

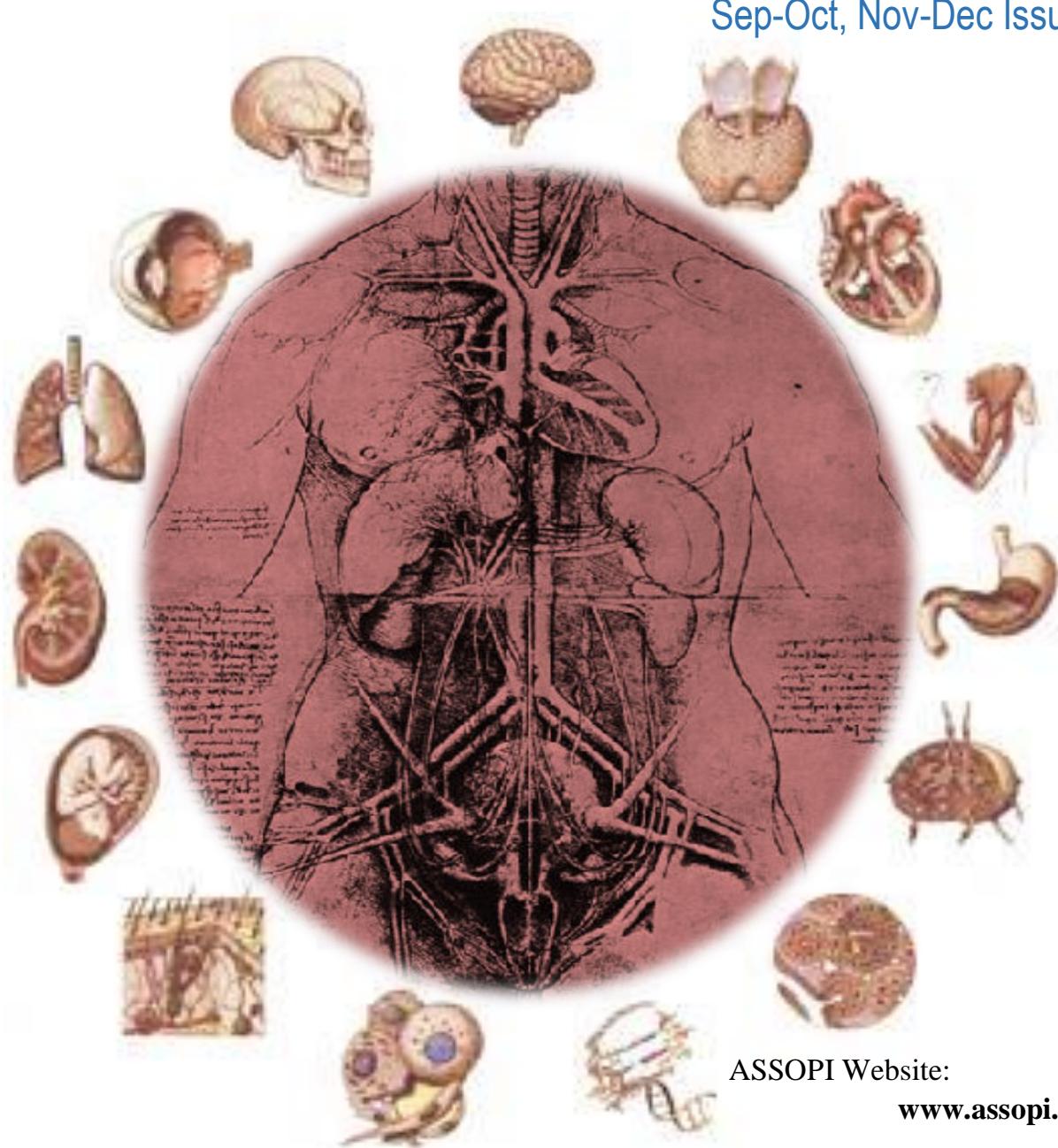
ASSOCIATION OF PHYSIOLOGISTS OF INDIA (ASSOPI)

