

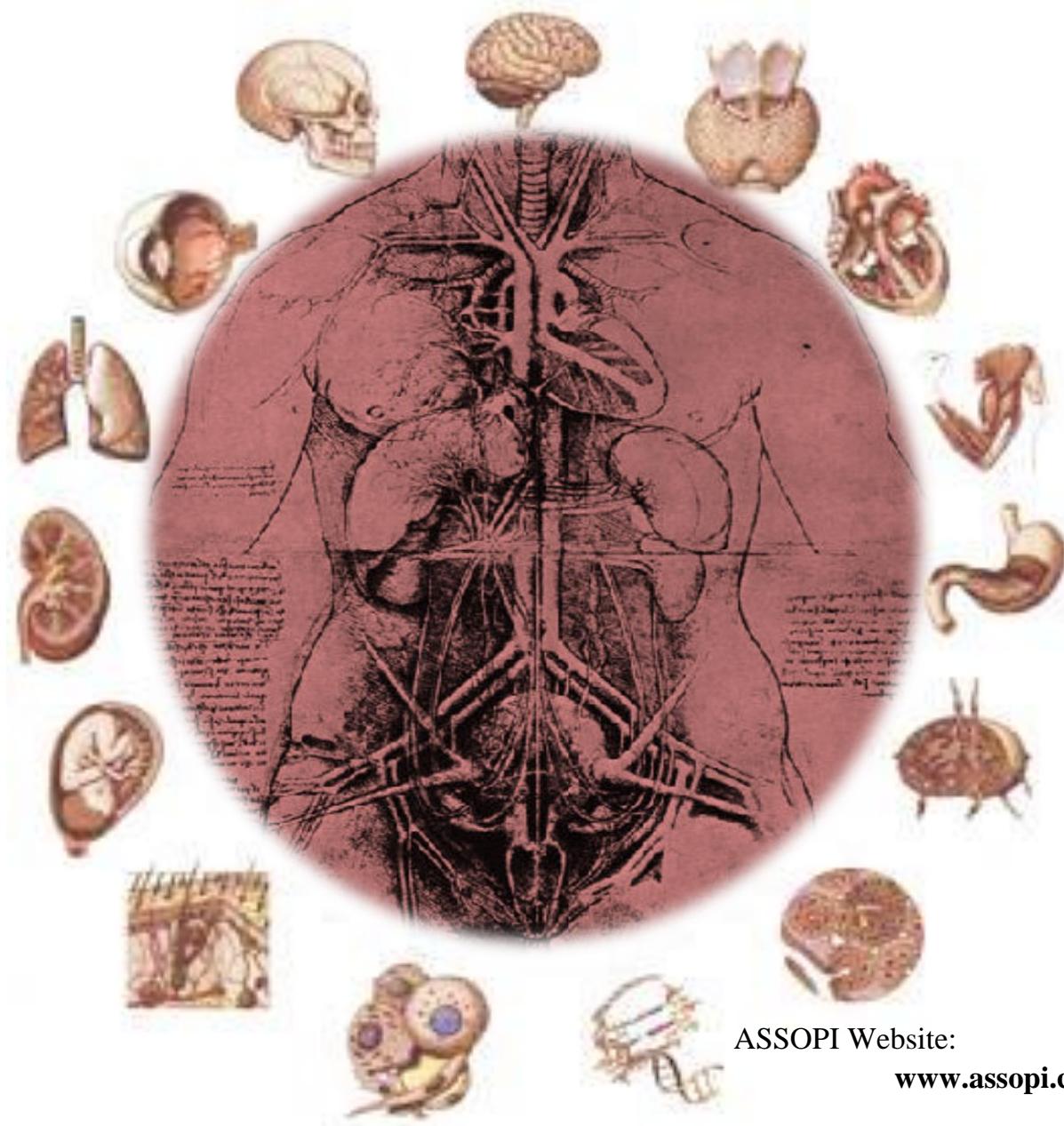


ASSOCIATION OF PHYSIOLOGISTS OF INDIA (ASSOPI)

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ASSOPI NEWS BULLETIN

Nov-Dec Issue, 2018



ASSOPI Website:

