

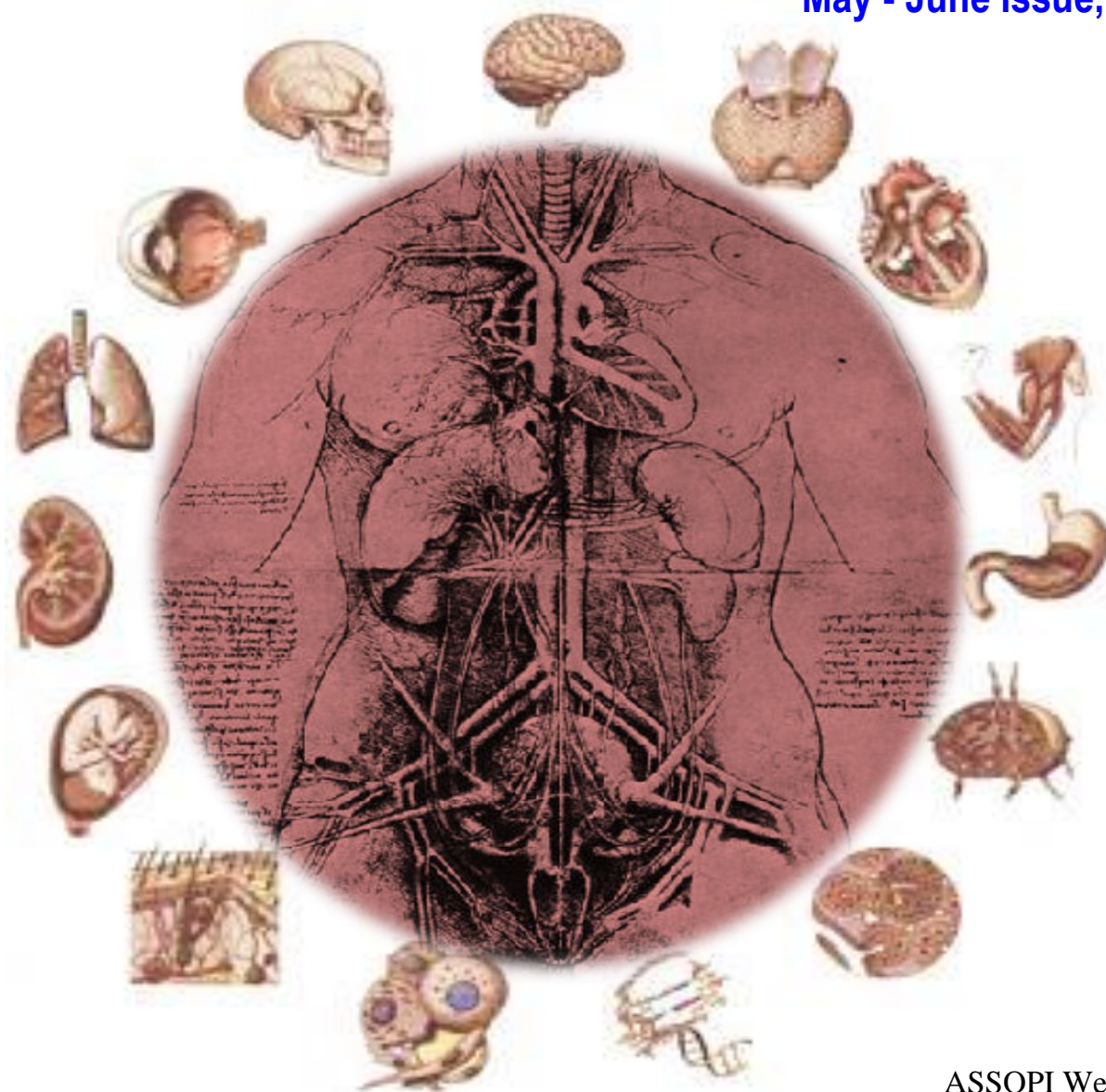
# ASSOCIATION OF PHYSIOLOGISTS OF INDIA (ASSOPI)

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



## ASSOPI NEWS BULLETIN

May - June Issue, 2023



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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*Office Secretary to General Secretary, ASSOPI and  
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AIIMS Bibinagar, Telangana

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AIIMS, Mangalagiri,  
Andhra Pradesh

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Madhya Pradesh

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AIIMS Madurai, Tamil Nadu

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Additional Principal, and  
Prof & Head of Physiology,  
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Puducherry

**M. RENUGASUNDARI**

Office Secretary to General  
Secretary of ASSOPI, & Tutor,  
Dept. of Physiology, AIIMS Patna

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

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## **1. ASSOPI Awards**

Applications are invited for the following awards of ASSOPI. All life members of ASSOPI are eligible to apply for the awards, as per the eligibility requirements listed for each award. The '**Cover Letter**' of application addressed to Dr. G. K. Pal, General Secretary, ASSOPI, Executive Director & CEO, AIIMS Patna, 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 ASSOPI official e-mail ID of Dr. G. K. Pal: [physiologistsindia@gmail.com](mailto:physiologistsindia@gmail.com) with a cc attached 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 on or before 15<sup>th</sup> September, 2023. Please note that the last date and time of submitting application is **31<sup>st</sup> July (Monday), 2023, 5 PM**. Any application received by General Secretary in his e-mail account after 5 PM of 31<sup>st</sup> July, 2023, 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 from **1<sup>st</sup> April, 2021 till 25<sup>th</sup> July, 2023** 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. Individuals those who have received award in the previous years, should not apply for the same award in the 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. **Shri B. M. Patil Memorial Award** for best research work in Physiology by a physiologist below the age of 45 years.
10. **Ramesh Bijlani Lifetime Achievement Award** in Medical Sciences.
11. **Prof. S. K. Singh Award** for best research work conducted by an undergraduate medical student in Physiology.
12. **Prof. Narsingh Verma Award** for best research work conducted in Chronobiology.

### **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 1st April, 2021 till 25th July, 2023 (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 and 12 :**

- 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 1st April, 2021 till 25th July, 2023 (a PDF Copy of the published paper or the manuscript of the work should be submitted).

