INTERNATIONAL ASSOCIATION OF
STEM CELL & REGENERATIVE MEDICINE
EDUCATION · REDEFINED

FEBRUARY 2027 · NOW ENROLLING

*The one-year Fellowship in*

# Functional, Regenerative *& Aesthetic* Gynaecology

*Restoring how a woman's body works, feels and heals — at every stage of her life.*



NOT ONE TRAINER · 20+ GLOBAL FACULTY · SIX CONTINENTS
20+
GLOBAL FACULTY

| 12 | 4×4 | 11 | 1:1 |
|---|---|---|---|
| MONTHS · HYBRID | PRACTICAL: 4 DAYS, 4 TIMES A YEAR | CURRICULUM MODULES | MENTORSHIP + PUBLICATION |

NABH-accredited practical training ◆ IASRM's own trademarked protocols ◆ QR-verifiable certificate
For gynaecologists, urogynaecologists, IVF specialists, urologists, dermatologists & plastic surgeons

IASRMGLOBAL.ORG · +91 98104 18415

ORGANISED BY STEMMAX RESEARCH & THERAPEUTICS · NEW DELHI

A WELCOME FROM THE FOUNDER PRESIDENT

# Dear Colleague,

Every week, women sit in gynaecology clinics and talk about everything except the thing that actually brought them in. The dryness that has ended intimacy. The leak that ended the morning run. The scar that still pulls three years after a delivery. The ovaries that began to fail a decade too early.

Most of us were never trained to answer those questions as one whole. Function sat in one textbook, regeneration in another, aesthetics in a weekend workshop, hormones in a different department altogether. Patients noticed the gaps long before the curriculum did.

This fellowship closes those gaps. It brings the four fields together into one decision pathway and asks more of you than a certificate course ever would: a full year, a mentor who knows your name, and a paper with your name on it.

In return you gain something a certificate alone cannot give — the judgement to choose the least invasive option that will genuinely work, the honesty to explain what it can and cannot do, and the confidence to practise it well.

More than 3,000 doctors, researchers and academicians have trained and connected through IASRM programmes across six continents. It would be an honour to welcome you as the next.

With warm regards,

**Prabhu Chandra Mishra**

FOUNDER PRESIDENT, IASRM · COURSE ORGANISER



FELLOWSHIP CONVOCATION · IASRM

### OUR PROMISE TO EVERY FELLOW

**Honest teaching.** Every therapy taught with its evidence, its limits and its ethics.

**A mentor who knows your name.** One faculty mentor beside you for the whole year.

**Five continents in one classroom. 20+** faculty sharing how women's health is practised worldwide.

**Real practical exposure.** Sixteen days at an NABH-accredited partner hospital in New Delhi.

**Support from enquiry to certificate.** Admissions and administration by Stemmax Research & Therapeutics.

**20+**

**GLOBAL FACULTY · FIVE CONTINENTS · NOT ONE TRAINER**

USA · Argentina · Mexico · Slovenia · Egypt · UAE · India — and visiting international faculty in every module.

OUR SIGNATURE ADVANTAGE

# 20+ Global faculty. *Not one trainer.*

Most courses in this field are built around a single trainer. This fellowship is taught by more than twenty clinicians, surgeons and scientists from five continents — each bringing their own country's practice, evidence and judgement into your year.




## SENIOR FACULTY & LEADERSHIP

USA
**Dr Red M Alinsod**
Scientific Chairman, IASRM · Founder, GyNflix

ARGENTINA
**Dr Adrian Gaspar**
Scientific Co-Chairman, IASRM

MEXICO
**Dr Martha Gabriela Serrano**
Vice President, IASRM

UAE
**Dr Nahla El Awady**
Associate Vice President, IASRM

EGYPT
**Dr Noha Salah**
Executive Board Member, IASRM

**+ Scientific Advisory Board, senior Indian clinical faculty and visiting international faculty**

## WHAT 20+ GLOBAL FACULTY MEANS FOR YOU

1 **Many schools of practice**
See how the same patient is treated in Los Angeles, Buenos Aires, Dubai, Cairo and New Delhi — then choose with judgement.

2 **No single-trainer bias**
No one person's favourite device, product or technique is passed off as the only way.

3 **Evidence debated, not dictated**
Faculty disagree in the open, cite the trials and show you how to weigh them.

4 **A mentor matched to you**
Mentoring in English, Spanish or Arabic, matched to your region and goals.

5 **A referral network for life**
Faculty and fellows across six continents you can call on long after the year ends.

ABOUT IASRM

# An association, *not a seminar.*

Founded by Prabhu Chandra Mishra, who has run longevity and regenerative medicine conferences since 2014, IASRM trains professionals to practise regenerative medicine on evidence, with ethics, and with a global network behind them.

| 3,000+ | 20+ | 6 | 3 |
|---|---|---|---|
| TRAINED & CONNECTED | GLOBAL FACULTY | CONTINENTS | FELLOWSHIP TRACKS |

## OUR JOURNEY

**2014 — The first conference**
Our founder organises his first regenerative medicine conference in New Delhi — the start of an annual meeting that becomes IASRM's World Congress.

**2022 — India's first longevity congress**
IASRM brings longevity medicine to an Indian congress stage for the first time.

**2025 — The Longevity Revolution**
World Congress and fellowship convocation — fellows in robes, faculty from four continents.

**2026 — 11th World Congress**
Longevity Revolution 2026, New Delhi: three days, 75+ faculty, workshops, awards and convocation.

**2027 — Fellowships go global**
Three fellowship tracks, two live batches across time zones, and the Healthspan Standard 2027 summit in New Delhi.

## THE IASRM ECOSYSTEM — YOURS AS A FELLOW

**WORLD CONGRESS**
Longevity Revolution — the annual IASRM congress, awards and convocation

**SUMMITS**
Healthspan Standard 2027 — New Delhi, April 2027

**JOURNAL**
The Longevity Revolution journal — publish and review with IASRM

**MAGAZINE**
IASRM's longevity magazine — cases, ideas and fellows' perspectives

**LIBRARY**
The IASRM Regenerative Gynaecology Library — textbook, guidelines, protocols

**CONSENSUS**
International Consensus Statement on Longevity & Regenerative Medicine — in development

**MEMBERSHIP**
Associate and Lifetime Membership of the association

## THREE FELLOWSHIPS, ONE STANDARD

**I — Stem Cell & Regenerative Medicine**
For those building cell and biologic expertise

**II — Anti-Ageing, Regenerative, Aesthetic & Functional Medicine**
For longevity and anti-ageing practice

**III — Functional, Regenerative & Aesthetic Gynaecology**
Women's health across the lifespan — this fellowship

WHY THIS FELLOWSHIP EXISTS

# The women in your *waiting room*

Women now live a third of their lives after menopause, and a growing share of them arrive with problems that classical gynaecology was never organised to treat as a whole. You already meet them. This year is about meeting them fully prepared.

### The runner

46, stopped running two years ago because she leaks on every stride. She has never said the word "incontinence" to a doctor.

### The new mother

33, eighteen months after a difficult delivery. Intimacy hurts. She was told her scar "looks fine".

### The woman in the itch

58, has carried lichen sclerosus for nine years under a series of antifungal prescriptions.

### The early ovary

36, with a falling AMH and a plan for a family she was not ready to give up on.

Composite illustrations drawn from common presentations; no identifiable patient is described.

## One clinician who can answer all of it

This one-year fellowship brings together four fields usually taught apart — functional gynaecology, regenerative therapeutics, aesthetic and surgical technique, and hormonal and anti-ageing medicine — and teaches them as one decision pathway: **assess, stage, choose the least invasive effective option, document the outcome.**

It is deliberately conservative where the evidence is thin and deliberately detailed where it is strong. You will learn what each therapy can do, what it cannot, how to consent for it honestly, and how to measure whether it worked.

**FORMERLY "FELLOWSHIP IN COSMETIC GYNAECOLOGY"**

The programme has been renamed to reflect what it has become. Function and regeneration now lead, in the curriculum and in the clinic. Aesthetics is one outcome of healthy, well-functioning tissue — never the whole purpose of the work.

**AT A GLANCE**

| | |
|---|---|
| Duration | 12 months, hybrid |
| Intakes | February & August each year |
| Online theory | Live, 2 hours weekly; every lecture recorded |
| Batches | A: Asia, Middle East, Europe, Africa · B: the Americas |
| Practical | 4 days, 4 times a year (16 days), New Delhi |
| Venue | Sunrise Hospital (NABH-accredited), New Delhi |
| Modules | 11 modules, 75+ topics |
| Research | One paper, submitted to a peer-reviewed journal |
| Award | IASRM Fellowship certificate, QR-verifiable |

*Function first. Regeneration where it is earned. Aesthetics as the outcome of healthy tissue.*

**20+**
GLOBAL FACULTY

THE IASRM DIFFERENCE

# Eight things you will rarely find *in one programme*

The field is full of two-day certificates. This fellowship is built the other way round: named international leadership, a year of structured work, and an award you cannot receive without having done that work.

