

## PRESIDENT MESSAGE



**Dr. Rajesh K Tiwari**

Dear Friends,

Warm greetings from city of Pataliputra!

After scorching summer you must be enjoying the rains and lush greeneries it brings. First of all I on behalf of EZUSI Council invite all of you to annual conference of EZUSI being held at steel city of Jamshedpur from 16th October to 18th October, 2025. The organising secretary Dr. Harprit Singh and all the members of Jharkhand Urological Society are working hard to make it memorable. The Scientific committee is deliberating to plan the academics in such a way that every delegate from students to teachers will learn something. In May midterm CME cum workshop and Mock examination was held successfully at IGIMS, Patna. About 70 delegates including 30 students attended despite of adverse situation arising out of Indo – Pak conflict. This year East Zone hosted many National Conferences (Sectional) like Uro-oncology, Urolithiasis, YOU successfully. Thanks to members who with their great organisational capacity brought laurels to East Zone.

Once again I request you to join us at TATA with your family and friends.

Jai Johar!!

Long Live East Zone USI

## SECRETARY MESSAGE



**Dr. Somarendra Khumukcham**

Warm greetings on the eve of Happy Doctors Day and May the blessings of Lord Jagannath always keep us healthy and filled with happiness ,peace and harmony.

It is indeed a great privilege and honour for me to share the joy of being part of the close knit family of EAST ZONE CHAPTER OF THE UROLOGICAL SOCIETY OF INDIA. After a successful Mid-term live workshop and Zonal Mock exam 2025 on 9th and 10th May at Patna on we are again gearing up for a memorable annual Conference at Jamshedpur on 16th ,17th and 18th October 2025. The council and scientific committee is toiling hard in all aspect to bring out a well curated Scientific program fulfilling the requirements of all the Urologist in the present Society while the Organising team is trying their best level to give all the delegates a warm and wonderful hospitality.

I on behalf of the Urological Society of India East Zone Chapter extend my heartfelt gratitude and sincerest greetings to welcome all the Delegates, Faculties and Members of healthcare industry to this Annual Urological Extravaganza. This is an opportunity for all the members to be able to CONNECT with friends, teachers, mentors and show our CONCERNS on various issues, for the experts to CONTRIBUTE to the cause and CONQUER our common problems ..be it the fear in the mind of the young urologists or issue of the society at large.

Long live USI! Long live USI East Zone Chapter!

## COUNCIL



President-Elect

**Dr. Ranjan Kr Dey**



Immediate Past President

**Dr. Amit Ghose**



Treasurer

**Dr. Somorendro Singh Paonam**



Council Member

**Dr. Joy Narayan Chakraborty**



Council Member

**Dr. Arshad Jamal**



Council Member

**Dr. Ahsan Ahmad**



Council Member

**Dr. Sudipta Kumar Singh**



Council Member

**Dr. Bikash Bawri**



Council Member

**Dr. Kangjam Sholay Meitei**



USI Council Members

**Dr. Amitabh Kumar Sinha**



USI Council Members

**Dr. Subodh Das**

# THE PRESSURE COOKER OF THE MIND



**Dr. Prasanna Mishra**

A pressure cooker may appear mundane, but it holds within it a quiet spiritual truth. Fire beneath, steam building within, and yet, when the pressure exceeds safe limits, the safety valve hisses gently, preserving the vessel from rupture. This release is not weakness—it is wisdom in action.

Now, consider the human mind—particularly in moments of stress, failure, or deep confusion. Thoughts swirl like steam, emotions rise like pressure, and if left unchecked, this intensity can overwhelm, harm, even break the inner self. In such moments, what becomes our safety valve?

Each of us carries a pressure cooker within—a vessel of thought, memory, desire, and ego. When we engage with the world, we act, we strive, and inevitably, we expect results. But when outcomes fall short, when failures arise, the ego cries, “It was my doing. I failed.” And in that flame of self-blame, the pressure escalates.

This is where ancient wisdom offers its healing balm.