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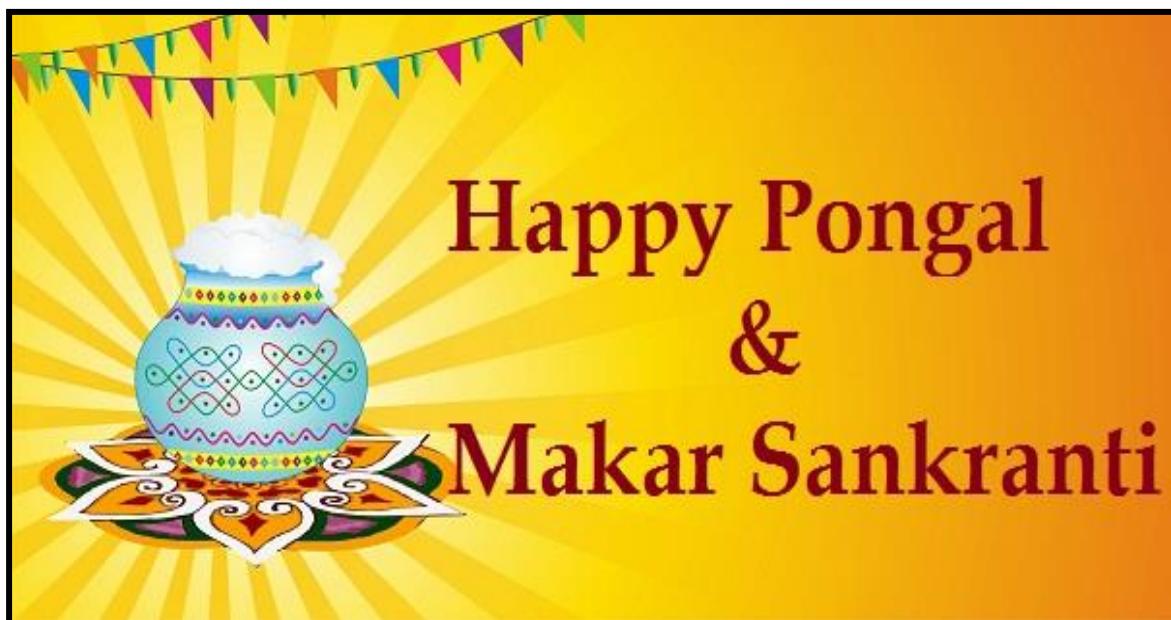
Motto of ASSOPI:

“Preventive and Promotive Physiology”

(Physiology for prevention of diseases and promotion of health)

Wish you all a Happy and Prosperous 2017

- ASSOPI



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Recipients of ASSOPI Awards, 2016

1. **Dr. S. S. Goudar**, Professor, Dept. of Physiology, KLE University, Karnataka received **Prof. A. S. Paintal Award** for best research work in *Physiology*.
2. **Dr. K. Ravi**, Professor, Dept. of Physiology , University of Delhi, New Delhi received **Dr. Artatran Nanda Memorial Award** for best research work in *Respiratory Physiology*.
3. **Dr. B. Shankarnarayana Rao**, Professor, Dept. of Physiology ,NIMHANS, Bangalore received **Prof. S. B. Deshpande Award** for best research work in *Neurophysiology*.
4. **Dr. Indumathy J**, PhD Scholar, Dept. of Physiology , JIPMER, Puducherry received **Prof. G. K. Pal Award** for best research work in *Cardiovascular Physiology*.
5. **Dr. Kusal K Das**, Professor, Dept. of Physiology, BLDE University, Bijapur received **Shri S. N. Chaudhary Memorial Award** for best research work in *Environmental Physiology*
6. **Dr. Raj Kumar Yadav**, Professor, Dept. of Physiology, AIIMS, New Delhi received **Shri Ram Murty Smarak Award** for best research work in *Yoga & Naturopathy*

3rd ASSOPICON

STUDENTS ASSOPICON-2016:

Department of Physiology of BLDE University's Shri B. M. Patil Medical College, Hospital & Research Centre organizes 3rd Annual Conference of Association of Physiologists of India from 14 – 17 September 2016. The day 1 (14th September) was dedicated to undergraduate students as 'Students ASSOPICON 2016'. Prof. H. A. Ranganath, Visiting Professor of I.I.Sc. & former Director of NAAC & Vice Chancellor of Bangalore University inaugurated the function as Chief Guest.



This is the first time in history of India where a national medical conference has dedicated entire one day for undergraduate students.

In his speech, Prof. Ranganath stressed on importance of research curriculum in undergraduate program in India. He also stressed the need of multidisciplinary approach in each of the area of higher science learning that has to be incorporated from undergraduate courses itself. Prof. Saumyadipta Pyne from Public Health Foundation of India (PHFI) and remote Professor at Broad Institute of MIT and Harvard, USA delivered his key notes address on medical research program in Western Universities for graduate students and its impact on the future development of medical sciences. Expert panel discussion with students and a research project writing workshop entitled "Synopsis & Report writing for ICMR student grant: Writing & publishing research paper" were also conducted in this undergraduate students conference.

