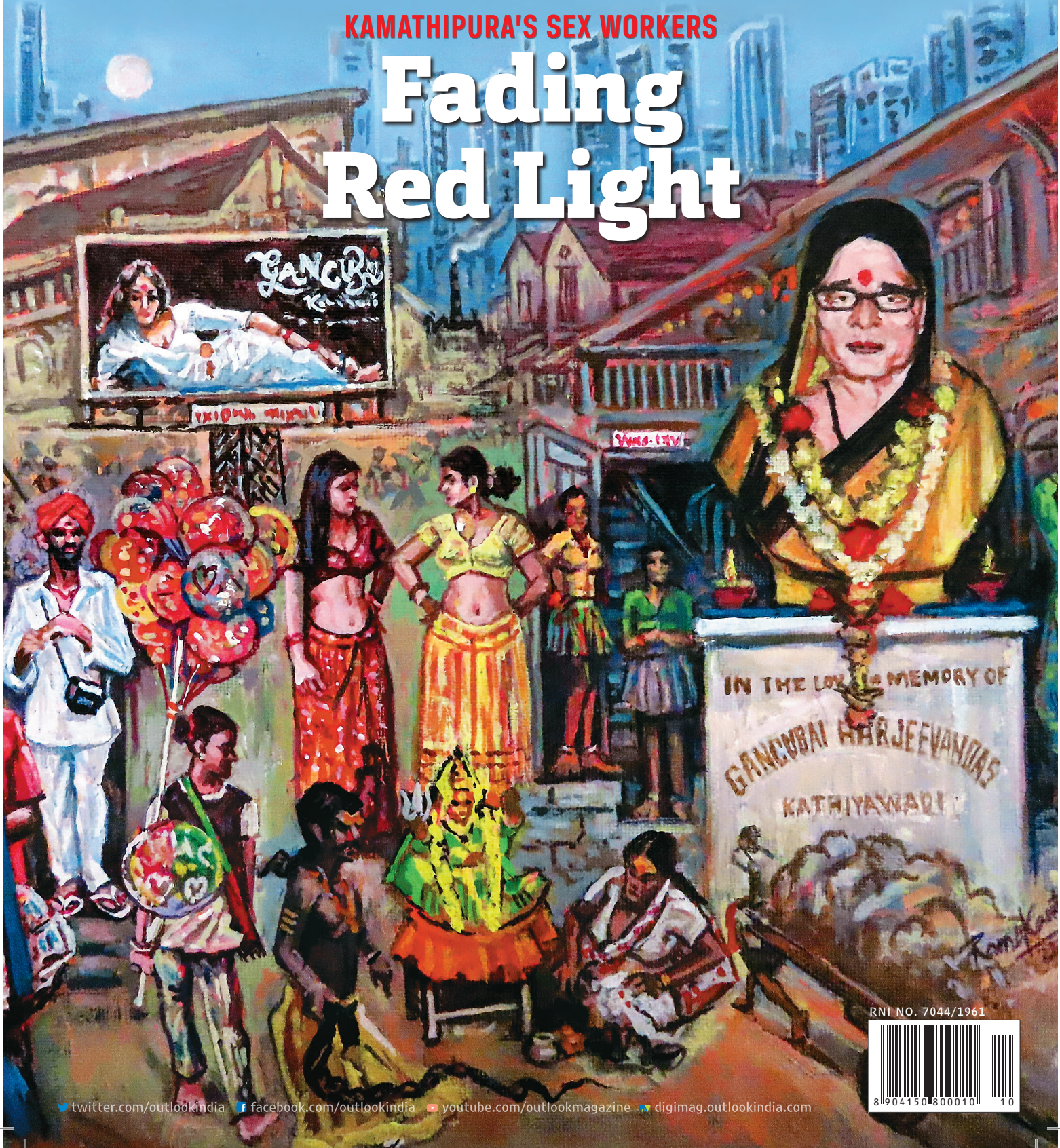


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Outlook

KAMATHIPURA'S SEX WORKERS

Fading Red Light



IN THE LOVE & MEMORY OF
GANGUBAI HARJEEVANDAS
 KATHIYAWADI

RNI NO. 7044/1961



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Nirmala Sitharaman



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Upasana Arora



Meghna Ghai Puri



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Chandni Kapadia



Soma Mondal



Nisha Kaur Uberoi



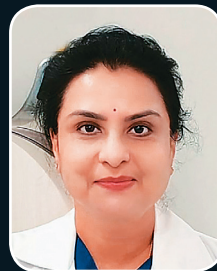
Sohini Sastri



Dr Namita Pandey



Shilpa Kulshrestha



Rochita Venkataramanan



Ranjoo Mann



Shalya Raj



Harnaaz Kaur Sandhu



Alka Mittal



Latha Poonamallee



Archana Dhawan Bajaj

WOMEN REDEFINING LEADERSHIP

Heralding the White Stork in Lives of Couples!

A pioneering IVF specialist of India, Dr. Archana Dhawan Bajaj, Medical Director and IVF Doctor at The Nurture IVF Centre, has brought happiness in the lives of thousands of couples in her career of two decades. The recipient of several honours and awards for her stellar contribution to the relatively young speciality, is inspired by her father, an army personnel. On International Women's Day, she shares her happening life with the Outlook.



DR ARCHANA DHAWAN BAJAJ
NURTURE IVF

Q What perceptible difference do you see in people today as compared to when you started the speciality?

When we look back at our journey of last 15-20 years, when we started The NURTURE IVF Centre, it was fraught with challenges. ICF was an emerging speciality and not much heard or known about by the public. It not only included convincing couples with fertility issues to go for it, but most importantly to convince the male partner and their participation in the treatment because of the huge obstacle-The Male ego! The societal mind set was such that women were blamed for in case of infertility problems. Add to it limited public information on about IVF treatment. We have come a long way since then. Today, couples and people in general are more accepting and it is not a taboo subject anymore, especially in the urban population. Men are the surprise package who have a more liberal outlook!

Q Counselling is integral for the IVF treatment to be effective. How does it help?

Yes, counselling is a very integral part of the IVF treatment like any other. Nevertheless, the doctor's words in our speciality carries much more weightage because the completion of a family is at stake and couple comes to us as a last resort. Unlike in other parts of the

