



# IMS Zonal Conference 2022 (East Zone)

Theme : "Healthy Ageing Art & Science"

26 & 27 November, 2022

Organised by

**Gorakhpur Menopause Society**  
Gorakhpur



## Highlights :

- /// Workshops (Colposcopy & Urogynaecology)
- /// Plenary Lectures
- /// Case Discussions
- /// Quiz
- /// Orations
- /// Keynote Address
- /// Panel Discussions
- /// Video Presentations
- /// Updates on Clinical Research

Venue

**HOTEL RADISSON BLU**  
Gorakhpur



# Welcome MESSAGE

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Dear Friends and Colleagues,

Greetings from Gorakhpur!

We the members of Gorakhpur Menopause Society are grateful to IMS Leaders for giving us the opportunity to host the Zonal Conference (East Zone) of IMS with the Theme "Healthy Ageing - Art & Science".

We all know that life is all about Desires and Dilemma and also Achievements and Expectations. Many women aspire to fulfill their dreams after fulfilling their responsibilities.

**"When going gets tough, the tough gets going"**

Let's get together to improve all the aspects related to the health of our women.

Gorakhpur is one of the sacred places in Uttar Pradesh. It is the city of Guru Gorakshnath ji. It has the famous Gorakhnath Temple and a huge Ramgarh Lake.

Nearby places as Kushinagar (Nirvan Sthal of Lord Budhha), Lumbini (Birth Place of Lord Budhha), and Above all Ayodhya (Birth Place of Lord Rama) are all worth visiting.

You can visit Nepal easily and Gorakhpur is a preferred route.

So please enjoy this academic event and give us a chance to greet you all.

We humbly request your presence.

Block your dates 26th & 27th November 2022.

Regards

**Organising Team**

## NATIONAL OFFICE BEARERS 2022-2023



**Dr. Shobhana Mohandas**  
President



**Dr. Seema Sharma**  
Vice President



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Secretary General



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IPP



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President Elect

## LOCAL ORGANISING COMMITTEE



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Organising Chairperson



**Dr. Surheeta Kareem**  
Organising Chairperson



**Dr. Madhu Gulati**  
Organising Secretary



**Dr. Amrita Sarkari Jaipuria**  
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Scientific Chairperson



**Dr. Reeta Singh**  
Scientific Secretary



**Dr. Radha Jina**  
Advisor



**Dr. Madhubala Sharma**  
Advisor



**Dr. Meenakshi Gupta**  
Treasurer



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## REGISTRATION FORM

(Please use Capital Letters only)

Title (Mr./Mrs./Ms./Dr./Prof.) .....

First Name ..... Middle Name ..... Last Name .....

Mailing Address .....

.....

.....

City ..... PIN Code .....

State ..... Country .....

Phone ..... Mobile .....

E-mail .....

IMS Membership No. ....

State/MCI Reg. No. ....

Accompanying Person (if any) : (1) .....

(2) .....

## REGISTRATION DETAILS

| Category                    | Till 30 <sup>th</sup> September, 2022<br>(INR) | SPOT<br>(INR) |
|-----------------------------|--|---------------|
| Members                     | 5500   | 7000          |
| Non-Members                 | 6000   | 8000          |
| PG Students                 | 3000   | 5000          |
| Colposcopy & Urogynaecology | 1000   | 1000          |
| Accompanying Person         | 5000   | 5000          |

### Workshop

Colposcopy

Urogynaecology

### PAYMENT DETAILS :

Payment enclosed total amount Rs. .... in words .....

Payment Cash/Cheque/DD No. .... Dated : / / 2022 drawn on

Bank Name ..... Branch .....

