

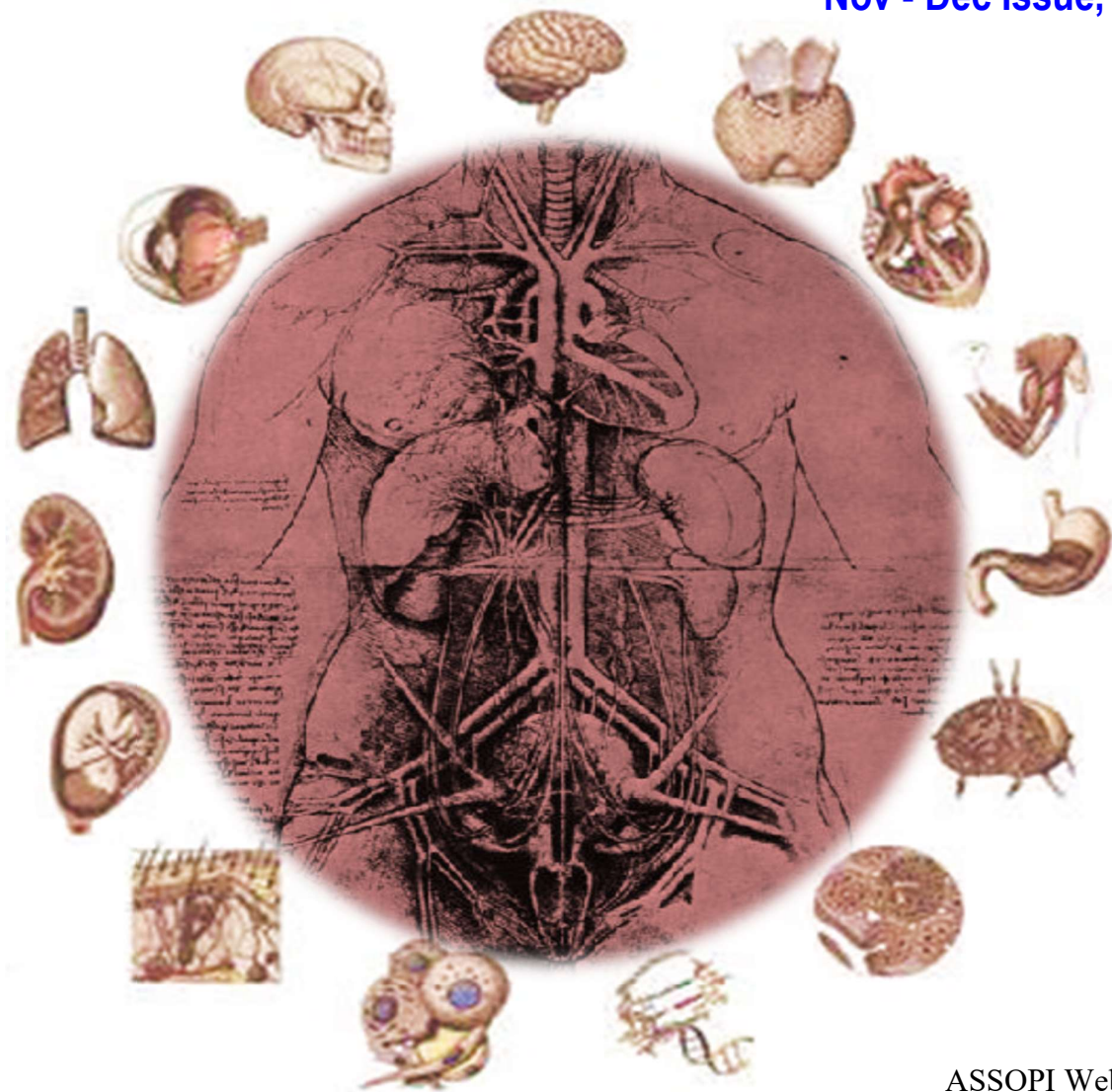
ASSOCIATION OF PHYSIOLOGISTS OF INDIA (ASSOPI)

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



ASSOPI NEWS BULLETIN

Nov - Dec Issue, 2024



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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Published by:

Dr. G. K. Pal

*General Secretary, ASSOPI, on behalf of Association of Physiologists of India
Professor (Senior Scale) of Physiology, JIPMER, Puducherry, and
Former Dean, JIPMER-Karaikal, and Dean, Faculty of Medicine, Pondicherry University, and
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*Office Secretary to General Secretary, ASSOPI and
Tutor, Department of Physiology, AIIMS Patna.*

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Dean (Academics)
AIIMS Nagpur,
Maharashtra.

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Professor & Head of Physiology,
Shri Mata Vaishno Devi Institute
of Medical Excellence
(SMVDIME) Medical College &
Associated Hospital, Kakryal.

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Professor & Head of Physiology,
Sikkim Manipal Institute of
Medical Sciences, Sikkim.

JOINT SECRETARY (SOUTH ZONE)

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Additional Professor & Head of
Physiology,
AIIMS, Mangalagiri, A.P.

Executive Body Members of ASSOPI (arranged alphabetically)

Dr. AJAY BHATT
Professor & Head of Physiology,
MGMMC, Indore,
Madhya Pradesh.

Dr. HANJABAM BARUN SHARMA
Assistant Professor of Physiology,
Institute of Medical Sciences,
Banaras Hindu University, Varanasi.

Dr. JOLLY BHATTACHARJYA
Associate Professor of Physiology,
Gauhati Medical College, Assam.

Dr. KAVIRAJA UDUPA
Professor of Neurophysiology,
NIMHANS, Bengaluru,
Karnataka.

Dr. MANJINDER KAUR
Additional Principal, Professor &
Head of Physiology,
Geetanjali Medical College,
Udaipur, Rajasthan.

Dr. MILIND A. NISARGANDHA
Associate Professor of Physiology,
Sunderlal Patwa Govt. Medical
College, Madhya Pradesh.

Dr. NITIN ASHOK JOHN
Professor & Head of Physiology,
and Dean (Examinations),
AIIMS Bibinagar, Telangana.

Dr. OM LATA BHAGAT
Professor of Physiology,
AIIMS Jodhpur.

Dr. PRAFULL KAMBLE
Associate Professor of
Physiology,
AIIMS Bibinagar, Telangana.

Dr. PRANATI NANDA
Professor & Head of
Physiology,
Kalinga Institute of Medical
Sciences, Bhubaneswar.

**Dr. PRATIK KUMAR
CHATTERJEE**
Associate Professor of Physiology,
KMC, Mangalore, Karnataka.

Dr. PUNAM VERMA
Additional Professor of Physiology,
AIIMS, Bilaspur,
Himachal Pradesh.

Dr. RAJAY BHARSHANKAR
Professor of Physiology,
AIIMS Bhopal,
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Dean, and Professor & Head of
Physiology, Guru Gobind
Singh Medical College &
Hospital, Faridkot, Punjab.

Dr. RAJESWARI L.
Professor & Head of Physiology,
JSS Medical College,
Mysuru, Karnataka.

Dr. RENUGASUNDARI M.
Office Secretary to General Secretary,
ASSOPI, and
Tutor in Dept. of Physiology,
AIIMS Patna, Bihar.

Dr. RITUPARNA BAROOAH
Professor & Head of Physiology,
NEIGRIMS, Shilong.

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Professor of Physiology,
Goa Medical College, Goa.

Dr. SARANYA K.
Headquarter Office Secretary, ASSOPI, and
Additional Professor of Physiology,
JIPMER, Puducherry.

Dr. SONIA KOCHHAR
Additional Professor and Head
of Physiology,
AIIMS Bathinda, Punjab.

Dr. SUDHANSHU AGRAWAL
Professor and Head,
Department of Physiology,
NCRIMS, Meerut, U.P.

Dr. SYED SADAAT ALI
Professor of Physiology,
Shridevi Institute of Medical Sciences &
Research Hospital, Tumkur, Karnataka.

Dr. TRIBHUWAN KUMAR
Professor and Head of Physiology,
Associate Dean (Examinations),
AIIMS Patna, Bihar.

