

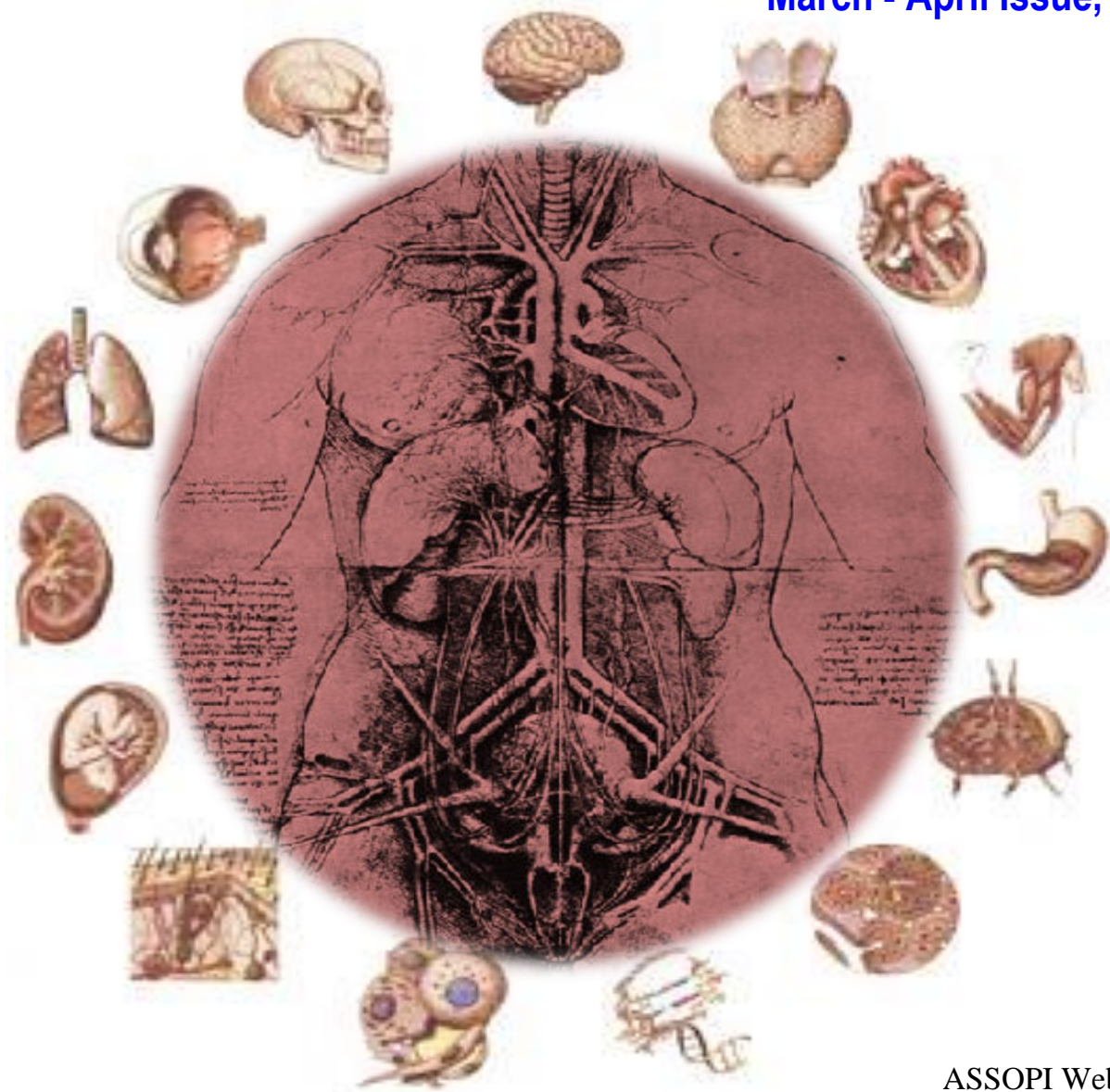
# ASSOCIATION OF PHYSIOLOGISTS OF INDIA (ASSOPI)

(Registered under Act No. XXI of 1860 Registration No. 346/2014)



## ASSOPI NEWS BULLETIN

March - April Issue, 2022



ASSOPI Website:  
[www.assopi.co.in](http://www.assopi.co.in)

Motto of ASSOPI:

*“Preventive and Promotive Physiology”*  
(Physiology for prevention of diseases and promotion of health)

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### **Published by:**

**Dr. G. K. Pal**

*General Secretary, ASSOPI, on behalf of Association of Physiologists of India*

Editorial Assistance:

**Ms. M. Renugasundari**

*Office Secretary to General Secretary*

# Office Bearers of ASSOPI

## **PRESIDENT**

**Dr. NARSINGH VERMA**

Professor & Head, Department of Physiology,  
King George's Medical University, Lucknow, U. P.

## **IMMEDIATE PAST PRESIDENT**

**Dr. SHRIPAD B. DESHPANDE**

Professor & Head, Department of Physiology,  
Apollo Institute of Medical Sciences & Research, Chittoor, A.P.

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**Dr. B. S. SHANKARANARAYANA RAO**

Professor of Neurophysiology, and  
Registrar,  
NIMHANS, Bangalore

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Professor & Head,  
Department of Physiology,  
AIIMS, Rishikesh, Uttarakhand

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Senior Professor of Physiology, JIPMER, Puducherry,  
Dean, Faculty of Medicine, Pondicherry University  
Programme Director, Advance Centre of Yoga, JIPMER, Puducherry

## **FINANCE SECRETARY**

**Dr. S. VELKUMARY**

Professor & Head, Department of Physiology,  
JIPMER, Puducherry

## **EDITOR-IN-CHIEF**

**Dr. RAJ KUMAR YADAV**

Professor, Department of Physiology,  
AIIMS, New Delhi

## **JOINT SECRETARY (WEST ZONE)**

**Dr. HASMUKH SHAH**

Professor & Head,  
Department of Physiology,  
Premukhswami Medical College,  
Karamsad, Gujarat

## **JOINT SECRETARY (SOUTH ZONE)**

**Dr. PRAVATI PAL**

Professor (Level 15),  
Department of Physiology,  
JIPMER, Puducherry

## **JOINT SECRETARY (NORTH ZONE)**

**Dr. RAJEEV SHARMA**

Dean, Professor & Head  
Department of Physiology, Guru  
Gobind Singh Medical College &  
Hospital, Faridkot, Punjab

## **JOINT SECRETARY (EAST ZONE)**

**Dr. RITUPARNA BAROOAH**

Professor & Head,  
Department of Physiology,  
NEIGRIHMS, Meghalaya.

