

Conference Program

Day 1, Friday, 21th November 2025

Time & Duration	Topic(s)	Presenter(s)	Venue
09:00am-01:00pm	Workshop No. 1 Repair of 3 rd & 4 th degree perineal tear	Prof. Shagufta Tahir Dr. Mamuna Qayyum Prof. Shehla Baqai Prof. Rozina Mustafa	Skill Lab, 2nd Floor, FRPMC, PAF Faisal Base, Karachi
	Workshop No. 2 Genito-Urinary Fistula, Learn Surgical Repair Technique	Prof. Pushpa Sirichand / Dr. Sana Ashfaq	Lecture Hall V, 2nd Floor, FRPMC, PAF Faisal Base, Karachi
01:00pm-02:00pm	Lunch Break		
02:00pm-04:00pm	Workshop No. 3 Management of the congenital anomalies-Vaginoplasty / Mullerian Duct Anomalies Management	Prof. Shakila Yasmeen Dr. Shamas-un-nisa	Skill Lab, 2nd Floor, FRPMC, PAF Faisal Base, Karachi
	Workshop No. 4 Burch Colposuspension / TVT & TOT stress urinary incontinence	Prof. Aziz-un-nisa Abbassi Dr. Maria Jabeen Prof. Rozina Mustafa	Lecture Hall V, 2nd Floor, FRPMC, PAF Faisal Base, Karachi
04:00pm-04:30pm	Certificate Distribution & Tea		
Dinner for Guests & Organizing team			

Day 2, Saturday, 22nd November 2025 (Auditorium)

Session One (9:00am– 10:30am)		
Moderator: Prof. Rozina Mustafa		
09:00am-09:05am 05 Minutes	Tilawat	
09:05am-09:10am 05 Minutes	National Anthem	
09:10am-09:20am 10 Minutes	Welcome Address by President PUGA: Prof. Shagufta Tahir	
09:20am-09:30am 10 Minutes	Address by Principal FPMC: Prof. Masood Ahmed	
09:30am-09:40am 10 Minutes	Speech by Chief Guest	
09:40am-10:00am 20 Minutes	Theme Talk: The future of urogynaecology: innovations, collaboration & Global Perspective “The concept of pelvi-perineology in urogynaecology to explain pelvic floor Disorder”	Prof. Dr. Farrukh Zaman
10:00am-10:20am 20 Minutes	Key Note Talk: Sling vs Bulking vs Lasers. What works best for Stress Urinary Incontinence?	Dr. Dharshana Abeygunawardena
10:20am-10:30am 10 Minutes	Distribution of Memento BY Chief Guest & Group Photo	
10:30am-11:00am 30 Minutes	Hi Tea	

Session Two (11:00am – 12:00pm)		
Time & Duration	Topic(s)	Presenter(s)
Theme: Advances in Pelvic Floor Medicine		
Moderator: Dr. Ambreen Khan		
11:00am-11:15am 15 Minutes	Regenerative Medicine in Pelviperineology	Prof. Dr. Ahmet Akin Sivaslioglu
11:15am-11:30am 15 Minutes	Preventive urogynaecology in low resource settings	Prof. Shamsa Humayun
11:30am-11:45am 15 Minutes	A-Z Technique of Ventral Suspension	Prof. Azizunisa Abbassi
11:45am-12:00pm 15 Minutes	Q/A Session Prof. Shamsa Humayun, Prof. Ahmet Akin, Prof. Rizwana Chuadhary, Prof. Al-Fareed Zafar, Prof. Firdous Mumtaz, Prof. Razia Korejo	

