

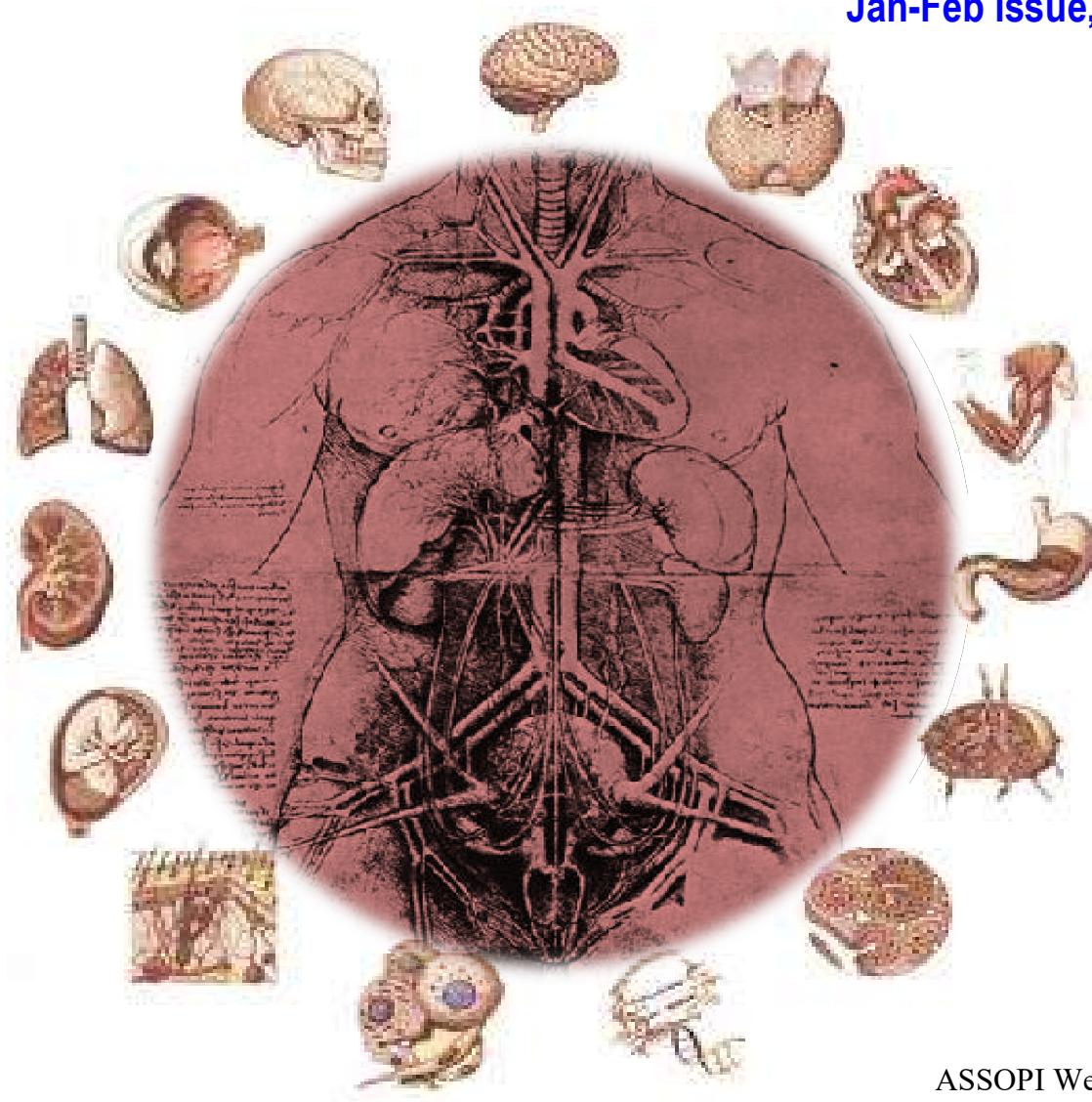


ASSOCIATION OF PHYSIOLOGISTS OF INDIA (ASSOPI)