- iii) The same work should neither have received nor have been submitted for any other award from other organizations/associations/scientific bodies.
- iv) If it is a multiple author work, and the author nominated for award is not the first author or corresponding author in the publication, all other authors should give a signed declaration for the person nominated for the award.

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

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

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

- i) This award is meant only for the life members of ASSOPI **below the age of 45 years** (a copy of Birth Certificate or School Leaving Certificate or Passport or Driving License or Aadhaar Card should be attached as a proof for age).
- ii) The work should be a recent one and preferably be published in a peer reviewed journal from 1st April, 2021 till 25th July, 2023 (a PDF Copy of the published paper or the manuscript of the work should be submitted).
- iii) The same work should neither have received nor have been submitted for any other award from other organizations/associations/scientific bodies.



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

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

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

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

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

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

## **2. Fellowship Title of ASSOPI**

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

## **Eligibility Requirements:**

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

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

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

## ***Past Events:***

### **1. ASSOPICON-2022**

**8th ASSOPICON 2022, an international conference of the Association of Physiologists of India (ASSOPI)** was organized and hosted by the Department of Physiology, AIIMS Nagpur from the 14th to 16th of October. The pre-conference workshops (PCWs) were held on the 12th & 13th of October 2022 with a special full-day workshop 'Capacity building workshop on Lifestyle Medicine Consultation' on the 12th of October 2022. The other workshops included Andrology, Nerve Conduction Studies, Autonomic Function Tests, Cognitive Neurophysiology, Respiratory Support Physiology, Impulse Oscillometry and Exercise Physiology Techniques.

ASSOPI is the only Indian association to be a member of the International Union of Physiological Society. ASSOPI was represented by the stalwarts of the field of Physiology Dr.

Narsingh Verma from KGMU Lucknow and Dr. G. K. Pal, Executive Director, AIIMS Patna. The Academy of Physiology (AOP) was the co-host of the conference. Maj Gen. Dr. Vibha Dutta (SM), Director and CEO, of AIIMS Nagpur was the Chief Patron. Dr. Mrunal Phatak, Dean (Academics) and Head of the Physiology Department was the Organizing Chairperson. Hon. Nitinji Gadkari, Union Minister for Road Transport and Highways, inaugurated the conference.

The theme of the conference was '**Perspectives in Physiology for the Person, Pupil, Patient, and People**'. The list of speakers included celebrated international experts and stalwarts of national repute from the field of Physiology. The 8th ASSOPICON 2022 provided a unique platform for physiologists to exchange their viewpoints on the metamorphosed concept of Physiology pertaining to an individual, the students, the patients, and the society at large. The display of state-of-the-art equipment in trade was another unique feature of the conference. The conference also provided a platform for undergraduate students to present their research work. About 100 research papers were presented at this conference. The total number of registrations was around 350.

The senior retired teachers in Physiology from the Nagpur region were honoured for their immense contribution to teaching Physiology. The new body of the ASSOPI was also announced during the conference.












## 2. Quiz conducted at Geetanjali Medical College and Hospital

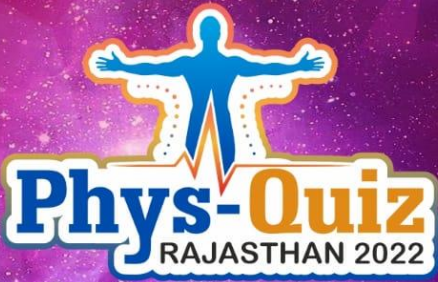
A state level inter college physiology quiz was organized by Department of Physiology, Geetanjali Medical College and Hospital, Rajasthan on 5<sup>th</sup> November, 2022. The winning team was awarded Rs. 11,000 cash prize and books sponsored by Elsevier and Jaypee publications.

**INVITATION**

You are cordially invited to

**The State Level Inter College Physiology Quiz**



**on November 5, 2022 at 11:30 AM**  
**in Late Smt. Narmada Devi Auditorium, GMCH, Udaipur**

**PROGRAMS DETAILS**

09:30 am to 10:30 am	:	Preliminary / Knock out Round (Department of Physiology)
11:30 am to 12:30 pm	:	Final/Face off Round
12:30 pm to 01:00 pm	:	Installation of office bearers of ASSOPI Rajasthan Chapter
01:00 pm to 02:00 pm	:	<b>Awards &amp; Valedictory Function</b>

Organised by :

**DEPARTMENT OF PHYSIOLOGY**  
**GEETANJALI MEDICAL COLLEGE & HOSPITAL**  
Hiranmagri Extension, Manwakhera NH-8 Bypass, Near Eklingpura, Chouraha,  
Udaipur, Rajasthan 313001 | Website : [www.geetanjaliuniversity.com](http://www.geetanjaliuniversity.com)

### 3. Launch of ASSOPI Chapter of Rajasthan

Geetanjali Medical College and Hospital announced the launch of ASSOPI Chapter of Rajasthan on 5<sup>th</sup> November, 2022.



**ASSOPI (National Body)  
along with Geetanjali University, Udaipur**



**Dr. Narsingh Verma**  
President, ASSOPI

**Dr. G.K. Pal**  
General Secretary, ASSOPI

**Dr. Hasmukh Shah**  
Joint Secretary (West Zone), ASSOPI



**Mr. Ankit Agarwal**  
Executive Director, Geetanjali University

**Dr. F. S. Mehta**  
President, Geetanjali University

**Announces the Launch of its Rajasthan Chapter**  
along with Geetanajli Univeristy on November 5<sup>th</sup>, 2022 under the following team



