
From The Desk of Editor-in-Chief

JSOGP: View Points

Over two and a half years of initial stride, of the Journal of the Obstetricians and Gynaecologists of Pakistan (JSOGP), it is time to ponder upon as to where we started, where we have reached and where are we heading!

After having successfully emerged out of the tenure of the first President of SOGP, Prof Lubna Hassan in the history of JSOGP, whose this particular dream has come true, the journal has now impinged upon the tenure of the second President of SOGP, a mile stone in the history of the journal. At this point it is necessary to emphasise upon the fact that the Editorial Board is confident about the all out support for the journal by the present President of SOGP, Prof Tasneem Ashraf, as without which the fun and satisfaction of this periodical would be blemished.

JSOGP is a quarterly, peer reviewed journal. The publication of its inaugural issue, Volume one, number one (vol.1, no.1) covering the period January to March 2011 was a sign of relief, but with the fear as to what will become of the next one. However sure of Almighty Allah's help, its volumes and numbers kept on rolling out in succession, until the time of Vol.3, No.3 covering the period July to September 2013, where in this [View Point](#) is appearing.

Apart from the Editor-in-Chief the journal has a Deputy Editor-in-Chief, so important for such ventures. The Editors are from all over the

country, as well as from abroad, the Advisors are the past presidents of SOGP, for their wisdom and support and the Managers, so essential for the accomplishment of the task along with the epidemiologists, biostatistician and a diligent graphics and layout person are all fully motivated.

Talking of my self, I am only a dedicated Editor; with an inborn kindling desire; wishing to provide academic betterment of all concerned. My interest; is only to edit and publish a journal of such nature; as was amply apparent from my vows in the first few pages of the first issue.¹ The sole purpose of me having accepted the offer of Chief Editorship (an arduous but cherished responsibility) was dispersal of knowledge far and wide to the recipients and to achieve the achievable heights for this journal.

The journal has world class standard scientific format, stipulated here and there with the para curricular/ extracurricular sayings and pictorial inserts, for widening the cerebral fringes of the readers, rather than being cocooned up in Obstetrics and Gynaecology alone. We all need literary fervour to help our neurons to flourish, for widening our horizon and applying holistic approach to humanity.

Components of the Journal

- **Editorials** by outstanding professionals and professors of renown, on diverse topics.

- **Commentaries** of informative and instructive value.
- **Original Articles** in standard format.
- **Review articles** with thorough analysis of the topic information.
- **Special, Educational and other articles** to broaden the arena/scope of the journal.
- **Case Repts** with their clinical value.
- **Annotations** explain, enhance and comment on various facets of the articles they follow.
- Obituaries of the legendary obstetricians / gynaecologists, gone by.
- **Quiz** for thoughtful analysis of the dilemma(s).
- **Extracts from current literature** for advancement of knowledge.
- **Instructions to guide the authors**, as per International requirements.
- **Book Reviews** for critical appraisal of the refereed book.
- **Pictorial series** for solidarity of background, from past and present times.
- **Quotes and pictures**, as already mentioned in passing, when used as fillers, the former serve to enhance the values of life and the latter are meant to provide mental relaxation and realization of beauties of nature, in particular context of the topics they follow.
- **Historic Perspectives**; last but not the least requires rather elaborate discussion for justification of their inclusion in a speciality journal.

History has formed a component of each issue of JSOGP **why?** Because a well rooted statement says, "medical history is the history of mankind", in addition to being interesting. Moreover is it not nice to know that obstetrics and gynaecology most probably started in the Indus basin 5000 years ago and then spread towards the east and west,^{2,3} whence our Global hunt started. Digging into the birthing modes of prehistoric women, starting from 200,000 years ago, as to by whom, where and how they were, if at all helped out⁴ and as to how far humanity has progressed in this basic field. **Is what they experienced, too different from present times?**

Yes, in the highly developed setups, there are extremely advanced facilities and comforts involved in and around child birth. But aren't some remote areas of the world and some primitive tribes still experiencing the same or similar birthing practices of prehistoric to historic era.⁴ Infact the study of these scenarios helps archaeologists and other scientists to extrapolate the information gained to early female homosapains.