## ***Executive Body Members of ASSOPI*** (arranged alphabetically)

**Dr. BINDU M. KUTTY**

Professor,  
Department of Neurophysiology  
NIMHANS, Bengaluru

**Dr. JYOTI KUMAR**

Professor & Head,  
Department of Physiology,  
BPS Govt. Medical College for  
Women, Sonapat, Haryana

**Dr. KALPANA K. BARHWAL**

Associate Professor,  
Department of Physiology,  
AIIMS, Bhubaneswar, Odisha

**Dr. MADHUSUDAN PAL**

Scientist-F & Addl. Director,  
Defence Institute of  
Physiology and Allied  
Sciences (DIPAS), Delhi

**Dr. MANJINDER KAUR**

Additional Principal,  
Professor & Head,  
Department of Physiology,  
Geentanjali Medical College &  
Hospital, Udaipur

**Dr. MEENAKSHI SINHA**

Professor,  
Department of Physiology,  
AIIMS, Raipur, Chhattisgarh

**Dr. MRUNAL PHATAK**

Professor & Head of  
Physiology, and Dean  
(Academics) AIIMS, Nagpur,  
Maharashtra

**Dr. NEELIMA SHANKAR**

Former Head,  
Department of Physiology  
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Department of Physiology,  
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**Dr. PADMAJA HARI**

Professor, Department of Physiology  
MES Medical College,  
Perinthalmanna, Kerala

**Dr. PRASUNPRIYA NAYAK**

Professor,  
Department of Physiology,  
AIIMS, Jodhpur, Rajasthan

**Dr. RAJESHWARI L**

Professor,  
Department of Physiology,  
JSS Medical College, Mysuru

**Dr. SABITA YOGARAJ**

Professor & Head, Department of  
Physiology,  
Govt. Medical College,  
Kathua, Jammu & Kashmir

**Dr. SANDIP SARDESSAI**

Professor,  
Department of Physiology,  
Goa Medical College, Goa

**Dr. SATISH DIPANKAR**

Additional Professor & Head,  
Department of Physiology,  
AIIMS, Mangalagiri, AP

# *Invitation of Nomination / Application for ASSOPI Awards and Fellowship Title*

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## 1. ASSOPI Awards

Applications are invited for the following awards of ASSOPI. All life members of ASSOPI are eligible to apply for the awards, as per the eligibility requirements listed for each award. The '**Cover Letter**' of application addressed to Dr. G. K. Pal, General Secretary, ASSOPI, duly signed by the nominee/applicant (clearly mentioning the title of the award for which nominated, ASSOPI Life Membership Number of the applicant, present designation, full communication address, E-mail ID, Mobile Number, WhatsApp number), along with the PDF copy of the publication/manuscript and other supporting documents as mentioned in the eligibility requirements, should be sent to personal e-mail ID of Dr. G. K. Pal: [drgekpal@gmail.com](mailto:drgekpal@gmail.com) with a cc to [renu231994@gmail.com](mailto:renu231994@gmail.com)

After initial scrutiny, an acknowledgment will be sent within a week's time from the date of receipt of application, and then the result of the award will be communicated in the third week of September. Please note that the last date and time of submitting application is **30<sup>th</sup> July, 2022, 5 PM**. Any application received by General Secretary in his e-mail account after 5 PM of 30<sup>th</sup> July, 2022, will not be considered for selection for the award. It is the responsibility of the applicant to ensure that his / her application is received by General Secretary of ASSOPI before the date and time prescribed. There is no need of sending the hardcopy of the application and the paper for the award. Please note, the works conducted recently and paper published between **April, 2020 till last date of nomination** (30<sup>th</sup> July, 2022) will be considered for these awards. Only one paper should be sent for a particular award and same paper should not be submitted for another award.

All categories of award applications will be reviewed by subject experts in the corresponding field. Suggestion of name of experienced reviewers/judges for all the categories of awards with their designation, e-mail ID and cell phone numbers can be given by ASSOPI members. However, list of reviewers for each category of award will be finalized by office bearers of ASSOPI. If there is an applicant for a particular award from an institute, the reviewer / judge for that award from the same institute will not be considered.

- 1. ASSOPI Annual Oration of an Outstanding Physiologist**
- 2. Prof. A. S. Paintal Oration Award** for best research work in Physiology.

3. **Dr. Artatran Nanda Memorial Award** for best research work in Respiratory Physiology.
4. **Prof. S. B. Deshpande Award** for best research work in Neurophysiology.
5. **Prof. G. K. Pal Award** for best research work in Cardiovascular Physiology.
6. **JIPMER Golden ASSOPICON Award** for best research work conducted by a postgraduate student in Physiology.
7. **Shri S. N. Chaudary Memorial Award** for best research work in Environmental Physiology.
8. **Shri Ram Murti Smarak Award** for best research work in Yoga and Naturopathy.
9. **Shri B. M. Patil Memorial Award** for best research work in Physiology by a physiologist below the age of 45 years.
10. **Ramesh Bijlani Lifetime Achievement Award** in Medical Sciences.
11. **Prof. S. K. Singh Award** for best research work conducted by an undergraduate medical student in Physiology.

