



Indian Medical Association

UTTAR PRADESH STATE BRANCH

JUNE 2026

UPIMA Journal

Special Tribute Edition

Tribute to Dr. A. P. SINGH

(12th March 1959 - 27th February 2026)



*We mourn the loss of
Dr. A.P. Singh,
Past President of IMA UP State a
distinguished physician and
critical care specialist dedicated
to medical excellence and
selfless service.
May his soul rest in peace.*

***Dr. A. P. Singh** will always be
remembered for his professional
excellence, selfless service, and
unwavering commitment to
humanity. His legacy will
continue to inspire generations
of doctors and healthcare
professionals.*

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TRIBUTE TO DR. A. P. SINGH

(12 March 1959 – 27 February 2026)

Dr. A. P. Singh, Past President of IMA UP State, was a distinguished physician and critical care specialist based in Prayagraj. A highly respected member of the medical fraternity, he dedicated his life not only to patient care but also to strengthening the medical community through his long and active association with the Indian Medical Association.

He joined the Indian Medical Association as a life member in 1998 and went on to serve the organization with remarkable commitment at branch, state, and national levels. His leadership journey included serving as President of IMA UP State during 2016–2017 and as a continuous member of the Central Working Committee for 11 years. He also contributed as Chairman, IMA AMS UP State; Editor, IMA UP State Journal; and successfully organized the National AMSCON Critical Update in 2018.

Despite an exceptionally busy clinical practice, Dr. Singh



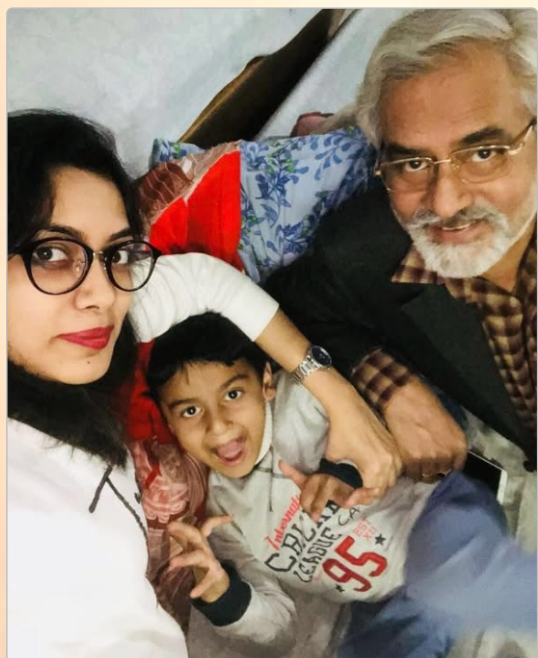
always found time for social service and remained deeply devoted to the ideals and objectives of IMA. He was admired for his visionary leadership, dedication, and balanced judgment. His thoughtful advice and calm guidance were a source of strength and inspiration, particularly during challenging times.

His untimely demise at a relatively young age, following a brief illness, has created an irreplaceable void in the medical fraternity and among the countless patients whose lives

he touched with compassion and expertise.

Dr. A. P. Singh will always be remembered for his professional excellence, selfless service, and unwavering commitment to humanity. His legacy will continue to inspire generations of doctors and healthcare professionals.

May his soul rest in peace.



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Editorial...



Dr Babita Gupta

Editor

UPIMA Journal (2025–2026)

Dear Esteemed Members,

Welcome to this month's edition of the UPIMA Journal. It is an absolute privilege to bring you the inspiring stories of our state branches through impactful projects, achievements, and milestones that reflect our steadfast commitment to the welfare of our members and society at large.

We are especially encouraged to see the growing enthusiasm among our branches in organizing meaningful activities. I strongly urge every branch to share their activity reports timely and regularly. Your consistent and prompt reporting not only enriches the journal but also motivates other branches to emulate best practices and scale up their efforts for greater impact.

We also take this opportunity to motivate all our esteemed members to actively share details of their social work initiatives as well as their medical research papers published in reputed journals. Your contributions in these areas are a matter of pride for the entire UPIMA family and serve as a powerful source of inspiration for young and upcoming doctors. Such sharing will help highlight the academic and social excellence within our community.

Every update featured in these pages showcases the strength of our united community in creating meaningful and lasting change. I extend my heartfelt gratitude to everyone who contributed articles, activity reports, and photographs. Your enthusiasm and dedication continue to keep this publication vibrant and inspiring.

I warmly invite all members and branches to keep sharing their experiences, innovative project ideas, social service activities, research publications, and valuable feedback to make our journal even more engaging and enriching.

Enjoy the read, and let us continue working together with renewed energy for the betterment of society.

