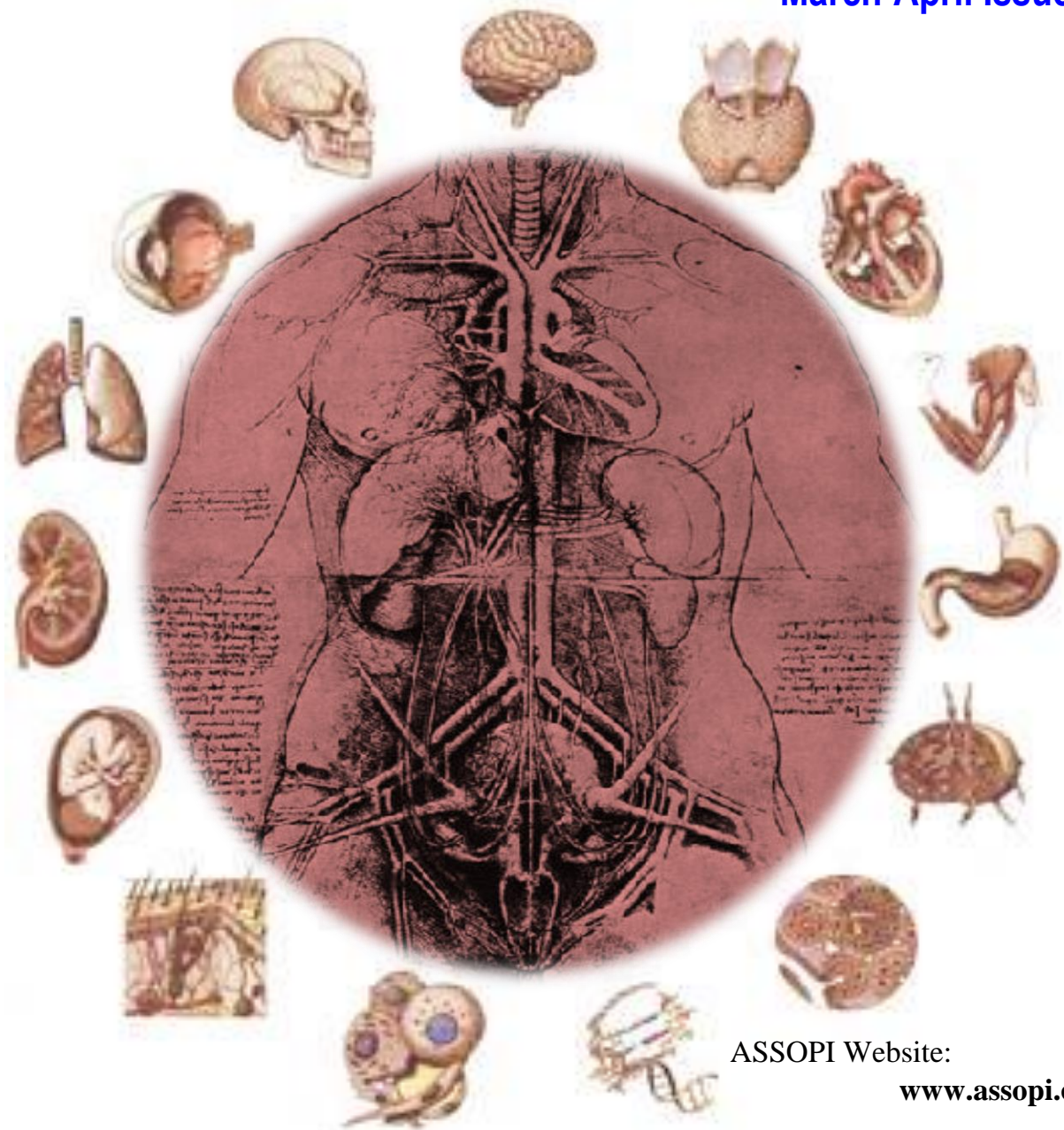




ASSOCIATION OF PHYSIOLOGISTS OF INDIA (ASSOPI)

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

March-April Issue, 2018



ASSOPI Website:

www.assopi.co.in

Motto of ASSOPI:

“Preventive and Promotive Physiology”

(Physiology for prevention of diseases and promotion of health)

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Minutes of fourth meeting of GB held on 2nd December, 2017

The fourth meeting of General Body (GB) of Association of Physiologists of India (ASSOPI) was conducted at KGMU, Lucknow, on 2nd December, 2017, at 6 PM, during the ASSOPICON 2017. Seventy-two members of ASSOPI participated in the meeting and the following agenda items were discussed.

