

30 Years  
abha  
IVF & Gynaecological Expert



BLOSSOM

NEWSLETTER

JULY, 2025

EDITION 1 | VOLUME 4 | JULY 2025



**Dr. Bani Kumar Mitra**

*Founder & Chief consultant, Abha Surgy Centre*

## A Dream That Became A Journey Of Hope

There's a piece of advice I carry with me even today  
*“Don't give up on a dream because of the challenges  
that may come with it.”*

**T**hese words were shared with me shortly after I returned to India from England in 1993. I was young, at a professional crossroads, uncertain of what lay ahead. At that pivotal moment, two mentors deeply influenced the course of my life—my late father-in-law, Dr. K.K. Das, and my mentor, Prof. B.N. Chakraborty. It was their encouragement that set me on a path far greater than clinical practice—a path centred on restoring hope for couples struggling with infertility, and helping lift the silence, grief, and stigma they often carried.

That was the beginning of Abha Surgy Centre.

This year, as we mark three decades of that dream becoming a reality, I look back with immense gratitude. We recently marked this milestone with the inaugural **Anyatama – Anya Narir Golpo Awards**, honouring four remarkable women whose stories exemplify courage, transformation and resilience.

The evening was moving and memorable. We were joined by Dr. Chandrima Bhattacharya, Minister of State for Health and Family Welfare, alongside many friends, colleagues, and well-wishers who have supported us over the years. Seeing familiar faces reminded me that Abha Surgy Centre has always been a collective endeavour—built on shared belief, commitment, and purpose.

Like any meaningful journey, ours has seen both triumphs and trials. There were days when hope seemed elusive—and there were moments that made everything worthwhile: the rhythm of a

heartbeat on a monitor, the cry of a newborn, the tears of joy from parents who had waited so long.

Today, when we hear about our “Abha babies”—some in Kolkata, others across India and even in the US, UK, and Bangladesh—it reinforces the impact of this mission. Our very first IVF baby, affectionately known as Bor Da, recently turned 18. It still feels like yesterday—a moment that reshaped a family's future and reaffirmed ours.

Throughout this journey, I have been fortunate to have Dr. Konkon Mitra by my side—my partner in every sense. Together, we have nurtured this centre with care, resolve, and a vision for what compassionate fertility care can be. Standing together at the Anyatama Awards, as we celebrated women who have broken barriers in their own right, I was reminded of the values that brought us here—and those that will take us forward.

As I write this, I do so with a full heart. To every couple who entrusted us with their hope, every colleague who worked tirelessly, and every story that became a part of ours—thank you.

Abha Surgy Centre remains deeply committed to making advanced fertility care accessible to those who need it most. Every couple who walks through our doors is not just a patient—they are part of a promise. A promise we honour every day, with compassion, dedication, and integrity.

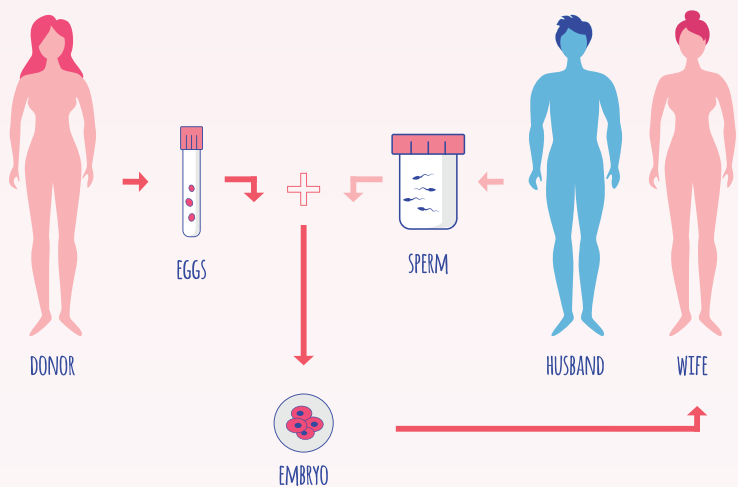
Here's to continuing the journey with all its challenges, beauty and purpose.

# The Gift Of Life: Ovum Donation & IVF

## Celebrating Science, Compassion & Connection On World IVF Day

**O**n World IVF Day, we celebrate not just a scientific revolution but a deeply human journey. One of those remarkable journeys is ovum donation a process where one woman gives another the chance to experience pregnancy, childbirth, and motherhood.

It is more than a medical procedure. It is an act of pure empathy.