300 undergraduate students from medical, dental, pharmacy, ayurveda and engineering streams participated as delegates and **100 free papers and posters** were presented by them. Several prizes in research and non research categories for UG students were awarded during valedictory session.

Prof Dr. M. S. Biradar, Vice Chancellor, BLDE University, Prof. B. G. Mulimani, Chief Adviser of BLDE University, Dr. G. K. Pal, Registrar of JIPMER, Puducherry and General Secretary of Association of Physiologists of India, Prof. Saumyadipta Pyne from PHFI/Harvard, Dr. Salim A. Dhundasi, Dean of Al Ameen Medical College, Dr. Tejaswini Vallbha, Vice Principal, Shri B.M. Patil Medical College, Hospital & Research Centre also graced this students conference. Prof. Kusal K Das and Dr. Manjunatha Aithala were the Convener and Organizing Secretary respectively.

ASSOPICON-2016:

The main conference ASSOPICON 2016 held from 15-17 Sep 2016. The Pre-Conference Workshop on “Writing a research paper for publication in a pubmed indexed journal” was conducted on 14th September 2016. The other resource faculties for the workshop were Dr. Pravati Pal, Professor of Physiology, Dr. Y. Dhanalakshmi, Assistant Professor of Physiology, and Dr. Nivedita Nanda, Assistant Professor of Biochemistry, JIPMER, Puducherry. The workshop was coordinated by JIPMER research team lead by Dr. G. K. Pal. The workshop was attended by 50 delegates from various part of the country. A preconference national executive body meeting of Association of Physiologists of India was also held in conference venue in the evening.



The Chief Guest of the main Conference on day 2 (15 Sep 2016) was Dr. Shashi Bala Singh, D.Sc, Director of Defense Institute of Physiology & Allied Sciences (DIPAS), DRDO, New Delhi. Honble Vice Chancellor of BLDE University Professor Dr. M. S. Biradar, Chief Adviser of BLDE University & former Vice Chancellor of Gulbarga University & BLDE University- Prof. B. G. Mulimani, Dean of Faculty of Medicine Dr. S. P. Guggarigoudar, Dr. J. G. Ambekar- Registrar, Dr. Tejaswini Vallabha - Vice Principal and Dr. Vijayakumar K- Medical Superintendent of Shri B.M.Patil Medical College, Hospital & RC had graced the occasion. Prof. S. B. Deshpande-President of Association presided over the inaugural function. Dr. G. K. Pal-General Secretary was also present on the Dias along with Prof. Kusal K Das-Convener, Dr. Manjunatha Aithala-Organizing Secretary and Dr. Lata Mullur – Joint Organizing Secretary, ASSOPICON 2016.

Honorable President of BLDE Association & Minister- Water Resources, Government of Karnataka, Dr. M. B. Patil could not attend the function due to some emergency in Bangalore on that day. Honorable President was kind enough to send his message through Dr. Mahantesh Biradar to ASSOPICON secretariat and it was read during the inaugural function of ASSOPICON 2016.

The inaugural function began with invocation and 'Kannada Nadgeete' followed by lighting of the lamp by Chief Guest Dr. Shashi Bala Singh and other dignitaries. Dean of Faculty of Medicine Dr. S. P. Guggarigoudar, delivered the welcome address. Prof. Kusal Das delivered his Convener's speech where he highlighted the scientific areas which were covered in this national conference with key notes, plenary lectures and multiple symposium lectures. He also emphasized that this is the first time in history, International Union of Physiological Sciences (IUPS) endorsed any physiology conference of India.

The Proceedings of the conference in both print and soft copy were released by all dignitaries. Prof. M. S. Biradar and Prof. B. G. Mulimani delivered their talk as Guests of Honor and highlighted the needs of research in multidisciplinary areas and significance of basic sciences to promote health care and education system. In her Chief Guest address Dr. Shashi Bala Sing stretched upon the importance of the conference theme i.e. 'Physiology decodes novelty of vascular sciences'. She also pointed out that medical research should move forward with more and more interdisciplinary approaches with vision of 'systems to molecules'. She also expressed her desire that more doctors should join in armed forces and DRDO for service and research.

