

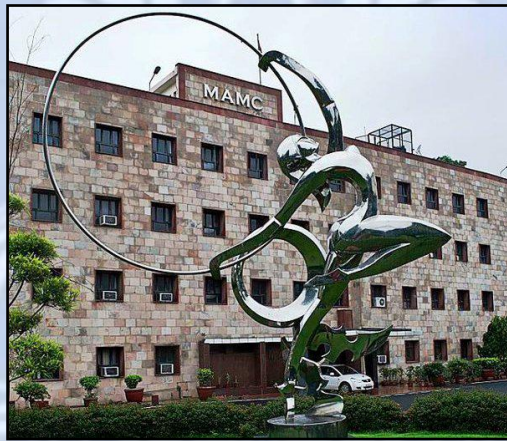


PHYSIOLOGY UPDATE 2018

***“DELVING INTO THE STRESS RESPONSE:
HTPA-AXIS, NUTRITION & EXERCISE”***

15th November, 2018 (THURSDAY)

Organized by



**DEPARTMENT OF PHYSIOLOGY,
Maulana Azad Medical College, New Delhi**

**VENUE : NEW LECTURE THEATRE, GROUND FLOOR
MAULANA AZAD MEDICAL COLLEGE,
BAHADUR SHAH ZAFAR MARG,
NEW DELHI- 110002**

Email for registration: sciact.physiologymamc@gmail.com

Delhi Medical Council has granted **4 hours and 30 minutes** credit hours for delegate vide Letter No. 2954/DMC/CME/16C/2/2018 dated 08th October, 2018.

For registration details kindly visit our website – www.mamc.ac.in

Contact persons:

1. Dr. V. P. Varshney, Director Professor & Head, Dept. Of Physiology, MAMC, New Delhi
Telephone: (O) 011-23239271/ extn. 199; M: 9968604297
2. Dr. Mona Bedi, Director Professor, Room No. 242, Dept. Of Physiology, MAMC, New Delhi.
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3. Dr Preeti Jain, Professor, Room No. 238, Dept. Of Physiology, MAMC, New Delhi.
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Last date for registration: 31st October 2018

* No Registration Fee

* Prior Registration Mandatory

Last date for abstract submission: 31st October 2018 (Oral & Poster Presentation)

Spot registration: Subject to availability

SCHEDULE

15th NOVEMBER, 2018: THURSDAY

DELVING INTO THE STRESS RESPONSE: HTPA AXIS, NUTRITION AND EXERCISE

08:00 A.M. - 09:00 A.M			
Registration			
TIME	SPEAKER	TOPIC	CHAIRPERSONS
SESSION I			
09:00 A.M. – 09:20 A.M.	Dr. Sunita Mondal (Director Professor & Head, Department of Physiology, LHMC, New Delhi)	The Stress Response HTPA axis Dysregulation of HTPA axis	Dr. Neelima Shankar (Ex- Head, Dept. of Physiology, UCMS) Dr. Raj Kapoor (Head, Dept. of Physiology, VMMC)
09:20 A.M. – 10:00 A.M			
Inauguration and Felicitation			
10:00 A.M. - 10:30 A.M.			
Breakfast			
SESSION II			
10:30 A.M. – 10:50 A.M.	Dr. Ratna Sharma (Professor, Dept. of Physiology, AIIMS, New Delhi)	Stress : Cognition, Emotions and Behaviour	Dr. M. Khullar (Ex HOD MRDC) Dr. Neelam Vaney (Head, Dept. of Physiology, UCMS, New Delhi)
10:50 A.M. - 11:15 A.M.	Dr K K Deepak (Professor & Head, Dept. of Physiology, AIIMS, New Delhi)	Stress : It's not in your head but in your nervous system ; the stress responses and the autonomic nervous system	Dr. O. P. Tandon (Professor Emeritus, Ex HOD Physiology and Ex Principal UCMS, New Delhi) Dr. Veena Mehta Ahuja (Visiting Professor, Medanta Hospital, Gurugram)
11:15 A.M. – 11:40 A.M.	Dr Shashi Bala Singh (Director-National Institute of Pharmaceutical Education & Research, Balanagar, Hyderabad-500037)	Stress and Nutrition <ul style="list-style-type: none"> • Stress and eating habits • Stress reactivity and type of diet • Epigenetics • Low stress diet • Role of balanced diet 	Dr. K K Deepak (HOD- Physiology, AIIMS, New Delhi) Dr. S. K. Bajaj (Director Professor & Head, Dept. of Physiology, BSA Medical College Rohini)
11:40 A.M. – 12:00 P.M.			
Tea			
SESSION III			
12:00 P.M. – 12:20 P.M.	Dr. Somnath Singh (Scientist-F, DRDO, Ministry of Defence, New Delhi)	Environmental stress and diet	Dr. Raj Kumar Yadav (Professor- Physiology, AIIMS, New Delhi) Dr. Shivani Agarwal (Associate Professor – Physiology, ESIC Medical College, Faridabad)
12:20 P.M. – 12:40 P.M.	Col. (Dr.) Anup Krishnan J (Sports Medicine Specialist, Indian Military Academy, Dehradun)	Exercise –Stressor or Stress reliever <ul style="list-style-type: none"> • Stress reactivity and exercise • Stress and sports performance 	Dr. Vivek Sharma HOD Physiology (GIMS, Greater Noida) Dr. Shilpa Khullar (Assoc. Professor – Physiology, ESIC Medical College , Faridabad)