Dr Babita Gupta



Dr. Sharad Kumar Agarwal

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



Dear Colleagues and Friends,

It is with immense pride and a deep sense of responsibility that I address you as Patron of IMA Uttar Pradesh. Having served as State Secretary, State President, and later as National President of the Indian Medical Association, I have witnessed the remarkable strength of our fraternity when we stand united.

Unity is our greatest weapon. In these challenging times, let us reaffirm our commitment to the core values of modern medicine - evidence-based practice, professional integrity, and patient safety.

We must continue to oppose any dilution of standards through unregulated cross-practice, as these directly endanger the lives we have sworn to protect.

We want purity of medical pathy and every doctor should only practice based on his/her training and should not encroach other systems of medicine like Allopathy should practice only in allopathy/ modern medicine and likewise ayurvedic should practice in ayurvedic medicine.

To every doctor in Uttar Pradesh: Embrace your role not just as healers, but as leaders and advocates. Strengthen your local branches, participate actively in IMA programs, and engage with the community through health awareness drives, camps, and educational initiatives under “Aao Gaon Chalein Program” of IMA. Let us bridge the rural-urban divide, support our young doctors, and ensure safe working environments free from violence and undue stress.

The future of healthcare in Uttar Pradesh lies in our collective hands. Leverage innovation, digital health, and quality medical education to build a stronger, healthier state. I have full faith in the dedication of our current leadership and every member. Together, with unwavering resolve, we will overcome every obstacle and elevate the medical profession to greater heights.

In the end I request your participation in new IMA Hq building at Delhi by minimum donation of Rs 1000 and all the branches should collect this donation from members and send it to UP state office. IMA UP collectively send it to HQ with details of donors. QR code is there in this journal for donations.

Stay united. Stay ethical. Stay strong.

Long Live IMA! Jai Hind!



Dr. Rajeev Goel

President

IMA Uttar Pradesh



Dear Members,

Uttar Pradesh, the most populous state of our nation, is steadily advancing in the field of healthcare. Enhanced healthcare budgets, establishment of new medical colleges, strengthening of district hospitals, and expanded coverage under Ayushman Bharat are significant and encouraging milestones. Yet, despite these positive developments, our healthcare system continues to face critical challenges, including shortage of doctors, inadequate infrastructure, increasing patient load, and growing demands on healthcare services. These pressures place an enormous physical and emotional burden on the medical fraternity.

At this crucial juncture, the safety, dignity, and well-being of doctors must remain a matter of highest priority. Violence against healthcare professionals in any form is completely unacceptable and must be dealt with firmly. Hospitals and healthcare institutions must ensure robust security arrangements, including effective surveillance systems, safe working environments, and regulated duty hours to protect doctors from physical exhaustion, mental stress, and burnout.

IMA Uttar Pradesh remains unwavering in its commitment to evidence-based modern medicine. We strongly oppose mixopathy and all forms of unregulated cross-practice that compromise patient safety and dilute professional standards. Ethical medical practice, scientific temper, and professional integrity must continue to guide every aspect of healthcare delivery.

Strengthening rural healthcare and promoting preventive medicine are equally vital for building a healthier society. Empowering Primary Health Centres, organizing regular health camps, and increasing public awareness regarding maternal and child health, immunization, hypertension, diabetes, and lifestyle diseases can significantly bridge the rural-urban healthcare divide and improve health outcomes across the state.

The expansion of medical education must also emphasize transparency, merit-based selection, quality training, research orientation, and ethical values. Our goal should not only be to produce skilled doctors but also compassionate professionals dedicated to patient care and societal welfare.

As proud members of the Indian Medical Association, we must continue to strengthen public trust through ethical conduct, compassionate service, and transparent communication. Together with the Government, National Medical Commission, healthcare institutions, and society at large, we must embrace innovation, digital health, and modern technology to transform healthcare delivery and make it more accessible, affordable, and efficient.

Your dedication, sacrifice, and selfless service continue to inspire society and uphold the noblest traditions of the medical profession. United under the banner of the Indian Medical Association, let us move forward with unity, integrity, and commitment to make Uttar Pradesh a model of healthcare excellence for the nation.

Stay United. Stay Ethical. Stay Committed.

Long Live IMA!



Dr. Ashish Kumar Agarwal

Secretary

Indian Medical Association (IMA)



Dear Colleagues,

In today's rapidly evolving healthcare system, digital compliance and awareness of government regulatory portals have become essential for every doctor and clinical establishment in Uttar Pradesh. Hospitals, nursing homes, clinics, laboratories, and diagnostic centres are now required to interact regularly with various online government platforms for registration, licensing, reporting, safety compliance, and professional updates.