Session Three (12:00pm– 02:30pm)		
Time & Duration	Topic(s)	Presenter(s)
Theme: Antenatal Prevention and management of PFD		
Moderator: Dr. Grannaz Mengal		
12:00pm-12:10pm 10 Minutes	Pelvic floor protection begins in Pregnancy: An insight from healthcare Professionals.	Prof. Humera Noreen
12:10pm-12:20pm 10 Minutes	Management of 2 nd stage of Labor for prevention of PFD	Dr. Shamas Unsia
12:20pm-12:30pm 10 Minutes	Preventive Obstetrics practices to reduce long term pelvic floor dysfunction	Prof. Dr. Major G. Shehla Baqai
12:30pm-12:40pm 10 Minutes	Management of Complications of Pelvic Floor & Continence surgeries	Dr. Raheela Mohsin
12:40pm-01:00pm 20 Minutes	Q/A Session Prof. Shehla Baqai, Prof. Brig. Memona Mushtaq, Prof. Humera Noreen. Dr. Shamas Unisa, Dr. Raheela Mohsin, Prof. Sonia Naqvi	
01:00pm-02:00pm	Lunch & Prayer	
Moderator: Dr. Ayesha Mushtaq		
02:00pm-02:10pm 10 Minutes	Bridging gaps- How to improve access to Urogynaecology care in developing countries	Prof. Rubina Sohail
02:10pm-02:30pm 20 Minutes	Q/A Session Prof. Farrukh Zaman, Prof. Arshad Chohan, Dr. Dudley Robinson, Prof. Azizunisa, Prof. Ghazala Mehmud, Prof. Nargis Soomaro	

Session Four (02:30pm – 03:10pm)		
Time & Duration	Topic(s)	Presenter(s)
Theme: Preventive strategies obstetric practice and beyond		
Moderator: Dr. Rudaba Khan		
02:30pm- 02:40pm 10 Minutes	Perineal massage to reduce risk of perineal tears and episiotomy	Prof. Rizwana Chaudhary
02:40pm- 02:50pm 10 Minutes	Episiotomy in modern obstetrics; Assessing knowledge practice and attitude of health care professionals	Prof. Shagufta Tahir
02:50pm- 03:00pm 10 Minutes	Perineal tears leading to sexual Dysfunction in reproductive age group	Prof. Rubina Sohail
03:00pm- 03:10pm 10 Minutes	Q/A Session Prof. Rubina Sohail, Prof. Najma Ghaffar, Prof. Sohail Lodhi Prof. Shagufta Tahir, Prof. Rizwana Chaudhary, Prof. Khairunisa Memon	

Session Five Video Section (03:10pm – 03:45pm)		
Time & Duration	Topic(s)	Presenter(s)
Moderator: Dr. Sodat Alqai		
03:10pm-03:30pm 20 Minutes	Surgical Management of primary utero-vaginal tears (Live from USA at ZOOM)	Prof. Dr. Catherine Mathews
03:30pm-03:45pm 15 Minutes	Q/A Session Prof. Ghazala Mehmud, Prof. Shagufta Tahir, Prof. Mahnaz Raees, Dr. Novera Chughtai, Dr. Sadafunisa, Prof. Riffat Jalil	

Inaugural Ceremony, 7:00 pm -11:00 pm

Moderator: Dr. Ayesha Mushtaq (Treasurer PUGA) / Dr. Ambreen Khan (Gen. Sec. PUGA)	
07:00pm-07:05pm 05 Minutes	Tilawat & National Anthem
07:06pm-07:12pm 08 Minutes	Welcome Address By Prof. Shagufta Tahir (President PUGA)
07:13pm-07:20pm 8 Minutes	Journey of PUGA over 11years Prof. Pushpa Srichand (Past President PUGA)
07:21pm-07:27pm 08 Minutes	Key note talk by scientific Committee Chair Prof. Major General Shehla Baqai (Executive Member PUGA)
07:27 pm-07:35 pm 08 Minutes	Patron of conference Prof. Dr. Hassan Fatima (Founder Member PUGA)
07:36 pm-07:50 pm 15 Minutes	Address by Guest of Honor Prof. Razia Koreja/ Prof. Azizunisa/ Prof. Farukh Zaman
07:51 pm-08:00 pm 10 Minutes	Address by Chief Guest Prof. Dr. Ayesha Siddiqua (President SOGP)
08:00pm-08:30pm 30 Minutes	Shields & Certificate of appreciation distribution by President PUGA to Companies & Conference Team Prize Distribution to Poster Competition and Oral Presentation Winners Group Photos
Moderator: Dr. Ambreen Khan	
08:30pm-09:00pm	Cultural Show
09:00pm –11:00pm	Gala Dinner/ Musical Night

