

## Summary report of CME cum Workshop

Department of Physiology, AIIMS Rajkot conducted CME cum workshop on “**Body Composition analysis – Tools & Applications**” under the aegis of “Association of Physiologist and Pharmacologists of India (APPI) Gujarat Chapter” on Friday , 23rd April 2021. Due to outbreak of COVID 19, the event was conducted only in ONLINE format. **Dr. Sanjeev Misra**, Director, AIIMS-Rajkot was the Patron of the event. The program was conducted under the guidance of organizing chairman **Dr. Vivek Kumar Sharma**, Professor & Head, Department of Physiology, AIIMS Rajkot. The main objective of this CME was to highlight the clinical implications of body composition assessment and its use in research protocols. The program started at 9 am. Organizing Secretary, **Dr. Rajesh Kathrotia** welcomed all speakers and delegates from all over world. Organizing Chairman Dr. Vivek Kumar Sharma gave the overview of the program. The program was inaugurated by **Dr. Sanjeev Misra, Director AIIMS Rajkot** followed by welcome speech. It was followed by address by the President, Association of Physiologists and Pharmacologists (APPI), Gujrat Chapter. Inauguration session ended with vote of thanks by Treasurer **Dr Naresh Parmar**, Assistant Professor, Department of Physiology, AIIMS, Rajkot. One day program was attended by **more than 250 participants** from various parts of the country. It was followed by scientific session which was co-ordinated by Joint Organizing Secretary, **Dr. Pardip Barde**, Associate Professor, Department of Physiology, AIIMS, Rajkot. **Dr. Vivek Kumar Sharma gave a talk** on role of Body Composition analysis in healthcare. It was followed by talk from renowned speaker **Dr. K. P. Kochhar**, Professor, Department of Physiology, AIIMS, New Delhi on Novel Applications of Body Composition Analysis. She explained the uses of modern tools for various research projects.

The international Speaker **Dr. Anup Adhikari** (Photoscopic Somatotype rater, ISAK Level 4, Toronto, Canada) enlightened the delegates on types and basics of Somatotyping. The international Speaker **Dr. Elena Godina** (Professor, Anthropometry Department, Lomonosov Moscow State University, Russia) and **Dr. Sergey Rudnev** (Associate Professor at CMC Moscow State University, Russia) explained the Heath – Carter Somatotype evaluation and taught the analysis of Bio-impedance. It was followed by talk by **Dr. Rebecca Kuriyan**, Professor, St. John’s Research Institute, Bangalore about the various Body Composition Analysis techniques in health and disease. She highlighted various techniques and discussed there pros and cons. **Dr. Jayaprakash Sahoo**, (Additional Professor, Department Of Endocrinology, JIPMER Puducherry) explained the

clinical application of Body Composition Analysis and also discussed the various predictive values of Body Composition for Metabolic syndromes. In the current scenario any CME cannot be over without the mention of COVID 19, **Dr. P Venkata Krishnan**, (Senior Consultant And Unit Head, Department Of Int. Medicine, Artemis Hospital, Gurugram) enlightened the audience about the Body composition and cardiovascular disorders in Covid 19 pandemic.

After Lunch Break, program started with talk by **Dr. Anita Talwar** (Physiologist, Gentech, India) about Assessing lifestyle using physiological monitoring techniques. She also explained how lifestyle modification can positively influence our health benefits. Mr. **Shubham Tonk** (In-Body, India) gave a short demonstration about analysis of body Composition. He also explained various parameters measured by bio-impedance method and there significance and interpretations.

It was followed by hands on training session on **Hands On Practice of Body Composition Analysis** and Somato-typing by **Dr Senthil Kumar S.** (Assistant Professor, AIIMS Mangalagiri) who was present in-person. He explained various methods and techniques to measure skin fold thickness and bone thickness. **Dr. Jean Fredrick** (Assistant Professor, Mahatma Gandhi Medical College & Research Institute, Pondicherry) further added to the it, and discussed the various other body sites which can be used for anthropometry. **Dr Anup Adhikari, Level IV ISAK certified Trainer** was also present online to give inputs for the training session.

Workshop ended with the Valedictory Function chaired by **Dr D K Shah** (Ex-vice chancellor Saurashtra University) and words of gratitude for all the speakers and faculty members for participation in the CME. Special mention for **Dr Chitturi Vinay** (Assistant Professor, Department of Physiology, AIIMS Rajkot) for technical support and making online event possible. The event ended with vote of thanks to all the participants from all over the country and abroad.