I urge all members of IMA UP State to remain updated and ensure timely compliance with the following important portals:

- UP Health Department – <https://uphealth.up.nic.in>
- UP Medical Council – <https://upmedicalcouncil.org>
- Clinical Establishments Portal – <https://clinicalestablishments.mohfw.gov.in>
- UP State Medical Faculty – <https://www.upsmfac.org>
- PCPNDT Portal – <https://pndt.gov.in>
- UP Pollution Control Board – <https://uppcb.com>
- UP Fire Service Portal – <https://upfireservice.gov.in>
- Nivesh Mitra UP – <https://niveshmitra.up.nic.in>
- Ayushman Bharat Digital Mission – <https://abdm.gov.in>
- National Medical Commission – <https://www.nmc.org.in>
- UP Jansunwai Portal – <https://jansunwai.up.nic.in>
- UP Development Authority Building Construction and Development Bye-laws, 2025, portal (get ur hospitals legalised) <http://shasanadesh.up.gov.in>

These portals are important for medical registration, biomedical waste authorization, Fire NOC, PCPNDT compliance, clinical establishment registration, digital health integration, and public grievance management.

IMA has always stood for professional excellence, ethical practice, and responsible healthcare delivery. In the present era, digital preparedness is equally important. I encourage all members to educate their staff and institutions regarding statutory online compliances and maintain updated records to avoid legal and administrative difficulties.

Together, let us strengthen safe, transparent, ethical, and technologically empowered healthcare services across Uttar Pradesh.

FIRST STATE WORKING COMMITTEE MEETING OF IMA UP STATE



The First State Working Committee (SWC) meeting of IMA UP State was successfully organised by the Deoria branch on 22nd February 2026 at Hotel Parth Residency, Deoria. The meeting was attended by more than 90 members from various districts across Uttar Pradesh.

Distinguished guests included Dr. Sharad Aggarwal, Patron and National President (2022-23), Dr. Rajeev Goel, State President, Dr. Ashish Aggarwal, State Secretary, Dr. Vani Puri, State Finance Secretary, Dr. Anand Prakash, National Joint Secretary, along with

several past presidents, Central Working Committee members, and State Working Committee members.

The Organising Chairman Dr. Anirudh Singh, Organising Secretary Dr. Vipin Bihari Shukla, Branch President Dr. Sanjeev Agrawal, Branch Secretary Dr. Navendu Rai, and other executive members of IMA Deoria worked tirelessly to ensure the smooth and successful conduct of the meeting.

A scientific session was organised on the evening of 21st February 2026 at

Beyond Flavours, which was thoroughly enjoyed by all SWC guests and members of IMA Deoria. An emotional obituary was paid to Past President Dr. A.P. Singh for his sudden and untimely demise by Dr. Sharad Aggarwal, Dr. Ashok Aggarwal, and the entire house. This was followed by a detailed discussion on all agenda items from the 1st SWC meeting of IMA UP State for the year 2025-26.

The house expressed its gratitude to IMA Deoria and its members for the excellent organisation of the SWC meeting and their warm hospitality.



Invitation

NATIONAL NORTH ZONE IMA CGPCON 2026

Dear Colleagues,

Greetings from the Organising Committee of National North Zone CGPCON 2026.

It gives us immense pleasure to invite you all to the upcoming National North Zone IMA CGPCON 2026, scheduled to be held on 5th July 2026 at Ghaziabad.

This conference will bring together some of the finest minds in general practice and family medicine from across the North Zone, providing a vibrant platform for academic exchange, clinical updates, and professional networking. Primary care physicians, being at the forefront of patient care, will greatly benefit from this gathering, which aims to strengthen our knowledge, skills, and collective commitment to excellence in healthcare.

We have curated a comprehensive and practical scientific program that addresses contemporary challenges in day-to-day clinical practice. The sessions promise to be insightful, interactive, and highly enriching for all participants.

We are also inviting eligible candidates for the prestigious Honorary Fellowship of IMA College of General Practitioners (FCGP). The eligibility criteria are: 20 years of clinical practice after MBBS or possession of Fellowship of the Academy of Medical Specialties (FIAMS).

Ghaziabad, with its vibrant medical community and renowned hospitality, is privileged to host this prestigious event. We are confident that you will find both academic fulfilment and excellent networking opportunities at the conference.

We eagerly look forward to welcoming you all at the North Zone IMA CGPCON 2026.

With warm regards,

Dr. Sharad Aggarwal
Patron, IMA UP State

Dr. Rajeev Goel
President, IMA UP State

Dr. Ashish Agarwal
Secretary, IMA UP State

Dr. Sandeep Jain
Faculty Director,
IMACGP UP State

Dr. V. B. Jindal
Organising Chairman

Dr. Vani Puri
Organising Secretary

NORTH ZONE IMA CGPCON 2026

NORTH ZONE NATIONAL IMA CGP-CON-2026
Hosted by IMA UP State in Association with IMA Ghaziabad

BRIDGING SPECIALTIES : EXPANDING ROLE OF FAMILY PHYSICIAN

5th July 2026, SUNDAY, HOTEL FORTUNE INN GRAZIA, SANJAY NAGAR, GHAZIABAD (NCR)