Day 3, Sunday, 23rd November 2025 (Auditorium)

Breakfast Session: Meet the Experts	
Round table discussions of difficult cases/ Special Interest Groups (08:00am – 09:00am)	
Six Topics for Round Table Discussion	
Evaluation of incontinent patient	Prof. Shagufta Tahir
Management of anterior vaginal wall prolapse	Dr. Ahmet Akin Sivaslioglu
Recurrent UTI in women at different ages	Dr. Novera Chughtai
Refractory OAB & OAB	Dr. Darshana Abeygunawardena
Bladder Pain Syndrome	Dr. Robinson Timothy Dudely
Pelvic Pain, Causes & Management	Prof. Al- Fareed Zafar

Session One (09:00am– 10:00am)		
Theme: Urinary Incontinence: Challenges and Solutions		
Moderator: Dr. Sana Rehman		
09:00am-09:05am 05 Minutes	Tilawat & National Anthem	
09:5am-09:20am 15 Minutes	Plenary Talk: Strengthening Quality & Safety: Clinical Governance Model	Prof. Dr. Asim Ali Jaffary
09:20am-09:35am 15 Minutes	Sling vs Bulking vs Lasers- What works best for Stress Urinary Incontinence	Dr. Robinson Dudley
09:35am-09:42am 08 Minutes	Stress urinary incontinence; Surgical vs non-surgical	Dr. Novera Chughtai
09:42am-09:50am 08 Minutes	Overactive bladder; Pharmacological vs Non-Pharmacological Refractory OAB, Diagnosis & management options	Dr. Urooj Kashif
09:50am-10:00am 10 Minutes	Q/A Session Prof. Samia Malik, Prof. Dudley Robinson, Prof. Rubina Sohail, Dr Novera Chughtai, Dr.Urooj Kashif, Dr. Ahmet Akin, Dr. Nuzhat Farooqi	

Session Two (10:00am – 11:00am)		
Time & Duration	Topic(s)	Presenter(s)
Theme: Pelvic Pain Management (A dilemma)		
Moderator: Dr. Ayesha Ismail		
10:00am-10:25am 25 Minutes	Lazer Therapy in different Gynecological Conditions	Dr. Pablo Gonzalez
10:25am-10:35am 10 Minutes	Novel techniques of surgical correction for mullerian duct anomalies	Prof. Dr. Shakeela Yasmin
10:35am-11:45am 10 Minutes	Assessment and management of Ano-rectal pain	Prof. Dr. Sheeraz-ur Rehman
10:45am-11:00am 15 Minutes	Q/A Session Prof. Asim Ali Jaffarey, Prof. Muhammad Tayyub, Prof. Arshad Chohan, Prof. Fozia Parveen, Prof. Rubina Hussain, Prof. Sheeraz-ur-rehman	
11:00am-11:30am 30 Minutes	Tea Break	

Session Three (11:30am –12:15pm)		
Time & Duration	Topic(s)	Presenter(s)
Theme: Menopause & Urogynaecology		
Moderator: Dr. Maliha Sadaf		
11:30am-11:40am 10 Minutes	Psychosocial Aspect of pelvic floor disorders in postmenopausal women	Prof. Sumbul Sohail
11:40am-11:50am 10 Minutes	Menopause & Pelvic Floor Dysfunction	Prof. Shabnum Shamim Asim
11:50am-12:00pm 10 Minutes	MHT Overview & its role in prevention of PFD & GSM	Prof. Syeda Batool Mazhar
12:00pm-12:15pm 15 Minutes	Q/A Session Prof. Asif Zia, Prof. Shaheen Zafar, Prof. Sadaqat Jabeen, Prof. Sumbul Sohail, Prof. Shabnum Asim, Prof. Syeda Batool	