**01 A full year, not a weekend**
Twelve months of structured learning, supervised exposure and mentor review — the depth a weekend certificate cannot reach.

**02 20+ global faculty, not one trainer**
Clinicians and scientists from the Americas, Europe, the Middle East and Asia — many schools of practice, not one person's way.

**03 Four fields, one pathway**
Functional, regenerative, aesthetic and hormonal care taught as a single sequence, so you know when not to treat as clearly as when to.

**04 Protocols developed here**
IASRM's own trademarked regenerative protocols, taught openly on their evidence and their limits.

**05 A paper with your name on it**
A mandatory peer-reviewed publication, with editorial support from question to submission.

**06 Evidence grade, out loud**
Every modality carries its evidence grade — including where the evidence is weak or negative.

**07 Device-neutral, product-free**
Physics and selection before brands. No product or platform is promoted in teaching.

**08 Governance built in**
Consent, documentation, data protection and ethical communication taught as clinical skills, not paperwork.

| Functional | Regenerative | Aesthetic | Hormonal |
|---|---|---|---|
| Symptoms, staging and restoring how the tissue works | PRP, PRF, secretomes, fat, SVF and marrow-derived therapy | Devices, injectables and surgery — chosen conservatively | BHRT, menopause and the endocrine floor under everything |

*"Fellows leave able to explain why a patient is not being offered a procedure as clearly as why she is."*

### ONE PATHWAY, NOT FOUR SERVICE LINES

Most training teaches these fields separately — which is why so many clinics own a laser and little else. Here they are taught in sequence: history and staging first, then the least invasive option that can reach the goal, with surgery and hormones as considered steps rather than defaults.

WHY DOCTORS CHOOSE IASRM

# Not a certificate course. *A fellowship.*

If you are comparing options, compare what you actually get. Here is how a year with IASRM differs from a typical short course in aesthetic or cosmetic gynaecology.

| WHAT YOU GET | TYPICAL SHORT COURSE | IASRM FELLOWSHIP |
|---|---|---|
| Duration | 1–3 days | 12 months, hybrid — two intakes a year |
| Who teaches | Usually one trainer | 20+ global faculty from five continents |
| Practical exposure | A demonstration day | 4 practical blocks × 4 days (16 days) at Sunrise Hospital, an NABH-accredited hospital |
| Time zones | One city, one weekend | Two live batches — Asia, Middle East, Europe & Africa · the Americas |
| After the course | On your own | A named mentor all year — and after |
| Protocols | Slides and handouts | Written protocol compendium + IASRM's own trademarked protocols |
| Evidence | Often product- or device-led | Device-neutral, evidence grade stated aloud for every modality |
| Curriculum | Aesthetics in isolation | Functional, regenerative, aesthetic and hormonal — one pathway |
| Research | None | A peer-reviewed paper with your name on it |
| Governance | Rarely covered | Consent, data protection, regulation and ethics built in |
| Scientific network | None | SOLAGEF (Latin America) & PSRM (Philippines) collaborations, World Congress, journal |
| Certificate | Attendance-based | Earned: modules, practical assessment, viva, publication · QR-verifiable |

## WHERE IASRM IS AHEAD

**01 Protocols we developed**
O-Cell®, hd-PRP Intimashot®, SVF-Adipocell®, Intimacell®, VLift® — taught by the team that built them, with their evidence and limits.

**02 An ecosystem, not a course**
Longevity Revolution World Congress (11 editions), a journal, The Healthspan Standard and AYUVA — open to you for life.

**03 Two continents of science**
Scientific collaborations with SOLAGEF in Latin America and PSRM in the Philippines bring their faculty and cases into your year.

**04 Hospital-based practical training**
Sunrise Hospital, Delhi (NABH-accredited), with clinical collaborations at Carewell Medical Centre and NewLife Surgery.

**05 Academic depth**
Industry–academia collaboration with Sharda University, Agra (MOU with Stemmax), plus IASRM's textbook and guideline series.

**06 Built for working doctors**
Evening (India) and morning (Americas) live batches, every lecture recorded, and one-to-one mentorship to publication.

WHAT CHANGES AFTER THIS YEAR

# Your advantages, *long after the fellowship*

A fellowship should change what you can do on Monday morning — and keep paying back for years. Here is what fellows take into their practice, their profession and their careers.

## Clinical

- A complete, stepwise toolkit for GSM, laxity, SUI, vulvar disease, sexual pain and post-partum change
- Written protocols for every modality, ready to adapt to your clinic
- Confidence in patient selection — including when to refer or decline
- A mentor to call when a case goes sideways, long after the year ends

## Professional

- An IASRM Fellowship certificate with unique number and QR verification
- A place on the Global Fellows Map and a referral network across six continents
- Invitation to present your work at the Longevity Revolution World Congress
- A pathway to faculty, mentor and speaker roles as your case volume grows

## Academic

- A peer-reviewed paper with your name on it — often a fellow's first
- Co-author opportunities on IASRM guideline, textbook and consensus projects
- Contribution to the IASRM Longevity Revolution journal and longevity magazine
- Access to multi-centre research collaborations with faculty and fellows

## Practice & business

- A 90-day launch plan for your own functional–regenerative–aesthetic service line
- Equipment-buying guidance: what to buy, in what order, and what to avoid
- Consent templates, assessment forms and a photography protocol that survive scrutiny
- Pricing, packaging and ethical patient communication for a new service line

### YOUR FIRST NINETY DAYS AS A FELLOW IN PRACTICE

**Days 1–30**
Audit your current cases, set up assessment forms, photography and consent; choose your first two modalities.

**Days 31–60**
Begin the least invasive modalities you have trained for, with mentor review of every early case.

**Days 61–90**
Measure outcomes with validated scores, refine protocols, and start writing up a case series.

**MEMBERSHIP**
One year of free IASRM associate membership, with member scientific updates and networking.

**CONGRESS**
25% discount on IASRM conference attendance through your first year, including the World Congress.

**LIFELONG LEARNING**
Priority access to IASRM webinars, masterclasses, CME programmes and Cellular Week.

GROW YOUR PRACTICE — ETHICALLY

# Your fellowship, *working for your practice*

Training is only half the story. IASRM helps you build a service women trust — and gives you credentials they can verify for themselves.

## THE OPPORTUNITY

### Women are asking
Menopause, intimate health and incontinence are now openly discussed — and patients search for clinicians who can help.

### Few trained hands
Most clinicians were never taught function, regeneration and aesthetics together, so demand outpaces trained supply.

### Non-surgical first
Patients increasingly prefer office-based, less invasive options — the core of this curriculum.

### Trust decides
Patients choose the clinician whose training they can verify — not the loudest advertisement.

## YOUR GROWTH TOOLKIT

- **QR-verifiable certificate**
  Patients and hospitals can confirm your fellowship online in seconds.
- **Global Fellows Map**
  A listing (with your consent) that sends referrals your way from six continents.
- **Published paper**
  Your peer-reviewed publication — the strongest proof of expertise you can show.
- **Congress podium**
  Present your cases at the Longevity Revolution World Congress.
- **Fellow spotlight**
  Your story and work featured on IASRM's social channels @iasrm.global.
- **Ready-to-use documents**
  Consent templates, assessment forms and a photography protocol for your clinic.
- **Service-line launch plan**
  Equipment order, pricing and the 90-day plan built with your mentor.
- **Faculty pathway**
  Strong fellows are invited to teach and mentor — the highest credential of all.

## PROMOTE IT THE RIGHT WAY

### DO

- Say you completed the one-year IASRM Fellowship in Functional, Regenerative & Aesthetic Gynaecology
- Share the QR verification link with patients and hospitals
- Educate: explain conditions and options in plain language
- Use patient photographs only with separate written consent

### DON'T

- Use the fellowship as a post-nominal or call it a specialist degree
- Promise or guarantee results, or advertise "cures"
- Run before-and-after advertising that breaches your medical council's rules
- Offer any procedure outside your own scope of practice

## THE PATIENT JOURNEY YOU WILL MASTER

1. Awareness
2. Consultation
3. Assessment
4. Treatment
5. Follow-up
6. Outcome & referral

Every stage is taught — from the first honest conversation to the outcome score that earns the next referral.