### **Eligibility Requirements**

#### **A. For Award No. 1 (ASSOPI Annual Oration of an Outstanding Physiologist):**

- i) For ASSOPI Life Members only
- ii) Age: 55 years or above
- iii) Worked as Professor for more than 10 years.
- iv) Should have substantial contribution as a teacher and academician: Number of years served in a medical college as a teacher, number of PG and PhD students guided, number of MBBS students guided for ICMR students' project or similar projects, books written or chapters written in a book.
- v) Substantial contribution as a researcher: Minimum 10 PubMed indexed publications (**PMID to be provided** for each publication) as a first or corresponding author, new research tool or patent developed, establishment of research facilities, etc.
- vi) Significant contribution to medical education and training
- vii) Should have contributed establishing clinical investigation facilities in the department or institute

- viii) Should have administrative experience as Head of the Department, Registrar, Dean/Principal, Associate Dean/Vice-Principal etc.
- ix) Should have organized conferences, workshops, symposia at state / national / international level.
- x) Should have received research / academic awards and/or Fellowships at institution / state / national / international level.

**Full bio-sketch** of the applicant to be provided with the nomination (**self-nomination**)

1. Full name
2. Date of birth
3. Details of corresponding address with mobile number, WhatsApp/Telegram number and Email ID
4. Details of academic qualifications (starting from UG onwards with the name of the institution and university, and year of passing, number of attempt, given in a tabular format)
5. List of fellowships received
6. Details of the service experience in various positions
7. Administrative experiences
8. Complete list of publications (with **PMID for PubMed publications** and DOI for non-PubMed publications, Impact Factor of publications as per Thompson Reuters scale), Total Citations, h index, i-10 index in ResearchGate and Google Scholar, and RG Score
9. List of funded projects (with name of funding agency and the approval number with date of approval)
10. Number of students guided with details such as name of the student, title of the dissertation / thesis and year of passing of the student, to be given in a tabular format
11. List of books or chapters in books written
12. List of awards / orations received (name of the award, name of the organization conferring the award and the year award was received)
13. Member of various national and international bodies
14. List of conferences / CME / workshop / symposia organized (with the venue and year)
15. List of conferences / CME / workshop / symposia attended (with the venue and year)
16. List of patents developed, if any
17. Any other relevant information
18. Signature with date

A committee consisting of 3 senior members of ASSOPI for this ASSOPI Annual Oration will decide the suitability of the nominee.

**B. For Award No. 2 (Prof. A. S. Paintal Oration Award for best research publication in Physiology):**

- i) This award is meant only for the life members of ASSOPI.
- ii) The work should be a recent one and should be published from April, 2020 to July, 2022 (a PDF Copy of the published paper or the manuscript of the work should be submitted).
- iii) The nominee should be the First or Corresponding author.
- iv) It should be a PubMed indexed publication (**PMID to be given**), and should be an original article.
- v) **Impact Factor of publication should be 2 or above** as per Thompson Reuters IF-Scale
- vi) The same work should neither have received nor have been submitted for any other award from other organizations/associations/scientific bodies.
- vii) If it is a multiple author work, all other authors should give a signed declaration for the person nominated for the award.
- viii) **Age: 45 years or above** (a self-attested copy of Birth Certificate or School Leaving Certificate or Passport or Driving License or Aadhaar Card should be attached as a proof for age).

**C. For Award No. 3 to 5 & 7, 8 :**

- i) This award is meant only for the life members of ASSOPI.
- ii) The work should be a recent one and preferably be published in a peer reviewed journal from April, 2020 to July, 2022 (a PDF Copy of the published paper or the manuscript of the work should be submitted).
- iii) The same work should neither have received nor have been submitted for any other award from other organizations/associations/scientific bodies.



- iv) If it is a multiple author work, and the author nominated for award is not the first author or corresponding author in the publication, all other authors should give a signed declaration for the person nominated for the award.

**D. For Award No. 6 (JIPMER Golden ASSOPICON Award for best PG Research Paper):**

- i) This award is meant for **postgraduates in Physiology** who are the life members of ASSOPI.
- ii) The work should have been conducted by a postgraduate student (M.D./M.Sc.) in Physiology, during his or her postgraduate training.
- iii) The same work should not have received or submitted for any other award from other organizations /associations/scientific bodies.
- iv) The nomination should be accompanied by a PDF copy of the published article and a declaration from the guide certifying that the work has been done by the applicant under his guidance during his/her postgraduate study.
- v) If the work has not been published in a journal, the word file of the manuscript of the work should accompany a certificate from the Head of the Department stating that the work was conducted by the student (student's name) under the guidance of a faculty (guide's name), in his/her department during this period (month and year).

**E. For Award No. 9 (Shri B. M. Patil Memorial Award for best research work in Physiology by a physiologist below the age of 45 years):**

- i) This award is meant only for the life members of ASSOPI **below the age of 45 years** (a copy of Birth Certificate or School Leaving Certificate or Passport or Driving License or Aadhaar Card should be attached as a proof for age).
- ii) The work should be a recent one and preferably be published in a peer reviewed journal from April, 2020 to July, 2022 (a PDF Copy of the published paper or the manuscript of the work should be submitted).
- iii) The same work should neither have received nor have been submitted for any other award from other organizations/associations/scientific bodies.



- iv) If it is a multiple author work, and the author nominated for award is not the first author or corresponding author in the publication, all other authors should give a signed declaration for the person nominated for the award.