Session Four (12:15pm –01:00pm)		
Time & Duration	Topic(s)	Presenter(s)
Theme: Genital Tract Fistula-Prevention is better		
Moderator: Dr. Anni Samreen		
12:15pm-12:25pm 10 Minutes	Prevention of female genital tract- fistula	Dr. Shaheen Zafar
12:25pm-12:35pm 10 Minutes	Renaissance of Fistula Center at Quetta	Prof. Maryam Shoaib
12:35pm-12:45pm 10 Minutes	Training and standardization in Urogynaecology; a global perspective	Prof. Shamila Ijaz Munir
12:45pm-01:00pm 15 Minutes	Q/A Session Prof. Shaheen Zafar, Prof. Maryam Shoaib, Ahmet Akin, Prof Roshan Ara Qazi, Prof. Ayesha Siddiqua	

Session Five (01:00pm –01:30pm)		
Time & Duration	Topic(s)	Presenter(s)
Theme: Sexual Dysfunction; Leading to Miserable condition		
Moderator: Dr. Samia Gul Muhammad		
01:00pm- 01:20pm 20 Minutes	Post partum Sexual Dysfunction	Dr. Ranee Thakar (Past President IUGA)
01:20pm- 01:30pm 10 Minutes	Vaginal Lazar therapy for vaginal conditions	Dr. Maryam Iqbal

Session Six (01:30pm –02:15pm)		
Time & Duration	Topic(s)	Presenter(s)
Theme: Pelvic Organ Prolapse & Management Options		
Moderator: Dr. Sagheera Anjum		
01:30pm- 01:50pm 20 Minutes	Surgical decision making in management of pelvic organ prolapse	Prof. N. Raja Mehshwari
01:50pm- 02:00pm 10 Minutes	Surgical management of Vault Prolapse Repair by Colpocleisis	Prof. Dr. Pushpa Srichand
02:00pm- 02:15pm 15 Minutes	Q/A Session Dr. Nighat Shah, Prof. Pushpa Srichand, Prof. Haleema Yasmin, Al-Fareed Zafar, Prof. Shagufta Tahir, Dr Nasreen Majid, Dr. Maryam Iqbal, Dr. Shehla Baqai, Prof Rehana Rahim	

Session Seven (02:15pm –03:00pm)		
Time & Duration	Topic(s)	Presenter(s)
Theme: Surgical Video, Innovations in Urogynaecology		
Moderator: Dr. Nabeela Rauf		
02:15pm- 02:30pm 15 Minutes	Tips & Tricks of Vesico-Vaginal Fistula Repair	Prof. Pushpa Srichand
02:30pm- 02:45pm 15 Minutes	Laparoscopic Implantation of Ureter; ureteric Fistula	Dr. Sana Ashfaq
02:45pm- 03:00pm 15 Minutes	Q/A Session Prof. Pushpa Srichand, Prof. Nusrat Babar, Prof. Arshad Chohan Prof. Nussrat Shah, Prof. Khairunisa, Dr. Sana Ashfaq	

