

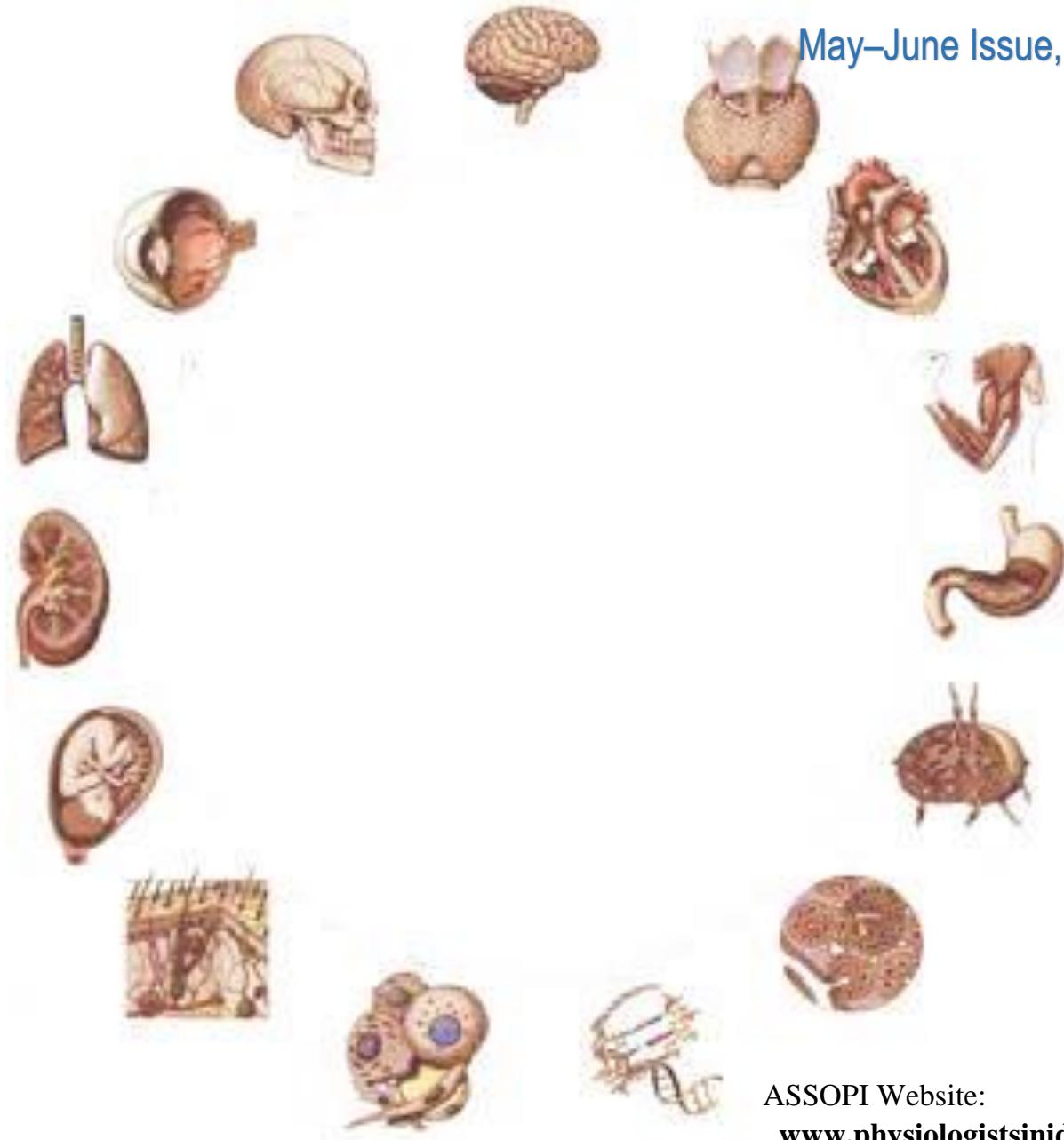
ASSOCIATION OF PHYSIOLOGISTS OF INDIA (ASSOPI)

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ASSOPI NEWS BULLETIN

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www.physiologistsinida.com

Motto of ASSOPI:

“Preventive and Promotive Physiology”

(Physiology for prevention of diseases and promotion of health)

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Upcoming Events



The Third Annual Conference of Association of Physiologists of India (ASSOPICON 2016) will be conducted by Department of Physiology, **BLDE University's Shri B. M. Patil Medical College, Hospital & Research Centre**, Vijayapura, Karnataka from 14th to 17th September, 2016.

