

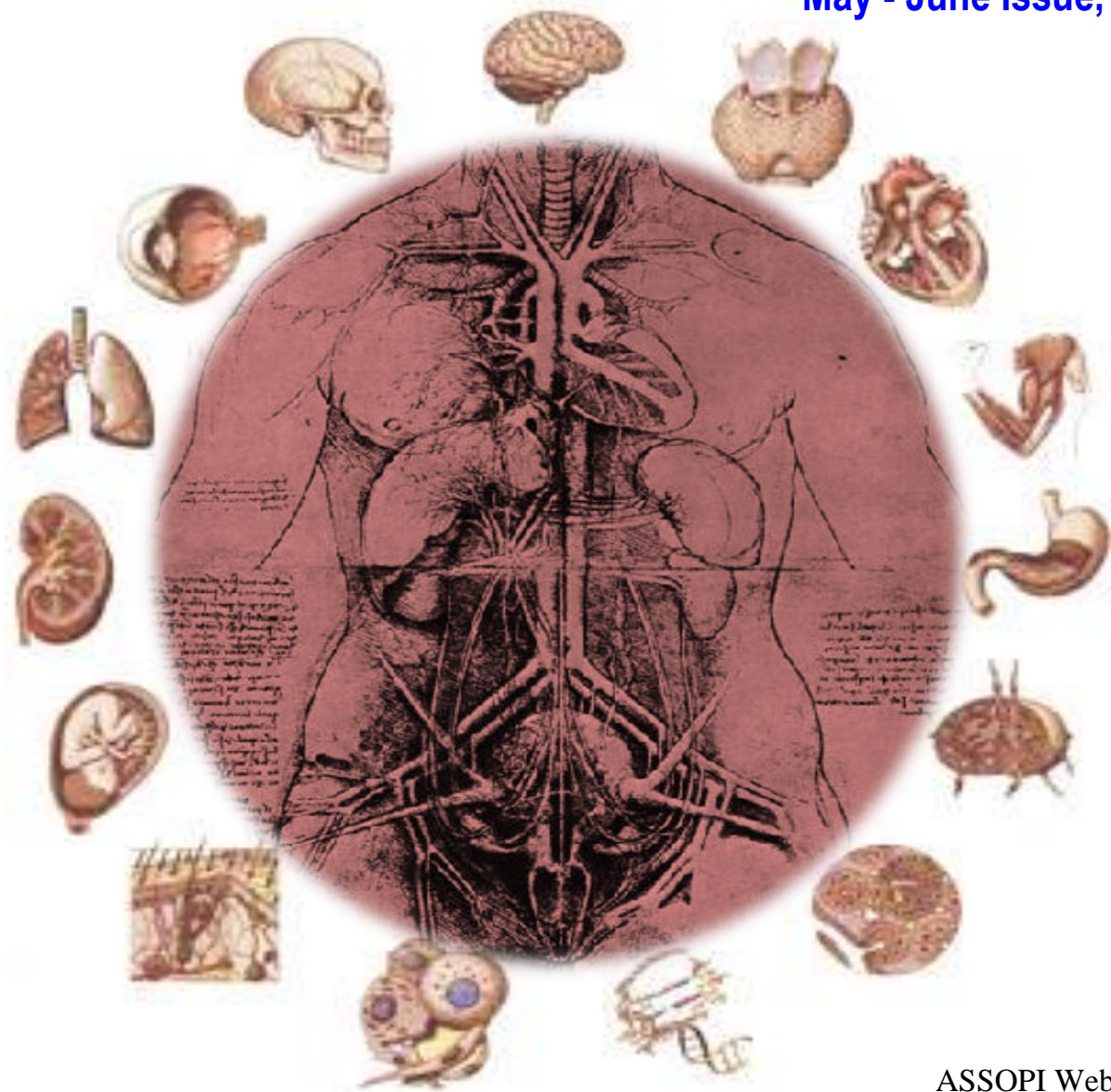
# ASSOCIATION OF PHYSIOLOGISTS OF INDIA (ASSOPI)

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



## ASSOPI NEWS BULLETIN

May - June 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**

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

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Consultant in Academics and Administration,  
Apollo Institute of Medical Sciences & Research, Chittoor, A.P.

