

SHIVAM IVF & INFERTILITY CENTRE

ART TRAINING PROGRAM

- **CLINICAL ART**
- **EMBRYOLOGY**
- **ANDROLOGY**
- **ULTRASOUND IN INFERTILITY**
- **TECHNICAL SUPPORT IN IVF LAB SETUP AND INITIATION.**

FOR FURTHER QUERIES:-

DR.BHAVANA MITTAL

FNB, DNB, MNAMS, FICOG

SHIVAM IVF & INFERTILITY CENTRE

30, SHANTI VIHAR, KARKARDOOMA, DELHI-110092

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TYPES OF TRAINING PROGRAM:

S NO	TYPE	DURATION	INCLUDES	INCLUDES
1	BASIC COURSE	7 DAYS	TRAINING MANUAL	CERTIFICATE
2	ADVANCED COURSE	15 DAYS	TRAINING MANUAL	CERTIFICATE
3	FELLOWSHIP	1 MONTH	ART LAB SET UP TECHNICAL SUPPORT	FELLOWSHIP CERTIFICATE

BASIC ART TRAINING PROGRAM

1 WEEK

TIME – 9AM TO 3 PM

	DAY	9AM – 10AM	10AM-12AM	12NOON-12:30PM	12:30PM – 1:30 PM	1:30PM-3:00 PM
		LECTURE 1: CLINICAL	CLINICAL CASES OBSERVATION	REFRESHMENT BREAK	LECTURE 2: LAB	IVF LAB OBSERVATION
1	MON	INTRODUCTION			LAB SET UP AND MAINTAINANCE	
2	TUES	ULTRASOUND			SEMENOLOGY- ANALYSIS/PREPARATION/FREEZING	
3	WED	PATIENT SELECTION AND WORKUP			OOCYTE HANDLING- PREPARATION/PICKUP/DENUATION	
4	THURS	STIMULATION PROTOCOL & LUTEAL SUPPORT			IVF/ICSI	
5	FRI	OPU AND ET			EMBRYO GRADING & EMBRYO TRANSFER- PREPARATION/LOADING	
6	SAT	CONSENT & DOCUMENTATION			VITRIFICATION- OOCYTE/EMBRYO	
7	SUN	-	-	-	-	

ADVANCED ART TRAINING PROGRAM

2 WEEKS

TIME – 9AM TO 3 PM

	DAY	9AM – 10AM	10AM-12AM	12NOON-12:30PM	12:30PM – 1:30 PM	1:30PM-3:00 PM
		LECTURE 1: CLINICAL	CLINICAL CASES OBSERVATION	REFRESHMENT BREAK	LECTURE 2: LAB	IVF LAB HANDS ON PRACTICE
1	MON	INTRODUCTION			LAB SET UP AND MAINTAINANCE	
2	TUES	ULTRASOUND BASIC			MEDIA DISPOSABLE & EQUIPMENT	
3	WED	ULTRASOUND MONITORING			SEMEN ANALYSIS/SPERM FUNCTION TEST/DNA FRAGMENTAION THAWING /SEMEN PREPARATION	
4	THURS	PATIENT SELECTION			SEMEN FREEZING	
5	FRI	PATIENT WORKUP			SEMEN PREPARATION	
6	SAT	STIMULATION PROTOCOLS			OOCYTE HANDLING- PREPARATION/PICKUP/DENUATION	
7	SUN	-	-	-	-	
8	MON	OPU			IVF/ICSI	
9	TUES	ET			EMBRYO GRADING	
10	WED	LUTEAL SUPPORT			EMBRYO TRANSFER- PREPARATION/LOADING	
11	THUR	LAPAROHYSTERO SCOPEY			VITRIFICATION- OOCYTE/EMBRYO	
12	FRI	CONSENT,			BLASTOCYST CULTURE	

		DOCUMENTATION & LEGAL ASPECT				
13	SAT	Q/A			Q/A	
14	SUN	-	-	-	-	

- CANDIDATE SHALL BE ALLOWED TO ASSIST IN OPU AND ET PROCEDURE
- HANDS ON ANDROLOGY TRAINING
- ASSISTING IN EMBRYOLOGY PROCEDURE

ART FELLOWSHIP PROGRAM

DURATION 1MONTH

INCLUDES:

