

# Dr. Shital Punjabi,

MD & DGO (Gold Medalist)

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**[Shashwat IVF & Women's Hospital, Second Floor, Nilkanth Palace-B wing, Opp. Seema Hall, 100 FT Prahladnagar Road, Satellite, Ahmedabad-380015](#)**

## PRESENT PROFILE

- Practicing Gynecology since 1999
- Founding Director at Shashwat IVF Centre Pvt. Ltd since 2009
- Founding Director at Motherhood Women's Hospital since 2015
- Cofounder at MEDGURU - a digital learning platform for medical education
- Founding Trustee at Shashwat Foundation
- Member of "Ahmedabad Women Doctor Wing
- Gujarat President, Medical Cell Women at International Human Rights Protection Bureau

## PROFESSIONAL EXPERIENCE

- As a Professional Practitioner, practising since last 20 Years in field of Ob. & Gynaecology practice

- As a Tech base executer, provided positive and better than benchmark outcomes in the full spectrum of treatments viz. IUI, IVF, ICSI, Assisted hatching & all ART ancillary treatments.



- Visiting faculty at various national & international Platforms

- As a Mentor Focused on providing ethical, affordable and at par treatment and advice to the patient.

- Pioneer practitioner in adopting new treatments like painless deliveries etc.

- As a Research Scientist, actively involved in research and protocol refinement in the field of ART, IVF &

Stem Cells through participation in International and National conferences and conclaves



- As a Social Worker, actively engaged in health care & community welfare activities.

## EDUCATIONAL ACHIEVEMENTS

- MBBS , MD /Gold Medalist , NHL Medical



- College, Ahmedabad in 1996
- DGO /Gold Medalist, NHL Medical College, Ahmedabad in 1994
- Clinical Embryologist, Cleveland Clinic, Ohio in 1999

## EXPERTISE & ACHIEVEMENTS

- Served more than 5000 childless couples in their struggle for being a parent.
- Established a women hospital and state of art IVF Centre with full spectrum of treatments viz. IUI, IVF, ICSI, Assisted hatching & all ART ancillary treatments.
- Established the Shashwat Foundation to deliver health care initiatives such as Homocysteine checkup & prevention camps for preventing Cardiac Disease in predisposed male population, Cancer prevention by preventive checkups, Pap smear tests etc. Eye checkup & treatment camps for Senior Citizens etc.



- Delivered sessions as National faculty at various Infertility conferences in Delhi, Mumbai, Kolkata & Jaipur
- Addressed the International Forum at Bangladesh, Srilanka, Nepal, Vietnam & East Africa
- Published several research papers on IVF & ART in research journals
- Actively working on establishing a CRO at Ahmedabad focused on Stem



Cell research focusing on fertility outcomes.

- COVID 19 Engagement: Appeared as a resource Person in Gujarat media to

address issues related to pregnant women during pandemic lockdown.



Special drive run for COVID awareness. (we may add any other special programme and achievements made in COVID)

### AREA OF SUSTAINABLE INTEREST

- Interested in Classical, Indian and western dance
- Avid music connoisseur. Established the musical band “Music for Soul” to spread happiness & smiles among elders through the means of music.
- Involved in providing empathy & an environment conducive to durable happiness & growth to people in touch, by actively participating in the Landmark Forums with them.
- Deliver the professional and personal learning to improve quality of life disadvantaged community.
- Keen to provide preventive healthcare to the needy people & mental wellbeing for the old & abandoned individuals.



### SUSTAINABLE INITIATIVES TAKEN



- Celebrating Mother’s Day (Pregnancy Care) During Covid-19
- Get Together Program As Completed 22 Years Published In New Monks
- Organized “Cancer Prevention Workshop” For 350+ Women participants
- Conducted A Health Workshop For The Female Staff Members Of Blind People Association
- Organized Programme Yoga For Women
- Conducted free BMP Camp
- Organized Garbh Sanskar Seminar
- Organized more than 150 Free Medical Camp For Infertile Couples



## SESSION CONDUCTED

- Expert Talk at National Webinar For Doctors On Cosmetic “Gynecology, July 2020
- Address During Aspiring SHE Magazine Live Program On Doctor’s Day - Exclusive On Menstrual Health & Hygiene- 1<sup>st</sup> July
- Addressing Women Health & Wellness On Aspiring SHE Magazine on 1 June 2020
- Expert Talk on GSTV News Channel Live 7 May 2020
- Addressing Life Lessons, On Women Empowerment & Parenting On Vishwa Inspirations on 29 April 2020
- Sandesh News Live Debate Regarding “Save A Girl Child”- 10 July 2019,
- Invited As Faculty To Conduct Health Workshop At Blind People Association on 25<sup>th</sup> May, 2019,
- India News Gujarat Annual Doctors Conference-Ahmedabad Sharing Views On Infertility on 10<sup>th</sup> April 2019
- Exclusive Interview With India News - Gujarat Share My Knowledge About Womanhood on 16 March 2019
- A Panelist in the Knowledge Sharing Session In Luteal Phase Support, At ISAR 2019, At Hyatt, Mumbai.