The theme of this year's conference is "**Physiology Decodes Novelty of Vascular Sciences**"

BLDE University (Established 2008) is one of the academic establishment of highly reputed BLDE Association which is more than a century old (Established 1910). The medical college is established in the year 1986. The department of physiology is renowned for its research and academic excellences. Currently 'Laboratory of Vascular Physiology & Medicine' of the department of Physiology is running research collaboration, MoU and visiting faculty program with Tulane University, USA; University of Leeds, UK; East Carolina University, USA, Public Health Foundation of India, IIPH- Hyderabad and SOES, Jadavpur University, Kolkata.

HIGHLIGHTS

Students ASSOPICON: Undergraduate Science Congress on Health Sciences - **14th Sep 2016**

Pre-Conference: Workshop on "Publishing research paper in a PubMed indexed journal" - **14th Sep 2016**

Conference: **15th – 17th Sep 2016**

The **Pre-conference (14 Sep 2016)** will be dedicated to undergraduate students of health sciences as "**Students ASSOPICON 2016**". Undergraduate students will present free paper as well as poster in this event. The postgraduate students will chair the sessions in this event. Several prizes are also kept for the undergraduate students scientists who excel in the event.

The organizing committee has also kept a **Pre-conference workshop** entitled “*Publishing research paper in a PubMed indexed journal*” on 14 September 2016. This workshop will be coordinated by Dr.G.K.Pal, General Secretary-ASSOPI.

The **main conference** will be inaugurated on 15 September 2016 at 10 AM which will continue till 17 September 2016 afternoon. Besides several Key note addresses, organizing committee has kept eight numbers of symposium on various thrust area of research on physiological sciences in this conference. As the conference theme is on vascular sciences hence interdisciplinary approaches on vascular physiology & medicine will be the principal objective of the conference. The first symposium will be dedicated on ‘Medical Education’ besides symposium on neurosciences, yoga, exercise & environment, endocrinology, nanosciences and drug delivery etc. will also be covered.

As Vijayapura is a historical place hence organizing committee has also arranged sight seeing program separately during this national conference ASSOPICON 2016.

LAST DATES:

Abstract Submission: *15th Aug 2016*
Registration: 15th Aug 2016

For all information regarding the conference and registration procedure please check the website:

<http://www.assopicon2016.in/>
 or <http://physiologybldeuniversity.webs.com/>
 or <http://www.bldeuniversity.ac.in>

For details of ASSOPICON 2016, please contact:

Phone : **08352-262770-2291**
 e-mail : **assopicon2016@bldeuniversity.ac.in**

Organising Secretary: Dr. Manjunath Aithala
Joint Organising Secretary: Dr. Lata. M. Mullur

Department of Physiology,
SHRI B.M.PATIL MEDICAL COLLEGE,
 Smt. Bangaramma Sajjan Campus, Solapur Road, Vijayapura, Karnataka 586103

Nominations for New OB & EC Members of ASSOPI (2016-18)

As the tenure of the present office bearers (OB) and members of the executive committee (EC) ends this year, the new committee (of office bearers and executive body members) has to be constituted as per the constitution of ASSOPI. Therefore, this is to inform you all that the following posts will be vacant for the year 2016-2018, for which nomination from interested life members of ASSOPI may be reached on or before 31st August, 2016, in the format given below.

President: One post

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

Vice-Presidents: Four posts

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

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

General Secretary: One post

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

Finance Secretary: One post

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

Chief Editor: One post

Eligibility: Should be a life member of ASSOPI with minimum of 15 years standing as a Physiologist, after obtaining MD/PhD degree, and must have minimum 10 research publications in PubMed indexed journals.