1. 15 DAYS ADVANCED ART TRAINING PROGRAM
2. 2 WEEKS CLINICAL OBSERVERSHIP
3. HANDS ON ONE CASE OF OPU AND ET
4. HANDS ON PRACTICE ANDROLOGY AND EMBRYOLOGY
5. SUBMISSION OF THESIS
6. EXAMINATION AT THE END OF THE PROGRAM

ART TRAINING APPLICATION FORM

PHOTO

NAME:- _____

AGE:- _____ SEX:- _____

ADDRESS:- _____

PLACE OF WORK: _____

SPECIALITY: _____

FATHER NAME:- _____ MOTHER NAME:- _____

MAIL ID:- _____ CONTACT NO:- _____

COUNTRY:- _____ NATIONALITY:- _____

TRAINING FROM:- _____ TO _____

COURSE- _____

ENCLOSURES:-

- **PASSPORT COPY**
- VISA COPY
- MEDICAL GRADUATE & POST GRADUATE DEGREE
- MEDICAL REGISTRATION NO

- All programs, training and hands on practice are subject to availability.
- The candidate must provide filled up application form, copy of certificate and training fees before commencement of course.
- The candidate will be provided with ART manual and certificate at the end of the program.

DECLARATION:-HEREBY SUBMIT ALL THE DETAILS ARE CORRECT TO THE BEST OF MY KNOWLEDGE

(JUDICIAL COURT-KARKARDOOMA DELHI)

Signature of applicant _____

Dated:

Dr Bhavana Mittal
DNB, DGO, FNB, FNAMS

Fellow Reproductive Medicine (National Board of Examinations)
Infertility & IVF Specialist

Current Positions held

- Chairperson - Monograph Committee , Delhi ISAR (2016-2017)
- Consultant
Shivam Surgical & Maternity Centre
Max Superspeciality Hospital, Vasiahli
- FOGSI recognized trainer for basic/advanced infertility

Member

- Federation Of Obstetric & Gynecological Societies of India (FOGSI) since 2005
- Indian Society of Assisted Reproduction (ISAR) since 2009
- Delhi Gynecologists Forum(DGF) since 2010
- Wellbeing of Woman (WOW) India since 2010
- European Society of human Reproduction(ESHRE)since 2012
- Fetal Medicine Society of India since 2014
- IAGE since 2015
- ISPAT since 2016

Special achievements

- DISTINCTION in PHSIOLOGY in First Professional MBBS
- HIGHEST SCORE IN DELHI UNIVERSITY in DGO Exam held in April 2005
- PASSED PART 1 MRCOG EXAMINATION
- FOGSI recognized 1 year training in Ultrasonography
- Advanced ICSI training from BACC, Bengaluru

Training Imparted

Imparted training in various aspects of ART to over 50 gynecologists from all over India and abroad under the FOGSI, Pushpanjali and Ruby Hall training courses.

Dr. Bhavana Mittal is a consultant at Shivam IVF Centre (A unit of Shivam Surgical & Maternity Centre) & Max Superspeciality Hospital, Vaishali

Shivam Surgical & Maternity Centre is a well-established private Hospital in Delhi. Established in 1996, it is offering care in all Specialities and most super specialities. Services offered included IVF & Infertility, Gyne & Maternity, Paediatric, Urology, General and Laparoscopic Surgery, Minimum Access & Bariatric surgery.

Shivam IVF centre is a leading infertility centre in east Delhi. It is the only FEQH accredited IVF centre in east Delhi. It is also a PNDT & ICMR registered centre for Fetal Medicine.

Max Hospital, Vaishali is a 400 bedded NABH accredited tertiary care multispecialty hospital in DELHI NCR.

2008 to 2010

Fellowship in Reproductive Medicine by National Board of Examinations at Ruby Hall Clinic, Pune

Ruby Hall Clinic is a 500 bedded tertiary care hospital in the city of Pune. Ruby Hall IVF & Endoscopy Centre is a state of the art infertility unit meeting international standards. It is equipped with facilities for advanced fertility enhancing endoscopic surgeries, fetal medicine, andrology, embryology laboratory with facilities like vitrification, ICSI, IMSI etc.

During her training period, she has acquired excellent skills in evaluation, counseling and management of infertile couples. She had been actively involved in management of patients in over 1000 ART cycles during the 2 year period.

She has thorough knowledge of ART stimulation protocols. She is also well versed with performance of gynaecological ultrasonography and follicular monitoring. She has performed several ovum pick up and embryo transfer procedures independently.