Hall A; Scientific Program, 22nd November 2025

Abstract Session (10:00am – 12:00pm)		
Time & Duration	Topic(s)	Presenter(s)
Moderator: Dr. Ambreen Khan		
10:00am-10:05am 05 Minutes	Protecting the Perineum: The efficacy of Second Stage Perineal Massage on Perineal Integrity in First Time Mothers.	Dr. Humaira Bilqis
10:05am-10:10am 05 Minutes	Exploring the prevalence and impact of lower urinary tract symptoms in peri-menopausal women.	Dr. Aqsa Nosheen
10:10am-10:15am 05 Minutes	The silent strain and ignoring the urge: Workplace Bladder practices and delayed voiding impact on postgraduate trainees.	Dr. Fauzia Naheed
10:15am-10:20am 05 Minutes	Pelvic Floor disorders in women with chronic cough and respiratory illnesses: A Cross-sectional Study.	Asma Habib and Zartasha Riasat
10:20am-10:25am 05 Minutes	Factors Affecting Sexual Health after Puerperium among women in Urban areas.	Dr. Zuyyan Khan
10:25am-10:30am 05 Minutes	Impact of urinary incontinence on quality of Life of women in Pakistan: A Qualitative Analysis.	Dr. Nazish Baloch
10:30am-10:35am 05 Minutes	What Do Women Know? The First Systematic Synthesis of Evidence on Pelvic Floor Muscles Exercise: Awareness, Knowledge and Practice Gaps.	Dr. Sadia Shoukat
10:35am-10:40am 05 Minutes	Episiotomy, Perineal Care and Pelvic Floor Exercise.	Dr. Urooba Ahmed Jamali
10:40am-10:45am 05 Minutes	Uterine Niche an emerging challenge.	Dr. Saema Tehseen
10:45am-10:50am 05 Minutes	Understanding Pelvic Floor Health: A survey of Gynaecology Trainees in Pakistan and United Kingdom.	Dr. Ayesha Ismail
10:50am-10:55am 05 Minutes	Benefits of using advanced electronic surgical devices in management of placenta accrete spectrum.	Dr. Bushra Iftikhar
10:55am-11:00am 05 Minutes	Prevalence of urinary tract infection with asymptomatic bacteriuria among gravid females: A Pakistani Multicenter cross-sectional study.	Dr. Sadia Zahoor
11:00am-11:05am 05 Minutes	Cesarean section and its consequences.	Prof. Firdous Muntaz
11:05am-11:10am 05 Minutes	Asymptomatic bacteriuria in pregnant women attending antenatal clinic at tertiary care hospital.	Dr. Ayesha Mushtaq
11:10am-11:15am 05 Minutes	Knowledge and incidence of urinary incontinence among third trimester pregnant women in Ayub Teaching Hospital Abbottabad, Pakistan.	Dr. Nabeela Rauf
11:15am-11:20am 05 Minutes	Prevalence of Pelvic Floor Disorders among Patients presenting in Urogynaec Clinic of tertiary care hospital: a cross-sectional study	Dr Hannia Qazi
11:20am-12:00pm 40 Minutes	Jury for best Abstract selection & Poster Competition Prof. Shehla Baqai, Prof. Asim Ali Jaffarey, Prof. Al-Fareed Zafar, Prof. Shaheen Zafar, Dr. Urooj Kashif	

Session 2 (12:05pm – 01:05pm) Lesson learnt from HPV Roll Out: time 60 min		
Expert Panel: Prof. Nighat Shah (HOD Ward 9b), Dr. Rozilla Sadia Khan (Associate Prof. AKHU) Dr. Raj Kumar (Program director EPI SINDH) Mr. Zaid Bin Arif (Health officer UNICEF) Mr. Tariq Masood (Liaison officer GAVI) Dr. Suneel Kumar (Immunization Officer, Urban Sindh) Dr. Ahsan Ullah Burgri (Focal Person, Gates foundation) Dr. Arsalan Memon (Monitoring & evaluation officer, Focal person EPI Sindh) Dr. Waqar Ahmed Soomro (Technical Officer immunization WHO, Sindh)		
Lunch & Prayer		

Hall B; Scientific Program, 22nd November 2025

Gynaecology Session (11.00am-01.00pm)		
Time & Duration	Topic(s)	Presenter(s)
Moderator: Dr. Mahwish Fatima		
11:00am-11:40am 40 Minutes	Subfertility (Male subfertility & Female subfertility)	Dr. Nasir Suleman Dr. Shaheen Zafar
11:40am-12:00pm 20 Minutes	Q/A Session: Prof. Nighat Shah, Prof. Mubashira Samina, Dr. Shaheen Zafar, Dr. Nasir Sulaiman, Dr. Asha Mahesh, Dr. Nussrat Baber	
Moderator: Dr. Saima Ghaya		
12:00pm-12:30pm 30 Minutes	Recurrent miscarriage / APLA	Prof. Al Fareed Zafar Prof. Shahid Rao
12:30am-01:00am 30 Minutes	Q/A Session: Prof. Roshan Ara Qazi, Prof. Aisha Malik, Prof. Shamila Aijaz, Prof. Nasreen Fatima, Dr. Maimoona Qayyum, Prof. Al fareed Zafar, Prof. Shahid Rao	