1. Welcome address by President

Honorable President of ASSOPI, Prof S. B. Deshpande welcomed all the members to the 4th GB meeting of the Association. Dr. Deshpande briefly highlighted the major achievements of ASSOPI in last one year and thanked Prof. G. K. Pal, General Secretary, for making all sincere efforts for rapid progress of ASSOPI. He also emphasized that all the office bearers and executive body members should actively contribute in enrolling new members and making the association vibrant. President requested General Secretary to discuss the agenda items of GB as listed in the Agenda.

2. Approval of the minutes of the GB meeting held on 16.09.2016

Dr. G. K. Pal informed that the minutes of the 3rd GB held on 16th September, 2016, at BLDEA University, Bijapur, Karnataka was displayed in ASSOPI Website and also was circulated to members through Dec. 2016 issue of ASSOPI News Bulletin, requesting the members to provide their comments/inputs for correction, if any. However, as no comments for corrections have been received so far, he requested GB to approve the minutes. GB approved the minutes of the 3rd GB held on 16th September, 2016.

3. Presentation of annual report by General Secretary

Dr. G. K. Pal, General Secretary presented the report of ASSOPI of last one year. The summary of the report is depicted below.

Summary of the Report of General Secretary, 2016-2017

1. Newly enrolled life members: **43** (Total life members as on 30.11.2017: **243**)
2. Opening of the State Chapters: North-Eastern Chapter of ASSOPI was launched on 4th March, 2017, at NEIGRIMS, Shilong, and the Telangana Chapter of ASSOPI was on 11th June, 2017, at Bhaskar Medical College, Hyderabad, by Dr. G. K. Pal, the General Secretary of ASSOPI. Thus, presently ASSOPI has **4 state chapters** (Pondicherry, Sikkim, North-Eastern and Telangana).
3. News bulletin published : 3 issues were published (Nov-Dec., May-June, July-Aug.)
4. Recipients of ASSOPI Awards, 2017:

| Name of the Award | Award Winner |
|--|-------------------------------------|
| Prof. A. S. Paintal Award (Best research work in Physiology) | No one found suitable for the award |

| | |
|--|---|
| Dr. Artatran Nanda Memorial Award (Best research work in Respiratory Physiology) | Dr. Shelka Dua, Associate Professor of Physiology AFMC, Pune |
| Prof. S. B. Deshpande Award (Best research work in Neurophysiology) | Dr. Bindu M. Kutty, Professor & Head, Dept. of Neurophysiology, NIMHANS, Bengaluru |
| Prof. G. K. Pal Award (Best research work in Cardiovascular Physiology) | No one found suitable for the award |
| Shri S. N. Choudary Memorial Award (Best research work in Environmental Physiology) | No Applicants |
| Shri Ram Murti Memorial Award (Best research work in Yoga and Naturopathy) | Dr. Satish G. Patil, Assistant Professor of Physiology, BLDE University's Sri B.M.Patil Medical College, Bijapur, Karnataka |
| Shri B. M. Patil Memorial Award (Best research work in Physiology by a scientist below the age of 45 years) | Dr. A. N. Syam Sundara Kiran, Assistant Professor of Physiology, Konaseema Institute of Medical Sciences (KIMS), Amalapuram, A. P |

5. Affiliation to other societies:

- Application has been submitted to FIPS, and SAAP.