12:40 P.M. – 01:00PM.	Dr. Ishwar V. Basabaraddi (Director, Morarji Desai National Institute Of Yoga, New Delhi)	Stress and Yoga <ul style="list-style-type: none"> • Stress, Inflammation and Yoga • The effects of yoga on anxiety and stress 	Dr. Asha Gandhi (Head Dept. of Physiology SGT Medical College, Gurugram, Ex HOD-Physiology, LHMC, New Delhi) Dr. Himani Ahluwalia (Director Professor of Physiology, VMMC, New Delhi)
01:00 P.M. – 02:00 P.M.	Lunch & Poster Presentation – Judges - Dr Vishal Bansal (HOD-Physiology, VPC Institute, New Delhi) Dr Simran Kaur (Assistant Professor AIIMS, New Delhi)		
SESSION IV			
02.00 P.M. – 02.30PM	Dr M S Bhatia (Director Professor & HOD- Dept. of Psychiatry, UCMS, New Delhi)	Mental and emotional impact of stress and its management	Dr. Savita Singh (Ex HOD –Physiology, UCMS, New Delhi) Dr. Rashmi Babbar (Visiting Professor, Indraprastha, Apollo Hospital)
02:30 P.M. – 02:45 P.M.	Dr. Shalini Chawla (Director Professor, Dept. Of Pharmacology, MAMC, New Delhi)	Ethical issues in medical practice	Dr. Bharti Bhandari Rathore (Associate Professor –Physiology, GIMS, Greater Noida) Dr. Rajinder K Gupta (Scientist E, DRDO, Ministry of Defence, New Delhi)
SESSION V			
02:45 P.M. – 03:45 P.M.	Paper Presentation – Judges – Dr. Supriya Gupta (Professor of Physiology, VMMC, New Delhi) Dr. Farah Khaliq (Professor of Physiology, UCMS, New Delhi)		
03:45P.M.-04:30 P.M.	Valedictory Function		

REGISTRATION FORM

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First name

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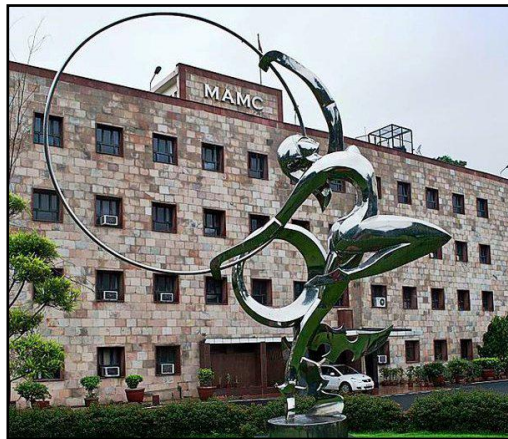


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**DEPARTMENT OF PHYSIOLOGY,
Maulana Azad Medical College, New Delhi**
Abstract Submission Form

Title of Study

Author (s) name and affiliation

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Presenting Author Name

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E-mail id Contact No.

ABSTRACT

(Structured as: Aim, Method, Result, Conclusion; font type: Times New Roman; font size: 12; line spacing: double; not more than 250 words). Poster size 3 by 5 feet. Oral Presentation is of 8 +2 minutes.

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Declaration

The above submission, titled

.....is an original work of the author (s) and has not been presented elsewhere, either as oral presentation or poster presentation.

Date

Place

Signature and Name of Author (s)

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