### What Is Ovum Donation?

When a healthy woman donates her eggs for another woman, who may not be able to produce healthy eggs, can conceive a child through IVF (In Vitro Fertilization).

It is recommended for women who:

- Have poor egg quality or ovarian failure
- Have undergone ovarian surgery or treatment
- Carry a genetic condition
- Are of advanced maternal age

For many, this is their only path for carrying a child.



### The Ovum Donation Journey

#### For Recipients:

1. Health Screening & Counselling
2. Matching with a Donor (based on physical traits, health, genetics)
3. Cycle Synchronization using hormones
4. Egg Retrieval & Fertilization
5. Embryo Transfer
6. Pregnancy Test (after ~2 weeks)

#### For Donors:

1. Eligibility Check (age 21–35, healthy)
2. Medical & Psychological Screening
3. Hormonal Stimulation (10–14 days of medication)
4. Ultrasound Monitoring
5. Egg Retrieval (minor outpatient procedure)
6. Recovery & Follow-Up (usually resume activities next day)

## Why Ovum Donation Matters

### For Recipients:

- Experience Pregnancy: Carry and give birth to their child
- Higher IVF Success Rates: Especially for older women
- Emotional Fulfilment: Strong maternal bonding, regardless of DNA



- “Will egg donation affect my own fertility?” No. The eggs retrieved would naturally leave the body during a normal cycle.
- “What about judgment or privacy?” Most programs protect anonymity and confidentiality strictly.
- “Is it safe?” Yes, the procedure is medically safe with very minimal long-term risk.

Ovum donation is not giving away motherhood; it is giving someone else the chance to be a mother.

### For Donors:

- The Joy of Giving: Helping someone start a family
- Health Awareness: Comprehensive fertility screening
- Ethical Compensation: (Depending on region, for time and effort)

## A Gentle Call to Action

On this World IVF Day, let us acknowledge:

- The women who become donors – the silent changemakers.
- The women who become recipients - symbols of courage and resilience.

Whether you are a hopeful parent or a potential donor, remember:

Ovum donation is more than science; it is a gift. A connection. A future.

In the quiet corners of fertility clinics, women who may never meet ... change each other’s lives forever.

## Busting The Myths Around Ovum Donation

Even today, fears and misunderstandings prevent many from embracing ovum donation. Let us clear the air:

- “Will I feel disconnected from a donor-conceived child?” Most mothers report an instant bond with their baby - DNA doesn’t define love.



# BEHIND THE SCENES

## Making Of Abha Brand Film Featuring Ms Gargee Roy Chowdhury



# Abha Surgy Centre Celebrates 30 Years With The Inaugural 'Anyatama - Anya Naarir Golpo' Awards Honouring Unsung Women Achievers

Marking three decades of excellence in women's healthcare, *Abha Surgy Centre* hosted a grand program to commemorate its 30th anniversary. To celebrate this milestone year, Abha Surgy Centre came up with '**Abha Surgy Centre Presents Anyatama - Anya Naarir Golpo**', a unique award initiative that shines a spotlight on exceptional yet often unrecognized women from diverse fields.

The event, hosted at the banquets of Taj Bengal, was graced by **Ms Chandrima Bhattacharya**, Hon'ble Minister of State for Health & Family Welfare, Land & Land Reforms, Refugee & Rehabilitation, Government of West Bengal, who served as the Chief Guest and honoured one of the award recipients. The atmosphere was one of pride and inspiration, as the audience gathered to celebrate stories of courage, resilience and social impact.

This prestigious award recognised four remarkable women - **Ms Pratima Poddar, Ms Tumpa Das, Ms Taniya Sanyal and Ms Debjani Mookherjee** - for their outstanding contributions in their respective domains. Each of these women has overcome challenges and societal limitations to create meaningful change and inspire others through their dedication and hard work. In recognition of their efforts, they were each presented with a trophy, a certificate of honour and a cash prize of ₹ 50,000/-.

The awards are a reflection of Abha Surgy Centre's longstanding commitment to supporting and empowering women - not only as mothers, but as changemakers in their own right. Drawing from years of working closely with women from diverse backgrounds, the Centre was inspired to create a platform that would bring to light the inspiring stories that often go untold. The *Anyatama* initiative



is designed as an annual tribute to such individuals, aiming to create a wider social impact by promoting recognition for women who lead with courage, purpose and perseverance.