Past Events:

1. ASSOPICON – 2024

The 2024 joint international conference of the **Federation of Indian Physiological Societies (FIPS)** and the **Association of Physiologists of India (ASSOPI)** was successfully hosted by the Department of Physiology at the **All India Institute of Medical Sciences (AIIMS), Patna**, under the esteemed leadership of Director and renowned physiologist **Prof. (Dr.) G. K. Pal**. Held from **October 21st to 26th, 2024**, the event gathered **over 600 registered experts, researchers, and student delegates** to engage in dynamic discussions centered around the theme: **“Clinical and Interventional Physiology: Current and Future Scenario.”**

With the generous support of the **ICMR and DRDO conference grant**, the event emerged as a landmark in fostering collaboration, innovation, and advancement in physiological sciences. The conference featured an extensive array of activities, including **clinical workshops, CME sessions, symposia, plenary lectures, and scientific paper presentations**.

Pre-Conference Workshops:

The initial two days of the event hosted **ten specialized pre-conference workshops**, providing participants with practical, hands-on training and insights into cutting-edge physiological techniques and interventions. Key workshops included:

- **Autonomic Function Testing and Reporting:** Hands-on training in autonomic function tests for clinical application in health and disease.
- **Electroencephalography (EEG):** Covered EEG fundamentals, recording techniques, and data interpretation.
- **Nerve Conduction Studies (NCS):** Focused on the role of NCS in diagnosing neuromuscular disorders.
- **Yoga Therapy:** Explored the physiological benefits of yoga and its role in clinical practice.
- **Infertility Assessment and Reporting:** Provided insights into infertility diagnosis through semen analysis.
- **Deep Brain Stimulation (DBS):** Addressed neuromodulation techniques with an emphasis on movement disorders.
- **Research Paper Publication:** A detailed guide on manuscript preparation, submission processes, and publication ethics.
- **Polysomnography:** Practical training in sleep study techniques and polysomnography interpretation.

Renowned experts from AIIMS Patna and prestigious institutions across India conducted the workshops, enriching the learning experience for participants.

Continuing Medical Education (CME) Sessions:

To promote **research excellence and ethical clinical practice**, two focused CME sessions were conducted:

- **Grant Proposal Writing:** Practical exercises on drafting and submitting grant proposals to national and international funding agencies.
- **Animal Experimentation for Research:** Addressed ethical considerations, regulatory frameworks, and hands-on techniques for conducting humane animal research.

Main Conference Proceedings:

The **main conference**, held from **October 24th to 26th, 2024**, featured:

- **22 symposia** covering diverse domains in clinical and physiological sciences.
- **Plenary lectures** delivered by prominent national and international experts.
- **Over 140 free paper and poster presentations** by researchers and delegates.
- **Panel discussions** on emerging trends and challenges in physiology.

The conference was inaugurated by **Dr. Sanjay Behari**, Director of **Sree Chitra Tirunal Institute for Medical Sciences and Technology (SCTIMST)**, Trivandrum

Keynote Addresses:

A highlight of the conference was the series of keynote addresses by distinguished national and international scientists, including:

- **Dr. Sanjay Behari** – Director, SCTIMST, Trivandrum.
- **Dr. Rajesh Katare** – Director, Cardiovascular Division, University of Otago, New Zealand.
- **Dr. Geeta Jotwani** – Scientist G, Director, ICMR-DHR, New Delhi.
- **Dr. G. K. Pal** – Executive Director & CEO, AIIMS Patna
- **Dr. Latika Mohan** – Professor & Head of Physiology, AIIMS Rishikesh.
- **Dr. S. B. Deshpande** – Professor of Physiology, Nobel Medical College and Teaching Hospital, Biratnagar, Nepal.
- **Dr. Ashok Jaryal** – Professor of Physiology, AIIMS New Delhi.

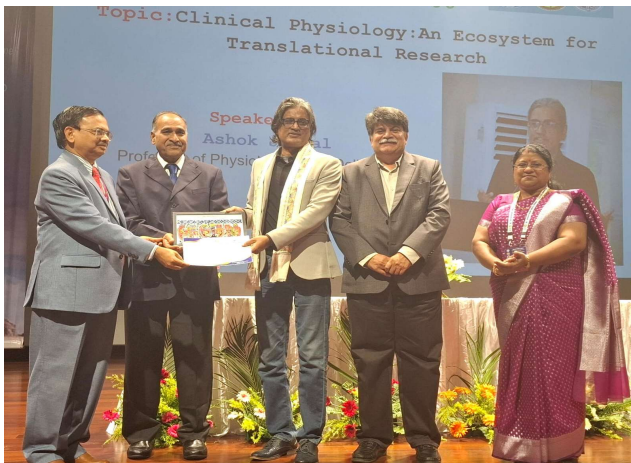
The **FIPS-ASSOPICON 2024** at AIIMS Patna successfully achieved its goal of advancing knowledge exchange and skill development in physiology. The central theme, “**Clinical and Interventional Physiology: Current and Future Scenario**,” provided a comprehensive platform to discuss cutting-edge advancements and fostered meaningful dialogue on future opportunities and challenges in the field.

With robust participation and ICMR and DRDO’s support, the conference marked a significant milestone in the continued growth of physiological sciences in India.

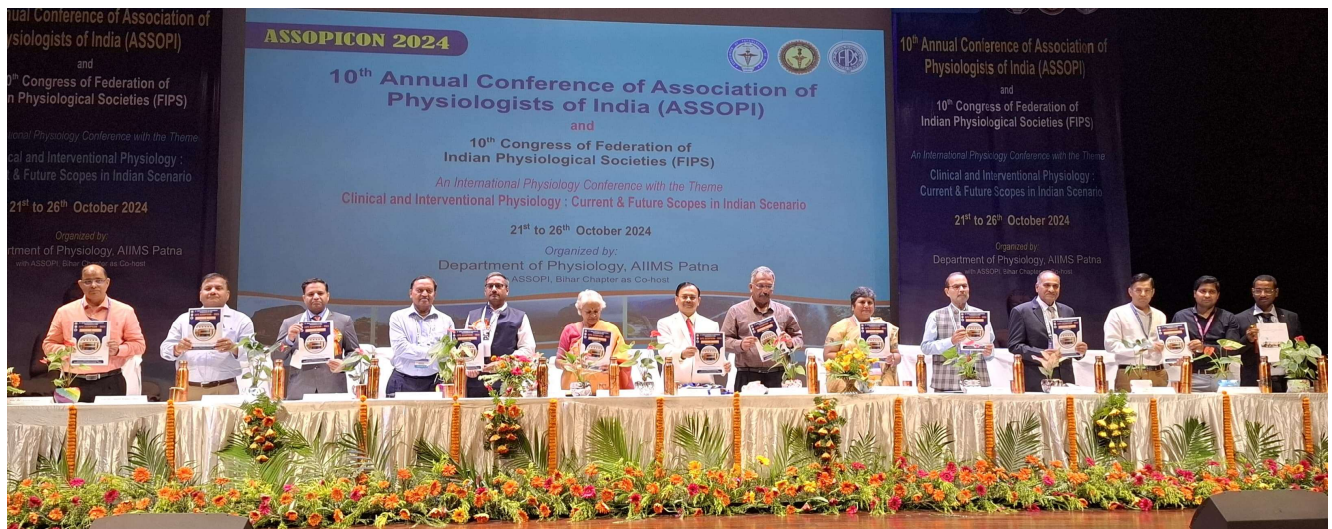


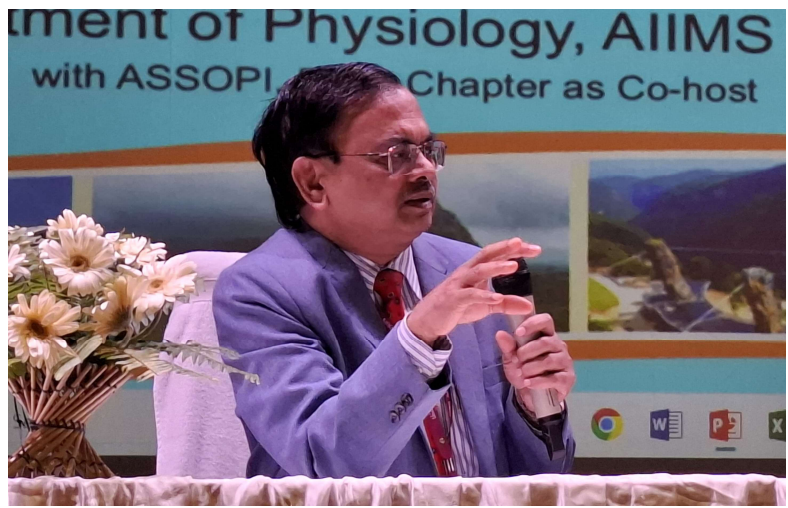














Activities of ASSOPI Chapter of Rajasthan

- Department of Physiology, Geetanjali Medical College and Hospital, Udaipur organized the 2nd Webinar in Lifestyle Medicine Series on the topic “Health Augmentation with Yoga: A Holistic Health Pillar of Lifestyle Medicine” on 27th July, 2024 under the ASSOPI Chapter of Rajasthan.
- Department of Physiology, Geetanjali Medical College and Hospital, Udaipur organized the CME on “I Am Not Old: Let’s Redefine Ageing” on 10th August, 2024 under the ASSOPI Chapter of Rajasthan.