Dr. G. K. Pal announced the recipients of Association of Physiologists of India's 2016 Research Award winners in different area of specialization. Following were the awardees:-

1. Dr. S. S. Goudar (KLE University); **Prof. A. S. Paintal Award** for *Physiology*
2. Dr. K. Ravi (University of Delhi): **Dr. Artatran Nanda Memorial Award** for *Respiratory Physiology*
3. Dr. B. S. S. Rao (NIMHANS): **Prof. S. B. Deshpande Award** for *Neuroscience*
4. Dr. Indumathy J (JIPMER): **Prof. G. K. Pal Award** for *Cardiovascular Physiology*
5. Dr. Kusal K Das (BLDE University) **Shri S. N. Chaudhary Memorial Award** for *Environmental Physiology*
6. Dr. Raj Kumar Yadav (AIIMS, New Delhi) **Ram Murty Smarak Award** for *Yoga & Naturopathy*



In his presidential remarks Dr. S. B. Deshpande highlighted some of the important lectures of this conference to be delivered at ASSOPICON as Key notes, symposium and plenary. He conveyed his gratitude and thanks to the Management of BLDE University for organizing a national conference in such a remote place like Vijayapura. He appreciated the number of participants especially undergraduate student participants in this conference. He specifically mentioned that the joining of undergraduate medical students in a national medical conference is just historical event for our country and it will be remembered forever that BLDE University did it !! The inaugural program was concluded with vote of thanks delivered by Dr. Manjunatha Aithala-Organizing Secretary, ASSOPICON 2016. Dr. Lata Mullur, Joint Organizing Secretary was the anchor of the entire function.

The main conference from 15th – 17th September 2016 was attended by nearly 400 physiologists/biologists as delegates from all over India and also from USA, Nepal etc. A few of the illustrious speakers were namely Prof. M. Fahim of University of Delhi, Prof. T. R. Raju of NIMHANS, Prof. Kinsuk Maitra of Georgia State University, USA; Prof. S. Pyne of Harvard University, USA; Prof. G. K. Pal of JIPMER, Prof. S. B. Deshpande of BHU, Prof. Antony Gomes of University of Calcutta; Prof. Sathya Subramani of CMC, Vellore, Prof. R. K. Yadav of AIIMS, New Delhi, Dr. Bindu Kutty from NIMHANS, Dr. BSS Rao from NIMHANS, Prof. D. Chakrabarti from IIT, Guwahati, Prof. Latika Mohan from AIIMS, Rishikesh, Dr. Tanveer Ahmed, a renowned onco-surgeon from Asian Cancer Institute, Mumbai , Dr. Gautam Pal -Dean of Science from University of Kalyani, Dr. S. P. Singh from Ahmedabad, Dr. Chinmay Shah from Bhavnagar, Dr. E. Vijayan from C.U.Sc &T, Kochi, Dr. Rituparna Barooah from Shillong, Dr. S. S. Goudar from KLE University, Dr. Suchandra Chatterjee (Scientist G) from BARC, Mumbai and many more. The main conference was having 5 key note speakers, 6 plenary speakers. The conference also had 7 Symposium that included Medical Education, Vascular Sciences, Neuroscience, Nanoscience, Yoga & Exercise sciences, Ergonomics, Design & Environment and Endocrine & Metabolism with 38 invited speakers from different region of India and abroad. Nearly 100 free research papers were presented as oral and poster by the physiologists at this conference for 3 days from 15 – 17 Sep 2016. The scientific committee was chaired by Dr. Sumangala Patil.

A General Body meeting and election for Office Bearers and Executive Members were also held on 16 Sep 2016 at 7 PM.

Entire national conference was supported by ICMR, DST, DRDO and endorsed by MCI, NAAC, UGC, International Union of Physiological Sciences (IUPS) and American Physiological Society. Besides scientific feast the cultural program was also arranged in this conference. The Organizing Committee had also taken care of local sightseeing for outside delegates. The catering committee chaired by Dr. S. M. Patil took utmost care for food which included continental, south and north Indian and Bijapur special delicacies. A Banquet dinner was also arranged by catering committee on 16th Sep 2016 night at outside of the campus which was attended by large number of delegates. Dr. B. S. Patil, Dr. Gavish Hadimani and Dr. Ishwar Bagoji were the Chairs of transport committee; Dr. Sujatha Talikoti was the Chair of Reception committee. Dr. Sumangala Patil, Dr. Shrilaxmi Bagali, Dr. Satish G. Patil, Dr. Jyoti Khodnapur, Dr. Pallavi Kanthe, Dr. R. Chandramouli Reddy were in Editorial Board of Proceedings. Dr. C. M. Kulkarni and Dr. Gouhar Banu Shaikh were chair of Registration committee. Dr. M. Fahim was the Chief Guest of Valedictory function. Dr. S. P. Guggarigoudar-Dean of Faculty of Medicine presided over the valedictory function where the best three papers and posters from faculty and postgraduate students were awarded. The conference concluded with vote of thanks by Dr. Manjunatha Aithala.