**Dr. Manjinder Kaur**  
President (Raj. Chapter) ASSOPI

**Dr. Varsha Gupta**  
Vice President (Raj. Chapter) ASSOPI

**Dr. Chanchal Shrivastava**  
Secretary (Raj. Chapter) ASSOPI

**Dr. Urmila Chaudhary**  
Joint Secretary (Raj. Chapter) ASSOPI



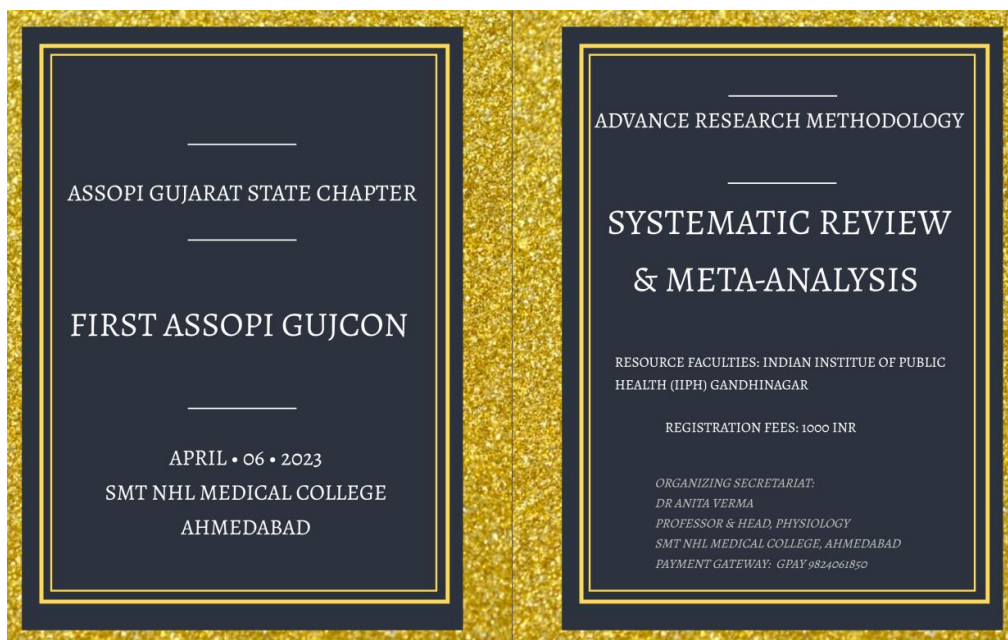
**Dr. Sangita Chauhan**  
Treasurer (Raj. Chapter) ASSOPI

**Dr. Om Lata Bhagat**  
Chairperson, Scientific Committee (Raj. Chapter), ASSOPI



#### 4. First ASSOPI GUJCON-ASSOPI Chapter of Gujarat


The ASSOPI Chapter of Gujarat organized the 1<sup>st</sup> ASSOPI GUJCON on 6<sup>th</sup> April, 2023 at SMT NHL Medical College, Ahmedabad on the topic “Advanced Research Methodology: Systematic Review and Meta-analysis”. Dr. Mukesh Dinkar (President), Dr. Anita Verma (General Secretary), Dr. Dharmendra Dodiya (Joint Secretary) and Dr. Anand Mistry (Finance Secretary) are Office Bearers and Dr. Jaydeep Kagathra, Dr. Jasmine Parmar, Dr. Jitendra Patel, Dr. Rajesh Desai and Dr. Ravi Thaker are the State Executive Committee Members of ASSOPI Chapter of Gujarat.



## 5. Inauguration of Integrated Health Centre at Chandulal Chandrakar Memorial Govt. Medical College, Kachandur Durg

Integrated Health Centre (centre for excellence for research in yoga, exercise, nutrition, and lifestyle modification) was inaugurated at Chandulal Chandrakar Memorial Govt. Medical College, Kachandur Durg on 2<sup>nd</sup> June, 2023 by Dr. G. K. Pal, Executive Director of AIIMS Patna, and General Secretary of ASSOPI as Chief Guest of the function.

**CHANDULAL CHANDRAKAR MEMORIAL GOVT MEDICAL COLLEGE, KACHANDUR DURG**




**REPORT OF INAUGURATION OF INTEGRATED HEALTH CENTER**  
(CENTER OF EXCELLENCE FOR RESEARCH IN YOGA, EXERCISE, NUTRITION AND LIFESTYLE MODIFICATION)

Dr. Pradeep Kumar Patra  
Dean,  
CCM GMC Durg

Dr. Anil Manohar Rao Deshkar  
Medical Superintendent  
CCM GMC Durg


Dear all happy to share that for the inauguration of Integrated Health Center - On Friday 2<sup>nd</sup> June 2023. We were blessed to have Dr G K Pal Director AIIMS PATNA Chief Guest on virtual mode accompanied by Dr Mrityunjay Rathore Professor AIIMS Raipur who is also member of Yog Aayog Chhattisgarh and Mrs Padmini Bhoi Sahu Addl Collector Durg from administration of district.



We at CHANDULAL CHANDRAKAR MEMORIAL GOVT MEDICAL COLLEGE DURG taking initiative to establish integrated health center (CENTER OF EXCELLENCE FOR RESEARCH IN YOGA, EXERCISE, NUTRITION AND LIFESTYLE MODIFICATION) under direction of our esteemed DEAN DR P K PATRA which will encompass LIFESTYLE modification clinic, stress management clinic, yoga therapy clinic, music therapy clinic, nutrition therapy clinic as a collaborative activity between dept of physiology, medicine, community medicine and psychiatry to strengthen the research and establish the scientific aspect of adjunct treatment modality.

..Right now, to begin with we are starting with yoganidra session for sisters and paramedical staff from 830 to 9.00 AM from 5th June to 10 th June 2023. Dr Awadhia is facilitator. Also we are starting yoga training in view of the International Yoga Day for medical students in from 5th to 18 June from 6 to 7 am. Dr Surpreet Chopra (Cardiothoracic Surgeon) taking lead role and finally on 21st June. For faculties we are going to begin sessions of sanjeevani dhyana and. Once we are updated with software and IT sections we are going to start our online sessions soon. Kindly suggest dates and time suitable.

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This initiative is to strengthen the clinical treatment offered at our Hospital in addition to prescribed medicine, we will be having an hour of interactive session for the patients at Chandulal chandrakar memorial govt medical college and hospital kachandur Durg.

It will help to reduce the stress level, strengthen the respiratory muscles, Potentiate the sound sleep through yoganidra, and will boost up the immunity. There moral will be kept high through counseling with psychologist psychiatrists and relaxing them through Music Therapy too.

We will be having structured online/ offline sessions on following title and topics..

**Monday "Sanyog"** program having Sessions of Yoga and Breathing Techniques sessions of yoganidra by Yoga Research Unit Department of Physiology CCM GMC Durg. and lifestyle modification tips by expert Physiologists from GMC Rajnandgaon/ Academy of Physiologist (AOP)/ ASSOPI/ AIIMS.

