



USI-WZ

NEWSLETTER

DECEMBER 2025





INDEX

1. USIWZ Council	03
2. President & Secretary's Desk	04
3. Message – Editor	05
4. WZUSICON 2025 Ahmedabad Report	06
5. Minutes of the Annual General Body Meeting(AGM) at 35th WZUSICON 2025	08
6. Constitutional Amendment passed at Annual General Body Meeting(AGM) at 35th WZUSICON 2025	17
7. Winners 35th WZUSICON 2025	18
8. USIWZ Activities Calendar	19
9. New Members	20
10. Urologist Burn Out	21
11. Mountain Trekking For Beginner	24
12. Can A Urologist Have Hobby As Stress Buster	28
13. How Can Urologist Maintain Fitness At Home	30
14. Poem	31
15. Know Your Instrument	36
16. Residents Corner - Visual Abstract	38





USIWZ COUNCIL



Dr. Ajay Bhandarkar
President



Dr. Ashish Patil
Past President



Dr. Suhas Salpekar
President Elect



Dr. Rajesh Kukreja
Hon Secretary



Dr. Ajit Sawant
Hon Secretary Elect



Dr. Sushil Rathi
Hon Treasurer



Dr. Sadashiv Bhole
Hon Treasurer Elect



Dr. Abhijit Patil
Council Member



Dr. Vilas Sabale
Council Member



Dr. Prashant Darakh
Council Member



Dr. Vishwas Kulkarni
Council Member

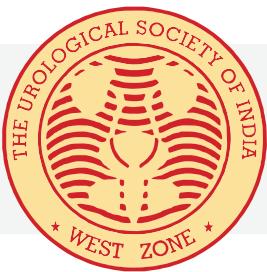


Dr. Rohit Joshi
Ex-Officio Council Member



Dr. Arvind Ganpule
Ex-Officio Council Member





PRESIDENT & SECRETARY'S DESK

Dear friends and respected seniors,

Greetings from the entire council of the society.

It's been an eventful 2025 year with a successful annual conference at Gandhinagar and three academic midterm meetings. We compliment the local organising committees of all the meetings for their efforts.

As we get ready to enter the new year of 2026, the Council has already started planning the calendar of events for the entire year. We again promise to put in our best efforts to have academically memorable meetings for our members. Three midterm meetings have been planned for the upcoming years. All the three meetings are on clinically relevant topics of advanced laparoscopic urology, reconstructive urology and the clinical applications of sonography in urology practice. The schedule of the meetings is given in this newsletter and we request all of you to make a note of the dates and venue and attend these meetings. It is the attendance of the delegates that rewards the efforts of the local organisers.

Our next annual conference is at Goa in October 2026. The venue is the luxurious Grand Hyatt Hotel. We thank all the members for an overwhelming response with 450 registrations already crossed with more than 10 months to go for the event.

After a very successful overseas tour of Greece in May 2025, we would travel this year to Georgia in May 2026. The dates have been thoughtfully planned so that they don't clash with major other meetings. The itinerary has been very well planned. It's going to be full of nature exploration and adventures. We would be having limited seats. We request all to book their seats fast.

Please do not hesitate to reach out with any suggestions, concerns, or ideas that you feel would benefit the society. Our society gets enriched by the contribution and dedication of our members. Please feel free to write to us at secretaryusiwz@gmail.com for any suggestions and feedback.

Looking forward to see you all at the annual conference of USI at Indore and wishing you all a very happy new year.

Warm regards,



Dr. Ajay Bhandarkar

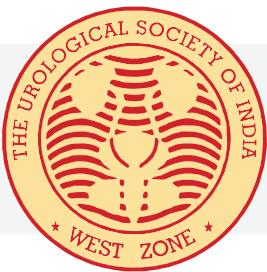
President



Dr. Rajesh Kukreja

Hon Secretary, USI WZ





EDITOR'S MESSAGE



The USIWZ Newsletter is published periodically for the benefit of our members. Typically, it features updates on society activities and topics related to urology. In this edition, we have chosen to address the important issue of burnout among urologists and discuss strategies for maintaining a healthy work-life balance. The intense demands of practice have unfortunately led to early deaths among young urologists due to high stress levels. We encourage the cultivation of hobbies as a means to alleviate stress.

This issue also includes guidance on how to prioritize health within the context of a urology career. The hobbies presented in this edition are cycling, trekking, singing, and poetry. We hope that this innovative approach resonates with the West Zone USI members and garners their appreciation.

We welcome feedback from our members to further enhance this initiative. Kindly send your suggestions or comments to dr.abhip@gmail.com.

Regards,

Dr Abhijit Patil

MCh (Urology), DNB (Urology), MS

FNB Renal Transplant

FICT (Fellowship in Clinical Transplant)

Fellow, Combined Endo-Lap-Robotics, Endourological Society, USA

Consultant Urologist & Transplant Surgeon

Council Member, West Zone - USI

Board Member, CRC-USI

Muljibhai Patel Urological Hospital, Nadiad, Gujarat





WZUSICON 2025 AHMEDABAD REPORT



The 35th annual conference of the Urological Society of India West Zone was held at the Mahatma Mandir Convention Centre, Gandhinagar, Gujarat from the 3rd to 5th October 2025. The event was cohosted by the Ahmedabad Urology Association with Dr Kandarp Parikh as the Organising Chairman and Dr Rohit Joshi as the Organising Secretary.

585 delegates registered for this event. The honourable Chief Minister of Gujarat, Shri Bhupendra Patel presided over the inaugural function as the chief guest. A keynote interactive session with Cheteshwar Pujara added to the entertainment.

The scientific program was highly appreciated and made with the intent of covering all the broad subspecialties, making it as interactive, visual and clinically useful as possible.

Highlights of the scientific program included:

- A spectrum of 6 international faculties (2 each from the specialities of Endourology, Urooncology and Pediatric Urology). These included Dr. Thomas Herrmann (Switzerland), Dr. Palani Sundaram (Singapore), Dr. John Yuen (Singapore), Dr. Anand Kelkar (UK), Dr. Aseem Shukla (USA) and Dr. Emilio Merlini (Italy).
- Semilive surgical videos (240 minutes)
- Interesting debates (4)





WZUSICON 2025 AHMEDABAD REPORT

- Clinical case based panel discussion with experts (12 sessions)
- Time for delegate interaction at the end of every session.
- Opportunity to young and newer people on the stage.
- Short talks (4-6min each) replacing lengthy lectures.
- Nursing Update Program.



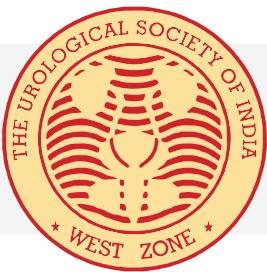
The delegates were rewarded with 10 Credit hours by the Gujarat Medical Council. The local organising committee gave two memorable evening entertainment programs (Bollywood musical program on the first night and a traditional garba night with a dream uniform dress code for all the delegates on the second night).



The event would be long cherished for its majestic venue, the scientific deliberations and the extraordinary hospitality.

Dr. Rajesh Kukreja
Hon Secretary USIWZ





MINUTES OF THE ANNUAL GENERAL BODY MEETING

MINUTES OF THE ANNUAL GENERAL BODY MEETING (AGM), UROLOGICAL SOCIETY OF INDIA – WEST ZONE (USI-WZ), 2025.

The Annual General Body Meeting of the Urological Society of India, West Zone for the year 2025 was held as per our yearly protocol during the annual conference of our society.

Date and Time: Saturday 4th October 2025 at 5:15PM.

Venue: Hall A, First Floor, Mahatma Mandir Convention Centre, Sector 13C, Gandhinagar, Gujarat 382016.

The meeting commenced punctually at 5:15 PM, as per the agenda circulated in advance by the Hon. Secretary, Dr. Rajesh Kukreja.

1. Welcome Address

The President, Dr. Ashish Rawandale Patil, called the meeting to order and welcomed all members to the Annual GBM. He delivered his opening remarks and thanked members for their active participation throughout the year. He urged all the members to cooperate for the smooth conduction of the AGM.

2. Obituaries

The Hon. Secretary, Dr. Rajesh Kukreja, requested all members to observe two minutes of silence in memory of the departed members:

- Dr. Ashok Bapat (Thane)
- Dr. K. L. Bandi (Indore)

3. Approval of Agenda

The agenda circulated was approved by Dr. Jaydeep Date and seconded by Dr. Ulhas Sathaye.

4. Confirmation of Previous AGM Minutes

The minutes of the Annual GBM held on 5th October 2024 at Raipur were confirmed. Passed by Dr. Deepak Kirpekar and seconded by Dr. Rajeev Joshi.

5. Matters Arising Out of Previous AGM Minutes

No further discussions were raised on the previous minutes.





