

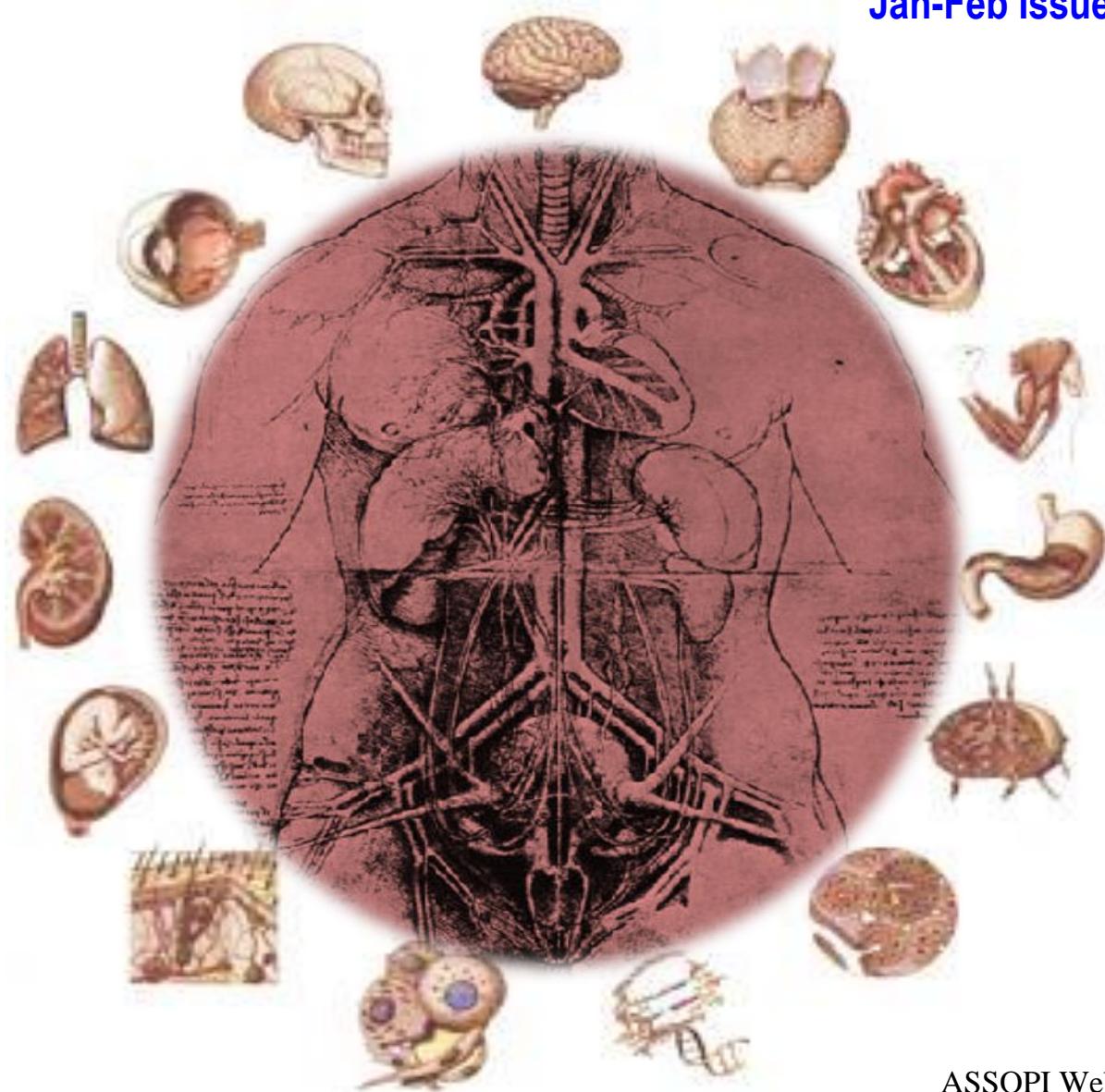


ASSOCIATION OF PHYSIOLOGISTS OF INDIA (ASSOPI)

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ASSOPI NEWS BULLETIN

Jan-Feb Issue, 2020



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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Department of Physiology,
Goa Medical College, Goa

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Associate Professor,
Department of Physiology,
AIIMS, Patna, Bihar

Upcoming Events:

1. ASSOPICON – 2020

The 7th Annual Conference of Association of Physiologists of India (ASSOPICON-2020) will be organized by Dept. of Neurophysiology, NIMHANS, Bangalore, Karnataka, from **13th to 16th September, 2020** as per the following schedule. **This will be an International Conference of ASSOPI.**

13th September - Parallel Workshops and Executive Body meeting in the evening

14th September - Inauguration in the morning and International Conference starts

15th evening - General Body meeting

16th afternoon - Valedictory function

The details of the schedule of the conference and notification for Executive Body Meeting and General Body Meeting will be intimated in due course of time.