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

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

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

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

The nomination in the format given below duly filled-in and signed by the nominee and proposer and seconder for the nomination along with a covering letter from the nominee addressed to General Secretary of ASSOPI, may be sent by Speed Post/Courier to the following address:

Dr. G. K. Pal, General Secretary of ASSOPI,
Department of Physiology,
JIPMER, Puducherry – 605 006,
Cell No. 093442 91160

Please note the last date and time of application: **30th August, 2016, 5 PM**. Any application received in the office of General Secretary after 5 PM of 30th Aug, 2016, will not be considered for nomination. It is the responsibility of the applicant to ensure that his nomination is received by the Office of General Secretary of ASSOPI before the date and time prescribed.

Format of nomination for the posts of OB and EB member

ASSOCIATION OF PHYSIOLOGISTS OF INDIA (ASSOPI)

Nomination for the post of

I,, a life member of ASSOPI is willing

to be nominated for the post of of ASSOPI for the year 2016-2018.

My nomination is proposed and seconded, as follows,

Proposed by: (Name) (Signature)

Seconded by: (Name) (Signature)

Signature of the Nominee:

Date :

Place:

Nomination / Application for ASSOPI Awards and Fellowship Title

A. 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 duly signed by the nominee/applicant (clearly mentioning your ASSOPI Life membership Number, present designation, full communicating address, E-mail ID, Mobile Number, Residence/Office Phone number), PDF copy of the manuscript / publication and other supporting documents as mentioned in the eligibility requirements, should be sent by Speed Post/Courier to the following address:

Dr. G. K. Pal, General Secretary of ASSOPI,
 Department of Physiology,
 JIPMER, Puducherry – 605 006,
 Cell No. 093442 91160

Also, soft copy of all the documents including PDF copy of the manuscript/publication should be sent to the personal e-mail ID of Dr. G. K. Pal: drgkpal@gmail.com

Please note the last date and time of application: **14th August, 2016, 5 PM**. Any application received in the office of General Secretary or in the e-mail account of Dr. G. K. Pal after 5 PM of 14th Aug, 2016, will not be considered for selection for the award. It is the responsibility of the applicant to ensure that his application is received by the Office of General Secretary of ASSOPI before the date and time prescribed.

All categories of award applications will be reviewed by subject experts in the corresponding field. Suggestion of name of experienced reviewers for all the categories of awards with their designation, e-mail ID and cell phone numbers can be given by ASSOPI members, on or before 10th September. 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 a department, the reviewer for that award from the same department will not be considered.

1. **Prof. A. S. Paintal Award** for best research work in Physiology.
2. **Dr. Artatran Nanda Memorial Award** for best research work in Respiratory Physiology
3. **Prof. S. B. Deshpande Award** for best research work in Neurophysiology
4. **Prof. G. K. Pal Award** for best research work in Cardiovascular Physiology
5. **JIPMER Golden ASSOPICON Award** for best research work conducted by a postgraduate student in Physiology
6. **Shri S. N. Chaudary Memorial Award** for best research work in Environmental Physiology
7. **Sri Ram Murti Smarak Award** for best research work in Yoga and Naturopathy

Eligibility Requirements

A. For Award No. 1 to 4 & 6 and 7:

- i) This award is meant only for the life members of ASSOPI.
- ii) The work should have been conducted in the field of Yoga and Naturopathy.
- iii) The work should be a recent one and preferably be published in a peer reviewed journal in the year 2014-2016 (a PDF Copy of the published paper or the manuscript of the work should be submitted).
- iv) The same work should neither have received nor have been submitted for any other award from other organizations/associations/scientific bodies.
- v) 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.