Hall A; Scientific Program, 23rd November 2025

Physiotherapy Session (10:00am – 11:10am)		
Time & Duration	Topic(s)	Presenter(s)
Theme: Pelvic Floor Rehabilitation		
Moderator: Dr. Rabia		
10:00am-10:10am 10 Minutes	Evidence based-physical Therapy interventions for pelvic organ prolapse	Dr. Erum Tanveer
10:10am-10:20am 10 Minutes	Neuromuscular Re-Education Techniques for Pelvic Floor Rehabilitation	Dr. Sidra Afzal
10:20am-10:30am 10 Minutes	Prevalence of urinary tract infection with asymptomatic bacteriuria among gravid females: A Pakistani Multicenter cross-sectional study	Dr. Sadia Zahoor
10:30am-10:40am 10 Minutes	Impact of Pelvic Floor Therapy on Quality of Life in Postpartum Women	Dr. Fauzia Naheed
10:40am-10:50am 10 Minutes	Physiotherapy Management of Sexual Floor Disorders	Dr. Anam Iqbal
10:50am-11:00am 10 Minutes	Cultural Beliefs and Myths Around Pelvic Floor Dysfunction: Physiotherapist's role in Education	Dr Areeb Shahid
11:00am-11:10am 10 Minutes	Q/A Session: Dr. Muhabat Ali, Dr. Erum Tanveer, Dr. Mehwish Fatima, Dr. Nasreen Majid, Dr. Mubashira Samina	

Session for Nurse Midwife, Fistula Nurses Hall A (11:10am – 12:40am)		
Time & Duration	Topic(s)	Presenter(s)
Theme: How to protect pelvic floor muscle from damage		
Moderator: Dr. Lubna Razzaq		
11:10am-11:20am 10 Minutes	Pelvic floor Health in Pregnancy, the Role of Antenatal care & Preparedness	Ms. Mehmooda Khawaja from Lady Dufferin School of midwifery
11:20am-11:30am 10 Minutes	From Delivery room to recovery Strategies to prevent Maternal Sepsis	Ms. Malika Lalani from Lady Dufferin School of Nursing
11:30am-11:40am 10 Minutes	Addressing postnatal urinary retention. A nursing Perspective	Ms. Noami Ernst Nursing Lecturer Koochi Goath college of Nursing & Midwifery
11:40am-11:50am 10 Minutes	Promoting Maternal Bladder Health” Role of effective Nursing practices	Ms. Sabahat Rabbani Nursing lecturer Koochi Goath College of Nursing & Midwifery
11:50am-12:40am 30 Minutes	Q/A Session Prof. Rizwana Chaudhary, Dr. Samra Lone, Dr. Sarwat Laqa	

Hall B; Scientific Program, 23rd November 2025

Gynaecology Session (10.00am-11.00pm)		
Time & Duration	Topic(s)	Presenter(s)
Moderator: Dr. Ayesha Mushtaq		
10:00am-10:30am 30 Minutes	PCOS/ Irregular Cycles / Obesity	Prof. Al Fareed Zafar
10:30am-11:00pm 30 Minutes	Q/A Session Prof. Humera Noureen, Prof. Shakeela Yasmin, Prof. Rozina Mustafa, Prof. Aisha Siddiqua, Prof. Maryam Zubair	
Moderator: Dr. Khudeja Adeel		
11:00am-11:30am 30 Minutes	Chronic Pelvic Pain Endometriosis, where & why it hurts	Prof. Dr. Shehla Baqai Dr. Nadeem Zubairi
11:30am-12:00pm 30 Minutes	Q/A Session Dr. Humera Bilquees, Prof. Maryam Zubair, Dr. Saima Tahseen, Dr. Umber Tufail, Dr. Naheed Fatima	

Closing Ceremony (Auditorium)

Moderator Dr. Ayesha Mushtaq
Concluding Remarks by: Prof. Hassan Fatima (Patron Conference) Prof. Shagufta Tahir (President PUGA)
Distribution of certificates for appreciation to working Members of committees by Patron of conference & President PUGA
Vote of Thanks: Prof. Dr. Masood Ahmed and Conference Secretary Prof. Rozina Mutafa
Lunch & Prayer