She also has vast exposure of fertility enhancing endoscopic surgeries both hysteroscopic and laparoscopic .She also has exposure of fetal medicine procedure like embryo reduction and amniocentesis.

She is also has thorough knowledge of embryology laboratory setup and procedures like oocyte pickup, oocyte grading, insemination, ICSI, IMSI, embryo grading, embryo transfer catheter loading. She is also well versed with embryo cryopreservation techniques i.e. slow freezing and vitrification.

She has thorough knowledge of andrology including semen analysis, semen washing and semen freezing. She is also well versed with surgical sperm retrieval techniques.

Books & Publication

..... Publications

- “Twisted adenexa: detorsion and conservation, our experience” published in Journal of Indian Association of Gynae Endoscopy in January 2009.
- “Hysteroscopy in postmenopausal bleeding, our experience” published in Journal of Indian Association of Gynae Endoscopy
- Contributed to newspaper article on infertility on a regular basis

Chapters Contributed

- Chapter on “Intramural Myoma: Clinical Dilemma” in souvenir of ISAR 2009.
- Contributed a chapter on “Endometriosis in Infertility” in the souvenir of Advances 2009 held in September in Trivandrum.
- Contributed a chapter on “Gonadotropins: Protocols & effectiveness” in the souvenir of Advances 2009 held in September in Trivandrum.
- Contributed a chapter on “PCOS and IUI” in FOGSI FOCUS on IUI
- Coauthor of a chapter on “Hysteroscopic markers of genital tuberculosis” in a book by Dr Gautam Allahbadia.
- Coauthor of a chapter on “Third party reproduction” in a book by Dr Kamini Rao published by jaypee prakashan
- Co-author of chapter on “Fibroid and Infertility” in FOGSI FOCUS 2012

- Contributed a chapter on “Micronutrients and Infertility” in FOGSI Sybella publication in 2014

Book published

- Coauthor in an international book on “Optimizing IUI Results: A Guide To Gynecologists” published by Jaypee Prakashan.

Dr Sunita Tandulwadkar authors this book. Nine international experts in this field have contributed to this book. This book is a clear and concise reference for beginners as well as the busy practitioners in need of precise practical tips to enhance the results of infertility treatment. Colorful and self-explanatory illustrations have been added to enable a fast and efficient identification of important practical information.

The book was released in the prize distribution ceremony of the conference “Ovary Unraveled” on 13th December 2009 in the hands of Dr Sadhana Desai, Prof Robert Casper & Prof Roy Homburg. 120 copies of the book were sold on the day of release itself.

- Author in a Public information booklet on “What is IVF?” in march 2012
- Author in a Book on “Endometriosis : confusion to consensus” released by Dr Narendra Malhotra in AICOG Ahmedabad 2016
- Co-author in a ISAR Fibroid monograph “ How I manage Fibroid” released by Dr Narendra Malhotra in ISAR 2017 Gurugram

Research work conducted

- Comparison of day 3 vs day 5 embryo transfer-prospective study from may 2008
- Role of Sibutramine in weight reduction in anovulatory obese infertile patients
- Role of hyponidd vs metformihn in mangement of polycystic ovarian syndrome(Prospective study of 30 cases in each group)
- Ideal stimulation protocol for poor responders

Lectures

Lecture Delivered

- Delivered a lecture on ‘IUI: Tips and Tricks’ in the Andrology workshop of ISAR 2009 in Ruby Hall Clinic on 29th February , 2009
- Delivered a lecture on ‘Advances in Infertility’ in PCCON 2010: “IVF & Infertility made easy” on 4.12.2010. at Country Inn hotel, Ghaziabad
- Panelist in panel discussion on ‘Troubleshooting in Ovulation Induction’ in PCCON 2010:“IVF & Infertility made easy” on 4.12.2010. at Country Inn hotel, Ghaziabad
- Delivered a lecture on ‘IUI: Tips and Tricks’ in November 2010 in East Delhi Gynecologists Forum meeting at Max Hospital
- Delivered a lecture on ‘IUI: Tips and Tricks’ in December 2010 in Ghaziabad Gynecologists

