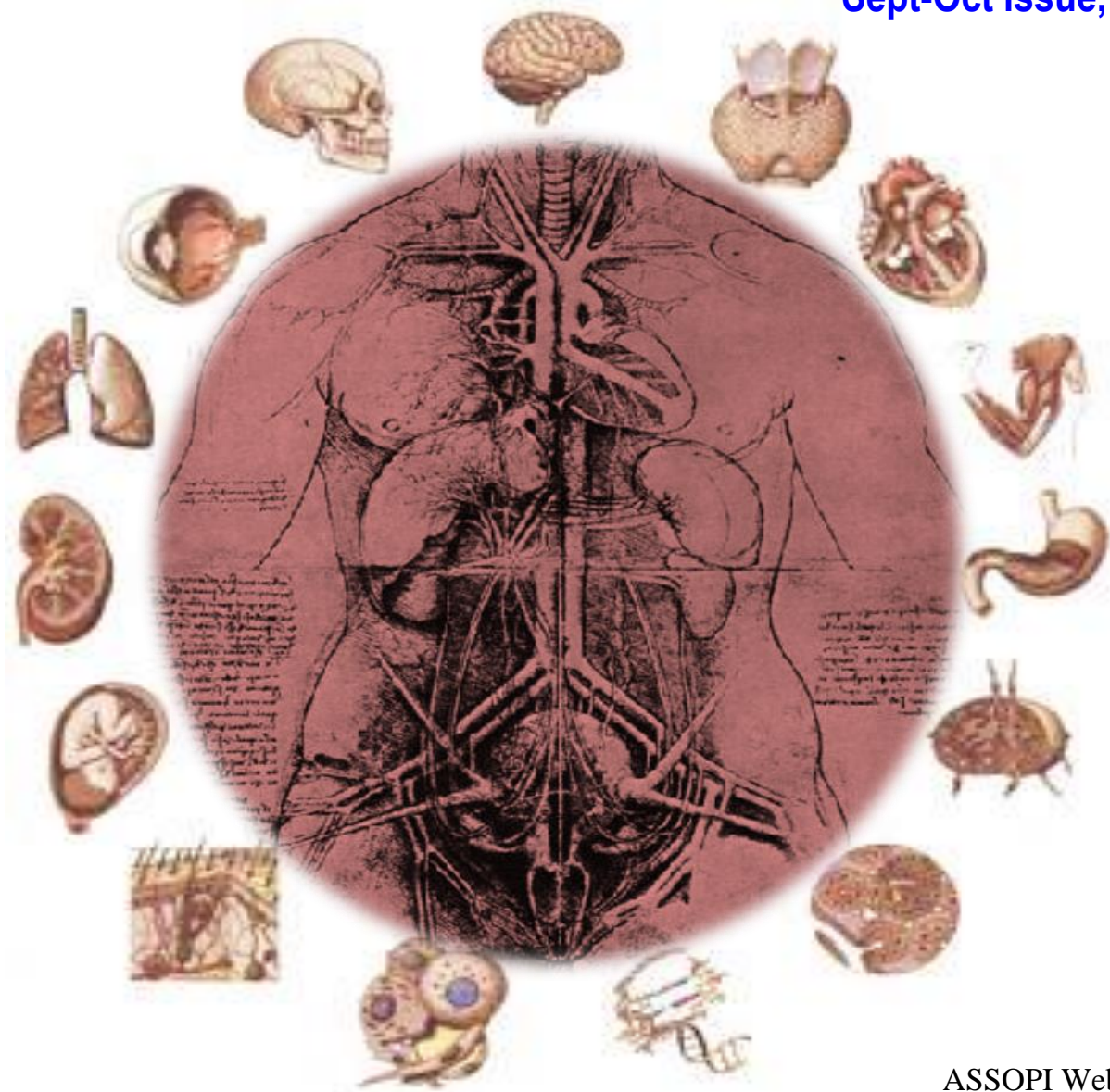


# ASSOCIATION OF PHYSIOLOGISTS OF INDIA (ASSOPI)

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

## ASSOPI NEWS BULLETIN

Sept-Oct Issue, 2019



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:**

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Department of Physiology,  
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## ***Executive BodyMembers of ASSOPI*** (arranged alphabetically)

**Dr. BINDU M. KUTTY**

Professor & Head,  
Department of Neurophysiology  
NIMHANS, Bengaluru

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Goa Medical College, Goa

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Department of Physiology,  
AIIMS, Patna, Bihar

## **Ex-Officio**

**Dr. SHRIPAD B. DESHPANDE**

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

## *Past Events:*

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### 1. ASSOPICON– 2019

Department of Physiology, JSS Medical College, a constituent college of JSS Academy of Higher Education & Research, Mysuru, organized “**6<sup>th</sup> Annual National Conference of Association of Physiologists of India, ASSOPICON 2019**”, from 11<sup>th</sup> to 14<sup>th</sup> September 2019 at JSS Medical College, JSS Academy of Higher Education & Research, Mysuru.