Minutes of third GB meeting, held on 16. 09. 2016 at Bijapur, Karnataka

The General Body (GB) meeting of the Association of Physiologists of India (ASSOPI) was held on 16th September 2016 at 7.00 PM at Sri B. M. Patil Medical College, Bijapur, Karnataka. 76 ASSOPI members attended the meeting.

The agenda items of the meeting were as follows.

1. Welcome address by President
2. Approval of the minutes of the GB meeting held on 28.10.2015
3. Presentation of annual report by General Secretary
4. Report of Finance Secretary
5. Affiliation to other bodies like FIPS, SAAP, IUPS, etc
6. Tenure of Office Bearers
7. Finalization of venue for next annual conference of ASSOPI and proposal for subsequent conferences
8. Finalization/ proposal of new ASSOPI awards
9. Presentation of a brief report by Organizing Secretary (Special Invitee)
10. Any other matters (with permission of chair)
11. Vote of thanks

1. Dr. S. B. Deshpande, President, ASSOPI delivered his welcome address and appreciated the efforts put up by organizers of ASSOPICON-2016 to organize the Annual conference of ASSOPI in a grand way.
2. **Approval of the minutes of the GB meeting held on 28.10.2015:** Minutes of the GB meeting held on 28.10.2015 was approved
3. **General Secretary's Report:** Dr. G. K. Pal, General Secretary, ASSOPI welcomed all the members to GB meeting and presented the annual report of ASSOPI. Dr. Pal mentioned that for six awards of ASSOPI, 11 nominations were received that were adjudged by three experts. The results of the awards were approved in the EB meeting held on 14th Dec, and awardees had received the awards in the inaugural ceremony of ASSOPICON 2017, held on 15th Dec. 2016. The awardees were as follows:
 1. Dr. Artatran Nanda Memorial Award: Prof. Krishnan Ravi, V.P. Chest Institute, University of Delhi
 2. Shri S. N. Chaudary Memorial Award: Prof. Kusal K. Das, Shri B.M. Patil Medical college, Bijapur
 3. Prof. A. S. Paintal Award : Prof. Shivaprasad S Goudar, J N Medical College, Belgaum
 4. Shri Ram Murty Smarak Award: Prof. Raj Kumar Yadav, AIIMS, New Delhi
 5. Prof. S. B. Deshpande Award: Prof. B. S. Shankarnarayana Rao, NIMHANS, Bangalore
 6. Prof. G. K. Pal Award : J. Indumathy, JIPMER, Pondicherry

The nominations were ratified by GB.
4. **Report of Finance Secretary:** Dr. Nitin Ashok John, Finance Secretary could not attend GB due to his important engagement at Pondicherry, which he had informed to General Secretary in writing. Hence, Dr.

Pravati Pal, EB member from Pondicherry presented the audited statement of account of ASSOPI and it was approved by GB.

5. **Affiliation to other societies and branch activities:** Dr. Pal informed GB that he has submitted application to FIPS and SAAP for affiliation of ASSOPI as a regular member of those organizations. Dr. Kusal K. Das was requested to help ASSOPI to be affiliated to IUPS. Dr. Pal informed that two state branches of ASSOPI has started in Pondicherry and Sikkim. Many proposals from others states like Kerala, Patna and Bangalore have been received.
6. **Tenure of OB and EB members:** General Secretary informed that the present tenure of Office Bearer and Executive body members is getting completed, for which he had notified in the last News Bulletin. Few nominations were received, which was approved by EB held on 14th Dec, 2016.
7. **Filling up of Vacant EB post (Members):** General Secretary informed that the following nominations have been received for EB posts.