Another pertinent aspect dealt with in various issues of JSOGP, is the **Social status and Plight of Women and Girls Over the Period of Time**. Interestingly enough the social systems in this respect have been **Matriarchal** e.g. in Egypt many millennia ago, but later got lob sided and converted to **Patriarchal** system.⁵

Similarly in Mexico and Central America, the Mayas, some thousands of years ago had **Matriarchal and Matrilinear** system⁶, but with the

Aztecs coming up Patriarchy started, thus generally reducing the status of women.⁶

Arn't we in Pakistan still suffering; rather in a more aggressive manner; from the math and after math of Patriarchal social set up, leading to Violence against Women, be it domestic^{7,8} or otherwise like Embarassment → Harassment → Sexual assault. Further more gender disparity abounds in all walks of life including educational institutions⁹, working places or otherwise, despite the fact that our resource poor country needs women to work. More recelty as highlighted by the media, the Patriarchal men like to rule over their own subservient child bearers, are let loose by lust or lecherous nature to blemish the honour of other's women and girls, seen on the road sides or else where.¹⁰ The resultant Rape victims, arn't they the problems of gynecologists and later obstetricians.

The suggestion of Shahrukh Khan (Indian actor) that we should teach our boys to be gentle, good and respectful towards women, if followed, will be very helpful in this respect.¹¹

The girls on the other hand have been segregated before their first menstrual period and the event celebrated by the elder women in North American/ Canadian cultures by Native Americans.⁶ Moreover the girls were burried alive in Arabian Penninsula, before the advent of Islam. In our own country myths still surround menarchae and menstruation, clouding this physiological function.

Interestingly enough the Maori girls of New Zealand (to be discussed in the next issue of JSOGP) were considered 'Tapu' (special), loved

and respected¹², an example dating back from ancient times which should be brought down to present cultures like ours.

Talking of Scientific Material i.e the Manuscripts

By the grace of Allah, we have attained a substancial level of improvement in the material submitted for publication in JSOGP, but we have a long way to go still. The received manuscripts undergo correction and recorection, and are commented upon by the reviewers (peer review being a fundamental requirement of the the journal), the Biostatistician and Epidemiologist. The articles are there after revised, modified and resubmitted by the authors, for publication. The whole process being a deep rooted, specific education for the authors. They are finally meticulously proof read and edited by my humble self for format, grammer, punctuation or other pertinent parameters and before going to the press, they are rectified according to all norms, a breath holding task in its own right, which has to be accomplished under the duress of time, often leaving my personal chores in abeyance.

Furthermore, the requirement of ethical research (including all its aspects) and avoidance of plagiarism at all costs, are stressed upon. Author contribution, conflict of interest, submission of informed consent and inclusion of permission from Ethical committee (be it institutional or otherwise) are a must too. For guidance of the authros requiriements of JSOGP are clearly stated in Instruction to Authors, updated as and when necessary.

Vancouver system is followed for References and the manuscripts are desired to be befitting for the latest “Uniform Requirements for manuscripts submitted to the Biomedical Journals”, as formulated by the “International committee of Medical Journal Editors”, (last revised in August 2013).

With regards to editing, in addition to apprenticeship and referral to books, perusal of Pulse International fortnightly periodical comes handy at times as it brings first hand information about latest requirements of medical writing, editing and publication from national and international targeted sources, like conferences, particularly those of our Region. While at the same time going through quality journals of in country and abroad (including those of world renown), is a must for provision of vastness. The basic purpose of all such ventures is abbreviated in the box below, as the crux of the matter.

Ethical Research → Translation → Statistical application → Evidence → Policy → Implementation*

*In our context, for the betterment of women kind and their off springs.

Furthermore my eternal wish is to **Teach and Train**, in the art and skill of Editing, as many desiring and deserving pupils as possible particularly amongst the younger lots, so that they shall serve the purpose for a long time to come, by becoming trainers of further trainees for **CONTINUUM** of the cause.

Aims of JSOGP: Are like all those of Quality Journals

- The VISION of the journal is to attain its recognition by all National and Regional organizations, as well as of various Global ones in due course of time.
- VISIBILITY of the journal is being tried to be achieved.
- IMPACT FACTOR achievement is kept in sight, so is the Indexing of this journal by Index MEDICUS/MEDLINE and EMBASE/EXCERPTA MEDICA, which should not be impossible, with persistent, honest, hard work and dedicated, all around efforts, in succession by various teams.

“Dreams do come true if genuinely aimed at and to have JSOGP respected at home and abroad”, is for sure possible.

Achievements

Through the sincere self less devotion, directed enthusiasm and diligent hard efforts of the Editing and Managing teams, the journal by the Grace of Allah has made steady progress.

Moreover through coherent team efforts steady progress has been made, like in the achievement and maintenance of periodicity with issue after issue of this quarterly periodical rolling out in regular succession and with 1500 copies of each issue circulated throughout the country along with some sent aboard. Furthermore the journal’s own website has been developed and Pakistan Medical and Dental Council (PMDC) recognition attained. Also ISSN number for online version has been given at which full text, of all articles of all issues, is available. Already indexed in Directory of Research Journal Indexing (DRJI). In addition

to these JSOGP has been selected to be one of the sources of input of the IMEMR. Recognition of this journal by few others prestigious organization is also in the pipeline.