**F. For Award No. 10 (Ramesh Bijlani Lifetime achievement Award in Medical Sciences):**

- i) Nomination for this award will be invited along with other nominations of ASSOPI Awards and the award will be presented to the awardee in the inaugural ceremony of the ASSOPICON of that year along with the other awards.
- ii) The nomination for the award should be proposed and seconded by the life members of ASSOPI along with the consent of the nominee.
- iii) The nominee should be an eminent medical scientist (**not less than 55 years of age**) in any branch of medicine and should have outstanding contribution in the field of medical research.
- iv) The nomination should have a brief CV of the nominee that should contain the date of birth and age, along with the list of all publications (only list).
- v) A duly constituted committee will scrutinize the nominations received and will recommend the name of the awardee, if anybody found suitable. The total number of publications, total citations, scientist h index and i-10 index as displayed in the Google Scholar or ResearchGate will be considered for selecting the awardee.
- vi) Any senior medical physiologist / medical scientist may be nominated for this award, but the person selected for the award **should become a life member prior to the award being presented** to him/her in the annual conference.
- vii) The awardee will make a summary presentation of his/her research works, along with presentation of other award papers in the "Award paper presentation session" of the conference.

**G. For Award No. 11 (Prof. S. K. Singh Award for best UG Research Paper):**

- i) This award is meant for an **undergraduate medical (MBBS) student**.
- ii) The work should have been conducted by an undergraduate student during his or her undergraduate course.

- iii) The same work should not have received or submitted for any other award from other organizations /associations/scientific bodies.
- iv) The nomination should be accompanied by a PDF copy of the published article.
- v) If the work has not been published in a journal, the manuscript for the award should accompany a certificate from the Head of the Department stating that the work was conducted by the student (student's name) under the guidance of a faculty (guide's name), in his department during this period (months and year).
- vi) Application for this award will be invited along with other application/nominations of ASSOPI Awards, a duly constituted committee will recommend the name of the awardee and the award will be presented to the awardee in the inaugural ceremony of the ASSOPICON of that year.
- vii) The student selected for the award should **become a life member of ASSOPI prior to the award being presented** to him/her in the annual conference.
- viii) The awardee will present his/her research works, along with presentation of other award papers in the "Award paper presentation session" of the conference.

## 2. Fellowship Title of ASSOPI

The ASSOPI invites self-nomination/application for Fellowship title "**FAPI**" (Fellow of Association of Physiologists of India) from eligible members. A maximum of five Fellowship titles will be conferred in a year. The self-nomination/application should include a detailed bio-data (as given in the eligibility criteria) and a demand draft of Rs.11,000/- (rupees eleven thousand only) drawn in favor of Association of Physiologists of India (Payable at Puducherry), out of which one thousand will be paid as application fee (non-refundable) and ten thousand will be paid as the fee for fellowship title. A committee duly constituted by office bearers of ASSOPI will scrutinize the application and finalize the list of members (maximum five in a year) for the fellowship title. If the applicant is not selected for the fellowship title, Rs. 10, 000/- paid as fellowship fee will be refunded to him/her in the form of DD within one month of finalization of the fellowship list.

### **Eligibility Requirements:**

1. Fellowship title is meant for life members of ASSOPI.
2. The member should have minimum 20 years post-MD or Post-PhD teaching and research experience (should attach a copy of MD/PhD certificate).
3. The member should have **minimum 10 PubMed indexed publications** (List of total publications, with a separate list of **10 best PubMed indexed papers with PMID Numbers**, should be attached).
4. A detailed bio-data of the applicant should accompany the application / nomination for fellowship. The bio-data should highlight the month and year of MD/PhD degree awarded, number of years of service in various capacities, numbers of MD/PhD students guided, number of awards received, any patent developed, and any other relevant information for fellowship application.

**Executive Body members and Office Bearers of ASSOPI are also eligible** to apply for any ASSOPI award or ASSOPI fellowship title during their tenure as EB member and Office Bearer.

All correspondence related to awards and fellowship title should be addressed to Dr. G. K. Pal, General Secretary and should be sent to his personal e-mail ID: [drgkpal@gmail.com](mailto:drgkpal@gmail.com) with a cc to [renu231994@gmail.com](mailto:renu231994@gmail.com). **Only soft copy of the nomination (PDF files)** should be sent through mail.

## Past Events:

### 1. Symposium Conducted at AIIMS, Raipur

Virtual symposium on “Chronomedicine: Relevance in COVID times” was conducted by Department of Physiology, AIIMS, Raipur on 18<sup>th</sup> September, 2021. The agenda of the programme was as follows.

**Scientific Sessions**

**Inaugural Address**

**Prof.(Dr.) Nitin M. Nagarkar**  
Director & CEO  
Professor, Otolaryngology-Head & Neck Surgery  
AIIMS, Raipur

**International Guest Speakers**

**Dr Robert Dallmann**  
Associate Professor, Circadian biologist and in-vivo pharmacologist,  
Department of Biomedical Sciences, Warwick Medical School, UK  
**Topic : The role of circadian clocks in chronic diseases and pharmacotherapy**

**Dr. Aarti Jagannath**  
Associate Professor, BBSRC David Phillips Fellow at Sleep & Circadian  
Neuroscience Institute, Nuffield Department of Clinical Neurosciences Medical  
Sciences Division, University of Oxford, UK  
**Topic : Circadian regulation of SARS-CoV-2 infection**

**National Guest Speakers**

**Dr.Narsingh Varma**  
Professor, Deptt of Physiology & Officiating Head Deptt of Family Medicine,  
KGMU, Lucknow. Secretary General-Indian Society of Chronomedicine  
President-Association of Physiologists of India  
**Topic : Clocking glucocorticoids & other medicines in COVID-19 treatment**

**Dr. Prithwis Bhattacharya**  
Professor & Head, Dept of Anaesthesiology & Critical Care  
Registrar, NEIGHRIMS, Shillong  
**Topic : Critical Care in COVID times: chronomedical issues**

**Dr. Vinay Pandit**  
Professor & Head, Dept of General Medicine  
AIIMS, Raipur  
**Topic : Insight on COVID-19 through spectrum of chronomedicine**