country, there is a marked difference in the way the IVF speciality is looked at in the north. In the north, the reproductive treatment is more doctor specific where couples prefer going to the speciality rather than going to counsellors at corporate-like clinics that have mushroomed in the last couple of years. Though counsellors are good at their work, but when it comes to couples making the choices, it's always the doctor's advise that is final.

Q What are the issues that really traumatise women opting for IVF treatment?

The fact that they are not getting pregnant is the foremost of their concerns. Family and social pressures are the other concerns that rankles their emotional and mental frame of mind. The other biggest concern is the affordability of the treatment because it's a long-drawn process and this also plays on their mind. Also, as a clinician, I can handhold them through the best customised treatment for the best results, but then the outcome is not in our hands, which again is a stress that they have to cope with in the event of a failure and cost implications involved. This shatters the confidence of women because they can't face failure and sink into depression.

Q Advancement of medicine and

procedures are giving better results. What is the latest in IVF?

A lot of changes and developments have occurred in IVF and fertility speciality, particularly in the last ten years, with frozen cycles being one of them. Blastocyst Culture, Embryo Cryo Preservation, Assisted Hatching, Polscope Microscope, Pre-Implantation and Genetic Diagnosis PGD are among some other treatments for which Nurture Centre is known for.

Q What is the reason for increasing infertility in the society?

There are multiple reasons, lifestyle being one of the major contributors. Smoking, alcohol, recreational indulgence, couples with different working hours, too much of travel and stress, environmental factors and exposure to different kinds of bacterial and viral disease such as the Covid-19 have only aggravated the reproductive ability of women.

Q What would you like to share with women based on your experience of life?

Learn to give back to the society what you have earned from it. And give the best of your best in whatever you do, because there are no shortcuts to success. Also, women as compared to men are emotionally stronger and give selflessly. Women are powerful, keep it up!