www.assopi.co.in

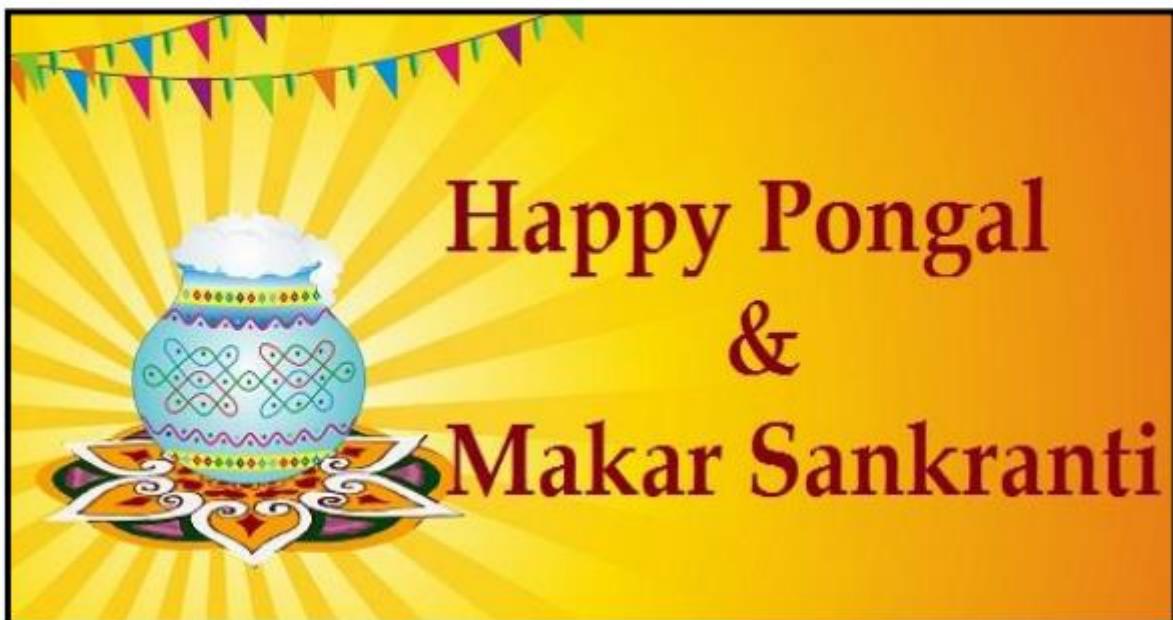
Motto of ASSOPI:

“Preventive and Promotive Physiology”

(Physiology for prevention of diseases and promotion of health)

Wish you all Happy and Prosperous New Year 2019

- ASSOPI



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Dean, JIPMER, Karaikal (Puducherry)
Nodal officer to Ministry & Professor of Physiology,
Programme Director, Advance centre of Yoga, JIPMER, Puducherry

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JOINT SECRETARY (EAST ZONE)

Dr. RITUPARNA BAROOAH

Associate Professor & Head,
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NEIGRIHMS, Meghalaya.

Executive Body Members of ASSOPI (arranged alphabetically)

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Department of Physiology, U.P
Rural Institute of Medical Science
& Research, Saifai, Etawah, UP

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Kolkata.

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AIIMS, Rishikesh

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AIIMS, Patna

Dr. SATISH DIPANKAR

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Department of
Physiology,
KLE University,
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Associate Professor,

Department of Physiology,
NIMHANS,
Bangalore

Dr. VENKATESH D.

Professor,

Department of Physiology,
M. S. Ramaiah Medical
College, Bangalore.

Minutes of the meeting of GB held during ASSOPICON 2018

Minutes of the 5th General Body Meeting of ASSOPI

(held on 28th September, 2018, at 6.00 PM at Sri Pramukhswami Medical College, Karamsad, Gujarat)

AGENDA

The fifth meeting of General Body (GB) of Association of Physiologists of India was conducted at Sri Pramukhswami Medical College, Karamsad, on 28th September, 2018, at 6PM. Fifty-six life members of ASSOPI participated in the meeting and the following agenda items were discussed.

1. Welcome address by President

The President of ASSOPI, Prof S. B. Deshpande couldn't attend the meeting and General Secretary informed that Prof. Deshpande had communicated to him earlier about his inability to attend the same. General Secretary informed that as per bye-law of ASSOPI, in the absence of President, the senior-most vice-president of the Association will preside over the GB. He requested Prof. Narsingh Verma, the Vice-President of Central Zone to chair the GB meeting. Dr. Verma welcomed all the members to the 5th GB meeting of the association. Dr. Verma briefly highlighted the major achievements of ASSOPI in last one year and thanked Dr. G. K. Pal, the General Secretary for making all sincere efforts for a steady progress of ASSOPI. He requested General Secretary to discuss the agenda items of EB as listed in the Agenda.

2. Approval of the minutes of the 4th GB meeting held on 02.12.2017

Dr. G. K. Pal informed that the minutes of the 4th GB held on 2nd December, 2017, at KGMU, Lucknow, was circulated to the members through news bulletin January -March Issue and it was also displayed in ASSOPI website, requesting the members to provide their comments/inputs for correction, if any. However, as no comments for corrections have been received so far, he requested GB to approve the minutes. GB approved the minutes of the 4th GB held on 2nd December, 2017.