Comments of an enlightened well wisher include the ensuring phrases which might be heartening for the contributors. He states

“This journal is unique among the galaxy of Medical journals as it reflects the fact that although knowledge is at hand, at the click of a button, but to search for wisdom is the need of the hour, to setup sense of direction for the younger colleague, in the light of experience of the past and present times of the senior ones”.

Thanks are due to various people as the publication of a journal of this nature is an organized team work, rather an integrated outcome of dedicated work by various groups, like the Authors, Reviewers and Editors (National and International), with the blessings of all fellows and members of SOGP for “It is their journal”. My special thanks are due to Prof Rizwana Chaudhri the Deputy Editor-in Chief as well as the Chief of the Managing Committee for her untiring efforts towards the total management of the JSOGP affairs, for she is the back bone of the journal with responsibilities starting from obtaining Editorials and Scientific papers to arranging funds, in the tune of well over 2 lacs for each coloured issue of the journal, now comprised of 1500 copies each, which are sent to the SOGP centre, Karachi. To all the fellows and members of which I am extremely thankful for the wide circulation of the journal, including the Institutional heads, the libraries, all fel-

lows of SOGP starting from the senior, retired, honorable ones to the youngest members, including those in the remote areas of the country, as well as some copies being sent abroad to the foreign editors etc. However my plea is that if all this circulation is not being attained, it may kindly be achieved, as the Society and the Journal deserve it. Furthermore my request is that the copies of the journal despatched should be packed in better quality thicker paper to avoid damage to the enclosed issue(s).

Last but not the least my thanks are due to all members of the managing team including Dr. Shazia Syed, Dr. Sadia Khan, Dr Sobia Nadeem without the hard work and efforts of whom I would be stranded.

I would also like to thanks the Epidemiologists and the Biostatistician. Furthermore Mr. Syed Aftab, in charge of Graphics and Layout who is also managing database tracking system of the journal, deserves applause for his dedication, enthusiasm and technical knowhow. The concerned press must not go without appreciation for presentable publication under the pressure of deadlines.

In the end but above all I need to state that this arena could not have materialized without specific blessings being bestowed upon us by Almighty Allah. Indeed I must confess that I enjoy working day and night for this journal, correcting, re correcting and finally editing the final proof of each manuscript, keeping in view scientific aspects plus basic English, grammar and punctuation etc, to my utmost capacity.

The legacy however to be left behind is “ to inculcate love for reading, scrutinizing and writing” and not only for manuscript accreditation.

KAK Akhtar

References

1. Akhtar KAK. The Inaugural Issue of J. Soc. Obstet. Gynaecol. Pak 2011;1(1):1-3.
2. Syed S, Akhtar KAK. An overview of Pre-historic Era of obstetrics and gynaecology. J. Soc. Obstet. Gynaecol. Pak 2011; 1(2):80-82.
3. O'Dowel MJ, Phillip EE. Narrative Historical Overview. In: The history of Obstetrics and Gynaecology 1st ed. New York, Lond: The Parthenon Publishing Group; 2000.p.2-6.
4. Howell FC. Early man of Life Nature Library: Int'l edition adapted by EW C Wilkms, 1970.p.1-200.
5. Dornan J. Plight and Status of Gilrs and Women through the ages: Current Situation and Need of Today. J.Soc. Obstet. Gynaecol. Pak 2012; 2(2):78-79.
6. Akhtar KAK, Khan S. The Americas: Native American Indians and their girls and women-Part III. J.Soc. Obstet. Gynaecol. Pak 2013; 3(1):4-12.
7. Anwer Ambreen. Domestic violence: Special article. J. Soc. Obstet. Gynaecol. Pak 2012;2(1):45-47.
8. Akhtar KAK. Annotation: Domestic violence against women. J. Soc. Obstet. Gynaecol. Pak 2012;2(1):48-49.
9. Schuessler J. Does sexism underline gender bias in philosophy. Global Edition of The Express Tribune 2013; July 13th :1-8.
10. Sabina K. Women Second Class Citizens but Irresistible Objects of Sexuality. The Express Tribune 2013; July 31st: 6.
<http://coffeeshop-diplomat.wordpress.com>
11. Shahrukh K. Our concept of child upbringing has to change. The Express tribune 2013; August 2nd.
12. Jenkins K, Harte HM, Riziki KM. A historic Review of literature of Traditional Maori Child rearing Practices in Pre-European times. Auckland, NZ (publishers); 2011 May.12-14.

Heights reached and kept by great women and men
were not attained in a sudden flight
For they while the others slept were toiling upwards
through the night.

Modified by KAK Akhtar



Personal drawing of Prof. KAK Akhtar