MINUTES OF THE ANNUAL GENERAL BODY MEETING

6. Hon. Secretary's Report

Dr. Rajesh Kukreja, Hon. Secretary, presented the annual report for 2024–25.

- 116 new members were added (69 Full, 45 Trainee, 2 Associate).
- Three Midterm Meetings were successfully conducted:
 1. First meeting WZ-UROFINANCECON was held in March 2025 at Khajuraho in collaboration with Gwalior Urology Society (Org Chairman: Dr Brajesh Singhal and Org Secretary: Dr Neeraj Gupta). The meeting was attended by 105 members.
 2. Second meeting WZ-UROPRACTICECON was held in June 2025 at Nadiad, with the team of MPUH (Org Chairman: Dr R B Sabnis and Org Secretary: Dr Abhijit Patil). The meeting was attended by 150 members.
 3. Third midterm meeting WZ-ENDOUROCON was held in August 2025 at Chhatrapati Sambhajinagar in collaboration with Aurangabad Urological Society, (Org Chairman: Dr Abhay Mahajan and Org Secretary: Dr Prashant Darakh). The meeting was attended by 150 members.

Five webinars were organised by various council members; recordings are available on the official YouTube channel.

Overseas Tour:

Overseas tour of USI-WZ was arranged to Greece and 80 members with families attended and enjoyed the tour.

Website:

The website of USI-WZ was updated with the help of Dr Abhijit Patil. Now all members can login and confirm or change their credentials. All academic activities and operative videos of the members were uploaded on the website; they are available for the use of members.

USI WZ YouTube channel has 407 subscribers and 34 videos.

Newsletters:

Timely Newsletters were published for online circulation to all members of USI-WZ.

They were released on time and well appreciated by the members.

First newsletter was released in January 2025 which was prepared by Dr Kishor Wani, the council member.





MINUTES OF THE ANNUAL GENERAL BODY MEETING

Second newsletter was released in May 2025 which was prepared by Dr Prashant Darakh, the council member.

Third newsletter was released in August 2025 which was prepared by Dr Kishor Wani, the council member

Council Meetings:

13 meetings were conducted (physical and online). These meetings were attended by all the council members and Ex-official members enthusiastically; between 9 PM to 11 PM online on zoom meeting platform. All council members were communicated the agenda well in time for each meeting. Various academic, extra-curricular activities and different letters from the members were discussed in the meetings with great details.

Annual Conference Scientific Programme:

Scientific programme of the annual conference was prepared in detail and was circulated to all the members six weeks before the conference. All the convenors, session chairperson's and panel members were communicated regarding their presentations well in time; that is, two months before the event. 108 papers were accepted (podium/poster/video) for the prize paper sessions.

Nurses & OT Assistants' Session:

Successfully conducted under Dr. Kishor Wani and Dr. Haresh Thummar.

The Secretary's Report was passed by Dr. Sanjay Kulkarni and seconded by Dr. Kandarp Parikh.

7. Treasurer's Report

Dr. Sushil Rathi, Treasurer, presented the audited financial report.

- Total Fixed Deposits: ₹2 Crores across banks.
- Profit from Raipur Conference (2024): ₹69 Lakhs.
- Surplus Funds: Approximately ₹76 Lakhs (subject to 39% taxation if unutilised).

He advised prudent utilisation of surplus to avoid tax losses (~₹15–16 Lakhs).

The Treasurer's Report was approved by Dr. Shirish Yande and seconded by Dr. Nabar.





MINUTES OF THE ANNUAL GENERAL BODY MEETING

8. Discussion on Utilisation of Surplus Funds

It was presented by the treasurer Dr Sushil Rathi, that we had to utilise approximately 76 lacs or else the society would have to bear taxes on the same. Historically the profits of any conference would be divided equally in between the local organising body and the WZUSI. President Dr. Ashish Patil discussed that the council had deliberated on the issue and felt that the excess money that is collected from the members should go back to the members. This can be fitted legally by giving back to the members indirectly in the form of concessional registration fees for upcoming conferences to the members who were regularly attending the conference. Thus passing on loyalty benefits for the delegate members attending the conference, Dr Ashish Patil then proposed a model for utilisation:

- 1/5 to Local Organising Committee (LOC)
- 1/5 to USI-WZ
- 1/5 as member benefit through subsidised registration
- The above formula would serve to constantly increase the corpus plus pass on benefits to the attending members. Also keep a share for the local organising body. The matter was then put open for discussion.

Members' suggestions to spend the excess funds and the answers given by Dr Ashish Patil included:

- Dr. Kandarp Parikh was of the opinion of giving Subsidised registrations to members who regularly attended the conferences which was similar to the proposal of Dr Ashish Patil
- Dr. Prashant Mulawkar, Dr. Sabnis advised for a Office/virtual office setup. Dr Ashish Patil noted the point and mentioned that the annual expense of an office would not be more than 2 to 3 lacs a year which was quite less as compared to the compulsory spend budgeted.
- Dr. Anita Bapat-Patel suggested to start Research fund to which Dr Ashish Patil commented that PARC the committee for publication was already established by the council and response to scientific publication has been quite poor.
- Dr. Arvind Joshi suggested that we spend on State-wise academic activities to which the president commented that was already being done and yet even these meeting were generating profits.
- Dr Ashish Patil commented that after exploring all the options the council had come to a conclusion that the only way in which the excess funds being collected can be utilised without conflict of interest and a nonbiased way would be by giving back the funds to the





MINUTES OF THE ANNUAL GENERAL BODY MEETING

members in a tangential way by reducing the delegate fees for the upcoming conferences.

- Dr Anil Bradoo suggested to use this surplus fund for educational and research activities of the society.
- Dr Keval Patel again suggested for seed capital as per the need of local organising committee should be handed over to them, because many advance payments are to be done much ahead of the planned conference and organisers have to invest own money for such advances.
- Dr Ajay Bhandarkar requested President to summarise the discussion.
- Dr Ashish Patil Hon. President of USI-WZ, Summarised the discussion on following

Research activities.

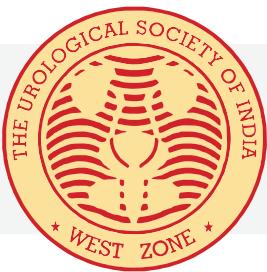
- Member registration benefit or benefit coupon to be carry forward for subsequent conferences
- To Create Research System
- Provide seed money to the next local organising committee (LOC).

Dr Jaydeep Date suggested to increase the expenses of the society.

President replied that each conference and midterm meetings are generating some surplus funds and profits. This will keep on happening in subsequent meetings also, hence just by increasing the expenses is not sufficient to utilise current surplus money having risk of 39% taxation. Dr Nabar suggested to form a committee of 5 Past Presidents along with Auditor and as per the decision, the council will take the final decision and inform all the members. Dr Ajay Bhandarkar, seconded this opinion.

Dr Sabnis said council to should take the final decision in time bound fashion with suggestion of council members, after this committee's decision. Dr Anita Bapat-Patel also reiterated the same opinion. This suggestion was noted down and President assured to form the committee as early as possible and finalise the "Modus Operandi" for utilising surplus funds regularly in future.





MINUTES OF THE ANNUAL GENERAL BODY MEETING

After extensive discussion, it was resolved:

- A committee of 5 Past Presidents and the Auditor will be formed to suggest the modus operandi for optimal fund utilisation.
- The Council will implement recommendations within a time-bound framework.

9. Appointment of Auditors (2025–26)

The house unanimously resolved to continue with the current auditors, noting satisfactory performance.

10. Membership Update

116 new members were approved (69 Full, 45 Trainee, 2 Associate).

Totals: 896 Full Members, 97 Trainee Members.

11. Report of WZUSICON 2024 – Raipur

Presented by Dr. Bhagwat and Dr Yogesh Barapatre:

- Delegates: 440
- Sponsors: 45 pharma companies
- Profit: Rs.69 Lakhs

President Dr. Ashish Patil handed over 50% of the profit to Chhattisgarh Urological Society.

12. Matters related to 36th WZUSICON 2026 to be held at Goa, Hotel Grand Hyatt (Bambolim) from the 9th till the 11th October 2026.

The details of venue, dates and delegates registration charges were discussed; along with incentive for early bird registrations during this conference till 5th October 2025. Secretary, Dr Rajesh Kukreja detailed the Goa arrangements. He also narrated the details of the site visit by Dr Ajay Bhandarkar and he himself.

13. Matters related to 37th WZUSICON 2027 decision for the Host city from Maharashtra.

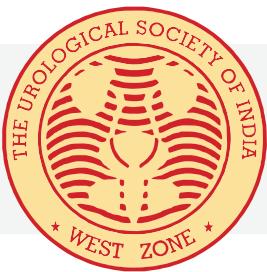
The Hon Secretary informed that applications were received from

Urological Society of Central India, Nagpur as the Host city and Kolhapur Urological Society, Kolhapur as the Host city.