WELCOME DELEGATES

One Day CME (Hybrid Mode) on
“I AM NOT OLD: LET'S REDEFINE AGEING”
on August 10, 2024 | MEU Hall, 4th Floor, Geetanjali Medical College, Udaipur
at **Department of Physiology, Geetanjali Medical College and Hospital, Udaipur**
in collaboration with
Association of Physiologists of Rajasthan
(State Chapter of ASSOPI)

PATRONS

- Shri Ankit Agarwal
Executive Director, Geetanjali Group
- Shri J P Agarwal
Chairman, Geetanjali Group
- Shri Kapil Agarwal
Vice Chairman, Geetanjali Group

GUESTS OF HONOUR

- Dr. Sangita Gupta
Dean, GMCH
- Dr. S.K. Luhadia
Vice-Chancellor, Geetanjali University
- Dr. Harpreet Singh
Medical Superintendent, GMCH

ORGANISING COMMITTEE

- Dr. Chanchal Srivastava
Secretary, ASSOPIR
- Dr. Varsha Gupta
Vice President, ASSOPIR
- Dr. Manjinder Kaur
Organising Chairman & President, ASSOPIR
- Dr. Omata Bhagat
Chairperson, Scientific Committee, ASSOPIR
- Dr. Naren Kurmi
Organising Secretary, ASSOPIR



One Day CME (Hybrid Mode) on



“I AM NOT OLD: LET'S REDEFINE AGEING”

on August 10, 2024

MEU Hall, 4th Floor, Geetanjali Medical College, Udaipur

at Department of Physiology,

Geetanjali Medical College and Hospital, Udaipur

in collaboration with

Association of Physiologists of Rajasthan

(State Chapter of ASSOPI)

PROGRAMME SCHEDULE

09:00 AM	Registration	
09:30 AM	Key note address: "Geriatric medicine: need of the hour"	Dr. Manjinder Kaur Professor and Head, Dept. of Physiology, Geetanjali Medical College and Hospital, Udaipur
10:00 AM	Breakfast	
10:30 AM - 11:00 AM	Physiological changes in elderly	Dr. Ritu Purohit, Professor, Dept. of Physiology, Govt. Medical College, Pali
11:00 AM - 11:30 AM	Inauguration Ceremony	
11:30 AM - 12:15 PM	Common Clinical problems in Geriatric population	Dr. Bharat Kumar Associate Professor, Dept. of General Medicine, AIIMS Jodhpur
12:15 PM - 01:00 PM	Life style modifications in Geriatric population for Healthy Ageing	Dr. Mrunal Phatak, Professor and HOD, AIIMS, Nagpur
01:00 PM - 02:00 PM	Panel discussion: Public Awareness, Role of Physiologists and Future of Geriatric Medicine	Moderator : Dr. Omlata Bhagat Panelists : Dr. Mrunal Phatak Dr. Bharat Kumar Dr. Varsha Gupta Dr. Prasunpriya Nayak
02:00 PM - 02:30 PM	Lunch	
02:30 PM - 03:00 PM	Valedictory function	Dr. Naren Kurmi



- Department of Physiology, Geetanjali Medical College and Hospital, Udaipur organized the 3rd Webinar in Lifestyle Medicine Series on the topic “The Science and Practice of Exercise in Lifestyle Medicine” on 31st August, 2024 under the ASSOPI Chapter of Rajasthan.



Association of Physiologists of Rajasthan (State Chapter of ASSOPI) and Department of Physiology Geetanjali Medical College and Hospital, Udaipur

online **WEBINAR-3**

THE SCIENCE AND PRACTICE OF EXERCISE IN LIFESTYLE MEDICINE



Speaker:
Dr. Om Lata Bhagat
Professor, AIIMS, Jodhpur

REGISTRATION LINK
<https://forms.gle/DL6Teqj6x389X2fw9>

REGISTRATION FEE ₹100/-



**31ST
AUG
2024**

- Department of Physiology, Geetanjali Medical College and Hospital, Udaipur organized the 4th Webinar in Lifestyle Medicine Series on the topic “Positive Psychology and Connectedness for a Healthy Lifestyle” on 28th September, 2024 under the ASSOPI Chapter of Rajasthan.

**Association of Physiologists of Rajasthan
(State Chapter of ASSOPI)**
and
Department of Physiology
Geetanjali Medical College and Hospital, Udaipur

online
**WEBINAR
4**

**POSITIVE
PSYCHOLOGY
AND
CONNECTEDNESS
FOR A HEALTHY
LIFE STYLE**

Speaker
Dr. Richa Thaman Ghay
Professor, Sri Guru Ram Das Medical College,
Amritsar, Punjab

REGISTRATION LINK
<https://forms.gle/yBB9bF661QRzgW1m9>

REGISTRATION FEE ₹100/-

 **28TH
SEP
2024**
START AT 11:00 AM

 **AI Assistant**

- Department of Physiology, Geetanjali Medical College and Hospital, Udaipur, organized the 5th Webinar in Lifestyle Medicine Series on the topic “Sleep: Foundation of Health” on 30th November, 2024 under the ASSOPI Chapter of Rajasthan.

The poster is for a webinar titled "Sleep: Foundation of Health". It features a portrait of Dr. Tripat Deep Singh, a man with a beard and glasses wearing a blue turban and a grey vest over a blue shirt. The background is a light beige circle with a purple border. At the top left is the logo of the Association of Physiologists of Rajasthan (State Chapter of ASSOPI), and at the top right is the logo of GMCH (Geetanjali Medical College and Hospital) with the tagline "HEALTH IS HAPPINESS". The text in the center reads: "Association of Physiologists of Rajasthan (State Chapter of ASSOPI) and Department of Physiology Geetanjali Medical College and Hospital, Udaipur". To the left of the portrait, the title "Sleep: Foundation of Health" is written in large white letters on a purple circular background. To the right of the portrait, a black speech bubble contains the text "online WEBINAR 5". Below the portrait, a white box identifies the speaker as "Dr. Tripat Deep Singh" and lists his credentials: "Founder, Academy of Sleep and Wake Science, MBBS, MD (Physiology), RPSGT, RST, CCSH, International Sleep Specialist (World Sleep Federation Program)". At the bottom left, a red button labeled "REGISTRATION LINK" points to the URL "https://forms.gle/anf4ooppTbL82BvTA", and another red button labeled "REGISTRATION FEE" shows "₹ 100/-". At the bottom right, a calendar icon is next to the date "30TH NOV 2024" and the time "START AT 11:00 AM". A purple oval at the bottom right contains a chat icon and the text "AI Assistant".



**Association of Physiologists of Rajasthan
(State Chapter of ASSOPI)**
and
Department of Physiology
Geetanjali Medical College and Hospital, Udaipur

**Sleep:
Foundation
of
Health**

**online
WEBINAR
5**

Speaker
Dr. Tripat Deep Singh
Founder, Academy of Sleep and Wake Science,
MBBS, MD (Physiology),
RPSGT, RST, CCSH, International Sleep Specialist
(World Sleep Federation Program)

REGISTRATION LINK
<https://forms.gle/anf4ooppTbL82BvTA>

REGISTRATION FEE ₹ 100/-

 **30TH
NOV
2024**
START AT 11:00 AM

 **AI Assistant**

- Department of Physiology, Geetanjali Medical College, Udaipur and AIIMS Jodhpur, organized the 6th Webinar in Lifestyle Medicine Series on the topic “Diet is Medicine – Aahaar Param Aushadham” on 28th December, 2024 under the ASSOPI Chapter of Rajasthan.