The ceremony was graced by the presence of a distinguished panel of presenters, including Padma Bhushan awardee and legendary singer **Ms Usha Uthup**, acclaimed Filmmaker **Ms Nandita Roy**, renowned Manipuri Dancer **Ms Priti Patel**, India's first transgender College Principal **Ms Manabi Bandopadhyay**, **Dr Sister A Nirmala**, Teacher-in-Charge at Loreto College, and **Ms Apala Dutta**, Principal of Birla Bharati School. Their presence underscored the spirit of solidarity and sisterhood that defined the evening.

The event not only honoured individual achievements but also aimed to start conversations around the broader societal recognition of women's work across traditionally overlooked sectors. By highlighting the journeys of these women, the Centre reaffirmed its belief in the power of stories to inspire change and empower future generations.

Following the awards ceremony, the audience was treated to a vibrant live performance by Padma Bhushan Ms Usha Uthup, whose energy and warmth added a celebratory note to the evening. The event was elegantly hosted by renowned actress



**Ms Gargee Roy Chowdhury**, who also made a special appearance as the face of Abha Surgy Centre's new brand film. The film, directed by filmmaker **Mr Saptaswa Basu**, was launched that very evening to an enthusiastic response.

The event was attended by the city glitterati, Doctors & people from the medical fraternity, media personnel and other well-wishers of Abha Surgy Centre.

The launch of *Anyatama - Anya Naarir Golpo* marks a new chapter in Abha Surgy Centre's legacy - not just as a medical institution but as a powerful advocate for women's empowerment. With this award, the Centre reaffirms its dedication to supporting, uplifting and celebrating the women who inspire and lead, often from the margins, and whose stories deserve to be told far and wide.



## Brand Leaders' Speak

**A**s Abha Surgy Centre celebrates 30 years of dedicated service, this milestone is more than just a celebration — it is a tribute to the collective commitment, resilience, and unwavering spirit of everyone who has been part of this journey.

Over the decades, the Centre has been shaped by the dedication of its team. From doctors and nurses to administrative staff, each member has contributed with sincerity and tireless effort. Their devotion has been the true driving force behind our continued growth and success.

We are also deeply grateful to our medical colleagues who have stood by us, especially during moments that demanded swift and critical care. Their support helped us uphold the quality and integrity of our services.

Our supply partners deserve special mention as well. Despite challenges, they ensured a consistent flow of essential IVF medicines, disposables, and advanced equipment — a lifeline for the smooth functioning of our clinical services. Most importantly, we extend our heartfelt thanks to the patients who placed their trust in us. Their hope, courage and continued faith in Abha remain the most powerful validation of our work.

This 30-year milestone is both a reflection of the past and a promise to the future. As we look ahead, we remain committed to advancing reproductive healthcare, embracing innovation, and nurturing new talent. With compassion at our core and purpose in our path, we continue our mission to bring hope and healing to every family we serve.



**Dr. Konkon Das Mitra**  
*Co-Founder, Abha Surgy Centre*



**Ms. Surabhi Mitra**

**I**t is a proud moment for me as Abha Surgy Centre turned thirty. I find myself reflecting not just on the legacy it has built but on how deeply it is woven into my own life; a brand's journey that I quite literally grew up with.

Growing up, I often asked my parents why they did not do “normal” things like other parents - why they were away so often. At that period of time, I did not realise that they were busy building something truly extraordinary—something that would go on to change the lives of countless women and families.

Today, when I see the lives they have touched, and the joy they've brought to so many, I feel nothing but pride and yet, amidst their demanding schedules, my parents always made time for me. They somehow managed to give me their love, their presence, and their unwavering support.

To mark this milestone year and our achievements over the years, we have launched our annual award initiative - 'Abha Surgy Centre Presents Anyatama - Anya Naarir Golpo', a celebration of womanhood, curated by Mr Shiladitya Chaudhury, the communication architect who is associated with us.

We have also launched Abha Surgy Centre's first brand film, to mark the occasion. Beautifully conceptualised and directed by filmmaker Mr. Saptaswa Basu, the film has been brought to life by the elegant, erudite, and deeply rooted actress, Ms. Gargee Roy Chowdhury.

Every year Abha Surgy Centre Presents Anyatama - Anya Naarir Golpo will continue to honour silent warriors, inspire future generations and remind us of all that behind every achievement lies a story that deserves to be celebrated.



## Minister Speaks

**A**s Abha Surgy Centre completes 30 remarkable years, it is heartening to witness the enduring contributions of Dr. Bani Kumar Mitra and Dr. Konkon Das Mitra, who have been integral to its journey since its inception. There is immense pride in Surabhi Mitra's vision and commitment to advancing the cause of women's empowerment by conceptualising this meaningful initiative. Heartfelt congratulations to Abha Surgy Centre on reaching this significant milestone.