4. Approval of ASSOPI Awards, 2017

Dr. G. K. Pal, Gen. Secretary informed the GB that a total of 27 nominations 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 EB of ASSOPI, and awards have been presented to the awardees in a special 'Award Giving Ceremony' in the conference. The names of the awardees are mentioned above (listed in the agenda item no. 3, in General Secretary's report). GB approved the list of recipients of ASSOPI Awards, 2017.

5. Presentation of Audited statement of account for 2016-2017

Audited statement of account was presented by General Secretary, in the absence of finance secretary. After a detailed discussion, the audited statement of account was approved by the GB.

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

General Secretary informed that application for inclusion of ASSOPI as a member of SAAP has been submitted. Further, GS informed that in response to our application for induction of ASSOPI as a member in FIPS, so many queries were raised in the last GB of FIPS held at DIPAS in Nov. during FIPS conference and there was reluctance from FIPS office bearers to include ASSOPI in

FIPS. It was decided that all office bearers of ASSOPI should write letters to President of FIPS separately to induct ASSOPI into FIPS. Dr. O. N. Tripathy suggested that ASSOPI can apply for Associate Membership of INSA. It was also suggested that ASSOPI can opt for Associate Membership of IUPS, without membership payment.

7. ASSOPI Journal

Everybody felt that it is high time for the ASSOPI Journal be published, as the Association has completed its four years of active existence. Prof. B. S. Rao, Editor-in-Chief, presented the front cover page design of the journal, which was approved with the advice to increase the size of the logo of ASSOPI. The will be titled as “Journal of Basic and Clinical Physiology” an official organ of ASSOPI. Initially, the journal will have four issues in a year, to be published quarterly in the months March, June, September and December. A detailed discussion was made on the types of the articles to published (Editorial, Review Articles, Original Articles, Brief Communication, Case Report, Letter to Editors/Commentaries), the structure of each category of articles, and the review process of the articles. Prof. Rao was advised to apply for ISSN number for the journal and also finalize the list of members for editorial board and advisory board of the journal giving due representation to scientists of national and international repute from India and abroad, which may be approved by the OB of the Association by circulation. Also, Prof. Rao was requested to prepare the ‘Guide to Author” pages of the journal and circulate to all members of ASSOPI and all the institutes, inviting the articles for publication. It was decided that all the OB and IB members will contribute one article each to the first few issues of the journal. However, all articles submitted to the journal for publication will undergo the detailed scrutiny and the standard review process. Prof. Rao informed that he is planning to have the Bangalore/Karnataka Chapter of ASSOPI to be inaugurated in March, 2018, during which the first issue of the journal could be launched.

8. Finalization of venue for next annual conference of ASSOPI and proposal for subsequent conferences

General Secretary informed that requests have been received from Karamsad, Sikkim and Mysuru for organizing the ASSOPICON-2018. After a detailed discussion, the next annual conference (5th ASSOPICON, 2018) was decided to be held at Paramukhswami Medical College, Karamsad, Gujrat, under the dynamic leadership of Dr. Hasmukh Shah, Professor & HoD of Physiology Department. It was proposed that conference should be held in the month of September/October. Dr. Hasmukh Shah made a brief presentation of the proposed conference, and cordially invited all to participate in 5th ASSOPICON in large number. The proposals for subsequent annual conferences were suggested as the 6th ASSOPICON-2019 at Sikkim-Manipal Institute of Medical Sciences, Sikkim, the 7th ASSOPICON-2020 at NIMHANS, Bengaluru or the Govt. Medical

College, Mysuru, the 8th ASSOPICON-2021 at NEIGRIMS, Shilong and 9th ASSOPICON-2022 at Goa Medical College, Goa.

9. Proposal for new ASSOPI awards

i) Prof. S. K. Singh Award for best research work conducted by an undergraduate medical student.

