



FEBRUARY 2026

Indian Medical Association

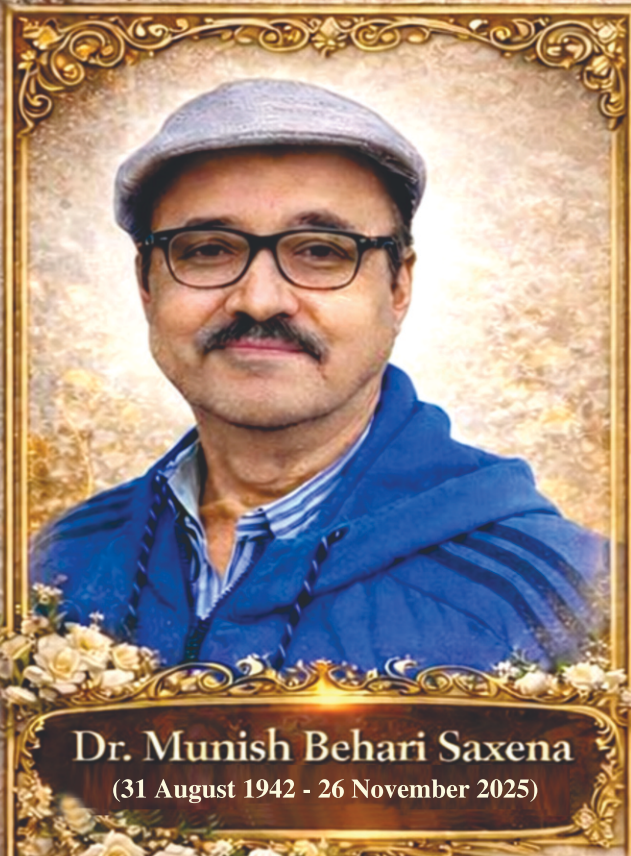
UTTAR PRADESH STATE BRANCH

UPIMA Journal

Special Tribute Edition

Tribute to Dr M B Saxena

(31 August 1942 - 26 November 2025)



Dr. Munish Behari Saxena

(31 August 1942 - 26 November 2025)

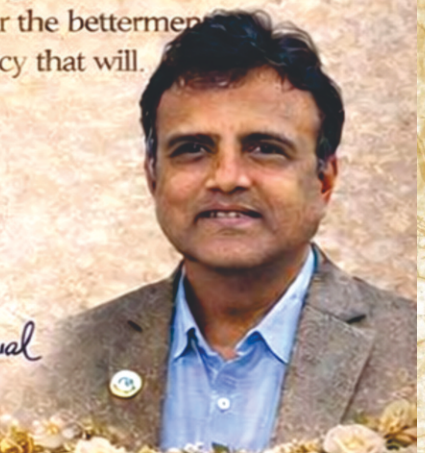
It is with profound sorrow and a heavy heart that I pay tribute to Dr. Munish Behari Saxena, a revered member and past President of UPIMA.

Dr. Saxena was not only an exceptional pathologist but also a source of guidance and inspiration for countless medical professionals across Uttar Pradesh. His unwavering dedication, integrity, and service to the medical fraternity across Uttar Pradesh. His unwavering dedication, integrity, and service to the medical fraternity were exemplary and left a lasting impact on us all.

Throughout his career, Dr. Saxena worked tirelessly to enhance medical standards and unite fellow doctors under the banner of IMA. His leadership in UPIMA, including his tenure as President of UP State IMA, was marked by his vision, compassion, and steadfast commitment to the medical community and public welfare. His efforts in advancing the IMA's mission at the grassroots level and his unwavering advocacy for the betterment of society have left a legacy that will.

As we remember Dr. Saxena, let us honor his memory by continuing his mission of service and unity within the medical community. His passing is an immense loss, and he will be deeply missed by all who had the privilege of knowing him. May his soul rest in peace.

Dr. Sharad Kumar Agarwal
Patron, UPIMA



State Office Address

Dr. Ashish Kumar Agarwal, Hony, State Secretary, KE-2, Kavi Nagar, (Near Chaudhary Bhawan), Ghaziabad-201002, UP. M: 8882569992 | Email: upima25@gmail.com

VARIOUS BRANCH ACTIVITIES



IMA - FIROZABAD ANNUAL FUNCTION



IMA - BAREILLY BRANCH



IMA - RAMPUR BRANCH



IMA - SITAPUR BRANCH

EDITORIAL BOARD

Patron

Dr. Sharad Kumar Agarwal
Patron & National President (2022–23)

Executive Editors

Dr. Rajeev Goel – President, IMA UP
Dr. Ashish Agarwal – State Sec., IMA UP

Editor

Dr. Babita Gupta – Moradabad

Joint Editor

Dr. Gagan Gupta – Gorakhpur

Advisory Board

Chairman

Dr. Vineet Kumar – Ghaziabad

Co-Chairmen

Dr. Ashok Agarwal – Prayagraj
Dr. Ravi Mehra – Bareilly
Dr. Vinay Gupta – Moradabad

Members

Dr. S.P.S. Chauhan – Firozabad
Dr. R.K. Gupta – Prayagraj
Dr. Vijay Pal – Aligarh
Dr. Ashutosh Pratap Singh – Prayagraj
Dr. Pradeep Singh – Greater Noida
Dr. M.K. Bansal – Meerut
Dr. M.M. Paliwal – Etawah
Dr. Anil Kumar Srivastava – Basti

Editorial Board Members

Dr. Anand Parkash – Hapur (Coordinator)
Dr. V.B. Jindal – Ghaziabad (Convenor)
Dr. Neeraj Gupta - Moradabad
Dr. Shishir Jain – Meerut
Dr. S.K. Raju – Hathras City
Dr. Hemant Sharma – Muzaffarnagar
Dr. Manoj Kumar Srivastava – Banaras
Dr. Mudit Kumar Gupta – Bulandshahr
Dr. Atul Tandon – Bahraich
Dr. Sanjeev Kumar Yadav – Etawah
Dr. Praveen Katiyar – Kanpur
Dr. J.D. Rawat – Lucknow
Dr. D.K. Singh – Gorakhpur
Dr. Sandeep Jain – Meerut
Dr. Shalabh Gupta – Ghaziabad

Editorial...



Dr Babita Gupta
Editor



Dr Gagan Kr. Gupta
Co-Editor

Dear Esteemed Members of UP State IMA,

It gives me immense pleasure and pride to present the first edition of the UP State IMA Newsletter for the tenure 2025–2026. This newsletter marks not only the beginning of a new administrative year but also the continuation of our collective journey of service, learning, unity, and ethical medical practice.

This edition highlights some of the most significant milestones of our association, including UPCON 2025 and NATCON 2025, which stand as shining examples of academic excellence and professional bonding. These conferences reaffirm our commitment to continuous medical education and provide a vibrant platform for exchange of knowledge, innovation, and experience among our fraternity.

As we step into the new tenure of UP State IMA (2025–2026), we renew our resolve to work for the welfare of every IMA member. Member welfare remains at the heart of our mission — from professional support and legal awareness to emotional well-being and unity during challenging times. Our association remains a strong pillar of strength for doctors across the state.

This newsletter also brings important medical updates, reinforcing our role as lifelong learners in an ever-evolving medical landscape. Alongside clinical excellence, we emphasize the importance of medical ethics, which remains the backbone of our profession. Upholding ethical values ensures trust between doctors and society and preserves the dignity of the medical fraternity.

Equally significant is our dedication to social welfare initiatives. UP State IMA continues to serve the community through health camps, awareness programs, and humanitarian efforts, reflecting our responsibility not only as doctors but also as compassionate citizens.

On this occasion, we pay our heartfelt tribute to Late Dr. M. B. Saxena, Past President of UP State IMA, whose life was devoted to the service of the profession and the organization. His contributions and ideals will forever inspire generations of doctors to work with integrity and commitment.

We also acknowledge with deep respect the unwavering dedication of our Patron, Dr. Sharad Kumar Agarwal, whose lifelong service to IMA and visionary guidance have strengthened the foundation of our association. His guidance continues to illuminate our path forward.