Sl. No.	Applicant Name	Post
1.	Dr. Satish Dipankar	EB Member
2.	Dr. Raj Kumar Yadav	Joint Secretary
3.	Dr. Pravati Pal	EB Member
4.	Dr. Senthil Velou	Finance Secretary

(He has nominated Dr. Y. Dhanalakshmi for the post of Head Quarter Office Secretary)

5.	Dr. Narsingh Verma	Vice President
6.	Dr. Amit Kant Singh	EB Member
7.	Dr. B. Sankarnarayana Rao	Editor-in-Chief

Dr. Pal informed that EB has approved all the nominations and EB has recommended the continuation of the current President and General Secretary for the next two years tenure. The same was accepted by GB. Other proposals were made by the members to fill the vacancies of various posts. The final list of Office Bearer and Executive Body is as follows:

1. President : Dr. S. B. Deshpande
2. General Secretary : Dr. G. K. Pal
3. Vice Presidents (Arranged Alphabetically): Dr. Kusal K. Das (South Zone), Dr. S. N. Sharma (East Zone), Dr. Narsingh Verma (North Zone), Dr. Snadeep Sardessai (West Zone)
4. Finance Secretary: Dr. Senthil Velou
5. Editor-in-Chief: Dr. B. Sankarnarayana Rao
6. Joint Secretaries (Arranged Alphabetically): Dr. H. B. Mehta (West Zone), Dr. Padmaja Hari (South Zone), Dr. Rajkumar Yadav (North Zone), Dr. Rituparna Barooah (East Zone)
7. EB Members (Arranged Alphabetically): Dr. A. K. Singh, Dr. Antony Gomes, Dr. D. K. Jha, Dr. Hasmukh Shah, Dr. L. Rajeswari, Dr. Latika Mohan, Dr. M. B. Mondal, Dr. Neelambigai, Dr. Neelima Shankar, Dr. Pravati Pal, Dr. R. S. Inamdar, Dr. Rajeev Sharma, Dr. Satish Dipankar, Dr. Sreekumar, Dr. Sashibala Singh (Ex-Officio), Dr. Shivaprasad Goudar, Dr. Venkatesh D

8. Head-Quarter Office Secretary: Dr. Y. Dhanalakshmi
9. Office Secretary to GS: Ms. A. Sirisha
8. **Venue of 4th ASSOPICON:** For venue of 4th annual conference of ASSOPI, Dr. G. K. Pal mentioned that he has received the communication from Dr. Narshingh Verma, Professor of Physiology, KGMU, Lucknow to organize the ASSOPICON 2017 at KGMU, Lucknow and presented the same to GB. The proposal was approved.
9. The Organizing secretary of ASSOPICON 2016, Dr. Manjunath Aithala thanked all EB members and office bearers for all the help during the preparation of ASSOPICON 2016.
10. Others: It was discussed that all the medical colleges whether members or non-members can attend the conference. The EB members should disseminate the news of the conference to all colleges, colleagues and students.

Meeting ended with vote of thanks proposed by Dr. G. K. Pal at 9.30 PM.

Branch Activities

CME on “Mirror neurons” conducted by Dept. of Physiology, SMVMCH, Puducherry-

As part of the Decennial Celebration of our Institute, the Department of Physiology in association with **ASSOPI (Association of Physiologists of India)** had organized a CME program on “Mirror Neurons” on 22nd July 2016. The program was inaugurated by Shri M. Dhanasekaran, Chairman and Managing Director of Sri Manakula Vinayaga Educational Trust. Dr. D. Rajagovindan, Director; Dr. R. N. Kagne, Deputy Director and Dr. Amaranathan, Dean had graced the occasion. Dr. G.K. Pal, Professor of Physiology, Registrar of JIPMER and General Secretary of ASSOPI delivered the keynote address as Chief Guest.



Dr. M. Senthivelou, Professor and Head of the department welcomed the dignitaries, chief guest and delegates. Vote of thanks was given by Dr. Sivayogappa S. Teli, Associate professor of the department. Dr. Viswanatha Rao, Prof. & HOD, Dept. of Physiology, Madha Medical College & Research Institute, Chennai, gave a lecture on “Understanding emotions in others”. Dr. Venkatesh, Assistant Professor, Dept. of Pediatrics, JIPMER, Puducherry, gave a talk on “Language and Emotional development in children” Dr. Preethi Kandasamy, Assistant Professor, Dept. of Psychiatry, JIPMER, Puducherry, talked on “Mirror Neurons and ASD (Autism Spectrum Disorder): current understanding” Dr. Baishali Mukerji, Consultant, Asha Rehabilitation Centre and Asha Integrated School for Children with Autism, Bangalore, gave a lecture on “Music therapy for children with autism – impact on mirror neurons” Dr. A. Rajeshwari, Assistant Professor, Dept. of Neurology, IGMCR, Puducherry, delivered a lecture on “Mirror neurons and Cognition” Mrs. Banumathi Mohanakrishnan, Physiotherapist, PMRC, JIPMER, Puducherry, gave a lecture on “Physical therapy and Mirror Neurons system in enhancing neural plasticity” Around 200 delegates had participated in the program.