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Jan-Feb Issue, 2019



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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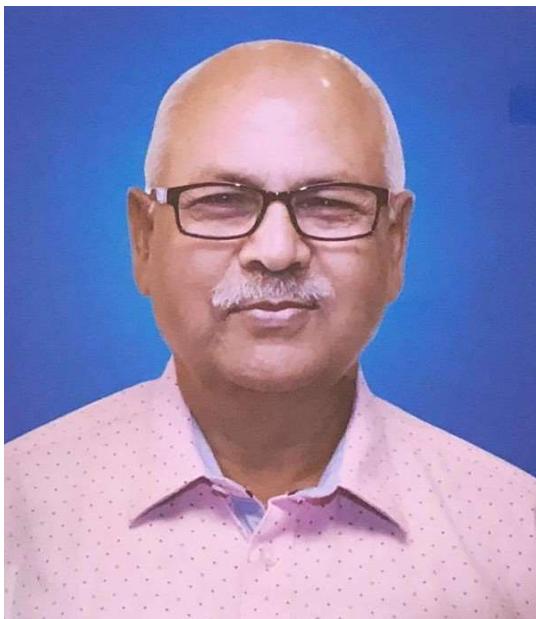
Department of Physiology,

Apollo Institute of Medical Sciences &

Research, Chittor, A.P.

Obituary

Prof. S. N. Sharma (1951-2019)



Dr. Sachidanand Sharma was a founder member of ASSOPI and was the Vice President (East Zone) since the inception of ASSOPI. His contribution to ASSOPI is immense.

Dr. S. N. Sharma was born in village Kudma of district Gaya on 6th March, 1951. He completed his high school from Koch in Gaya district. He got 3rd rank in the entire state of Bihar in matriculation board examination. He completed his I.Sc. from Science College in Patna. He secured admission to prestigious Patna Medical College and Hospital (PMCH) and received his MBBS degree. After that he joined Gaya Medical College as tutor in 1976, and then he did MD from PMCH in 1983 and fellowship from London in 1990. He joined medical college in Jamshedpur as professor and then he came to Nalanda Medical College as HOD of Physiology, in August 2003 he was appointed as Medical Superintendent of ANMCH. Later he was destined to serve his alma mater by joining PMCH as HoD, Physiology and he retired from the same position in March 2018. He was a great teacher and researcher in Physiology. His passion for work continued and after retirement he worked at Kishanganj Medical College as an emeritus professor.

When he was in initial year of MBBS, he was spotted by top surgeon of that time Dr. Vijay Narayan Singh (founder of NMCH) for marriage of her niece Kusum Sharma. Dr. S. N. Sharma's life can be said more than complete based on his professional and personal achievements. He raised his 5 daughters with utmost love and care. He was working till last day of his life. He had opportunity to settle at any place in world, but he decided to work near his place of birth for his deep love for his motherland. From working in fields while he was young, to administrative works and inspecting various medical colleges across India under MCI, he lived his full life. He has

helped thousands of people in getting health treatment and guided various people in professional career and education. All his family and friends are missing him dearly.

He was diagnosed with an aggressive cancer in pre-ampullary area in intestine in August, 2018. He left this world on 15th January, 2019, but he lives in our heart for ever. On behalf of ASSOPI, we pay a rich tribute to this great soul and we all pray for his soul to rest in peace.

Upcoming Events

1. Scientific Rangoli Competition at RM Lohia Institute of MS, Lucknow:



Organizing Committee

Patron

Dr Deepak Malviya
(Director DrRMLIMS)

Dr N S Verma
(President ASSOPI)

Chairman

Dr Nitin Ashok John

Organizing Secretary

Dr Vibha Gangwar

Members

Dr Rajani Bala Jasrotia
Dr Manish Kumar Verma
Dr Ankita Prakash
Dr Mohd. Nawaz
Dr Rashmi Prakash

Invitation

Theme: Physiological Mechanisms in Homeostasis

Date: 6th March 2019

Venue: Physiology Department, Academic Block, DrRMLIMS, Lucknow

It is a pleasure to inform & invite the first-year students of various medical/dental colleges of the state Uttar Pradesh to participate in Scientific Rangoli Competition which will be organized by Department of Physiology, DRMLIMS, Lucknow on 6th March 2019. The detail of programme is attached herewith. We look forward for your encouraging recommendation to your first-year students for participation in the event. Gracious presence of faculty members is solicited and it would be of great help to encourage & enlighten students with the Aspects of understanding intricacy and beauty of Physiological Mechanisms.