Under the dynamic and visionary leadership of our President, Dr. Rajeev Goyal, UP State IMA is poised to reach new heights. His vision of unity, academic growth, ethical practice, and member-centric governance sets a clear direction for the future of our organization.

This newsletter is not just a publication; it is a voice of our collective spirit, achievements, and aspirations. We encourage all members to actively participate, share ideas, and contribute to making UP State IMA stronger than ever.

Together, let us move forward with renewed energy, guided by values, inspired by our leaders, and united in service to the profession and society.

With warm regards and best wishes for a successful and impactful tenure ahead.

Long Live IMA. Long Live UP State IMA.

Dr Babita Gupta
Editor
Editorial Board
UPIIMA Journal (2025–2026)

Dr Gagan Kr. Gupta
Co-Editor
Editorial Board
UPIIMA Journal (2025–2026)



Dr. Sharad Kumar Agarwal

Patron, IMA UP State
National President (2022–23)
Indian Medical Association



It gives me immense pleasure to convey my heartfelt blessings and best wishes to the editorial team of the UPIMA Journal 2025–26, especially to its Editor Dr. Babita Gupta, for bringing out this first issue of an academic and professional publication of UP State IMA.

My long association with the Indian Medical Association, including serving as Past National President, IMA, has been a journey of commitment to medical excellence, professional unity, and social responsibility. Throughout my tenure, I have consistently worked towards strengthening medical ethics, promoting IMA Welfare schemes, and safeguarding the dignity and integrity of the medical profession.

A cause very close to my heart is the initiative “Aao Gaon Chalein”, which focuses on reaching rural and underserved populations with healthcare, awareness, and compassion. This movement reflects the true spirit of service that defines our profession and reminds us of our duty to society beyond hospitals and clinics.

The UPIMA Journal will serve as an important platform for sharing knowledge, research, and ethical values among doctors of Uttar Pradesh. I am confident that this journal will inspire young doctors, promote scientific thinking, and strengthen the ideals of IMA.

I congratulate Dr. Babita Gupta and her editorial team for this noble initiative and wish the UPIMA Journal great success in the years to come.

With warm regards and blessings,

Dr. Sharad Kumar Agarwal

Past National President, IMA

Patron, UP State IMA



Dr. Rajeev Goyal

President

IMA Uttar Pradesh



With great pleasure, I extend my warm greetings and best wishes to Dr. Babita Gupta, Editor, Journal of IMA UP; Dr. Gagan Gupta, Co-Editor; and the entire editorial team and contributors.

The Journal of IMA UP serves as a vital academic and professional platform, reflecting the intellectual strength, clinical excellence, and ethical commitment of our medical fraternity in Uttar Pradesh. Such scholarly initiatives play a pivotal role in promoting evidence-based medicine, encouraging meaningful research, and fostering continuous medical education among our members.

I sincerely appreciate the dedicated efforts of the editorial board in upholding high standards of scientific integrity, academic rigor, and relevance. I am confident that the journal will continue to inspire young doctors, enrich professional knowledge, and contribute significantly to the advancement of healthcare services across the state.

As President of IMA Uttar Pradesh, I reaffirm my continued guidance, support, and commitment to all academic, professional, and organizational activities of the association. I assure the editorial team and members that IMA UP State shall always stand firmly behind such scholarly endeavors, which strengthen unity, promote knowledge sharing, and advance the collective progress of our association.

May the Journal of IMA UP reach greater heights and continue to serve as a beacon of learning, unity, and professional pride for the medical community.

With warm regards and best wishes,

Dr. Rajeev Goyal

President

IMA Uttar Pradesh



Dr. Ashish Kumar Agarwal

Secretary

Indian Medical Association (IMA)



Message

Warm greetings to all the esteemed members of the Indian Medical Association.

The Indian Medical Association is not merely an organization, but a strong collective voice of the medical fraternity, committed to safeguarding the dignity, rights, and professional interests of doctors while upholding our responsibility towards society. As Secretary, I feel proud to be part of an association that has consistently worked for the welfare of its members and the advancement of ethical and quality practice.

In today's rapidly evolving healthcare environment, the medical profession faces numerous challenges, responsibilities, and expectations. At such a time, it becomes even more important for us, as doctors, to remain united, professionally updated, and socially responsible. IMA continues to play a vital role by organizing academic activities, public health initiatives, and professional forums that support both doctors and the community.

I sincerely urge all members to actively participate in the activities of the association, strengthen mutual cooperation, and contribute positively towards the growth and unity of IMA. Our collective involvement and solidarity are the true strengths of this organization..

Let us reaffirm our commitment to ethical medical practice, continuous learning, and selfless service to society.

Together, we can take the mission and vision of the Indian Medical Association to greater heights and continue to serve humanity with dedication and compassion.

Dr. Ashish Kumar Agarwal

Secretary

Indian Medical Association (IMA)

REPORT OF IMA UPCON 2025

IMA Uttar Pradesh State 90th Annual Conference
Bareilly | November 29–30, 2025

The Indian Medical Association (IMA), Uttar Pradesh State Branch successfully organized its 90th Annual Conference, UPPCON 2025, on November 29–30, 2025, at Bareilly. The prestigious responsibility of hosting the conference was entrusted to the IMA Bareilly Branch.

The conference was held under the leadership of Dr. Pradeep Singh (Conference Chairman), Dr. Ravish Agarwal (Organizing Chairman), Dr. Vimal Bhardwaj (Organizing Secretary), Dr. Gaurav Garg (Treasurer), with guidance from Dr. Ravi Mehra (Chief Advisor) and Dr. Rajiv Goyal (Joint Secretary). A dedicated organizing team worked tirelessly for nearly six months to ensure the grand success of the event.

Inauguration & Official Proceedings

The conference was inaugurated by eminent IMA leaders including Dr. Sharad Kumar Agarwal (Former National President), Dr. P. K. Agarwal (President, IMA UP State), Dr. Ashish Agarwal (Honorary Secretary), Dr. Vani Puri (Finance Secretary), Dr. Rajiv Goyal (President-Elect), Dr. Anand Prakash (Joint Secretary, IMA HQ) and Dr. M. M. Paliwal (Immediate Past President).

The event commenced with the IMA Flag Hoisting Ceremony by senior surgeon Dr. Ajay Bharti, followed by the Fourth State Working Committee Meeting, chaired by Dr. P. K. Agarwal and Dr. Ashish Agarwal, where key organizational issues were deliberated.

Over 300 members from Bareilly and more than 100 postgraduate students from various medical colleges participated actively in the conference.

Scientific Deliberations

Scientific sessions formed the core of UPPCON 2025 under the leadership of Dr. Sudeep Saran (Scientific Chairman) with Dr. Rajat Agarwal and Dr. Puneet Sondhi (Co-Chairmen).

Cardiocon (Nov 29): Eminent cardiologists from Medanta Hospital, Gurugram, delivered expert lectures on recent advances in cardiology.

Pulmocon (Nov 30): Renowned pulmonologist Dr. Deepak Talwar (Metro Hospital, Noida) led highly informative sessions on respiratory diseases.

Major themes included:

- Lifestyle diseases
- Cardiology and pulmonary disorders
- Patient safety
- Ethical medical practice

Speakers emphasized early diagnosis and timely intervention to reduce morbidity and mortality, particularly in cardiac and respiratory illnesses.

MSN Conclave & Student Engagement

A Medical Student Network (MSN) Conclave was organized on November 30 for undergraduate students. The program included hands-on workshops, live demonstrations, and a medical quiz. The conclave received wide appreciation from MBBS students for its academic value and interactive format.

Health Awareness & Preventive Focus

Experts highlighted the alarming impact of air pollution on pregnancy and child health, noting its association with congenital heart diseases.



Doctors advised:

- Regular antenatal check-ups
- Proper nutrition
- Minimizing exposure to polluted environments

The rising incidence of heart disease among younger age groups due to stress, sedentary lifestyle, smoking, and unhealthy diet was strongly emphasized. Recommendations included:

- Regular physical activity
- Balanced diet
- Stress management
- Avoidance of tobacco and excessive alcohol

It was unanimously advised that individuals above 40 years of age undergo annual cardiac screening for early detection of silent heart disease. Preventive cardiology was highlighted as a cornerstone of community health.