General Secretary informed that he has received a request for Prof. S. K. Singh for instituting an award in his name for best research work conducted by an undergraduate medical student and he has sent a DD of Rs. One lakh for the purpose. After thorough discussion, institution of this new award was accepted by the GB. It was decided that the nomination for the award should be invited along with other nominations of ASSOPI Awards and the award should be presented to the awardee in the inaugural ceremony of the ASSOPICON of that year along with the other awards. For this award, any undergraduate medical student can apply, but the student selected for the award should become a life member of ASSOPI before receiving the award. 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 (month and year) and his nomination for the best UG research award may be considered. The selected student should register for the conference under the 'Students Registration' Category and the organizing secretary will be requested to provide accommodation (if possible) for the student for attending the conference.

ii) Prof. R. L. Bijlani Life Time Achievement Award

Dr. Pal informed that Dr. Rajkumar Yadav, Prof of Physiology AIIMS, New Delhi, a life member of ASSOPI has expressed his interest to institute an award in the name of Prof. R. L. Bijlani as the 'Life Time Achievement Award' to be awarded to an eminent physiologist or any medical scientist of the country, every year. The request for the award was made in EB meeting held on previous day, and after a detailed discussion, the proposal was accepted by EB with the following criteria.

- a) 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
- b) The nomination for the award should be proposed and seconded by the life members of ASSOPI along with the consent of the nominee.

- c) The nominee should be an eminent physiologist or a scientist (not less than 55 years of age) in any branch of medicine and should have outstanding contribution in the field of medical research.
- d) The nomination should have a brief CV of the nominee along with the list of all publications (only list).
- e) 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 will be considered for selecting the awardee.
- f) Any senior 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 in the annual conference.
- g) The awardee will make a summary presentation of his research works, along with presentation of other award papers in the "Award paper presentation session" of the conference.

GB accepted the proposal and advised Dr. Rajkumar Yadav to arrange to contribute at least one lakh for instituting the award and to submit a formal request letter addressed to General Secretary to institute the award that should contain a written consent from Dr. R. L. Bijlani, having no objection for institution of this award.

iii) Change of procedure for selecting JIPMER Golden Jubilee ASSOPICON Award for best PG research paper.

Dr. G. K. Pal informed that the JIPMER Golden Jubilee ASSOPICON Award instituted in 2014 for best research paper/work conducted by a PG student in Physiology. Though initially it was meant to be invited as nominations along with the other awards of ASSOPI and decided beforehand to present the award to the awardee in the inaugural ceremony of Annual Conference, for last three years it is being decided in a separate 'PG Award Paper Session' during the annual conference and the award is being presented in the valedictory function of the conference. Dr. Pal requested GB to consider the original schedule of selecting the award as requested by the donor department (Physiology Department of JIPMER). After a detailed discussion, GB accepted the request to the original proposal of selection of this award, i.e., the application for this award will be invited along with the other awards of ASSOPI, and a committee duly constituted for the award will scrutinize the research papers/manuscripts and will recommend the name of the awardee (if anyone found suitable) to receive the award to presented in the inaugural ceremony of the annual conference. Other criteria of selection will remain same, as listed earlier. However, it was decided that the trend of 'Best research paper presented by a PG student in the annual conference' should continue every year as a separate programme to be conducted during

the annual conference, which should be organized by the organizing committee of the conference.

iv) Change of criteria for receiving ASSOPI Awards.

It was pointed out that in the ASSOPI rules, it has been mentioned that the office bearers of ASSOPI can't contest for ASSOPI Awards and Fellowships. A request was made to change this criterion, so that office bearers of ASSOPI should be allowed to participate in the award competitions. As awards and fellowships are purely based on the merit of the published papers or research works or the established credentials as depicted and defined in the by-law for each category of award and fellowship, it was felt that there should not be restriction for anybody to participate in the award competition. Moreover, as many senior and experienced physiologists are the office bearers of ASSOPI, it is not desirable to restrict them from this opportunity. After a detailed discussion, the proposal was accepted that the office bearers can participate in the competition for ASSOPI Awards and Fellowship, but it was decided that the office bearer who has applied for an award, can't be the judge for any award of that year, and as per ASSOPI norm the nomination will be restricted to competition for one award per year.