The Anyatama initiative truly lives up to its name, celebrating the multifaceted ways in which women enrich and strengthen society. Recognising their achievements is indeed a celebration, and many more such inspiring events are eagerly anticipated in the future. At the same time, it remains equally important for men to actively support and champion women's advancement, ensuring greater progress and inclusive development for all.



**Ms. Chandrima Bhattacharya**

*Hon'ble Minister of State for  
Health & Family Welfare,  
Land & Land Reforms,  
Refugee & Rehabilitation,  
Government of West Bengal*

## Brand Curator Speaks



**Mr. Shiladitya Chaudhury**

*Curator, Abha Surgy Presents  
Anyatama-Anyar Narir Golpo*

**A**s Abha Surgy Centre marked 30 glorious years, the celebrations took on a deeper meaning for all of us, with a heartfelt tribute to women whose contributions and journeys continue to inspire. Honouring their work was not only commendable but truly uplifting. The evening was graced by the presence of several remarkable women, including Chandrima Bhattacharya, Hon'ble Minister, Government of West Bengal; the iconic Usha Uthup; the ever-inspiring Nandita Roy, Sister Nirmala, Gargee RoyChowdhury, and Manabi Bandopadhyay. Their presence added warmth and significance to the evening.

It was a deeply proud moment for me on being part of the celebration of Abha's incredible journey. My heartfelt thanks to Surabhi Mitra, whose vision and tireless efforts brought this meaningful celebration to life. A particularly memorable highlight of the evening was the recognition of Dr. Bani Kumar Mitra, who has brought over 10,000 babies into the world through his dedication and pioneering work.

The evening also honoured the winners of *Anyatama* — individuals who truly exemplify strength, service and unwavering resolve. Their stories serve as shining examples of the spirit that continues to inspire us all.

## Winners' Speak

**R**eceiving the Anyatama Award is both humbling and deeply emotional for me. As a woman and a mother, I often say, we are not just one woman, but many. In my own life, I see this reflected in my daughters. Though they are still young, they are like rays of the sun – lighting my path, inspiring me every day and giving me the strength to chase dreams I never thought possible.

For many of us, our children are the heart of our world. And for women who long for a child but are unable to have one, I understand how deep and quiet that pain can be. It is a pain that often goes unseen, but it is very real. Those who face and overcome it, whether through inner strength, the support of others, or through the miracles of science, touch something sacred. In this journey, Abha Surgy has been a guiding light. With over 10,000 children born through their incredible work and bringing joy to childless couples has been a major contribution.

I want to extend my heartfelt thanks to Abha, to Dr BK Mitra and Dr Konkon Mitra and to Ms Surabhi Mitra whose presence, purpose and compassion remind us that Anyatama is not just one story, or one woman - it is all of us. These awards, while deeply motivating, come with something more - a reminder of the responsibility we carry. A reminder not to stop. A call to keep going, even when it is hard.

Thank you to the entire team for creating such a powerful and meaningful moment. This is not just an award - it is a reaffirmation of who we are, what we have overcome, and what we are still meant to do.



**Ms. Debjani Mukherjee**  
*Founder - Nanighar*



**Ms. Tanya Sanyal**  
*India's First Women  
Aviation Firefighter*

**I**am truly delighted to be here this evening, and my heartfelt congratulations go out to the entire team at Abha Surgy Centre for organizing such a meaningful and empowering program. It is an honour and a privilege to be part of this inspiring event, and I am deeply grateful to be recognized with the Abha Surgy Presents Anyatama – Onno Naarir Golpo award, alongside so many remarkable women who are making a difference in the society in their own unique ways.

I would like to take this moment to share a message that I believe in deeply: as women, we must continue to challenge and break free from the physical, societal and mental barriers that often stand in our way. True empowerment lies in inclusion, not isolation. This is not a battle between genders. On the contrary, when we work in tandem with men, support one another, and share equal space in every sphere, we lay the foundation for a more just, balanced and progressive future.

Let us continue to uplift one another, to build bridges instead of walls, and to believe in the power of unity and shared purpose. Thank you once again to Abha Surgy Centre for this recognition and for creating a platform that so beautifully celebrates women's voices and stories.