CME on “Healthy Ageing” conducted by Dept. of Physiology, SMVMCH, Puducherry-

The CME on “Healthy Ageing” was organized in Sri Manakula Vinayagar Medical College and Hospital, Puducherry, by the Department of Physiology in association with **ASSOPI(Association of Physiologists of India)** , on 21.10.2016. Programme started with registration of delegates from 8.00 – 8.30 am. Inauguration of CME programme was done by Mr. M. Dhanasekaran (Chairman & Managing Director of SMVE Trust), in the presence of Chief Guest Dr. S. Rajkumar (Consultant Gastroenterologist, Lifeline Hospital, Chennai), Guest of Honour Dr. Madanmohan (Prof and HOD, Physiology, MGMCR, Puducherry) Dr. D. Rajagovindan (Director, SMVMCH), Dr. R. N. Kagne (Deputy Director, SMVMCH), Dr. S. Vetrikodi (Medical Superintendent, SMVMCH) and Dr. Senthil Velou, Organizing chairman, Professor and Head, Department of Physiology, SMVMCH. Welcome address was given by Dr. Senthil Velou.



The souvenir of “Healthy Ageing” was released by Chief Guest Dr. S. Rajkumar followed by key note address by Dr. Madanmohan and Dr. S. Rajkumar. Vote of thanks was given by Ms. Deepika. Dr. J. S. Rajkumar Consultant Surgical Gastroenterologist, Chairman & MD, life line Hospitals, Chennai delivered a lecture on “Remaining Youth forever-myth or reality?” Dr. G. Elangovan Consultant Cardiologist ,Chairman & MD, A G Padhmavathi Hospitals, Puducherry, delivered a lecture on “Healthy Heart and Healthy Ageing” Dr.R.Kumar, Prof. & HOD, Department of Psychiatry, SMVMCH, Puducherry, gave a lecture on “The dusk of life” Dr. Sasikala, Prof. & HOD, Department of Obs & Gyn., SMVMCH, Puducherry, gave a lecture on “Menopausal transition and its Gynaecological implications” Dr. Karthikeyan.K, Prof & HOD, Department of Dermatology, SMVMCH, Puducherry, delivered a lecture on “Skin and Healthy Ageing” Dr.Jagdish Menon, Prof & HOD, Department of Orthopaedics, JIPMER, Puducherry, gave his lecture on “Healthy Musculoskeletal ageing” Mr.J.Mohankrishnan, Physiotherapist, Department of PMR, JIPMER, Puducherry, talked on “How old are you –healthy ageing tips” About 150 delegate from various Medical colleges from Tamil Nadu and Puducherry have participated in the event and 17 posters were presented.

Upcoming Events

1. ASSOPICON 2017

The 4th Annual Conference of Association of Physiologists of India (ASSOPICON 2017) will be conducted by Department of Physiology, King George's Medical University (KGMU), Lucknow under the leadership of Prof. Narsingh Verma.

The date of ASSOPICON 2017 and details of the organizing committee along with the schedule of the conference will be announced in the due course of time. The members of ASSOPI are requested to note these dates of the conference and prepare to participate in the conference. Also please give your inputs to Prof. Narsingh Verma (narsinghverma@gmail.com) to make 4th ASSOPICON a mega event.



2. Publication of ASSOPI Journal:

The publication of first issue of Official organ of Association of Physiologists of India will be done by the Office of Editor-In-Chief, Department of Neurophysiology, NIMHANS< Bangalore, under the guidance of Dr. B. S. Shankaranarayana Rao, Editor-In-Chief, shortly. Therefore, the members are requested to contact Prof. B. S. Shankaranarayana Rao (bssrao.nimhans@gmail.com) for further details regarding the submission procedure and publication of manuscripts.