3. Presentation of annual report by General Secretary

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

Summary of the Report of General Secretary, 2017-2018

1. Newly enrolled life members: **59** (Total life members as on 20.09.2017: **302**)
2. News bulletin published : 2 issues (Jan- March, May-June)
3. Recipients of ASSOPI Awards, 2018:

Name of the Award	Award Winner
Prof. A. S. Paintal Award (Best research work in Physiology)	Dr. Neena Srivastava KGMU, Lucknow
Dr. Artatran Nanda Memorial Award (Best research work in Respiratory Physiology)	No Applicants
Prof. S. B. Deshpande Award (Best research work in Neurophysiology)	Dr. Prasunpriya Nayak AIIMS, Jodhpur
Prof. G. K. Pal Award (Best research work in Cardiovascular Physiology)	Dr. Jayesh Solanki, Govt. Medical college, Bhavanagar
Shri Ram Murti Memorial Award (Best research work in Yoga and Naturopathy)	No Applicants
Shri B. M. Patil Memorial Award (Best research work by a scientist below the age of 45 years)	Dr. Nivedita Nanda, JIPMER, Puducherry
Shri S. N. Choudary Memorial Award (Best research work in Environmental Physiology)	No Applicants
JIPMER Golden Jubilee Award (Best research work conducted by a postgraduate student in Physiology)	Allampalli Sirisha, JIPMER, Puducherry
Prof. S. K. Singh Award (Best research work conducted by an undergraduate medical student)	Europrajna Pal, JIPMER, Puducherry
Ramesh Bijlani Lifetime Achievement Award in Medical Sciences	Prof. S. B. Deshpande,

4. Affiliation to other societies:

- Application has been submitted to FIPS, and SAAP.

4. Approval of ASSOPI Awards, 2018

Dr. G. K. Pal, Gen. Secretary informed the GB that a total of 13 nominations were received for various awards of ASSOPI, and a committee consisting of three subject experts for each award was constituted for evaluating the nominations. The report of the committee was approved by the EB of ASSOPI held on 26th Sept, and the awards were received by the recipients on 27th Sept., in the Inaugural Ceremony. GB approved the list of recipients of ASSOPI Awards, 2018. Dr. Pal

mentioned that nominations for various awards were less this year. He requested all the members to encourage their colleagues and students to participate/nominate for different awards in future.

5. Presentation of Audited statement of account for 2017-2018

Audited statement of account was presented by Dr. S. Velkumary, Addl. Professor, JIPMER, who was nominated to present the report by Finance Secretary of ASSOPI, in his absence as he was not allowed leave from his institute. After a detailed discussion, the audited statement of account for the year 2017-18 was approved by the GB.

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

General Secretary (GS) informed that application for inclusion of ASSOPI as a member of SAAP has been submitted and he is awaiting for the response from SAAP Head Quarters. Further, GS informed that in response to our application for induction of ASSOPI as a member in FIPS, so many queries were raised in the last GB of FIPS held at DIPAS in Nov. 2017 during FIPS conference and there was some reluctance from FIPS office bearers to include ASSOPI in FIPS. It was decided that GS can continue to pursue for inclusion of ASSOPI in SAAP.

7. ASSOPI Journal

General Secretary gave a brief report of his earlier interactions with Prof. B. S. Rao related to publication of the ASSOPI journal. He presented a brief report of discussion on the issue in EB held two days before regarding the proposal to consider the International Journal of Clinical and Experimental Physiology (IJCEP) to be made the official publication of the Association. After a detailed discussion, the proposal was accepted by GB. However, Dr. Pal informed that he will discuss the technicalities of the issue with the MedKnow publication, the publisher of IJCEP and the formalities of transferring the journal to ASSOPI. It was also advised that though the Editor-in-Chief will be elected/nominated from ASSOPI who will look after the editorial responsibilities to publish the journal as per the guidelines depicted in ASSOPI bye-law and will finalize articles for publication of issues of journal, Dr. Pal should continue in the capacity of 'Executive Editor' of the journal to look after the administrative aspect of the journal from the Head Quarter of ASSOPI.

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

General Secretary informed that members from Sikkim have not contacted him till now for holding the next conference, though they had proposed for the ASSOPICON 2019 in the last GB. Dr. Pal informed that EB held on 26th September, has approved the request for the next annual conference (6th ASSOPICON, 2019) received from Dr. L. Rajeshwari, Associate Professor of Physiology Dept., JSS Medical College, Mysuru. Dr. L. Rajeshwari informed the ASSOPICON

2019 will be organized 15 days before Dusshera, to avoid Dusshera crowd, which is a very big festival in Mysuru city. She said most likely the conference will be in the last week of September, and the exact dates will be informed to all the members through next News Bulletin of ASSOPI. She along with her two senior colleagues invited all the members to attend the ASSOPICON 2019. They made a brief video presentation of the facilities available at JSS Medical College, Mysuru, which was highly appreciated by all.

The proposal was made to organize ASSOPICON 2020 at AIIMS, Raipur or AIIMS, Bhubaneswar.