B. For Award No. 5 (JIPMER Golden ASSOPICON Award):

- i) This award is meant for postgraduates 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 certificate from the Guide and Head of the Department, that this work was conducted by the nominated student during his/her post-graduation course.
- v) A **structured abstract** (Background & Aim, Methods, Results, and Conclusion) of the work, not exceeding 300 words must be submitted with the nomination. Please do not send the full PG dissertation/thesis. Also, please send a copy of the 'Abstract' to the Organizing Secretary of ASSOPICON 2015 (E-mail:assopicon2016@bldeuniversity.ac.in), for publication in Conference Souvenir.

The 'JIPMER Golden ASSOPICON Award' for best research work conducted by a postgraduate student in Physiology will be decided during the annual conference of ASSOPI, in a special session "***Postgraduate Award Session***" organized for the purpose. The eligible candidates will be asked to present their papers, and the best postgraduate paper will be selected by a panel of judges. This award (JIPMER Golden ASSOPICON Postgraduate Award) will be presented to the selected candidate in the 'Valedictory function' of the conference

B. 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 every 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 one copy each of 10 best PubMed indexed papers, 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.

Office bearers of ASSOPI are not eligible to apply for any award or fellowship title during their tenure as office bearer.

Correspondence related to awards and fellowship title should please be made to personal e-mail ID of Dr. G. K. Pal: drgkpal@gmail.com

Branch Activities of ASSOPI

Opening of Regional Branch in Gangtok:

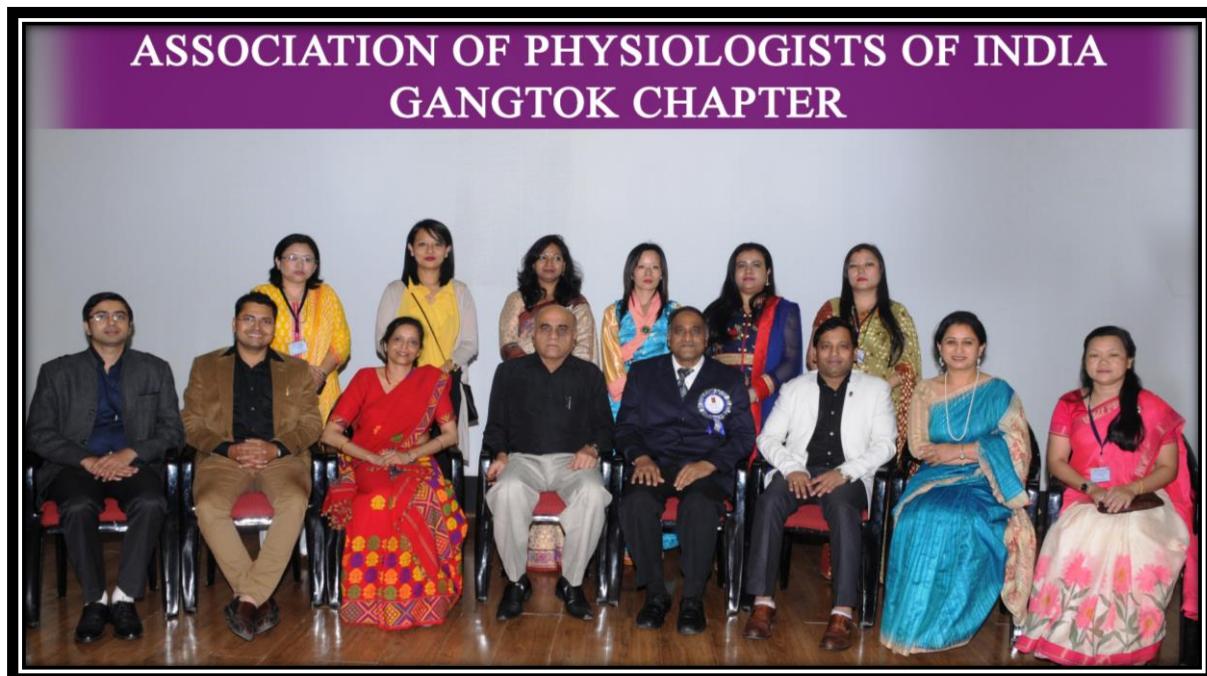
A regional chapter of ASSOPI was opened on 9th May 2016 in Sikkim Manipal Institute of Medical Sciences (SMIMS), Gangtok along with two days national level CME cum Workshop titled “Evaluation of Autonomic Functions & Sleep Patterns in Health and Disease”.