Association of Physiologists of India always aims to advance the understanding of Physiology by bringing together scientists in the field of Physiology from different parts of the country and from outside the country, by facilitating the integration of research directed at all levels of biological organization, and by encouraging **clinical and translational research** and the application of new scientific knowledge to develop improved health care.

Physiology is the scientific study of the functions and mechanisms which work within a living system. The specialty also creates a venue for better understanding of organ functions. This being a basic medical science helps in laying a foundation to learn Medicine. To signify the importance of deeper understanding of Physiology and its application in clinical care, the conference was organized with the theme “**FATHOMING PHYSIOLOGY: AN INSIGHT**”. Deeper understanding of recent advances in Physiology is also required for better clinical outcomes as Physiology forms the basis of treatment. Approximately 150 delegates from different parts of India participated in the conference.

The conference was inaugurated on 12<sup>th</sup> September 2019 at 10.30 am. The occasion was graced by His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji, Jagadguru Sri Veerasimhasana Mahasamsthana Math, Suttur Srikshetra, Chancellor, JSS Academy of Higher Education & Research. Dr S Chandrashekar Shetty, Vice-Chancellor, Adichunchanagiri University was Chief Guest. Dr C G Betsurmath, Executive Secretary, JSS Mahavidyapeetha; Dr Suresh B, Pro-Chancellor, JSS Academy of Higher Education & Research; Dr H Basavana Gowdappa, Vice-Chancellor, JSS Academy of Higher Education & Research; Dr Narsingh Verma, President, ASSOPI; Dr G K Pal, General Secretary, ASSOPI; Dr S B Deshpande, immediate past President, ASSOPI; Dr Rajalakshmi R and Dr Rajeshwari L, were present on the occasion.

Inauguration programme started with Invocation by Ms Poojitha and Ms Athira. Dr Rajalakshmi R, Organizing Chairman, welcomed the dignitaries and gathering. The conference was inaugurated by lighting the lamp by the Chief Guest. Dr S Chandrashekar Shetty addressed the gathering and emphasized the importance of basic medical science in Medicine. He mentioned that Medical College should have scientists from various subjects and also about immense

possibilities of research in Medical College. He said breakthrough in genomics and proteomics will help in knowing the diseases and drug response. He also stressed on importance of innovation, technology and electronic devices in medical education and research. Dr C G Betsurmath released the Souvenir and addressed the gathering. He mentioned that the organizers have rightly touched up on the topics which are need of the hour and less commonly discussed in the conferences and scientific forums. He told medical artificial intelligence, stem cell therapy, biomedical engineering and operating with robotics which is a reality of present health makes 21<sup>st</sup> Century an extra ordinary one. He insisted that from October 2<sup>nd</sup> 2019, all the higher education institutions should be made plastic free as per UGC directions. Dr G K Pal presented the annual report of ASSOPI and announced the ASSOPI awards. Awards were presented by the Chief Guest and other dignitaries. Presidential address was delivered by Dr Narsingh Verma where he mentioned about opportunities for Physiologists in academics and research.



Inauguration of the conference

His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji rendered the Benediction. His Holiness said Fathoming Physiology: An Insight justifies there is no end to Science. His Holiness mentioned that Physiology as a branch of Medicine may be least ambitious as said by few, but none can deny it is the building block for modern medicine and it is the core discipline area to medical and health sciences. His Holiness mentioned time for doubling the knowledge took about 50 years in 1950s, 7 years in 1980s, 3.5 years in 1990s and by 2020, it will be about 78 days; so Doctors need to be updated with recent advances in their fields. Swamiji mentioned that about a dozen of Nobel prizes awarded to Physiologists which reflects the contribution of Physiologists to modern medicine. Swamiji enlightened the gathering with Sri Allamaprabhu's

Vachana which explains the objective of Science and blessed the gathering. Vote of thanks was proposed by Dr Rajeshwari L, Organizing Secretary. Programme concluded with National Anthem.



Benediction by His Holiness Swamiji

Dr Rajalakshmi R, Professor and Head of Physiology was the Organizing Chairman; Dr Rajeshwari L was the Organizing Secretary; Dr Bharath T was the Joint Organizing Secretary of the Conference. The conference which was spread across four days aimed to shed light on the topics of current perspective and less commonly discussed in the conferences and scientific forums. The conference disseminated the knowledge of learned scholars from within and outside the country through plenary lectures, symposia, panel discussions, invited guest lectures, free presentations by eminent national and international resource faculty. Three relevant pre-conference workshops were organized on 11<sup>th</sup> September 2019.