He also informed that Kolhapur Urological Society has sent an email on his official USI-WZ email ID regarding withdrawal of their claim in favour of Nagpur city. Hence, Nagpur city got the opportunity to host the WZUSICON-2027 and GBM passed this proposal.

Dr Sadashiv Bhole from Nagpur detail the arrangement in brief.





MINUTES OF THE ANNUAL GENERAL BODY MEETING

14. Discussion and approval of Constitutional Amendment Agenda

The Agenda was mailed by the Hon Secretary to all members on 19th August 2025, 6 weeks before the conference and GBM. Dr Ashish Patil presented the need for the increase in the number of the council members. The number of members of the society has grown by 3 times and also the number of aspirant members had grown. The works of the council had increased and also it was necessary to have more seats to give an increased chance for all the members of all the states. Hence he proposed the increase from the present 4 to a total of 6 council seats.

Dr. Kudchadkar from Goa suggested that there should be state wise members, in the council of USIWZ. Dr Shirish Shinde said No State-wise Quota/Reservation should apply in council members. Dr Ravindra Sabnis also said that there should not be any state wise membership quota at the USI WZ Council. It is a Zonal representation and every member of the Zone has opportunity to get in the council, by appropriate actions.

Dr Bipin Sharma said small states need fair and proper representation in the council. Dr Ajay Bhandarkar and Dr Ravindra Sabnis pointed out that let us restrict to the agenda of increasing council members from 4 to 6 as per the agenda. No discussion on Quota system in this GBM.

The proposed amendment increase Council Members from 4 to 6 was discussed and passed.

- To be implemented from 2027 (Nagpur) with elections for 3 Council Members per year.
- Proposal passed by Dr. Ravindra Sabnis, seconded by Dr. Deepak Kirpekar.

15. Members' Letters and Resolutions

Letters were received from the members and were read out by the secretary as follows: The first group of Letters (2 in number) from Dr. Kamlesh Maurya and Dr. Keval Patel were discussed. The letters mentioned three aspects. One of increasing the number of council posts and the second about implementing reservation for the smaller states to facilitate adequate representation. And third to make it compulsory for each voter to vote for the maximum number of candidates that he is eligible to cast vote for. Dr Prashant Mulawkar suggested that voting should be compulsory for all the posts being contested. Dr. Ravindra Sabnis suggested that voting should be, by choice and member can choose to vote for any number of posts and not necessarily all the posts. Dr Ajay Bhandarkar insisted that council needs six executive council members for proper functioning, and if there is voting for all these posts, voter member should vote for all the posts and not incomplete voting process. Dr Shirish Shinde said voters should have right for not to vote to unwanted candidate. Members from Chhattisgarh suggested that people should vote for all required number of posts. Dr Keval Patel and Dr Ajay Bhandarkar suggested secret online voting from all





MINUTES OF THE ANNUAL GENERAL BODY MEETING

the members of the society should be taken. Dr Prashant Mulawkar reminded that; GBM is superior over secret online voting and GBM should take the decision.

Finally, president and collective opinion of the house suggested to take voting in the GBM. Secretary declared voting by raising hand in favour of voting for all the categories.

Total 41 members voted in favour of voting for all the posts being contested.

Then Secretary asked for raising hand for voting “for fewer / optional number of candidates” – this received only 9 votes.

Hence, the resolution was passed by raising hand 41 against 9 votes in favour of: “vote for all the posts being contested in the council elections or else voter member does not vote for any single post. Incomplete voting will be Invalid”.

The matter of reservation for the councils post was unanimously rejected by majority of the members present. The increase in the number of council posts was already passed by the house in the previous agenda. The second letter was by Dr Tushar Dani requesting the removal of complimentary freebees for the members and seniors.

Dr. Ashish Patil, President, clarified that no freebies or complimentary benefits are given to any member by the Council or from the West Zone accounts.

He stated that, as per the resolution passed in previous AGMs, only Past Presidents are given complimentary registration for the annual conference as a mark of respect and recognition for their contribution.

The third letter was regarding the request to allow Chhattisgarh to have independent rotation for hosting annual conferences. The matter was passed by the house unanimously, approved by Dr. Bhagwat, seconded by Dr. Ulhas Sathaye. Hence, resolution was passed that Chhattisgarh state will have its independent turn to Host Annual USI-WZ conference as per prevalent system and clubbing Chhattisgarh with Madhya Pradesh state will not be there.

16. Acknowledgement of Retiring Members

AGM acknowledged contributions of retiring members Dr. Ulhas Sathaye (Immediate Past President) and Dr. Kishor Wani (Council Member)

Members applauded their dedicated service to USI-WZ.

17. Declaration of Election Results

Dr. Ajay Bhandarkar, Election Officer and President-Elect, declared results:

- President-Elect: Dr. Suhas Salpekar (Unopposed)
- Secretary-Elect: Dr. Ajit Sawant (Unopposed)
- Treasurer-Elect: Dr. Sadashiv Bhole (Unopposed)
- Council Member: Dr. Vishwas Kulkarni (Elected)





MINUTES OF THE ANNUAL GENERAL BODY MEETING

18. Any Other Matter

No new matter was raised.

19. Vote of Thanks

The Hon. Secretary Dr. Rajesh Kukreja proposed a vote of thanks. He thanked all the members attending the conference and attending the GBM. He also thanked the outgoing council members. He congratulated the new council members and called for informal meeting before the end of this conference.

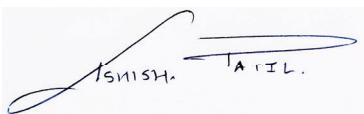
The list of Office bearers after the valedictory function on the 5th October 2025 and for the year

2025-2026 would be:

- President: Dr Ajay Bhandarkar
- Past President: Dr Ashish Patil
- President Elect: Dr Suhas Salpekar
- Hon Secretary: Dr Rajesh Kukreja
- Hon Secretary Elect: Dr Ajit Sawant
- Hon Treasurer: Dr Sushil Rathi
- Hon Treasurer Elect: Dr Sadashiv Bhole
- Council Members: Dr. Vilas Sabale, Dr. Abhijit Patil, Dr. Prashant Darakh and Dr. Vishwas Kulkarni
- Ex Officia Council Members: Dr Rohit Joshi and Dr Arvind Ganpule.

20. Closure of meeting

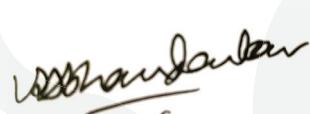
With no further business, the President Dr. Ashish Patil declared the meeting closed. Meeting concluded with thanks to the Chair.



Dr. Ashish Patil.
President, (2024-2025)



Dr. Rajesh Kukreja
Hon. Secretary (2024-2026)



Dr. Ajay Bhandarkar
President, (2025-2026)





CONSTITUTIONAL AMENDMENT PASSED AT THE ANNUAL GENERAL BODY MEETING

CONSTITUTIONAL AMENDMENT PASSED AT THE ANNUAL GENERAL BODY MEETING (AGM), UROLOGICAL SOCIETY OF INDIA – WEST ZONE (USI-WZ), 4TH OCTOBER 2025.

Increase in Number of Council Member Posts in the Council of USIWZ

Amendments To The Constitution Of Urology Society Of India, West Zone

Clause 10 Management of the Association

Present wording

The Association will be managed by the Council consisting of:

- (a) President. (b) Hon. Secretary. (c) Hon. Treasurer. (d) Four council members.
- (e) Immediate Past President. (f) President Elect. (g) Member/s of Council of USI from this zone are invitee/s for zonal Council. However they have no voting rights at the WZ Council
- (h) Secretary elect and treasurer elect every alternate year

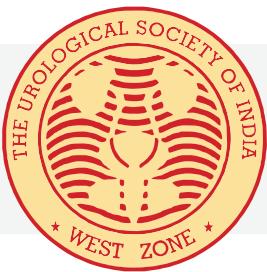
Proposed change

- The number of Council Member posts be increased from 4 to 6.
- Three Council Members shall be elected each year in place of the current alternating pattern (1 member in one year and 3 in the next).
- These changes, upon approval, shall be incorporated into the WZUSI Constitution and be implemented from the election year 2027 onwards. The association would be henceforth managed by:
- (a) President (b) Hon. Secretary. (c) Hon. Treasurer. (d) Six council members. (e) Immediate Past President. (f) President Elect. (g) Member/s of Council of USI from this zone are invitee/s for zonal Council. However they have no voting rights at the WZ Council (h) Secretary elect and treasurer elect every alternate year

Reason for change.

- Over the years, the membership of the West Zone has grown significantly, with current numbers being nearly three times the size at the time of the original council framework.
- Increasing the number of council members will naturally allow for greater inclusion and participation from all regions, including those with smaller member bases.
- The current volume of scientific, academic, and organizational work necessitates expansion of the council to ensure optimal governance and efficient delegation.