PROGRAMME SNAPSHOT

# Who it is for, and *how it fits your life*

## ELIGIBILITY

Registered medical practitioners holding a postgraduate qualification or recognised training in:

OBSTETRICS & GYNAECOLOGY · UROGYNAECOLOGY · REPRODUCTIVE MEDICINE & IVF · UROLOGY · DERMATOLOGY · PLASTIC & RECONSTRUCTIVE SURGERY · AESTHETIC MEDICINE

MBBS/MD/MS mark sheets, degree certificates and a valid medical-council registration are required with the application.

### THIS IS FOR YOU IF

- You already see menopause, post-partum, sexual-health or incontinence cases and want a fuller toolkit
- You are adding an aesthetic or regenerative service line and want to build it correctly
- You use PRP or a laser but were never taught selection, dosing or complications
- You want a credential backed by a year of work and a publication

### WHAT WE WILL NOT DO

- ◇ Teach any procedure as a cure where evidence supports only improvement
- ◇ Promote a device, product or brand
- ◇ Encourage intervention on normal anatomy when counselling is what is needed
- ◇ Certify anyone who has not completed the modules, assessments and paper

### LIVE LECTURES IN YOUR TIME ZONE

**Batch A**
Asia · Middle East · Europe · Africa
Friday or Sunday, 8:00–10:00 PM IST

| | |
|---|---|
| New Delhi | 8:00 PM |
| Dubai | 6:30 PM |
| Riyadh | 5:30 PM |
| Cairo | 4:30 PM |
| London | 2:30 PM |
| Manila | 10:30 PM |

**Batch B**
The Americas
Saturday, 9:00–11:00 AM Mexico City

| | |
|---|---|
| Mexico City | 9:00 AM |
| Bogotá · Lima | 10:00 AM |
| New York | 10:00 AM |
| Buenos Aires | 12:00 PM |
| São Paulo | 12:00 PM |
| New Delhi | 8:30 PM |

Local times shown for November–March; daylight saving may shift them by one hour. Every lecture is recorded for replay. Spanish-speaking faculty support for Latin American fellows.

**01**
**Online theory**
Live faculty sessions, recordings, reading lists and protocol sheets.

**02**
**Practical blocks**
Four blocks of four days in New Delhi, spaced across the year.

**03**
**Mentor & research**
One-to-one mentorship, case review and your publication.

### PRACTICALITIES

- Language of instruction: English
- Practical venue: Sunrise Hospital, Kalindi Colony, New Friends Colony, New Delhi
- Small groups so every fellow gets faculty time
- Fellows arrange their own travel, visa and accommodation; invitation letters for visas on request

FELLOWSHIP JOURNEY

# How the year *unfolds*

A twelve-month arc from foundational science to a published paper. The order matters: theory before practical, practical before independent practice, practice before publication.

**Month 1–3**

**Foundations, core theory and Practical Block 1**

Live online modules on anatomy, ageing physiology, assessment, regenerative science, device physics and patient selection, followed by the first four-day block on assessment and energy-based devices.

**Month 4–6**

**Guided video study and Practical Block 2**

Structured video study, protocol rehearsal and a case-portfolio review with your mentor, then the bio-injectables and regenerative-preparation block.

**Month 7–9**

**Practical Block 3 — the surgical block**

Live surgical demonstrations with structured pre-briefing and debrief, office anaesthesia, suture practice on models and complication management.

**Month 10–11**

**Practical Block 4, mentored practice and research**

Reproductive regeneration, urogynaecology, hormones and practice set-up. Your own cases under mentor review, case clinics and your manuscript.

**Month 12**

**Assessment, publication and award**

Final assessment and viva, manuscript submission to a peer-reviewed journal, and award of the IASRM Fellowship certificate.



FELLOWS IN IASRM SCRUBS · SUNRISE HOSPITAL

**WHY HYBRID**

Procedural medicine is not learned from slides, and anatomy is not learned in a weekend. The online year gives you the science, the selection logic and the safety rules at a pace that fits a working practice. The four practical blocks give you instruments, tissue feedback and a faculty member beside you. Video study sits between the two, so no practical hour is spent on something you could have watched at home.

**WHAT YOU TAKE HOME**

- Written protocols for every modality taught
- Consent templates, assessment forms and a photography protocol
- Faculty feedback on your own case presentations
- A manuscript submitted to a peer-reviewed journal
- Your mentor's contact for the cases that come later
- A 90-day plan for your own service line

OUR REGENERATIVE MEDICINE STRENGTH

# Protocols developed here. *Taught here.*

IASRM is led from within regenerative medicine. Its founder's research, books and trademarked protocols shape what fellows learn — and 20+ global faculty bring the rest of the world to every module. Each protocol is taught openly, with its evidence position, its indications and its limits.

### O-Cell®
Ovarian regenerative protocol

### hd-PRP Intimashot®
High-density PRP intimate-health protocol

### SVF-Adipocell®
Adipose-derived stromal vascular fraction protocol

### Amfill®
Amniotic fluid & membrane regenerative protocol

### Intimacell®
Cell-based intimate regenerative protocol

### VLift®
Vaginal lifting protocol with threads & hyaluronic acid

### NICG-Intimate Makeover®
Non-invasive cosmetic gynaecology intimate makeover protocol

### 1Lyours®
Proprietary IASRM regenerative protocol

### & more
20+ registered trademarks in regenerative and longevity care

FOUNDER PRESIDENT, IASRM · COURSE ORGANISER

## Prabhu Chandra Mishra

PhD Researcher in Biotechnology · Stem Cell & Regenerative Medicine

- Running Longevity & Regenerative Medicine conferences since 2014
- Scientific Advisor, Philippines Society of Regenerative Medicine
- Invited faculty: Cambridge University, Transylvania University, Italy, USA, UAE, Saudi Arabia, Jordan, Egypt
- Member of ISSCR, ASRM and ESHRE · TEDx speaker

| 40+ | 20+ | 20+ | 200+ |
|---|---|---|---|
| RESEARCH PAPERS | BOOKS | TRADEMARKS | CONFERENCE TALKS |

Protocols are taught as educational content. Their use in practice remains subject to each clinician's own registration, scope of practice, institutional approvals and the regulations of their country.

WHAT YOU WILL LEARN

# Eleven modules, *one fixed order*

More than seventy-five topics, taught in a deliberate sequence: anatomy and assessment before therapy, therapy before technology, technology before surgery. Two new modules for 2027 add sexual medicine and office diagnostics — the skills that make every other module safer.

| | | |
|---|---|---|
| I | Foundations, Anatomy & Patient Assessment | |
| II | Functional Gynaecology & Genitourinary Health | |
| III | Regenerative Therapeutics | |
| IV | Energy-Based Devices | |
| V | Aesthetic Gynaecology — Non-Surgical | |
| VI | Aesthetic & Functional Surgery | |
| VII | Urogynaecology & Pelvic Floor | |
| VIII | Reproductive Regeneration & Hormonal Optimisation | |
| IX | Functional, Anti-Ageing & Practice Medicine | |
| X | Sexual Medicine, Psychosexual Health & Body Image | NEW |
| XI | Pelvic Imaging, Office Diagnostics & Outcome Measurement | NEW |

### HOW EACH MODULE IS TAUGHT

- Live faculty lecture with case material, then open discussion
- A written protocol sheet you can take into clinic
- Reading from the IASRM gynaecology library
- Journal club on the evidence — including the negative trials
- Your own cases reviewed with your mentor

MODULE I

## Foundations, Anatomy & Patient Assessment

- Vulvovaginal and pelvic anatomy, histology, embryology, and vascular and neural supply
- Physiology of genital ageing, oestrogen loss and post-partum change
- Pelvic examination done well: inspection, POP-Q basics and pelvic-floor muscle grading
- The structured consultation: history, expectations, red flags and psychosexual screening
- Validated instruments — FSFI, ICIQ, VHIS, VAS, FGSIS — scoring and interpretation
- Standardised clinical photography, documentation and baseline measurement
- Informed consent, realistic expectations and when to decline treatment

MODULE II

## Functional Gynaecology & Genitourinary Health

- Genitourinary syndrome of menopause: diagnosis, staging and stepwise management
- Vaginal laxity and pelvic-floor dysfunction — assessment beyond subjective report
- Lichen sclerosus, vulvar dystrophies and chronic vulvar pain
- Vaginismus, dyspareunia and myofascial pelvic pain
- Post-partum recovery: perineal scarring, episiotomy sequelae, caesarean-scar niche
- Recurrent UTI, dysuria and the atrophic urogenital tract
- Vaginal microbiome, pH and recurrent vaginitis in the ageing tract