**Tuesday "Nada"** The Sessions of Music Therapy will be conducted to relax from the stress of work and Garbhanskar with OBGY Dept will be carried by online/ offline by Dr Naveen Gupta Orthopedic surgeon and Officer in Charge for Music session.

**Wednesday "Nidaan"** a online /offline talk with faculty of CCM GMC Durg/IMA College of General Practitioners CG State/ on common health issues.

**Thursday "Mimansa"** a talk with specialist from CCM GMC Durg/ on the panel of IMA / Dr Surpreet Chopra Cardiothoracic Surgeon will interact

**Friday "Aahar"** the interaction with the expert in the field of Nutrition and role of diet in the management of metabolic disorders.

**Saturday "Sanwad"** a talk with the psychiatrist, psychologist or physiologist regarding issue of the stress from GMC Rajnandgaon/ IMA CG State


**Sunday "Kuch panne Jindagi ke kitabe"** a program of students by students called as Sanjeevani Swasthaharti by Department of Physiology CCM GMC DURG and GMC Rajnandgaon for interaction with faculty/ resident/ paramedical staff to connect and motivate them to pass through difficult time by sharing their personal experience.

Google/ Zoom link will be generated on regular basis and will be sent to group of patients and , Registration is free but pre-registration is mandatory.

Program Director  
Dr Atul Manohar Rao Deshkar

Our partners

Coordinator  
Dr Manish Yadav



## Minutes of 8<sup>th</sup> GB Meeting:

### Minutes of the 8<sup>th</sup> General Body Meeting of ASSOPI

(held on 15<sup>th</sup> October, 2022, during the 8<sup>th</sup> ASSOPICON held at AIIMS Nagpur)

### AGENDA

The eighth meeting of General Body (GB) of Association of Physiologists of India was conducted on 15<sup>th</sup> October, 2022, at 5.30 PM, organized at All India Institute of Medical Sciences (AIIMS), Nagpur.

Forty-seven GB members of ASSOPI participated in the meeting and the following agenda items were discussed.

### **1. Obituary and Apologies, if any**

At the outset, Dr. G. K. Pal, General Secretary, ASSOPI, requested all members to stand up and observe 2 minutes silence as mark of respect for Late Dr. Ritu Gupta, Professor, Dept. of Physiology, GMC, Jammu and Kashmir, who left her mortal body on 7<sup>th</sup> September, 2022. It was informed that General Secretary will send a condolence message on behalf of the association to the family members of Late Dr. Ritu Gupta.

### **2. Approval of the minutes of the 7<sup>th</sup> GB meeting held on 08.09.2021**

Dr. G. K. Pal informed that the minutes of the 7<sup>th</sup> GB held on 8<sup>th</sup> September, 2021 via Zoom, at Pramukhswami Medical college, Karamsad, Gujarat was circulated to all the GB members through their e-mails with a request to provide their comments/inputs for corrections, if any. However, as no comments have been received, he requested GB to approve the minutes. GB approved the minutes of the 7<sup>th</sup> GBM held on 8<sup>th</sup> September, 2021.

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

Dr. G. K. Pal, General Secretary, presented the report of ASSOPI of last one year (September 2021 – September 2022). The summary of the report is depicted below.

#### **Report of General Secretary, ASSOPI 2021-2022**

1. Newly enrolled life members: **138** (Total life members as on 03.10.2022: **674**)

2. Nomination/Application and finalization of various ASSOPI Awards:

- Total nominations received: 25 award applications and 4 fellowship nominations

<b>Name of the Award</b>	<b>Number of Applications Received</b>	<b>Award Winner</b>
<b>ASSOPI Annual Oration of an Outstanding Physiologist</b>	1 Applicant	<b>Dr. S. B. Deshpande</b> , Professor Emeritus & Academic Consultant, Apollo Institute of Medical Sciences & Research, Chittor, A.P.
<b>Prof. A. S. Paintal Oration Award</b> (Best research work in Physiology)	2 Applicants	<b>Dr. G. K. Pal</b> , Executive Director, AIIMS Patna, Bihar.

<b>Dr. Artatran Nanda Memorial Award</b> (Best research work in Respiratory Physiology)	<b>3 Applicants</b>	<b>Dr. Ajay Kumar Verma,</b> Professor Junior Grade, Department of Respiratory Medicine, KGMU, Lucknow.
<b>Prof. S. B. Deshpande Award</b> (Best research work in Neurophysiology)	<b>3 Applicants</b>	<b>Dr. Revand R.,</b> Senior Resident, Dept. of Physiology, AIIMS, New Delhi.
<b>Prof. G. K. Pal Award</b> (Best research work in Cardiovascular Physiology)	<b>6 Applicants</b>	<b>Dr. Meenakshi Sinha,</b> Professor, Dept. of Physiology, AIIMS Tatibandh, Raipur, Chhattisgarh.
<b>JIPMER Golden ASSOPICON Award</b> (Best research work by a postgraduate student in Physiology)	<b>1 Applicant</b>	<b>Dr. Kavitha N.,</b> Junior Resident, Dept. of Physiology, JIPMER, Puducherry.
<b>Shri Ram Murti Smarak Award</b> (Best research work in Yoga and Naturopathy)	<b>2 Applicants</b>	<b>Piyush Sharma,</b> PhD Scholar, Dept. of Physiology, AIIMS, New Delhi.
<b>Ramesh Bijlani Lifetime Achievement Award in Medical Sciences</b>	<b>1 Applicant</b>	<b>Dr. Narsingh Verma,</b> Professor & Head of Physiology, KGMU, Lucknow, U. P.
<b>Shri B. M. Patil Memorial Award</b> (Best research work in Physiology by a Physiologist below the age of 45 years)	<b>6 Applicants</b>	<b>Dr. Jayanti Pant,</b> Associate Professor, Dept. of Physiology, AIIMS Rishikesh, Uttarakhand.
<b>Fellowship Title of ASSOPI (FAPI)</b>	<b>4 Applicants</b>	<b>Dr. Nitin Ashok John,</b> Professor & Head, Dept. of Physiology, AIIMS, Bibinagar, Telangana.
		<b>Dr. Varun Malhotra,</b> Associate Professor, Dept. of Physiology, AIIMS, Bhopal, Madhya Pradesh.
		<b>Dr. Ritushree Kukreti,</b> Chief Scientist, Genomics and Molecular Medicine Unit, CSIR-Institute of Genomics and Integrative Biology, Delhi.
		<b>Dr. Meenakshi Sinha,</b> Professor, Dept. of Physiology, AIIMS Tatibandh, Raipur, Chhattisgarh.