35TH WZUSICON 2025 WINNERS

3-5 October 2025



Chitale Post Graduate Travelling Fellowship Quiz Winners

1. Deep Patel; MPUH, Nadiad
2. Sharvil Thatte; Nair Hospital, Mumbai
3. Yuvraj Pawaskar; Nair Hospital, Mumbai

Khatron Ke Khiladi Delegate Quiz

1. Vadodara Virasat | Dr Ashit Shah and Dr Deval Parikh
2. Riverfront Roadies | Dr Ravi Jain and Dr Aditya Parikh

Prize Paper Sessions

Podium

- (1) Kalyani Sundararajan; TNMC and B.Y.L Nair Charitable Hospital.
Predicting the Leak: Risk Factors for Recurrence Following Vesicovaginal Fistula Repairs – A Retrospective Observational Analysis
- (2) Rahul Zalse; Kokilaben Dhirubhai Ambani Hospital, Mumbai.
MRI/TRUS Fusion-Guided Transperineal Prostate Biopsy in the Diagnosis of Prostate Cancer: Our Initial experience
- (3) Arvind Ganpule MPUH, Nadiad.
Aorticorenal Ganglion in Humans: Anatomical Mapping and Clinical Implications

Video

- (1) Saket Patel MPUH, Nadiad.
Superior Mesenteric Artery Injury During Laparoscopic Donor Nephrectomy: A Surgical Pitfall and Anatomical insights.
- (2) Nakul J. Bhatt Fortis Hospital Mulund, Mumbai.
Robotic simultaneous bilateral cortical sparing adrenalectomy with a presacral paraganglioma excision
- (3) Aruj Shah MPUH, Nadiad.
Robot-Assisted Partial Nephrectomy for Multiple Renal Masses: A Case Series on Surgical Strategy

ePoster

- 1) Virendrakumar Vijaykumar Deshmukh; TNMC and B.Y.L Nair Charitable Hospital.
Beyond the Stricture: Comparing Functional Outcomes in Bulbospongiosus Muscle-Sparing vs Standard Buccal Mucosal Graft Repair - A Retrospective Comparative Study
- 2) Vipin Sharma; Care CHL hospital Indore.
Primary Urethral Necrosis: An Exploration Of Rare Cases And Treatment Outcomes
- 3) Mahapatra Tova Chishi Goa Medical College, Goa.
Atypical presentation of benign lesions in the glans penis – a case series





USIWZ ACTIVITIES CALENDAR

MIDTERM MEETINGS FOR 2026

WZ-ROBOLAPCON

BHOPAL

10th to 12th April 2026



WZ-RECON

JABALPUR

27th to 28th June 2026

WZ-SONOCON

ANAND

1st to 2nd August 2026

OVERSEAS MEETING FOR 2026

WZ-OVERSEASCON

GEORGIA

21st to 30th May 2026



ANNUAL MEETING OF USIWZ

36th WZUSICON

GOA

8th to 11th October 2026





USIWZ NEW MEMBER LISTS

INTERNATIONAL MEMBER

Name: Dr. Patel Hardikkumar Hasmukhbhai

Mobile No.: + 91 88664 11490

Email: hardik2990@yahoo.com

City: Ahmedabad | Member No.: NULL

ASSOCIATE MEMBER

Name: Dr. Vijay Bora

Mobile No.: + 91 98370 08839

Email: vijaybora@gmail.com

City: Agra | Member No.: B128

FULL MEMBER

Name: Dr. Ketan Mehra

Mobile No.: + 91 98275 72577

Email: drketanmehra@gmail.com

City: Bhopal | Member No.: M330

Name: Dr. Sandeep Mehta

Mobile No.: + 91 99677 94136

Email: sb0094@gmail.com

City: Navi Mumbai | Member No.: M441

Name: Dr. Parth Aniruddha Patel

Mobile No.: + 91 94230 08096

Email: parth20292apatel@gmail.com

City: Nashik | Member No.: P548

TRAINEE MEMBER

Name: Dr. Yashraj Jain

Mobile No.: + 91 84466 85422

Email: jain8yashraj@gmail.com

City: Ashoknagar | Member No.: J275

Name: Dr. Kachba Salman Anwer

Mobile No.: + 91 91792 02345

Email: Salmankachba5@gmail.com

City: Godhra | Member No.: K714

Name: Dr. Kartik Ghanshyambhai Vanani

Mobile No.: + 91 98257 75276

Email: vananikartik@gmail.com

City: Surat | Member No.: V216

Name: Dr. Patel Mihir Shailesh

Mobile No.: + 91 87338 98679

Email: pms26031994@gmail.com

City: Ahmedabad | Member No.: P584

Name: Dr. Bhut Parth Bhaturbhai

Mobile No.: + 91 99677 94136

Email: parthbbhut@gmail.com

City: Navi Mumbai | Member No.: M441





UROLOGIST BURN OUT



-Dr Rishi Grover

Consultant Urologist
ICON Hospital, Surat

I am sitting in the OPD of a close friend who is a very astute Physician, let's call him ND. I have been meaning to consult him for quite a few days but could never find the time to do so. I have not been feeling well of late and many people have commented that I was looking off-colour, whatever that means!

Today, a surgery got postponed, and the next case is posted for 2 hours later at another hospital, so I finally land up at ND's clinic.

We make small talk about olden days and how practice is becoming more difficult and about half-trained juniors, the routine topics everyone wants to rant about. He seems distracted. Then I come to the point.





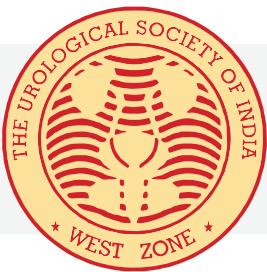
UROLOGIST BURN OUT



-Dr Rishi Grover

Consultant Urologist
ICON Hospital, Surat





UROLOGIST BURN OUT

-Dr Rishi Grover

Consultant Urologist
ICON Hospital, Surat

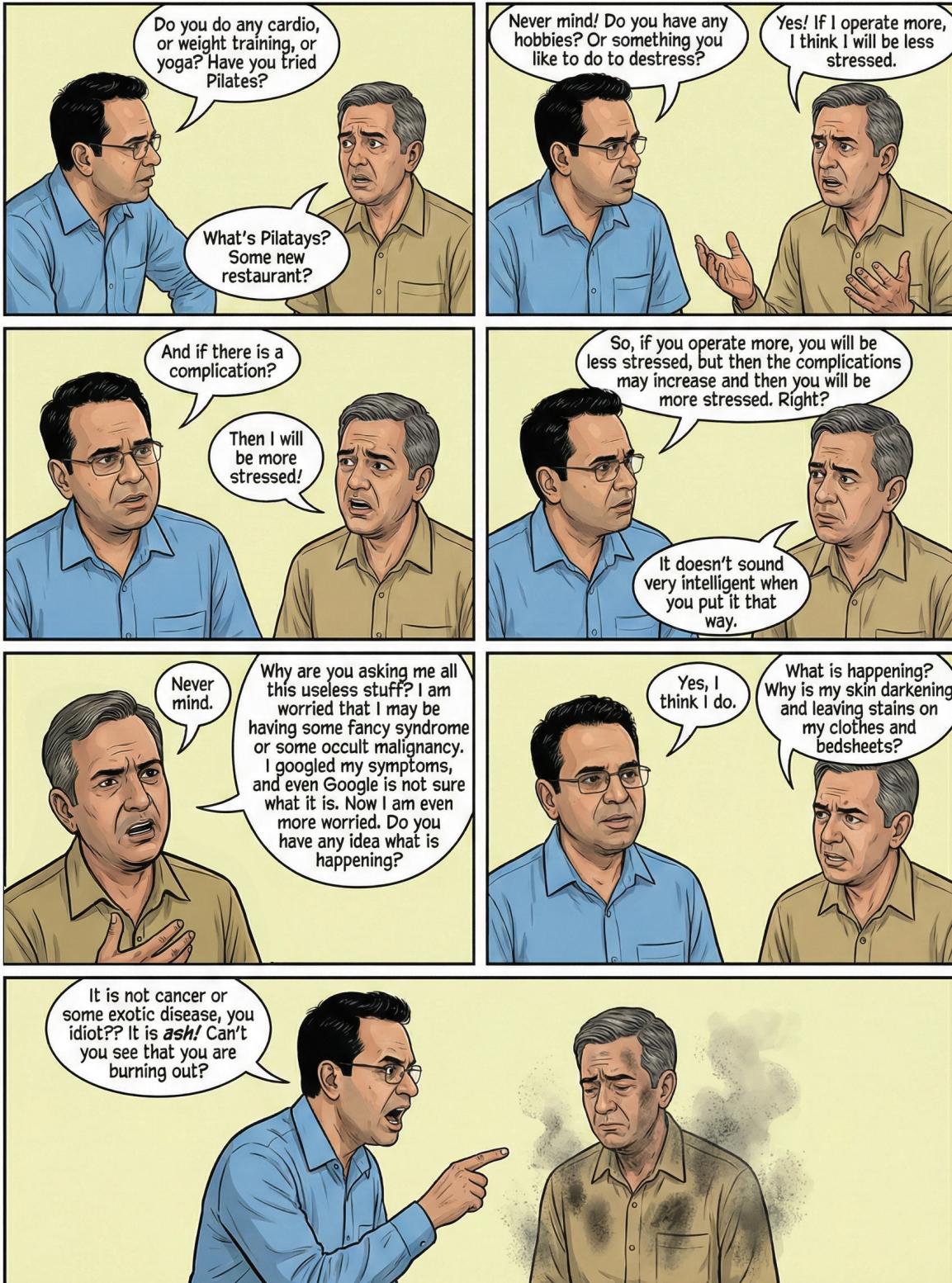




UROLOGIST BURN OUT

-Dr Rishi Grover

Consultant Urologist | ICON Hospital, Surat





mountain trekking for beginner ?

