universal carrier screening for disorders such as cystic fibrosis, spinal muscular atrophy, and hemoglobinopathies (e.g., thalassemia, sickle cell disease).

Ethnicity-based or family history-guided screening should be offered for conditions such as Fragile X syndrome, Tay-Sachs disease, Canavan disease, and familial dysautonomia. Genetic counselling provides couples with critical information about reproductive risks and the options available, including assisted reproductive technologies and prenatal diagnosis.

## Laboratory Investigations

A panel of baseline investigations helps detect underlying conditions that could affect pregnancy. These may include:

- For women:
  - Complete blood count (CBC)
  - Blood group and Rh typing
  - Rubella IgG
  - Hemoglobin electrophoresis
  - HBsAg, HIV, and VDRL screening
  - Thyroid Stimulating Hormone (TSH), prolactin levels
  - Glycated hemoglobin (HbA1c) for diabetes screening
- For men:
  - Semen analysis (if indicated)
  - HbA1c, HIV, HBsAg
  - Vitamin B12 and Vitamin D levels, especially in populations with known deficiencies

Additional tests may be personalized based on risk factors identified during history-taking, and in case genetic work up is required – then specific karyotype or whole exom sequencing can be advised.

## Conclusion

Preconceptional counselling represents a cornerstone of preventive obstetric care. By identifying and addressing risks before pregnancy begins—especially those related to genetic disorders, chronic diseases, and infectious agents—clinicians can play a pivotal role in shaping healthier pregnancy trajectories. Far from being limited to fertility clinics or high-risk patients, PCC should be an integral part of every woman's routine gynecological care. Proactively embracing this approach ensures that each pregnancy is planned with foresight, preparedness, and a strong foundation for maternal and neonatal health.

- Dr. Azadeh Patel

# SAMPOORNA CME

Date : 6th July, 2025 - Sunday



# મૌસમ છલકે

ભાતીગળ ગુજરાતના ગમતીલા ગીતો

Date: 26th July, 2025 | Time: 7pm onwards

Congratulations to Dr Nita Thakre, Dr Parth Shah & AOGS team for super successful program " **Mausam Chhalke**"

One of the striking feature of this program was that **Hardik Dave** made audience involved in his singing performance. It was not once but many times during program. He made audience sing with him and dance (Garba) . So everyone feels like they are the part of performance.

A performer can able to involve audience like this, then there should be no doubt about it's great success!

**Dr Kokil Dave**

હાર્દિક દવે પ્રસ્તુત 'મૌસમ છલકે' કાર્યક્રમ માટે ડૉ. નીતા ઠાકરે અને તેમની Entire ટીમને હાર્દિક અભિનંદન!

ભાતીગળ ગીતોની મીઠાસ અને સંગીતમય સંવેદનાઓને સુંદર રીતે પ્રસ્થીત કરીને સમગ્ર કાર્યક્રમને યાદગાર બનાવી દીધો.

સુસંવાદ, સુંદર પસંદગી અને ભાવસભર રજૂઆત બદલ સમગ્ર ટીમ પ્રસંશા પાત્ર છે.

આ પ્રકારના કાર્યક્રમો સંગીતપ્રેમીઓ માટે અમૂલ્ય ભેટ સમાન છે. આવાં યત્નો યાલુ રહે એવી શુભકામનાઓ!

**Dr Manoj Pandya**

Congratualtions team AOGS, Neeta, for personally letting us know of the programme  
It was a very entertaining memmorable programme of pure Gujarati folk music  
No bollywood no hindi gazals  
Pure essence of Gujarat !!! Hardik has a very joyful stage presence ,it was so good to see him enjoy this treasure of folk music ,his enthusiasm was so infectious !!!  
I skipped the dinner ,but it was a very nice gesture to combine dinner and music !!! Well done.

**Dr Sushma Shah**

@ Nita mam and @ Parth the program was truly amazing...  
Nita mam as u said Mr Hardik Dave truly was mesmerising with his singing and voice...  
entertaining as well as spiritual...  
one of its kindl... truly super.

**Dr Darshini Shah**

A power-packed 80 minutes — and every 20 minutes, an episode of goosebumps! Not a single dull moment. Hardik Dave and his troupe were at their absolute best.