CURRICULUM, CONTINUED

MODULE III

## Regenerative Therapeutics

- Platelet-rich plasma: biology, classification systems and platelet-dose theory
- Preparation science — single versus double spin, the O-Cell® protocol, hd-PRP Intimashot®, quality control
- Platelet-rich fibrin: L-PRF, A-PRF, i-PRF and their gynaecological uses
- Plasma secretomes and exosomes: what is established and what is investigational
- Fat grafting, micro-fat, nanofat and SVF-Adipocell®
- Bone marrow aspirate concentrate for ovarian insufficiency and thin endometrium
- Amniotic biologics and Amfill® — evidence and regulation
- Indian and global regulation: ICMR stem cell guidelines, NDCT Rules 2019, ethics-committee pathways

MODULE IV

## Energy-Based Devices

- Tissue interaction: chromophores, thermal relaxation time and depth of effect
- Fractional CO2 and Er:YAG lasers — indications, settings framework, contraindications
- Diode 1470 nm and interstitial applications
- Monopolar, bipolar and multipolar radiofrequency
- HIFU for vulvovaginal laxity; HIFEM chairs for pelvic-floor weakness
- Building a protocol: selection, session spacing, endpoints and maintenance
- Regulatory clearance versus marketing claims — reading what a device is actually approved for
- Complications — burns, scarring, worsening dryness — recognition and management

MODULE V

## Aesthetic Gynaecology — Non-Surgical

- Hyaluronic acid: labia majora augmentation, anterior-wall and periclitoral augmentation — evidence and limits
- Biostimulators, polynucleotides and skin boosters in the vulvar region
- PDO and barbed threads for labia majora lift; the VLift® protocol
- NICG-Intimate Makeover®: sequencing non-invasive treatments into one plan
- Mesotherapy and carboxytherapy
- Intimate-area pigment: peels, depigmenting agents, priming and safety limits
- Botulinum toxin for vaginismus, vulvodynia and overactive bladder
- Caesarean scar and striae management

MODULE VI

## Aesthetic & Functional Surgery

- Labial hypertrophy: classification, indications and contraindications
- Labiaplasty — edge, wedge and composite techniques, and when each is right
- Clitoral hoodoplasty and its relationship to labiaplasty
- Labia majora reduction (majoraplasty) and monsplasty
- Perineoplasty, surgical vaginal tightening and delivery-scar revision
- Hymenoplasty — counselling, the ethics of the request, and countries where it is restricted
- Office anaesthesia: local infiltration, pudendal, paracervical and uterosacral blocks
- Complication prevention, over- and under-treatment, and revision surgery

CURRICULUM, CONTINUED

MODULE VII

## Urogynaecology & Pelvic Floor

- Pelvic-floor anatomy relevant to continence surgery
- Stress urinary incontinence and overactive bladder — evaluation and staging
- Urodynamics: what it measures and when it should change your plan
- TVT retropubic and TOT approaches, colposuspension and fascial sling
- Cystoscopy, patient evaluation and peri-operative care
- Non-surgical options: HIFEM, radiofrequency, PRP for SUI, pelvic-floor rehabilitation

MODULE VIII

## Reproductive Regeneration & Hormonal Optimisation

- Premature ovarian insufficiency and diminished ovarian reserve
- Thin endometrium, Asherman's syndrome and recurrent implantation failure
- Intraovarian and intrauterine regenerative protocols, including O-Cell® — realistic outcome framing
- Bio-identical hormone therapy: candidate selection, routes, dosing and monitoring
- Perimenopause, menopause and androgen therapy in women
- Contraindications, breast and cardiovascular risk discussion, and follow-up schedules



CLEANROOM LABORATORY · REGENERATIVE PREPARATION

MODULE IX

## Functional, Anti-Ageing & Practice Medicine

- Nutraceuticals, intravenous nutritional therapy and micronutrient assessment
- Nutrigenomics, epigenetics and biological-age testing — uses and limits
- Gut microbiome and metabolic health in genitourinary symptoms
- Regulation and ethics: HCT/P, ATMP framework, CDSCO and Indian practice
- Medico-legal consent, record-keeping, data protection and adverse-event reporting
- Advertising rules, publication ethics and honest patient communication
- Setting up a centre: space, equipment, workflow, staffing and pricing

### DEVICE-NEUTRAL, TECHNIQUE-FIRST

- Physics and tissue effect before any brand or platform
- Settings taught as a framework — fluence, density, depth, endpoints
- Every modality paired with its complication profile and limits
- Injectable anatomy with danger zones and vascular landmarks
- Surgical planning from classification, not photographs
- Consent language for each procedure, written and rehearsed

CURRICULUM, CONTINUED

MODULE X NEW

## Sexual Medicine, Psychosexual Health & Body Image

- Models of the female sexual response and how they guide treatment
- Desire, arousal, orgasm and pain disorders — assessment and first-line management
- Hormones, medication and chronic illness as drivers of sexual dysfunction
- Body image and genital self-image; screening for body dysmorphic disorder before any aesthetic request
- Trauma-informed examination and consultation
- Talking with couples; when and how to refer to psychosexual therapy

MODULE XI NEW

## Pelvic Imaging, Office Diagnostics & Outcome Measurement

- Transvaginal and transperineal ultrasound of the pelvic floor
- Endometrial thickness, pattern and perfusion before and after regenerative therapy
- Ovarian reserve: AMH, AFC and FSH — interpreting change honestly
- Vulvoscopy and when to biopsy; vaginal pH and maturation index
- Building an outcomes register: scores, photographs and follow-up intervals
- Turning your outcomes into a publishable case series

**NEW FOR 2027**

Modules X and XI were added after feedback from fellows: sexual medicine and body-image screening make every aesthetic decision safer, and office diagnostics let you measure — and publish — what your treatments actually achieve.

**THE PRACTICE TRACK**

- Room layout, equipment list and consumables for a new service line
- Pricing, package design and realistic first-year volumes
- Consent, photography and records that survive scrutiny
- Advertising rules and ethical patient communication
- Referral pathways: psychosexual medicine, urology, oncology, physiotherapy
- Auditing your outcomes and publishing what you find



*"Treat the woman, not the anatomy. The best procedure is sometimes a conversation."*

**HOW EVIDENCE IS LABELLED IN EVERY MODULE**

| | |
|---|---|
| Established | Supported by consistent trials or guideline recommendation |
| Promising | Encouraging data; used with careful selection and audit |
| Investigational | Research setting, ethics approval and full disclosure |
| Not supported | Taught so you can explain why you do not offer it |

PRACTICAL TRAINING IN NEW DELHI

# 4 days, *4 times a year.*

Practical classes run **for 4 days at a time, 4 times during the one-year fellowship** — spaced out so you can apply what you learn between them. Small groups, live faculty demonstrations, simulators and models, bench preparation in the lab, and daily assessment.

| M1 online | **M2 4 DAYS** | M3 online | M4 online | **M5 4 DAYS** | M6 online | M7 online | **M8 4 DAYS** | M9 online | M10 online | **M11 4 DAYS** | M12 online |
|---|---|---|---|---|---|---|---|---|---|---|---|

**4 practical blocks × 4 days each = 16 days** in New Delhi, spread across the year

Indicative months · exact dates shared at registration

PRACTICAL BLOCK 1

## Foundations, Assessment & Energy-Based Devices

4 DAYS · 10 AM–5 PM

**Assessment in practice** — consultation clinics, staging, validated instruments, standardised photography and consent role-play

**Genital laser** — fractional CO2 and Er:YAG for GSM, SUI, laxity and external indications — faculty demonstrations with settings explained

**Radiofrequency, HIFU & HIFEM** — device handling, parameters and endpoints across platforms

**Protocol building + quiz** — settings, spacing and contraindications written into your own protocol sheet

PRACTICAL BLOCK 2

## Bio-Injectables & Regenerative Preparation

4 DAYS · 10 AM–5 PM

**Hyaluronic acid** — injection anatomy and danger zones on models; labia majora, anterior-wall and introital techniques demonstrated

**PRP, PRF & secretomes at the bench** — draw, spin parameters, QC and activation in the lab; hd-PRP Intimashot® technique demonstrated

**Botulinum toxin & office technologies** — dilution, mapping and dosing; carboxytherapy, mesotherapy, PDO threads, VLift®, peels