REGISTRATION FORM

PERSONAL DETAILS

TITLE _____

FULL NAME _____

EMAIL ID _____

GENDER/AGE _____

CITY _____ STATE _____

MOBILE NUMBER _____

ADDRESS _____

IMA CGP MEMBERSHIP NUMBER (FOR CGP MEMBERS ONLY) _____

NAME TO BE PRINTED ON CERTIFICATE AND BADGE _____

Payment can be done via Cash/UPI

Account Details
Account Name: IMA UP State
Account Number: 2402210563542971
Bank Name: AU Small Finance bank
Branch: C-29, RDC, Raj Nagar
Ghaziabad-201002 (UP)
IFSC: AU0B00023109

REGISTRATION CATEGORY	TILL 15 th JUNE	16 th JUNE - 2nd JULY
CGP MEMBER	₹1000	₹1500
NON CGP IMA MEMBER (INCLUDING LIFE MEMBERSHIP OF CGP COMPLEMENTARY)	₹2000	₹2500
HONORARY CGP FELLOWSHIP (20-YEAR EXPERIENCE)	₹12000	₹14000
ACCOMPANYING PERSON	₹1000	₹1500
ACCOMMODATION (TWIN SHARING)	₹4000	₹5000
MSA/UDN MEMBERS	₹500	₹1000

Registration is Mandatory for all
Note: No spot Registration.

NORTH ZONE NATIONAL IMA CGP-CON-2026 Invitation

**BRIDGING SPECIALTIES :
EXPANDING ROLE OF FAMILY PHYSICIAN**

Hosted by : IMA UP State in
Association with IMA Ghaziabad.

DATE : 5th JULY 2026 (SUNDAY)
**VENUE : HOTEL FORTUNE INN GRAZIA,
SANJAY NAGAR, GHAZIABAD (NCR)**

Special Highlight :

*Eligible candidates are invited for the
Honorary Fellowship of IMA College of
General Practitioners (FCGP).*

**ELIGIBILITY : 20 YEARS OF CLINICAL PRACTICE
AFTER MBBS OR FIAMS.**

Registration is Mandatory | No Spot Registration

Behind the White Coat : The Silent Mental Health Struggles of Doctors and Doctor's Children in India



Dr. Neeraj Gupta

D.P.M. (C.I.P., Ranchi)

M.D. Psychiatry (NIMHANS, Bangalore)

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Uttar Pradesh, India

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Abstract

Doctors in India face intense professional demands, including long working hours, workplace violence, medico-legal risks, and high patient expectations, which contribute to elevated rates of burnout, depression, anxiety, and suicide. Emerging evidence also indicates intergenerational effects on their children, who often experience emotional neglect, academic pressure, and family stress. This article synthesizes available data on the mental health challenges faced by Indian doctors and their families, highlights systemic factors, and proposes recommendations for intervention. Despite their role as healers, many doctors and their children suffer in silence due to stigma and inadequate support systems.

Introduction

The medical profession in India is often idealized as noble and selfless. However, behind the white coat lies a growing crisis of mental health issues among practitioners. With over a million doctors serving a population of more than 1.4 billion, the healthcare system places immense pressure on individuals. [OB] Factors such as excessive workloads (often exceeding 80 hours per week), exposure to patient suffering and death, fear of violence from relatives, and bureaucratic hurdles exacerbate psychological strain. [OB]

This burden extends to doctors' children, who may grow up with absent parents, high expectations to excel academically (often in medicine), and exposure to secondary trauma. Limited direct quantitative studies exist on doctors' children, but qualitative insights and related research point to significant challenges. [OB]

Methods

This review draws on peer-reviewed studies, national surveys, and media-reported data from 2018–2026, sourced from PubMed/PMC, Indian Journal of Psychiatry,



and other repositories. Keywords included “mental health doctors India,” “physician burnout,” “suicide doctors India,” and “children of doctors mental health.”

Mental Health Struggles Among Doctors in India

Prevalence of Common Disorders

Multiple cross-sectional studies reveal high rates of psychological distress :

- A study of 152 doctors reported 34.9% with depression, 39.5% with anxiety, and 32.9% with stress.
- Resident doctors in a North Indian tertiary hospital showed 30.1% depression, 16.7% suicidal ideation, and over 90% some level of burnout.
- During the COVID-19 period and beyond, anxiety reached 37.17%, depression 33.68%, and stress 23.7% among healthcare professionals.
- Recent surveys indicate ~30% burnout, ~30% depression, and ~15% anxiety, with 56% reporting anxiety or depression symptoms in one 2025 study.

Burnout and Work Conditions

Burnout affects up to 78–90% of doctors in some cohorts, driven by long duty hours, shift work, and resource shortages. Workplace violence is rampant, with 77.3% of doctors reporting incidents, leading to loss of self-esteem, anxiety, and reduced clinical performance.