Awards & Dignitaries

The Awards Ceremony and installation of the new team was held at IMA Farms, Dohra Road, Bareilly. The Chief Guest was His Excellency Shri Santosh Kumar Gangwar, Governor of Jharkhand. The presence of Dr. Arun Kumar (Minister, UP Government), Dr. Raghavendra Sharma (MLA, Bithri) and Mrs. Salona Kushwaha (MLA, Tilhar) added prestige to the occasion.

IMA Bareilly Branch was honored as the Best Branch of Uttar Pradesh (2024–25) for its outstanding healthcare services and community outreach. Several doctors were also recognized for excellence in scientific contribution and dedicated medical service.

Professional Fellowship & Conclusion

UPPCON 2025 provided an excellent platform for academic exchange, professional fellowship, and unity among doctors across Uttar Pradesh. Cultural and social programs further strengthened camaraderie within the medical fraternity.

UPPCON 2025 emerged as a landmark event, reinforcing IMA's mission of continuous medical education, preventive healthcare, ethical practice, and service to society.

IMA UPCON 2025



Report : 100th NATCON 2025 – IMA

Centenary Annual Conference of the Indian Medical Association
26–28 December 2025 | Club 07 Convention Centre, Ahmedabad

Dr (Prof.) Sharad Kumar Agarwal / Dr Anand Prakash

It was a privilege to participate in the meticulously planned and exceptionally executed 100th NATCON 2025, the centenary annual medical conference of the Indian Medical Association (IMA), held from 26th to 28th December 2025 in Ahmedabad, in my capacity as Past President, IMA.

This historic conference created a world record with participation of over 5,000 registered IMA members, more than 600 medical students, and over 200 exhibitors. The event featured an extensive and well-structured scientific programme covering recent advances in medical sciences, hospital administration, medical education, and professional ethics, along with the installation ceremony of newly elected IMA Headquarters office bearers.

Grand Inauguration & Installation Ceremony

The Inaugural and Installation Ceremony was graced by the august presence of:

- s Shri Amit Shah ji, Hon'ble Union Home Minister, Government of India – Chief Guest
- s Shri Bhupendra Patel ji, Hon'ble Chief Minister of Gujarat – Guest of Honour
- s Dr Ketan Desai, Chief Patron and Past President of WMA, MCI and IMA
- s Dr Ketan Desai administered the oath of office to the newly inducted IMA President, Dr Anil Nayak.

Shri Amit Shah ji lauded the century-long service of the Indian Medical Association and appreciated the dedication and sacrifice of doctors, particularly during the COVID-19 pandemic. He acknowledged the pivotal role of IMA members in smallpox eradication, polio control, HIV management, and TB elimination, and appealed to IMA to prepare a comprehensive document on ethical medical practices and reforms in medical education to further strengthen national healthcare standards.

IMA National Awards Ceremony – 27 December 2025

The IMA National Awards were conferred upon meritorious doctors in a prestigious ceremony graced by:

- s Mr Jay Shah, Chairman, ICC – Chief Guest
- s Shri S. Chaudhary, Hon'ble Speaker, Gujarat Legislative Assembly – Guest of Honour
- s Shri Mayank Nayak, Hon'ble Member of Parliament – Guest of Honour

Delhi–UP Leadership Delegation

A strong leadership delegation from Delhi–UP attended the conference, comprising a galaxy of leaders including:

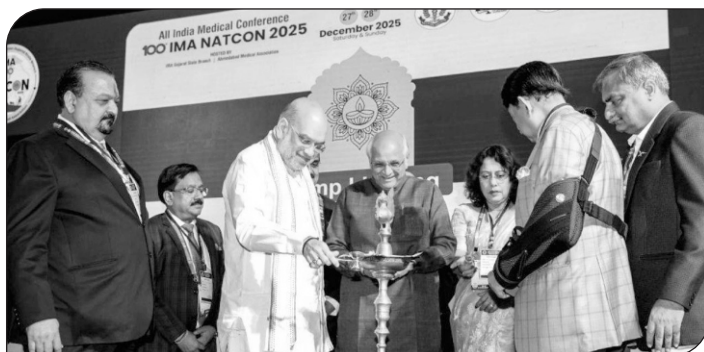
Dr Vinay Agarwal, Dr Rajan Sharma, Dr D. R. Rai, Dr Narendra Saint, Dr R. K. Tandon, Dr V. K. Monga, Dr Ramesh Dutta, Dr Shitij Bali, Dr Anand Parkash, Dr Munish, Dr Ashish Agarwal, Dr V. B. Jindal, Dr Vani Puri, Dr Arun Tripathi, Dr Ritu Garg, Dr Asho Rai, Dr Shobha Parkash, Dr Shelinder Singh, Dr C. P. K. Singh, Dr M. K. Bansal, Dr M. M. Paliwal, Dr S. K. Raju, Dr Amitabh, Dr Virender, Dr Neeraj Gupta, Dr Babita Gupta, and many others.

Acknowledgements

Heartiest congratulations to the newly elected IMA team, and sincere

gratitude to the IMA Gujarat State Branch and the Ahmedabad Medical Association (AMA) for hosting this historic centenary conference with excellence, precision, and grandeur.

Long Live IMA.



HAZARDS OF AIR POLLUTION ON HUMAN HEALTH

Dr. Pankaj Nand Choudhry

Senior Consultant Physician, Max Hospital, Vaishali
President, IMA West Ghaziabad

Abstract

Air pollution is one of the most serious environmental threats to human health today. India carries a disproportionate burden due to rapid urbanization, industrial growth, vehicular emissions, fossil fuel dependence, and biomass fuel use. Exposure to pollutants such as particulate matter (PM_{2.5}, PM₁₀), nitrogen dioxide, sulfur dioxide, ozone, and carbon monoxide causes both acute and chronic diseases affecting the respiratory, cardiovascular, metabolic, neurological, and reproductive systems. Medical professionals play a vital role in prevention, mitigation, and advocacy.

Keywords: Air pollution, PM_{2.5}, Health effects, Respiratory disease, Cardiovascular disease, India

Introduction

Air pollution refers to harmful substances in the atmosphere at levels that adversely affect health and the environment. Once viewed mainly as an environmental issue, it is now recognized as a major public health crisis. In India, air quality frequently exceeds national and international safety limits, especially in urban and industrial regions. Seasonal factors such as crop residue burning and temperature inversion further worsen pollution levels, contributing significantly to disease burden and healthcare costs.

Sources of Air Pollution

Air pollution is classified into :

1. Ambient (Outdoor) Pollution:

- ☆ Vehicular emissions
- ☆ Industrial activity and thermal power plants
- ☆ Construction dust
- ☆ Burning of agricultural residue and municipal waste

2. Household (Indoor) Pollution :

Biomass fuels for cooking and heating in poorly ventilated homes, especially in rural and peri-urban areas

Major Air Pollutants

- ☆ Particulate Matter (PM_{2.5} & PM₁₀): Penetrates deep into lungs and bloodstream
- ☆ Nitrogen dioxide (NO₂) & Sulfur dioxide (SO₂): Cause airway inflammation
- ☆ Ozone (O₃): Induces oxidative stress
- ☆ Carbon monoxide (CO): Reduces oxygen delivery
- ☆ Volatile organic compounds (VOCs): Affect respiratory and nervous systems

Pathophysiological Mechanisms

Air pollutants harm health through:

- ☆ Oxidative stress and systemic inflammation
- ☆ Endothelial dysfunction and pro-thrombotic states

- ☆ Translocation of ultrafine particles to brain and placenta
- ☆ Epigenetic changes increasing chronic disease risk

Health Effects

Respiratory System:

- ☆ Asthma exacerbations, bronchitis, acute infections
- ☆ COPD, lung cancer, impaired lung growth in children

Cardiovascular System:

- ☆ Hypertension, ischemic heart disease, stroke
- ☆ Arrhythmias and sudden cardiac death

Neurological Effects:

- ☆ Impaired neurodevelopment in children
- ☆ Cognitive decline, depression, dementia in adults

Metabolic Disorders:

- ☆ Insulin resistance, type 2 diabetes, metabolic syndrome

Reproductive & Perinatal Outcomes:

- ☆ Low birth weight, preterm birth, stillbirth
- ☆ Congenital anomalies due to placental transfer of pollutants

Vulnerable Populations

Children, elderly, pregnant women, outdoor workers, and economically disadvantaged groups are most at risk due to higher exposure and reduced physiological resilience.