**Regenerative intimate care + quiz** — SVF-Adipocell®, Intimacell® and PRP across internal and external indications

### HOW A PRACTICAL DAY RUNS

| | |
|---|---|
| 10:00 | Case review and the science behind the day |
| 11:00 | Live demonstration by faculty, with running commentary |
| 13:00 | Lunch and open questions with faculty |
| 14:00 | Supervised practice on simulators, models and at the lab bench |
| 16:00 | Protocol writing — settings and steps recorded |
| 16:30 | Quiz, skills check and debrief |

### BETWEEN BLOCKS

- Apply what you learnt in your own practice, with mentor review
- Discuss case records with your mentor
- Online case clinics and journal club
- Research milestones toward your paper

PRACTICAL TRAINING, CONTINUED

# From theatre to *your own practice*

PRACTICAL BLOCK 3

## Aesthetic & Functional Surgery — Surgical Block

4 DAYS · 10 AM–5 PM

**Live surgical demonstrations** — labiaplasty, perineoplasty and surgical vaginal tightening by faculty, with structured pre-briefing and debrief

**Office anaesthesia workshop** — infiltration, pudendal, paracervical and uterosacral blocks on models; safe dosing and toxicity management

**Tissue handling & suturing** — instruments, tension and layered closure on tissue models; hoodoplasty, majoraplasty and hymenoplasty by video

**Complications & revision + quiz** — dehiscence, asymmetry, chronic pain, burns and pigment change — when to wait, when to revise

PRACTICAL BLOCK 4

## Reproductive Regeneration, Hormones & Practice

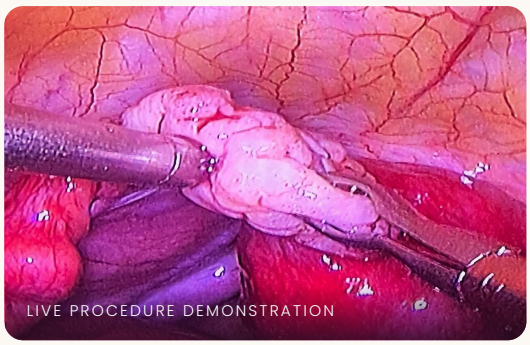
4 DAYS · 10 AM–5 PM

**Bone marrow & the O-Cell® protocol** — aspiration technique demonstrated, cell processing in the lab, intraovarian delivery explained step by step

**Fat grafting & nanofat** — lipoaspirate, micro-fat, nanofat and SVF preparation; secretome and exosome handling

**Urogynaecology & hormones** — urodynamics demonstration, TVT/TOT approaches, non-surgical SUI options, BHRT and IV protocols

**Practice, assessment & award** — centre set-up, pricing, documentation audit, case presentations, final assessment and viva



LIVE PROCEDURE DEMONSTRATION

### PEARLS SESSION — REVISION BEFORE PRACTICE

- Set-up, instruments, consumables and patient selection for each modality
- Genital anatomy, histology and embryology as they shape aesthetic outcome
- Physics of CO2 laser and radiofrequency
- Indications, contraindications and written protocols for every device
- Office anaesthesia: mechanism, limits and block technique
- Matching labiaplasty technique to the anatomy
- Step-by-step vaginal tightening and perineoplasty for delivery scars
- Thread lift and revitalisation of the labia majora
- Episiotomy errors and how they present years later
- Should labiaplasty be combined with hoodoplasty? A structured answer
- The pre-procedure safety checklist
- Revision surgery and honest expectation management

INSIDE THE FELLOWSHIP

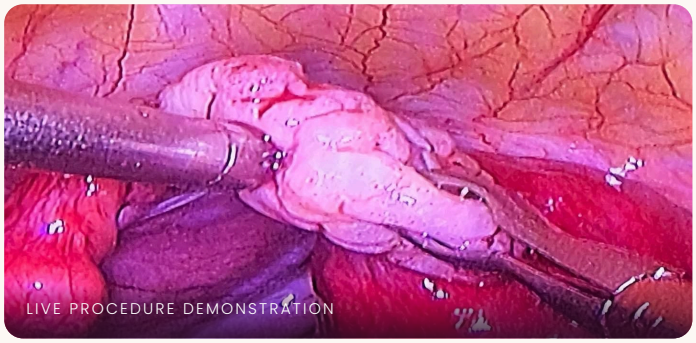
# Real labs. *Real learning.*


PRACTICAL BLOCK · SUNRISE HOSPITAL, NEW DELHI


CLEANROOM LABORATORY



PREPARATION SCIENCE


LIVE PROCEDURE DEMONSTRATION

## What "practical" means here

Practical blocks are educational exposure of the highest quality we can offer: faculty demonstrations on consenting patients, supervised work on simulators, tissue models and anatomical models, and hands-on preparation science in the laboratory.

Fellows do not treat patients during the blocks. You apply what you learn in your own practice, under your own registration, with your mentor reviewing your early cases — which is where real competence is built.

**VENUE**

Sunrise Hospital, Kalindi Colony, New Friends Colony, New Delhi — an NABH-accredited hospital with a clinical collaboration MOU with IASRM.

**WHAT YOU WILL PRACTISE**

Observed in faculty demonstrations, simulated on models, then applied in your practice with your mentor.

- Structured assessment with validated instruments and standardised photography
- PRP, PRF and hd-PRP Intimashot® preparation, quality control and technique
- Nanofat, SVF-Adipocell® and fat-graft preparation
- Bone marrow aspiration and the O-Cell® protocol
- Laser, radiofrequency, HIFU and HIFEM sessions with settings and endpoints
- Hyaluronic acid, biostimulator and thread procedures, incl. VLift®
- Botulinum toxin for vaginismus, vulvodynia and overactive bladder
- Labiaplasty, hoodoplasty, perineoplasty and vaginal tightening
- Consent, follow-up and outcome scores for every case

CLINICAL GOVERNANCE

# Safe for your patients. *Safe for you.*

Intimate health is the most personal care a woman receives — and one of the most scrutinised areas of practice. That is why governance is taught as a clinical skill throughout the year, not left to a final lecture. These are the eight standards every IASRM fellow trains to.

### Consent you can defend

Procedure-specific written consent, cooling-off time for aesthetic requests, and documented discussion of alternatives, risks and the realistic outcome.

### Screen before you treat

Psychosexual and body-image screening before any aesthetic genital request; counselling, not surgery, when anatomy is normal and distress is the issue.

### No aesthetic genital procedures under 18

Taught as an absolute rule, in line with international professional guidance.

### Photography & data protection

Separate photo consent, secure storage, and records handled under India's Digital Personal Data Protection Act, 2023 and equivalent law abroad.

### Regenerative therapies within the rules

Cell-based and biologic therapies taught within the ICMR National Guidelines for Stem Cell Research and the New Drugs & Clinical Trials Rules, 2019 — and ethics-committee approval where required.

### Honest communication

No outcome guarantees, no before-and-after selling, and patient communication that respects medical-council conduct rules and advertising law.

### Know the law where you practise

Some procedures — hymenoplasty among them — are restricted or prohibited in certain countries. Fellows are taught to check before they offer.

### Adverse events, recorded

A complication is documented, disclosed, managed and reported — and discussed openly in case review.

### EIGHT COMMITMENTS IASRM HOLDS ITSELF TO

- Every modality taught with its evidence grade stated aloud
- Device physics before brands — no sales decks
- Complications as a taught subject with its own block
- Written protocols for every procedure, in your hands
- A named mentor for the whole year
- Small groups — no crowd-certification
- A peer-reviewed publication from every fellow
- Business, consent and medico-legal training

### WHAT THE FELLOWSHIP IS — AND IS NOT

The IASRM Fellowship is an educational training programme. It is not recognised by the National Medical Commission and does not confer a licence, registration, specialist qualification or right to practise. The certificate may not be used as a post-nominal.

What it does give you is a year of structured learning, practical training, a publication and a lifelong network — and the judgement to use them well within your own scope of practice.

FACULTY & LEADERSHIP

# Faculty, advisors *& partners*

**Dr Red M Alinsod**
Scientific Chairman, IASRM · Founder, GyNflix
USA

**Dr Adrian Gaspar**
Scientific Co-Chairman, IASRM
ARGENTINA

**Dr Martha Gabriela Serrano**
Senior Faculty & Vice President
MEXICO

**Dr Nahla El Awady**
Senior Faculty & Associate Vice President
UAE

**Dr Noha Salah**
Senior Faculty & Executive Board Member
EGYPT

**Dr Sandeep Bhasin**
Senior Faculty
INDIA

**Prabhu Chandra Mishra**
Founder President, IASRM · Course Organiser
INDIA

## SCIENTIFIC ADVISORY BOARD

- **Dr Annalisa Calisti** · Scientific Advisory Board
- **Dr Ksenija Šelih Martinec** · Scientific Advisory Board
- **Dr Ihsan Naimat** · Scientific Advisory Board
- **Dr Daryl J Dumdum** · Scientific Advisory Board
- **Dr Manjula Anagani** · Padma Shri Awardee

## CLINICAL FACULTY

- Dr Nikita Trehan
- Dr Binod Samal
- Dr Nasreen Siddiqui
- Dr Garima Agrawal
- Dr Ragini Agrawal

and visiting international faculty in every module, including Spanish-speaking faculty for Latin American fellows.