Suicide Rates

Doctors in India die by suicide at approximately 2–2.5 times the rate of the general population. Between 2015–2019, around 430 doctor suicides were reported. From 2010–2019, 358 cases involved medical students, residents, and doctors. In 2022, over a dozen resident doctor suicides were noted, and 25 in 2025 alone in some reports. Most victims were under 40, with depression cited in over 60% of cases. Many used lethal methods like hanging or injectable medications and did not seek prior help.

Barriers to Seeking Help

Stigma within the medical community, fear of professional repercussions, confidentiality concerns, and a culture of “invincibility” deter help-seeking. Only about one-third of affected doctors seek professional support.

Impact on Doctors' Children

Data specific to doctors' children remains sparse, representing a critical research gap. However, available insights suggest significant effects :

- **Emotional Neglect and Family Dynamics:** Long hours and irregular schedules limit parental involvement, leading to postponed family activities and reduced emotional availability. Some children idolize the profession, while others resent it, contributing to identity issues or rebellion.
- **Academic and Career Pressure:** High expectations often push children toward medicine despite parental discouragement. A 2025 nationwide survey of 1,208 doctors found 91.4% would not recommend medicine to their children, citing stress, violence, and poor work-life balance.
- **Secondary Trauma and Mental Health Risks:** Exposure to parental stress, discussions of patient outcomes, or family financial strain from medico-legal issues may increase anxiety, depression, or behavioral problems. Broader Indian child mental health data shows ~50 million children affected by disorders, with familial stressors as key contributors.
- **Intergenerational Transmission:** Children of depressed or burned-out parents face higher risks of attachment issues, academic underperformance, or substance use in adolescence.

Discussion

The mental health crisis among Indian doctors stems from systemic issues: inadequate staffing, unregulated working hours (despite guidelines), rising violence, and a profit-driven private sector. Doctors' children experience the downstream effects of these pressures, perpetuating a cycle of stress. The COVID-19 pandemic amplified these issues, but they predate and persist beyond it.

Limitations

Most data are cross-sectional with self-report bias. Few longitudinal or family-specific studies exist, particularly on doctors' children. Underreporting of suicides and mental health issues is likely due to stigma.

Recommendations

1. **Institutional Support:** Mandatory confidential mental health services in hospitals, reduced duty hours, and anti-violence laws with swift enforcement.
2. **Training and Awareness:** Integrate mental health education in medical curricula and promote peer support.
3. **Family-Focused Interventions:** Counseling programs for doctors' families and work-life balance policies.
4. **Policy Level:** Increase mental health workforce (currently critically low at ~0.75 psychiatrists per 100,000), telemedicine for rural doctors, and national tracking of physician wellbeing.
5. **Research:** Longitudinal studies on doctors and their children to quantify intergenerational impacts.

Conclusion

The silent struggles of doctors and their children undermine the foundation of India's healthcare system. Addressing this requires shifting from individual resilience narratives to systemic change. By supporting the healers and their families, India can build a more compassionate and sustainable medical workforce.

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- Grover S, et al. Psychological problems and burnout among medical professionals of a tertiary care hospital in North India. *Indian J Psychiatry*. 2018.
- Rajasekar G, Krishnan R. Mental Health of Medical Practitioner. *Indian J Psychol Med*. 2021.
- Kishor M, et al. Suicide among Indian doctors. *Indian J Psychiatry*. 2021.
- Additional sources from PMC, Psychiatric Times, and national surveys as cited.

Conflicts of Interest: None declared.

Funding: None.

VARIOUS BRANCH ACTIVITIES



IMA - AGRA



IMA - BARAUT



IMA - BAREILLY



IMA - BIJNOR

VARIOUS BRANCH ACTIVITIES



IMA - CHITRAKOOT



IMA - ETAWAH



IMA - GHAZIABAD



IMA - GREATER NOIDA

VARIOUS BRANCH ACTIVITIES



IMA - GORAKHPUR



Health Cheakup Camp



IMA - KANPUR



IMA - MORADABAD



IMA - MUZAFFARNAGAR

VARIOUS BRANCH ACTIVITIES



IMA - MEERUT



IMA - PILIBHIT



IMA - PRAYAGRAJ



IMA - SAHARANPUR



IMA Uttar Pradesh: Branch Activities Report

(January 2026 – May 2026)

The Indian Medical Association (IMA), Uttar Pradesh, continued its commitment to professional excellence, community service, and healthcare advancement through diverse academic, social, and public health initiatives across its branches from January to May 2026.