-Dr. Hemant Pathak

-Dr. Hemant Pathak

Consultant Urologist | Ex Prof BYL Nair Hospital
Lilavati Hospital, Mumbai

Trekking for Beginners: A Doctor's Journey to Balance Beyond Medicine

A personal reflection for medical professionals considering trekking

Why I Turned to Trekking as a Doctor

As doctors, we work in a profession where accountability is constant and unforgiving. Decisions matter. Outcomes matter. Patients depend on us.

We as doctors are extremely passionate about our profession but we need to realize that passion alone does not protect us from exhaustion.

- Long working hours are routine
- Emotional and cognitive load is continuous
- Burnout is common, though rarely spoken about
- Time for self-care, fitness, and nature is often postponed indefinitely

Trekking as the Ideal Hobby for Doctors

Many hobbies demand either time or energy—both of which are scarce in medical practice. But trekking can heal the mind while strengthening the body.

- It provides deep mental relaxation away from clinical environments
- It builds cardiovascular endurance and functional fitness
- Preparation over a few months encourages discipline without obsession
- It reconnects us with nature—something doctors rarely experience in daily life
- Trekking is a feast for photography with a wide array of scenic landscape birds, flowers and night photography
- Being away from the hustle culture and being cut off from the outside world completely due to lack of network is meditative.





MOUNTAIN TREKKING FOR BEGINNER ?

-Dr. Hemant Pathak

Consultant Urologist | Ex Prof BYL Nair Hospital
Lilavati Hospital, Mumbai

For me, trekking became a form of active meditation—a space where the mind slows down and the body learns resilience.

How My Trekking Journey Began

My introduction to trekking dates back to 1981, during my internship, when I was associated with the World Wildlife Fund.

Soon after, I participated in a 15-day organized trek in Manali.

The group consisted of:

8–10 doctors from Nair Hospital and KEM Hospital
NCC and NCC cadets

Trekking over the last 20 years have brought many of us together as friends and soulmates. Evenings on the trek can also be part of a creative process by sharing out thoughts on a topic.

We have seen the worst inaccessible parts of India and Nepal by vehicle and witnessed the vast grandiosity of the Himalayas

By the final days, even beginners like me were attempting climbs up to Bhrigu Peak and Hanuman Tibba. That experience changed my understanding of my own physical and mental capacity.

From a Non-Athlete Doctor to Functional Fitness

I was not an athlete in school or college.

Trekking made me appreciate functional fitness—fitness that allows you to cope better with stress, fatigue, and physical demands, both on the mountain and in the hospital.

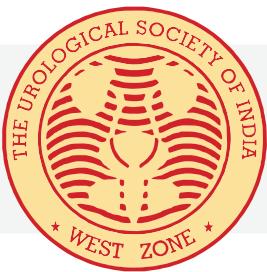
Gradually, I started making time for:

- Regular running
- Yoga for flexibility, balance and recovery



I never gravitated toward gyms or bodybuilding. Trekking taught me that doctors do not need extreme fitness—just consistent, sustainable movement.





MOUNTAIN TREKKING FOR BEGINNER ?

-Dr. Hemant Pathak

Consultant Urologist | Ex Prof BYL Nair Hospital
Lilavati Hospital, Mumbai

Creating a Trekking Culture Among Doctors

In 2007, along with Dr. Kumta, we decided to take this a step further and formed a trekking group.

Mumbai is blessed to be surrounded by the Western ghats and many forts. We were careful in our approach. We started with short treks and over time, as confidence and endurance improved, we gradually moved on to higher-altitude treks.

We began with treks such as Monsoon treks in Sahyadris with Matheran, Bhimashankar and progressed to treks like Beas Kund, Dev Tibba, Kathihari pass and Chopla valley.

Things to keep in mind to plan your trekking adventure,

- Invest in good trekking gear (High ankle shoes, cap, rug sack) which is easily available at DECATHALON.
- Carry adequate socks and warm garments. (down jacket, fleece jacket, hooded jacket) and sleeping bags can be hired.
- Keep some light snacks handy with adequate water.
- We had hired good trekking agencies which provide experienced guides and decent food and good quality tents and sleeping bags.
- Use of Diamox is advisable for treks above 14,000 feet.
- Hydration and acclimatization are the key points
- I would emphasize on preparation and pacing
- Safety is key and one must always be in the group.
- Never get too adventurous as altitude can hit anybody anytime.
- Group trek of 4-6 members can be customizable and smaller group can join fixed departure treks.



This slow, structured progression made trekking accessible even for doctors who had never considered themselves "outdoor people."





MOUNTAIN TREKKING FOR BEGINNER ?

-Dr. Hemant Pathak

Consultant Urologist | Ex Prof BYL Nair Hospital
Lilavati Hospital, Mumbai

What Trekking Gives Me as a Doctor

Away from the hospital and clinic, trekking offers me something increasingly rare:

- Complete distance from work
- Time to be alone with my thoughts
- Freedom from constant phone calls and network coverage
- A profound connection with nature

In the mountains, without signals and schedules, the mind decompresses. Perspective returns. Decisions feel lighter. The constant noise of medical life finally quietens.

A Message to Fellow Medical Professionals

Trekking is not about being athletic or adventurous.

It is about reclaiming balance in a profession that constantly demands more than it gives back.

If you are a doctor feeling fatigued, disconnected, or burnt out, trekking can be a gentle yet powerful reset.

Friends its never too late.

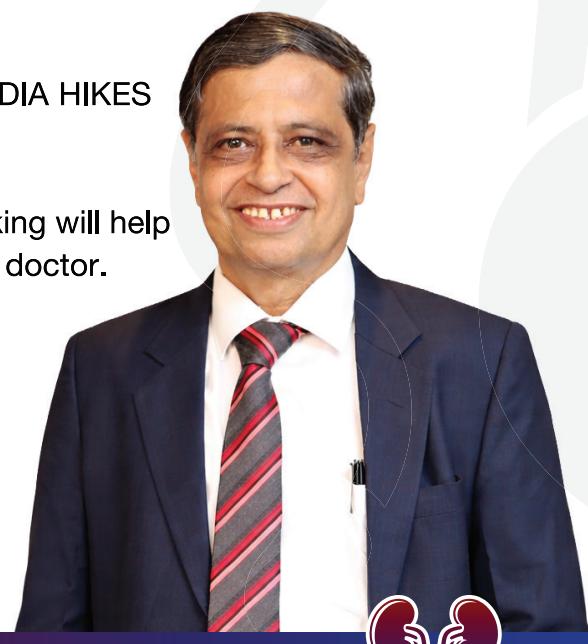
You can start with small treks like Chopla valley trek, Dara Bugyal and Beas Kund.

The trek was structured thoughtfully—something particularly important for beginners and medical professionals:

- Gradual acclimatization to altitude
- Easy routes in the initial days
- Progression to moderate treks toward the end

Resident doctors and youngsters can start with INDIA HIKEs group available online.

You don't need to be fit to start trekking—but trekking will help you become a healthier, calmer, and more resilient doctor.





CAN A UROLOGIST HAVE HOBBY AS STRESS BUSTER-CYCLING ?

- Dr Sneh Shah

MS DNB Uro | Consultant Urologist and Andrologist

Sharnam Urology Hospital Ahmedabad | Visiting senior consultant
GCS medical college and hospital Ahmedabad

Today in India's highly demanding and complex healthcare environment, particularly in era of government Yojnas and insurance –corporate cartel, As an young urologists its extremely difficult to obtain balance among intense surgical work, clinical decision-making, the emotional responsibility of patient care with sometime subpar remuneration, financial stability and family time. The cumulative effect of all these can predispose urologist to fatigue and burnout. In this context, nurturing a restorative hobby is not merely for recreation but it is essential for sustaining long-term professional well-being. Among the many options available, I feel cycling can emerges as an effective and fulfilling stress buster for urologists.

