

RESOURCES FOR WOMEN'S HEALTH

**Beyond the Traditional
Scope of Reproduction**

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At the Wipro Cares Healthcare Partners' Meet on Women's Health, there was a Fireside Chat discussing Untold Stories of Reproductive Health on 17 February 2026 at the Azim Premji University Campus in Bengaluru. Approximately 40 Participants of this session were asked to identify their most valuable resource on the topic. This list compiles the collective wisdom shared by participants grouped into applications, organizations, resource people, and books. In a validation effort comparing it to what ChatGPT shares, only 2 resources were the same, reaffirming that people's individual experiences and understanding departs from AI generated responses.

Applications

Name	Description	Contact	Website/App Link
SnehAI	SnehAI is an Artificial Intelligence (AI) chatbot launched by Population Foundation of India's in 2019 to offer a secure, personalised and non-judgemental space for young people to learn about issues related to sexual and reproductive health, and digital safety. It can be found on Facebook and WhatsApp, and has voice-enabled features. Built-in Hinglish (a mix of Hindi and English), it uses storytelling, games and videos to engage users in conversations on a range of sexual and reproductive health issues like virginity, menstruation, contraception, same-sex attraction, masturbation and safe online behaviour.	Address: B-28, Qutub Institutional Area, New Delhi-110016 Email: info@populationfoundation.in Phone number: +91-11-4389 4100	https://snehai.org/
Flo	Flo is an app used to track menstrual health and menstrual cycle. Over 420 million people around the world use the Flo app to track their periods, pregnancy, ovulation and perimenopause. Flo Health, Inc. was co-founded in 2015 by Dmitry and Yuri Gurski, in Belarus.	Flo Health UK Limited Address: (registered office) Fourth Floor, International House, 1 St Katharine's Way, London, E1W 1UN, United Kingdom.	https://flo.health/
Instagram/ Menoverse	The Menoverse - Instagram page based on menopause. An Instagram page led by Dr Karand (Naturopathic doctor and menopause society certified practitioner) and Dr Stephanie Bayliss (Naturopathic doctor).	Email: info@hellomenoverse.com	https://www.instagram.com/themenoverse?igsh=MXZuMTI5ZTR5eXBvMQ%3D%3D
Instagram/ Dr. Uterus (Dr Mitali)	Dr. Mitali Rathod is an Obstetrician and Gynaecologist in Kalol, Gandhinagar, Gujarat, India, and has an experience of 8 years in these fields. Dr. Mitali Rathod practices at Kuldeep Maternity and Surgical Hospital in Kalol, Gandhinagar.	Email: info@itsdrmitali.com Phone Number: +91-9099093622	Dr Mitali Obstetrician & Gynaecologist (@dr.uterus) • Instagram photos and videos
Youtube/ Talk you never got (Karishma)	Karishma Swarup, an award-winning sexuality educator at Harvard School of Public Health, trained by Planned	Email: talkyounevergot@gmail.com	Website: https://www.talkyounevergot.com/

Swarup)	<p>Parenthood.</p> <p>Talk You Never Got is the sexual health podcast + video channel delivering the digital sex ed that mainstream sex education in India still skips. Expect shame-free conversations that mix humor with myth-busting sex science so people leave smarter, braver and bolder.</p>		<p>Youtube Channel: https://www.youtube.com/@talkyounevergot</p>
Youtube/ Dr Anupama	<p>Gynaecologist and YouTuber- Dr Anupama Singh is the senior Gynaecologist of Singh Life Care hospital Ghazipur Dr Anupama Singh with students of Singh Life.</p>		<p>https://www.youtube.com/@singhhospital</p>