IMA AGRA

The Agra branch remained highly active, organising multiple academic, sports, and awareness programmes. Key activities included World Cancer Day CME, PFT training, a large public health awareness event at M.D. Jain College (attended by ~350 people), launch of the IMA Agra Cricket League, Good Touch–Bad Touch school workshops, and Cervical & Breast Cancer awareness drives. The branch celebrated International Women's Day, conducted CMEs on caregiver mental health and Obesity & Type 2 Diabetes, observed World Health Day, Malaria Day, and Heat Wave awareness under Jan Jagriti Abhiyan, and played a friendly cricket match with IMA Firozabad. In May, the branch strongly advocated against notices to residential hospitals by meeting MPs and conducted World Asthma Day and Hypertension Day campaigns.

IMA BARAUT

On 27 January 2026, the branch organised a CME in collaboration with Max Hospital Vaishali, featuring talks by Dr. Gaurav Minocha and Dr. Ajay Prajapati. The monthly branch meeting was held alongside. On World Health Day (7 April), a programme with lamp lighting and addresses by dignitaries emphasised scientific healthcare, mental health, and collaboration with government bodies. Doctors took a pledge to serve society with dedication.

IMA BAREILLY

The branch conducted several notable activities including a Candlelight Tribute to COVID martyrs (30 Jan), release of BIMA Bulletin, World Cancer Day clinical meeting, Thalassemia awareness camp, multiple CPR workshops in schools and colleges, Pinkathon 2026 on International Women's Day (over 500 participants), Holi celebration, IMA Football League Season 3, clinical meetings with Apollo and Fortis, a heart transplantation lecture, World Liver Day meeting, CPR workshop for police personnel, autism screening camp, and a Fire Safety Workshop. Senior office bearers led all programmes effectively.

IMA BIJNOR

In its General Body Meeting on 26 March 2026, the branch strongly opposed the local administration's directive making Red Cross Society membership and contributions mandatory for private hospitals and labs, terming it unconstitutional and coercive. The branch emphasised that contributions must remain voluntary.

IMA CHITRAKOOT

Under the presidentship of DM Shri Pulkit Garg, the branch

organised a welfare drive at a Vriddha Ashram, distributing blankets, inners, caps, and socks to around 60 elderly residents.

IMA ETAWAH

The branch organised a CME on infertility management and minimally invasive surgery on 28 January 2026. Multiple General Body Meetings discussed IMA building renovation and medico-legal issues. Under the Aao Gaon Chale project, a free medical camp was held at Kandhani Village. The branch also celebrated New Year and Republic Day.

IMA GHAZIABAD

The branch conducted numerous health camps, awareness programmes on World Hearing Day, Women's Day, National Dermatologists Day, World TB Day, World Liver Day, and World Thalassemia Day. Notable events included free multi-specialty camps, TB patient adoption, badminton tournament, Earth Day programme with tree plantation, Fibroscan camp, cervical cancer awareness lectures for schoolgirls, and a movie screening for members.

IMA GREATER NOIDA

On 28 February 2026, the branch organised a successful conference at Radisson Blu Hotel. Chief Guest Dr. Rajeev Goel appreciated the branch's activities and emphasised membership growth.

IMA GORAKHPUR

Key activities included Holi celebration, meetings with Pollution Control Board and SSP, Candle March for deceased doctors, financial assistance to a martyr's family, World Health Day awareness rally, and meetings with the Chief Minister and health authorities on infection control and doctors' safety.

IMA KANPUR

The branch organised a Mega Health Check-up Camp (benefiting 400+ patients), New Year Picnic & Lohri celebration, General Body Meeting with elections, CME on Recent Advances in Cardiology, and Republic Day celebrations.

IMA MORADABAD

The branch successfully organised IMA Medicon 2026 on 8 February with over 500 delegates, multiple scientific sessions, and a cultural evening. Other events included Executive Committee meetings, grand Holi Milan Samaroh, and an International Fellowship Tour to Almaty, Kazakhstan.

IMA MUZAFFARNAGAR

The branch conducted the IMA Muzaffarnagar Cricket League (T10 format) from 3–5 April 2026 with enthusiastic participation.

IMA MEERUT

Activities included Blood Donation Camp, live screening of cricket matches, expert lecture on AI in Medicine, CPR training, Hospital Board meeting, free health camps under Aao Gaon Chale, felicitation of Param Vir Chakra awardee Yogendra Yadav, academic session on weight loss medicines, CPR workshop for Cantonment Board employees, and a picnic tour on Namu Bharat Rapid Rail.

IMA PILIBHIT

The branch organised Annual Sports Day “Sunshine 2026”, an international tour to Thailand, Holi Cultural Festival “Rang Barse 2026”, Cyber Fraud Awareness Workshop, and a comprehensive World Health Day programme with multiple scientific sessions.

IMA PRAYAGRAJ

Notable activities included Magh Mela Camp inauguration, sports

events (indoor, outdoor, cricket), Holi Milan, World TB Day, Solar System installation at IMA Building, medical camp, Blood Donation Camp, and IMA CGP Annual Conference.