Clinical Implications

Physicians should:

- ☆ Include environmental exposure history in patient assessment
- ☆ Counsel on exposure reduction (masks, ventilation, AQI monitoring)
- ☆ Recognize pollution as a trigger for respiratory and cardiac events

Public Health & Policy Measures

Effective control requires multisectoral action involving:

- ☆ Health, transport, energy, agriculture, and urban planning
- ☆ Strong air quality monitoring and emission control
- ☆ Promotion of clean energy and public awareness

Role of Medical Education

Integrating environmental health into medical curricula will strengthen preventive care and empower physicians as advocates for cleaner air.

Conclusion

Air pollution is a preventable and pervasive public health threat in India, affecting multiple organ systems and causing premature mortality. Sustained policy action, public awareness, and active medical community involvement are essential. Physicians have a crucial role in prevention, education, and advocacy to protect population health.

VARIOUS BRANCH ACTIVITIES



IMA - PILIBHIT BRANCH



IMA - LUCKNOW BRANCH



IMA - KANPUR BRANCH



IMA - MORADABAD BRANCH



OUR OFFICE BEARERS



Dr. Sharad Kumar Agarwal
Patron IMA UP State



Dr. Rajeev Goel
State President



Dr. P. K. Agarwal
IMM. Past President



Dr. Ravish Agarwal
President Elect



Dr. Ashish Kumar Agarwal
Hony. State secretary



Dr. Vani Puri
Finance Secretary



Dr. V. B. Jindal
State Convenor



Dr. Anand Prakash
State Coordinator



Dr. Mandeep Singh
Vice President Zone - 1



Dr. Y. B. Agarwal
Vice President Zone - 2



Dr. Vinod Kumar Tripathi
Vice Zone - 3



Dr. Harendra Pratap Singh
Vice President Zone - 4



Dr. Babita Gupta
Editor Journal IMA UP



Dr. Gagan Kumar Gupta
Jt. Editor Journal IMA UP



Dr. Bharat Kumar Varshney
Chairman IMA AMS



Dr. Dinesh Kumar Singh
Secretary IMA AMS



Dr. Ravinder Kumar Goel
Jt. Secretary IMA AMS



Dr. Manish Agarwal
Jt. Secretary IMA AMS



Dr. Deepak Agarwal
Editor JAMS



Dr. Sandeep Jain
Faculty Director IMA CGP

OUR OFFICE BEARERS



Dr. Abhinav Agarwal
Faculty Secretary IMA CGP



Dr. Anoop Kumar
Jt. Secretary IMA CGP



Dr. Sanjeev Agarwal
Editor JICUP



Dr. Shishir Kumar Jain
Chairman IMA HBI UP



Dr. Arun Kumar Tripathi
Vice Chairman IMA HBI UP



Dr. Alok Mittal
Secretary IMA HBI UP



Dr. Vikas Tandon
Jt. Sec. IMA HBI UP Zone 1



Dr. Mudit Kumar Gupta
Jt. Sec. IMA HBI UP Zone 2



Dr. Sanjeev Kumar Yadav
Jt. Sec. IMA HBI UP Zone 3



Dr. Utsav Singh
Jt. Sec. IMA HBI UP Zone 4



Dr. Sandeep Varshney
Jt. Sec. - President's Place



Dr. Navneet Verma
Jt. Sec. - Secretary's Place



33. Dr. Sanjay Saxena
Jt. Secretary Building



Dr. Vimal Bhardwaj
Jt. Secretary Zone - 1



Dr. PK Gupta
Joint secretary zone 3



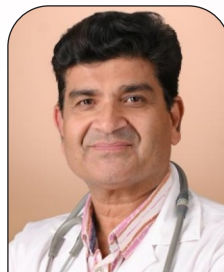
Dr. Y. Singh
Jt. Secretary Zone - 4



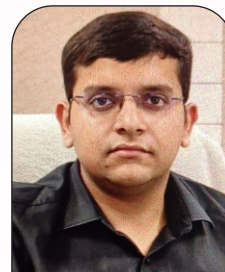
Dr. Hitesh Chauhan
Jt. Treasurer



Dr. Navendu Rai
Astt Secretary



Dr. Manoj Kr. Agarwal
Astt Secretary



Dr. Pranjal Agarwal
Astt Secretary



Dr. Rajesh Kr. Maurya
Jt. Sec.-Conf. Palce

VARIOUS BRANCH ACTIVITIES



IMA MEERUT BRANCH



IMA GAZIABAD



IMA BARAUT BRANCH



IMA GORAKHPUR BRANCH

FROM CHAOS TO CLARITY: HOW REAL ESTATE REGULATORY ACT (RERA) TRANSFORMED INDIAN REAL ESTATE

Indian Govt. brought this landmark law in the year 2016 designed to regulate the real estate sector, to bring transparency, protect homebuyers, and ensure accountability.

RERA prescribes guidelines for real estate sector in India. Every State in India is mandated to form a RERA authority in their respective states and form standard procedures and laws to govern Real Estate projects.

Key Requirements under RERA:

- 1. Mandatory Registration:** All real estate projects be it Residential or Commercial (above a certain size) and real estate agents must register with the respective state RERA before advertising or selling.
- 2. Escrow Account:** Developers have to take project funds in the escrow account setup specifically for the project
- 3. Advance Payment Limit:** Developers cannot demand more than 10% of the property cost as advance before signing a sale agreement
- 4. Transparency:** Buyers have the right to complete information about project approvals, layout plans, and progress



- 5. Quarterly update on construction–** Developers have to regularly provide construction updates to RERA and are available on RERA website
- 6. Grievance Redressal:** Establishment of **Real Estate Regulatory Authorities** in each state for dispute resolution

Impact of RERA

1. Increased **buyer confidence** in the Real Estate sector.
2. Improved **discipline and accountability** among developers.
3. Reduced **project delays** and fraudulent practices.
4. Boosted **investment** due to transparency and regulation.

Next time you are buying a property, check RERA registration details of the project

For any assistance or advice on property matters in Gurugram, Whats App: +91 9650790010

Sarika Agarwal

New Home Estates, Gurugram

RERA Registration: HRERA-PKL-REA-1995-2023

काव्य-संग्रह : भावनाओं के स्वर

डॉ. प्रतिभा गुप्ता

Immediate Past President,
IMA Gorakhpur

नींद और स्वप्न

नींद तुम मेरे करीब क्यों आती नहीं?
मेरी पलकों में आसानी से क्यों समाती नहीं?

जाने-अनजाने तुम मेरी परेशानियों का
सबब मत बनो।
मेरे करीब आओ, मेरी पलकों में समा कर
अपनी जिम्मेदारी निभाओ।
चाँद और झिलमिलाते सितारों की
स्वप्निल दुनिया में मुझे ले जाओ।

शब्दों का प्रभाव

सोच के सहागर में डूबते-उतराते शब्द
अनूठी दास्तान कहते हैं।
कभी शहद बनकर कानों में घुलते हैं,
तो कभी कटु वचन बनकर
तीर की तरह सीने में चुभते हैं।

कैकयी के कटु वचनों ने
राजा दशरथ की जान ली,
विभीषण के मधुर वचनों से
श्रीराम के मन में आस जगी।
शब्दों को हृदय के तराजू में तौलो,
सदा मीठे बोल बोलो।

रिशतों की पहचान

बेमतलब की बातें मत करो,
छोटी बड़ी बातों पर
बेवजह दलीलें पेश मत करो।
उन नजरों को पहचानो
जो तुम्हें प्यार से देखना चाहती हैं,
उन हाथों को थामो
जो कठिन डगर पर
तुम्हारे साथ चलना चाहते हैं।

तुमने जो खत लिखे थे मुझे
वो संभाल कर रखे हैं,
फुर्सत के क्षणों में
मैं उन्हें अक्सर पढ़ती हूँ।
उन खतों से आज भी
प्यार की खुशबू आती है।

IMA UTTAR PRADESH : BRANCH ACTIVITIES NEWSLETTER

(December 2025 – January 2026)**

The Indian Medical Association (IMA) Uttar Pradesh continues to demonstrate its commitment to professional excellence, social responsibility, and unity through vibrant activities conducted by its various branches across the state. The following is a compiled report of major branch activities held during December 2025 and January 2026.