## CLINICAL, ACADEMIC & SCIENTIFIC COLLABORATIONS

SUNRISE HOSPITAL experience · expertise · care

CLINICAL COLLABORATION · PRACTICAL VENUE
**Sunrise Hospital, Delhi**
NABH-accredited · clinical collaboration MOU

Carewell Medical Centre

CLINICAL COLLABORATION
**Carewell Medical Centre, Delhi**
Clinical collaboration

NewLife Surgery

CLINICAL COLLABORATION
**NewLife Surgery**
Clinical collaboration

Sharda University

INDUSTRY–ACADEMIA COLLABORATION
**Sharda University, Agra**
MOU with Stemmax Research & Therapeutics for research, training & academics

SOLAGEF Sociedad Latinoamericana de Ginecología Estética y Funcional

INDO–LATAM SCIENTIFIC COLLABORATION
**SOLAGEF**
Sociedad Latinoamericana de Ginecología Estética y Funcional

PSRM

INDO–PHILIPPINES SCIENTIFIC COLLABORATION
**PSRM**
Philippine Society for Regenerative Medicine

GyNflix (USA)

VIDEO LEARNING PARTNER
**GyNflix (USA)**
Surgical video library · optional add-on

STEMMAX™ RESEARCH & THERAPEUTICS PVT. LTD.

ORGANISED & MANAGED BY
**Stemmax Research & Therapeutics**
Knowledge, research & event partner of IASRM

THE IASRM ECOSYSTEM

LONGEVITY REVOLUTION™ · THE HEALTHSPAN STANDARD™ · Longevity Revolution — Journal of Longevity & Regenerative Medicine · AYUVA™ LONGEVITY INSTITUTE

The IASRM Fellowship is designed and awarded by IASRM. Collaborations cover the areas stated; partner institutions do not by themselves accredit or award the fellowship.

OPTIONAL ADD-ON · CHARGED SEPARATELY

# GyNflix — the *video learning library*

A curated, full-length surgical and procedural video library for aesthetic, functional and regenerative gynaecology, founded by Dr Red M Alinsod, Scientific Chairman of IASRM. Fellows may add GyNflix access at registration; it is registered and charged separately from the fellowship fee.

### WHAT IS INSIDE

- Full-length procedures filmed in theatre — not highlight reels
- Labiaplasty, hoodoplasty, majoraplasty, perineoplasty, vaginal tightening
- Energy-device and injectable sessions with settings and endpoints on screen
- Regenerative preparation: PRP, PRF, nanofat, SVF and bone marrow aspiration
- Complication and revision cases — the ones conferences rarely show
- Faculty commentary on selection, danger points and decisions

### HOW FELLOWS USE IT

- Watch each procedure three times: first for indication and selection, then for anatomy and instruments, then for sequence and danger points
- Keep a structured note per video — anaesthesia, settings, technique, expected outcome, complications
- Arrive at each practical block with specific questions
- Revisit any procedure before you attempt it in your own theatre

### ADD GYNFLIX TO YOUR REGISTRATION

Tick the GyNflix option on the registration form, or write to info@iasrmglobal.org at any point in the year. Access credentials and current subscription options are confirmed by email once your fellowship seat is booked. GyNflix may also be taken independently by qualified practitioners.

- Charged separately from the fellowship fee
- Personal and non-transferable access
- Content may not be re-recorded or shared
- New procedures added as they are filmed



*Video study is preparation, not qualification. Nothing in the library replaces supervised learning, and no fellow is signed off on a procedure they have only watched.*

BOOKS BY THE COURSE ORGANISER

# The reference *library*

Fellows receive protocol sheets, lecture handouts and reading lists drawn from these titles. Gold markers indicate core reference texts for this fellowship.

## AUTHORED BOOKS

- **PRP & Exosomes in Functional, Regenerative & Aesthetic Gynaecology**
  Clinical reference and protocols
- **Stem Cell & Regenerative Medicine in Infertility**
  POI, thin endometrium, implantation failure
- **Regenerative Intelligence**
  Classical Indian systems thinking meets regenerative science
- **BIOREBOOT**
  The complete blueprint to reverse biological age
- **Rewire**
  Holistic anti-ageing — the science and the practice
- **Reborn**
  A practical, protocol-led guide to regeneration
- **The AYUVA Method**
  Engineering human healthspan
- **The Healthspan Standard**
  Longevity, regenerative and functional medicine as one standard
- **The Regenerative Standard**
  What good regenerative practice looks like
- **The Longevity Atlas**
  The global state of longevity and regenerative medicine
- **The 10 PM Club**
  A parable on night-time repair
- **Sex, Science & Sweety**
  Popular science on attraction, intimacy and sexual wellness

## EDITED VOLUMES · IASRM REGENERATIVE GYNAECOLOGY LIBRARY

**FRAG — Functional, Regenerative & Aesthetic Gynaecology**
The didactic textbook of the series — Editor-in-Chief & Series Editor

**Clinical Practice Guidelines for Functional & Regenerative Aesthetic Gynaecology**
GRADE-style guideline volume — Chair & Editor-in-Chief

**Regenerative Aesthetic & Functional Gynaecology — Guidelines & Protocols**
Modality-organised technical companion — Chair & Editor-in-Chief

## ALSO ISSUED TO EVERY FELLOW

- Study manual covering every module — objectives, key concepts, clinical application and evidence position
- Assessment and question bank with rationales, viva questions and skills-station descriptors
- Research workbook: module tracker, case-review templates, manuscript milestones
- Protocol compendium with consent templates and assessment forms

## HOW THE LIBRARY IS USED

Each module carries a short reading list from these titles alongside its protocol sheets. The gynaecology volumes hold the written protocols used in the practical blocks.

HOW YOU ARE CERTIFIED

# The certificate *you earn*

Certification follows completed work, not attendance. Four requirements stand between you and the award — and each one makes you a better clinician.

**01**

### All modules completed

Attendance or recorded completion of every online module and at least one practical block, with module quizzes passed.

**02**

### Practical assessment

Skills-station and case-based assessment of consent, technique, outcome measures and follow-up.

**03**

### Final assessment & viva

Written assessment, skills-station evaluation and an oral viva with faculty on the final day of Block 4.

**04**

### Thesis or review article

An original paper prepared with editorial mentorship and submitted to a peer-reviewed journal.


Certificate No. IASRM/FRAG/2025/2094

INTERNATIONAL ASSOCIATION OF
STEM CELL & REGENERATIVE MEDICINE

*Certificate of Fellowship*

*This is to certify that*

Fellow's Name

has completed the prescribed course of study, assessments and research requirements and is awarded the

FELLOWSHIP IN FUNCTIONAL, REGENERATIVE & AESTHETIC GYNAECOLOGY

ONE-YEAR HYBRID TRAINING PROGRAMME

An intensive programme of expert-led didactic teaching, live and video demonstrations, case-based learning and supervised hands-on workshops on models and simulators across aesthetic, functional and regenerative gynaecology: energy-based devices (laser, radiofrequency, HIFU and HIFEM) for vaginal laxity, genitourinary syndrome of menopause and stress urinary incontinence; botulinum toxin, hyaluronic acid fillers, threads and carboxytherapy; PRP, fat grafting and stem cell approaches; and surgical video-based training in labiaplasty, clitoral hood reduction, perineoplasty, vaginoplasty and labia majora augmentation, with emphasis on patient selection, counselling, consent and complication management.

By accepting this Fellowship, the Fellow commits to the highest standards of patient care and safety, informed consent and ethical practice, and to advancing evidence-based functional, regenerative and aesthetic gynaecology through continued learning, clinical excellence and research.