To reinforce the importance of animal models in basic medical research, a workshop on Behavioral and cognitive assessment in rodents was organized. To impress up on the benefits of healthy life style, exercise and to impart hands on training to the participants to assess cardiopulmonary responses to exercise, a workshop on exercise physiology was organized. Biostatistics is one of the fundamental pillars of research in the field of medicine. A person who is well learned about Biostatistics will be a better researcher in due course and would be able to critically analyze research articles available. To provide an opportunity to all young researchers to understand Biostatistics better, hands on workshop on basics of statistical analysis using SPSS software was organized.

Stem cell research has picked up pace across the world and there has been attempts to treat many diseases with stem cell therapy. The research in the field of stem cell has much potential and needs to be explored. Organizers had arranged a session on stem cell research by a renowned researcher, Dr Rajesh Katare from University of Otago, New Zealand, who is working on stem cells to enlighten the learned audience with the recent advances in stem cell research

Topics like Cognition, Gastro Intestinal and Metabolic Syndrome, recent advances in Hematology, Immunology, Genomics & Proteomics, Chronomedicine were deliberated upon in the conference. Panel discussion on “Physiology in India-opportunities and challenges” was organized as not many students are opting for post-graduation in Physiology due to lack of career prospects. The panel discussion by eminent panelists came out with effective solution to the problems faced the Physiologists and to make the subject more appealing to the students. Panel discussion on managing, mentoring and monitoring the students of present day was required as there is change in attitude of present day students. Orienting them to the field of medicine is a Herculean task. Most of the faculty across the country was facing a similar difficult situation with respect to managing and mentoring the Gen Z students. Delegates got valuable inputs from this panel discussion regarding managing the students.

Stress has been inseparable from any individual’s life. Person who learns to cope up with stress better will be able to lead a healthy life both physically and mentally. Lecture on how to cope up stress better by an eminent Psychiatrist provided an insight on different modalities of stress management and helped the delegates to manage stress better. The role of Yoga in stress management was also being elaborated in the symposia on Yoga and stress.

Valedictory function was organized on 14<sup>th</sup> September 2019 at 1 pm. Dr P A Kushalappa, Director Academics, JSS Academy of Higher Education & Research; Dr S B Deshpande, immediate past President of ASSOPI, Dr Suma M N, Vice Principal JSS Medical College, Mr Satish Chandra, Administrative Officer, JSS Medical College, Dr Vidya C S, Associate Professor of Anatomy and Karnataka Medical Council Observer were present. Prizes were awarded to winners of Oral and Poster presentations in post graduate and faculty categories on the occasion.

## **2. National Quiz Competition:**

Under the auspices of ASSOPI a National Physiology Quiz & Simulation Workshop was conducted on 11<sup>th</sup> & 12<sup>th</sup> Oct 2019 at SGRD Institute of Medical Sciences and Research, Amritsar, Punjab.

## *Minutes of 6<sup>th</sup> GB meeting held on 13.11.2019 at JSSMC, Mysuru:*

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The sixth meeting of General Body (GB) of Association of Physiologists of India was conducted at JSS Medical College, Mysuru, on 13<sup>th</sup> September, 2019, at 6.30 PM. Thirty-nine life members of ASSOPI participated in the meeting and the following agenda items were discussed.

### **1. Welcome address by President**

General Secretary informed that Prof. Narsingh Verma, President, ASSOPI, has informed earlier that he will not be able to be present in the GBM as he has to attend an emergency meeting at his institute in Lucknow and therefore he left conference venue in the afternoon of 13<sup>th</sup> September. General Secretary requested Prof. S. B. Deshpande, Immediate Past President to preside over the GBM in the absence of president. Prof. Deshpande agreed to preside the meeting.

Prof. Deshpande welcomed all the members to the 6<sup>th</sup> GB meeting of the association. At the outset, he requested all members to stand up and observe 2 minutes silence as mark of respect for Late Prof. S. N. Sharma, the founder Vice-President of ASSOPI, who left his mortal body on 15<sup>th</sup> Jan, 2019. After the homage was paid to late Prof. S. N. Sharma, General Secretary gave a brief account of contribution of Prof. S. N. Sharma to ASSOPI.

Prof. Deshpande briefly highlighted the major achievements of ASSOPI in last one year and thanked General Secretary for making all sincere efforts for a steady progress of ASSOPI. In his introductory remarks, Prof. Deshpande said that ASSOPI being a new organization, all members should motivate other physiologists to become life member of the association.