### 3. Affiliation to other societies:

- i) **Inclusion of ASSOPI in IUPS:** General Secretary informed that he attended the 39<sup>th</sup> Congress of International Union of Physiological Sciences from 7<sup>th</sup> May, 2022 to 11<sup>th</sup> May, 2022 held at Beijing, China, in which our request to include ASSOPI as a member of IUPS family was discussed with Susan Wray, the President IUPS and our request was placed before the General Assembly of IUPS. We received a mail on 25<sup>th</sup> September 2022 that ASSOPI has been approved by the IUPS general assembly as a new full-time member of the IUPS. The PDF copy of the communication from IUPS displayed for information of all. On behalf of the Association, Dr. S. B. Deshpande placed the high note of appreciation for Dr. G. K. Pal for all his sincere efforts to register the ASSOPI as a full-time member in IUPS.
- ii) Application has been submitted to FIPS, and SAAP.

### 4. ASSOPI Representation to NMC

General Secretary informed that he has taken up the issues of ASSOPI with NMC, especially to make the subject more clinical and provide more scope to physiologists in clinical services. He said he will actively pursue till the major objectives are achieved.

### 5. Zonal activities:

1. ASSOPI – U.P. Chapter is regularly publishing newsletter cum research bulletin “Physiology Insight”. During last year (September, 2021 to September, 2022) **4 issues of Physiology Insight** were published. The total number of write-ups published in all the 4 issues are as follows:

Editorials	Scientific articles	Reflections	Extra-curriculars	Achievements	Total
10	28	2	7	6	53

#### **Academic Programme conducted by Physiology Insight:**

- i. Panel Discussion on “ICMR STS-2022” by the Editorial Team of Physiology Insight (UP Chapter) on 30<sup>th</sup> January, 2022
- ii. Symposium cum Panel Discussion on “Sleep Medicine-Opportunities Infinite” by the Editorial Team of Physiology Insight (UP Chapter) on 20<sup>th</sup> March, 2022.
- iii. Symposium cum Panel Discussion on “Electives” by the Editorial Team of Physiology Insight (UP Chapter) on 27<sup>th</sup> March, 2022.
- iv. Other activities



2. Virtual Symposium on “Chronomedicine: Relevance in COVID times” by the Department of Physiology, AIIMS Raipur on 18<sup>th</sup> September, 2021.
3. CME & Workshop on “Exploring Sleep Medicine & Polysomnography” by Dept. of Physiology, Hind Institute of Medical Sciences, Barabanki on 12<sup>th</sup> November, 2021 (Organizing Secretary: Dr. Arvind Kanchan).
4. CME on “Chronobiology and Sleep Update” by Dept. of Physiology, Dr. RMLIMS, Lucknow on 7<sup>th</sup> May, 2022 (Organizing Chairman: Prof. Sunita Tiwari, Organizing Secretary: Dr. Rajani Bala Jasrotia).

#### **4. Approval of ASSOPI Awards, 2022**

Dr. G. K. Pal, General Secretary informed the GB that a total of 25 nominations for various awards of ASSOPI and 4 nominations for Fellowship Title of ASSOPI were received, and a committee consisting of two 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, 2022 during the meeting held on 15<sup>th</sup> October, 2022 and the awardees received awards on 15<sup>th</sup> October, 2022 in the inaugural ceremony.

#### **5. Presentation of audited statement of account by Finance Secretary**

General Secretary informed that statement of accounts for last 2 years (2019-20, 2020-21) were not presented in 7<sup>th</sup> ASSOPICON, 2021 as it was not audited due to severe COVID situation in Pondicherry, for which the office of Auditor was closed for about a month as few of the staff members in the Auditor's office are affected by COVID. Therefore, he informed that the audited statements, which were supposed to be presented in the last conference, will be presented in this meeting along with the statement of account for 2021-22. Statement of account was presented by Dr. Pravati Pal, Joint Secretary of South zone, who was nominated by Finance Secretary of ASSOPI. The Founder President of ASSOPI, Dr. S. B. Deshpande, suggested finding out from Chartered Accountant if there is any chance of stopping the TDS being deducted, as ASSOPI being a non-profit and academic organization. After detailed presentation, the audited statement of accounts for the last three years were approved by the GB.

#### **6. Status of ASSOPI Journal**

General Secretary informed that the website development was done and intimated to everyone from his side and from Dr. Raj Kumar Yadav, Editor-in-Chief (EIC), but we could not get quality

papers. And he also informed that few papers have come and it was sent for review. Dr. G. K. Pal mentioned that nomination for the next EIC has been received.

## **7. Organizational matters**

### **i. Creation of new state branches/chapters**

Proposals for creation of new chapters of ASSOPI in Rajasthan, Gujarat, Punjab, were received.

### **ii. Recruitment of new members**

Presented by General Secretary in his report as stated above.

### **iii. Interim activities of ASSOPI**

Presented by General Secretary in his report as stated above.

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

Discussed above in the Annual Report presented by General Secretary.

## **8. Election for the new EB & OB posts**

General Secretary informed that as per bye-law of ASSOPI, the tenure of present EB and OB members ended in December last year. But due to prevailing COVID situation in the country, election was not held last year; hence one year extension was given to the existing executives. This year, he had announced for nomination for various posts in the last ASSOPI news Bulletin (March-April issue) circulated to all the life members of ASSOPI. The nominations received for various posts were presented in the GB meeting held on 15<sup>th</sup> October, 2022 and GB has approved the new EB and OB members for various posts of ASSOPI, for next two years tenure, as mentioned below.

### **Office Bearers**

**President:** Dr. Latika Mohan, Professor & Head of Physiology, AIIMS, Rishikesh, Uttarkhand.

**General Secretary:** Dr. Gopal Krushna Pal, Executive Director and CEO, AIIMS, Patna.

**Founder President:** Dr. Shripad B. Deshpande, Professor Emeritus & Honorary Consultant in Academics and Administration, Apollo Institute of Medical Sciences & Research, Chittor, Andhra Pradesh.