IMA SAHARANPUR

The branch conducted General Body Meetings with scientific sessions on cardiology, orthopaedics, and vector-borne diseases, a full Sports Mahotsav 2025-26 (Walkathon, TT, Chess, Shooting, Volleyball, Cricket), and a scientific session on liver transplant and gallbladder cancer surgery.

IMA SHAHJAHANPUR

On World Health Day (7 April 2026), the branch organised a seminar on mental health at Hotel Grand Ark, featuring expert talks on holistic health and scientific approaches.

IMA SITAPUR

The branch welcomed the new CMO, attended a DHS meeting, conducted School Awareness Week (HPV vaccination, hygiene, CPR) in three schools, and organised a CME on Vertigo.

APPEAL FOR IMA HEADQUARTERS BUILDING FUND

Dear Esteemed Members of IMA UP State,

The Indian Medical Association is poised to create a landmark — our new IMA Headquarters in the heart of the national capital. This iconic building will stand as a proud symbol of our unity, professional strength, and vision for the future.

This is a historic opportunity for every member to contribute and feel a true sense of belonging. As the slogan goes — “Each Member One Brick” — your contribution will help lay the foundation of this legacy.

We humbly appeal to all members to contribute a minimum of 1000 (or more) towards this noble cause. Every rupee counts and will help build a modern, state-of-the-art headquarters that will serve generations of doctors.

How to Contribute:

- Simply scan the QR code and make your contribution.
- IMA UP State will consolidate all contributions and send a comprehensive cheque along with the list of donors to IMA Headquarters.

Your generous support will reflect our collective commitment to the medical profession and our association. Let us come together with enthusiasm and build an institution we can all be proud of.

Together, we build. Together, we grow.

Warm Regards,

Dr. Sharad Agarwal
Patron, IMA UP State

Dr. Rajeev Goel
President, IMA UP State

Dr. Ashish Agarwal
Secretary, IMA UP State



REAL ESTATE Q & A

EXPERT ANSWERS TO IMPORTANT
REAL ESTATE QUESTIONS



INFORMED
DECISIONS



BETTER
INVESTMENTS



SECURE
FUTURE

INDIA

VS

DUBAI

Q1



Which is a better investment destination for Indians — India or Dubai real estate?

Dubai is an attractive destination for real estate investment due to its modern infrastructure, luxury developments, and investor-friendly environment. However, its market is largely dependent on tourism and the expatriate population, making it sensitive to geopolitical conditions and international relations. In addition, long-term residency and visa renewals remain subject to the policies and discretion of the UAE government.

On the other hand, the growth of real estate in India is driven by strong domestic demand from its large and growing population. With India emerging as one of the world's top five economies and continuing on a strong growth trajectory, the Indian real estate sector offers significant long-term potential and stability for investors.

Q2



Which is a better option — a ready-to-move-in property or an under-construction property?

- Ready-to-Move is a risk-free purchase and can generate income immediately.
- Purchasing an under-construction property can help buyers manage their cash flows more efficiently, as payments are generally made in stages linked to the progress of construction rather than through a large upfront investment.

Q3



There are many upcoming theme-based projects, are they worth their price?

Yes, many developers are coming up with specialised homes for different sections of society, like Kids, Senior People. In a project for Senior People living, developers introduce features like Handrails and grab bars at appropriate places, Health care & Emergency Support, speciality Restaurants, Transport Assistance etc. Hence they are worth considering.

Q4



What documents should buyers check before purchasing a property?



Title
Deed



KYC



RERA
Registration



Approved
Building Plan



Occupancy
Certificate
(OC)



Completion
Certificate
(CC)



Encumbrance
Certificate



Property Tax
Receipts



Mortgage

Q5



What are the different type of Costs in addition to base price associated with property?

Govt. and Developers levy different charges: PLC, EDC/IDC, possession charges, ATS registration charges, GST, advance maintenance charges etc.

Q6



What is the timeframe to claim Capital gain exemption on sale of property?

An individual or HUF can claim an exemption from Long-term Capital Gains arising from sale of residential house property, when such gains are reinvested in another residential property. The taxpayer must purchase a new residential house within 2 years or construct a new house within 3 years from date of sale. However, the maximum allowed exemption limit is capped at Rs. 10 Crore.



For professional assistance regarding
RESIDENTIAL OR COMMERCIAL PROPERTIES OR PLOTS
in GURUGRAM AND HARYANA.

We would be delighted to assist readers
with their real estate requirements.



Sarika Agarwal



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SS Omnia, Sector 85,
Gurugram.



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With Best Compliments



ACEHELP TH

Aceclofenac 100 mg,
Thiocolchicoside 4 mg Tablet

NEO FM

Flupentixol 0.5 mg +
Melitracen 10 mg Tablets

UNIMEMO Cap.