9. Proposal of new ASSOPI awards

General Secretary informed that no applications were received for starting new awards. It was felt that the presently ASSOPI is having enough awards and there is no need to encourage institution of new awards. Further, it was proposed that the seed money for ASSOPI should be raised from the present one lakh rupees to minimum two lakhs rupees for institution of any new awards in future.

10. Election of new EB and OB members

General Secretary informed that as per bye-law of ASSOPI, the tenure of present EB and OB members ends in December, this year, and accordingly he had announced for nomination for various posts in the last ASSOPI news Bulletin (May-June issue) circulated to all the life members of ASSOPI. He informed the nominations received for various posts were presented in the EB meeting held on 26th Sept., 2018 and EB has recommended the nominations for various posts of Office Bearers and EB members of ASSOPI, for next two years tenure (2019-2020), as mentioned below:

President – Prof. Narsingh Verma, KGMU, Lucknow

Vice Presidents (arranged alphabetically)

Vice-President (West Zone) – Dr. Mehta H. B., Govt. Medical College, Gujarat

Vice-President (North Zone) – Dr. Latika Mohan, AIIMS, Rishikesh

Vice-President (South Zone) – Dr. Shankaranarayana Rao B. S., NIMHANS, Bengaluru

Vice-President (East Zone) – Dr. Sharma S. N., Patna Medical College, Patna

General Secretary- Dr. Pal G. K., JIPMER, Puducherry

Finance Secretary – Dr. Velkumary S., JIPMER, Puducherry

Editor-in-Chief – Dr. Rajkumar Yadav, AIIMS, New Delhi

Joint Secretaries (arranged alphabetically)

Joint Secretary (West Zone) – Dr. Hasmukh Shah, Karamsad, Gujarat

Joint Secretary (South Zone) – Dr. Pravati Pal, JIPMER, Puducherry

Joint Secretary (North Zone) – Dr. Rajeev Sharma, GSMCPH, Faridkot

Joint Secretary (East Zone) – Dr. Rituparna Barooah, NEIGRIHMS, Meghalaya

New Executive Committee Members of ASSOPI 2019-20 (arranged alphabetically):

1. Dr. Bindu M. Kutty, NIMHANS, Bangalore
2. Dr. Deshpande S. B., Apollo Institute of Medical Sciences, Chittoor, Andhra Pradesh
3. Dr. D. K. Jha, Sikkim Manipal University, Gangtok, Sikkim
4. Dr. Jyoti Kumar, Govt. Medical College, Sonipat
5. Dr. Kalpana Hota, AIIMS, Bhubaneswar
6. Dr. Kusal K. Das, Professor, Shri B. M. Patil Medical College, Bijapur
7. Dr. Madusudan Pal, DIPAS, Delhi
8. Dr. Manjinder Kaur, Geetanjali Medical College, Udaipur
9. Dr. Meenakshi Sinha, AIIMS, Raipur
10. Dr. Neelima Shankar, UCMS, New Delhi
11. Dr. Padmaja Hari, MES Medical College, Kerala
12. Dr. Prasunpriya Nayak, AIIMS, Jodhpur
13. Dr. Rajeswari L., JSS Medical College, Mysuru
14. Dr. Sandeep Sardessai, Goa Medical College, Goa
15. Dr. Satish Dipankar, AIIMS, Patna

After a detailed discussion, GB accepted the recommendation of E.B. The General Secretary informed that the tenure of the new members will be for two years starting from the January, 2019, as per the bye-law of ASSOPI.

11. Presentation of a brief report by Organizing Secretary/Chairman of ASSOPICON-2018

Dr. Hashmukh Shah, Organizing Secretary of ASSOPICON-2018 gave a brief account of how the conference is being organized. Dr. Shah informed that conference is attended by many renowned physiologists, physicians, and scientists from across the country and from abroad. There are more than 200 registrations. He informed that four pre-conference workshops were conducted very successfully on 26th September. The special events in the conference was panel discussion on PG curriculum and how to make ASSOPI more vibrant, in addition to the key note address, symposia, plenary lectures, PG paper presentations and poster presentations covering a wide variety of topics. He informed that he got support from all senior members of ASSOPI, from his institution and his departmental colleagues a, staff and students. GB gave a standing ovation to the entire organizing team for making ASSOPICON 2018 a grand success.

12. Vote of thanks

Meeting of GB ended with vote of thanks proposed by General Secretary.