Dr Vibha Gangwar
Organizing Secretary


Dr N S Verma
President ASSOPI


Dr Nitin Ashok John
HOD Physiology


Dr Deepak Malviya
Director

Details of Programme

Date: 6th March 2019

Venue: Department of Physiology, Academic Block, DrRMLIMS, Lucknow

Schedule:

Reporting time: 11.00 am

Rangoli making: 11.00 am to 2.00 pm

Evaluation by the judges: 2.00 pm to 3.00 pm

Prize distribution & Felicitation: 3.00 pm to 4.00 pm

- *There will be one team of 5 students from each college.*
- *Registration for participation is compulsory and last date of registration is 15th February 2019.*
- *There is no registration fee for participation.*
- *The registration form can be downloaded from the website of DrRML*
- *Duly filled Registration form should be sent by email only on the following address: vgangwar.vg@gmail.com*
- *No TA/DA will be given to any team.*
- *Each team will select the topic for Rangoli by their own related to the topic "Physiological Mechanisms in Homeostasis". They will make a Rangoli on the topic.*

2. ASSOPICON – 2019

The 6th Annual Conference of Association of Physiologists of India will be organized by Dept. of Physiology, JSS Medical, Mysuru, Karnataka, from **11th to 14th September, 2019**. The first circular has already been circulated to all the members. The update for the conference is presently available from a link under 'News and Events' with sub link to 'News and Calendar' in the JSS Medical College Website (www.jssuni.edu.in). The proposals for workshop and symposia in the conference from ASSOPI members may be sent to: assopicon2019@gmail.com

All ASSOPI members are requested to motivate their colleagues and students to register for the conference. The registration fees as proposed by the organizing committee are as follows.

ASSOPICON 2019 (Conference)	Early Bird Registration Fee 1 st April to 31 st July 2019	Late Registration Fee 1 st August to 15 th August 2019	Spot Registration Fee
ASSOPI Member	Rs. 6000	Rs. 7000	Rs. 8000
Non-ASSOPI Member	Rs. 7000	Rs. 8000	Rs. 9000
PG Student ASSOPI Member	Rs. 4000	Rs. 5000	Rs. 6000
PG Student Non- ASSOPI Member	Rs. 5000	Rs. 6000	Rs. 7000
International Delegates	\$125	\$ 150	\$ 200
WORKSHOP			
Delegates	Rs. 1000	Rs. 1500	Rs. 2000
PG Students	Rs. 750	Rs. 1000	Rs. 1250

For further details, please contact the organizing secretary of ASSOPICON-2019 at following address:

Dr. L. Rajeshwari,

Organizing Secretary, ASSOPICON 2019.

Associate Professor of Physiology,

JSS Medical College, Mysuru.

Mobile: 09248386722

Mail IDs: lrajeshwari@jssuni.edu.in

raj0522004@gmail.com

Online Payment of Membership Fee of ASSOPI:

There have been requests from many quarters to make online payments for membership of ASSOPI through the official website of the association. Due to technical reasons, presently the direct online payment through the website has not become possible. However, to make online payments for the new membership, the interested physiologists or members may contact Dr. G. K. Pal (drgkpal@gmail.com) or Ms. Allampalli Sirisha (siribangaram2020@gmail.com) for enrolling the new members. The ASSOPI account number will be communicated to them individually for online transfer of money directly to ASSOPI Account. Also, to be noted that the PDF Copy of the life membership certificate will be communicated to the newly registered members within one week of receiving the payment and they can take print of the certificate. Hence-forward, the hard copy of the membership certificate will not be sent to the members from head office.