President requested General Secretary to take up and discuss the agenda items of GB as listed in the Agenda.

### **2. Approval of the minutes of the 5<sup>th</sup> GB meeting held on 28.09.2018**

Dr. G. K. Pal informed that the minutes of the 5<sup>th</sup> GB held on 28<sup>th</sup> September, 2018, at Pramukh Swami Medical College, Karamsad, Gujarat, was circulated to the members through news bulletin November-December, 2018 issue and it was also displayed in ASSOPI website, requesting the members to provide their comments/inputs for correction/modification, if any. However, as no comments/inputs have been received so far; hence he requested GB to approve the minutes. GB approved the minutes of the 5<sup>th</sup> GB held on 28<sup>th</sup> September, 2018.

### **3. Presentation of annual report by General Secretary**

Dr. G. K. Pal, General Secretary, presented the report of ASSOPI of last one year (October 2018 – September 2019). The summary of the report is depicted below.



**Report of General Secretary, ASSOPI 2018-2019**

1. Newly enrolled life members: **57** (Total life members as on 10.09.2019: **359**)
2. News bulletin published: 3 issues (Nov-Dec, 2018; Jan- March, 2019; May-June, 2019)
3. Nomination/Application and finalization of various ASSOPI Awards:
  - Total nominations received: 15 award applications and 1 fellowship nomination

<b>Name of the Award</b>	<b>Award Winner</b>
<b>Prof. A. S. Paintal Award</b> (Best research work in Physiology)	<b>Dr. Bindu M. Kutty,</b> Professor, Dept. of Neurophysiology, NIMHANS, Bangalore
<b>Dr. Artatran Nanda Memorial Award</b> (Best research work in Respiratory Physiology)	-
<b>Prof. S. B. Deshpande Award</b> (Best research work in Neurophysiology)	<b>Dr. T. N. Sathya Prabha,</b> Professor & Head, Dept. of Neurophysiology, NIMHANS, Bangalore
<b>Prof. G. K. Pal Award</b> (Best research work in Cardiovascular Physiology)	<b>Dr. Prathamesh H. Kamble,</b> Assistant Professor, Department of Physiology, AIIMS, Nagpur
<b>Shri Ram Murti Memorial Award</b> (Best research work in Yoga and Naturopathy)	-
<b>Shri B. M. Patil Memorial Award</b> (Best research work by a scientist below the age of 45 years)	<b>Dr. Satish G. Patil,</b> Assistant Professor, Dept. of Physiology, Shri B. M. Patil Medical College, Hospital & Research Centre, Bijapur
<b>Shri S. N. Choudary Memorial Award</b> (Best research work in Environmental Physiology)	<b>Dr. Kalpana Bharwal,</b> Asst. professor, Dept. of Physiology, AIIMS, Bhubaneswar
<b>JIPMER Golden Jubilee Award</b> (Best research work conducted by a postgraduate student in Physiology)	<b>Mr. Katuri Ravi Babu,</b> PhD Scholar, Dept. of Physiology, JIPMER, Puducherry
<b>Prof. S. K. Singh Award</b> (Best research work conducted by an undergraduate medical student)	<b>Mr. Auroprakash Pal,</b> Third year MBBS Student, JIPMER, Puducherry
<b>Ramesh Bijlani Lifetime Achievement Award</b> in Medical Sciences	-
<b>Fellowship Title of Association of Physiologists of India (FAPI)</b>	<b>Dr. Mrunal Phatak,</b> Dean (Academics), Professor & Head, Dept. of Physiology, AIIMS, Nagpur

4. Affiliation to other societies:

- i) Application or affiliation to FIPS: Dr. Pal informed that in the last GBM of FIPS held at DIPAS, New Delhi in December, 2017, he raised the issue of inclusion of ASSOPI into FIPS, for which he has already submitted

written application two years before in FIPS Congress held at Kolkata in December, 2015. The decision was deferred stating that some bye-law amendment has to be made to include new organization into FIPS. As Dr. Pal had raised a strong protest to it and it was informed to him that in the next GB a favourable decision will be taken. Everyone expressed concern about the issue as after four years of submitting application for admission of ASSOPI into FIPS, no decision has been taken yet.