Heartiest congratulations to Nita Ma'am and dear Parth for bringing such a deeply rooted artist and a team par excellence.

I've been following him for over three years now — the spectrum, the variety, the energy he brings in and above all, the simplicity with which he delivers is truly infectious.

ગુજરાતી સાહિત્ય અને કલાને આથી વધુ સારી tribute હોઈ શકે નહિ.

The echo of the Mahadev Stuti still lingers in ears.

You truly have to be there to witness what powerfully curated traditional music , when delivered with such perfection — can do to our soul.

Once again, Nita Ma'am, this evening will forever remain etched in our memories.

**Dr Sujal Munshi**

# મોસમ છલકે

ભાતીગળ ગુજરાતના ગમતીલા ગીતો

Date: 26th July, 2025 | Time: 7pm onwards



## Social Media, Tech Gadgets and Children



**Dr. Alpesh Gandhi**

As gynaecologists, we have the privilege of understanding not just the health of mothers but also the growth, challenges, and well-being of their kids. A few decades ago, when mothers brought their small kids along during their check-ups, the little ones were quiet, observant, obedient or playful. Today, however, kids often appear hyperactive, demanding, easily irritable, restless and many of them wearing spectacles. The only time they remain silent is when they are engrossed in cartoons or mobile games. If parents deny them access to a phone, their reaction is swift—shouting, crying loudly, or even throwing things. What has led to this drastic shift in behaviour? This is not a comparison between the two generations but a worrisome observation.

While mobile phones were invented to enhance communication and computers were designed to save time, in reality, smartphones have diminished face-to-face interactions, and instead of increasing productivity, computers often lead to excessive time wastage. The world of technology is evolving at a rapid pace. Children and teenagers effortlessly adapt to new terminology, digital methods, emojis, and trends, mastering them far faster than their parents can. As a result, parents struggle to keep up, making it increasingly difficult to monitor their children's online activities. This widening gap in technological fluency often leads young people to view their parents as outdated or technologically behind.

In the British television series, 2025 – “Adolescence”, a 13-year-old schoolboy tragically murdered a classmate—not only because she rejected his request to go on a date, but because she sent an emoji that deeply hurt him. This is the most watching and eye opener series of only four episodes on real time story which has addressed problems because of social media.

Children are particularly vulnerable to the effects of social media due to their ongoing brain development and heightened sensitivity to social rewards. Unlike adults, children have a less developed prefrontal cortex, which regulates emotional responses. Additionally, social media platforms are often designed for adults, not children. Social media has had significant negative effects on children, with real-world examples, highlighting its impact.

Prolonged use of laptops and mobile devices can have several effects on children's eyes, overall health, and fingers. Extended screen time can cause eye fatigue, dryness, and irritation known as Digital Eye Strain. It can also lead to frequent headache. Excessive screen time may contribute to the development or progression of myopia in children. As per different studies in India, it is said that nearly 30% - 50% children are now having spectacles since childhood. Prolonged exposure to blue light from screens can potentially disrupt sleep patterns. Poor posture while using devices can cause muscle tension and problem of body stature in children. Excessive typing or gaming can lead to repetitive strain injuries, such as tendonitis or carpal tunnel syndrome in their early age. Prolonged device use can cause numbness or tingling in fingers due to pressure or poor posture.

Encourage children for good posture while using devices to reduce muscle strain and discomfort, screen time limits and regular breaks to promote healthy device use habits. By being aware of these potential issues and taking steps to mitigate them, parents and caregivers can help promote healthy device use habits for

children. The situation has worsened so much that now spiritual leaders have started giving advices for 'Digital Fast' or 'Cell-Sanyas' for a few days or weeks regularly.

Studies have shown that excessive social media use can cause **Mental Health Crisis in Adolescents**, overstimulates the adolescent brain's reward system, leading to cycles of instant gratification and impaired impulse control. Research has shown that excessive social media use among children correlates with **Mental Health Decline**, higher levels of anxiety and depression. Many teens report feeling pressured to maintain an online presence, which affects their self-esteem and emotional well-being.

Social media platforms have become hotspots for **Cyberbullying and Emotional Distress**, where children face harassment, threats, and humiliation online. This has led to severe emotional distress, anxiety, and even tragic cases of self-harm among young users.