### BANK DETAILS FOR NEFT/RTGS

A/c Name : **Gorakhpur Menopause Society**

A/c No. : **38132550260**

A/c Type : **Current A/C**

Bank Name : **State Bank of India**

IFS Code : **SBIN0003168 SWIFT :**

Bank Branch : **(03168) B.R.D. Medical College, Gorakhpur**

### Note :

- Please send all the drafts in name of "Gorakhpur Menopause Society" Payable at Gorakhpur.
- In case of Electronic transfer, Please email us your transaction details along with filled form on Email : orgsec.amrita@gmail.com, orgsec.madhu@gmail.com.
- Abstract submission of Oral/Paper Presentation to be uploaded on link mentioned on Email : orgsec.amrita@gmail.com, orgsec.reeta@gmail.com.
- PG Students must bring a certificate from HOD seeking permission to attend the Conference.

### CONFERENCE SECRETARIAT

Dr. Amrita Sarkari Jaipurkar

Gandhi Gali, Golghar, Gorakhpur-273001 (U.P.), India

Mob. : 9415088877

**For office use only**

Receipt No. ....

Registration No. ....

Cheque / D/D No. ....

Signature

An Advance Iron Care with...



# ZUTIFER XT<sup>TM</sup>

Ferrous Ascorbate 100 mg + Folic Acid 1.5 mg + Zinc 22.5 mg Tablets

#### Ferrous Ascorbate

- World's most widely recognized reference iron
- Prevention & treatment of iron deficiency anaemia in pregnant women & children

#### Folic Acid

- Folic acid acts on megaloblastic bone marrow to produce a normo-blastic marrow

#### Zinc

- Plays critical role in normal growth and development
- Increases O<sub>2</sub> affinity of human haemoglobin

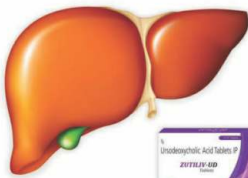
|                        |                      |
|------------------------|----------------------|
| In                     |                      |
| Iron Deficiency Anemia | Menorrhagia          |
| Pregnancy              | Generalized Weakness |
| Lactation              | Hemorrhage           |

Best Iron with Best Results

An effective hepato-protective, shortens the recovery period...

# ZUTILIV-UD<sup>TM</sup>

Ursodeoxycholic Acid 300 mg Tablets



- Prevents & reverses alcohol induced damage
- Normalises liver function tests
- Prevents TNF receptor activation & apoptosis
- Decreases serum biochemical indices:- AST, ALT, GGT & AP parameters
- Improves appetite

|                             |  |
|-----------------------------|--|
| In                          |  |
| Gallstones                  | Cholestatic Liver Disease                    |
| Biliary Stones              | Alcoholic liver disease (ALD)                |
| AVH (Acute Viral Hepatitis) | Bile acid solution to the bile problem       |
| Hepatic Cirrhosis           | Intra Hepatic Cholestasis of Pregnancy (ICP) |

For Best Result in Various Hepatic Conditions

When One is not Enough

# ZUPIZID<sup>TM</sup>

Ceftazidime 1 gm + Tazobactam 125 mg Injection

- Combines broad spectrum antibiotic with the added advantage of a wide-spectrum beta Lactamase inhibitor
- Tazobactam inhibits total beta-lactamase activity by greater than 75% against all resistant pathogens
- Better clinical success rates than cephalosporins used alone

#### In

Lower Respiratory Tract Infections

Urinary Tract Infections

Gastro Intestinal Infections

Severe Infection in ICU Patient

Skin & Soft Tissue Infection

THE CLEVER ANTIBIOTIC COMBINATION

Win the war Against Oxidative Stress

# ZUPISURE<sup>TM</sup>-GOLD

Co-Q10 100 mg + Omega-3 1000 mg + Vitamin E 10 mg + L-Carnitine 500 mg + Choline 500 mg + Green Tea Extract 20 mg + Ferrous Fumarate 10 mg + Silymarin 40 mg + Zinc 10 mg + Lutein 20 mg + Selenium 40 mg + Vitamin A 500 IU + Copper 40 mg + Vitamin B1 5 mg + Grape Seed 5 mg + Vitamin B2 2 mg + Ginseng Extract 10 mg + Inositol B6 2 mg + Ginkgo Extract 10 mg + Green Tea Extract 5 mg + Vitamin C 40 mg + Silymarin 20 mg Softgel Capsules