Awarded on 24 September 2026 at New Delhi, India

Prabhu Chandra Mishra — Founder President, IASRM
Dr Adrian Gaspar — Scientific Co-Chairman, IASRM
Dr Martha Gabriela Serrano — Senior Faculty & Vice-President, IASRM
Dr Nahla El Awady — Senior Faculty & Associate Vice-President, IASRM
Dr Noha Salah — Senior Faculty & Executive Board Member, IASRM
Dr Sandeep Bhasin — Senior Faculty, IASRM
Dr Swagata Baishya — Senior Faculty & Assistant Vice-President, IASRM

This Fellowship is an academic award of the International Association of Stem Cell & Regenerative Medicine, granted on completion of its educational training programme. It does not in itself confer a licence to practise or a registrable medical qualification; holders practise within the scope of their own professional registration and the regulations of their country of practice. Certificate authenticity may be confirmed with IASRM at info@iasrmglobal.org · www.iasrmglobal.org

GYNFLIX · StemMAX · SUNRISE HOSPITAL

Specimen certificate · names and signatures masked

### Unique certificate number

Every award individually numbered

### QR code for verification

Employers and patients can verify it online

### Signed by senior faculty

Founder President and international faculty

### Track-specific citation

Describes exactly what you trained in

## RESEARCH & PUBLICATION SUPPORT

- Topic selection and question framing with your mentor
- Study design, ethics submission and consent documentation
- Data structure, outcome measures and basic statistics
- Drafting, referencing, figures — and responding to reviewers
- Opportunity to present at the IASRM World Congress

The certificate records completion of an educational training programme — didactic teaching, live demonstration and simulation-based training in functional, regenerative and aesthetic gynaecology. It is not a licence or registrable qualification.

## BEYOND THE FELLOWSHIP

**Webinars & CME**
Priority access all year

**Longevity Revolution**
Present at the annual congress

**Journal & magazine**
Publish with IASRM

**Research collaborations**
Multi-centre projects

**Global Fellows Map**
Referrals across six continents

**Faculty pathway**
Teach, mentor and speak

**Guideline co-authorship**
IASRM textbook projects

**A mentor for life**
For the difficult cases

ONE GLOBAL COMMUNITY

# A fellowship *you belong to*

Every fellow joins a living community: annual congresses, convocation ceremonies and a network that continues long after the year ends. More than 3,000 doctors, researchers and academicians have trained and connected through IASRM programmes.



FELLOWSHIP CONVOCATION · LONGEVITY REVOLUTION 2025


LIVE SCIENTIFIC SESSIONS


LONGEVITY REVOLUTION CONGRESS

## FROM THE USA TO CHINA, ONE STANDARD

**AMERICAS**
USA · Mexico · Colombia · Latin America

**EUROPE**
Germany · Switzerland · Italy · Poland · Slovenia · Serbia · Romania · Hungary · Moldova · Czech Republic · Slovakia · Lithuania

**GCC & MENA**
Saudi Arabia · UAE · Oman · Qatar · Kuwait · Bahrain · Iran · Iraq · Jordan · Egypt

**ASIA**
India · Nepal · Sri Lanka · Bangladesh · China · Philippines · Indonesia · Malaysia

**3,000+** TRAINED & CONNECTED

**6** CONTINENTS

**20+** GLOBAL FACULTY

## IN THEIR OWN WORDS

Scan to watch fellows describe their year — the teaching, the mentorship and what changed in their practice.

Fellow voice 01 · Fellow voice 02 · Fellow voice 03

QUESTIONS DOCTORS ASK US

# Before *you decide*

The questions we hear most often from doctors considering the fellowship, answered plainly.

### Can I do this alongside my practice?

Yes. Lectures run live in the evening (Batch A) or on Saturday mornings in the Americas (Batch B), every session is recorded, and the practical days come in four blocks of four days.

### I live outside India. Can I join?

Yes. Choose your batch, pay USD 5,500, and attend at least one of the four practical blocks in New Delhi (all four are included). We issue an invitation letter for your visa.

### Do I need to own a laser or a centrifuge first?

No. The practice track covers what to buy, in what order, and what to avoid.

### How often do I need to come to New Delhi?

Four blocks of 4 days run across the year — 16 practical days in all. Attending at least one block is mandatory; you are welcome at all four. Everything else is online.

### Can I miss a practical block?

Yes. Attending at least one of the four blocks is mandatory, and all four are included in your fee — we recommend attending as many as you can.

### I have never operated on the vulva.

The surgical modules begin at anatomy and classification, and demonstration and simulation always come before independent practice.

### Will I treat patients during the blocks?

No. Faculty demonstrate on consenting patients; you train on simulators, models and in the lab, then apply what you learn in your own practice with mentor review.

### I have never published. Can I complete the paper?

Yes. Your mentor guides you from the research question to journal submission. Certification is held until the manuscript is submitted.

### Is this a licence or a registrable degree?

No. It is an educational training programme. It does not confer a licence, registration, specialist qualification or right to practise.

### Who awards the certificate?

IASRM, once your modules, practical attendance, assessments, viva and research paper are complete.

### How do I pay, and what if plans change?

In INR or USD by bank transfer or a secure payment link: 50% at registration, 50% within 45 days. Fees are non-refundable; your seat can be transferred once to an intake within 12 months.

### Is GyNflix included?

No. It is an optional add-on, charged separately. Tick it on the form if you want access.

**Still have a question?**
Our fellowship coordinator will be glad to help.

WhatsApp +91 98104 18415
info@iasrmglobal.org

INVESTMENT & TERMS

# One programme, *priced for India and the world*

**FELLOWS IN INDIA**

**₹4,50,000**

+ 18% GST (₹81,000) · **total ₹5,31,000**

**FELLOWS RESIDING OUTSIDE INDIA**

**USD 5,500**

Programme fee, payable in US dollars

**50% at registration** to confirm your seat · **50% within 45 days** · bank transfer or secure payment link, payable to Stemmax Research & Therapeutics Pvt Ltd

## INCLUDED IN THE FEE

- Twelve months of live online teaching, every session recorded
- All four practical blocks — 4 days each (16 days) in New Delhi; attend at least one (mandatory), all four included
- Protocol compendium and lecture handouts
- Study manual, question bank and research workbook
- One-to-one mentorship and research supervision
- One year of IASRM associate membership
- 25% discount on IASRM conferences in your first year

## NOT INCLUDED

- ◇ GyNflix video-library access (optional add-on, charged separately)
- ◇ Travel, visa and accommodation for the practical blocks
- ◇ Equipment for your own clinic
- ◇ Article-processing charges levied by your chosen journal
- ◇ International bank charges (borne by the fellow)

## TERMS OF THE PROGRAMME

| | |
|---|---|
| **Fees & transfer** | All fees are **non-refundable** once paid. You may transfer your seat **once** to an intake starting within 12 months of your original intake. |
| **Practical attendance** | Attending at least one of the four practical blocks is mandatory for certification; all four are included in the fee. |
| **Recognition** | Not recognised by the National Medical Commission. A training programme, not a licensing programme; it confers no additional registration, qualification or right to practise. |
| **Use of the certificate** | May not be used as a post-nominal or represented as a registrable or specialist qualification. |
| **Payments & jurisdiction** | Fellows in India pay in INR plus GST; fellows outside India pay in USD. All disputes subject to Delhi jurisdiction only. |

## HOW TO PAY SAFELY

Payment details are shared directly by our fellowship coordinator once your registration form is received, together with a GST invoice from Stemmax Research & Therapeutics Pvt Ltd.

**Always confirm before you transfer.** Call or WhatsApp +91 98104 18415 to verify payment details — IASRM never changes them by email.

REGISTRATION FORM · PAGE 1 OF 3

# Fellowship in Functional, Regenerative & Aesthetic Gynaecology

Application no. (office use)

Please complete in BLOCK CAPITALS, sign page 3, and send all three pages with your documents and payment proof to info@iasrmglobal.org or WhatsApp +91 98104 18415.