- Forum meeting at IMA Bhavan
- Delivered a lecture on ‘PCOS’ in 2013 by Association of Obstetricians & Gynecologists of Delhi(AOGD)
- Panelist in panel discussion on “Endometriosis in infertility” in “ Minimal Invasive gyne Surgery” conference in November 2013 at Radisson hotel, Delhi
- Moderator in panel discussion on ‘Male infertility’ in PCCON 2013 at Country Inn hotel, Ghaziabad
- Moderator in panel discussion on ‘Endometriosis in infertility’ in Endometriosis conference at Indian Habitat Centre, Delhi in March 2014
- Panelist in panel discussion on ‘PCOD’ in National FOGSI conference in PATNA in Feb 2014
- Lecture on endocrinological derangements in infertility in East Delhi gyne Forum in hotel Wood apple in July 2014
- Chairperson in IMA Infertility workshop NATICON Le medridian 2016
- Panelist on IUI – EDGF PARK PLAZA , July 2016
- Lecture on Endometriosis & Infertility, Leela Ambience, june 2016
- IUI : GHAZIABAD 2016 JUNE
- RPL: Leela Ambience MAY 2016
- Panelist IUI UPHD ISAR JULY 2016
- Panelist in Ovulation Induction in FOGSI CNN, Pune june 2017
- Talk on endometriosis EDGF 5.7.2017. wood apple hotel

Papers Presentations

- 2nd PRIZE, AICC-RCOG – North Zone National Conference on Evidence Based Practice Guidelines in Obstetrics and Gynaecology,Scientific QUIZ Competition for Postgraduates and Residents.
- Case presentation on‘Catastrohic rupture in unicornuate hemiuterus with live pregnancy’ at XVI Annual Conference of National Association for Reproductive and Child Health India held on 17.9.2006.
- Paper presentation “To evaluate the role of oral hydrotherapy with 6% hydroxyethyl starch in prevention of OHSS” in 14th National Congress Of Assisted Reproductive Technology-ISAR 2009 on 31.1.09.
- Co- author in Paper presentation “To compare the efficacy of metformin versus clomiphene citrate in anovulatory PCOS women” in 14th National Congress Of Assisted Reproductive Technology-ISAR 2009 on 31.1.09.
- Co- author in Paper presentation “To compare the efficacy of Single vs double IUI” in 14th National Congress Of Assisted Reproductive Technology-ISAR 2009 on 31.1.09.
- Poster presentation ”Role of pilot office hysteroscopy before IVF/ICSI cycle “ in 14th National Congress Of Assisted Reproductive Technology -ISAR 2009 on 31.1.09.
- Paper presentation “To evaluate the role of oral hydrotherapy with 6% hydroxyethyl starch in prevention of OHSS” in Controversies In Infertility, Pune, 2009 on 1.11.09.
- Co- author in Paper presentation on “Cleavage stage vs Blastocyst embryo transfer: prospective randomized study” in Controversies In Infertility, Pune, 2009 on 1.11.09.
- Poster presentation on “Role of pilot office hysteroscopy before IVF/ICSI cycle” in Controversies In Infertility, Pune, 2009on 1.11.09.
- Paper presentation on “Cleavage stage vs Blastocyst embryo transfer: prospective randomized study” in Ovary Unraveled 2009 held in Mumbai in December 2009.
- Co- author in Poster on “Role of pilot office hysteroscopy before IVF/ICSI cycle”in Ovary Unravalled 2009 On 13.12.09
- Oral paper on “GMCSF IN ENDOMETRIAL LINING’ in ISAR 2016 , INDORE
- Oral paper on “Role of myoinositol in infertile PCOS “in ISAR 2014 , Ahmedabad

Conferences

Participated in organization of following conferences

- “3rd International Conference of Ovulation Induction (IOI)” on 30-31st May 2008 held at Pune.
- “International Conference on Endoscopy (ICE)” on 1st June 2008 at Pune.
- “Andrology workshop, ISAR 2009” on 29.1.09. at Ruby Hall Clinic, Pune
- “Embryology workshop, ISAR 2009” on 30.1.09. at Ruby Hall Clinic, Pune
- “14th National Congress on Assisted Reproductive Technology and Advances in Infertility Management- ISAR 2009” from 29th January to 1st February held at Le Meridian, Pune
- “SURGIGYN 2009” pelvic floor and vaginal surgery workshop on 2.6.09. & 2.6.09. Ruby Hall Clinic, Pune
- Organizing Secretary PCCON 2010: “IVF & Infertility made easy” on 4.12.2010. at Country Inn hotel, Ghaziabad
- Organizing Secretary PCCON 2013 held in December 2013 Country Inn hotel, Ghaziabad
- Member Organizing committee of “ Minimal Invasive gyne Surgery” conference in November 2013 at Radisson hotel, Delhi
- Organizing Secretary Endometriosis & Infertility in March 2014 at Indian Habitat Centre, delhi