Association of Physiologists of Rajasthan (State Chapter of ASSOPI)

and

Department of Physiology, Geetanjali Medical College, Udaipur and AIIMS, Jodhpur

Diet is Medicine- Aahaar Param Aushadham

online

WEBINAR
6

Speaker

Dr Meenakshi Sharma

Senior Medical Officer, Department of AYUSH, AIIMS Jodhpur

REGISTRATION LINK

<https://forms.gle/KZ4ih5LT5BhksyUL7>

REGISTRATION FEE ₹ 100/-

28TH
DEC
2024

START AT 11:00 AM

2. Activities of ASSOPI - UP Chapter

- I. General Body Meeting of ASSOPI – UP Chapter held on 16th March, 2024 at KGMU Lucknow. New Office Bearers of the ASSOPI – UP Chapter were elected.
- II. ASSOPI – UP Chapter organized Webinar Series in Physiology Distilled on the topic “Physiology of Fever” on 19th November, 2024.

**ASSOCIATION OF PHYSIOLOGISTS OF INDIA
U.P CHAPTER**

PHYSIOLOGY DISTILLED
Webinar series of ASSOPI- UP Chapter

TOPIC: Physiology of Fever

19th November, 2024 Tuesday | 12:30 PM

Speaker

**Dr. Narsingh Verma**
Principal & Dean, Hind
Institute of Medical
Sciences, Ataria, Lucknow

**Dr. Shraddha Singh**
Prof. & Head, dept. of
Physiology, KGMU, Lko.
President, ASSOPI- UP
Chapter

**Dr. Amit Kant Singh**
Prof., dept. of Physiology,
UPUMS, Saifai
Secretary, ASSOPI- UP
Chapter

Convenor

**Dr. Shivam Verma**
Assistant Professor,
PIMS, Lko
Assistant Secretary, ASSOPI
UP Chapter

Moderator

**Dr. Khushboo Singhal**
Assistant Professor,
Subharti Medical College,
Meerut

- III. ASSOPI – UP Chapter organized Webinar Series in Physiology Distilled on the topic “Nerve Conduction Velocity: Deciphering the Electrophysiological Mechanisms” on 17th December, 2024.

**ASSOCIATION OF PHYSIOLOGISTS OF INDIA
U.P CHAPTER**

PHYSIOLOGY DISTILLED
Webinar series of ASSOPI- UP Chapter

TOPIC
**Nerve Conduction Velocity:
Deciphering the Electrophysiological
Mechanisms**

17th December, 2024 Tuesday | 12:30 PM Onwards

Speaker

**Dr. Divya Srivastava**
Professor, Dept of
Physiology, S N Medical
College, Agra

**Dr. Shraddha Singh**
Prof. & Head, dept. of
Physiology, KGMU, Lko.
President, ASSOPI- U P
Chapter

**Dr. Amit Kant Singh**
Prof. & Head, dept. of
Physiology, UPUMS, Saifai
Secretary, ASSOPI- U P
Chapter

Convenor

**Dr. Shivam Verma**
Assistant Professor,
PIMS, Lko.
Assistant Secretary, ASSOPI
UP Chapter

Moderator

**Dr. Khushboo Singhal**
Assistant Professor,
Subharti Medical College,
Meerut

3. Activity of ASSOPI – Sikkim Chapter

The Department of Physiology successfully conducted a one-day Hands-on Workshop on NCV & HRV under the Sikkim ASSOPI chapter on 24th September 2024. A total of 60 participants attended the workshop in person for the guest lecture and hands-on sessions. Additionally, 181 participants from across India registered and participated in the online sessions. The workshop was accredited by the Sikkim Medical Council, which approved 03 credit hours per speaker and 02 credit hours per participant for the one-day event (Ref No: SMC/03236/CMC/24 dated 16.09.2024).





SMU SIKKIM
MANIPAL
UNIVERSITY

Established under Govt of Sikkim, Act No. 1 of 1993, incorporated under Special Act, 1995.



SMIMS SIKKIM
MANIPAL
UNIVERSITY

SIKKIM MANIPAL INSTITUTE OF MEDICAL SCIENCES

Hands-on Workshop on NCV and HRV

organized by
Department of Physiology, SMIMS

&
Association of Physiologists of India (ASSOPI)
(Sikkim chapter)

VENUE:- Auditorium, Level 6;

Date:- 24th September, 2024

Speakers:-



Dr. Yogesh Kumar
Professor
Dept. of Physiology
AIIMS Patna



Dr. Kamlesh Jha
Professor
Dept of Physiology
AIIMS Patna



Dr. Sukirti Chauhan
Head of Dept. of
Neurosurgery
CRH



Dr. Sanjay Kumar
Professor and HoD
Dept. of Physiology
SMIMS

Hands on workshop by: Team of "AD Instrument"

Free Registration

Link:- <https://forms.gle/jJ8tPssi34527gBi6> (For Lecture only)

Contact:- Dr. Sujata Gurung (7864819327)

Email:- smims.physiology@gmail.com

4. CME & Workshop on Heart Rate Variability & Its Clinical Insights

Department of Physiology, Govt. Medical College, Anantnag organized the 1st Physiology CME & Workshop on “Heart Rate Variability & Its Clinical Insights (Heart Rhythm, Mind’s Symphony)” on 11th September, 2024.

Membership Status of ASSOPI:

We are thrilled to announce that Association of Physiologists of India (ASSOPI) is about to reach **1100 members**. This significant milestone of ASSOPI reflects our Physiology community's dedication and passion to the growth of the association, and the credibility of the leadership of the association. It manifests our commitment to continue working together, fostering collaboration, and achieving our collective goals. Thank you all for your continued support and interest for the upliftment of ASSOPI.

Minutes of 10th GB Meeting:

Minutes of the 10th General Body Meeting of ASSOPI

(held on 25th October 2024, during the 10th ASSOPICON held at AIIMS Patna)

AGENDA

The 10th meeting of General Body (GB) of Association of Physiologists of India was conducted on 25th October 2024, at 5.30 PM, conducted at Auditorium, All India Institute of Medical Sciences (AIIMS) Patna. Eighty-seven life members of ASSOPI participated in the meeting.

The following agenda items were discussed.

1. Obituary and Apologies

At the outset, Dr. G. K. Pal, General Secretary, ASSOPI, requested all members to stand up and observe 2 minutes silence as mark of respect for Late Dr. S. K. Singh, former Professor & Head of Physiology at Pramukhswami Medical College, who left his mortal body in February, 2024.

2. Approval of the minutes of the 9th GB meeting held on 28th October, 2023

General Secretary informed that the minutes of the 9th General Body Meeting (GBM), held on 28th October 2023, during 9th ASSOPICON held at KGMU Lucknow, was circulated to all the

members through their e-mails with a request to provide their comments/inputs for corrections, if any. However, as no comments have been received, he requested GB to approve the minutes. GB unanimously approved the minutes of 9th General Body Meeting, proposed by Dr. Sabita Yograj and seconded by Dr. Y. Dhanalakshmi.

3. Presentation of annual report by General Secretary

Dr. G. K. Pal, General Secretary, presented the report of ASSOPI of last one year (October, 2023 to September, 2024). The summary of the report is depicted below.

Report of General Secretary, ASSOPI 2023-2024

- i. Newly enrolled life members: **241** (Total life members as on 22.10.2024 are **1014**)
- ii. Nomination/Application and finalization of various ASSOPI Awards:
 - Total nominations received: 31 award applications including 1 for Fellowship title

Name of the Award	Award Winner
Dr. Artatran Nanda Memorial Award (Best research work in Respiratory Physiology)	Dr. Arpita Singh, Additional Professor, Dept. of Pharmacology, Dr. Ram Manohar Lohia Institute of Medical Sciences, Lucknow.
Prof. S. B. Deshpande Award (Best research work in Neurophysiology)	Dr. Estelle Havila Earl, Senior Resident, Dept. of Physiology, AIIMS Bibinagar.
Prof. G. K. Pal Award (Best research work in Cardiovascular Physiology)	Dr. Manpreet Kaur, Professor, Dept. of Physiology, VMMC and Safdarjung Hospital, New Delhi.
JIPMER Golden ASSOPICON Award (Best research work by a postgraduate student in Physiology)	Ms. Mitali, PhD student, Department of Physiology, AIIMS Delhi.
Shri S. N. Chaudary Memorial Award (Best research work in Environmental Physiology)	Dr. Revand R., Senior Resident, Dept. of Physiology, AIIMS New Delhi.