**Dr. Meenakshi Sinha**  
Professor, Department of Physiology  
I/C Chronomedicine lab, AIIMS, Raipur  
**Topic : Chronophysiology of COVID-19**

**Registration Link:** <https://forms.gle/MENicx2MbUeHgiQM6>  
Registration is free but mandatory (**Deadline:** 15<sup>th</sup> September, 2021)  
Email Id: [chronomedicine2021@gmail.com](mailto:chronomedicine2021@gmail.com)  
**Contact:** Dr. Babita Pande 91793-57829  
Dr. Meenakshi Sinha 85188-81709

**Registered attendees will be awarded credit points with certificate**



## 2. Activity of ASSOPI Chapter of Uttar Pradesh

- i) All issues of **Physiology Insight** are released regularly and timely, which was possible due to the sincere effort of the Editorial team of Physiology Insight.
- ii) **Symposium cum Panel Discussion on “Myths, Facts and Reality: Animal Experimentation in Physiology”** was organized by Editorial Team, Physiology Insight on 28th August, 2021. The programme had an agenda as follows.

	<p style="text-align: center;"><b>Symposium Cum Panel Discussion</b> <b>Myths, Facts and Reality: Animal Experimentation in Physiology</b> Organized by: Editorial Team, Physiology Insight (UNDER AEGIS OF ASSOPI U.P CHAPTER)</p>
<p>Date : 28/08/2021, Day: Saturday, Time : 5.30 PM to 7.30 PM, Link : <a href="https://meet.google.com/yky-epgk-wtm?hs=224">https://meet.google.com/yky-epgk-wtm?hs=224</a></p>	
<p><b>Preliminary lectures</b> <b>Speakers</b></p>	<p><b>Panel Discussion</b> <b>Panelists</b></p>
<p>Topic : NMC Guidelines for Animal Experimentation</p>  <p><b>Dr. Reena Rani Verma</b> (Assistant Editor, Physiology Insight)</p>	<p>Topic : CPCSEA Guidelines for Animal Experimentation</p>  <p><b>Dr. Charushila Rukadikar</b> (Assistant Editor, Physiology Insight)</p>
<p><b>Coordinator</b></p>  <p><b>Dr. Manish Verma</b> (Treasurer, ASSOPI UP Chapter)</p>	 <p><b>Dr. Ramji Singh</b> Director, AIIMS Kalyani, West Bengal</p>  <p><b>Dr. G K Pal</b> Dean, JP MER, Puducherry</p>  <p><b>Dr. Sunita Tiwari</b> Prof &amp; HOD Physiology, KGMU, Lucknow</p>  <p><b>Dr. Jalaj Saxena</b> Prof &amp; HOD Physiology, GSVM, Kanpur, UP</p>  <p><b>Dr. S.K Singh</b> Prof. Physiology, IMS, BHU, Varanasi</p>  <p><b>Dr. Sunita Mittal</b> Additional Prof. Physiology, AIIMS, Rishikesh</p>
<p><b>During panel discussion attendees are requested to put their queries/suggestions in the chat box. It's a free open event . No need of registration. Just join by the link provided.</b></p>	
	<p><b>Coordinator</b></p>  <p><b>Dr. Amit Kant Singh</b> (Editor - Physiology Insight)</p>



iii) **Symposium cum Panel Discussion on “Sleep Medicine-Opportunities Infinite”** was organized by team of Physiology Insight on 20<sup>th</sup> March, 2022. The programme had an agenda as follows.

**ASSOCIATION OF PHYSIOLOGISTS OF INDIA- U. P. CHAPTER**  
**PHYSIOLOGY INSIGHT**  
*Symposium cum Panel Discussion : Sleep Medicine - Opportunities Infinite*

**Patrons**

- Prof. Narsingh Verma:  
*President- ASSOPI*
- Prof. G. K. Pal:  
*General Secretary- ASSOPI*
- Prof. Sunita Tiwari:  
*President ASSOPI-UP Chapter*
- Prof. Arvind Kanchan:  
*Secretary ASSOPI -UP Chapter*

**Organizing Chairperson**

- Prof. Amit Kant Singh

**Organizing Secretary**

- Dr. Charushila Rukadikar

**Co-Organizing Secretaries**

- Dr. Anamika Singh
- Dr. Parul Sharma
- Dr. Reena Rani Verma

**Advisory committee**

- Prof. Maloy B. Mandal
- Prof. Ratna Pandey
- Prof. Shradha Singh
- Prof. Bindu Garg
- Prof. Chinmay Shah
- Dr. Yogesh Nerkar

**“Sleep is the best meditation” - Dalai Lama.**

★ **Speakers / Panellists** ★

**Dr. Anil Gangwar**  
Assistant Professor  
Department of Physiology  
AIIMS, Gorakhpur.

**Dr. Shweta Kanchan**  
Associate Professor  
Department of Physiology  
And Sleep specialist  
Hind Institute of Medical Sciences,  
Barabanki.

**Dr. Himani Narula**  
Developmental Paediatrician  
Director Contiuia Kids, Gurgaon.  
(Chain of Child Developmental  
centers in North India)

**Outline of the program**

Time	Topic & Speaker	Coordinator
5.00 – 5.30 PM	Introduction and brief address by Dignitaries ( <b>Prof. Sunita Tiwari, Prof. G. K. Pal, Prof. Narsingh Verma, Prof. Mrunal Phatak</b> )	Dr. Charushila Rukadikar
5.30 – 6.00 PM	How to assess a subject with sleep disorders and introduction of sleep laboratory and sleep study for beginners. ( <b>Speaker: Dr. Anil Gangwar</b> )	Dr. Amit Kant Singh
6.00 - 6.30 PM	Dynamics of sleep medicine ...the missing thread of medical science. ( <b>Speaker: Dr. Shweta Kanchan</b> )	
6.30 – 7.00 PM	Impact of sleep on overall development and mental well-being of a child. ( <b>Speaker: Dr. Himani Narula</b> )	
7.00 – 7.10 PM	Panel discussion ( <b>All panellists</b> )	
7.10 – 7.15 PM	Vote of thanks	Dr. Anamika Singh