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NIMHANS, Bangalore

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All India Institute of Medical Sciences (AIIMS),  
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## **FINANCE SECRETARY**

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Professor & Head, Department of Physiology,  
JIPMER, Puducherry

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Professor, Department of Physiology,  
AIIMS, New Delhi

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

**Dr. HASMUKH SHAH**

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Department of Physiology,  
Pramukhswami 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**

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Defence Institute of  
Physiology and Allied  
Sciences (DIPAS), Delhi

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Department of Physiology,  
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**Dr. MEENAKSHI SINHA**

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AIIMS, Raipur, Chhattisgarh

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Professor & Head of  
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(Academics) AIIMS, Nagpur,  
Maharashtra

**Dr. NEELIMA SHANKAR**

Former Head,  
Department of Physiology  
UCMS, New Delhi

**Dr. NITIN ASHOK JOHN**

Professor & Head,  
Department of Physiology,  
AIIMS, Bibinagar, Telangana

**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,  
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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 New OB & EB Members of ASSOPI for the Year 2022-2024*

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As the extension of the tenure of the present office bearers (OB) and members of the executive committee (EC) ends this year, the new committee (of office bearers and executive body members) has to be constituted as per the constitution of ASSOPI. Therefore, the following posts will be vacant for election/nomination for the year 2022-2024, for which nomination from interested life members of ASSOPI may be reached **on or before 30<sup>th</sup> September, 2022**, in the format given below.

## **President: One post**

**Eligibility:** Should be a life member of ASSOPI with minimum of 20 years standing as a Physiologist, after obtaining MD/PhD degree.

## **Vice-Presidents: Four posts**

**Eligibility:** Should be a life member of ASSOPI with minimum of 15 years standing as a Physiologist, after obtaining MD/PhD degree.

Four vice-presidents will be from four geographical zones of the country, viz, **North zone** (Jammu & Kashmir, Uttarakhand, Haryana, Punjab, Himachal Pradesh, Delhi, Uttar Pradesh, Madhya Pradesh, Chhattisgarh); **South zone** (Telangana, Andhra Pradesh, Tamil Nadu, Karnataka, Pondicherry, Kerala); **East zone** (Bihar, Jharkhand, West Bengal, Odisha, Assam, Sikkim, Nagaland, Manipur, Tripura, Arunachal Pradesh, Mizoram); and **West zone** (Gujarat, Rajasthan, Goa, Maharashtra).

## **General Secretary: One post**

**Eligibility:** Should be a life member of ASSOPI with minimum of 15 years standing as a Physiologist, after obtaining MD/PhD degree.

## **Finance Secretary: One post**

**Eligibility:** Should be a life member of ASSOPI with minimum of 10 years standing as a Physiologist, after obtaining MD/PhD degree.

## **Editor-in-Chief: One post**

**Eligibility:** Should be a life member of ASSOPI with minimum of 15 years standing as a Physiologist, after obtaining MD/PhD degree, and must have minimum 10 research publications in PubMed indexed journals (PMID numbers of the publications to be produced with the list of 10 publications).

**Joint Secretary: Four posts (From 4 different zones of the country)**

**Eligibility:** Should be a life member of ASSOPI with minimum of 8 years standing as a Physiologist, after obtaining MD/PhD degree.

**EB Members: Sixteen posts (16 EB members, approximately representing various parts of the country)**

**Eligibility:** Should be a life member of ASSOPI with minimum of 5 years standing as a Physiologist, after obtaining MD/PhD degree.