Cycling provides a powerful blend of physical and mental rejuvenation. For urologists who spend much of their day in controlled and high-intensity clinical settings, the act of pedaling, combined with rhythmic breathing and the open outdoor environment, stimulates endorphin release, lowers cortisol levels, and enhances mental clarity.

Cycling significantly improves cardiovascular endurance, muscle tone, posture, and core stability—which indirectly support the physical demands for maintaining stamina, focus, and strength for long operative days. Regular cycling helps strengthen this foundation.

Cycling encourages mindfulness, discipline, strength and toughness. Group rides add a social dimension, promoting companionship, peer bonding, and a sense of community outside the hospital environment.





CAN A UROLOGIST HAVE HOBBY AS STRESS BUSTER-CYCLING ?

- Dr Sneh Shah

MS DNB Uro | Consultant Urologist and Andrologist

Sharnam Urology Hospital Ahmedabad | Visiting senior consultant
GCS medical college and hospital Ahmedabad

During cycling completing a challenging route, achieving a personal speed record, or participating in endurance events helps developing goal-setting, which easily mirrors the continuous pursuit of excellence in medical practice.

Integrating cycling into one's routine serves as a practical, enjoyable, and sustainable strategy for stress reduction. It supports physical fitness, emotional balance, and mental sharpness-qualities that ultimately translate into improved patient care and professional satisfaction.

So, urologists seeking an outlet in stressful life, cycling stands as a powerful tool, offering both immediate stress relief and long-term wellness.





CAN A UROLOGIST HAVE HOBBY AS SINGING

- Dr. Anil Bradoo

What started as a mere fun activity in each other's homes took a serious turn when I asked myself why can't we a group of Doctors conduct programs in the community to share our happiness and passion. The Tuning Folks began this mission. music programs with a focus on raising awareness about relevant medical problems in society.

To date 13 years down this lane we have accomplished 114 programs throughout the country for causes ranging from Organ transplant, Autism, Alzeihmer's, Cochlear implant, Transgender awareness, cancer rehabilitation, Hearing and speech handicaps and others. We have performed thrice on Sahyadri Doordarshan and also been invited by the Southern command Armed forces division in Pune. Our shows have also raised funds for charities and have funded scores of Pediatric heart surgeries and even helped in procuring more than 100 AED machines (Defibrillators) in each local railway stations in Mumbai.



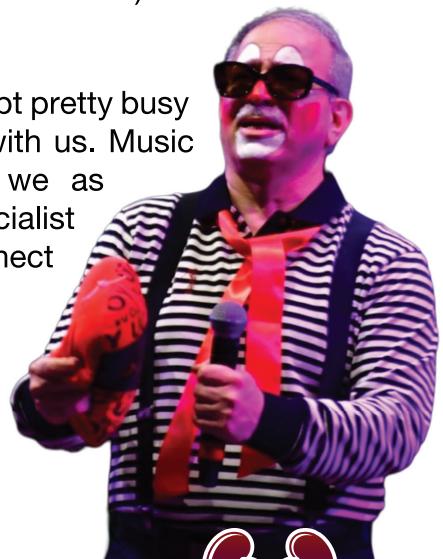
Our concerts have only Consultant Doctors who perform Gratis and guests who participate are only on invitation and for free. In Covid times our group showcased 17 episodes (an hour each) of our musical presentation over 2 years when no live shows were permitted on any public platform.

At The Tuning Folks we have a lot of special effects to our credit. Our songs and music is varied and can appeal to a wide range of the audience. It's live music in action and in our own inimitable style. No wonder we have a serious following, our shows seats get completely booked 10-15 days prior to the show. We just concluded our tribute to the legend Dharmendra last weekend in a major show with 1200 attendees. In March 2026 we will be performing in the largest auditorium in Mumbai (2800 seats) at the famous Shanmukhananda auditorium.

At this pace of almost 10-12 programs a year, we have been kept pretty busy with the goodwill of so many who take out their time to be with us. Music plays a very important role in most people's lives and we as Professional Doctors have convinced music lovers that Specialist Doctors can make a difference with their ability to easily connect to communities.

Dr Anil Bradoo

MS, Mch, DNB, FRCS-Urology (London)
Consultant Urologist and Andrologist
Excel Urology Centre and Star Lithotripsy Clinic
Zen Speciality Hospital | Sushrut Hospital
Past President - Mumbai Urological Society
Past President - Urological Society of India -West Zone





FITNESS AS A SURGICAL SKILL:

Strengthening the Surgeon Behind the Scalpel



Staying Fit Behind the OT Doors Strength, Nutrition and Longevity for Doctors

Dr. Sadashiv Bhole, Nagpur
Diploma in Nutrition (INFS)
ISSA Certified Body Building and exercise science specialist

Surgery is a physically and mentally demanding profession. Long hours in the operating theatre, sustained static postures, high cognitive load, night calls, and erratic routines place unique stress on the surgeon's body. Unlike other professions, our work demands prolonged concentration with minimal movement, often in ergonomically unfriendly positions. While we emphasise recovery and rehabilitation for our patients, our own fitness is frequently neglected. Back pain becomes "part of the job", weight gain is blamed on age, and fatigue is accepted as normal. Meanwhile, we continue to confidently advise patients on lifestyle modification.

Every urologist knows that obstruction does not resolve with reassurance alone. Delay only worsens the outcome. The same principle applies to our own health. Physical fitness is not peripheral to surgical practice. It is essential for precision, endurance, and career longevity. Fitness and nutrition are not optional extras for doctors. They are basic maintenance, much like servicing equipment before it fails.

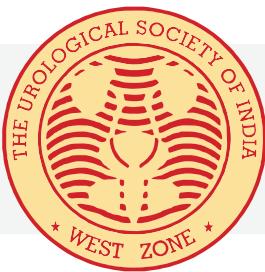
Why Weight Training Matters for Doctors

Weight training deserves particular attention for surgeons and physicians alike. Strong core muscles help maintain posture during long procedures and reduce strain on the lumbar spine. Strong shoulders, upper back, forearms, and grip are essential for fine motor control during endoscopic, laparoscopic, and robotic work. Resistance training also improves muscular endurance, reducing tremor and fatigue during lengthy cases.

With advancing age, loss of muscle mass and bone density accelerates. Regular strength training slows this process, allowing surgeons to remain physically capable well into later decades of practice, rather than becoming a frequent visitor to the orthopaedic OPD.

The encouraging reality is that effective training does not require a gym or sophisticated equipment. Bodyweight training at home is practical and highly effective. Squats, lunges, push ups or wall push ups, planks, wall sits, glute bridges, stair climbing, and





FITNESS AS A SURGICAL SKILL:

Strengthening the Surgeon Behind the Scalpel

resistance band rows together address most major muscle groups. Twenty to thirty minutes, three to four times a week, is sufficient when performed consistently. Like cystoscopy, correct positioning, controlled movement, and patience prevent unnecessary trauma.

**“We rush to relieve a blocked ureter,
yet tolerate a blocked lifestyle for years.”**

Protein: The Most Ignored Prescription in Indian Doctors

Strength training without adequate protein is like attempting a PCNL without imaging. The effort may be sincere, but results are unpredictable. The traditional Indian diet remains carbohydrate heavy, while protein often occupies a marginal role.

Doctors should aim for one to one point two grams of protein per kilogram body weight per day. Those who exercise regularly, perform long surgeries, or are above fifty years of age may benefit from up to one point five grams per kilogram. Adequate protein intake supports muscle repair, immune function, metabolic health, and recovery from physical and mental stress.

Fortunately, practical protein sources are easily available in India. Vegetarian options include dal, chana, rajma, sprouts, paneer, curd, milk, soy, tofu, and peanuts. Non vegetarian options include eggs, fish, and lean chicken. For busy OT days, whey protein is a safe, effective, and convenient supplement. It acts much like a stent when dietary intake is obstructed. Protein should be distributed across meals rather than consumed only at dinner, when digestion enthusiasm is already low.

One Day Practical Indian Protein Sample

- **Morning:** Milk or curd with peanuts or sprouts
- **Breakfast:** Two to three eggs or paneer bhurji with roti
- **Mid-morning:** Fruit with a whey protein shake
- **Lunch:** Dal, sabzi, rice or roti with curd
- **Evening:** Roasted chana or boiled eggs
- **Dinner:** Fish, chicken, or paneer with vegetables

Simple, affordable, and realistic even on long OT days.

Healthy Fats Deserve Preservation

Healthy fats are essential for joint health, hormonal balance, brain function, and sustained energy during long operating lists. Indian-friendly sources include groundnut oil, mustard oil, ghee in moderation, coconut, nuts, seeds, avocados, and fatty fish. These fats support inflammation control and satiety. Refined oils and processed snacks, however, contribute little beyond metabolic stress and deserve excision rather than conservation.

