

jai sri gurudev
**ADICHUNCHANAGIRI
INSTITUTE OF
MEDICAL SCIENCES**



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PHYSIOVAARTHE

Imparting knowledge of life process

BI-ANNUAL NEWS LETTER FROM DEPARTMENT OF PHYSIOLOGY

From the Editor's desk:

Dear readers,

I am very much pleased to bring out the Vol-4 (2) of our Newsletter 'Physiovaarthe' giving useful information on the subject & the department.

I feel proud to share the information that, we got very good response from the delegates & students for the CME cum WORKSHOP: "E = M⁴ – Rediscovered formula of well being" held on june, 2015.

I whole heartedly thank our beloved & dynamic for his constant support and encouragement. I whole heartedly thank all the staff and PGs for their great effort Contributing to the success of the CME & also for the smooth running of departmental activities.



**Dr. K.N.Narasimhaswamy
Professor & HOD**





CME cum WORKSHOP CONDUCTED Summary of Scientific Sessions

Session 1: The speaker for the first session, Dr. Vasantha Kumar K.R. spoke on “Memory & Meditation – Awaken the Genius in You” chaired by Dr. Roopakala M.S., Professor & H.O.D. Physiology, M.S Ramaiah Medical College, Bengaluru. Dr. Vasantha Kumar gave an overview of physiology of memory formation, consolidation & recall from human brain. He discussed on the various factors altering this memory formation & recall process & highlighted with evidence the role of meditation in improving the formation & recalling memory. Different forms of meditation practices .

Session 2: The speaker for this session Dr. Raghavendra Bhat, spoke on the topic “Psychophysiology of Yoga & its applications” chaired by Dr. K.N. Narasimha Swamy, Organizing Chairman, Professor & H.O.D., Physiology, A.I.M.S., BG Nagara. He provided insight into basics of Yoga & the Physiological principles behind its effects. Also he briefed on different Yogic techniques & their health benefits. He further emphasized on psychological changes as documented by various researchers world over of the various forms of Yoga. Overall he viewed his opinion that Yogic exercise benefits each and every person at any age.

Session 3: @ the BGS Auditorium within the AIMS campus, with the speaker for this session Professor Raj, spoke on the topic “Magic as a means of Motivation” chaired by Dr. Pushpa Krishna, Professor of Physiology, K.I.M.S. Bengaluru. He spoke on motivation & its mechanisms, emphasized on illusion as a means of motivation. He further explained & demonstrated various simple magical tricks. Taught on how magic can be of use in study & keeping oneself motivated..

Session 4: “*Hands on Training to Energize Self*” Following tea, the fourth scientific session was rather a workshop / demonstration & training on various simple to perform Yogic exercises by Dr. Raghavendra Bhat, such as Pranayama & others. Similarly Prof. Raj displayed a few magical tricks & provided





ACADEMIC SECTION

Activities of department - HIGHLIGHTS



All about Bombay blood group

The discovery of Bombay blood group was made in 1952 in Mumbai (Bombay) by Dr. Y M Bhende. A detailed study revealed a rare genotype which is neither “A”, “B”, “AB” or “O”. The precursor protein for all blood groups is the “H” antigen, which translates into either “A”, “B”, both ‘A’ & ‘B’ or remains as “H”, in “A”, “B” & “O” blood groups respectively. In case of Bombay Blood groups, there is total absence of the “H” antigen itself, it is termed as “OH” which means absence of “H”.

Earlier, the Institute of Immuno Hematology (IIH) housed in the ICMR at KEM Hospital, Mumbai, where this rarest blood group was accidentally discovered, was the only referral laboratory for determining the Bombay phenotype. Samples from all over the country were sent to the IIH, which maintains a directory of persons detected with Bombay blood group. These people can donate blood to any anybody with ABO grouping but can receive blood only from Bombay blood group people with same Rhesus factor.

Presently, one in 10,000 people in Mumbai have been identified with this group. About 180 persons have registered in Blood Banks world – wide with the rare Bombay Blood group.

Absence of donors have always been a problem during emergency & need of the hour is to create more awareness for safe blood donation, for which purpose “A Bombay blood group community” was established which brings together the information, people and resources related to this very special Blood group. For details the official website of the Bombay Blood group alert network is - BombayBloodgroup.Org

Dr. Gayatri Bora
Associate Professor

Did you know that the humble coconut oil is now one of the Super foods of the century?

Coconut oil has a multitude of health benefits, while not limiting to beauty care. Though it contains a large quantity of saturated fats, it is *beneficial* for the heart. It contains about 50% lauric acid, which helps in actively preventing various heart problems like high cholesterol levels and high blood pressure. Numerous studies have shown that coconut oil does not lead to increase in LDL levels, and it reduces the incidence of injury and damage to arteries and therefore helps in preventing atherosclerosis. Studies suggest that intake of coconut oil may help to maintain healthy lipid profiles in pre-menopausal women. Research suggests that coconut oil helps to reduce abdominal obesity in women, hence very useful for weight loss naturally.

Ms Suma Bhaskar
Assistant Professor





Academic session



Publications in 2015

- 1) Effect of OM mediation on lipid profile - K N Narasimhaswamy, Ravi G N, Anand K S S
- 2) Correlation of anthropometric & bio-impedance methods of measuring body fat with pulmonary function tests & cardiovascular autonomic function tests among adults in & around BG Nagara – K.N. Narasimhaswamy, Amit kumar K
- 3) Effect of Deep breathing on Cardio vascular functions in healthy young individuals - Ravi G N, K N Narasimhaswamy, Anand K S S
- 4) Effect of alternate nostril breathing on cardiovascular autonomic functions, perceived stress & auditory threshold among medical students of A.I.M.S., BG Nagara – A prospective study – Smitha N, Sudhir G.K.

Ongoing projects:

1. Influence of adjustment pattern, state & trait anxiety on cardio-respiratory functions in young healthy adults. – Sudhir G.K., Suma Bhaskar, Gayatri Bora.
2. Evaluation of factors affecting the academic performance among first year medical students – A prospective study. – Sudhir G.K., Suma Bhaskar, K.N. Narasimhaswamy.
3. Impact of intermittent tread mill exercise on PEFR in relation to BMI - A cross sectional study- Dr.Gayatri Bora
4. Impact of case based teaching in physiology on comprehension, critical thinking & reasoning abilities among undergraduate medical students. Dr Sudhir G K Dr.Gayatri bora, Ms Suma Bhaskar
5. Orientation Program-A students Perspective- Dr.Gayatri bora

Achievements

1) Postgraduates – Smitha N presented poster on topic “Biofeedback as an assessment tool in measuring effectiveness of alternate nostril breathing (Nadi shodana pranayama) in the conference held in KMC .

**2) Undergraduates – “History created”
Our department obtained 94% pass in the July 2015 RGUHS UG exams**