Many children spend excessive hours scrolling through social media, leading to **Addiction-like behaviours**. A report by EPG highlights that social media addiction and decreased physical activity are growing concerns worldwide. A study by the WHO found that 11% of adolescents across Europe, Central Asia, and Canada struggle with problematic social media use behaviour, leading to withdrawal symptoms and neglect of daily activities. Governments are now taking steps to regulate children's screen time and promote healthier digital habits.

A study found that adolescents who check social media frequently—more than 15 times per day—experience changes in brain development, making them more sensitive to attention on social feedback. Children have been **exposed to inappropriate or harmful content** on social media, including violent or misleading information. This has raised concerns about the need for better content moderation and parental supervision.

**Privacy and safety risk** is more with young users as they may not fully understand the implications of sharing personal information online, making them targets for exploitation, extortion or predatory behaviour. Many children have online – only friends whom they do not know personally, increasing their vulnerability.

Different countries have implemented various laws and policies to regulate children's access to social media and mitigate its negative effects. Australia enacted a social media ban for individuals under 16 in November 2024, prohibiting access to platforms like TikTok, Instagram, and Facebook. Non-compliance can result in fines up to 50 million AUD. India is also exploring ways to regulate social media usage among children. India implemented the Digital Personal Data Protection Act, 2023 requires verifiable parental consent for processing children's data under 18 and emphasizes age verification mechanisms. In Germany, children aged 13-16 need parental approval to use social media. Belgium & Norway enforced a minimum age of 13 for social media access without parental permission. In United States, regulations vary by state. For example, Florida requires age verification and prohibits accounts for users under 14 without parental approval. In UK, there are proposals include raising the consent age from 13 to 16 for data usage by social media companies and banning smartphones in schools to protect children's mental health. These regulations reflect global efforts to balance child safety, parental involvement, and digital accessibility. The effectiveness of these policies varies across countries, but research suggests that government regulation can significantly curb social media dangers. For example, the **EU's Digital Services Act** requires platforms to remove flagged harmful content within **24 hours**, which has been shown to dramatically reduce the spread of dangerous material. In the U.S., legislators have introduced the **Kids Online Safety Act**, which aims to limit addictive features, enhance privacy protections, and require independent reviews of social media platforms. Governments and tech companies can enforce age restrictions on certain platforms and regulate content exposure for minors.

**Denmark** has taken significant steps to limit screen exposure for young children, particularly in early education settings. The Danish government has **restricted screen use in kindergartens and creches** for children under two years old, citing concerns about its impact on socialization and emotional regulation. Additionally, Denmark is set to **ban smartphones in schools** to create a more focused learning environment

and protect children's mental health. By limiting screen exposure early, Denmark encourages offline interaction so that children develop stronger interpersonal skills. Denmark's approach is gaining attention, and similar recommendations have been issued in **Norway**.

Governments can push AI-driven moderation tools to curb harmful content targeting young users. Advanced AI verification can ensure underage users aren't accessing restricted platforms. Some governments provide online portals to report cyberbullying and social media harm.

Laws without proper enforcement hold little value. Effective strategies must involve coordinated efforts at home, school, and government levels to truly combat social media misuse among children and adolescents. Parents and educators play a crucial role in reinforcing digital safety beyond governmental regulations.

Following few strategies can be helpful to mitigate the negative impact of social media on children. Parents and guardians can establish Digital Boundaries by screen time limits to prevent excessive social media usage. They can encourage device-free zones at home, especially during meals and bedtime. Schools and parents should provide Digital Literacy Education to children about responsible social media use and the risks of cyberbullying, misinformation, and online predators. They should teach children to critically analyze social media content which can help them identify harmful or deceptive material. Parental control tools can be made available on smartphones and social media platforms to restrict access to inappropriate content. Parenteral monitor online interactions discreetly to ensure children engage safely without invading their privacy. Parents and schools need to promote Offline activities and hobbies such as sports, arts, and outdoor activities to reduce reliance on social media. Encouraging hobbies and outdoor engagement helps balance digital exposure. Parents should provide an example of value of family bonding time or real-world interactions to strengthen social skills beyond digital connections. Children mimic adults, so setting boundaries for your own social media use sets a positive example. Use of few available practical digital tools that can help parents, educators, and policymakers safeguard children from the negative effects of social media.