IMA FIROZABAD

Annual Function & Installation Ceremony (7 December 2025)

IMA Firozabad organized its Annual Function, Installation Ceremony of the newly elected team, and Awards Function at the Firozabad Club with great enthusiasm.

National President IMA (2022–23) Dr. (Prof.) Sharad Kumar Agarwal graced the occasion along with:

Dr. Rajeev Goel (President, IMA UP), Dr. Anand Parkash (Joint Secretary, IMA HQ), Dr. Pradeep Singh, Dr. Harender Gupta (Past President, IMA UP) and Dr. S. K. Raju.

Senior leader and Patron Dr. S. P. S. Chauhan warmly welcomed the dignitaries.

Dr. Sharad Kumar Agarwal administered the oath to the new office bearers:

- Dr. Jalaj Gupta – President
- Dr. S. Jain – Secretary

Dr. Rajeev Goel congratulated both incoming and outgoing teams and emphasized membership growth and the flagship programme "Aao Gaon Chalein."

Several senior members and achievers were felicitated.

The event concluded with renewed enthusiasm and commitment to serve the medical fraternity.

IMA RAMPUR

Installation Ceremony (13 December 2025)

IMA Rampur organized its Installation Ceremony at The Opal, Rampur.

Chief Guest: Shri Akash Saxena, MLA Rampur

Guest of Honour: Dr. Deepa Singh, CMO Rampur

New office bearers:

- Dr. Vishesh Kumar – President
- Dr. Mukta Singhal – Vice President I
- Dr. Brijesh Kumar – Vice President II
- Dr. Nitin Kumar – Secretary
- Dr. Vikram Lal – Treasurer

Shri Akash Saxena highlighted the role of private doctors in strengthening the healthcare system.

Dr. Deepa Singh assured full cooperation to private practitioners.

IMA MUZAFFARNAGAR

Dr. Mandeep Singh (Vice President Zone 1) and Dr. Abhishek Gaur (Hon. Secretary) represented IMA Muzaffarnagar in the Times of India – Rising Muzaffarnagar Conclave.

A friendly day-night cricket match between Presidents XI and Secretary XI was organized with enthusiastic participation of IMA families.

IMA MEERUT

IMA Meerut conducted a blanket distribution drive at Augnath Mandir and City Railway Station.

IMA Ladies Wing Meerut hosted a grand New Year celebration with blue and silver theme. The programme featured drama, group and couple dances,

digital antakshari, games and stand-up comedy, creating a memorable evening of fellowship.

IMA SAHARANPUR

On 8 January 2026, IMA Saharanpur in collaboration with District Administration distributed sweatshirts to nearly 200 needy children from government schools.

On 10 January 2026, Dr. Sushil Sharma (MD Medicine) delivered a scientific lecture on

"Integrated Approach to Lifestyle Disorders: Heart Attack Prevention and Rehabilitation."

The session was highly informative and practical for all doctors.

IMA BAREILLY

IMA Bareilly observed International Day of Persons with Disabilities and 11th Foundation Day of Jeevandhara Rehabilitation Research Institute on 3 December 2025.

The programme focused on rehabilitation and social inclusion.

IMA Bareilly extended financial support of ₹51,000 to Jeevandhara Institute.

An Adolescent Health Education Programme was organized on 21 December 2025 in collaboration with Bareilly Obstetrics & Gynaecology Society.

Students performed street plays on:

- Mobile addiction
- Body shaming
- Sexual abuse
- Menstrual health
- Personal hygiene

Expert doctors provided scientific guidance after each presentation.

IMA MORADABAD – SERVICE & ADMINISTRATIVE ACTIVITIES

1. Blood Donation Camp (1 October 2025) Organized at Mandal Rail Hospital in collaboration with IMA Blood Bank and Indian Railways.
2. GBM cum Diwali Celebration & Presidential Dinner (11 October 2025), Held at Kesar Hall, Hotel Drive Inn 24.
3. General Body Meeting (15 November 2025), Sponsored by Yatharth Super Speciality Hospital.
4. New Year Celebration (27 December 2025) Sponsored by Ujala Cygnus Brightstar Hospital with cultural programmes.
5. Emergency GBM (15 January 2026) Held in response to notices issued to Ayushman Bharat – empanelled hospitals.

A delegation met the Hon'ble District Magistrate along with Hon'ble MLA Shri Ritesh Gupta Ji.

The issue was successfully resolved.

IMA Moradabad reaffirmed its commitment to protect members' interests while ensuring statutory compliance.

IMA SITAPUR

1. CPR Training Camp for NCC cadets on 1 December 2025.
2. Medical Camp under "Aao Gaon Chalein" with screening of 114 patients.

3. Legal awareness lecture on women's rights by Advocate Ms. Anshika Tripathi.
4. CME on Robotic Surgery by Dr. Rahul Purwar and Dr. Ashish K. Gupta.
5. Installation Ceremony held on 28 December 2025 with Dr. R. K. Srivastava assuming charge as President.

IMA GHAZIABAD – ACADEMIC, SOCIAL & COMMUNITY OUTREACH

Key activities included:

Press meet welcoming Dr. Rajeev Goel as President IMA UP.
 AIDS awareness and Hepatitis B vaccination drive.
 Free health camps: CBC, BP, TSH, BMD, Spirometry and CPR training.
 Cervical cancer vaccination for girls (9–15 years).
 Academic sessions on kidney diseases and preventive medicine.
 Republic Day celebration with panel discussions and debates:

- AI can replace doctors – For & Against
- Smartphones make us smart – For & Against
- Breakfast is important – For & Against

IMA Ghaziabad team participated in the Inter IMA Cricket Tournament (Zone 2).

A LUCKNOW BRANCH – ACTIVITY REPORT (JANUARY 2026)

President: Dr. Manoj Kumar Asthana | Secretary: Dr. Shweta Srivastava
 A Medico-Legal CME and New Year cultural programme titled “Genesis – Celebrating a New Chapter” was organized on 10 January 2026. The CME was delivered by Dr. Neeraj Gupta, focusing on practical medico-legal challenges. Dr. V.K. Tripathi (Vice President, IMA UP State Zone-3) was Chief Guest, with Dr. Rajkumar Srivastava and Dr. Ruksana Khan as Guests of Honour. About 100 doctors and 200 family members participated.
 Under the Aao Gaon Chale initiative, a cervical cancer awareness medical camp was held at Gosaiganj on 18 January 2026 under the leadership of Dr. Nirupma Pandey, emphasizing early detection and prevention among rural women.
 Dr. Shweta Srivastava represented IMA Lucknow in the District Health Committee (NHM) meeting on 19 January 2026, where district health services, scheme implementation, and challenges faced by doctors were discussed. Follow-up discussions were held with the CMO regarding pending hospital and clinic registrations.

On 25 January 2026, a seminar on “PCPNDT Act Amendments, Implementation and Emerging Challenges” was organized in collaboration with Vatsalya and IRA (UP Chapter). Hon'ble Justice Mrs. Nandprabha Shukla was Chief Guest. The programme highlighted declining sex ratio, legal amendments, and ethical medical practice.

A CPR training workshop for 80 school students was conducted on 28 January 2026 in collaboration with Rotary Club of Lucknow Khaas. Dr. Ashutosh Sharma served as trainer. Republic Day was celebrated with flag hoisting at IMA Bhawan on 26 January 2026.

IMA KANPUR BRANCH ACTIVITIES REPORT

A press conference on World AIDS Day (1 December 2025) was organized to spread public awareness on HIV/AIDS, addressed by office bearers and scientific committee members.

Another press conference on 4 December 2025 announced multiple awards received at the IMA UP State Conference, Bareilly, including Best Local Branch, Best Editor Award (IMA Bulletin), and Academic Achievement Award. The Sub-Faculty also received recognition at GPCON-2025, Vizianagaram.

Office bearers met the Commissioner of Police on 5 December 2025 to discuss safety and concerns of IMA members. A workshop on Cyber Crime and Digital Safety was organized on 10 December 2025 with senior police officials as Chief

Guest and Guest of Honour.