I am so happy and proud to be here this evening and to receive the Abha Surgy Presents Anyatama - Onno Naarir Golpo award. This moment is very special to me not just because of the award, but also because I got the chance to meet so many wonderful people. Some of them I have only seen on television before, and meeting them in person today was a real joy. The love and respect I received from everyone has truly touched my heart.

When I went up to accept the award, I thought of my father. If he was here today, I know he would have been even more happy than me. His absence is something I felt deeply at that moment. Everything else - the happiness, the celebration, the recognition - is here. But his absence left a quiet space in my heart.

Still, I am filled with gratitude for this award, for the inspiring people I met and for being part of an event that honours and celebrates women's stories.

Thank you, Abha Surgy Centre, for this unforgettable honour.



**Ms. Tumpa Das**  
*West Bengal's  
First Women Cremator*



**Ms. Pratima Poddar**  
*West Bengal's  
First Women Bus Driver*

The Anyatama award program deeply moved me. It was not just an event, it was a powerful reminder of how far we have come. A space that once felt out of reach for people like us has now become a platform that speaks to millions. The message was simple yet profound: every individual, regardless of gender, has the power to achieve their dreams. There should be no discrimination. If someone has the will, they can overcome any obstacle.

Just as we care for our children with love and determination, we can also take charge of our own lives. For me, that meant learning to drive a bus on the streets of Kolkata. I was a housewife for 12 years after marriage, raising two children. When my husband met with an accident, life changed overnight.

Learning to drive at that stage was one of the hardest things I have ever done, and I did it.

Today, I proudly say: if I, an ordinary housewife, can become a bus driver, then so can millions of other girls. All they need to do is take that first step and touch the steering wheel. With that one act of courage, they can overcome their fears and take control of their journey.

Thank you to Abha Surgy Presents Anyatama - Onno Naarir Golpo for honouring me and for creating a platform that truly empowers women.

## Celebs' Speak

**A**nyatama 2025 Award is indeed a meaningful initiative. It has always been my wish to see women receive the recognition they deserve and be given a platform to celebrate their remarkable achievements. I extend my heartfelt congratulations to all the awardees - their journeys are truly inspiring. They have proven that women can rise above every challenge and reach the highest peaks of success. I deeply appreciate this powerful initiative and sincerely look forward to many more such celebrations of strength, resilience and excellence.



**Ms. Nandita Roy**  
*Eminent Filmmaker*



**Padma Bhushan  
Usha Uthup**  
*Eminent Singer*

**A**bha Surgy Centre Presents Anyatama Awards 2025 is an extremely moving and emotional initiative. This award reinforces the saying that women are capable of doing anything and perhaps a little better! I feel that both men and women work together to eradicate the issues that women still face.

IVF, in my opinion, is remarkable for the way it enables so many women to give birth and embrace motherhood. I think it's so commendable that doctors like Dr. B.K. Mitra and Dr. K. Mitra are around to enable this for womanhood. Going forward, I would love to be involved with the great work that Abha Surgy Centre is doing.

**F**or the past 30 years, through tireless dedication and compassion, Abha Surgy Centre has brought the essence of motherhood to many. Those who have been deprived of that happiness have found hope at Abha Surgy Centre. My heartfelt congratulations, best wishes and deepest love to Abha Surgy Centre for completing 30 remarkable years. There are still many milestones to reach and many more smiles to bring to people's faces. "Anyatama" narrates the stories of women who are incomparable, though ordinary by the world's standards, with time, proven themselves to be extraordinary.



**Ms. Gargee Roychowdhury**  
*Eminent Actress*

“সীমার মাঝে অসীম তুমি, মোদের চোখে নিরুপমা মাটির গভীর শিকড় তোমার,  
তাই তো তুমি অন্যতমা।”

## Presenters Speak

I am very happy to be here this evening. It is truly a privilege to be part of this event. First of all, my heartfelt congratulations to Abha Surgy Centre on completing 30 years of remarkable service. Their contributions to the society - especially giving birth to 10,000 children into this world through IVF, is truly commendable and have a profound impact not just in Bengal but in neighbouring states as well.

I find myself deeply inspired and motivated this evening. This initiative has reminded me of the immense power women and mothers hold - they give life and shape the future. The concept of honouring on four exemplary women from different walks of life, each of whom has contributed significantly to society, is both powerful and uplifting. It was a beautiful tribute to womanhood.

To all the unsung heroes, the many women who are tirelessly working in their respective fields and yet remain unrecognized, recognition may not come to everyone in the same way, but that should not deter you. Keep going. Often, it is about self-motivation, self-talk and self-care. As women, we are conditioned to give constantly, but it is equally important to pause and care for ourselves.