- ii) Application has been submitted for admission of ASSOPI into SAAP: Dr. Pal informed that he had personally submitted application of ASSOPI to be admitted to Prof. Arif Siddiqui, Secretary General of South Asian Association of Physiologists (SAAP) in SAPP Conference held in Dhaka, in December, 2014. But, but no decision has been taken so far. Dr. pal said he has spoken to Prof. Arif Siddiqui a week before regarding the status of inclusion of ASSOPI into SAAP forum and Prof. Siddiqui has assured him that he will do something concrete to admit ASSOPI into SAAP in a short future.
- iii) The process of registration with IUPS has started: Dr. Pal inform EB that preliminary works for ASSOPI to join IUPS as an honorary member (without voting right) without payment has been started. Once e-mail IDs of life members are updated, which is a requirement for this registration, the process will be completed.

#### 5. ASSOPI Representation to MCI

Dr. Pal informed that in response to notification by MCI for revamp of PG Curriculum, many members of ASSOPI requested him to give a representation to MCI for improving the standards of PG education in Physiology in the country and to increase the job opportunity for physiologists in the country. Therefore, a committee was formed in the month of April to go into the details of it and the report of the committee was put up in the EB and OB WhatsApp forum for comments from senior members of ASSOPI. After receiving, inputs from EB/OB members, the report was finalized and the report has been submitted to MCI in July, 2019, for implementation. All the members appreciated the effort of General Secretary in doing such a great work for the association and for all the physiologists of the country and commented that this is a Vision Document of ASSOPI and a wonderful report that all of us should work to ensure the fulfilment of the major demands listed in the document. The report was unanimously approved by GB.

#### 6. Zonal activities:

- i) A Scientific Rangoli Competition was organized at Dr. Ram ManoharLohia Institute of Medical Sciences, Lucknow, under the auspices of ASSOPI, under the leadership of Prof. Nitin Ashok John, on 6<sup>th</sup> March, 2019.
- ii) Under the auspices of ASSOPI a National Physiology Quiz & Simulation Workshop will be conducted on 11<sup>th</sup> & 12<sup>th</sup> Oct 2019 at SGRD Institute of Medical Sciences and Research, Amritsar, Punjab.

#### 4. Approval of ASSOPI Awards, 2019

Dr. G. K. Pal, Gen. Secretary informed the GB that a total of only 15nominations were received for various awards of ASSOPI, and a committee consisting of three subject experts for each award was constituted for evaluating the nominations. The report of the committee was approved by the President of ASSOPI. GB approved the list of recipients of ASSOPI Awards, 2019. Dr. Pal mentioned that nominations for various awards were very less this year compared to last year. He requested all members should encourage their colleagues and students to participate in the competition for different ASSOPI awards. And it was informed to GB that as per President's suggestion, for Life Time Achievement award, if there are no nominations received, then a special Search Committee will be formed under the Chairmanship of General Secretary to find out a

physiologist or an eminent scientist having notable contribution to be nominated for the life time achievement award. GB approved the proposal for the formation of Search Committee for Life Time Achievement Award, and entrusted GS to form the committee as and when required.

#### **5. Presentation of Audited statement of account for 2018-2019**

Audited statement of account was presented by Dr. S. Velkumary, Finance Secretary of ASSOPI. After a detailed discussion, the audited statement of account was approved by the GB.

#### **6. Affiliation to other bodies like FIPS, SAAP, etc.,**

Dr. Pal informed GB that it was discussed above, in the Annual Report presented by him.

#### **7. ASSOPI Journal**

Dr. G. K. Pal informed GB that it was decided in the 5<sup>th</sup>GB meeting of ASSOPI held on 28<sup>th</sup> September, 2018, at Pramukh Swami Medical College, Karamsad, Gujarat, that the International Journal of Clinical and Experimental Physiology (IJCEP) can be made as Official Journal of ASSOPI. However, IJCEP could not be made the official journal of ASSOPI due to the technical issues like the MOU has to be changed and amount spent for the journal so far to be paid by ASSOPI. Also once the journal is indexed, half of the amount received as publication charge has to be given to Publisher (Medknow Publications). He also informed that as per the discussion in EB meeting held on 11<sup>th</sup> September, OB and EB members felt that this will not be feasible for ASSOPI, and they decided that a new journal should be published by ASSOPI. Dr. Pal informed the members that he and Dr. Raj Kumar Yadav met in JIPMER in June this year for finalizing the details of the Journal including the title. It was proposed that the title is 'Journal of Physiology and Health Care Medicine'. This title was approved by the EB members and he requested GB to give their opinion and approval for the journal title. Then Dr. Raj Kumar Yadav, Editor-in Chief, ASSOPI informed that preliminary work for the journal publication were done and if the title is approved further procedures will be completed and the first issue of the journal will be published in January, 2020. All the GB members approved the title of the journal. Dr. Raj Kumar informed the members that initially communications and submissions will be done through e-mails till the structured website is formed. Dr. Pal informed that initially three issues per year (January-April, May-August, September-December) will be released and later depending on the number and quality of articles submitted, the frequency of publication may be increased. He also informed Dr. Raj Kumar to open a bank account for the income and expenses of Journal to be managed. Dr. Raj Kumar requested all the members to send their papers for the journal to be started in January, 2020.