**Immediate Past President:** Dr. Narsingh Verma, Professor & Head, Dept. of Physiology, King George's Medical University, Lucknow, U. P.



**Vice-Presidents:** (arranged alphabetically)

**East Zone:** Dr. Dinesh Kumar, Principal, Professor and Head of Physiology, Govt. Medical College, Bettiah, Bihar

**West Zone:** Dr. Hasmukh Shah, Professor & Head of Physiology, Pramukhswami Medical College, Karamsad, Gujarat.

**South Zone:** Dr. Pravati Pal, Professor (Level-15) of Physiology, JIPMER, Puducherry.

**North Zone:** Dr. Raj Kumar Yadav, Professor of Physiology, AIIMS, New Delhi.

**Finance Secretary:** Dr. S. Velkumary, Professor & Head of Physiology, JIPMER, Puducherry.

**Editor-in-Chief:** Dr. Nitin Ashok John, Professor & Head of Physiology, and Dean (Examinations) AIIMS, Bibinagar, Telangana.

**Joint Secretaries:** (arranged alphabetically)

**West Zone:** Dr. Mrunal Phatak, Professor & Head, AIIMS Nagpur, Maharashtra

**East Zone:** Dr. Rituparna Barooah, Professor & Head of Physiology, NEIGRIHMS, Shilong, Meghalaya.

**North Zone:** Dr. Sabita Yograj, Professor of Physiology, Govt. Medical College, Kathua, Jammu

**South Zone:** Dr. Satish Dipankar, Additional Professor & Head of Physiology, AIIMS, Mangalagiri, Andhra Pradesh.

**Executive Body Members** (arranged alphabetically)

1. Dr. Ajay Bhatt, Associate Professor of Physiology, Mahatma Gandhi Memorial Medical College, Indore, Madhya Pradesh.
2. Dr. S. Anandhalakshmi, Professor & Head, Department of Physiology, AIIMS Madurai, Tamil Nadu.

3. **Dr. Anil Warkar**, Professor and Head of the Department of Physiology, IGMCI, Nagpur, Maharashtra
4. **Dr. Charushila Rukadikar**, Assistant Professor, Department of Physiology, AIIMS, Gorakhpur, U.P.
5. **Dr. Ekta Khandelwal**, Additional Professor, Department of Physiology, AIIMS Raipur, Chhattisgarh.
6. **Dr. Jolly Bhattacharjya**, Assistant Professor of Physiology, Gauhati Medical College, Assam.
7. **Dr. Kaviraja Udapa**, Professor of Neurophysiology, NIMHANS, Bengaluru, Karnataka.
8. **Dr. Manjinder Kaur**, Additional Principal, and Prof & Head of Physiology, Geetanjali Medical College and Hospital, Udaipur, Rajasthan.
9. **Dr. Padmaja Hari**, Professor of Physiology, MES Medical College, Perinthalmanna, Kerala.
10. **Dr. Prafull Kamble**, Associate Professor, AIIMS, Bibinagar, Hyderabad, Telangana.
11. **Dr. Prasunpriya Nayak**, Professor of Physiology, AIIMS Jodhpur, Rajasthan.
12. **Dr. Rajay Bharshankar**, Professor & Head, Dept. of Physiology, AIIMS, Bhopal, Madhya Pradesh.
13. **Dr. Rajeev Sharma**, Dean, and Professor & Head of Physiology, Guru Gobind Singh Medical College & Hospital, Faridkot, Punjab.
14. **Dr. Rupali Keshavrao Parlewar**, Professor & Head of Physiology, AIIMS Bilaspur, Himachal Pradesh.
15. **Dr. Sandip Sardesai**, Professor of Physiology, Goa Medical College, Goa.
16. **Dr. Sudhanshu Agrawal**, Professor and Head of Physiology, NCRIMS, Meerut, Uttar Pradesh.
17. **Dr. Tribhuwan Kumar**, Professor and Head of Physiology, AIIMS Patna, Bihar.
18. **Dr. K. C. Thirupathy**, Dean, and Director-Professor of Physiology, Government Medical College, Chidambaram (Cuddalore District), Tamil Nadu.

19. **Dr. Y. Dhanalakshmi**, Head Quarter Office Secretary of ASSOPI, & Additional Professor, Dept. of Physiology, JIPMER.
20. **M. Renugasundari**, Office Secretary to General Secretary, & Tutor, Dept. of Physiology, AIIMS Patna.

Dr. G. K. Pal informed that the newly elected executive of ASSOPI will take of the mantle of the association from 1<sup>st</sup> January, 2023.

He sincerely thanked the entire outgoing OB & EB members for their contribution to the growth and achievements of ASSOPI.

### **9. Finalization of venue for next annual conference of ASSOPI and proposal for subsequent conferences:**

The request for conducting next annual conference of ASSOPI in 2023 was proposed by Dr. Narsingh Verma. The proposal of 9th ASSOPICON, 2023, to be organized by Department of Physiology under the leadership of Dr. Narsingh Verma, KGMU, Lucknow, was approved by the GB.

Proposals were received for conducting annual conference of ASSOPI in subsequent years.

10th ASSOPICON 2024 at AIIMS, Bibinagar.

11th ASSOPICON 2025 at Geetanjali Medical College, Udaipur.

12th ASSOPICON 2026 at NIMHANS, Bengaluru

13th ASSOPICON 2027 at AIIMS, Rishikesh

14th ASSOPICON 2028 at AIIMS, Mangalagiri

Dr. G. K. Pal informed that to make the conference student friendly and scientist friendly, the “Scientific Committee” of the association has to be involved actively to give direction to the next Organizing Chairman about the major guidelines of the association to conduct the conference, especially for the scientific aspect of the conference.

### **10. Proposal for new ASSOPI awards**

Dr. G. K. Pal, General Secretary, ASSOPI informed that Dr. Anuj Maheswari, Secretary of Indian Society of Chronomedicine, has submitted a written request for institution of new award in the name of **Prof. Narsingh Verma Award for best research work in Chronobiology**.

