

Celebrating International Women's Day (8th March 2015) Genome the Fertility Centre organized an open forum with the Genome Reproductive Medicine Consultants – Dr. Aindri Sanyal, Dr. Kausiki Ray, Dr. Shiuli Mukherjee & Dr. Aijitabh Shukla with some of the successful couples of Genome with their babies at Kolkata & a free fertility checkup camp was organized at Genome Siliguri with Dr. Prasenjit Kumar Roy & Dr. Shefali Bansal Madhav.

The event showcased the amazing journey of these women to successful motherhood where they individually narrated their own real life stories of Fighting against all Odds in achieving their dream of a child. Existing couples who are undergoing fertility treatments also came forth sharing their anxieties, trials & tribulations in coping with infertility.

The event marked the launch of the Genome Support Group **"FERTILE MINDS ... together we can"** amidst a cake cutting ceremony with Genome Consultants & Successful mothers like Mrs. Arpita Mahato, Mrs. Mrinalini Vishupriya, Mrs. Anwsha Chattopadhyay, Mrs. Aastha Modi etc. On the occasion of International Women's Day Genome saluted & honoured the spirit of these Real life Ordinary women who chose not to accept their destiny and fought extraordinarily against all odds. They truly represented the indomitable spirit of Womanhood. They are Genome's torchbearers of International Women's Day.

Through the years we at Genome understood that it's not always easy to get pregnant, and there's no shame in that if the couples realize they are not alone in this journey towards parenthood. Infertility may have profound psychological effects too. Partners may become more anxious to conceive, increasing sexual dysfunction, marital discord, especially when they are under pressure to make medical decisions. Women trying to conceive often have clinical depression rates similar to women who have heart disease or cancer. Even couples undertaking IVF face considerable stress.

The emotional losses created by infertility include the denial of motherhood as a rite of passage; the loss of one's anticipated and imagined life; feeling a loss of control over one's life; doubting one's womanhood or manhood. One of the most challenging aspects of the infertility experience is dealing with the emotional ups and downs relating to medical treatment & the uncertainty about outcomes. It is important to learn how to take care of each other, make sure that they get the support they need, and to manage the emotions so the outlook on life remains as positive as possible. Not all of the couples want or need support beyond that offered by family and friends, but some may find it helpful to turn to others outside their immediate circle. A support group can help them cope better and feel less isolated as they make connections with others facing similar challenges. **A support group isn't a replacement for standard medical care, but it can be a valuable resource to help the couples cope. It can be helpful just getting to talk with other people who are in the same boat. With these thoughts in mind GENOME formed its Support group "FERTILE MINDS ~ together we can" launched today on the occasion of International Women's Day.**

The Event also marked the release of GENOME LIFE Journal second edition by the genome consultants . Solidarity Badges on International Women's day were issued to all couples.

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