Organizations

Name	Description	Link
WHO	The World Health Organization (WHO) website on Sexual and Reproductive Health (SRH) provides evidence-based information, guidelines, and data to improve reproductive health services worldwide.	https://platform.who.int/data/sexual-and-reproductive-health-and-rights/?utm_source=chatgpt.com
UNFPA	The United Nations Population Fund (UNFPA) website provides information and resources on reproductive health, family planning, and population issues to promote health, rights, and gender equality worldwide.	https://www.unfpa.org/
TARSHI	Talking About Reproductive and Sexual Health Issues.	https://www.tarshi.net/resources/
Menstrupedia	One of India's most widely used menstrual education platforms. Menstrupedia uses illustrated comics and culturally sensitive educational materials to teach girls, parents, and teachers about menstruation. NGOs frequently use their training kits in school and community programs.	Menstrupedia
From the American College of Obstetricians & Gynecologists	The American College of Obstetricians and Gynecologists is a professional association of physicians specializing in obstetrics and gynecology in the United States. Several Latin American countries are also represented within Districts of the organization.	https://www.acog.org/womens-health
International Federation of Gynaecology and Obstetrics	The International Federation of Gynaecology and Obstetrics, usually just FIGO ("fee'go") as the acronym of its French name Fédération Internationale de Gynécologie et d'Obstétrique, is a worldwide non-governmental organisation representing obstetricians and gynaecologists in over one hundred territories.	https://www.igo.org/
Mailman School of Public Health- Menstruation in the global context course.	The Columbia University Mailman School of Public Health is the public health graduate school of Columbia University in New York.	https://www.publichealth.columbia.edu/?utm_source=chatgpt.com

Resource People

Name	Description	Contact/Address
Dr. Anupama Ramachandran	Dr. Anupama Ramachandran is a senior infertility specialist and reproductive medicine consultant, with decades of experience in IVF, high-risk obstetrics, and women's health, currently leading a fertility center in Kerala.	Website: https://dranupama.in/
Dr Arati Rao	Dr. Arati Rao is currently a senior consultant and lead clinician for the Foetal Medicine and Fertility units at Milann Whitefield Hospital, Bangalore.	Address: #7, 1st Floor, East Park Rd, Kumara Park East, Seshadripuram, Karnataka. Bengaluru, India - 560001 Email: iirrhinstitute@gmail.com Phone: +91 9513453460
Dr Atul	Consultant Physician, Diabetologist, Internal medicine in Bangalore.	Address: 74/6, C Plaza Complex, Chickpet, Am Lane, Bengaluru-560053, Karnataka, India
Dr Gopal Pandge	Dr. Gopal Pandge is a medical doctor in the field of preventive/public health medicine based in Latur, Maharashtra, India.	
Dr Nutan Hedge	Dr. Nutan Hegde has a diverse background, having worked at some of the leading medical institutions in India. Hegde currently practices at Saple Clinic in Mumbai. Dr. Nutan Hegde has over 21 years experience as Gynaecologist, Obstetrician, Infertility Specialist.	Address: Saple Clinic Dadar West, Mumbai Malik Building, DV Deshpande Marg, Shivaji Park Road Number 4, Dadar West, Mumbai, India, Landmark: Near Phadke Lab Dadar, Mumbai
Dr. Geeta Patki	She is a Professor and Head of the Dept. of Stree Roga & Prasuti Tantra at Gomantak Ayurveda Mahavidyalaya & Research Centre, involved in research, teaching and clinical work in women's reproductive health. The department of Prasuti Tantra & Stree Roga (Obstetrics & Gynaecology) at GAMRC focuses on women's health, covering prenatal care, labour, post-delivery care (Sutika), and management of gynaecological disorders.	Address: 82JC+64M, Vazem, Pandagal, Shiroda, Ponda, Goa – 403103, India Phone: +91 832-230 6309 Website: http://gamrc.org/GAMRC/ Email: geetapatki22@gmail.com Phone: 9881217891
Preethi Kasireddy	She is presented as a writer, teacher, and lifelong learner, sharing knowledge through blogs, videos, and community engagement. She is on social platforms such as – Instagram, YouTube, X, LinkedIn. Also, she's a co-founder for Ferta (fertility company). She's based out of Sugar Land, Texas, United States.	Email: support@joinferta.com Phone: +1 (512) 649-8924 Website: https://joinferta.com/
Dr Sandhya Khadse	Dr. Prof. Sandhya Satish Khadse is a senior paediatrician and public health expert serving as the Chief Child Health Monitoring Officer, Government of Maharashtra.	Address: MGM Medical College, Nerul MGM M.C, Sector-08, Nerul (W) Navi Mumbai – 400 706 Maharashtra, India Email: mgmncnerul@gmail.com Phone: 02235142400