The proposal for workshops and CME may be sent in the following address.

Dr. B. S. Shankaranarayana Rao,
Organizing Secretary, ASSOPICON-2020
Professor of Neurophysiology,
NIMHANS, Bangalore, Karnataka - 560029
e-mail ID: bssrao.nimhans@gmail.com

Dr. Bindu M. Kutty,
Organizing Chairman, ASSOPICON-2020
Professor of Neurophysiology,
NIMHANS, Bangalore, Karnataka - 560029
e-mail ID: bindu.nimhans@gmail.com

2. CME on Neurophysiology of higher brain functions at Dr. RMLIMS, UP

 CME on
“*Neurophysiology of Higher Brain Functions*”
4th March 2020
2:00PM to 6:00PM 



Organized by Department of Physiology,
Dr. R.M.L.I.M.S. Lucknow
Under aegis of ASSOPI UP Chapter
Venue: LT5, First Floor, Academic Block, Dr. RMLIMS, Lucknow

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3. Nomination for ASSOPI Awards and Election for OB-EB posts:

In the March-April issue of News Bulletin of ASSOPI, the details of the procedure for nomination for various ASSOPI Awards for the year 2020 and for election for various positions of OB-EB posts of ASSOPI will be announced.

Official Journal of ASSOPI:

The 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, 'The Journal of Physiology & Health Care Medicine'. Before launching the first issue of Journal, we should have good number of articles for continuous quality publication of the future issues.

Please send your articles at assopijournal@gmail.com

About the Journal

Journal of Physiology & Healthcare Medicine (JPHM), 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. JPHM follows double-blind peer review process.

Scope of the Journal

The Journal of Physiology & Healthcare Medicine (JPHM) publishes quality research papers in Physiology & Healthcare 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.

New Chapter of ASSOPI

The ASSOPI Chapter of Uttar Pradesh has been formed with the following Office Bearers of the Chapter.

President: Prof. Nitin Ashok John

Vice-Presidents: 1. Prof. Maloy Bikash mondal
2. Prof. Shraddha Singh
3. Prof. Bindu Garg

Secretary: Prof. Arvind Kanchan

As the inaugural function of ASSOPI Chapter of UP, a CME has been proposed to be organized on 4th March, 2020, the schedule is given below.



Yoga for improving bone mineral density:

Osteoporosis and osteopenia are known to affect millions of people globally. The numbers tend to increase with the aging population. A safe, effective, and low-cost intervention is the need of the hour to manage these conditions. Yoga can serve as a low-cost and safer alternative to medications.

A study evaluated the effectiveness of selected yoga postures in increasing the bone mineral density (BMD) in 741 participants. This was a 10-year study with 227 compliant participants (more than every-other-day yoga). Nearly 83% of the compliant individuals had osteoporosis or osteopenia. Investigators compared pre-yoga and post-yoga BMD changes.

BMD was found to improve in spine, hips, and femur of the compliant patients. Monthly increase in BMD was significant in spine and femur. There were no yoga-related serious injuries. Bone quality showed qualitative improvement in the study participants. Yoga was thus found to be a safe and effective intervention to reverse bone loss in the spine and femur. Yoga has also been shown to reduce back pain and arthritis, and improves gait, thus providing some protection against falls that can lead to fractures. Therefore, yoga can be used as a potential treatment option for osteopenia and osteoporosis.

BSL-4 labs and not BSL-3 labs for coronavirus:

Ordinarily, Biosafety level (BSL)-3 labs are enough to handle respiratory viruses. SARS and MERS were handled with these labs. But for coronavirus, the labs being used are BSL-4 labs. This could possibly be due to extra precautions or fear of it being much more deadly than SARS.

BSL-4 suit laboratories are designed to study high-consequence pathogens for which infection prophylaxes or treatment options do not exist. The key features of such laboratories include customized airtight doors, dedicated supply and exhaust airflow systems, a negative-pressure environment, and use of positive-pressure ("space") suits.

Firm training and adherence to strict safety protocols and standard operating procedures minimize the risks for specialists working with highly pathogenic agents. Researchers switch to BSL-4 suit laboratories when working with a high-consequence pathogen.

Universal precautions to prevent droplet respiratory infections

Standard precautions for reducing the transmission of respiratory droplets infections include:

1. Hand hygiene - frequent washing of hands with soap and water, avoiding touching ones mouth, nose, and eyes and use of alcohol-based hand sanitizers or virucidal hand treatments (povidone iodine, salicylic acid).
2. Respiratory hygiene/cough etiquette - covering the nose and mouth when coughing with a tissue or coughing into the elbow, disposing of used tissues promptly, keeping a distance of three feet from the affected person and practicing hand hygiene after contact with respiratory secretions.
3. Health care workers should use gloves, gowns, masks, and eye protection, as appropriate, when in contact with infected patients.

Join ASSOPI

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,
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.