The scanned PDF copy of the nomination in the format given below duly filled-in and signed by the nominee and proposer and seconder for the nomination along with a covering letter from the nominee addressed to General Secretary of ASSOPI, should be sent to the following email IDs:

1. [drqkpal@gmail.com](mailto:drqkpal@gmail.com)
2. [renu231994@gmail.com](mailto:renu231994@gmail.com)

Please note the last date and time of application: **30<sup>th</sup> September, 2022, 5 PM**. Any application received by General Secretary after 5 PM of 30<sup>th</sup> September, 2022, will not be considered for nomination/selection. It is the responsibility of the applicant to ensure that his/her nomination is received by the General Secretary of ASSOPI through the email IDs as mentioned above, before the date and time prescribed.

All are requested to communicate only through mail, not by post. If there are queries, communication should be made through mail, or through WhatsApp of office secretary to General Secretary (Ms. Renugasundari M.) or Dr. G. K. Pal (General Secretary). Please don't make phone calls to General Secretary.

**FORMAT OF NOMINATION**

**Nomination for the post of .....**

I, ....., a life member of ASSOPI (Life Membership No:.....) is willing to be nominated for the post of ..... of ASSOPI for the year 2022-2024.

My nomination is proposed and seconded (by life members), as follows,

Proposed by: .....  
(Name) (Signature)

Seconded by: .....  
(Name) (Signature)

Signature of the Nominee: .....

Date:

Place:



# *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 should be addressed to:

**Dr. G. K. Pal**, General Secretary, ASSOPI,  
Department of Physiology,  
Academic Center, JIPMER, Puducherry – 605 006.

It has to be 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: [drqkpal@gmail.com](mailto:drqkpal@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.

**Candidates those who have received ASSOPI awards in previous years, will not be eligible for the same award in subsequent years.**

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. **Prof. S. K. Singh Award** for best research work conducted by an undergraduate medical student (under the guidance of a faculty from a department Physiology).
10. **Ramesh Bijlani Lifetime Achievement Award** in Medical Sciences.
11. **Shri B. M. Patil Memorial Award** for best research work in Physiology by a physiologist below the age of 45 years.

### **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 (Prof. S. K. Singh Award for best UG Research Paper of the work conducted in Physiology):**

- 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, under the guidance of a faculty in the Department of Physiology.
- 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 of Physiology 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.

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

- 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 (Shri B. M. Patil Memorial Award):**

- 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.

**2. Fellowship Title of ASSOPI**

The ASSOPI invites self-nomination/application for Fellowship title “**FAP**I” (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) (Only the list of papers, not the papers).
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 awards 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, ASSOPI and should be sent to his personal e-mail ID: [drqkpal@gmail.com](mailto:drqkpal@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:*

### *CME Conducted at Dr. Ram Manohar Lohia Institute of Medical Sciences, Lucknow*

The Department of Physiology, Dr. Ram Manohar Lohia Institute of Medical Sciences, Lucknow had organized a Continued Medical Education (CME) on theme “**Chronobiology and Sleep: Updates**” under aegis of Association of Physiologists of India-UP chapter and Indian Society of Chronomedicine on date 7<sup>th</sup> May, 2022. The presentations, studies and contemplation done on this subject were full of technical excellence and meticulousness. This is an important and unique step taken by the Lohia Institute in the field of public interest and medical education. Uttar Pradesh medical Council had awarded 3 credit hours for delegates attending this CME.

The CME was inaugurated by Prof. Soniya Nityanand, Director of RMLIMS, along with all the senior administrative faculties of institute. The organizing chairperson of CME was Dr. Sunita Tiwari, Professor, Department of Physiology and the Organizing secretary was Dr. Rajani Bala Jasrotia, Professor (Jr. Grade) and HOD, Department of Physiology at RMLIMS. Dr. Vibha Gangwar, Associate Professor had completed the role as master of ceremony and Dr. Manish Kumar Verma, Associate Professor had looked after scientific presentations as well as treasurer of CME.