Ginkgo Biloba 120 mg + Brahmi
380 mg Capsules

UNIMEMO Syrup

Brahmi 300 mg, Shankhpushpi 300 mg, Malkangani
10 mg, Ashwagandha 300 mg, Jatamansi 100 mg,
Trifla 250 mg, Gokhru 200 mg Etc Brain Tonic

UNITIVE

Lycopene 10000 mcg, Methylcobalamin 500 mcg, Folic
Acid 500 mcg, Ginseng 50 mg, Ginkgo Biloba 20 mg,
Inositol 20 mg, Benfotiamine 10 mg, Benfotiamine 10 mg,
Vitamin A 2500 mcg Capsules

UNIDULO 20/30

Duloxetine 20/30 mg Tablet

UNIPRAM LITE/LS/PLUS

Escitalopram 10 mg + Clonazepam 0.25 mg Tab.
Escitalopram 5 mg + Clonazepam 0.5 mg Tab.
Escitalopram 10 mg + Clonazepam 0.5 mg Tab.

UNIPRAM 10/20

Escitalopram 10/20 mg Tablet

GABANEV NT 100/400

Gabapentin 100 mg + Nortriptyline 10mg
Tablets & Gabapentin 400mg +
Nortriptyline 10mg Tablets

OLNACURE MD

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

OLNACURE F

Olanzapine 5 mg & Fluoxetine 20
mg Tablets

ROZOTIL MD

Prochlorperazine 5 mg Mouth Dissolving
Tablets

EPRYTOR SR 150/A

Eperisone 150 mg (SR) Tablets.
Eperisone 150 mg & Aceclofenac
200 mg (SR) Tablets

EPRYTOR PLUS

Eperisone 75 mg + Aceclofenac 100mg
& Paracetamol 325 mg Tablets

CLOTED

Clonazepam 0.25/0.5 mg Mouth
Dissolving Tablets

UNISULP 50/100

Amisulpride 50/100 mg Tablet

UNIPALP OD 1.5/3/6

Paliperidone 1.5/3/6 mg
Tablets

BLONITE 2/4

Blonanserin 2/4 mg Tablets

PAROZEN CR 12.5/25

Paroxetine 12.5/25 mg
Controlled Release Tablets

QUTIMED 25/50/100

Quetiapine 25/50/10mg
Tablets

AGOMIND 25

Agomelatine 25 mg Tablets

CLOMIDON 10/20

Clomipramine 10/20 mg
Tablets

LAMODEP 50/100

Lamotrigine 50/100 mg Tablet

MOZEC Syrup

Brahmi 300 mg, Shankhpushpi 300 mg, Malkangani
10 mg, Ashwagandha 300 mg, Jatamansi 100 mg,
Trifla 250 mg, Gokhru 200 mg Etc Brain Tonic (Sugar
Free)

TIAMIN-100 Tab

Thiamine 100 mg Tablets

TIAMIN Inj.

Thiamine 100 mg / 2 ml Injection

UNIREST D

Rabeprazole 20 mg & Domperidone (SR)
30 mg Capsules

MELACALM

Melatonin 3/5 mg Tablet

MELOFRESH

Melatonin 3 mg, Zolpidem
Tartrate 10 mg Tablets

NIMOTOR

Nimodipine 30 mg Tablets

NIMOTOR Inj.

Nimodipine 10mg/50 ml Infusion

AMITAG 10/25/H

Amitriptyline Hcl 10/25 mg Tablets &
Amitriptyline Hcl 12.5 mg +
Chlordiazepoxide 5 mg Tablets

AMITAG FORTE

Amitriptyline Hcl 25 mg &
Chlordiazepoxide 10 mg Tablet

AMITAG M

Amitriptyline Hcl 5/10/25 mg &
Methylcobalamin 1500 SR Tablets

UNIBEE LC

Methylcobalamin 1500 mcg, L-
Carnitine 500 mg, Folic Acid 1.5 mg,
Vit D3 1000 IU Tablets

ANTILIA 30

Rabeprazole 20 mg &
Domperidone 10 mg Tablets

VARIOUS BRANCH ACTIVITIES



IMA - SHAHJAHANPUR



IMA - SITAPUR



IMA - ALGARH

Ramnavmi celebration by Dr Sharad Agarwal



IMA - BANARAS



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Citicoline 500 mg + Piracetam 800 mg
Tablets



Vijoy-XR

Venlafaxine Sustained
Release Capsules

37.5
75
150



Gabakon-NT

Gabapentin 400 mg +
Nortriptyline 10 mg Tablets



Olaway-DT

Olanzapine Tablets

2.5
5
7.5
10
15
20



Gabakon-NT 100
200

Gabapentin 100/200 mg +
Nortriptyline 10 mg Tablets



Valon-CR

Sodium Valproate +
Valproic Acid Tablets

200
300
500

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