The Bhagavad Gita, spoken on the battlefield of life, teaches us that suffering often begins with attachment—to actions, and more so, to their outcomes. We mistake ourselves as the sole authors of what unfolds. In doing so, we invite pride in success and pain in failure—both forms of bondage.

But there is another way.

Act, says the Gita, with full sincerity and commitment—but relinquish ownership of the results. Let your actions flow from duty, discernment, and love—not from expectation. When we surrender the fruits of action, we do not become indifferent; we become free. The inner valve opens. The pressure releases. Peace returns.

This surrender is not passive. It requires awareness, strength, and spiritual maturity. It means discerning which path to take—not through whim, but through the quiet voice within: buddhi, the refined intellect. You listen to your conscience, your values, your sense of dharma. And once the choice is made, you step in with your whole being—but without clinging to the outcome.

For outcomes, as the Gita reminds us, are shaped by many forces—our effort, yes, but also time, place, the collective karma of those involved, and the will of the Divine.

This is not escapism. It is sacred detachment—a conscious loosening of the ego’s grip. It is stepping back into the role of a humble instrument in the hands of something far greater. The fire of life continues to burn, but the soul remains unscorched.

And then, even in the face of failure, there is no collapse. There is equanimity. There is learning. There is grace.

So let us live with intensity, but not with attachment. Let us care deeply, but not cling. Let us strive, but not suffer over what lies beyond our control.

This is the art of spiritual living. This is the quiet wisdom of the pressure cooker.

# MIDTERM WORKSHOP

## EZ-USI Midterm Workshop & Mock Exam 2025 – Event Highlights

**Venue** IGIMS, Patna | 9th–10th May 2025

This two-day academic conclave, centered on Bladder Cancer, brought together esteemed urologists from across the East Zone for an in-depth exchange of surgical expertise and oncological updates.

Day 1 featured live operative workshops, including Open Radical Cystectomy and Partial Penectomy, performed by leading surgeons—Dr. Sudhir Rawal, Dr. Ahshish Khanna, and Dr. Tarun Jindal. Sessions were moderated by a renowned faculty panel, ensuring an engaging and educational environment. The evening CME at Hotel Maurya delved into cutting-edge advancements, including robotic radical cystectomy, non-BCG treatment strategies, and lymph node dissection protocols, concluding with an interactive Q&A and dinner.

Day 2 transitioned into the Mock Examination, featuring case-based discussions, insightful lectures on chemotherapy for urological malignancies, the role of mpMRI in prostate cancer, and a hands-on session on instrumentation. The event concluded with a dignified valedictory ceremony.



Inauguration



Operative Workshop In Progress



Mock Exam Going on



Mock Exam Going on



## CALL FOR ABSTRACTS

Submission Deadline  
**31st July 2025**

### GUIDELINES

EZUSI members may submit abstracts for scientific paper presentation (in prescribed format) online to [www.ezusi.org](http://www.ezusi.org) before 31st July 2025. Details are available in EZUSI website or contact Hon. Secretary.



## CALL FOR SILLIGURI TRAVELLING FELLOWSHIP

Submission Deadline  
**31st July 2025**

1. Awarded to younger full member of USI (EZ)
2. A lump sum of Rs.6000/= will be available for training in urology anywhere in India on his own choice.
3. Written application with detailed bio-data should reach the Hon. Secretary by for scrutiny by 31st July 2025.



## CALL FOR ESSAY AWARD

Submission Deadline  
**31st July 2025**

### Topic: **ROLE OF MENTORSHIP IN UROLOGY TRAINING**

The competition for the “Best essay award” is open to only trainee urologist (M.Ch/D.N.B) and should be an associate member of USI East Zone Chapter. The essay should not be more than three thousand words. Two hard copies of the essay and a soft copy in Microsoft Office Word format along with the forwarded letter from the HOD should reach the Honorary Secretary, USI EZ before 31st July 2025.



## CALL FOR MIUC FELLOWSHIP

Submission Deadline  
**31st July 2025**

1. Awarded to a full or associate member (undergoing M.Ch or DNB training in Urology) of USI-EZ under the age of 45 years.
2. A lump sum of Rs.25000/= will be available for training in Urology, preferably in Laparoscopy or Endourology, anywhere in India on his own choice.
3. On completion of the training the member should send a report with a certificate from the HOD of the Training institute to the Hon. Secretary before annual conference of the concerned year
4. Last date of submission is 31st July 2025.