The occasion was graced by Honourable Health Minister, Govt of Sikkim, Mr. A. K Ghatani, Principal Secretary, Department of Science and Technology Govt. of Sikkim Dr. Anil Mainra, Dean (SMIMS) Prof. (Dr) G. S. Joneja, Registrar SMU Dr. Ashis Sharma, Prof.(Dr). Sripad Deshpande (BHU), Dr. T.N. Sathyaprabha (NIMHANS Bangalore).

Following are the office bearers of Gangtok chapter ASSOPI:

1. President: Dr. D. K. Jha (Prof. and Head)
2. Secretary: Dr. Sanjay Kumar (Associate Prof.)
3. Assistant Secretary-I: Dr Rubi Dey
4. Assistant Secretary-II: Mr Bibhushan Dhungyal
5. Treasurer: Dr. Bhawana Thapa
6. Members:

Mrs. Snehalatta Rai
 Mrs. Purnima Gurung
 Mrs. Suprabha Sharma
 Dr. Sujata Gurung
 Dr. Aruna Pradhan
 Dr. N. Chaya
 Dr. Manoj Mishra
 Dr. N. Srivastava



Are potatoes linked to high blood pressure?

Report of a new study from the Brigham and Women's Hospital and Harvard Medical School, published May 2016 in the BMJ, state that eating boiled, baked, mashed or as chips is linked to increased risk of developing high blood pressure.

The researchers combined the results of three large US studies (Nurses' Health Study, Nurses' Health Study II and Health Professionals Follow-up Study) that followed over 187,000 men and women for more than 20 years, who did not have hypertension at baseline. A questionnaire was used to evaluate consumption of potato in diet, including how often the participants ate potatoes and in which form. Baked, boiled and mashed potatoes formed one category; French fries and potato chips formed two separate categories.

When compared with less than one serving a month, consuming four or more servings of baked, boiled or mashed potatoes in a week was linked to an increased risk of high blood pressure in women, but not in men. Higher consumption of potato chips was linked to an increase risk of high blood pressure in both men and women. Potato crisps were linked to an increased risk of high blood pressure in either men or women.

Regular Exercise prevents knee pain, especially in diabetic patients

A new study published in *Arthritis Care and Research* suggests that an intensive regimen of regular exercise and a healthy diet might reduce the short-term onset of knee pain (often caused by osteoarthritis) for overweight adults with type 2 diabetes mellitus.

Predicting sudden cardiac death

- Normally people can walk a distance of 400–700 meters in 6 minutes.
- A 6-minute walking distance of less than 300 meter is simple and useful predictor of sudden cardiac death in patient with mild to moderate heart failure.
- Patient with ILD who can cover less than 200 meters during 6 minute walk test are 4 times more likely to die than those who can walk greater distance.
- People who can cover a distance of 200–300 meters need further evaluation.
- A fall of SpO₂ of more than 4% ending below 93% suggests significant desaturation.
- An improvement of more than 70 meters or 10% in distance walk can make all the difference.
- An improvement of 30 meters in any distance walked is the minimally important difference in any treatment.
- Sudden cardiac death is linked to 15% of total urban mortality
- Risk factors for sudden cardiac death include abnormal lipid level, high blood pressure, cigarette smoking physical inactivity, diabetic, obesity and family history of pre-mature heart disease or heart attack.
- Binge alcoholism can cause sudden cardiac death (6 or more drinks per day or five drinks in one session)
- Risk of sudden cardiac arrest is transiently increased during for up to 30 minutes after strenuous exercise (1/1.5 million of episode of exercise)
- If you are at low risk for having a heart problem, you do not need a regular treadmill test.

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.physiologistsindia.com. 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,
 Professor & Head, Dept. of Physiology,
 1st floor, JIPMER Academic Centre,
 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.