Shri B. M. Patil Memorial Award (Best research work in Physiology by a Physiologist below the age of 45 years)	Dr. Pooja Ojha, Associate Professor, Department of Physiology, AIIMS Jodhpur.
Prof. S. K. Singh Award (Best research work conducted by an undergraduate medical student in Physiology)	Mr. Ritu Lahkar, UG Medical Student, AIIMS Bhubaneswar, Odisha Mr. Atul Kumar Sharma, UG Medical Student, AIIMS Nagpur, Maharashtra.
Prof. Narsingh Verma Award (Best research work conducted in Chronobiology)	Dr. Smriti Rastogi, ICMR SRF, Department of Physiology, KGMU, Lucknow.
Fellowship Title of ASSOPI (FAPI)	Dr. G. K. Pal, Executive Director & CEO, AIIMS Patna

iii. Zonal activities:

- General Body Meeting of ASSOPI – UP Chapter held on 16th March, 2024 at KGMU Lucknow. New Office Bearers of the ASSOPI – UP Chapter were elected.
- Department of Physiology, Geetanjali Medical College and Hospital, Udaipur organized the 1st Webinar in Lifestyle Medicine Series on the topic “Lifestyle Medicine: For Prevention and Management of Diseases” on 29th June, 2024 under the ASSOPI Chapter of Rajasthan.
- Department of Physiology, Geetanjali Medical College and Hospital, Udaipur organized the 2nd Webinar in Lifestyle Medicine Series on the topic “Health Augmentation with Yoga: A Holistic Health Pillar of Lifestyle Medicine” on 27th July, 2024 under the ASSOPI Chapter of Rajasthan.
- Department of Physiology, Govt. Medical College, Anantnag organized the 1st Physiology CME & Workshop on “Heart Rate Variability & Its Clinical Insights (Heart Rhythm, Mind’s Symphony)” on 11th September, 2024.
- Jammu & Kashmir Chapter of ASSOPI has been formed under the patronship of Prof. Sabita Yograj.

4. Endorsement of ASSOPI Awards, 2024

Dr. G. K. Pal, General Secretary informed the GB that a total of 31 nominations for various awards of ASSOPI including 1 nomination for Fellowship Title of ASSOPI were received, and a committee consisting of two subject experts for each award was constituted for evaluating the nominations. The report of the committee was approved by the President of ASSOPI. EB in its meeting held on 23rd October, 2024, approved the list of recipients of ASSOPI Awards, 2024. The awardees received awards on 24th October, 2024 in the inaugural ceremony of ASSOPICON-2024. The GB unanimously endorsed the list of recipients of ASSOPI Awards.

5. Presentation of audited statement of account by Finance Secretary

Dr. S. Velkumary, Finance Secretary presented the detailed audited statement of account for the year 2023-24. After a thorough discussion, the audited report was approved by GB, which was proposed by Dr. B. S. Shankaranarayana Rao and seconded by Dr. S. B. Deshpande.

6. Status of ASSOPI Journal

Dr. G. K. Pal informed that as discussed in the last GBM held on 28th October 2023, during 9th ASSOPICON held at KGMU Lucknow to transfer the International Journal of Clinical and Experimental Physiology (IJCEP), which is owned by Dr. G. K. Pal as Editor-in-Chief, will be transferred to ASSOPI as the official Journal ASSOPI by paying Rs. 10.00 lakhs to its Proprietor Dr. Mueen Ahmad. Accordingly, journal IJCEP has now been formally acquired by the association. The transfer of ownership included the copyright, domain, and all associated assets of the journal. This acquisition was finalized following financial negotiations with the proprietor, reducing the initial quoted expense from ₹12 lakhs to ₹10 lakhs. Funds were duly transferred from the association's account, and the journal is now the official organ of ASSOPI.

As approved in the last GBM, in addition to the Editor-in-Chief of the journal to be elected/nominated every two years as per bye-law, Dr. G. K. Pal will be the regular Executive Editor of IJCEP. General Secretary informed that the efforts are underway to index the journal in reputed databases such as PubMed and Scopus to enhance its visibility and credibility. Members were requested to submit articles and promote the journal within their professional networks to increase its reach and impact.

7. Organizational matters

i. Creation of new State branches / Chapters

Jammu & Kashmir Chapter of ASSOPI has been formed under the patronship of Prof. Sabita Yograj and this was also presented by General Secretary in his report as stated above.

ii. **Recruitment of new members**

General Secretary informed that in the last one year (September 2023 to September 2024) a record number of 241 new life members and 18 annual members have been enrolled. Now, the total life members have crossed 1000, a landmark achievement of the association. He congratulated all ASSOPIANS for this unique feat.

8. Election for the new Office Bearers (OB) & Executive Body (EB) posts

General Secretary informed that as per bye-law of ASSOPI, the tenure of present EB and OB members is coming to an end. This year, we had announced for nomination for various posts in the last ASSOPI news Bulletin (May-June issue, 2024) circulated to all the life members of ASSOPI. The nominations received for various posts were presented in the GB meeting and GB has approved the new EB and OB members for various posts of ASSOPI, for next two years tenure, as mentioned below.

Office Bearers

President: Dr. Latika Mohan, Professor & Head of Physiology, and Former Dean (Academics) AIIMS Rishikesh, Uttarakhand.

General Secretary: Dr. Gopal Krushna Pal, Professor (Senior Scale) of Physiology, JIPMER, Puducherry; Former Dean, JIPMER-Karaikal, & Dean, Faculty of Medicine, Pondicherry University; Former Executive Director and CEO, AIIMS Patna & AIIMS Gorakhpur.

Founder President: Dr. Shripad B. Deshpande, Professor of Physiology, Nobel Medical College & Teaching Hospital, Kanchanbari, Biratnagar, Nepal.

Immediate Past President: Dr. Narsingh Verma, Principal and Dean, Hind Institute of Medical Sciences, Ataria, Lucknow, U. P.

Vice-Presidents: (arranged alphabetically)

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

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

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

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

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

Editor-in-Chief: Dr. Jayanti Pant, Additional Professor of Physiology, AIIMS Rishikesh.

Joint Secretaries: (arranged alphabetically)

West Zone: **Dr. Mrunal Phatak**, Professor & Head of Physiology, and Dean (Academics), AIIMS Nagpur.

North Zone: **Dr. Sabita Yograj**, Professor & Head of Physiology, Shri Mata Vaishno Devi Institute of Medical Excellence (SMVDIME) Medical College & Associated Hospital, Kakryal, Jammu & Kashmir.

East Zone: **Dr. Sanjay Kumar**, Professor & Head of Physiology, Sikkim Manipal Institute of Medical Sciences.

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

Executive Body Members (arranged alphabetically)

1. **Dr. Ajay Bhatt**, Professor & Head of Physiology, Mahatma Gandhi Memorial Medical College, Indore, Madhya Pradesh.
2. **Dr. Hanjabam Barun Sharma**, Assistant Professor of Physiology, Institute of Medical Sciences, Banaras Hindu University.
3. **Dr. Jolly Bhattacharjya**, Associate Professor of Physiology, Gauhati Medical College, Assam.
4. **Dr. Kaviraja Udupa**, Professor of Neurophysiology, NIMHANS.
5. **Dr. Manjinder Kaur**, Additional Principal, Prof & Head, Geetanjali Medical College, Udaipur, Rajasthan.
6. **Dr. Milind A. Nisargandha**, Associate Professor, Sunderlal Patwa Govt. Medical College, Madsaur, Madhya Pradesh.
7. **Dr. Nitin Ashok John**, Professor & Head of Physiology, and Dean (Examinations) AIIMS Bibinagar, Telangana.
8. **Dr. Om Lata Bhagat**, Professor of Physiology, AIIMS Jodhpur
9. **Dr. Prafull Kamble**, Associate Professor of Physiology, AIIMS, Bibinagar, Telangana
10. **Dr. Pranati Nanda**, Professor & Head of Physiology, Kalinga Institute of Medical Sciences, Bhubaneswar.
11. **Dr. Pratik Kumar Chatterjee**, Associate Professor of Physiology, KMC, Mangalore.
12. **Dr. Punam Verma**, Additional Professor of Physiology, AIIMS Bilaspur.
13. **Dr. Rajay Bharshankar**, Professor, Dept. of Physiology, AIIMS, Bhopal
14. **Dr. Rajeev Sharma**, Dean, and Professor & Head of Physiology, Guru Gobind Singh Medical College & Hospital, Faridkot, Punjab.
15. **Dr. Rajeswari L.**, Professor & Head of Physiology, JSS Medical College, Mysuru.