Dr. Pal informed that as per ASSOPI Constitution, the person in whose name the award has to be instituted should have following requirements:

- i) Should have minimum 15 PubMed publications as the first author or corresponding author in the field of the proposed award.
- ii) The proposer has to contribute two lakhs as the seed money for the award.

General Secretary informed that Prof. Narsingh Verma has fulfilled the requirements and Dr. Maheswari has agreed to pay Rs. 2 lakhs for institution of the award. GB approved for institution of Dr. Narsingh Verma award for best research work in Chronobiology from the year 2023 onward.

General Secretary proposed to increase the seed money of ASSOPI Awards from existing two lakhs to rupees five lakhs for institution of new awards for subsequent new proposals as the money generated from interest of two lakhs is not adequate to make the award plaque, medal and certificate. GB approved the proposal to increase the seed money of ASSOPI Awards to **rupees five lakhs** for any subsequent new proposals.

#### **11. Presentation of a brief report by Organizing Chairman (Special Invitee)**

Dr. G. K. Pal invited Dr. Mrunal Phatak, Organizing Chairman of ASSOPICON 2022, to present a report and share her experience in organizing the conference. Dr. Mrunal Phatak thanked Dr. G. K. Pal, Dr. S. B. Deshpande, Dr. Narsingh Verma, and all the OB & EB members and life members of ASSOPI for attending the conference and for their full support and motivation. She suggested that framing the guidelines for the number of symposium, panel discussion and other scientific events to be conducted in every conference by the ASSOPI, which will be easier for the Organizers to conduct the conference. GB members highly appreciated the effort of Dr. Mrunal Phatak and her team to make the ASSOPICON 2022, a grand success.

#### **12. Any other matters (with permission of chair)**

Dr. G. K. Pal informed that there was a suggestion in the EB meeting for increasing the fees for Life Membership from 3,000 to 5,000. After a thorough discussion it was decided not to increase the life membership fees until we cross 1000 members.

Dr. Kamlesh Jha proposed to give a chance to the presenters of both oral and poster presentations of ASSOPI conference every year to make it as a full length original article and submit it to ASSOPI Journal for publication. Dr. G. K. Pal mentioned that this was tried earlier and still we could not get quality papers. The nomination for the next EIC was received and to give a chance to the new EIC to work on this issue and if he says that still he could not do it, as decided in the **last GB meeting, plan of making IJCEP as an official journal of ASSOPI** can be done for which an MoU has to be signed with the Proprietor of IJCEP.

Dr. S. B. Deshpande mentioned that usually Organizing Secretary deposit money to the association, which was collected during the conference, if unspent at the end of the

conference. Dr. G. K. Pal mentioned that it was placed on record and minuted that Organizing Secretary of conference held at JSS Medical College Mysuru had deposited Rs. 42,000/- to the association. And he also added that in our constitution, minimum 5% income of the registration fees of the conference should be deposited as seed money to the central body of the association at the end of the conference.

### **13. Vote of thanks**

GB Meeting ended at 8.30 PM with vote of thanks proposed by Prof. G. K. Pal. Dr. Latika Mohan, President-Elect mentioned that ASSOPI is a highly vibrant, scientific and ethical organization. She thanked the Organizing Chairperson of the conference, Dr. Mrunal Phatak for organizing such a wonderful conference at AIIMS Nagpur. The GB members applauded the Organizing Chairman for conducting such a grand conference. Dr. Latika Mohan expressed her gratitude to Dr. G. K. Pal for putting his heart and soul and all sincere efforts for the association inspite of him being the Executive Director of AIIMS Patna, which engages him in a very busy schedule.

Dr. G. K. Pal,  
General Secretary, ASSOPI.

## ***Upcoming Events:***

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

The 9<sup>th</sup> Annual Conference of ASSOPI (9<sup>th</sup> ASSOPICON) will be organized from **27<sup>th</sup> to 29<sup>th</sup> October, 2023**, by Department of Physiology, King George's Medical University, Lucknow under the leadership of Dr. Narsingh Verma, Professor & Head. The details of the first announcement are given at the end of this News Bulletin. For details, contact Secretariat, Dept. of Physiology, King George's Medical University, Lucknow (Mobile: 98390 64560; 9453562277).

### **ASSOPI Journal**

There were few papers submitted to EIC of ASSOPI Journal, and therefore the journal could not be published in January, 2023. As it was already decided in the last GBM of ASSOPI, if ASSOPI Journal fail to start due to paucity of papers submitted to the journal, the '**International Journal of Clinical and Experimental Physiology**' (IJCEP), which is published by Dr. G. K. Pal as Editor-in-Chief may be made the Official Journal of ASSOPI. As Dr. G. K. Pal is the General Secretary of ASSOPI, who is also the Chief Executive Officer of the Association, Dr. Pal was requested to work

on the possibility of this arrangement. It was also decided that Dr. G. K. Pal will be the permanent Executive Editor of IJCEP and the person for the post of Editor-in-Chief will change every three years as nominated/elected in the GBM of ASSOPI.

Dr. G. K. Pal with the request from Dr. Nitin Ashok John, the EIC of ASSOPI Journal contacted Dr. Mueen Ahmed, the proprietor of IJCEP on the possibility of IJCEP being made the Official Organ of ASSOPI. Dr. Mueen Ahmed suggested that an MoU has to be signed between IJCEP and ASSOPI and the financial implications of the journal to be covered by the association to be discussed and finalized. Till that happens, IJCEP can be declared as the journal **endorsed by Association of Physiologists of India (ASSOPI)** from the 1<sup>st</sup> issue of 2023.

The ASSOPI members are requested to send their articles (original research articles/review articles/case reports/short communications/letters to editor/news and views/guest editorials) to IJCEP.

Please visit the website of IJCEP (<https://www.ijcep.org/index.php/ijcep>) for the details of preparation, submission of manuscript and author guidelines.