Finance Sub-Committee and Executive Committee meetings were held on 18 and 20 December respectively. Two friendly cricket matches were organized, promoting fraternity and sportsmanship among members.

A CME on Community Acquired Pneumonia – Clinician's Perspective was conducted on 25 December 2025 with Dr. A.K. Singh as speaker and expert panel discussion.

IMA GORAKHPUR (2025)

The Indian Medical Association (IMA), Gorakhpur branch, Under the leadership of the newly elected President, Dr. H. N. Singh actively conducted a wide range of professional, social, and public health initiatives during the year 2025, reflecting its commitment to medical excellence and community service.

Major health awareness programs included rallies and campaigns on World Cancer Day, Dengue and Infectious Diseases, Pollution Control, and NABH Accreditation in collaboration with QCI, Government of India. International Yoga Day 2025 was celebrated with enthusiastic participation of members, promoting physical and mental well-being among healthcare professionals and the public.

IMA Gorakhpur organized multiple blood donation camps and free health check-up camps at institutions such as IMA Clinic, Sitapur Eye Hospital, and PAC Training Centre. A Super Specialty Free Clinic initiative was publicized through press conferences to ensure wider community benefit and media outreach.

Professional development activities were strengthened through CME programs, GBM meetings, and interaction sessions with senior administrators and law enforcement officials, including meetings with the SSP and SHO. A special visit was conducted to the Allahabad Blood Bank to understand best practices in blood bank management and operations.

The association honored senior doctors through Felicitation Ceremonies and Swarnam Chikitsak Samman, acknowledging their lifelong contributions to the medical fraternity. Tribute meetings were organized in memory of Mahant Digvijaynath and Avaidyanath Ji. Cultural and social bonding was promoted through events such as Diwali Mahotsav and IMA Sports Meet.

A significant highlight was the hosted meeting with former National President of IMA, Dr. Sharad Agrawal, which strengthened professional networking and inspired members with national-level guidance. The branch also welcomed the State IMA Secretary, Dr. Ashish Agarwal, reinforcing organizational unity.

IMA BARAUT BRANCH

दिनांक 25.01.2026 को आईएमए ब्रांच बड़ौत ने खेलकूद प्रतियोगिता का सफल आयोजन किया। जिसमें सभी बड़ौत के सम्मानित डॉक्टर्स ने बद्दुर्द कर भाग लिया और अपने जीवन को स्वस्थ बनाने का संकल्प लिया। साथ ही साथ एक मैसेज आम जनता को भी दिया कि आप सभी प्रतिदिन व्यायाम करें। स्पोर्ट्स समारोह में डॉ. संजय जैन, अध्यक्ष आईएमए ब्रांच बड़ौत, तथा डॉ. पंकज कुमार-सेक्रेटरी आईएमए बड़ौत के साथ सभी वरिष्ठ चिकित्सक डॉ. सुरेंद्र शर्मा, डॉ. सुखपाल तोमर, डॉ. विनोद जैन, डॉ. अनिल जैन, डॉ. प्रदीप जैन, डॉ. अरविन्द कुमार, डॉ. ओमबीर तोमर, डॉ. मनीष तोमर, डॉ. हरीश विश्वकर्मा, डॉ. गीतांजलि तोमर, डॉ. पुष्पा वर्मा, डॉ. राकेश जैन, डॉ. वैभव जैन, डॉ. शुभम जैन, डॉ. सुधा रानी, डॉ. शेखर तोमर, डॉ. आशीष जैन, वसुधा जैन, डॉ. जितेंद्र मलिक, डॉ. मुदित गर्ग, डॉ. संगीता गर्ग आदि मौजूद रहे।

दिनांक 27.01.2026 को आईएमए बड़ौत ब्रांच और मैक्स हॉस्पिटल वैशाली के साथ मिलकर सीएमई का आयोजन किया। जिसमें डॉ. गौरव मिनोचा और डॉ. अजय प्रजापति ने अपने विचार व्यक्त किये। सीएमई के साथ ही आईएमए ब्रांच बड़ौत की मासिक बैठक का भी आयोजन किया गया। जिसमें बड़ौत के सभी मुख्य चिकित्सक शामिल रहे।

Internet Gaming Disorder and the Ghaziabad Tragedy : A Wake-Up Call for Parents



Dr. Neeraj Gupta

MBBS, DPM (CIP, Ranchi), MD (NIMHANS, Bengaluru)
Consultant Psychiatrist, Chetna Clinic, Moradabad
CWC (Regular Member), UPIMA

The recent tragic incident in Ghaziabad involving the death of three adolescent girls by suicide has drawn attention to the growing concern of Internet Gaming Disorder (IGD) and its impact on youth mental health. Preliminary reports suggest excessive engagement with online gaming and digital media may have contributed to emotional distress. This incident highlights the urgent need for parental awareness, early identification of problematic gaming behavior, and timely intervention.

Internet Gaming Disorder, recognized by the World Health Organization in ICD-11, is characterized by impaired control over gaming, prioritization of gaming over daily activities, and continuation despite adverse consequences.

Children and adolescents are increasingly immersed in digital environments that blur the boundary between recreation and behavioral addiction. The Ghaziabad tragedy serves as a reminder that excessive digital engagement may coexist with psychological distress. Internet Gaming is not inherently pathological; however, when it interferes with sleep, academics, relationships, and emotional regulation, it becomes a significant mental health concern.

Etiology and Risk Factors

The etiology of IGD is multifactorial. Game-related factors include reward mechanisms, competition, and immersive virtual settings. Individual vulnerabilities involve impulsivity, poor emotional regulation, low self-esteem, and comorbid anxiety or depression. Environmental contributors include academic stress, inadequate parental supervision, peer influence, and easy availability of digital devices. Neurobiological studies suggest dysregulation of reward pathways similar to substance use disorders.

Epidemiology in India

Indian studies show wide variation in prevalence due to methodological differences, ranging from 1.3% to 19.9% among adolescents and college students. A study from Gujarat reported a prevalence of 5.3% among college students, while research from Assam found 0.6% among school adolescents. Higher prevalence is observed among males and individuals spending more than two hours per day on gaming. IGD is frequently associated with anxiety, depression, and poor academic performance.

Adolescent Vulnerability

Adolescents are particularly vulnerable due to ongoing development of impulse control and emotional regulation systems. Online games provide instant rewards, a sense of belonging, and escape from stressors such as loneliness, academic pressure, and family conflict. In many cases, excessive gaming represents a maladaptive coping mechanism rather than the primary pathology.

Warning Signs for Parents

Behavioral:

Excessive gaming, particularly at night

Irritability or aggression when restricted
Neglect of sleep, hygiene, or academics
Loss of interest in offline activities

Emotional:

Withdrawal from family and peers
Persistent sadness or mood instability
Feelings of hopelessness or worthlessness
Expressions related to escape or death

Social/Academic:

Declining academic performance
School absenteeism
Frequent family conflicts over device use

Parental Interventions

1. Encourage open and non-judgmental communication.
2. Establish healthy digital boundaries and structured routines.
3. Address emotional distress rather than focusing solely on screen restriction.
4. Promote offline social interaction and physical activity.
5. Model responsible digital behavior.
6. Seek early professional consultation when warning signs persist.
7. Avoid blame, shaming, and punitive responses.

Conclusion

The Ghaziabad tragedy underscores the urgent need to recognize youth mental health challenges in the digital age. Internet Gaming Disorder should be viewed as a public health concern requiring coordinated efforts from parents, schools, and healthcare professionals. Children need emotional safety, connection, and timely support alongside reasonable screen limits. Early identification and compassionate intervention can prevent crisis and save lives.

References

1. World Health Organization. International Classification of Diseases 11th Revision (ICD-11): Gaming Disorder. Geneva: WHO; 2019.
2. Paulus FW, Ohmann S, von Gontard A, Popow C. Internet gaming disorder in children and adolescents: A systematic review. *Dev Med Child Neurol.* 2018;60(7):645-659.
3. Jain A, Gupta M, Kumar S. Prevalence of gaming addiction among college students in Gujarat. *Indian J Psychiatry.* 2020;62(2):123-128.
4. Kuss DJ, Lopez-Fernandez O. Internet addiction and problematic Internet use: A systematic review. *Curr Pharm Des.* 2016;22(5):602-609.