Inviting papers for IJCEP (Official Journal of ASSOPI):

As decided in the 5th GB meeting of ASSOPI held on 28th Sept., 2018, at Pramukhswami Medical College, Karamsad, Gujarat, the International Journal of Clinical and Experimental Physiology (IJCEP) will be made the official journal of ASSOPI and Dr. G. K. Pal was requested to work on the formalities of making this possible. The procedure of transferring the IJCEP to ASSOPI is under way and will be completed soon. Though the third and fourth issues of IJCEP have already been published, it has not been uploaded in the IJCEP website, due to technical reasons. However, the IJCEP website is fully functional and will be updated with the publication of first issue of 2019 and with changes made in the editorial board. **The first issue (January-March, 2019) of IJCEP as an organ of ASSOPI will be published in the month of April, 2019.** The members of ASSOPI are hereby requested to submit their papers (www.ijcep.org) to publish their research works in the journal of ASSOPI (i.e. IJCEP).

Dr. Rajkumar Yadav, Professor of Physiology, AIIMS, New Delhi, is the new Editor-In-Chief of IJCEP and will handle all the publication related issues of the journal. Dr. G. K. Pal is Executive Editor of IJCEP and he will look after the administrative issues of the journal.

For further details of submission of papers to IJCEP, Dr. Rajkumar Yadav may be contacted at: raj3kr@gmail.com or Dr. G. K. Pal may be contacted at: drgkpal@gmail.com

"Crying Clubs": Crying is therapeutic:

Laughter therapy is familiar to us all as a means to reduce stress and anxiety of day to day life. Crying, on the other hand, has been looked upon as a sign of weakness. Shedding tears in public has been frowned upon. This has changed. Now, crying is considered good for health "therapeutic" and is being used as a therapy to reduce stress.

Chronic stress has a negative effect on health and well-being.

There are "crying clubs" where people collect and cry to release their emotions and alleviate their stress.

The "crying clubs" in Japan, which started in the year 2013, are called *rui-katsu*, which means "tear-seeking", where people collect to cry in public to release their stress.

The first crying club in India was started in Surat, Gujarat in 2017 (*Ahmedabad Mirror*).

Three types of tears are produced by the body: Reflex, continuous and emotional. Reflex tears are produced in reaction to irritants and help clear them away, while continuous tears lubricate the eyes. It is the third type of tears - emotional tears, which come into play in stressful conditions.

Emotional tears contain stress hormones (cortisol), which is released when the body is under stress. These hormones are removed from the body by the act of crying.

Tears also contain leucine enkephalin, an endorphin. Crying stimulates the formation of these endorphins as well, the "feel good" hormones that modulates pain. Crying activates the parasympathetic nervous system and restores the body balance.

As Experimental psychologist Alex Goetz said, "*Tears serve an important purpose. Emotional tears, shed in moments of intense feeling, carry stress hormones and are a way of getting rid of them. Even if crying embarrasses you, it signals that you have reached a level of stress that is detrimental to your health.*"

White rice is harmful:

White rice is much more dangerous in terms of glycemic index than white bread. It has glycemic index of 102. We often tell people not to take cola drinks but they eat white bread. The glycemic index for white bread is 100% and that for cola drink is 90%. Traditional Indian drinks like Rooh Afza, Khas Khas may also contain more than 10% sugar.

The recommended sugary drink does not contain more than 2-3% sugar, which is the amount present in oral rehydration solution. People leave a cola drink and take mashed potato, which has glycemic index more than that of a cola drink (102 versus 90). Pizza has a glycemic index of 86. Table sugar has a glycemic index of 84, while that of jam is 95. French fries have a glycemic index of 95. Most people add sugar in food and snacks because sugar is a preservative. Less the sugar, earlier the food will be spoiled.

To avoid refined carbohydrates in diet, if one has to choose, then the most dangerous is white rice, followed by white bread and then comes white sugar.

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:

Pincode:

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), application number(s), college/institute name with contact number on the backside of Original Demand Draft while despatching the DD to above address.