The delegates of the CME included faculties and resident doctors from different medical institutions of Uttar Pradesh. Total number of registered delegates was 92. The audience also included faculties, post-graduate and undergraduate students of RMLIMS, Lucknow.



The key speakers of the fore-noon sessions of CME were Prof. Narsingh Verma, Head of Department of Physiology at King George Medical University Lucknow, Dr. Tripat Deep Singh, Director Academy of Sleep wake Science, a renowned Sleep Expert, who had visited all the way from Punjab and Dr. Anand Srivastava, Professor Pulmonary Medicine King George Medical University Lucknow.

Prof. Narsingh Verma had explained about the effects of timings of day on physiological events and internal biological clocks. He updated audience about different mechanisms of chronobiology and its importance being understood in recent times as multidisciplinary field of interest. He also mentioned that research evidences are being surfaced about role of time restricted meals (TRMs) on the reversing the deleterious effects of metabolic disorders. The role of melatonin for maintaining biological clocks was also explained. The session was followed by doubt clearing sessions for audience, which was also very well conducted.

Dr. Tripat Deep Singh's topic was "Sleep: as foundation of health". He started his session with his key message that sleep should be understood as a primary prevention. Good health is based on four pillars viz. proper nutrition, regular exercise, mental happiness and cordial relation among individual and society; on the bottom of those four pillars lie proper sleep. His prime focus of the session was to create awareness among all stakeholders of medical community that sleep should be made popular in a similar manner as 10000 steps per day as viewed for essence of good health. The following seven benefits have been mentioned about taking a good and satisfactory sleep on time:

- Less likely to gain body weight and obesity
- Healthy heart: good sleep reduces the chances of heart attack.
- Adequate sleep reduces mental fatigue and increases work efficiency and well as cognition
- Provides emotional and mental strength
- sharpens the memory
- Increases immunity
- Prevents from illnesses like Alzheimer's in the brain

Dr. Tripat also presented multiple research evidences that how sleep deprivation is affecting various body systems. For shift workers issue he explained about clockwise and anti-clockwise shifts. He session was also followed by doubt clearing sessions for audience, in which Dr. Tripat had explained them using his years of experience in this field. His presentation skills and knowledge had received appreciations from all corners of hall.

Dr. Anand Srivastava was the third speaker in the CME, his topic was "Sleep disordered breathing". In his session, first he explained about various stages of sleep, the audience learnt about

sleep stage scorings in the recording of polysomnography. Then he proceeded in his talk by explaining in very lucid manner about breathing disorders during sleep, how to diagnose and how to proceed for management. His practical tips for managing sleep apnea were excellent. The session was followed by doubt clearing sessions for audience, which was also very well conducted.

During the afternoon session of this academic function, research-paper and poster presentation competitions were also organized among post graduate (MD/MS) residents and MBBS students on various related topics. The prizes and certificates were distributed after completion of CME. Dr. Sushma Swaraj Postgraduate resident from King George Medical University, Lucknow was awarded for Best paper presentation among Post-graduate category.

## ***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. Conference details are also available at 8th ASSOPICON website: [www.assopicon2022.com](http://www.assopicon2022.com). The first announcement brochure is attached at the end of this bulletin.

### ***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 soon.

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 & WhatsApp Number:**

**Details of money transfer (transaction ID & date of transaction):**

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

**Note:** After transfer of money to ASSOPI account, a snap shot of the transaction should be sent to the email IDs.

Application can be filled and submitted online in ASSOPI website: [www.assopi.co.in](http://www.assopi.co.in). However, if interested persons wish to avail membership by demand draft (DD), the DD can be drawn in Favour of 'ASSOCIATION OF PHYSIOLOGISTS OF INDIA' Payable at 'Puducherry' and send the same by speed-post to the address given below.

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

**Note:** Kindly write in pencil 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
- Autonomic Function tests
- NCV & EMG
- Lung Oscillometry
- Basic & Advanced Semen Analysis
- 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 Sahasrabudhe**  
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  
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