Advocacy for mental health support programs in schools can help children manage the emotional effects of social media. Integrating social media awareness into the curriculum and teaching kids to evaluate online information helps them avoid misinformation and manipulation. Encouraging kids to share their online experiences fosters awareness and trust without fear of punishment. Schools can educate students about cyberbullying, online privacy, and responsible internet use. Instituting policies by schools to regulate phone usage in classrooms can reduce distractions. Offering counselling and discussions on social media's impact ensures students get emotional support and peer support groups to help students deal with online harassment.

**At the same time, there are few challenges** like some nations prioritize digital literacy and believe early exposure to technology is essential. Implementing such restrictions requires government support, teacher training, and alternative learning methods. While these measures are promising, enforcement and compliance remain key hurdles. Some experts argue that Big Tech platforms are designed to exploit children's vulnerabilities, making regulation difficult. Social media companies need to implement robust age verification mechanisms to prevent underage users. Regulators should monitor compliance and penalize platforms that fail to protect minors. Authorities have to enforce regulations preventing companies from collecting data on minors without consent and holding tech giants accountable for harmful algorithms that push addictive content to children. Governments need to show priority to run campaigns educating families about responsible digital consumption. Having policies in place is just the first step—**active enforcement, monitoring, and public awareness ensure their effectiveness.**

The impact of social media on children and adolescents has become a global crisis. Despite its widespread effects, it has not received the attention it deserves. To protect the physical and mental well-being of future generations and address rising crime rates among young people, urgent and coordinated action is required at multiple levels. This includes prioritization at the UN, Governments, policy-making bodies, technology companies, schools, communities, and, most importantly, within families.