Past Events – ASSOPICON 2018

5th Annual National Conference of Association of Physiologists of India (ASSOPICON 2018):

5th Annual National Conference of Association of Physiologists of India was held from 27th to 29th September 2018 at Pramukhswami Medical College, Karamsad with the theme of “**Autonomic Neuroscience: Basic & Clinical**”. ASSOPICON 2018 was hosted by Department of Physiology, Pramukhswami Medical College, Karamsad, Anand, Gujarat. Total 170 delegates have been registered for the conference from the country and abroad. ASSOPICON 2018 has witnessed participation of 29 postgraduate students, 7 undergraduate students, 3 Phd scholars and 14 senior residents and 117 faculties across the globe. Approximately 30% participation was from students and 70% from faculties. Out of total attendees, 80% delegates belonged to be very young with age group less than 45 years and only 20% delegates were more than 45 years of age group. The conference truly represented the length and width of our country with delegates from more than 18 states of country from North to South and from East to West India. The conference was graced by about 50 Invited Guest Speakers of National and International repute.

The conference was scheduled for 2 and ½ day along with pre-conference workshops on 26th September 2018. Four pre-conference workshops were delivered very well by following trained faculties.

- 1. Yoga & Meditation:** Dr. Bhalendu Vaishnav (PSMC Karamsad) & Dr. Rajkumar Yadav (AIIMS New Delhi)
- 2. Autonomic Functions Testing:** Dr. Dinu Chandran (AIIMS New Delhi), Dr. Om Lata Bhagat (AIIMS Jodhpur) & Miss Kavita Yadav (AIIMS New Delhi)
- 3. Exercise Physiology:** Dr. Om Lata Bhagat (AIIMS Jodhpur), Dr. Jean Fredrick (JIPMER Pondicherry) & Dr. Hemlata Kamat (PSMC Karamsad)
- 4. EMG & NCS:** Dr. Shweta Parikh (KMPIP Karamsad), Dr. Jasmin Diwan (GMERS Gandhinagar) & Dr. Chinmay Shah (GMC Bhavnagar).

Conference was inaugurated by Dr. Himanshu Pandya (Dean, PSMC Karamsad), Dr. Shirish Srivastava (Associate Dean, PSMC Karamsad), Dr. GK Pal (Dean, JIPMER Pondicherry & General Secretary ASSOPI), Dr. Ashok Nair (Organizing Chairman, ASSOPICON 2018) & Dr. Hasmukh Shah (Organizing Secretary, ASSOPICON 2018 & Professor & Head, Dept. of Physiology, PSMC Karamsad). During inaugural function various awards were given. Professor A. S. Paintal Award to Dr. Neena Srivastava, Professor S.B. Deshpande award to Dr. Prasunpriya Nayak, Professor GK Pal award to Dr. Jayesh Solanki, Shri BM Patil Memorial Award to Dr. Nivedita Nanda, JIPMER

Golden Jubilee Award to Ms. A. Sirisha, Professor SK Singh Award to Ms. Auoprajna Pal & Professor Ramesh Bijlani Life Time Achievement Award to Dr. SB Deshpande.

The main conference was started by Key note address of Dr. G.K. Pal (Dean, JIPMER Pondicherry) on "**Heart Rate Variability: Past, Present & Future**". Invited Plenary talk on "**Role of micro-RNA in health and Disease**" was given by Dr. Rajesh Katare, Director of Cardiovascular Division, University of Otago, New Zealand. Second invited Plenary talk on "**Newer Physiologists' concern: Image building in society**" by Dr. K.K. Deepak, Professor & Head, Dept. of Physiology, AIIMS New Delhi. Third Plenary talk on "**Setting up Clinical Physiology Hospital Services: Advantages, Challenges & Future Perspective**" by Dr. Latika Mohan, Prof & Head, AIIMS Rishikesh. An interesting Panel Discussion on "**How to make Postgraduate medical programme in Physiology more effective**" by Dr. GK Pal, Dr. KK Deepak, Dr. Asim Das, Dr. Latika Mohan, Dr. Pradnya Gokhale & Dr. Ashok Nair helped postgraduate students very well. Panel discussion was moderated by Dr. Chinmay Shah.