So, to all the jewels out there, even if the world does not see you yet, keep shining. Your work, your presence, your dedication matters deeply.



**Sister Nirmala**  
*Principal, Loreto College*



**Ms. Apala Dutta**  
*Principal,  
Birla Bharati School*

Today, I reflected on how often we speak about gender sensitivity and women empowerment. But witnessing a platform like this, where women achievers are brought together and felicitated, this is what true women empowerment looks like in action.

As I looked through the list of honourees it filled me with pride. Seeing these incredible women take the stage and receive standing ovations is not just a celebration of their accomplishments, but also a meaningful step towards bridging the gender divide in our society. It is an effort to close the gap between men and women through acknowledgment and respect.

The Anyatama initiative is holistic, and it should grow stronger every year. Learning about Abha Surgy Centre and the open conversations around fertility was equally enlightening. These discussions are essential and need more platforms. I wish the team all the very best for continued success and impactful work in the future.

I am doing very well, thank you. Abha Surgy presents Anyatama resonates deeply with the collective efforts we have been making to uplift women across various sectors of society. There are many women, who, despite their potential, have not had access to the education they deserve. Initiatives like these are a step forward in empowering them.

I believe this initiative by Abha Surgy Centre is truly commendable. The centre has brought 10,000 lives into the world; a phenomenal achievement. What touched me most is how this journey encapsulates the entire circle of life, from birth to death. It symbolizes the profound and essential role of women in society. It is a modern interpretation of our times, where once, certain roles were reserved only for men, today, women are rightfully reclaiming their space.

Abha's work is not just medical, it is symbolic. It reflects how women give life and nurture it, and how they are reshaping societal narratives. I am confident that Abha Surgy Centre will continue to do such incredible work and make us all proud in many more ways.

Now, to those women who have not yet been recognized, who are still out there, working tirelessly, I would like to tell them that awards and public recognition are only one part of the journey. Receiving an award is like a moment of celebration, a carnival for a day. But the true, most meaningful award is self-satisfaction. When one can look within and feel fulfilled by their own work, that is the highest reward.

As the Gita says, 'Karma is your right, not the fruits thereof.' Keep working and let fulfilment come from within.



**Ms. Manabi Bandopadhyay**  
*India's First Transgender  
 College Principal*



## Guests Speak

**A**nyatama Awards 2025 is a unique initiative that celebrates the achievements of unsung heroes. The awardees are exceptional individuals who stand out from the ordinary. My felicitations to Abha Surgy Centre on the wonderful milestone achieved as well as for this remarkable programme today. The fact that this centers around the doctors' community is another reason it is close to my heart. The fact that well-known and well-to-do faces of the female gender are usually recipients of awards is commendable no doubt, but when women from the grassroots, from extremely humble and often disadvantaged backgrounds are rewarded like in Anyatama, the message is loud and clear - that every woman can go forth and follow her heart. As for advice to younger women, learn to value education and financial independence, irrespective of your family background. I believe when you have attained these two, you will be greatly empowered, and society as a whole will progress.



**Dr. Sudeshna Hazari**



**Ms. Anusreea Mukherjee**

**I** appreciate this kind of unique initiative because awards given to famous personalities are common but to honor those whose names are unheard, to discover their achievement is highly praiseworthy. I feel very happy to be a part of this event's audience and the best thing is that I can interact with them and listen to their inspirational stories.



**A**nyatama Awards 2025 centred around recognition of four women who have chosen to follow their passion and support their families and society at large is inspirational. What a way to honour these women whose work may not find prime coverage but each of their contributions are immense. I am confident that Anyatama will see many bigger and grander editions with time.



**Dr. Basudeb Mukherjee**

**I**t is very important to celebrate women in everyday life, as most of their stories are often unheard. The stories of their hard work are often a motivation for others. For a woman to succeed, at the outset, the societal perspective must change and men also need to support and respect women and their achievements.



**Ms. Luna Chatterjee**

**K**udos to Abha Surgy Centre for launching such a thoughtful and empowering initiative. This platform not only celebrates the achievements of exceptional women but also serves as a strong source of motivation for many others. This initiative will inspire countless women to work harder, remain focused and persevere through challenges to achieve success in their respective fields. It is a commendable step towards fostering strength, confidence and recognition for women from all walks of life.



**Ms. Rumpa Das**



# Photo Gallery





# Abha In Media