16. **Dr. Renugasundari M.**, *Office Secretary to General Secretary*, Tutor, Department of Physiology, AIIMS Patna.
17. **Dr. Rituparna Barooah**, Professor & Head of Physiology, NEIGRIMS, Shilong
18. **Dr. Sandip Sardesai**, Professor of Physiology, Goa Medical college
19. **Dr. Saranya K.**, *Headquarter Office Secretary* (Additional Professor of Physiology, JIPMER, Puducherry)
20. **Dr. Sonia Kochhar**, Additional Professor and Head of Physiology, AIIMS Bathinda.
21. **Dr. Sudhanshu Agrawal**, Professor of Physiology, NCRIMS, Meerut.
22. **Dr. Syed Sadaat Ali**, Professor of Physiology, Shridevi Institute of Medical Sciences & Research Hospital, Tumkur, Karnataka.
23. **Dr. Tribhuwan Kumar**, Professor and Head of Physiology, and Associate Dean (Examinations), AIIMS Patna.

Dr. G. K. Pal informed that the newly elected executive of ASSOPI will take of the mantle of the association from 1st January, 2025. He sincerely thanked the entire outgoing OB & EB members for their significant contributions to the growth and achievements of ASSOPI.

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

The request for conducting next annual conference of ASSOPI in 2025 was proposed by Dr. Bindu Kutty, Dr. B. Shankarnarayana Rao and Dr. Kaviraj Ududpa, from NIMHANS, Bengaluru informed that as the Neurophysiology Department at NIMHANS is celebrating its golden jubilee in 2025, requested GB to allow to have venue for ASSOPI's next annual conference. After detailed discussions and reviewing multiple proposals, the Executive Body approved that the **next annual conference to be held at NIMHANS Bengaluru.**

Proposals were received for conducting annual conference of ASSOPI subsequently for next three years.

12th ASSOPICON 2026 at Geetanjali Medical College, Udaipur.

13th ASSOPICON 2027 at AIIMS Mangalagiri.

14th ASSOPICON 2028 at AIIMS Rishikesh.

10. Proposal for new ASSOPI awards

Dr. Pal informed that Dr. Indira Chakravarty presented a proposal for the establishment of the *Prof. Mukta Sen Memorial Award* in the field of reproductive physiology, last year. Dr. Indira Chakravarty had agreed to pay the rupees five lakhs of seed money for the award. Dr. Pal informed that Dr. Indira Chakravarty has informed that due to her personal problems, she was not available last year, and will make award seed money payment soon. However, as the seed money for the award has not been paid yet by the donor, it has not been implemented this year.

11. Presentation of a brief report by Organizing Chairman

The organizing chairman, Dr. Tribhuvan Kumar, HoD, Physiology, AIIMS Patna, reported that the conference had seen overwhelming participation, with total registrations nearing 500. He mentioned that initial registrations were around 360, which were further supplemented by more than 150 spot registrations for workshops and conference. He highlighted that over the past three days, 12 workshops had been successfully conducted, demonstrating strong interest and engagement. He explained that the process had been initiated following approval in the last General Body GB meeting of 2023. He noted that in the past two months, he and his team had worked diligently to organize and streamline the event.

The chairman stated that expert faculty from various institutions had been invited to demonstrate techniques and mentor participants during the workshops. He informed that 10 workshops and two CME sessions focusing on animal experiments and Grant Writing had taken place. According to him, the response had been tremendous, with requests exceeding capacity. In certain cases, registrations had to be capped at 50 participants, despite ongoing interest.

He pointed out that one key realization from the workshops was the necessity to conduct more hands-on training sessions for junior colleagues and students. He emphasized that such sessions provided essential guidance in laboratory setups, technique development, and foundational skills crucial in the current medical and research environment. The chairman proposed that the association consider organizing similar workshops across different zones to ensure comprehensive coverage, suggesting that these workshops could extend over one to two days.

The chairman remarked that the conference marked a historic milestone with 22 symposiums, which he described as a first for the association and other physiology organizations including APPI and PSI. He stated that each symposium featured renowned experts, ensuring valuable insights for attendees. He acknowledged the challenge of attending all sessions due to three parallel symposiums per day. In addition to the symposiums, he reported that the conference would also include 22 plenary lectures and two panel discussions.

He assured that meticulous attention had been given to logistics, food arrangements, and overall participant experience from the beginning. According to him, a diverse food court had been curated to enhance the experience for all attendees.

The organizing chairman expressed his heartfelt gratitude to the Executive Director and CEO Dr. G. K. Pal for his full involvement in the conduct of the conference and untiring support inspite of his very hectic schedules to make this a grand event. He also thanked the entire organizing team for their hard works and sincere efforts. He concluded by expressing confidence that the conference would be remembered fondly by participants and would pave the way for future advancements in the association's events.

12. Any other matters (with permission of chair)

i. **State and Zonal Chapter Coordination:**

Challenges in smaller states like Goa were discussed. It was suggested that Goa can merge with Maharashtra for better organization of ASSOPI activities.

ii. **ASSOPI Membership Fees:**

As decided in the last EB and GB meeting, it was decided to increase the membership fees from Rs. 3,000 to Rs. 5,000 from 1st January, 2025.

iii. **Fees for Fellowship Title:**

It was decided to increase the fee for fellowship title from Rs. 11,000 to Rs. 16,000 (rupees sixteen thousand only), out of which one thousand will be paid as application fee (non-refundable) and fifteen thousand will be paid as the fee for fellowship title.

iv. **Physiology in Clinical Medicine:**

Plans for integrating physiology into clinical settings, including the establishment of clinical-interventional physiology unit/department in the institutes were discussed. It was emphasized that those who are senior members of the faculty and in administrative responsibilities in the institutes should facilitate these objectives.

13. Vote of thanks

GB Meeting ended at 8.30 PM with vote of thanks proposed by Organizing Chairperson, Dr. Tribhuwan Kumar, Professor & Head of Physiology, AIIMS Patna.

Sd/-
Dr. G. K. Pal,
General Secretary, ASSOPI.

Upcoming Events:

1. *ASSOPICON of U.P. Chapter, 2025*

ASSOPICON U. P. 2025 will be organized by Department of Physiology, Sarojini Naidu Medical College, Agra, in collaboration with the Association of Physiologists of Agra under the esteemed banner of ASSOPI from 27th to 29th March, 2025. For more details about the event, please refer to the brochure attached at the end of this News Bulletin.

2. *Conference in School of Medical Sciences & Research, Sharda University*

Department of Physiology, School of Medical Sciences & Research, Sharda University, under the aegis of ASSOPI will be conducting two days of conference-cum-workshop on "Artificial

Intelligence - Its Application in Medical Education & Clinical Practice” tentatively on 11th and 12th July, 2025.

3. 11th ASSOPICON

The 11th Annual Conference of ASSOPI (11th ASSOPICON) will be organized by Department of Neurophysiology, NIMHANS, Bengaluru. The details of the conference will be circulated shortly.

IJCEP is now ASSOPI Journal:

As it was already decided in the last GBM of ASSOPI, the ‘**International Journal of Clinical and Experimental Physiology**’ (IJCEP), which is published by Dr. G. K. Pal as Editor-in-Chief has been made the Official Journal of ASSOPI. The authority and proprietary of the journal were transferred to the association by transferring Rs. 10 lakhs to Dr. Mueen Ahmed, the erstwhile proprietor of IJCEP. It was also decided that Dr. G. K. Pal will be the regular Executive Editor of IJCEP and the person for the post of Editor-in-Chief will change every two years as nominated/elected in the GBM of ASSOPI as per ASSOPI bylaws.