The main conference focused on various types of Autonomic diseases, their prevention and treatment by reputed faculties. Total 9 symposia & 2 thematic presentation were arose interest of delegates. **Symposium 1: "Conventional Autonomic Function Testing"** by Dr. KK Deepak (AIIMS New Delhi), Dr. TN Sathyaprabha (NIMHANS Bengaluru) & Dr. Kaviraj Udupa (NIMHANS, Bengaluru), **Symposium 2: "BP Variability and BRS"** by JIPMER Pondicherry team, Dr. GK Pal, Dr. Pravati Pal, Dr. S. Velkumary, Dr. Y. Dhanalakshmi, **Symposium 3: "Recent Trends in Nutrition"** by Dr. Dharitri Parmar (GMC Surat), Dr. Komal Shah (IIPH Gandhinagar), **Symposium 4: "Autonomic Dysfunctions"** by Dr. Kaviraja Udupa (NIMHANS, Bengaluru), Dr. Padmaja Hari (MES Kerala), Dr. Jayshree Sharma (RIMS Imphal), **Symposium 5: "Yoga & Medicine"** by faculties of AIIMS New Delhi, Dr. Rajkumar Yadav, Dr. Ritesh Netam, Dr. Sanjay Patel, Mr. Piyush Sharma, **Symposium 6: "Cognition & Sleep"** by faculties of NIMHANS, Bengaluru, Dr. Bindu Kutty & Dr. BS Shankarnarayan Rao, **Symposium 7: "Prevention & Treatment of Autonomic Dysfunctions"** by Dr. Meenakshi Sinha (AIIMS Raipur) & Dr. Sunil Karna (Consultant Cardiologist, PSMC Karamsad) **Symposium 8: "Use of Technology in Medical Education"** by Dr. Chinmay Shah (GMC Bhavnagar) & Dr. Neeraj Mahajan (NHL Ahmedabad), **Symposium 9: "Environmental Physiology"** by Scientists of DIPAS, DRDO New Delhi Dr. Madhusudan Pal & Dr. Vyonkesh Mani. Thematic presentation on "**Kangaroo Mother Care**" was executed by Dr. Archana Nimbalkar (PSMC Karamsad) & on "**Exercise Physiology**" was by Dr. Shweta Parikh (KMPIP, Karamsad).

ASSOPICON 2018 has received sizable abstract from faculties, postgraduate & undergraduate students from all the important subfields of Physiology, namely, Autonomic Functions Testing

(HRV, HGT & CPT), Neurophysiology, Yoga & Meditation, Exercise Physiology, Sleep Physiology, EMG & NCS, Pulmonary Functions Testing, Haematology, Endocrinology, Animal Experimentation, Cardiovascular diseases mainly hypertension, arterial stiffness, blood pressure reactivity, Baroreceptor reflex sensitivity & Medical Education.

5th Annual National Conference of Association of Physiologists of India was well attended, informative and energizing. The gathering allowed for dissemination of ideas, newer research trends, panel discussion, and general shared discussion among all attendees. The conference post-survey was very positive, indicating a successful meeting and strong desire among the group to meet again.



Inauguration of Conference Souvenir



Lighting the Lamp

Upcoming Events – ASSOPICON 2019

ASSOPICON - 2019

Venue and Dates of the Conference

The Sixth Annual National Conference of Association of Physiologists of India (ASSOPICON - 2019) will be held from **11th to 14th September 2019**, at **J.S.S. Medical College, Mysuru**, Karnataka. The details of the conference schedule will be circulated shortly. All the ASSOPI members are requested to note these dates and make effort to participate in large number along with their colleagues and students to make ASSOPICON 2019 a grand success.

Overview of the Venue:

Human physiology is a scientific study of the functions and mechanism which work within a living system. It forms an integral part of the curriculum for most of the undergraduate and a large number of postgraduate courses offered by the Faculty of health & biomedical Sciences. It serves as a basic pillar for the biomedical research and innovation of novel therapeutics.

Translational research in human physiology is “bench to bedside” bridge, focused on translating useful information from laboratories to hospitals to improve health outcomes.

The Department of Physiology, JSS Medical College, JSSAHE&R, Mysuru along with Association of Physiologists of India is privileged to host the prestigious 6th annual national conference of Association of Physiologists of India, ASSOPICON 2019. We cordially invite all the physiologists of the country to the conference which will be held from **11th to 14th September 2019**.

The Objective of the Conference is to reach the advancement in the Field of Physiology by the global gathering and meeting of researchers from various diversities to share the knowledge by the delivery of lectures, paper presentations or as a delegate in the scientific forum.

From the Organizers:

Our university:

JSS Academy of Higher Education & Research, formerly known as **JSS University**, is a deemed to be university located in Mysuru, Karnataka. It was established in 2008 under Section 3 of the UGC Act 1956 and is a part of JSS Mahavidyapeetha, which runs an array of educational institutions. JSSAHE&R, accredited by NAAC with A+ Grade in July 2018, is a culmination of a half century of perseverance in the field of education, steered by the philosophy of noble minds. Imparting value based education has been the vision plan of this university. National Institutional Ranking Framework (NIRF) has ranked JSSAHE&R with 37th place in 2018. TIMES World

University Ranking 2019 has ranked our university in the rank band of 251 – 300 and 1st in India under subject “Clinical, Preclinical and Health”.

Our College:

JSS Medical College, Mysuru is a constituent college of JSSAHE&R, established in 1984. It is dedicated to serve the society as a centre of excellence with an emphasis on a socially meaningful medical education, research and healthcare. The college under efficient governance is striving towards providing competency based education.



Our Department:

Department of Physiology, JSS Medical College was established in 1984 with the vision to lay a strong foundation for medicine by imparting the knowledge of physiology and to provide quality scientific research.