## A PROGRAMME SELECTION

INTAKE ☐ February 2027 ☐ August 2027 ☐ Later intake: _____

LECTURE BATCH ☐ A · Friday 8–10 PM IST ☐ A · Sunday 8–10 PM IST ☐ B · Saturday 9–11 AM Mexico City

FEE CATEGORY ☐ India · ₹5,31,000 incl. GST ☐ Outside India · USD 5,500

PAYMENT PLAN ☐ 50% now, 50% within 45 days ☐ Full fee now

GYNFLIX ADD-ON (CHARGED SEPARATELY) ☐ Yes, register me ☐ No, not now

## B PERSONAL DETAILS

TITLE | FULL NAME — EXACTLY AS IT SHOULD APPEAR ON THE CERTIFICATE

NAME AS ON PASSPORT (IF DIFFERENT) | GENDER

DATE OF BIRTH (DD MM YYYY) | NATIONALITY | FATHER'S / SPOUSE'S NAME

PASSPORT NO. (INTERNATIONAL FELLOWS) | PASSPORT ISSUE DATE | PASSPORT EXPIRY | PLACE OF ISSUE

## C CONTACT DETAILS

POSTAL ADDRESS — HOUSE / STREET / AREA | LANDMARK

CITY | STATE / PROVINCE | PIN / POSTAL CODE | COUNTRY

MOBILE / WHATSAPP (WITH COUNTRY CODE) | ALTERNATE PHONE

EMAIL ADDRESS | ALTERNATE EMAIL

## D PROFESSIONAL QUALIFICATIONS & REGISTRATION

PRIMARY MEDICAL DEGREE (MBBS OR EQUIVALENT) | UNIVERSITY / COLLEGE | YEAR

POSTGRADUATE DEGREE / DIPLOMA (MD / MS / DNB / DGO / OTHER) | UNIVERSITY / COLLEGE | YEAR

ADDITIONAL QUALIFICATIONS, FELLOWSHIPS OR CERTIFICATIONS

SPECIALTY ☐ Obstetrics & Gynaecology ☐ Urogynaecology ☐ IVF / Reproductive medicine ☐ Urology
☐ Dermatology ☐ Plastic surgery ☐ Aesthetic medicine ☐ Other: _____

MEDICAL COUNCIL / REGISTERING AUTHORITY | REGISTRATION NUMBER | VALID UNTIL

YEARS IN CLINICAL PRACTICE | CURRENT DESIGNATION | HOSPITAL / CLINIC / INSTITUTION

PRACTICE SETTING ☐ Own clinic ☐ Private hospital ☐ Government hospital ☐ Medical college / academic

REGISTRATION FORM · PAGE 2 OF 3

# Your clinical profile & logistics

Application no. (office use)

## E CURRENT CLINICAL PROFILE

I ALREADY OFFER ☐ PRP / PRF ☐ Laser (CO2 / Er:YAG) ☐ Radiofrequency ☐ HIFU / HIFEM ☐ HA fillers ☐ Threads ☐ Botulinum toxin ☐ Labiaplasty / vaginal surgery ☐ SUI slings ☐ IVF / ART ☐ BHRT ☐ Not yet — starting fresh

DEVICES / EQUIPMENT YOU CURRENTLY HAVE ACCESS TO

APPROX. GYNAECOLOGY PATIENTS PER MONTH

APPROX. MENOPAUSE / GSM PATIENTS PER MONTH

AESTHETIC-GYNAE ENQUIRIES PER MONTH

WHAT DO YOU MOST WANT THIS FELLOWSHIP TO CHANGE IN YOUR PRACTICE?

## F MENTORSHIP & RESEARCH

RESEARCH EXPERIENCE ☐ None yet ☐ 1–3 publications ☐ 4–10 publications ☐ More than 10

AREA YOU WOULD LIKE TO RESEARCH OR PUBLISH ON

PREFERRED MENTORING LANGUAGE ☐ English ☐ Spanish ☐ Arabic ☐ Hindi

MENTOR REGION PREFERENCE ☐ No preference ☐ India ☐ Middle East ☐ Europe ☐ Americas

## G TRAVEL & PRACTICAL-BLOCK LOGISTICS

VISA INVITATION LETTER REQUIRED? ☐ Yes ☐ No — Indian national / OCI ☐ No — visa already held

NEED HOTEL SUGGESTIONS NEAR THE VENUE? ☐ Yes ☐ No

SCRUB SIZE ☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL

DIETARY PREFERENCE ☐ Vegetarian ☐ Non-vegetarian ☐ Vegan ☐ Jain ☐ Other: _____

ALLERGIES OR ACCESS NEEDS WE SHOULD KNOW ABOUT

EMERGENCY CONTACT — NAME

RELATIONSHIP

PHONE (WITH COUNTRY CODE)

## H INVOICE & GST DETAILS

INVOICE IN THE NAME OF ☐ Myself ☐ My hospital / institution

BILLING NAME

GSTIN (INDIA, IF APPLICABLE)

PAN (INDIA)

BILLING ADDRESS

## I PAYMENT DETAILS — ATTACH PROOF OF PAYMENT

AMOUNT PAID

CURRENCY

DATE OF PAYMENT

PAYING BANK

MODE ☐ NEFT / RTGS / IMPS ☐ SWIFT wire ☐ UPI / PhonePe ☐ Secure online link ☐ Cheque / DD

TRANSACTION REFERENCE / UTR NUMBER

PAID BY (IF NOT THE APPLICANT)

REGISTRATION FORM · PAGE 3 OF 3

# Documents, consents & declaration

Application no. (office use)

## J HOW DID YOU HEAR ABOUT US?

☐ Instagram @iasrm.global ☐ IASRM website ☐ A colleague ☐ An IASRM fellow ☐ Conference / CME
☐ WhatsApp group ☐ Google search ☐ Other: _____

REFERRED BY (NAME OF IASRM FELLOW OR FACULTY, IF ANY)

## K DOCUMENTS ENCLOSED — TICK EACH

☐ Medical-council registration certificate (provisional or permanent)
☐ MBBS mark sheets and degree certificate
☐ PG degree / diploma certificate
☐ Passport (international) or domicile/ID proof (India)
☐ Copy of visa, where applicable
☐ Recent passport-size photograph
☐ Short CV (one or two pages)
☐ Proof of payment

Affix recent passport-size photograph

## L CONSENTS

☐ I agree ☐ I do not agree — IASRM may use photographs and video of me taken during the programme in its educational and promotional material.

☐ I agree — IASRM and Stemmax Research & Therapeutics may process my personal data for admission, administration, certification and verification, in line with the Digital Personal Data Protection Act, 2023. My data will not be sold or shared for marketing by third parties.

☐ I agree ☐ I do not agree — to receive IASRM updates on webinars, congresses and programmes by email and WhatsApp.

## M DECLARATION

I declare that the information I have given is true and complete, and that I hold a valid registration to practise medicine. I have read and accept the programme terms, including the fee, payment schedule and non-refundable fee policy. I understand that:

- the IASRM Fellowship is an educational training programme, not recognised by the National Medical Commission, and confers no licence, registration, specialist qualification or right to practise;
- I may not use the certificate as a post-nominal or represent it as a registrable qualification;
- during practical blocks I will observe faculty demonstrations and train on simulators, models and in the laboratory, and will not administer treatment to patients;
- I will keep confidential any patient information I see, and will not photograph or record patients or procedures;
- any procedure I later perform is my own professional responsibility, within my scope of practice and the laws of my country;
- the award requires completion of all modules, at least one practical block, the final assessment and submission of a research paper;
- all disputes are subject to the jurisdiction of courts in Delhi, India.

SIGNATURE OF APPLICANT | DATE | PLACE

## N FOR OFFICE USE ONLY

RECEIVED ON | RECEIVED BY | PAYMENT VERIFIED (AMOUNT / DATE)

DOCUMENTS VERIFIED | BATCH ALLOTTED | MENTOR ALLOTTED | FELLOW ID

INVOICE NO. | BALANCE DUE DATE | CERTIFICATE NO. (ON AWARD) | AUTHORISED SIGNATORY

NEXT STEPS

# How to *apply*

Seats are limited each intake to protect mentorship quality. Apply early to secure your place.

**01**
**Send your enquiry**
WhatsApp +91 98104 18415 or email info@iasrmglobal.org with your specialty and preferred intake.

**02**
**Choose your batch**
Batch A (Asia, Middle East, Europe, Africa) or Batch B (the Americas).

**03**
**Submit the form**
All three pages of the registration form with the listed documents.

**04**
**Pay 50% to confirm**
Your seat is confirmed on receipt; the balance is due within 45 days.

**05**
**Begin**
Receive your timetable, module access, reading lists and mentor allocation.

## DOCUMENTS REQUIRED

- Provisional or permanent registration certificate from your medical council
- Mark sheets and degree certificates — MBBS, PG degree or diploma
- Passport or domicile document as proof of nationality and address
- Copy of visa, where applicable
- Passport-size photograph and a short CV
- Proof of payment

## ACCOMMODATION NEAR THE VENUE

Fellows arrange their own stay. Hotels convenient for Sunrise Hospital, New Delhi:

**NEAR THE VENUE**
Suryaa · Eros Hotel · Shangri-La Eros · The Muse Sarovar Portico

**OTHER SOUTH DELHI OPTIONS**
Sheraton · Palm Green · Svelte Hotel & Personal Suites · The Orion Group, Greater Kailash I

## Talk to our fellowship coordinator

We'll help you choose your intake and batch, check your eligibility, and answer anything this brochure hasn't.

**info@iasrmglobal.org · +91 98104 18415**

**Website**
iasrmglobal.org

**WhatsApp**
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