- Invited As A Faculty In National Conference, IMLEACON At Ahmedabad Management Association 2 December 2018
- Exclusive Interview On DD Girnar (Gujarat) For Hello Sakhi Explains The Importance
- And Benefits Of Breast feed on 14 September 2018,
- Interview With Kivihealth .Com Shared ‘My Journey Being A Gynecologist’ on 17 July 2018,





- Live Session About Cosmetic Gynecology On Facebook, At Mompreneurs India on 26 July 2018,
- Faculty session On "Fertility Treatments" At Narayani Club, Gandhinagar
- Delivering Speech on Health and Education to Teenager Girls At S.H. Kharawala School On 5 April 2016
- Resource Person at Times Of Gynecology - 6th Conclave At Taj Malabar Resort & Spa Cochin, 23-24 February 2019

**ARTICLE PUBLISHED IN MEDIA**

- Akilla News.Com 2nd June 2019 on Fertility Rate Reaches 50 %: 150 Children Born With IVF & Their Parents' Unique Affection Reunion
- Ahmedabad Mirror - Feb 23, 2019 Myths Related
- Times Of India April 22, 2014 - Unflagging Love Brings Baby Over Anatomical Hurdle
- Lifestyle.Com - 21 November 2018
- Regarding Vitamin B12 - November

**BREAK THE TABOO, PERIOD.**

We live in a world of misconceptions and myths, and instead of taking these head on, we prefer to look the other way. One such topic is menstruation. Mirror spoke to Amdavadis to understand how they and their loved ones cope with "those days"

**Dr Shital Punjabi, Gynecologist**

**MISCONCEPTIONS/ MYTHS DEBUNKED**

1. Some people consider menstrual blood to be unclean, which is not true. Blood is the creator of Hemoglobin.
2. There are ladies still in a menstrual cycle days for more than 7 days. The period is more for the and their system is clearing itself for it's coming.
3. A normal period cycle lasts for 3-7 days. If it's more or less, it could be a problem and one should consult a doctor.
4. There's a myth that intercourse during periods can help a woman get pregnant, but it's not true. PCOD cases are exceptional.

**TIPS TO EASE PAIN**

1. Hot water immersion
2. Practice hygiene
3. Practice yoga and Pranayama
4. Use natural products to soothe your pain
5. Stay calm, Well requirements are performed all are beneficial as they contain natural estrogen

**સંતાન પ્રાપ્તિ માટેનો દર ૨૦ ટકાએ પહોંચ્યો**

**નિ:સંતાન તમામ દંપતિ માટે આઈવીએફ સેન્ટર ઉપયોગી**

આઈવીએફ સેન્ટર ખાતે ૧૫૦ બાળકોનો જન્મ થયો છે. આ દરમિયાન પહેલેથી જન્મેલા બાળકો સાથે આઈવીએફ સેન્ટર ખાતે જન્મેલા બાળકોની વચ્ચે કોઈપણ પ્રકારનો તફાવત નથી. આ બાળકોની જાતિ, શારીરિક લક્ષણો, શિક્ષણ અને વ્યવહારમાં કોઈપણ પ્રકારનો તફાવત નથી. આ બાળકોની જાતિ, શારીરિક લક્ષણો, શિક્ષણ અને વ્યવહારમાં કોઈપણ પ્રકારનો તફાવત નથી.

**શશ્વત્વિજ પટેલે બાળકોનો ખાસરીતે ઉત્સાહ વધાર્યો**

શશ્વત્વિજ પટેલે બાળકોનો ખાસરીતે ઉત્સાહ વધાર્યો. આ બાળકોની જાતિ, શારીરિક લક્ષણો, શિક્ષણ અને વ્યવહારમાં કોઈપણ પ્રકારનો તફાવત નથી.

**Ashwat IVF and Men's Hospital**

**Debunking Myths about Menstruation..**

**Must read, today.**

2018

- Tej Gujarati 25 October 2018
- Test Tube Regarding Article On TEJGUJARATI on 16 August 2018

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## AWARDS & RECOGNITIONS RECEIVED

- 1995: GOLD MEDAL IN DGO
- 1996: FOGSI CERTIFIED SONOLOGY TRAINING
- 1996: ACTIVELY WORKING ON ESTABLISHING A CRO AT AHMEDABAD FOCUSED ON STEM CELL RESEARCH FOCUSING ON FERTILITY OUTCOMES.



- 2008: CLINICAL EMBRYOLOGY TRAINING AT CLEVELAND CLINIC
- 2010: INTERNATIONAL FACULTY AT FIGO CONFERENCE-SRI LANKA
- 2012 : INTERNATIONAL FACULTY AT SAFOG-NESOG CONFERENCE-NEPAL
- 2017: -PUBLISHED SEVERAL RESEARCH PAPERS ON IVF & ART IN RESEARCH JOURNALS
- 2017: -FACULTY AT PROGRAMMES IN BANGLADESH, SRILANKA, NEPAL, VIETNAM & EAST AFRICA.
- 2017: NATIONAL FACULTY AT VARIOUS INFERTILITY CONFERENCES IN DELHI, MUMBAI, KOLKATA & JAIPUR.
- 2018: TOG-FOGSI-VISHAKHAPATTNAM



- 2019: TOG-ISAR-GOA



- 2019: TOG-FOGSI ENCLAVE-KOCHI
- 2019: PANELIST-ISAR-MUMBAI
- 2019 : PANELIST- GC-ISAR
- 2020: BEST FERTILITY CENTRE AWARDS 2020 BY MEDLIFE ASIA HEALTH CARE GROUP

ASSOCIATED PLATFORMS



Indian Menopause Society



Medico-Legal Society



AIIMS

All India Institute Of Medical Sciences