The Department is well equipped and has excellent infrastructure. Digitalized research lab contains equipments for autonomic functions, exercise physiology and pulmonary function tests. We facilitate learning with innovative teaching -learning techniques and carry out translational collaborative research. Thrust areas of research include Yoga, Cognition, Autonomic function tests, Obesity, Exercise Physiology and molecular biology. Our Department is one among the first to have simulation lab for animal experiments. We conduct CMEs and guest lectures regularly.

The following Faculty Members of JSS Medical College, Mysuru may be contacted for further details about the conference:

1. Dr. Rajalakshmi R.,
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Dept. of Physiology.
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2. Dr. Rajeshwari L.,
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E-mail: Irajeshwari@jssuni.edu.in

3. Dr. Bharath T.,
Assistant Professor,
Dept. of Physiology.
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New List of Office Bearers and Executive Committee Members

In the General Body meeting of ASSOPI held on 28th Sept., 2018, at Sri Pramukhswami Medical College, Karamsad, Gujarat, the following members have been elected for various posts as Office Bearers and EB members of ASSOPI, for next two years tenure (2019-2020), as mentioned below. The tenure of members will start from 1st January, 2019.

President – Prof. Narsingh Verma, KGMU, Lucknow

Vice Presidents (arranged alphabetically)

Vice-President (West Zone) – Dr. Mehta H. B., Govt. Medical College, Gujarat
Vice-President (North Zone) – Dr. Latika Mohan, AIIMS, Rishikesh
Vice-President (South Zone) – Dr. Shankaranarayana Rao B. S., NIMHANS, Bengaluru
Vice-President (East Zone) – Dr. Sharma S. N., Patna Medical College, Patna

General Secretary- Dr. Pal G. K., JIPMER, Puducherry

Finance Secretary – Dr. Velkumary S., JIPMER, Puducherry

Editor-in-Chief – Dr. Rajkumar Yadav, AIIMS, New Delhi

Joint Secretaries (arranged alphabetically)

Joint Secretary (West Zone) – Dr. Hasmukh Shah, Karamsad, Gujarat
Joint Secretary (South Zone) – Dr. Pravati Pal, JIPMER, Puducherry
Joint Secretary (North Zone) – Dr. Rajeev Sharma, GSMCPH, Faridkot
Joint Secretary (East Zone) – Dr. Rituparna Barooah, NEIGRIHMS, Meghalaya

New Executive Committee Members of ASSOPI 2019-20 (arranged alphabetically):

1. Dr. Bindu M. Kutty, NIMHANS, Bangalore
2. Dr. Deshpande S. B., Apollo Institute of Medical Sciences, Chittoor, Andhra Pradesh
3. Dr. D. K. Jha, Sikkim Manipal University, Gangtok, Sikkim

4. Dr. Jyoti Kumar, Govt. Medical College, Sonipat
5. Dr. Kalpana Hota, AIIMS, Bhubaneswar
6. Dr. Kusal K. Das, Professor, Shri B. M. Patil Medical College, Bijapur
7. Dr. Madusudan Pal, DIPAS, Delhi
8. Dr. Manjinder Kaur, Geetanjali Medical College, Udaipur
9. Dr. Meenakshi Sinha, AIIMS, Raipur
10. Dr. Neelima Shankar, UCMS, New Delhi
11. Dr. Padmaja Hari, MES Medical College, Kerala
12. Dr. Prasunpriya Nayak, AIIMS, Jodhpur
13. Dr. Rajeswari L., JSS Medical College, Mysuru
14. Dr. Sandeep Sardessai, Goa Medical College, Goa
15. Dr. Satish Dipankar, AIIMS, Patna

Achievements of ASSOPI Life Members:

1. Dr. Kusal K. Das, Professor of Physiology and Faculty I/C, Laboratory of Vascular Physiology & Medicine, Shri B. M. Patil Medical College, Vijayapura, Karnataka and Vice-President of ASSOPI, has been selected for **G. P. Chatterjee Memorial Award** for the year 2018-19 for his best contribution in the **field of Biomedical Sciences from Indian Science Congress**. He will deliver his Award Oration in 106th ISC to be held at Lovely Professional University, Jalandhar, Punjab, 3-7 January, 2019.
2. Dr. G. K. Pal, Sr. Professor of Physiology, JIPMER Puducherry and General Secretary of ASSOPI has been **elected as President of Indian Association of Biomedical Scientists (IABMS)** for a 3 years tenure (2019-2022) in the GB meeting of IABMS held at Postgraduate centre of Mangalore University during Annual Conference of IABMS in November 2018.
3. Dr. G. K. Pal has been awarded **Prof. Sundaram Subramanian Oration Award** of IABMS for the year 2018 for his outstanding contribution in the field of Yoga for prevention of diseases and promotion of health. Dr. Pal received a gold medal and a citation and presented the Oration in a special session of the conference organized for this purpose.
4. Dr. G. K. Pal has been **appointed as the Dean, School of Medical Sciences (Faculty of Medicine), Pondicherry University**.