Dr Sarah McKay	Dr. Sarah McKay is a neuroscientist focused on women's brain health, exploring how hormones and life stages shape cognition, mood, and wellbeing. She is known for translating complex neuroscience into practical, accessible insights for women's health.	Website: www.drSarahmckay.com
Dr Seba Mohapatra	Dr. Seba Mohapatra is an Obstetrician and Gynaecologist (OB/GYN) practicing in Bhubaneswar, specializing in the field of Obstetrics & Gynaecology.	Address: N-1-a/10, I.R.C Village, Nayapalli, Bhubaneswar Odisha
Vikram Patel	Head of the Department of Global Health and Social Medicine, Harvard Medical School.	Address: Department of Global Health and Social Medicine Harvard Medical School 641 Huntington Avenue, Boston, MA 02115, USA. Phone: 617-432-4365 Email: vikram_patel@hms.harvard.edu Faculty profile: https://ghsm.hms.harvard.edu/faculty-staff/vikram-patel

Textbooks/Books/Journals

Name	Description	Website Link
PARIVAR-type Toolkits	PARIVAR-type toolkits are implementation guides developed to strengthen adolescent sexual and reproductive health (SRH) programs through community engagement, peer education, and improved access to services.	https://eeca.unfpa.org/sites/default/files/pub-pdf/UNFPA_ASRHtoolkit_english.pdf?utm_source=chatgpt.com
Amplify Change (SRHR)	Knowledge Bank –online resource platform. Hosts reports, policy briefs, toolkits, research summaries, and grey literature related to Sexual and Reproductive Health and Rights (SRHR). Amplify Change - An international donor and advocacy initiative that funds civil society organizations working on SRHR.	enquire@amplifychange.org
Dutta Textbook of obstetrics and gynaecology	This eleventh edition reflects the authoritative resource on comprehensive obstetric and perinatal care. The content has been thoroughly updated as per the revised CBME curriculum by NMC in 2024.	https://amzn.in/d/00Cf0p1s
RMNCH Journals/Articles	<ol style="list-style-type: none"> 1. A Strategic Approach to Reproductive, Maternal, Newborn, Child and Adolescent Health in India: A New Initiative in Health Care Delivery System 2. Journal of Maternal and Child Health (JMCH) 3. Maternal and Child Health Journal 4. BMC Pregnancy and Childbirth 	https://www.researchgate.net/publication/364114752_RMNCHA_A_Strategic_Approach_to_Reproductive_Maternal_Newborn_Child_and_Adolescent_Health_in_India_A_New_Initiative_in_Health_Care_Delivery_System https://www.thejmch.com/index.php/thejmch/ https://link.springer.com/journal/10995/volumes-and-issues https://link.springer.com/journal/12884

Additional More Generic Resources Mentioned

Name	Description	Website Link/App
Google Chrome	Google Chrome is a fast, secure, and user-friendly web browser offering browsing, synchronization across devices, and support for extensions and web apps.	https://www.google.com/chrome/
Medbox	The Aid Library is an open-access online library designed to improve the quality of healthcare in humanitarian action by collecting and providing free professional guidelines, textbooks, and practical documents for health workers worldwide.	https://www.medbox.org/
ChatGPT	Trained model which interacts in a conversational way. The dialogue format makes it possible for ChatGPT to answer follow-up questions, admit its mistakes, challenge incorrect premises, and reject inappropriate requests.	https://chatgpt.com/
Medscape	It is one of the world's largest digital medical platforms providing clinical information and education for healthcare professionals. Access through google play store. Peter Frishauf is the founder of Medscape, launching the site on May 22, 1995.	https://www.medscape.com/
Gaavi	Social media for education and learning. Gaavi is an unfunded company based in Hyderabad (India), founded in 2023 by Karthik Sai Chendika and Harshini Chendika. It operates as a Platform connecting students, teachers, and educational institutes.	https://play.google.com/store/apps/details?id=com.hylessa.app&pcampaignid=web_share&pli=1
Garmin App	The Garmin Connect™ app is your one-stop source for health and fitness data. Whether you're training for a race, keeping active or just staying on top of your health, Garmin Connect provides the information and inspiration you need to reach your goals. It can be accessed through Google play.	https://www.garmin.com/en-US/p/125677/
Research Gate	Articles and links on sexual and reproductive health.	https://www.researchgate.net/
*Husband / Sister	Discussing reproductive concerns.	People mentioned talking to your loved ones and someone trusted.

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