DIETARY PATTERNS AND CANCER PREVENTION : A PRACTICAL

Perspective : Dr Rashi Agrawal

MD (Radiation Oncology)

Fellow UICC-ICRETT, Fellow LBMMC, CA,USA, Fellow TMH, Mumbai

Director, Max Cancer Centre Vaishali, Ghaziabad, Delhi NCR

Founder Secretary & treasurer- GI oncology society

Founder- Ek Pahal Jagrukta Ki Or

A significant proportion of cancers are preventable through lifestyle modification, particularly dietary intervention. Evidence from international health agencies suggests that nearly one-third of cancers can be prevented by healthy diet and lifestyle practices. Diet influences carcinogenesis through regulation of body weight, inflammation, immune response, and cellular protection. This brief report summarizes dietary components associated with reduced cancer risk and highlights practical recommendations for population-level prevention.

Introduction

Cancer develops gradually through interactions between genetic predisposition and environmental exposures. Among modifiable risk factors, diet plays a critical role. Diets high in processed foods, refined carbohydrates, unhealthy fats, and alcohol increase cancer risk, while diets rich in plant-based foods and whole grains are protective.

Protective Dietary Components

Fruits and Vegetables:

High consumption of fruits and vegetables provides antioxidants, fiber, and phytochemicals that reduce oxidative stress and inflammation. Leafy greens, cruciferous vegetables, tomatoes, citrus fruits, and seasonal produce should constitute a major portion of daily meals.

Whole Grains and Legumes:

Whole grains such as millets, brown rice, whole wheat, oats, and legumes improve gut health and are associated with reduced risk of colorectal and gastrointestinal cancers. Traditional diets based on minimally processed grains remain protective.

Healthy Fats:

Nuts, seeds, mustard oil, groundnut oil, and limited amounts of ghee are preferable to hydrogenated and repeatedly heated oils.

Spices and Herbs:

Turmeric, garlic, ginger, and cumin possess anti-inflammatory and antioxidant properties and may contribute to cancer prevention when consumed regularly.

Foods Associated with Increased Cancer Risk

- ◆ Processed and packaged foods containing preservatives and trans fats
- ◆ Excess sugar and refined carbohydrates contributing to obesity and metabolic dysfunction
- ◆ Red and processed meats linked with colorectal cancer
- ◆ Alcohol associated with cancers of the oral cavity, pharynx, liver, breast, and esophagus
- ◆ Charred or overcooked foods producing carcinogenic compounds

Practical Preventive Recommendations

- ◆ Increase daily intake of fruits and vegetables
- ◆ Replace refined grains with whole grains
- ◆ Prefer home-cooked meals
- ◆ Reduce portion sizes rather than skipping meals
- ◆ Maintain healthy body weight
- ◆ Avoid alcohol and processed meats

These small, sustainable changes can produce substantial long-term protective effects.

Conclusion

Cancer prevention does not require extreme dietary restrictions or expensive supplements. Emphasis on plant-based foods, whole grains, healthy fats, and traditional balanced diets offers a practical and cost-effective strategy for reducing cancer risk. Dietary education should be a central component of public health cancer prevention programs.

References

1. World Cancer Research Fund. Evidence for recommendations on wholegrains, vegetables, fruit and beans.
2. McCullough ML et al. World Cancer Report: Cancer Research for Cancer Prevention. IARC; 2020.
3. Vieira AR et al. Foods and beverages and colorectal cancer risk. *Ann Oncol.* 2017;28(8):1788–1802.

झोलाछाप अस्पतालों का बढ़ता मकड़जाल और उसका जनता की सेहत पर प्रभाव

डॉ. रजनीश मिश्रा
सचिव, आईएमए-आगरा

झोलाछाप अस्पतालों का फैलता हुआ नेटवर्क आज एक साइलेंट महामारी के रूप में हमारे स्वास्थ्य तंत्र को चुनौती दे रहा है। यह समस्या न केवल "गलत इलाज" तक सीमित है, बल्कि पूरे पब्लिक हेल्थ इकोसिस्टम को अंदर से कमजोर करती है।

झोलाछाप अस्पताल : परिभाषा और स्वरूप

झोलाछाप अस्पताल चिकित्सा विज्ञान की भाषा, उपकरण और सफेद कोट उधार लेते हैं, लेकिन उनके पीछे आवश्यक प्रशिक्षण, नैतिकता और जवाबदेही का अभाव होता है। बिना डठै डिग्री, बिना रजिस्ट्रेशन और बिना मानक प्रोटोकॉल के भी ये आईसीयू, ऑपरेशन थिएटर और "स्पेशलिस्ट" बोर्ड के साथ काम करते हैं। आम जनता के लिए इनका पहचानना लगभग असंभव है।

जनता की सेहत पर प्रभाव

1. डिलेयड केयर

झोलाछाप इलाज अक्सर लक्षणों को दबा देता है, बीमारी को नहीं। मरीज अस्थायी राहत अनुभव करता है, लेकिन अंदरूनी संक्रमण बढ़ता रहता है। सही समय पर सही इलाज न मिलने के कारण, बीमारी एडवांस स्टेज तक पहुँचती है, जिससे मृत्यु दर बढ़ जाती है।

2. ड्रग रेजिस्टेंस

बिना डायग्नोसिस, गलत खुराक और अंधाधुंध एंटीबायोटिक इस्तेमाल से सुपरबग्स उत्पन्न होते हैं। यह केवल व्यक्तिगत समस्या नहीं, बल्कि पूरे समुदाय के लिए गंभीर खतरा है।¹ इसे पहले ही ग्लोबल थ्रेट के रूप में पहचान चुका है।

3. फॉल्स कॉन्फिडेंस

झोलाछाप डॉक्टर मरीज को भ्रमित कर विश्वास दिलाते हैं कि "सब कंट्रोल में है।" यह मरीज को समय पर रेफरल लेने से रोकता है। चिकित्सा विज्ञान में समय सबसे बड़ा ट्रिटमेंट होता है, और यहाँ समय खो जाता है।

4. सामाजिक और मानसिक नुकसान

झोलाछाप अस्पतालों के कारण डॉक्टर-पेशेंट रिश्तों में अविश्वास



पैदा होता है। वास्तविक डॉक्टरों को अविश्वास और कभी-कभी हिंसा का सामना करना पड़ता है, जिससे स्वास्थ्य तंत्र और असुरक्षित बनता है।

कारण

- सुलभ और सस्ता दिखना
- कानून की कमजोर पकड़
- ग्रामीण और अर्ध-शहरी क्षेत्रों में योग्य डॉक्टरों की कमी
- असमान हेल्थ इंफ्रास्ट्रक्चर
- रेगुलेटरी निगरानी का अभाव

समाधान

- सख्त रेगुलेशन और जमीन पर निरीक्षण
- नकली अस्पतालों की तत्काल पहचान और सीलिंग
- जनता को जागरूक करना : सही डॉक्टर की पहचान, रजिस्ट्रेशन का महत्व और समय पर रेफरल की जरूरत

निष्कर्ष

स्वास्थ्य में सस्ता और आसान अक्सर सबसे महंगा और घातक साबित होता है। झोलाछाप अस्पताल केवल सिस्टम की कमजोरी नहीं हैं, ये उस कमजोरी का लाभ उठाने वाला "वायरस" हैं। इससे निपटने के लिए हमें कानून, सिस्टम और जनता की समझ तीनों की इम्यूनिटी विकसित करनी होगी।

चैत्र शुक्ल प्रतिपदा : भारतीय नववर्ष वैज्ञानिक और सांस्कृतिक आधार 8

डॉ. मधु पोद्दार

फिजीशियन, पोद्दार नर्सिंग होम, पटेल नगर-1, गाजियाबाद
drmadhupoddar@gmail.com

भारत पर्वो और उत्सवों का देश है। हमारे पर्व केवल धार्मिक नहीं, बल्कि वैज्ञानिक, प्राकृतिक और सांस्कृतिक दृष्टि से भी महत्वपूर्ण हैं। इन्हीं में एक विशेष पर्व है नवसंवत्सर (भारतीय नववर्ष), जो चैत्र शुक्ल प्रतिपदा से आरंभ होता है।