Currently, after payment of Rs. 10 lakhs and completion of other formalities, International Journal of Clinical and Experimental Physiology has now become the Official Organ of ASSOPI. Presently, the journal is being published from the office of the General Secretary (Department of Physiology, JIPMER, Puducherry). There is no change in the IJCEP domain, the website address and other details of the contents.

General Secretary informed that the efforts are underway to index the journal in reputed databases such as PubMed and Scopus to enhance its visibility and credibility. The **ASSOPI members are requested to submit their articles** (original research articles/review articles/case reports/short communications/letters to editor/news and views/guest editorials) to IJCEP.

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

For further details, please contact:

Executive Editor, IJCEP

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Former Dean, JIPMER-Karaikal, and
Former Dean, Faculty of Medicine, Pondicherry University, and Former Executive Director and CEO, AIIMS Patna & AIIMS Gorakhpur.

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Epicardial Fat and Cardiovascular Risk: A Critical Link:

Epicardial adipose tissue (EAT) plays a crucial role in cardiovascular health, significantly impacting the risk of heart attacks and other cardiovascular conditions. As a metabolically active fat depot, EAT contributes to local inflammation and systemic metabolic processes, promoting the development and progression of coronary artery disease (CAD). Thicker EAT is closely associated with increased inflammation, which can accelerate CAD severity. Additionally, the volume of EAT correlates with cardiovascular risk factors such as obesity and metabolic syndrome, making it a valuable biomarker for predicting future cardiovascular events. EAT also secretes adipokines that regulate inflammation, either increasing or decreasing cardiovascular risk. Elevated levels of pro-inflammatory cytokines are often observed in patients with greater EAT thickness. Clinically, measuring EAT can help identify individuals at higher risk for cardiovascular events, allowing for more targeted preventive strategies. Efforts to reduce EAT through lifestyle modifications or medications show promise in lowering cardiovascular risk, positioning EAT as a potential therapeutic target. However, while EAT is generally associated with increased cardiovascular risk, some studies indicate that not all patients with high EAT experience adverse outcomes. This suggests that additional factors may influence cardiovascular risk, highlighting the need for further research to refine treatment approaches and improve patient outcomes.

The Role of Yoga in Modulating Epicardial Fat and Enhancing Cardiovascular Health:

The connection between epicardial fat and yoga is gaining attention in the field of cardiovascular health. Epicardial adipose tissue (EAT), a type of visceral fat, plays a key role in heart function and disease, contributing to the onset of cardiovascular diseases (CVD) and influencing cardiac remodeling. Yoga, known for its therapeutic effects, has demonstrated benefits in improving cardiovascular risk factors, suggesting a potential role in reducing EAT levels and enhancing heart health.

Research underscores yoga's positive impact on cardiovascular health, particularly in cardiac rehabilitation and risk management. Studies show that yoga-based rehabilitation programs can improve left ventricular ejection fraction (LVEF) in patients after coronary artery bypass grafting (CABG), reflecting better cardiac performance. Additionally, yoga may complement existing therapies by addressing CVD risk factors like obesity, which is closely linked to elevated EAT levels.

Epicardial fat significantly contributes to cardiovascular disease through its role in local inflammation and the progression of conditions such as coronary artery disease. Fortunately, EAT levels can be modified through lifestyle changes, including dietary adjustments, physical activity, and possibly yoga. This underscores the need to adopt comprehensive strategies that promote cardiovascular wellness.

Although yoga appears promising for enhancing heart health and reducing epicardial fat, more research is required to fully elucidate how yoga influences EAT and to what extent. Advancing this area of study could pave the way for non-invasive, accessible approaches to preventing and managing cardiovascular disease.

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:

Life Membership – Rs. 5000/- (Rupees five thousand only)

Annual Membership – Rs. 500/- (Rupees five hundred only)

NAME (in CAPS):

Date of Birth:

Educational Qualification:

Present Designation and Institute:

Field of Interest:

Address for communication:

PIN code:

E-mail:

Mobile:

Name of the Bank & Branch, and the amount paid:

Transaction ID:

Transaction Date:

Application can be filled and submitted online in ASSOPI website: www.assopi.co.in.

For new membership, the registration will be only by **online transfer of money to ASSOPI Account directly.**

For the purpose, the General Secretary (gsassopi@gmail.com) or Office Secretary to General Secretary (renu231994@gmail.com) may be contacted through his/her e-mail ID.

For further details contact:

Dr. Gopal Krushna Pal,

General Secretary, ASSOPI, and

Professor (Senior Scale) of Physiology, JIPMER,

Former Dean, JIPMER-Karaikal, and Dean, Faculty of Medicine, Pondicherry University, and

Former Executive Director and CEO, AIIMS Patna & AIIMS Gorakhpur.

Email: gsassopi@gmail.com

New Year Wishes from ASSOPI

Dear Members of ASSOPI,

As we step into the new year, ASSOPI wishes all the esteemed members, a year filled with happiness, good health, and new opportunities. We look forward to another great year together!

Best wishes!

Office Bearers of ASSOPI.





*Agra Welcomes
You All*

27-03- 2025 - Workshop | 28th & 29-03-2025 - Conference



Message from Executive Committee

Welcome to ASSOPICON U.P. 2025

on behalf of Association of
Physiologists of India and Association of
Physiologists of Agra, it is our honour to
welcome you to **ASSOPICON U.P. 2025**

We are thrilled to organize this conference in
the historic city of Agra.

We are working hard to make it a memorable
academic event and joyful get together for all
the participants.



Psycho-Neurophysiology

Psycho-Neurophysiology is the study of relationship between psychological events and functioning of body and brain

Psychophysiology

Study of relationship between cognitive and emotional processes of the brain and body and their interaction with each other

Neurophysiology

Branch of physiology dealing with functions of the nervous system i.e the study of functional properties of neurons, glia and networks

Fundamentally we are programmed to put survival ahead of other priorities, which makes sense in an evolutionary context.

However, the brain doesn't distinguish between social and physical threats, so in modern society, threats can be perceived everywhere, all the time and they don't always have an end point and the evolutionary threat response was designed to be a disaster and can become an ongoing alarm that never stops. This has negative implications on our physiology which manifests in the long term effects of stress related diseases.

Psychological and social factors are thought to influence risk for a range of physical illnesses including coronary heart disease, high blood pressure, type 2 diabetes, infectious illness, bronchial asthma, and musculoskeletal pain. These associations are underpinned by the impact of psychological stress and other biobehavioral stimuli on the systemic biological responses implicated in disease risk [Several systems are involved, with cardiovascular, neuroendocrine, immune, inflammatory, metabolic, and musculoskeletal responses all being relevant].

Psycho-neurophysiology deals with the physiological effects of the psychological and neurological responses to these threats.



Registration Fee for Conference

	Earlybird till 31st Dec. 2024	Regular 1st Jan. to 15 Feb. 2025	Late 16th Feb. to 20 March	Spot Registration
Member	4500/-	5000/-	5500/-	6000/-
Non Member	5000/-	5500/-	6000/-	6500/-
Residents Doctor (JR & SR)	4000/-	4500/-	5000/-	5500/-
UG Students	2000/-	2500/-	2500/-	3000/-
Workshops				
Nerve Conduction Velocity (NCV) & Electromyography (EMG) (Pre Lunch)	500/- each			
Meditation (Pre Lunch)	500/-			
Electroencephalogram (EEG) (Post Lunch)	500/-			
Polysomnography (PSG) (Post Lunch)	500/-			

Suggested Accomodation

- | | |
|--------------------------------|----------|
| 1. Hotel Deviram Palace | 700 mtr. |
| 2. Hotel Orange | 750 mtr. |
| 3. Imperial | 900 mtr. |
| 4. Clarks Shiraz | 2.8 kms. |
| 5. Hotel Amar | 2.9 kms. |
| 6. Taj Gate Way | 3.3 kms. |
| 7. ITC Mughal | 3.3 kms. |
| 8. Hotel P.L. Palace | 5.5 kms. |
| 9. Hotel Holiday Inn | 5.5 kms. |
| 10. Hotel Alleviate (Hichikee) | 5.8 kms. |



TOURIST ATTRACTIONS OF AGRA



Taj Mahal

Taj Mahal is not just a beautiful piece of art and fine architecture but also a memorial of love and faith. One of the most beautiful monuments in world, it is a sublime experience of great love story ever told and has been a visual delight for viewers over the ages, it took 22000 workers 22 years to complete this architectural marvel in 1653.