Following timeline for journal publication was recommended by GB:

1. Constitution of Editorial Board, Advisory Board, Guideline for authors, opening of passbook in a nationalized bank and other formalities such as obtaining ISSN number etc.: On or before 30<sup>th</sup> November.
2. Launching of journal website: On or before 30<sup>th</sup> December, 2019.
3. Circular to all members announcing the launching of ASSOPI Journal with a request to contribute to the first and subsequent issues: On or before 31<sup>st</sup> December, 2019.
4. Review and finalization of manuscripts for 1<sup>st</sup> Issue: On or before 29<sup>th</sup> February, 2020.
5. Online publication (in website) of 1<sup>st</sup> issue: On or before 15<sup>th</sup> March, 2020
6. Print of 1<sup>st</sup> issue (only 1<sup>st</sup> issue will be printed, not subsequent issues) and its circulation to all medical colleges: On or before 15<sup>th</sup> April, 2020.
7. Subsequent issues will be published by the end of first month of the quarter.

## **8. Finalization of venue for next annual conference of ASSOPI and proposal for Subsequent conferences**

General Secretary informed that though in last year GB, AIIMS Bhubaneswar had proposed to organize the ASSOPICON 2020, but they will not be able to conduct it, as the conference of Association of Physiologist of Orissa, will be organized by AIIMS, Bhubaneswar next year. Dr. Pal informed that he and Dr. B. Shankaranarayana Rao, Vice-President of South Zone, ASSOPI had an earlier discussion about the conduct the next annual conference (ASSOPICON, 2020) at NIMHANS, Bangalore. Even though he couldnot attend the meeting, Dr. Bindu M. Kutty, Professor of NIMHANS and Executive Body Member of ASSOPI attended the EB meeting and she informed the members that they had an earlier discussion with their HoD and they are willing to conduct next ASSOPICON at NIMHANS, Bangalore. Dr. Kaviraj Udappa, Additional Professor of Neurophysiology, NIMHANS, informed that 7<sup>th</sup> ASSOPICON, 2020, will be organized by Dept. of Neurophysiology, NIMHANS, Bengaluru, under the guidance of Prof. B. Shankaranarayana Rao. He made a presentation for 5 minutes from their side about facilities available in their institute and briefly explained the concept of the conference and topics to be discussed. He cordially invited all to attend the ASSOPICON 2020.

The proposals were submitted to organize ASSOPICON in the subsequent years at AIIMS, Nagpur (for 2021), AIIMS, Raipur (for 2022), AIIMS, Bhubaneswar (for 2023), respectively.

## **9. Proposal of new ASSOPI awards**

No applications were received for new awards.

## 10. Election of new EB and OB members

General Secretary informed that due to the demise of Dr. S. N. Sharma, the Vice-President of East Zone post is vacant and he had notified for filling the post in the last ASSOPI news bulletin to invite the nominations for this post. But, till date no nominations have been received. Hence, it was decided in EB not to fill the post till the next election of OB-EB members, which is going to be held next year. The same was approved by GB.

## 11. Presentation of a brief report by Organizing Secretary/Chairman of ASSOPICON-2019

Dr. L. Rajeshwari, Organizing Secretary of ASSOPICON-2019 gave a brief account of how the conference is being organized. Also Dr. R. Rajalakshmi, Organizing Chairman of the Conference attended the meeting and she informed the members that the conference will be attended by many renowned physiologists, physicians, scientists from across the country and from abroad. She informed that four workshops were conducted very successfully today. The special events in the conference will be the key note address, symposia, plenary lectures, PG paper presentations and poster presentations covering a wide variety of topics. GB members appreciated the effort of Dr. Rajalakshmi, Dr. Rajeshwari and their team for making the ASSOPICON 2019 a grand success.

## 12. Any other information:

### i) Scientific Advisors for Conference Academic Schedule:

As per the discussion in EB it was suggested that a committee constituting three members and GS will be formed and they will be helping in suggesting organizing committee the academic schedule of the conference. GB approved the recommendation of EB and suggested the following committee for the purpose.