For further details contact:

#### **Editor in-Chief, IJCEP**

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### **Muscle Fat as a Risk Factor for Cognitive Impairment:**

According to a new study that was published on June 7, 2023 in the Journal of the American Geriatrics Society<sup>1</sup>, authors measured the intermuscular adipose tissue of the thigh muscle using CT scans in 1634 adults who were aged 69-79 years at year 1 and year 6. They found that older adults with high amounts of fat in the skeletal muscles were more likely to experience faster cognitive decline. At years 1, 3, 5, 8, and 10, they also used the mini-mental state exam (3MS) to assess the participants' cognitive function. Close to half (48%) of the chosen subjects were female and 35% were Dark. Expansion in thigh fat substance of 4.85 cm<sup>2</sup> was related with decline of an extra 3.60 points on 3MS. Skeletal muscle adiposity may be a novel risk factor for cognitive decline, as this study found a significant correlation between cognitive impairment and a 5-year increase in the fat content of thigh muscle. This relationship between muscle fat and cognitive deficit was independent of muscle strength, body composition including the conventional risk factors for dementia. Consequently, older adults should be encouraged to lead a healthy way of life with a well-balanced diet and everyday work-out.

### **Night Owls at Risk of Early Death:**

Individuals who keep awake until late evening time and start off late in the day are in danger of death at an early age, as per results of 37-year follow-up study. This study, which was a follow-up of the 2002 Finnish Twin Cohort study, included 23,854 twins from 1981 to 2018. At the time of enrolment, the participants were asked to select one of the four responses to determine whether they were morning or evening people and to what extent, "to some extent a morning or evening person" or "clearly a morning or evening person". Only 10% clearly preferred the evening, while 33% preferred the evening to some extent. Over 29% clearly preferred the morning, and 27% said they were somewhat of a morning person.

The evening people were typically younger in age and more likely to smoke or drink alcohol. By the time the study ended in 2018, there had been a total of 8728 deaths. With a hazard ratio of 1.09, the findings demonstrated that the all-cause mortality rate among clearly evening people was 9 percent higher than among clearly morning people. However, since non-smokers in this group were not at higher risk of death and there was no correlation found between chronotype and mortality, the majority of deaths could be attributed to smoking and excessive alcohol consumption rather than the chronotype of the individual.

This study shows no or insignificant independent effect of the chronotype of a person on mortality recommending that different factors, for example, smoking, liquor or lack of sleep could be adding to the expanded mortality risk. However, even though the risk of premature death rises by 9%, this is still significant enough to warrant altering one's lifestyle and habits to lower one's risk.



# ***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/-

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Application can be filled and submitted online in ASSOPI website: [www.assopi.co.in](http://www.assopi.co.in).

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

For further details contact:

Dr. Gopal Krushna Pal,

General Secretary, ASSOPI,

Office of Executive Director & CEO,

AIIMS Patna, Bihar – 801 507.

Email: [drgkpal@gmail.com](mailto:drgkpal@gmail.com)



# **PHYSIOLOGY 2023**

**9th Annual Conference of  
Association of Physiologists of India**

**27th to 29th October, 2023**

**Atal Bihari Vajpai Convention Centre  
King George's Medical University, UP, India**

**First Announcement**

**Secretariat**

**Dr. Narsingh Verma**

**Prof. & Head**

**Department of Physiology**

**King George's Medical University, Lucknow**

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# ***First Announcement***



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Vice Chancellor  
King George's Medical  
University, Lucknow



**Prof. Sunita Tiwari**  
Patron  
Professor, Deptt. of Physiology,  
DR Ram Manohar Lohia Institute  
of Medical Sciences, Lucknow



**Dr. U.S. Pandey**  
Patron  
Former Head of department  
Physiology  
&  
Registrar, KGMU, Lucknow



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**Organizing Chairman**  
Prof. & Head  
Department of Physiology  
KGMU, Lucknow



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Deptt. of Physiology  
KGMU, Lucknow



**Dr. Manish Bajpai**  
**Organizing Secretary**  
Professor  
Deptt. of Physiology  
KGMU, Lucknow

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Dear Friends,

We invite you to participate in the 9th Annual Conference of Association of Physiologists of India (Physiology 2023) that is being held at Atal Bihari Vajpai Convention Centre, King George's Medical University Lucknow, from **October 27th to 29th, 2023**. A large number of the members of the Society and invited guests would arrive at the beautiful "City of Laxman" to participate in the deliberations. In addition, there are several **workshops that will be held on October 27th, 2023**.

The scientific program will cover the entire scope of the Future physiology. Following the success of the last eight conferences with more than 1000 delegates and guest from various department, government official and professionals from all over the country and abroad associated with the Physiology will come together to attend the conference.

**See you all at Lucknow "Lakshmanapuri"**



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# ASSOPICON 23

## Workshop Registration Form

Registration ID .....

Name: .....

Email: ..... Mobile: .....

Designation: .....

Institution: .....

Workshop you want to attend : ( Tick )

S.no	Category	Registration fees	Tick ✓
1.	CGMS/AGP - Continuous Glucose Monitoring	Rs 1000	
2.	Sleep Workshop	Rs 1000	
3.	ABPM (Ambulatory Blood Pressure Monitoring)	Rs 1000	
4.	PFT Workshop	Rs 1000	
5.	BERA Workshop	Rs 1000	
6.	Research Methodology Workshop	Rs 1000	
7.	Yoga & health Workshop	Rs 1000	
8.	ANS Workshop	Rs 1000	
9.	Thromboelastography	Rs 1000	
10.	Learning by Mannequin	Rs 1000	
11.	Exercise Physiology Workshop	Rs 1000	

Before Filling the Registration form Please transfer the registration fees through NEFT/RTGS , add workshop fees and accommodation charges with Registration

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**Secretariat**

**Department of physiology**

**King George Medical University, Lucknow**

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**Date:** .....

**Signature**

Category	Before Sep 31st	On Spot
Indian Delegate (Non member)	Rs 8000	Rs 10000
ASSOPI member	Rs 7000	Rs 9000
PG/PhD	Rs 5000	Rs 7000
Accompanying person	Rs 4000	Rs 5000
Student Delegate	Rs 1000	Rs 1500

Payment to be made by DD in favor of, "Physiology Society" payable at Lucknow

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## **Attraction of the Conference**

- Keynote, Lectures by eminent Physiologists of the country and abroad
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- Free paper sessions
- Poster presentations
- PBL presentations
- Research retreat –
  - In this session the presentation will be done by the authors of best pubmed indexed publications
- Opportunities to visit nearby places like Ayodhya, Prayagraj and Varanasi
- Social networking with peers