10. Presentation of a brief report by Organizing Secretary/Chairman of ASSOPICON-2017

Dr. Narsingh Verma, Organizing Chairman of ASSOPICON-2018 gave a brief account of how the conference is being organized. Dr. Verma informed that more than 50 senior physiologists were felicitated in the conference. Conference was attended by many renowned physiologists, physicians, scientists and vice-chancellors. Special events in the conference were the conduct of workshops, CME, plenary lectures, PG paper presentations and symposia covering a wide variety of topics. Members appreciated the effort of Prof. Verma and his team in making the ASSOPICON 2017 a big success.

11. Any other matters (with permission of chair)

- i) To increase the number of ASSOPI life members, all OB and EB members were requested to make effort to register at least 10 new life members each from their college and nearby areas.
- ii) It was decided that if an OB or EB member does not attend the two GB/EB meetings consecutively, he/she will not be considered subsequently for OB/EB posts of the Association.
- i) It was proposed that on behalf of ASSOPI, an "Appreciation Certificate" should be presented to the Organizing Chairman/Secretary of the conference of that year in the valedictory function of the conference, as a token of appreciation and encouragement to the organizing team. The proposal was approved.

12. Vote of thanks

Meeting ended with vote of thanks proposed by General Secretary.

1. Live workshop on Intra-Operative Neuro-Monitoring at JIPMER, Puducherry:

The Department of Physiology, JIPMER, Puducherry, in collaboration with Department of Neurosurgery and Department of Anesthesiology, JIPMER, organized a Live Workshop on Intra-Operative Neuro-Monitoring (IONM) on 27th February 2018, under the auspices of Association of Physiologists of India (ASSOPI). Dr. G. S. Gaur, HoD welcomed the gathering, JIPMER Director Dr. S. C. Parija inaugurated the Workshop, Dr. G. K. Pal, Dean of JIPMER (Karaikal) and General Secretary of ASSOPI delivered the felicitation address and Dr. Pravati Pal, Prof. of Physiology proposed vote of thanks, in the inaugural ceremony of workshop. Around 75 faculty, residents, research scholars and students from various parts of the country participated in this workshop. Dr. Nishanth Sampath, Consultant Clinical Neurophysiology, Institute of Neurosciences, SIMS, Chennai demonstrated the IONM procedures.



ASSOPICON - 2018

The 5th Annual Conference of Association of Physiologists of India (**ASSOPICON 2018**) will be organized by the Department of Physiology, Pramukhswami Medical College, Karamsad, Anand, Gujarat, from 27th to 29th September, 2018. The theme of conference is: **Autonomic Neuroscience: Basic and Clinical**. The 5th National Conference of ASSOPI will provide the platform to all Physiologists to exchange their views on research and academics, to interact with the eminent experts and stalwarts in Physiology from the country and abroad, and to shape up the future of ASSOPI, through various plenary lectures, symposia, workshops, panel discussions, open forum discussions, free paper sessions and poster presentation. We wholeheartedly welcome you all with your family and friends to participate in this unique occasion, which we wish to be the most memorable one to all.

Pramukhswami Medical College, Karamsad is one the reputed medical colleges of India. Pramukhswami Medical College is run by a Charitable trust Charutar Arogya Mandal (CAM). CAM was established 45 years ago by Dr. H. M. Patel, a former Union and Finance Minister of India to provide best health care services to our underprivileged rural people. Shree Krishna Hospital, the teaching hospital provides comprehensive, compassionate healthcare to everyone and anyone who need it under the dynamic leadership of our present Chairman Dr. Amrita Patel. The detail of institute is available on: www.charutarhealth.org.

The Department of Physiology of PSMC, Karamsad is very unique and dynamic department of institute. It has been serving the institute with active research, academics. The Department has research and clinical investigation facilities and has established clinical Exercise Physiology Lab, Electrophysiology lab, Autonomic function testing lab, Pulmonary function testing, Yoga and Meditation Lab & research lab. The details of the department is available on: www.charutarhealth.org

Association of Physiologists of India (ASSOPI) is the exclusive Association of Physiologists meant for advancement of Physiology in order to explore the highest possibilities of Physiologists in general. 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.