नववर्ष का वैदिक एवं वैज्ञानिक आधार

भारतीय पंचांग सूर्य, चंद्रमा और नक्षत्रों की गति पर आधारित है। वैदिक मान्यता के अनुसार इसी दिन ब्रह्मा जी ने सृष्टि की रचना की थी। इस कारण इसे केवल हिंदुओं का नहीं बल्कि सम्पूर्ण ब्रह्मांड का नववर्ष माना गया है।

भारतीय दिन की गणना सूर्य उदय से होती है, न कि मध्यरात्रि से। प्रकृति में भी इसी समय परिवर्तन दिखाई देता है –

- शीत ऋतु का अंत
- वसंत का आगमन
- नई फसल और नई ऊर्जा
- मानव जीवन में शारीरिक व मानसिक उत्साह

प्रकृति और नवजीवन का उत्सव

चैत्र माह में पर्वतों की बर्फ पिघलती है, पेड़ों में नई कोपलें आती हैं और वातावरण नवजीवन से भर जाता है।

नवरात्रि में मां दुर्गा के नौ स्वरूपों की उपासना कर शक्ति और सकारात्मक ऊर्जा का संचार किया जाता है।

विभिन्न नामों से मनाया जाने वाला नववर्ष

भारत और अन्य देशों में यह पर्व विभिन्न नामों से मनाया जाता है :

महाराष्ट्र	गुड़ी पड़वा
आंध्र प्रदेश/कर्नाटक	उगादी
पंजाब	बैसाखी
असम	बोहाग बिहू
केरल/तमिलनाडु	विषु
कश्मीर	नवरेह
सिंध	चेटीचंड
नेपाल	विक्रम संवत नववर्ष
ईरान	नवरोज

यह सिद्ध करता है कि नवसंवत्सर केवल धार्मिक नहीं बल्कि वैश्विक सांस्कृतिक उत्सव है।

1 जनवरी क्यों वैज्ञानिक नववर्ष नहीं।

1 जनवरी न तो किसी प्राकृतिक परिवर्तन से जुड़ी है और न ही खगोलीय गणना से। यह रोमन और ईसाई कैलेंडर पर आधारित है।

इस दिन न मौसम बदलता है, न प्रकृति में कोई नवचेतना आती है। इसके विपरीत, भारतीय नववर्ष पूर्णतः वैज्ञानिक और प्राकृतिक चक्रों से जुड़ा हुआ है।

सांस्कृतिक चेतना की आवश्यकता :



आज आवश्यकता है कि हम अपनी वैज्ञानिक एवं सांस्कृतिक परंपराओं को समझें और अपनाएं।

नवसंवत्सर हमें अनुशासन, ऊर्जा, श्रद्धा और प्रकृति के साथ सामंजस्य का संदेश देता है।

निष्कर्ष

चैत्र शुक्ल प्रतिपदा न केवल भारत का नववर्ष है, बल्कि यह सृष्टि, विज्ञान, प्रकृति और संस्कृति का संगम है। इसे "ब्रह्मांड का नववर्ष" कहना अधिक उपयुक्त होगा।

आइए, हम पश्चिमी परंपराओं की नकल छोड़कर अपनी समृद्ध परंपराओं को अपनाएं और नवसंवत्सर को उत्साह व गरिमा के साथ मनाएं।

IMA BIJNOR BRANCH APPEAL TO THE PUBLIC BY IMA BRANCH BIJNOR

डॉ० सी. पी. सिंह,

अध्यक्ष (इंडियन मेडिकल एसोसिएशन बिजनौर)

गैस गीजर में नहाते हुए, या कमरे में अंगीठी जलाकर गरमाहट के चक्कर में आए दिन होने वाली मौतों से मन द्रवित होता है, ये मौतें थोड़ी सी जागरूकता से टाली जा सकती हैं, मेरी बिजनौर जनपद की जनता से अपील है कि –

1. गैस गीजर बाथरूम के बाहर इंटॉल होना चाहिए, सिर्फ गरम पानी का पाइप बाथरूम में जाना चाहिए।
2. बाथरूम की खिड़की खुली होनी चाहिए, एकजास्ट फैन चालू होना चाहिए।
3. संभव हो तो नहाते समय गीजर बंद कर दें।
4. अगर इलेक्ट्रिक रोड का प्रयोग कर रहे हों तो विशेष सावधानी रखें, नहाने से पहले रोड का स्विच बंद कर दें।
5. कमरे में सोते समय कोयले की अंगीठी ना रखें, यदि जरूरी हो तो कमरा हवादार होना चाहिए।

इन सभी मौतों का कारण कार्बन मोनो ऑक्साइड गैस का बनना है, जो की खून में ऑक्सीजन के मुकाबले बीस गुना ज्यादा घुलनशील है जो की ब्रेन हाइपोक्सिया, कोमा और अधिक मात्रा में मौत का कारण बनती है।

थोड़ी सी सावधानी से बहुत बड़ी दुर्घटना को टाला जा सकता है।

With Best Compliments From:



LINCTUS HEALTHCARE

Preserving Health and Pride

SIZLIN

Mouth Dissolving Tablets
Olanzapine 1.25/2.5/5/10/15/20 mg Tablet

ECILENZ

Escitalopram 5/10 mg Tablet

PIPAZOLE

Aripiprazole 5/10/20/30 mg Tablet

MIGRATUS-PLUS

Flunarazine - 10 mg + Propranolol - 40 mg Tablet

QUELIN

Quetiapine Fumarate Tablets IP 25 mg / 50 mg

PRAMOL

Opipramole - 50 mg Tablet

RAIN 369

Omega 3, Omega 6 and Omega 9
Fatty Acids Softgel Capsules

MIRTUS

Mirtazapine Tablets IP 7.5 mg / 15 mg

LINCTUS 4G

soft gelatin capsules

Omega 3 Fatty Acid, Green Tea Extract, Ginkgo Biloba
Ginseng, Grape Seeds Extract, Vitamins, Minerals
& Trace Elements Soft Gelatin Capsules

*Email - info@linctus.in
Website - www.linctus.in*

VARIOUS BRANCH ACTIVITIES



IMA - SAHARANPUR BRANCH



IMA - MUZAFFARNAGAR BRANCH



IMA - MEERUT BRANCH



IMA - CHANDAUSI BRANCH

Heartfelt Tribute to Dr. MUNISH BEHARI SAXENA

(Former President, UP State IMA)

31 August 1942 – 26 November 2025



Dr. Munish Behari Saxena was born on 31st August 1942 in Fatehgarh (District Farrukhabad). After completing his schooling, he joined S.N. Medical College, Agra (1963 batch), where he earned his MBBS and DCP.

With deep love for his hometown, Dr. Saxena established a Doctor's Pathology Laboratory in Fatehgarh. Through

unwavering dedication, integrity, and meticulous diagnostic expertise, he soon became one of the most respected pathologists of Farrukhabad district. His commitment to accuracy and compassionate patient care earned him immense admiration within the medical fraternity.

Dr. Saxena was deeply devoted to the Indian Medical Association (IMA) and worked tirelessly to strengthen the organization at the grassroots level. His leadership and vision helped unite doctors and advance the mission of IMA.

He served with distinction in several key roles:

- President, IMA Farrukhabad
- President, UP State IMA (2010–2011)
- Chairman, Annual Conference UP IMA (2017–2018 & 2022–2023)
- Vice Chairman, AMR Committee (2022–2023)
- Member, Finance Committee
- Member, Election Committee

In recognition of his exceptional service, Dr. Saxena received numerous awards and accolades from IMA and other professional bodies.

Beyond medicine, he was deeply committed to social service and community welfare. Known for his warm and engaging personality, he was also an avid lawn tennis player who inspired many through his discipline, compassion, and humility.

He is survived by his wife, Dr. Manjul Kumari Saxena, two sons, and grandsons.

Dr. Munish Behari Saxena left for his heavenly abode on 26th November 2025.

The medical fraternity has lost a dedicated physician, an inspiring leader, and a noble human being. His legacy of service, integrity, and commitment will continue to guide and inspire generations of doctors.