The Final Word

A fitter doctor thinks clearer, operates steadier, and lasts longer. Just as we strive to preserve renal function in our patients, preserving our own physical function is equally important. Fitness and nutrition are not indulgences. They are preventive medicine.

After all, the goal is simple. A long, complication free career, with no need for self referral.





मैं पान हूँ

Poem-Dr. Ravi Jain
Uro Health Ahmdabad



कत्था हूँ
सुपारी हूँ
मुँह में भर लो तो
बिना होली के पिचकारी हूँ

लौंग हूँ
सौंफ हूँ
छोटे से पुड़िया में
नुक्कड़ के बाबूजी की
होशियारी हूँ
मैं पान हूँ।

होठों की लाली हूँ
शायर की कवाली हूँ
लखनऊ से लेकर
गाजियाबाद तक
नवाबों की ताली हूँ

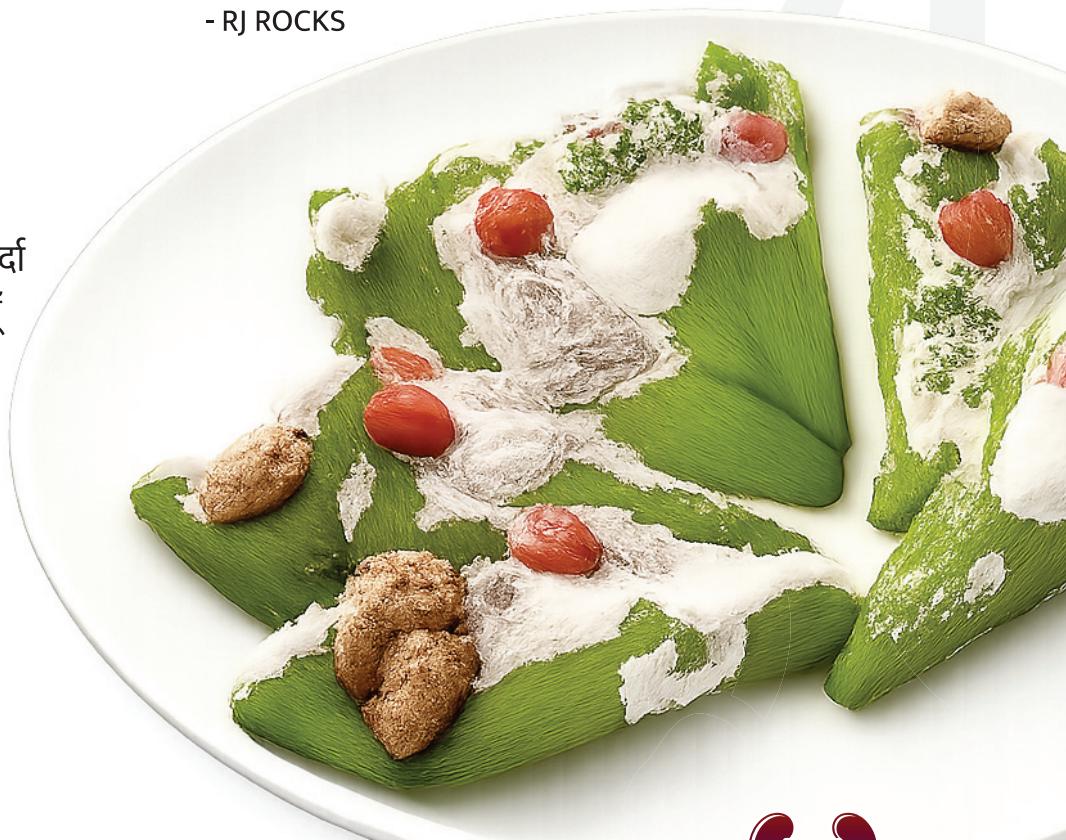
कलकत्ता की जान हूँ
बनारस की पहचान हूँ
थोड़ी इलायची, थोड़ा जर्द
स्वच्छ भारत की शान हूँ
मैं पान हूँ।

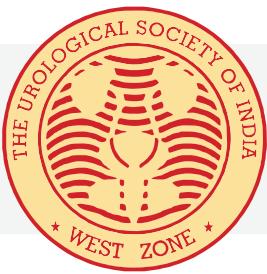
नेताजी के तेवर हूँ
सरकारी मुलाजिम के तरीके हूँ
शुभ भी हूँ नई बहू के
स्वागत के सलीके भी हूँ

बड़े-बूढ़े से लेकर बच्चों तक
किसी-किसी की तो मैं जान हूँ
मैं पान हूँ

खोले ये दिमाग के ताले
कितनों ने मेरे लिए कर्ज ले डाले
हूँ एक पत्ता महज मगर
मैं एक आदत हूँ
एक दुकान हूँ
मैं पान हूँ।

- RJ ROCKS





मैं पान हूँ

Poem-Dr. Ravi Jain
Uro Health Ahmdabad



मिल जाए तो मजा है
ना मिले तो सजा है
किसी के लिए दवा है
तो किसी के लिए नशा है

कहीं कुल्हड़ में
तो कहीं प्याली में
कहीं कप-सॉसर में
तो कुछ तो पीते हैं थाली में

कभी प्रेशर बढ़ाती है
तो कभी कम कराती है
दिमाग हो या पेट
फ्रेश ज़रूर कराती है

सही उबाली जाए
तो कड़क लगती है
फीकी रह जाए
तो सिर्फ़ अदरक लगती है

दूध, पानी, चीनी और पत्ती
घुलकर मिल जाते हैं
खेतलापा जैसे स्टॉल
CCD को भी शर्मते हैं

कोई चाय बेचकर
प्रधानमंत्री बन जाता है
हर कोई चाय पे चर्चा कर
देश कैसे चलाए
ये बतलाता है

सुबह की पहली किरण
से लेकर शाम तक
चाय पे चर्चा है
Zee TV से लेकर Aaj Tak

ग्रीन टी
लेमन टी
ब्लैक टी
आइस टी
डीप टी
और कुछ ना मिले
तो GST

अलग-अलग हैं ज्याके
अलग है हर किसी का अंदाज़
ना अमीरी देखे
ना गरीबी देखे
ना मजहब देखे
ना देखे लिबास

कहीं कटिंग में
समाती है
कहीं लस्सी के ग्लास
में पूरी आती है
क्वार्टर हो या हो फुल
होश ठिकाने लगती है

चाय बिस्कुट
चाय खारी
दूब जाए जब पार्ले जी
तो कहाँ गई होशियारी

फिर तो उंगलियों से
उस बिस्कुट को खाना
ही अक्लमंदी का नाम है
दोस्तों के ठहाकों पे
ये भी एक जाम है
ये आम नहीं
ये तो आवाम है

ये आम नहचाय आम नहीं
चाय तो आवाम है
चाय के बिना न्यूजपेपर
जैसे गुठली के बिना आम है

सिरदर्द मिटाए
नई सोच जगाए
चीनी कम हो या ज्यादा
जीभ ज़रूर लपलपाए

चाय पर मिलकर मित्र
करते जी भर गाली-गलौज
दो चुस्की और कुछ ठहाकों में
उतर जाता दिन भर का बोझ

चाय थेपला
चाय खाखरा
नियत समय जो न मिले
तो हो जाए मन बावरा

कोई कहे आदत
कोई कहे व्यसन
किसी के लिए झ़ंझट
तो किसी के लिए रसम

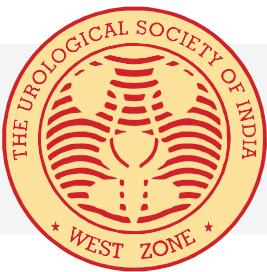
कभी मेहमान-नवाज़ी है
कभी अकेले खुद के साथ
रहने की आज़ादी है

दुनिया वैसे तो हमने
टुकड़ों में बाँटी है
कभी-कभी चाय के प्यालों में
उसे समेट कर बाँधी है

चाय के प्याले
और चाय पीने वालों के नाम

- RJ ROCKS





USI का चुनाव



Poem - Dr. R. B. Sabnis

Chairman, Dept of Urology MPUH, Nadiad

जब देश में चुनाव होता है, तब कई सारे चुटकुले, कविताएं चुनाव पर की जाती है।
अभी USI में भी चुनाव का माहौल है। तो मैने सोचा क्यों न USI के चुनाव पर एक कविता की जाय....!

USI का चुनाव आया
उम्मीदवारों की आई बहार
एक ही पोस्ट के लिए
अब है पांच पांच दावेदार
जोगीरा सारा रारा रा
जोगीरा सारा रारा रा

यूरोलॉजी फॉर यूरोलॉजिस्ट
हर चुनाव में नारा रहा ये जोरदार
कई साल से यही सुन रहे हैं,
कब होगा साकार
जोगीरा सारा रारा रा
जोगीरा सारा रारा रा

वोटर सब कन्फ्यूज हैं
सब का एजेंडा है एक समान
किसको बटन दबाकर जिताए
समझ ना पाए यार
जोगीरा सारा रारा रा
जोगीरा सारा रारा रा

नाम ज़ाहिर होने के पहले ही,
कैसे उम्मीदवारों को पहचाना जाय.....