1. Prof. Bindu M. Kutty, : Chairman  
Professor, Dept. of Neurophysiology,  
NIMHANS, Bangalore
2. Prof. S. B. Deshpande, : Member  
Professor & Head, Dept. of Physiology,  
Apollo Institute of Medical Sciences, Chittoor, AP
3. Prof. Ramanjan Sinha : Member  
Professor and Head  
Dept. of Physiology, AIIMS, Raipur
4. General Secretary of ASSOPI : Member Secretary

### ii) Founder President as Ex-Officio Member:

It was proposed that as Founder President, Dr. S. B. Deshpande had immense contribution for the formation and establishment of ASSOPI and he should continue in ASSOPI as an

Ex-Officio Member. GB agreed to this proposal and Dr. Deshpande accepted this proposal with humility.

**iii) Proposal for change in time of EB meeting:**

There was a proposal from some of the EB member to conduct the EB meeting in the morning of first day conference before inauguration. However, members of GB opined that EB should be conducted as per the Bye-law in the evening of day before conference in order to facilitate the preparation for the conference and provide moral support to the organizers of the conference. Thus, proposal to conduct EB Meeting on 1<sup>st</sup> day of conference was not approved by the GB.

**13. Vote of thanks**

Meeting of GB ended at 8.30 PM with vote of thanks proposed by office secretary of ASSOPI.

## ***Achievement of Members of ASSOPI:***




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Dr. Vibha Gangwar, Assistant Professor Physiology (Ex Professor, Rama Medical College, Kanpur), DrRMLIMS, Lucknow was invited as a plenary speaker in "International Conference on Biomedical and Cancer Research 2019" held at Tokyo Japan on 16<sup>th</sup> and 17<sup>th</sup> October 2019. She delivered the talk there on her research work entitled "Correlation of autonomic functions with age, sex, anthropometry and body composition in sedentary office workers".

## Upcoming Events:

### 1. International Hypoxia Symposia 2019:


The International Hypoxia Symposium is being organized at BLDE University, Bijapur, Karnataka on 23<sup>rd</sup> November, 2019 under the dynamic leadership of Dr. Kusal K. Das, the former Vice-president and present Executive body member of ASSOPI.



## International Hypoxia Symposia 2019

**(Celebration of Nobel Prize for Physiology or  
Medicine 2019 to Hypoxia Biologists)**

**Theme: Oxygen Cell Signalling: Mechanisms to therapeutics**



**Organized by: Laboratory of Vascular Physiology and  
Medicine, Department of Physiology**

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**Date:** November 23, 2019      **Time:** 10.00am -10:45am

**Venue:** Department of Medical Education, 2<sup>nd</sup> floor, hospital building,  
BLDE (Deemed to be University), Vijayapur, Karnataka, India

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**Prof. Thuppil Venkatesh, PhD**  
President, International Society of Chronic Hypoxia  
Will inaugurate the symposia

**Chief Guest**

**Dr. M.S. Biradar, MD**  
Hon'ble Vice Chancellor, BLDE (Deemed to be University)

**Dr. Aravind V. Patil, MS**  
Dean of Faculty of Medicine & Principal,  
BLDE (Deemed to be University)  
Will Preside over the function

**Dr. Sumangala Patil, MD**  
Organizing Chair

**Dr. Jyoti Khodnapur, MD, PhD**  
Organizing secretary

**Dr. Lata. Mullur, MD, PhD**  
Convener

## 2. Workshop on Fundamentals of Polysomnography and Sleep:

The Fundamentals of Polysomnography and Sleep workshop is being organized at NIMHANS, Bangalore, Karnataka From 19<sup>th</sup> to 21<sup>st</sup> December, 2019 under the dynamic leadership of Dr. Bindu M. Kutty, the former Vice-president and present Executive body member of ASSOPI.

Workshop

# Fundamentals of Polysomnography & Sleep

4<sup>th</sup> National Workshop  
under the aegis of  
Bangalore Sleep Forum, Indian Society for Sleep Research  
19<sup>th</sup> to 21<sup>st</sup> December 2019

Center for Consciousness Studies  
Human Sleep Research Laboratory, Dept. of Neurophysiology, NIMHANS, Bangalore

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This national workshop aims to introduce the fundamentals of polysomnography as well as concepts of sleep physiology in healthy and disease conditions.

The workshop will provide opportunities to attend two whole night polysomnography sessions as well as a nap study so that participants can familiarize themselves with the procedures. Detailed explanations will be provided on how to carry out scoring of sleep data. Finally, participants will be able to do scoring and check their understanding.

Intended Audience (*Max. 30 participants*):

Clinicians & Post-Graduate students in Physiology, Medicine  
Research scholars (PhD or PDF) & technical personnel engaged in sleep research  
Junior Faculty in related disciplines

Last date to apply: 10<sup>th</sup> December 2019

*(Please don't wait till last date, it may get fully booked earlier)*

Venue: Lecture Hall 1, Administrative Block, NIMHANS, Bangalore

Registration Fees: ₹2,500

Shared accommodation will be provided on request at the New Kabini hostel on campus at ₹500 per bed per night.