- Main organiser of Enigmatic Endometriosis , Leela Ambience, june 2016 60 delegates
- Abstract committee member and judge in free paper session ISAR 2017
- CME on endometriosis in EDGF 5.7.17.
- Scientific secretary IMA EDB Conference in August 2017

Conferences attended

1. Current Concepts in Obstetrics and Gynaecology—CME IV on 7.9.03. at Sant Parmanand Hospital.
2. CME Cum Workshop on Enhancing Surgical Skills in Vaginal Surgery on 27.02.2004. at Lady Hardinge Medical College.
3. 7th Practical Course in Obstetrics and Gynaecology from 6.08.04.—8.08.04. at Maulana Azad Medical College.
4. National CME in Obstetrics and Gynaecology on 21.8.04.—22.8.04. at All India Institute of Medical Science.
5. Obstetric Emergencies and Procedures on 5.09.04. in Lady Hardinge Medical College.
6. Workshop on Colposcopy on 26.10.04. at Lady Hardinge Medical College.
7. National CME in Obstetrics and Gynaecology Module 5 on 22 & 23.01.05. at All India Institute of Medical Science.
8. AICC—RCOG—North Zone National Conference on 5 & 6 .03.05. on Evidence Based Clinical Practice Guidelines in Obstetrics and Gynaecology.
9. National CME in obstetrics and gynaecology organised by All India Institute of Medical Sciences on 10-11 september 2005.
10. Symposium on Emergency Contraception at All India Institute of Medical Sciences on 10.8.06
11. Workshop on CUTTING EDGE TECHNOLOGY IN REPRODUCTIVE HEALTH held at All India Institute of Medical Sciences on 11.8.06.
12. National CME in Obstetrics and Gynaecology held at All India Institute of Medical Sciences on 12-13.8.06.
13. Congress on Ovulation Induction in Infertile Women organised by Indian Fertility by Society.
14. XVI Annual Conference of National Association for Reproductive and Child Health India held on 17.9.2006.
15. 28th Annual Conference of Association of Obstericians and Gynaecologists of Delhi held on 18-19.11.06.

16. 10th Practical Course in Obstetrics and Gynaecology from 3.08.07.—5.08.07. at Maulana Azad Medical College.
17. AICOG 2008 at Ashoka Hotel, New Delhi
18. “3rd International Conference of Ovulation Induction (IOI)” on 30-31st May 2008 held at Pune.
19. “International Conference on Endoscopy (ICE)” on 1st June 2008 at Pune.
20. “3rd World Congress on Practical Infertility Management and Human Reproduction” from 21-23rd November 2009 held at Mumbai.
21. “Andrology workshop, ISAR 2009” on 29.1.09. at Ruby Hall Clinic, Pune
22. “Embryology workshop, ISAR 2009” on 30.1.09. at Ruby Hall Clinic, Pune
23. “14th National Congress on Assisted Reproductive Technology and Advances in Infertility Management- ISAR 2009” from 29th January to 1st February held at Le Meridian, Pune
24. “SURGIGYN 2009” – pelvic floor and vaginal surgery workshop on 2.6.09. & 2.6.09. Ruby Hall Clinic, Pune
25. “PCOS Symposium” by Professor Roy Homburg 27.5.09. Taj Hotel, Pune
26. Conference of Pune Obstetrics and Gynecology Society “Controversies In Infertility” on 1.11.09. at Le Meridian, Pune
27. “Ovary Unraveled 2009” on 12.12.09. &13.12.09. Hotel Renaissance, Mumbai
28. Precongress workshop on “Recurrent IVF failures” in Ovary Unraveled 2009 on 11.12.09. Hotel Renaissance, Mumbai
29. Postcongress workshop on “In Vitro Maturation in Ovary Unraveled 2009 on 13.12.09. Hotel Renaissance, Mumbai
30. ISAR 2014 at Ahmedabad in February 2014
31. Workshop in 3D/4D ultrasound at kochi in August 2014
32. Conference of ultrasound society of India at kochi in August 2014
33. ISAR 2015 ahmedabad
34. ISAR 2016 INDORE
35. ISAR 2017 Gurugram
36. AICOG AGRA 2016
37. AICOG AHMEDABAD 2017