हर कॉन्फ्रेंस में जिसके चेहरे
नजर जो आये हर बार
समझ लो यारों
ये ही होंगे उम्मीदवार
जोगीरा सारा रारा रा
जोगीरा सारा रारा रा

अचानक कोई फोन करे,
मैसेज, शुभकामनाएं जो भेजे बार बार
समझ लो यारों
ये ही होंगे उम्मीदवार
जोगीरा सारा रारा रा
जोगीरा सारा रारा रा

बिना पहचान कोई ऐसी बात करे
जैसे हो लंगोटी यार
समझ लो यारों
ये ही होंगे उम्मीदवार
जोगीरा सारा रारा रा
जोगीरा सारा रारा रा

आखिर चुनाव प्रचार जब खत्म होता है...

कस्मे वादे तो बहुत किए
जोरदार किया है प्रचार
हर मीटिंग में सबको मिलके
उडाई ऐसी बहार
जोगीरा सारा रारा रा
जोगीरा सारा रारा रा

प्रचार का आखिरी दिन आया
मैसेजेस की हुई भरमार
सारे ग्रुप में एक ही विषय है
USI का चुनाव
जोगीरा सारा रारा रा
जोगीरा सारा रारा रा

और जब परिणाम जाहिर होता है,
तो कुछ उम्मीदवार हार जाते हैं,
वो क्या सोचते हैं..

वोटरों के दरवाजे पर
मैने मांगी थी छांव
पूरे देश में ट्रैवल किया
मगर मिला ना कोई भाव
जोगीरा सारा रारा रा
जोगीरा सारा रारा रा



चुनाव परिणाम अब ज़ाहिर हुए
ऐसी मिल गई हार
अपनों ने ही धोखा दिया,
अब किसको मानू अपना यार
जोगीरा सारा रारा रा
जोगीरा सारा रारा रा

कुछ उम्मीदवार जीत जाते हैं,
वो क्या सोचते हैं...

चुनाव तो अब खत्म हो गए
बन गई अपनी सरकार
सब कॉन्फ्रेंस में जानेका
अब मिला है अधिकार
जोगीरा सारा रारा रा
जोगीरा सारा रारा रा

पूरा साल गुजर जाता है,
और साल के कुछ आखिरी दिन
बाकी रहते हैं तब...

मीटिंग, उद्घाटन और कॉन्फ्रेंस में
समझ नहीं पाया कैसे गुजारा साल
AGM जब नजदीक आई
और नींद हुई हराम
जोगीरा सारा रारा रा
जोगीरा सारा रारा रा

आखिर AGM का दिन जो आया
ऐसे टेढ़े आए सवाल,
जिसका मेरे पास
ना था कोई जवाब
जोगीरा सारा रारा रा
जोगीरा सारा रारा रा

AGM में आखिर बिगड़ ही गए हालात
कैसे इससे बाहर निकलूं
मुझको बचाए भगवान
जोगीरा सारा रारा रा
जोगीरा सारा रारा रा





KNOW YOUR INSTRUMENT: INTEGRATED CYSTOSCOPE

-Dr. Prashant Mulawkar
Urologist, Akola



Name : Integrated cystoscope aka MIC (Miller integrate cystoscope)

When introduced? : 1987

What is it? : Integrated optic and instrument channel and has no sheath.

Brand Names

Karl Storz: Universal Cysto-urethroscope: 17 Fr: 27035BA, 20 Fr: 27035BB

Richard Wolf: Atraumatic compact cystourethroscope: 14 Fr: 8642.403, 17 Fr : 8645.403 Below description is about 17 Fr Storz scope

Features

- 17 Fr outer diameter, forward oblique telescope (30°),
- 7 Fr instrument all in one.
- The flow rate is 340ml/min at height of 80cm if intravesical pressure is minimum.
- There is no separate bridge. And of course, no obturator.
- The beak is small and atraumatic.
- Instrument channel is single and little offset to right side as compared to standard single bridge. In standard single bridge, the instrument channel is at 6:00 O'clock. In the integrated cystoscope it is at 5:00 O'clock, making instrumentation easy for a right-handed urologist.
- The instrument slot is small.

Uses

- Diagnostic cystoscopy: both male and female
- Cystoscopic biopsy,
- Small bladder stones with laser
- DJ stenting, Stent removal
- RGP,
- Ureteric instrumentation before PCNL and URS,
- Intravesical injections like botox
- And many more.





KNOW YOUR INSTRUMENT: INTEGRATED CYSTOSCOPE

Pros and cons

- Very robust instrument. I am using it for more than 10 years.
- The tip of the scope is atraumatic making it easy to pass through bulbar urethra and sphincter.
- Can be used for female urethra-cystoscopy without use of Nikel adapter as the instrument slot is small.
- As the instrument channel and water channel is almost circular, the water flow is less turbulent.
- No need to assemble the scope on table
- As there are no removable parts, air bubbles do not get into system easily.
- The axis of passing instrument is almost straight and instrument do not struggle to go in or come out.
- Especially useful for difficult stenting as the guidewire does not buckle.
- Emptying the bladder takes more time as one cannot remove the telescope. But this has the advantage of examining the bladder while it is being emptied. This aids in diagnosis of petechiae and glomerulations.
- This can be used with almost all camera heads wherein the coupling unit is circular. I tried using it with Olympus CH-S190, which has almost rectangular shaped coupling system, but the instrument channel becomes inaccessible.

Sterilization

Glutaraldehyde, Peracetic acid, ETO. Storz catalogue says it can be autoclaved, but I have never tried it.

Anecdotes

The initial model of this scope had a groove on the eyepiece to avoid facial contact with the accessories. (Pre endo-camera days)

Who should buy this?

One who has the basic and advanced sets.

When cost does not matter

If hospital is buying it

High turnover centers

Teaching institutes

My verdict

Money well spent, value for money



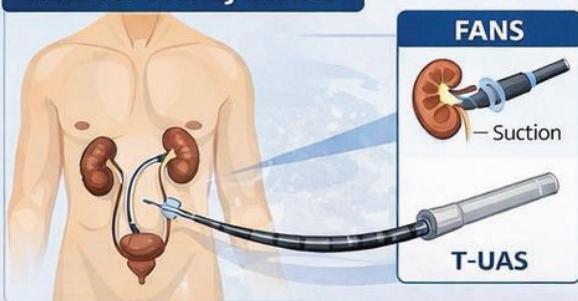


RESIDENT DOCTOR - VISUAL ABSTRACT

-Dr. Kunal Kukreja

Efficacy and Safety of the Flexible Negative-Pressure Ureteral Sheath (FANS) in Retrograde Intrarenal Surgery: A Systematic Review and Meta-analysis

RIRS for Kidney Stones



OBJECTIVE

- To evaluate the efficacy and safety of the flexible negative-pressure ureteral access sheath (FANS) compared with the traditional ureteral access sheath (T-UAS) during retrograde intrarenal surgery (RIRS) for urinary stone disease.

RESULTS

- Nine comparative studies (1 RCT, 8 non-randomized) with 1,785 patients (FANS: 851, T-UAS: 934)



Higher Stone-Free Rate

OR = 2.58
(95% CI 2.11-3.15)



Fewer Complications

OR 0.37 (95% CI
CI 0.28-0.49)



Reduced Reoperation Rate

OR 0.28 (95% CI
CI 0.15-0.54)

METHODS

- Systematic Review & Meta-analysis following PRISMA 2020 guidelines
- Databases Searched: PubMed, Embase, Web of Science, Cochrane Library (up to February 2025)
- 9 Studies | 1,785 Patients (FANS: 851; T-UAS: 934)
- Outcomes: Stone-Free Rate (SFR), Complications: Operative Time, Hospital Stay, Hemoglobin Decline, Reoperation Rate, Adjunctive Device Use
- Effect estimates pooled using fixed- or random-effects models based on heterogeneity

- No significant differences observed for:



Hospital Stay



Operative Time

Hemoglobin Decline

CONCLUSION

- FANS significantly enhances the efficacy and safety of RIRS compared to the traditional ureteral access sheath (T-UAS):
 - Increases stone free rates
 - Reduces complications
 - Minimizes reintervention and adjunctive device use.

Source: Wang L, Luo Z, Huang W and Jia Q (2025) Efficacy and safety of the flexible negativepressure ureteral sheath in retrograde intrarenal surgery: a systematic review and meta-analysis. *Front. Surg.* 12:1649574. doi: 10.3389/fsurg.2025.1649574





HAPPY
New Year
2026

BEST WISHES
USIWZ COUNCIL