**Patrons**

- Prof. Narsingh Verma:  
*President- ASSOPI*
- Prof. G. K. Pal:  
*General Secretary- ASSOPI*
- Prof. Sunita Tiwari:  
*President ASSOPI-UP Chapter*
- Prof. Arvind Kanchan:  
*Secretary ASSOPI -UP Chapter*

**Organizing Chairperson**

- Prof. Amit Kant Singh

**Organizing Secretary**

- Dr. Charushila Rukadikar

**Co-Organizing Secretaries**

- Dr. Anamika Singh
- Dr. Parul Sharma
- Dr. Reena Rani Verma

**Advisory committee**

- Prof. Maloy B. Mandal
- Prof. Ratna Pandey
- Prof. Shradha Singh
- Prof. Bindu Garg
- Prof. Chinmay Shah
- Dr. Yogesh Nerkar

**Date : 20/03/2022- Sunday Time : 5.00 PM to 7.15 PM** [Link : meet.google.com/rkn-qyjd-cze](https://meet.google.com/rkn-qyjd-cze)

iv) **Symposium cum Panel Discussion on “Electives”** was organized by team of Physiology Insight on 27<sup>th</sup> March, 2022. The programme had an agenda as follows.

**ASSOCIATION OF PHYSIOLOGISTS OF INDIA**  
PROMOTIVE & PREVENTIVE PHYSIOLOGY  
**Physiology Insight**  
**Symposium cum Panel Discussion : Electives**

**Patrons**

- Prof. Narsingh Verma:  
*President- ASSOPI*
- Prof. G. K. Pal:  
*General Secretary- ASSOPI*
- Prof. Sunita Tiwari:  
*President ASSOPI-UP Chapter*
- Prof. Arvind Kanchan:  
*Secretary ASSOPI -UP Chapter*

**Organizing Chairperson**

- Prof. Amit Kant Singh

**Organizing Secretary**

- Dr. Bharti Bhandari Rathore

**Co-organizing Secretaries**

- Dr. Charushila Rukadikar
- Dr. Anamika Singh
- Dr. Parul Sharma
- Dr. Reena Rani Verma

**Advisory committee**

- Prof. Maloy B. Mandal
- Prof. Ratna Pandey
- Prof. Shradha Singh
- Prof. Bindu Garg
- Prof. Chinmay Shah
- Dr. Yogesh Nerkar

**Speakers / Panellists**

**Dr. Deepti Chopra**  
Associate Professor,  
Department of Pharmacology  
Government Institute of Medical  
Sciences, Greater Noida

**Dr. Bharti Bhandari Rathore**  
Associate Professor,  
Department of Physiology  
Government Institute of Medical  
Sciences, Greater Noida

**Outline of the program**

Time	Topic & speaker	Coordinator
11.00 –11.30 AM	Introduction & brief address by Dignitaries	Dr. Charushila Rukadikar
11.30 – 12.00 PM	Overview of Electives ( <b>Dr. Deepti Chopra</b> )	
12.00 – 12.30 PM	Elective Module Development ( <b>Dr. Bharti Bhandari Rathore</b> )	Dr. Amit Kant Singh
12.30 – 12.45 PM	Panel Discussion - Question Answer session ( <b>All Panellists</b> )	
12.45 – 1.00 PM	Vote of thanks	

**Patrons**

- Prof. Narsingh Verma:  
*President- ASSOPI*
- Prof. G. K. Pal:  
*General Secretary- ASSOPI*
- Prof. Sunita Tiwari:  
*President ASSOPI-UP Chapter*
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- Prof. Bindu Garg
- Prof. Chinmay Shah
- Dr. Yogesh Nerkar

**Date : 27/03/2022, Sunday Time : 11.00 AM to 1.00 PM**  
[link :http://meet.google.com/aqe-jbon-mfa](http://meet.google.com/aqe-jbon-mfa)

*“The chapter you are learning today is going to save someone's life tomorrow. pay attention.”*

## ***Upcoming Events:***

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### ***8<sup>th</sup> ASSOPICON***

The 8<sup>th</sup> Annual Conference of ASSOPI (8<sup>th</sup> ASSOPICON) will be organized from **14<sup>th</sup> to 16<sup>th</sup> October**, 2022, by Department of Physiology, AIIMS, Nagpur under the leadership of Dr. Mrunal Phatak, Professor & Head. The details of the first announcement are given at the end of this News Bulletin.

### ***Nomination for New Office Bearers and Executive Body Members***

Nominations will be invited shortly for all the posts of office bearers and executive body members of ASSOPI and election will be held (if needed) during the General Body meeting of ASSOPI to be held during the 8<sup>th</sup> Annual Conference of ASSOPI.

In the next issue of ASSOPI News Bulletin (**May-June Issue, 2022**), announcement will be made for inviting nominations for various ASSOPI posts and the details of the format of nominations will be published in that issue.

### ***ASSOPI Journal***

The 1<sup>st</sup> issue of '**Journal of Physiology & Health Care Medicine**' has not been published yet due to paucity of articles received by the office of Editor-in-Chief. Therefore, all members are requested to please submit their research papers for publication in ASSOPI journal (the details are given below).

#### **Journal of Physiology & Health Care Medicine**

The ASSOPI members are requested to send their articles (original research articles/ review articles/case reports/short communications/ letters to editor/ guest editorials) for our proposed journal, '**Journal of Physiology & Health Care Medicine**'.