Achievements of ASSOPI members

1. **Dr. Kusal K. Das**, Professor of Physiology, BLDE University, Bijapur, Karnataka and Visiting Professor, University of Leeds, U.K. has been awarded the **SCIENCE, HONOR AND TRUTH MEDAL** instituted by High Altitude Pathology Institute of Zubieta University, La Paz, Bolivia to a Scientist from around the world who are dedicated to scientific research in high altitude including hypoxia and promote progress and research with truth and honor. The award was conferred during 6th.Chronic Hypoxia summit from 8 -15 October 2016 in La Paz.
2. **Prof. Nilima Shankar**, HOD, Department of Physiology, University College of Medical Sciences and GTB Hospital Delhi, has been awarded **1ST LIFETIME ACHIEVEMENT AWARD** in the ceremony MEDCON held on 4th July, 2016.
3. **Dr. Satish Gurunatharao Patil**, Research fellow (DST), Department of Physiology, BLDE university's Shri B.M. Patil Medical College, Hospital & Research Centre, Bijapur, Karnataka, received a "**YOUNG SCIENTIST AWARD**" for a contribution to research by BLDE University, Karnataka, India. Award has been given on 3rd convocation day of BLDE university, held on october 26th, 2016.
4. **Dr. Pravati Pal**, Professor of Physiology, JIPMER, Puducherry received the **A.V. TILAK PARVATHY DEVI PRIZE** for best paper in Endocrinology/Neuroendocrinology from Association of Physiologists and Pharmacologists of India. Award was given in the inaugural ceremony of annual conference of APPI, held at Patna, Bihar on 22nd October, 2016.

Physical activity may lower the risk of Breast and Bowel Cancer :

People who achieve total physical activity levels several times higher than the current recommended minimum level significantly lower their risk of five diseases namely breast and bowel cancer, diabetes, heart disease and stroke, says a systematic review and dose-response meta-analysis for the Global Burden of Disease Study 2013 published August 9, 2016 in the BMJ.

This is the first meta-analysis, which has quantified dose-response association between total physical activity across all domains and the risk of five chronic diseases and analyzed data from 174 cohort studies. Compared with individuals with total activity <600 MET minutes per week, the risk reduction for those in the highly active category (≥ 8000 MET minutes per week) was 14% for breast cancer, 21% for colon cancer, 28% for diabetes, 25% for ischemic heart disease and 26% for ischemic stroke.

These results suggest that total physical activity needs to be several times higher than the recommended minimum level of 600 MET minutes/week for larger reductions in the risk of these diseases. The WHO recommends at least 600 metabolic equivalent (MET) minutes of total activity (irrespective of domains) per week for health benefits i.e., about 150 minutes/week of brisk walking or 75 minutes per week of running.

Eat more of healthy unsaturated fats to reduce risk of type 2 diabetes :

Results of a systematic review and meta-analysis of randomized controlled feeding trials published July 19, 2016 in PLoS Medicine indicate that substituting dietary carbohydrates with saturated fat does not have a favorable effect on blood glucose. While, substituting carbohydrate and saturated fat with a diet rich in unsaturated fats (monounsaturated and polyunsaturated fats) led to better control of blood sugar. And, compared to carbohydrates, saturated fats or MUFA, the most consistent favorable effects were observed with PUFA as evident by the improved glycemia, insulin resistance and insulin secretion capacity.

The trial summarized findings of 102 randomized controlled trials, which included 4,660 participants.

- Replacing 5% energy from carbohydrate with saturated fats had no significant effect on fasting, but lowered fasting insulin.
- Replacing carbohydrate with MUFA lowered HbA1c, 2 h post-challenge insulin and homeostasis model assessment for insulin resistance (HOMA-IR).
- Replacing carbohydrate with PUFA significantly lowered HbA1c and fasting insulin.
- Replacing saturated fats with PUFA significantly lowered glucose, HbA1c, C-peptide, and HOMA.

Four major lifestyle factors that endanger health :

Four major lifestyle factors that endanger health are smoking, being overweight, inactivity and avoiding exposure to sun. Non-smokers, who stay out of the sun, have a life expectancy similar to smokers according to a study of 30,000 Swedish women conducted over a period of 20 years. The life expectancy for those who avoided sun dropped by 0.6 to 2.1 years vs those with the highest sun exposure. Avoiding the sun "is a risk factor for death of a similar magnitude as smoking," write the authors of the article by Pelle Lindqvist, MD, of Karolinska University Hospital in Huddinge, published March 21, 2016, in the Journal of Internal Medicine. Women who seek out the sun are generally at lower risk for cardiovascular disease (CVD) and noncancer/non-CVD diseases such as diabetes, multiple sclerosis and pulmonary diseases, than those who avoided sun exposure. In the study results were dose-specific, sunshine benefits went up with amount of exposure. While it is true that women should not overexpose themselves to sun, underexposure may be even more dangerous than people think.

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