

Editorial

Human health is multidimensional: Mental and Social health is as important as physical health. Currently the antenatal care focuses mainly on Physical dimension. *Adbhut Matritva* is a FOGSI initiative based on holistic antenatal care and ancient mythological Abhimanyu story. What thoughts and emotions are going on in the mind of mother—becomes the personality of child. *Garbh Sanskar*—a great Indian heritage—needs to be revived for mothering *in utero* to have virtuous baby. Simple food, self-discipline, positive work, and sound sleep are the key for the mother to have healthy mind and soul. YOG is the key to wellness and happiness in pregnancy. Positive thinking, positive attitude must be followed by every pregnant women. It is the need of the hour to give equal importance to spiritual and social thinking as well as physical and mental health of the expectant mother; thus empowering the future generations to be happy, healthy and creative.

Stress, tension, and anger have become a part of our life. Stress during antenatal period causes the release of stress hormone eventually causing miscarriages, intrauterine infections, preterm labor, pre-eclampsia and intrauterine growth restrictions. Negative thoughts like anger, ego, fear, jealousy, anxiety, stress, and worry cause increase in stress hormones. Researchers have also confirmed that fetus exposed to nutritional and non-nutritional stress during development are prone to fetal origin of adult diseases. So focus should also be on meditation and positive thinking. *Garbh Sanskar* means educating or training the mind of the fetus through holistic antenatal care of the mother and the developing fetus.

Quality, Ethics and Dignity (QED) is the theme of FOGSI 2018. We need to foster research culture in our institutions and bring out our South Asian Data. Documentation, proper record keeping and evidence-based practice are the need of hour. Healthy Doctor–patient relationship is the need, as both are losing trust on each other. Communication, compassion with the patient and honesty is recommended.

Let us not try to outshine each other. Let us join hands together and shine brighter together. Accept as much work we can do justice with. Let us be doctors with healing touch. Create a no anger zone. Only love and compassion. Let us create a difference to women's health care in south Asian region.



Dr Jaideep Malhotra
President FOGSI 2018, India
Editor in Chief