Please send your articles at **assopijournal@gmail.com**



## **About the Journal**

Journal of Physiology & Health Care Medicine (JPHCM), an official Journal of Association of Physiologists of India (ASSOPI), is a peer-reviewed online journal with three issues per year (January-April, May-August, September-December), and print on request only. The journal allows free access (Open Access) to its contents and permits authors to self-archive final accepted version of the articles. The journal does not charge for submission, processing or publication of manuscripts and even for colour reproduction of photographs. JPHCM follows double-blind peer review process.

## **Scope of the Journal**

The Journal of Physiology & Health Care Medicine (JPHCM) publishes quality research papers in Physiology & Health Care that may have clinical applications in medicine with better understanding of human physiology. The journal is also open to new and innovative research methodologies that would benefit Healthcare.

## **Subjects covered in the Journal**

Primarily Physiology & Healthcare Medicine-related topics including Endocrinology, Neurophysiology, Cardiovascular Physiology, Gastrointestinal Physiology, Respiratory Physiology, Molecular and Genomic Physiology, Exercise Physiology, Nutrition, Sports Physiology, Space Physiology, Behavioural Medicine, Reproductive Physiology, Ophthalmic Physiology, Bone & Muscle Physiology, Lifestyle and Stress, and Yoga.

## **Issues of the Journal**

The website of the journal (<http://jphcm.net>) has been launched and first issue (January-April, 2022) of ASSOPI journal will be published online and in print format in May, 2022.

All members of ASSOPI are requested to please contribute the best manuscript from their laboratories to be published in JPHCM.

# Join ASSOPI

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## **Membership Form**

Any person having a bachelor or postgraduate degree in Physiology or allied sciences can become a member of ASSOPI. Students pursuing PG course in Physiology or allied subjects are also eligible to become ASSOPI members.

Membership Fee: Annual Membership – Rs. 500/- and Life Membership – Rs. 3000/-

**Name:**

**Date of Birth:**

**Educational Qualification:**

**Present Designation and Institute:**

**Field of Interest:**

**Address for communication:**

**PIN code:**

**E-mail:**

**Mobile:**

**DD Number:**

**DD Date:**

**Name of the Bank & Branch:**

**Upload scanned DD copy:**

**Address to send DD:**

Application can be filled and submitted online in ASSOPI website: [www.assopi.co.in](http://www.assopi.co.in). However, DD of membership has to be sent by speed-post to the address given below.

Pay by demand draft drawn in Favour of 'ASSOCIATION OF PHYSIOLOGISTS OF INDIA' Payable at 'Puducherry' and send it to:

Dr. G. K. Pal,  
General Secretary, ASSOPI,  
Senior Professor, Dept. of Physiology,  
1st floor, JIPMER Academic Center,  
JIPMER, Puducherry- 605 006  
Email: drgkpal@gmail.com

**OR, for new membership registration by **online transfer of money** to ASSOPI Account directly, General Secretary or Office Secretary to General Secretary may be contacted through his/her e-mail ID.**

**Note:** Kindly mention your individual name(s), college/institute name with contact number on the backside of Original Demand Draft (if you are sending DD for life membership) while despatching the DD to above address.



# DEPARTMENT OF PHYSIOLOGY, ALL INDIA INSTITUTE OF MEDICAL SCIENCES, NAGPUR

## 8<sup>TH</sup> ASSOPICON 2022

An International Conference of  
Association of Physiologists of India

DATE: 14<sup>TH</sup> - 16<sup>TH</sup> OCTOBER 2022

PRE-CONFERENCE WORKSHOPS 12<sup>TH</sup> & 13<sup>TH</sup> OCT 2022



**ACADEMY OF PHYSIOLOGY**  
(as Co Host)

Applied for  
MMC Points

FIRST  
ANNOUNCEMENT

Register on  
[www.assopicon2022.com](http://www.assopicon2022.com)



Theme :  
Perspectives in  
Physiology,  
for the...



## GREETINGS AND WARM WELCOME TO ALL PHYSIOLOGISTS OF INDIA AND AROUND THE GLOBE...

It is our proud privilege to announce that the 8<sup>th</sup> ASSOPICON 2022, an international conference of the association of Physiologists of India will be organized by the Department of Physiology, All India Institute of Medical Sciences, Nagpur from 14<sup>th</sup> to 16<sup>th</sup> October 2022 and Preconference Workshops on 12<sup>th</sup> & 13<sup>th</sup> October 2022 with a special full-day workshop 'Capacity building workshop on Lifestyle Medicine consultation' on 12<sup>th</sup> October 2022.

On behalf of the organizing committee, we cordially invite you all to the 8<sup>th</sup> ASSOPICON 2022 to be held at Nagpur, the Orange City of India & the land of tigers. The 8<sup>th</sup> ASSOPICON 2022 will provide the platform for physiologists to exchange their viewpoints on the metamorphosed concept of Physiology an individual, the students, the patients, and society at large, through the theme 'Perspectives in Physiology for Person, Pupil, Patient, and People'. The delegates can be benefited as they will get a chance to interact with the eminent experts and stalwarts in Physiology from the country and overseas regarding research, academics, clinical as well as community physiology. There will be various plenary lectures, symposia, workshops, panel discussions, award paper sessions, free paper sessions, and poster presentations. We wholeheartedly welcome you all with your family and friends to participate, and wish this event to be memorable for all.

All India Institute of Medical Sciences, Nagpur is established under Pradhan Mantri Swasthya Suraksha Yojana (PMSSY), designed to serve as a nucleus for nurturing excellence in all aspects of health and wellness throughout India as an "Institute of National Importance". Within a short span of time, AIIMS Nagpur has been progressively advancing to provide the best medical education and training with all modern facilities and has become a Center of Excellence in teaching, patient care, and research. Department of Physiology, AIIMS Nagpur is a dynamic department of this prestigious institute that offers various academic programs namely medical undergraduate degree (MBBS), Doctor of Medicine (MD in Physiology), MSc. in Physiology, and Doctor of Philosophy (Ph.D. in Physiology). All the academic courses are carefully prepared and executed keeping in mind the importance of basic and applied physiology in clinical settings. Besides teaching, the Department also committed to supporting the patient care services, viz. testing of Autonomic Functions, Pulmonary Function Tests, Andrological Investigations and Electro-diagnostic tests. The Department also provides daily OPD consultation through 'The Lifestyle Intervention Clinic', based on six pillars of lifestyle medicine i.e. Nutrition, Exercise, Sleep, Stress, Social connectivity, and Addiction.