## NOMINATION FORM FOR THE POST OF OFFICE BEARER OF EZUSI YEAR 2025

Category: President –elect/Hony. Secretary/ Treasurer/ Council Members

Photograph

Name of the Post: \_\_\_\_\_

Name of the Candidate: \_\_\_\_\_

Address with email & Mobile No: \_\_\_\_\_

Address for Correspondence: \_\_\_\_\_

USI Number: \_\_\_\_\_

Full Council Member of EZUSI-Year: \_\_\_\_\_

Proposed by: \_\_\_\_\_ Name: \_\_\_\_\_ Signature: \_\_\_\_\_ USI No: \_\_\_\_\_

Seconded by: \_\_\_\_\_ Name: \_\_\_\_\_ Signature: \_\_\_\_\_ USI No: \_\_\_\_\_

**Declaration:** I hereby declare that particulars given above are true to the best of my knowledge and belief. I also agree to abide by all rules and regulation of the society and elected shall serve the society to the best of my abilities, upholding the values of EZUSI.

Place: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

- ❖ Please send a brief one-page bio data of the candidate for publication in EZUSI Newsletter.
- ❖ Please refer to “Constitution of EZUSI” for rules and regulation for submission of nomination/ election of office bearer
- ❖ Members who have completed 2 years of full council member in East Zone can apply for the post of president/ Secretary/ Treasure
- ❖ For the post of council member only full member of EZUSI are eligible
- ❖ Please send a scanned copy of this form to **Dr Ranjan Kumar Dey**, Returning Officer of the elections by mail to [ranjankdey@rediffmail.com](mailto:ranjankdey@rediffmail.com) & [secretaryeastzone@gmail.com](mailto:secretaryeastzone@gmail.com) and send the original form speed post/courier to the office of Hony. Secretary, EZUSI before 31st July 2025.
- ❖ Last date of withdrawal of nomination 15th August 2025.

**Secretariat Address:**

East Zone Urological Society of India  
Digital India Business Solution Module 2402, Shilpagan Building, SDF 2,  
LB – 1, Salt Lake, Sector – 3, Kolkata – 700 106  
**Phone:** 9748033570 / 9038145479



**JAMSHEDPUR-2025**

16th, 17th & 18th October

# 34th ANNUAL CONFERENCE

(East Zone Chapter of Urological Society of India)

YOUR  
**REGISTRATION**  
IS NOW JUST A  
CLICK AWAY

LIMITED TIME ONLY  
**NEW SLAB**  
**STARTED**  
NOW!

## REGISTRATION FEE

CATEGORY	Upto 15th August 2025
Ezusi Member	Rs. 8000/-
Non-Member	Rs. 9000/-
Post Graduate	Rs. 6000/-
Accompanying Person	Rs. 7000/-

Scan me!



Whoever makes the payment please share your Name, Place and Mobile Number.

Call for Registration :  
**9386433330**  
**9631196453**



- The amount of Registration is inclusive of GST. • Above 70yrs Members - Complementary.
- \* All Post Graduate Students - to produce the Certificate from HOD.

## Please pay your Registration Fee

### BANK DETAILS :

A/c Name : East Zone Chapter of the Urological Society of India

A/c No. : 43447557996 | IFSC Code : SBIN0001877

Bank Name : State Bank of India Branch : Sakchi, Jamshedpur

Event by :



9386433330 | 9334453480



Dr. D. K. Mishra  
Organising Chairman



Dr. Harprit Singh  
Organising Secretary



Dr. Champai Saren  
Organising Treasurer



Dr. Ajay Agrawal  
Chairman Workshop & Culture Committee



Dr. Raghbir Bhardwaj  
Chairman Reception Committee



Dr. Sanjay Jouhari  
Chairman Trade & Exhibition Committee



Dr. Anshul Agrawal  
Chairman Accomodation & Transportation