Agra Fort

The Agra Fort is a historical fort in the city of Agra, also known as Agra's Red Fort. Mughal emperor Humayun was crowned at this fort in 1530. It was later renovated by the Mughal emperor Akbar from 1565 and the present-day



Akbar Tomb Sikandra

Akbar's tomb is the mausoleum of the third and greatest Mughal emperor Akbar. The tomb was built in 1605–1613 by his son, Jahangir and is situated on 119 acres of grounds in Sikandra, a suburb of Agra, Uttar Pradesh

Itmad-ud-Daula

Tomb of I'tim d-ud-Daulah is a Mughal mausoleum in the city of Agra in the Indian state of Uttar Pradesh. Often described as a "jewel box", sometimes called the "Bachcha Taj" or the "Baby Taj", the tomb of I'tim d-ud-Daulah is often regarded as a draft of the Taj Mahal



NEARBY ATTRACTIONS

Fatehpur Sikri

A sand-stone city, which was the royal capital of Akbar. Later abandoned due to shortage of water, the site displays a number of buildings of significant historical importance. A World Heritage Site, it houses 'Buland Darwaja' which is one of the finest examples of Mughal architectural splendour at its height and Sheikh Salim Chishti Dargah.



Keoladeo National Park (56 km drive from Agra)

Bharatpur Bird Sanctuary, as the Park was formerly named, was declared a protected sanctuary in 1971 and established as a national park on 10 March 1982. Due to its exceptional avian biodiversity, it has also been declared a UNESCO World Heritage Site (1985)

Panch Mahal

Panch Mahal is a palace in Fatehpur Sikri, Uttar Pradesh, India. The Panch Mahal meaning 'Five level Palace' was commissioned by Akbar. This structure stands close to the Zenana quarters which supports the supposition that it was used for entertainment and relaxation.



Prem Mandir (54 km drive from Agra)

Prem Mandir is a Hindu temple in Vrindavan, Mathura district, Western Uttar Pradesh, India. The temple was established by Jagadguru Shri Kripalu Ji Maharaj. It is maintained by Jagadguru Kripalu Parishat, an international non-profit, educational, spiritual, charitable trust.

Banke Bihari Temple (53 km drive from Agra)

Banke Bihari Temple is a Hindu temple situated in the town of Vrindavan, Mathura district of Uttar Pradesh, India. The temple is dedicated to Banke Bihari who is believed to be the combined form of Radha and Krishna.



Chief Patron



Dr. Prashant Gupta
Professor, Surgery
Principal & Dean
S.N. Medical College, Agra

Patrons



Dr. Latika Mohan
Professor & HOD
Department of Physiology
AIIMS, Rishikesh
President ASSOPI



Dr. G.K. Pal
Professor, Physiology
Former Dean (Medical Faculty)
JIPMER, Puducherry
Ex-Director AIIMS, Patna
General Secretary ASSOPI



Dr. Shripad B. Deshpande
Professor of Physiology
Nobel Medical College and
Teaching Hospital,
BIRATNAGAR, NEPAL
Founder President ASSOPI



Dr. Narsingh Verma
Principal and Dean,
Hind Institute of Medical
Sciences, Ataria,
Sitapur
**Immediate Past President
ASSOPI**



Dr. Sunita Tiwari
Professor
Department of Physiology
RMLIMS, Lucknow
**Ex- President ASSOPI U.P. Chapter
&
Ex- President APPI U.P.-U.K. Chapter**



Senior Advisors



Dr. Shraddha Singh
Professor & HOD,
Dept of Physiology,
KGMU, Lucknow
President ASSOPI U.P. Chapter



Dr. Seema Singh
Professor & HOD,
Dept of Physiology,
Era Medical College, Lucknow
Vice President ASSOPI U.P. Chapter



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Dr. Amit Kant Singh
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Secretary, ASSOPI U.P. Chapter

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ASSOPI U.P. Chapter

Dr. Jagdish Narayan
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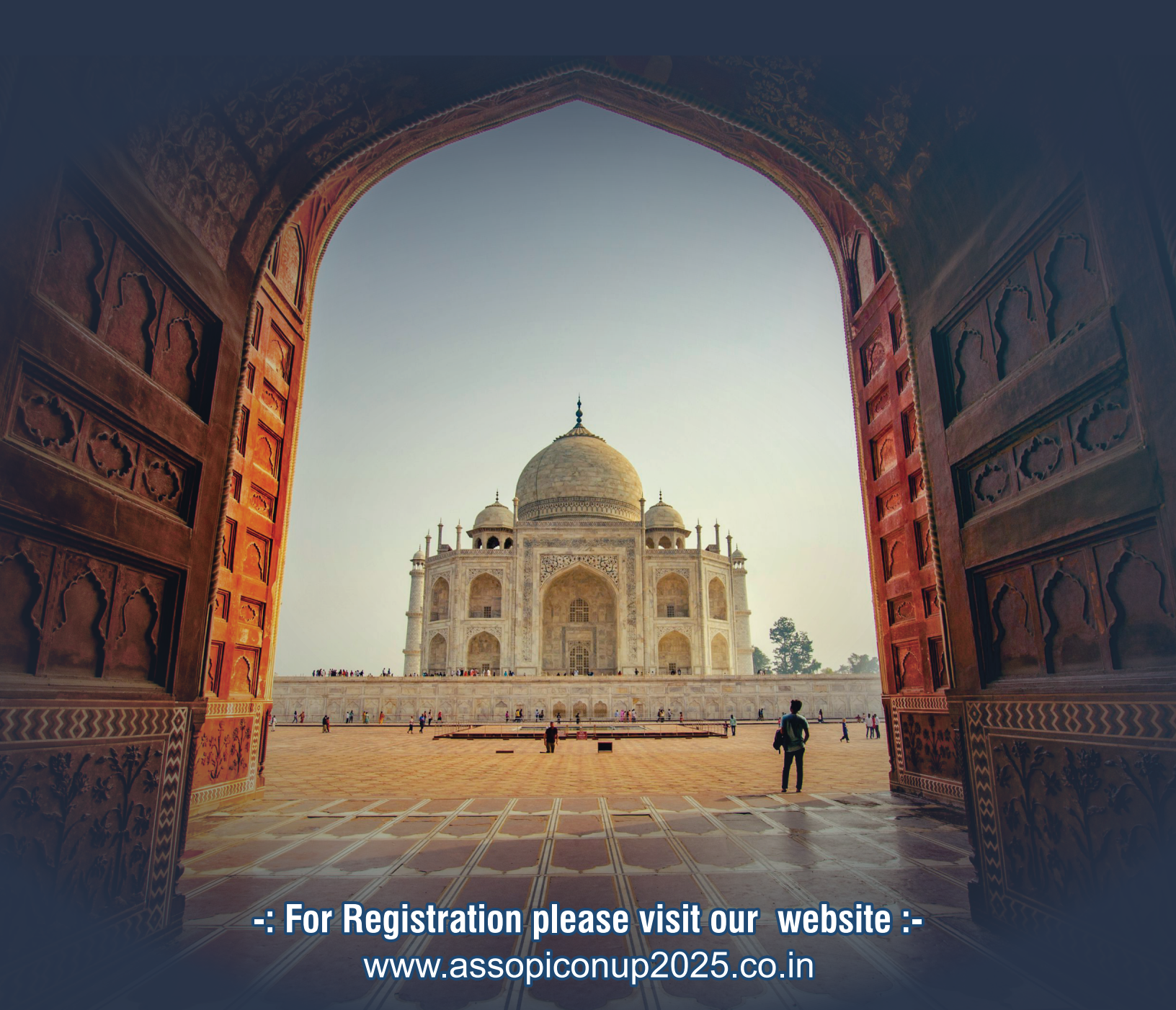


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