Invitation for Proposal to conduct interim meetings of ASSOPI:

Presently, the members of ASSOPI meet once annually during the annual conference of ASSOPI and also only one EB and GB are conducted during the conference. To facilitate the functioning of ASSOPI, it was advised in the last GB meeting that there should be interim meetings of the association in the form of CME/Workshop/Conference of chapters conducted at various zones of ASSOPI. During such interim national / zonal level meetings, the office bearers & EB members will be invited to attend the meetings and the mid-term EB meetings may be conducted during such programme. The organizing team of such interim meetings should arrange to provide local hospitality for ASSOPI core committee members. The members will arrange to avail TA/DA from their side to attend such meetings. Therefore, proposals are invited from the different zones of ASSOPI to organize such interim meetings.

Information about the official Journal of ASSOPI:

As discussed in the 5th GB meeting of ASSOPI held on 28th Sept., 2018, at Sri Pramukhswami Medical College, Karamsad, Gujarat, the International Journal of Clinical and Experimental Physiology (IJCEP) may be made the official journal of ASSOPI and Dr. G. K. Pal has been requested to work on the formalities of making this possible. The procedure of transferring the IJCEP to ASSOPI is under way. The first issue of IJCEP as an organ of ASSOPI will be published in the month of March 2019 (Jan-Mar Issue). The members of ASSOPI are here by 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 as Editor-In-Chief of journal will handle all the technical issues of publication and Dr. G. K. Pal as Executive Editor will look after the administrative issues of the journal.

Information about ASSOPI Website:

It has been decided to make official website ASSOPI (www.assopi.co.in) more proactive. It was suggested that the submission of membership application along with the payment of membership may be made through the website. Also, the communication details with area of specialization of the members should be made available in ASSOPI website. The members are here by requested to give their inputs to the General Secretary to improve the effective application of the website.

Indoor air pollution is a major risk factor for COPD:

COPD is a gradually progressive disease characterized by airflow limitation. Cigarette smoking is the major etiologic factor; however, exposure to other chemical irritants also plays a role in the pathogenesis.

Indoor pollution is also one of the risk factors for COPD. Indoor air quality can be determined by outdoor or ambient air pollution, fuels for heating and cooking, tobacco smoke, second hand tobacco smoke, poorly ventilated and overcrowded living conditions.

When outdoor levels of pollutants are high, their levels also increase indoors. Poor ventilation and structural designs can trap volatile organic compounds, bioaerosols and particulate matter so, the indoor air quality can be up to 10 times worse than outdoor air pollution. In a country like India, it becomes increasingly important to address challenges associated with indoor cooking, especially in rural areas.

Lung is a major site of interaction with environmental particulates. Pollutants such as particulate matter can affect the lung in numerous ways causing inflammation, oxidative stress, and cell cycle death. Therefore, air pollution is strongly associated with the risk of COPD or aggravating pre-existing COPD triggering “exacerbation” episodes. Exposure to second-hand smoke may sometimes cause never-smokers to develop COPD.

Here is what each one of us can do to make a difference and we can start right away.

1. Walk or cycle for short distance commutes or to the neighborhood market.
2. Limit driving and carpool. Use public transport, as much as possible, for longer distances.
3. If you have to use your vehicle, keep it well-maintained for efficient functioning with regular servicing to reduce harmful exhaust emissions and get pollution check done as required. Follow speed limits. Avoid buying diesel vehicle.
4. Avoid burning candles, dhoop or incense sticks at home or workplace.
5. Quitting smoking. Plant more trees.
6. Limit the areas of bare soil by growing grass to reduce the amount of dust.
7. Sprinkle water on exposed soil or construction sites regularly to reduce generation of dust.
8. Wet mopping the floors at home or workplace.

Oral cancer cases rise by 114% in India in 6 years:

MUMBAI: The number of cancer cases countrywide has gone up in the last six years by 15.7%. Data shared by Indian Council of Medical Research's National Institute of Cancer Prevention and Research on Wednesday showed that 11.5 lakh cancer cases were reported across the country this year, as against 10 lakh in 2012. ICMR cancer centre director Dr Ravi Mehrotra said lip and oral cavity cancers increased by a whopping 114% in the six-year period. Breast cancer, emerging as a disease linked to urban lifestyle, increased by almost 11%, from 1.4 lakh in 2012 to 1.6 lakh in 2018. However, a sharp decrease in cervical cancer cases has been observed by 21%, from 1.23 lakh in 2012 to 96 in 2018. As per the new data, cancer-related deaths also increased by 12%. While 7 lakh Indians died of cancer-related complications in 2012, the number increased to 7.8 lakh this year.

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

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