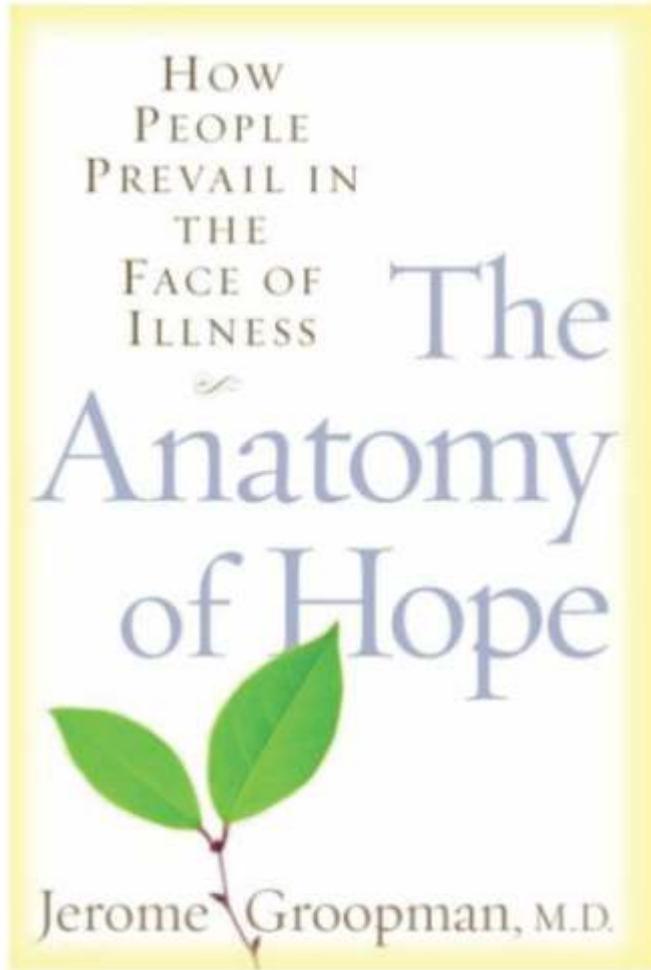
## Medical Quiz

### Psychological Aspects of Medicine

- 1. Which of the following best describes the placebo effect?**
  - A) A harmful response to a drug
  - B) A psychological benefit from receiving a treatment with no active ingredient
  - C) The body's immune response to stress
  - D) An allergic reaction to medication
- 2. What is somatization?**
  - A) Developing psychological symptoms due to physical illness
  - B) Exaggerating symptoms for personal gain
  - C) Expressing emotional distress through physical symptoms
  - D) Fear of developing a disease
- 3. Which condition involves excessive worry about having a serious illness despite normal medical tests?**
  - A) Conversion disorder
  - B) Generalized anxiety disorder
  - C) Illness anxiety disorder (hypochondriasis)
  - D) Somatic symptom disorder
- 4. The term "therapeutic alliance" refers to:**
  - A) A patient's agreement to undergo treatment
  - B) Collaboration between patient and doctor based on trust and mutual goals
  - C) Prescription compliance
  - D) Referral to a psychologist
- 5. Which of the following is true about depression in medical patients?**
  - A) It rarely affects people with chronic illness
  - B) It has no impact on treatment outcomes
  - C) It can worsen physical illness and delay recovery
  - D) It only affects elderly patients
- 6. Which psychological factor is most likely to improve patient adherence to treatment?**
  - A) Fear of complications
  - B) Detailed scientific explanation
  - C) Empathy and good communication from the doctor
  - D) Complex written instructions
- 7. What is transference in the doctor-patient relationship?**
  - A) When a patient transfers medical records to a new doctor
  - B) When a patient projects emotions from past relationships onto the doctor
  - C) When a doctor projects their feelings onto the patient
  - D) When a patient transfers from inpatient to outpatient care
- 8. Which of the following best describes burnout in healthcare professionals?**
  - A) Temporary sadness due to a bad outcome
  - B) A contagious emotional condition
  - C) A state of emotional exhaustion, depersonalization, and reduced personal accomplishment
  - D) A type of sleep disorder
- 9. Mind-body interventions, like meditation and cognitive behavioral therapy (CBT), are effective in:**
  - A) Enhancing coping and reducing symptoms in both mental and physical illness
  - B) Physical conditions with no psychological component
  - C) Only psychiatric conditions
  - D) Only in terminal illnesses
- 10. Which of the following is an example of health locus of control?**
  - A) Perception about whether one's health is controlled by internal or external factors
  - B) Decision to seek traditional medicine
  - C) Belief that health is determined by genes only
  - D) Refusal of medical care based on religious beliefs

**Answers : 1.B, 2.C, 3.C, 4.B, 5.C, 6.C, 7.B, 8.C, 9.A, 10.A**

## READER'S CORNER



### **Book Review: The Anatomy of Hope by Dr. Jerome Groopman**

In *The Anatomy of Hope: How People Prevail in the Face of Illness*, Dr. Jerome Groopman, a Harvard oncologist and experienced physician, explores a question that lies at the heart of medicine and human resilience: What is hope, and how does it affect healing? Drawing from decades of treating patients with serious illnesses, Groopman combines scientific insight with deeply personal stories to examine the role hope plays in recovery, coping, and the human spirit.

Rather than offering a simple, uplifting message, Groopman approaches hope as a complex, layered experience. He distinguishes between false hope, blind optimism, and realistic hope—highlighting how patients benefit most when hope is grounded in truth and honesty.

Through vivid case studies, he shows how some patients with incurable diseases found meaning and strength in their situations, while others suffered more when misled or left in despair.

What makes this book especially powerful is Groopman's humility and willingness to share his own misjudgments as a doctor. He acknowledges the moments when he underestimated the value of hope, or overestimated the power of medicine alone. He also explores scientific research showing how emotions can influence the body's ability to heal—suggesting that hope may have real biological effects through brain chemistry, immune function, and pain perception.

Groopman's writing is thoughtful, compassionate, and clear, making the book accessible not only to medical professionals, but also to patients, caregivers, and anyone interested in the mind-body connection. He doesn't shy away from the emotional challenges of illness, but instead uses them to reflect on how doctors and patients can work together to find meaning—even in suffering.

In short, *The Anatomy of Hope* is both a medical and philosophical meditation on how hope can change the course of illness—not always by curing the disease, but by giving patients a sense of control, purpose, and peace. It is an essential read for anyone seeking to understand the human side of medicine.



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