

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-6 (2) of our Newsletter 'Physiovaarthe' giving useful information on the subject & the department. At the outset, I wish to inform that our department took an active participation in the recent **JVM 2016 held in February (17th – 19th)** at SACM by displaying many **working models on Human Physiology**. This was well appreciated by the students & public who visited the stall in large numbers. Further I feel proud to say that our stall received the **"Best Stall Award"** among the stalls under Medical Science category.

I whole heartedly thank our beloved & dynamic Principal 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 Gnyana-Vignyana Mela & also for the smooth running of departmental activities.

The department has initiated a **Valedictory programme** – conducted at the end of academic year **to recognize the achievements of students** in their academics, punctuality and overall merit by giving certificates & prizes to such students.



**Our Department Staff & Students in the "Gnyana Vignyana Mela" held at Sri Mutt
Dr. K.N.Narasimhaswamy
Professor&HOD**





SCIENTIFIC SECTION



Did you know? Foods you're eating wrong: The way you eat and prepare certain foods can actually make or break the health benefits they provide. So, we're taking a second look at some foods that are probably staples in your diet and offering up the best ways to slice, dice, cook, and devour them so you'll be sure to reap every vitamin and nutritious compound it offers.

1. Apples: If you're eating your apples peeled or in sauce form, you're missing out on some major nutritional value. "Apple skin is particularly rich in nutrients such as fiber and antioxidants,"

2. Veggies: If you boil your veggies, you're actually sending key nutrients (like vitamin C) into the water—and therefore down the drain—rather than into your system. For maximum nutrient retention, always steam your veggies.

3. Tea: Tea and milk go together like peanut butter and jelly—but it's a pairing that needs an intervention. When you add milk to your teacup, you instantly take away the heart-protecting benefits of drinking tea. "The milk proteins called caseins decrease a compound in tea called catechins, which boost protection against heart disease". Instead, drink your tea plain or add just a splash of lemon. The connection between weight loss and tea is amazing

4. Garlic: So, you're always cooking away and chopping/crushing/mincing garlic just seconds before throwing it into a hot skillet? You actually need to wait a bit—five to ten minutes to be exact—*before* cooking your garlic. "What happens is that alliin and the enzyme alliinase that catalyzes the conversion of alliin to allicin—its health promoting compound—are physically separated and only come into contact once the garlic is crushed". "If you immediately apply heat to the garlic after crushing it, there's not enough time for this reaction to take place."

5. Bananas: A banana is one of the easiest snacks to take on the go. "Never eat them plain," "Always eat them with some kind of fat like almond butter because the fat helps metabolize the fruit's high sugar content."

Dr. Sudhir G.K., Professor

Yoga and its therapeutic effects

A 3,000 year old tradition, yoga, is now regarded in the world as a holistic approach to health and is classified by the National Institutes of Health as a form of Complementary and Alternative Medicine (CAM). The word "yoga" comes from a Sanskrit root "yuj" which means union, or yoke, to join, and to direct and concentrate one's attention. Regular practice of yoga promotes strength, endurance, flexibility and facilitates characteristics of friendliness, compassion, and greater self-control, while cultivating a sense of calmness and well-being.

In the world, the most common form of yoga practiced are the physical postures and breathing practices of Hatha yoga and meditation. Hatha yoga enhances the capacity of the physical body through the use of a series of body postures, movements (asanas), and breathing techniques (pranayama).

Evidence shows that stress contributes to the etiology of heart disease, cancer, and stroke as well as other chronic conditions and diseases. Viewed as a holistic stress management technique, yoga is a form of CAM that produces a physiological sequence of events in the body reducing the stress response. Therapeutic yoga is defined as the application of yoga postures and practice to the treatment of health conditions. Yoga therapy involves instruction in yogic practices and teachings to prevent reduce or alleviate structural, physiological, emotional and spiritual pain, suffering or limitations. Yogic practices enhance muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns, and enhance overall well-being and quality of life.

Dr. G.N. Ravi., Assistant Professor



ACADEMIC SECTION
Activities of department - HIGHLIGHTS



Dr. Rajagopal Memorial Award for “Best Outgoing Student in Physiology” – Awarded to Dr.Sachitha D (2010 Batch) during Graduation Day Ceremony ; March 2016

Valedictory and Prize Distribution Ceremony Held on 16/5/2016

Programme summary :

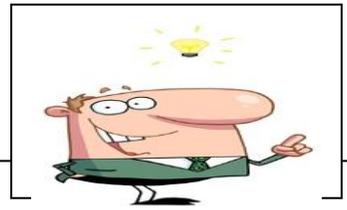
Chief-Guests- Dr. M.G. Shivaramu Principal, Mr. Umesh Registrar, Dr. K. N. Narasimhaswamy Professor & Head Of Physiology, Dr. Chikkanna Associate Professor Dept Of Biochemistry.

CATEGORY	AWARDEE
Gnyana-Vignyana Mela	All participants from each of the Six teams (42 students)
Highest Attendance	Ms Pournami S. Raj, Mr. Manoj
Academic Toppers	Ms. Nandini R, Mr.Yatheesh KP
Uttunga 2016: A State level Physiology Quiz Participants	Ms. Iniya , Mr Yatheesh KP, Ms. Arthi, Ms. Pournami, Ms. Harshitha





ACADEMIC SECTION



Publications/Posters in 2016 (Jan –June)

- 1) **Dr. Gayatri Bora** -“Orientation Program – A Students Perspective” published in *IOSR-JRME.2016;6(2):75-79*
- 2) **Dr. Sudhir G.K** -Poster Presentation on “Pre-Lecture Clinical Orientation”- A method to sensitize medical students towards Application Based Learning In Physiology @ St. John’s Medical College as part Of Fellowship in Medical Education course (FIME).
- 3) **Dr. Malini. M** -“A Comparative study of Impact of Obesity on Static Lung Volumes and Capacities in Young Adult Women” has been accepted For Publication in International Journal of Physiology. **No 5072/IJOP/2016.**
- 4) **Dr. Gayatri Bora** -“Impact of Exercise on PEFR In Relation To BMI- an Indian Perspective” sent for Publication in Comparative Exercise Physiology.

Ongoing projects:

1. Influence Of Adjustment Pattern, State & Trait Anxiety On Cardio-Respiratory Functions In Young Healthy Adults – **Dr. Sudhir G.K, Ms. Suma Bhaskar, Dr. Gayatri Bora – Ongoing**
2. Evaluation Of Factors Affecting The Academic Performance Among First Year Medical Students – **Dr. Sudhir G.K, Ms. Suma Bhaskar, Dr.K.N. Narasimhaswamy – Ongoing**
3. Effect Of Anuloma-Viloma Pranayama & Ca²⁺- Vit D₃ Supplements On Cognitive Abilities & Symptoms Of Pre-Menstrual Syndrome In Women Aged 18-40 Years – **Ms. Suma Bhaskar, Dr. Sudhir G.K, Dr. Smitha N – Ongoing**

What does your Body Say?

Openness: Open hands, Un-buttoned coat, Open-lipped smiling, Open hands with palms visible, Un-buttoning coat upon being seated.

Defensiveness: Arms crossed, sideways glance, touching/rubbing nose, rubbing eyes, Burroned coat, drawing away.

Insecurity: Pinching Flesh, Chewing pen, thumb over thumb, biting fingernail.

Co-operation: Upper body in sprinter’s position, open hands, sitting on edge of chair, hand to face gestures, unbuttoning coat.

Confidence : Steepled hands, hands behind back, back stiffened, hands in coat pocket with thumb out, hands on lapels of coat.

Dr. Gayatri Bora., Associate Professor