

# XIII MESOCON 2023



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## ORGANISING COMMITTEE

**Organising :** Prof. T. Jeetenkumar Singh  
Chairman

**Organising :** Dr. Namganglung Golmei  
Secretary

**Organising :** Dr. Sangeeta Naorem  
Treasurer

### Sub-Committee Scientific

Dr. Ratan Konjengbam  
Dr. Davina Hijam  
Dr. Koijam Sashikumar Singh  
Dr. T. Kambiakdik

### Reception Sub-Committee

Dr. S. Subashchandra Singh  
Dr. Sangeeta Naorem  
Dr. Victoria Khetrinmayum

### Catering Sub-Committee

Dr. Babina Sarangthem  
Dr. Kh. Sormarendra Singh

### Souvenir Sub-Committee

Dr. Jayshree Phurailatpam  
Dr. Gracelee Tempy Sangma

18<sup>th</sup> March 2023

Venue:

**JUBILEE Hall, RIMS**

Theme :

***Overcoming Lifestyle Diseases:  
The Need of The Hour***

**Organised by :**

**Medical Society,  
Regional Institute of Medical Sciences,  
Imphal**



Dear Friends and colleagues,

It is our proud privilege to announce that the **13<sup>th</sup> Annual Conference of the Medical Society, MESOCON, RIMS, Imphal** is being organized on the 18<sup>th</sup> March, 2023 at the Jubilee Hall, RIMS, Imphal.

The theme of this year gathering is **“Overcoming Lifestyle Diseases : The need of the hour”**. The theme alludes to the necessity of employing life style modifications in our day to day living, a much needed steps in the management and prevention of many chronic diseases like Diabetes Mellitus, Hypertension, Cardiovascular diseases, Stress-related disorders etc.

As the popular saying goes *“Prevention is better than cure”* and we do not seriously follow preventive lifestyles until and unless we are force to adopt them when we suffer from one, this annual conference seeks to reinforce once again the need to incorporate necessary changes towards a healthy

lifestyle inspite of all the hustle and bustle of modern living. As our honourable Prime Minister Shri Narendra Modiji has introduced recently about keeping digital fast at least once a week, we hope that this academic event will open our eyes towards what we need to change for overcoming lifestyle related diseases.

Many eminent speakers from inside and out of our institute will be sharing their experiences with us in the upcoming CMEs and Symposia. Free paper sessions and poster presentations will be arranged with a special aim towards our young professionals where they can interact and inspire one another.

We, the Organizing committee, take this pleasure to invite you all to participate and enjoy this academic extravaganza, whole heartedly to make it a unique event. We sincerely hope that it will benefit all of us. Kindly block the date on your calendar. We expect to see you in the event soon.



Organising Chairman:  
**Prof. T. Jeetankumar Singh**



Organising Secretary:  
**Dr. Namganglung Golmei**

# XIII MESOCON 2023

Name : .....  
Address: .....  
Designation : .....  
Department .....  
Mobile No. ....  
E-mail : .....

## DETAILS OF PAYMENT :

Total amount Rs. ....(Rupees.....  
..... only)

Date : ..... Signature

## REGISTRATION FEE

Student Residents : 1500/-  
Senior Residents/Faculties : 2000/-  
Couple : Rs. 3000/-

For Article Submission: [mesocon2023@gmail.com](mailto:mesocon2023@gmail.com)

## Address for Correspondence

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Hony. Secretary,  
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