Registration Form: <https://is.gd/nimhanspsgworskhop>

E-mail address: [nimhanspsgworskhop@gmail.com](mailto:nimhanspsgworskhop@gmail.com)

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### Payment Information

Amount:	₹2,500	Account Name:	ISSR2017
Mode:	NEFT/IMPS	Account Number:	64201871804
Branch:	SBI, NIMHANS Branch	IFSC Code:	SBIN0040675



### 3. ASSOPICON - 2020

The 7<sup>th</sup> Annual Conference of Association of Physiologists of India will be organized by Dept. of Neurophysiology, NIMHANS, Bangalore, Karnataka under the leadership of Dr. Bindu M. Kutty, Organizing Chairman and Dr. B. S. Shankaranarayana Rao, Organizing Secretary. The 7<sup>th</sup> ASSOPICON will be held in the 2<sup>nd</sup> or 3<sup>rd</sup> week of September, 2020. The dates of ASSOPICON 2020 and the details of the Organizing Committee along with the programme schedule of conference will be announced in due course of time. The members of ASSOPI are requested to note the tentative timing of the conference and prepare to participate in it. For further details regarding the conference, the members are requested to contact Dr. B. S. Shankaranarayana Rao, ([bssrao.nimhans@gmail.com](mailto:bssrao.nimhans@gmail.com)) Professor, Dept. of Neurophysiology, NIMHANS, Bangalore.



NIMHANS, Bangalore, Karnataka

## *Official Journal of ASSOPI:*

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It has been decided in the 6<sup>th</sup> GB meeting of ASSOPI held on 13<sup>th</sup> September, 2019, at JSS Medical College, Mysuru to publish the first issue of ASSOPI journal in March 2020. The title of the journal is '**Journal of Physiology and Health Care Medicine**'. Initially three issues per year (January-April, May-August and September-December) will be published and later depending on the number and quality of articles submitted, the frequency of publication may be increased.

Following timeline for journal publication was recommended by GB:

1. Constitution of Editorial Board, Advisory Board, Guideline for authors, opening of passbook in a nationalized bank and other formalities such as obtaining ISSN number etc.: On or before 30<sup>th</sup> November.
2. Launching of journal website: On or before 30<sup>th</sup> December, 2019.
3. Circular to all members announcing the launching of ASSOPI Journal with a request to contribute to the first and subsequent issues: On or before 31<sup>st</sup> December, 2019.
4. Review and finalization of manuscripts for 1<sup>st</sup> Issue: On or before 29<sup>th</sup> February, 2020.
5. Online publication (in website) of 1<sup>st</sup> issue: On or before 15<sup>th</sup> March, 2020
6. Print of 1<sup>st</sup> issue (only 1<sup>st</sup> issue will be printed, not subsequent issues) and its circulation to all medical colleges: On or before 15<sup>th</sup> April, 2020.
7. Subsequent issues will be published by the end of first month of the quarter.

On behalf of Editor-in-Chief (EIC), I request all the members to send their papers to Dr. Raj Kumar Yadav, Professor of Physiology, AIIMS, New Delhi and EIC, ASSOPI Journal ([raj3kr@gmail.com](mailto:raj3kr@gmail.com)) for the first issue of Journal of Physiology and Health Care Medicine to be published in March, 2020.

### **Consumption of yogurt and fibers lower lung cancer risk:**

Consuming more yogurt and fibers may protect against lung cancer development, a global study of nearly 1.5 million adults suggested. After adjustment for various known risk factors, individuals who ate higher amounts of yogurt- roughly 3 oz per day for men and 4 oz for women – had 19% lower risk of lung cancer compared to non-yogurt eaters.

For fiber people in the highest intake quintile had a 17% reduced lung cancer risk versus those in the lower intake quintile reported in *JAMA Oncology*.

### **Poor diets damaging children’s health worldwide: UNICEF**

An alarmingly high number of children are suffering the consequences of poor diets due to adaptation to new way of social life of parents and a defective food system that is failing them to achieve good health, the UNICEF warned in a new report on children food and nutrition.

The State of the World’s Children 2019: The Society for Children food and nutrition found that at least 1 in 3 children under five are either undernourished or overweight. Almost 2 in 3 between six months and two years of age are not fed food that supports their rapidly growing bodies and brains. This puts them at risk of poor brain development, weak learning, low immunity, increased infections and in many cases death. (UNICEF, October 15, 2019)

# 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

**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 while despatching the DD to above address.