- Rechannels energy productions & shows antioxidant properties
- Reduces the chances of cardiovascular events in high risk patients
- Improves sperm kinetics & helps in ovulation thus helps in infertility
- Essential vitamins and minerals help generate energy within cells and help in maintaining vital physiological functions

#### In

|                           |                                 |
|---------------------------|---------------------------------|
| Cardiovascular Disorders  | Parkinson's Disease             |
| Diabetes & Cancer         | Other Degenerative Diseases     |
| Male & Female Infertility | Cataract & Other Eye Conditions |
| Arthritis & Osteoporosis  | Migraine                        |
| Dementia, Alzheimer's     | Pre-eclampsia                   |

ZUPISURE-GOLD  
In Oxidative Stress Out



## HOW TO REACH GORAKHPUR

**Reaching Gorakhpur by Flight :** Gorakhpur airport is defence airport and has daily 3 flight to New Delhi and one flight to Bengaluru, Hyderabad, Chennai, Kolkata, Prayagraj, Varanasi, Mumbai & Lucknow. Besides Lucknow airport is very well connected to all cities of country and abroad as well.

**Reaching Gorakhpur by Rail :** The Gorakhpur railway station is the main railhead and serves as the headquarters of North Eastern Railway. This railhead is well linked to major cities of the country as Delhi, Hyderabad, Chennai, Nagpur, Bhopal, Jhansi, Rewa, Haridwar, Dehradun, Varanasi, Lucknow and a lot more.

**Reaching Gorakhpur by Road :** The national highway connected to Lucknow (approx. time 4 hours), Ayodhya (5 hours), Kushinagar (one hour) and Nepal Border (2 hours) and have good cab, bus options.

## PLACE OF INTEREST

**Gorakhnath Temple :** Gorakhpur takes its name from Gorakhnath, who was a saint of the 'Nath Sampradaya'. A shrine called Gorakhnath Mandir was built in his honour at the location where he practiced his daily rituals.

**Geeta Press :** The Gita Press is the world's largest publisher of Hindu religious texts. It is located in Gorakhpur city of India's Uttar Pradesh state. It was founded in 1923. The Gita Press archives contain over 3,500 manuscripts including over 100 interpretations of the Bhagwad Gita.

**Ramgarh Tal :** It covered an area of 723 hectares (1.790 acres) with a circumference of 18 kilometres (11 mi) in its maximum water spread. There is sun rising point and Nauka Vihar.

**Rail Museum :** This place is undertaken by N.E.R or North Eastern Railway here you can see the starting of railway in India in the museum there is a cafe which is in rail compartment and a park for hangout. Rail museum contains history of railways. Various demo trains and old coal running trains are available for the tourist to see.

**Kushinagar :** It is an important Buddhist pilgrimage site, where Buddhists believe Gautama Buddha attained Parinirvana after his death. It is an international Buddhist pilgrimage centre. The followers of Buddhism, especially from Asian countries, wish to visit this place at least once in their lifetime.

**Lumbini :** Lumbini is a Buddhist pilgrimage site in the Nepal. It is the place where, according to Buddhist tradition, Queen Mahamayadevi gave birth to Siddhartha Gautama in 563 BCE.

**Ayodhya :** Ayodhya (About this soundlisten, IAST Ayodhya) is a city located in Ayodhya District of Uttar Pradesh, India. It is identified with the legendary city of Ayodhya, and as such, is the birthplace of Rama and setting of the epic Ramayana.

**Varanasi :** According to Hindu mythology. Varanasi was founded by Shiva, one of three principal deities along with Brahma and Vishnu. During a fight between Brahma and Shiva, one of Brahma's five heads was torn off by Shiva.

**Nepal (Chitwan National Park, Pokhara, Kathmandu) :** You can plan Nepal visit for 2 or 3 days with prior planning.