Association of Physiologists of India (ASSOPI) is the organization meant for the advancement of Physiology to explore the highest possibilities for Physiologists and the association aims at establishing excellence in research and teaching in the field of Physiology. The mission of ASSOPI is to integrate and facilitate the knowledge and principle of Physiology for clinical practice in patient management and to deliver excellence in the field of medical research and medical education. For the details of the mission and vision of ASSOPI and enrolment as a member of ASSOPI, please log on to [www.assopi.co.in](http://www.assopi.co.in). With the theme of Perspectives in Physiology for Person, Pupil, Patient, and People the 8th ASSOPICON 2022 is planned to have various workshops and sessions as below.



## TENTATIVE CONFERENCE TOPICS

- Chronophysiology
- Space physiology
- Ergonomics
- Intellectual Property Rights / Patenting
- Cardiovascular Physiology / Exercise Physiology
- Neurophysiology and Computational Neuroscience
- Endocrinology / Obesity / Molecular Biology / Cell Physiology
- Lifestyle Medicine
- Biomedical Device Innovations
- Simulations in UG teaching
- Non Invasive Neuroimaging techniques in Cognitive Neurophysiology
- Yoga and Mindfulness
- Animal Research in Physiology
- Intraoperative Neurophysiological Monitoring
- Research Grant Writing
- Spectrum of the role of a Physiologist

### PRE CONFERENCE WORKSHOP

- Lifestyle Medicine
- NCV & EMG
- Basic & Advanced Semen Analysis
- Autonomic Function tests
- Lung Oscillometry
- Functional Near Infrared Spectroscopy (FNIRS)



**PATRON**

**Maj Gen (Dr) Vibha Dutta, SM**  
Director & CEO AIIMS, Nagpur



**ORGANIZING CHAIRPERSON**

**Prof. (Dr) Mrunal Phatak**  
Head, Department of Physiology  
AIIMS, Nagpur



**CO-CHAIRPERSON**

**Prof. (Dr) Shubhada Gade**  
Head, Department of Physiology,  
DMMC Nagpur

### ORGANIZING SECRETARY



**Dr. Prathamesh Kamble**  
Asst. Prof. Physiology,  
AIIMS Nagpur

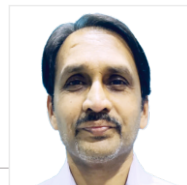


**Dr. Anagha Sahasrabuddhe**  
Asso. Prof. Physiology,  
DMMC Nagpur

### JOINT SECRETARY



**Dr. Ashlesh Patil**  
Asst Prof. Physiology,  
AIIMS Nagpur



**Dr. Mohan Tambe**  
Asst Prof. Physiology,  
GMC Nagpur



**TREASURER**

**Dr. Vinu Vij**  
Asso. Prof. Physiology,  
AIIMS Nagpur



**CO-TREASURER**

**Dr. Annadurai**  
Tutor, Physiology,  
AIIMS Nagpur

We look forward to your active participation in making the event a grand success

With Warm Regards,  
**Organizing Committee**

## ABSTRACT SUBMISSIONS (FREE PAPERS)

Abstracts for free paper presentation should be submitted online through the link :

<https://assopicon2022.com/abstract/>

Hard copy of abstract will not be accepted.

**Abstract Submission Starts from : 20<sup>th</sup> April 2022**

**Last Date for Abstract Submission : 31<sup>st</sup> August 2022**

## CONFERENCE REGISTRATION FEES

	EARLY BIRD	LATE	SPOT
	Up to 31 <sup>st</sup> August 2022	From 1 <sup>st</sup> Sept - 5 <sup>th</sup> Oct 2022	From 6 <sup>th</sup> Oct - 16 <sup>th</sup> Oct 2022
ASSOPI Member	₹ 6000	₹ 7000	₹ 8000
Non Member	₹ 7000	₹ 8000	₹ 9000
PG Student- ASSOPI Member	₹ 4000	₹ 5000	₹ 6000
PG Student- Non-Member	₹ 5000	₹ 6000	₹ 7000
UG Student	₹ 4000	₹ 5000	₹ 6000
Accompanying Person	₹ 3000	₹ 4000	₹ 5000
International Delegate	\$ 150	\$ 175	\$ 200

## PRECONFERENCE WORKSHOP FEES PER WORKSHOP

	EARLY BIRD	LATE	SPOT
	Upto 31 <sup>st</sup> August 2022	From 1 <sup>st</sup> Sept - 5 <sup>th</sup> Oct 2022	From 6 <sup>th</sup> Oct - 13 <sup>th</sup> Oct 2022
Delegate	₹ 1000	₹ 1500	₹ 2000
PG Student	₹ 750	₹ 1000	₹ 1250

Note : Full day workshop on 'Capacity building workshop on Lifestyle Medicine consultation' on 12<sup>th</sup> October 2022.  
Half Day Workshops on 13<sup>th</sup> October 2022 (Max 2 can be selected).

**Link for Registration : <https://assopicon2022.com/registration/>**

### Conference Secretariate :

**Prof. (Dr) Mrunal Phatak**  
Head, Department of Physiology,  
AIIMS, Nagpur

**Dr. Prathamesh Kamble**  
Asst. Prof. Physiology, AIIMS Nagpur  
Ph. 7350185295

www.assopicon2022.com | E : assopicon2022@gmail.com

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