A view of PSMC, Karamsad.

Meat should be cooked fully before eating.

The sale of meat has fallen in Kolkata following rumors that chemically processed carcass meat was being sold to the public. As a result, the price of fish increased markedly due to increased demand. The carcass meat had been treated with chemicals like calcium propionate, aluminum phosphate, aluminum sulfate and other nitrites and nitrates to pass it off as fresh meat. It has been suggested that lead sulfates may also have been used. This unregulated use of chemicals to keep the meat fresh at the same time retaining its odor and flavor is dangerous for human health and may even be potentially fatal. The various infections that may spread via meat include Salmonella, E. coli (enteropathogenic type), Listeria monocytogenes, Campylobacter jejuni, Yersinia enterocolitica, Staphylococcus aureus, Clostridium botulinum, Mycotoxin producing moulds and Norovirus. Gastrointestinal anthrax follows ingestion of contaminated and undercooked meat.

Tips for safe meat eating:

1. Always eat fully cooked meat i.e. it should have been cooked all the way through.
2. Poultry, pork, offal, including liver, burgers, sausages, rolled joints of meat and kebabs should be cooked thoroughly before eating. The color of the meat alters when it is cooked. Any pink meat still left means undercooked meat.
3. When cooking burgers, sausages, chicken, and pork, cut into the middle to check that the meats no longer pink, the juices run clear and its steaming hot throughout.
4. Safest option: Fully cook food in your oven and then put the cooked food on the barbecue for a short time so the flavor can develop. This can be an easier option if youre cooking for a lot of people at the same time.
5. The two main risk factors if youre only cooking on the barbecue are: undercooking meat and spreading germs from raw or undercooked meat on to food thats ready to eat.
6. Ensure that the coals are glowing red with a powdery grey surface before you start cooking, as this means theyre hot enough; frozen meat is fully defrosted before you cook it and you turn the meat regularly and move it around the barbecue to cook it evenly.

Occupational exposure to loud noise increases risk of heart disease

Noise-induced hearing loss is the most obvious outcome of exposure to loud noise. Now a study says that high blood pressure (BP) and high cholesterol are also more common among workers exposed to loud noise at work.

Researchers from CDC's National Institute for Occupational Safety and Health (NIOSH) examined the prevalence of occupational noise exposure, hearing difficulty and heart conditions within industries and occupations in the US as well as the association between workplace noise exposure and heart disease.

1. 25% of current workers were found to have a history of work-related noise exposure.
2. 12% of current workers had hearing difficulty, 24% had high BP and 28% had high cholesterol levels.
3. 58% of hearing difficulty, 14% cases of high BP and 9% cases of high cholesterol in the study could be attributed to noise at work.

Noise is an unwanted intrusive sound. A loud noise is 85 db or higher, or if a person has to raise his/her voice to speak with someone standing at a distance of 3 feet. Noise is a recognized environmental stressor, which has both physiological and psychological effects. It is associated with anxiety, high blood pressure, increased heart rate, insomnia, annoyance, stress. Progressive hearing loss may result from continuous and repeated exposure to loud noise. The safe limit for sounds at 85 db or less is 8 hours of exposure.

Loud noise affects speech intelligibility and consequently work performance and increases chances of errors. Conversation has to be conducted at higher dbs for clear speech communication because of noise interference (normal conversation is between 60-70 db). Control of noise levels is very important in hospitals for patient well-being and healing. Noise creates an unhealthy work environment for doctors. It affects concentration and increases the chances of mistakes, which can be costly for the doctors and hospitals. Inability to hear the warning patient monitoring alarm over the general background noise in an ICU may have potentially disastrous outcome. Moreover, doctors too are prone to develop high BP and other negative effects on health.

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. 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,
Dean, JIPMER (Karaikal),
Senior Professor, Dept. of Physiology,
1st floor, JIPMER Academic Center,
JIPMER, Puducherry- 605 006

Note: Kindly Mention your Individual Name(s), application number(s), College/institute name with contact number on the backside of Original Demand draft while despatching the DD to above address.