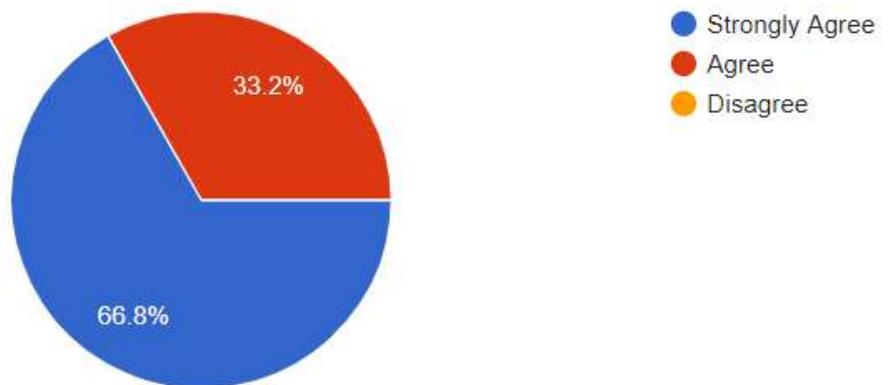
### **Some feedback shared by the participants in their own words**

- Dr Lalita Chandan, Professor and head Physiology, Hbtmc and RN Cooper hospital, Juhu Mumbai Maharashtra *“I deeply appreciate efforts taken to arrange such a CME.it was very knowledgeable as well as hands on! With lot of take away points.as am driving back so not commenting openly. its one of the best online CME attended so far! I have ordered In-body already for dept.so my interest was more. thanks for insights.”*
- Simran Sharma, Student, Nutrition and dietetics, Manav Rachna International institute of research and studies, Faridabad Haryana *“All the sessions were wonderful and briefly explained. it provided a lot of knowledge and it is such a wonderful experience to be a part of this workshop thanks.”*
- Raveena Rashmi, student, Master of physiotherapy, Manav Rachna international institute of research and studies. *“If one day the workshop will be held physically i would like to see more practicals for better understanding and observation”*
- Dr. Pranali Vinayak Shimpi, Assistant Professor, Physiology, Grant Government Medical College Mumbai *“It was really wonderfully organized CME. I was worried about online demonstration part. But it was also great. And I really gained a lot of knowledge from it. Sir, I will be greatful if I can get demonstration video. I am very much interested for ISAK level 1 course if you are going to organize it in near future. Thank you very much. And many congratulations to your whole team”*

### **Feedback summary**

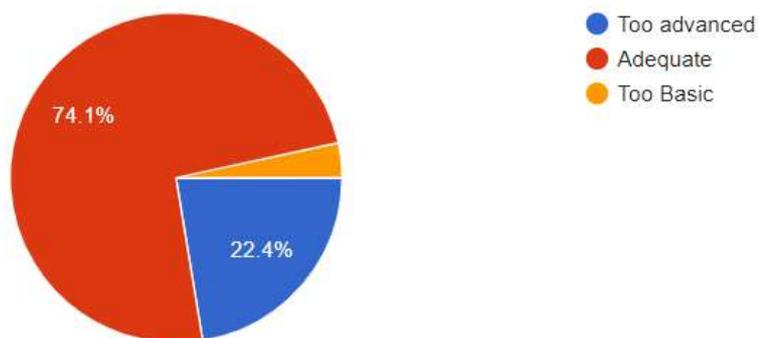
### 1. Was the course helpful to you? \*

205 responses



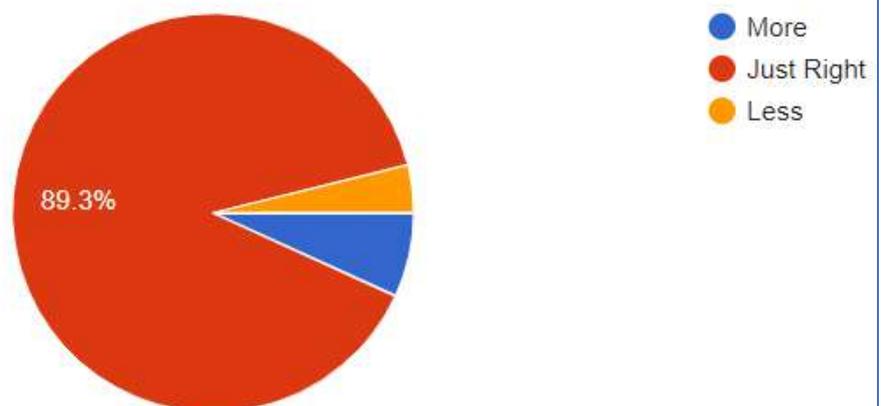
### 2. Which of the following best describes the material / content covered in these sessions?

205 responses



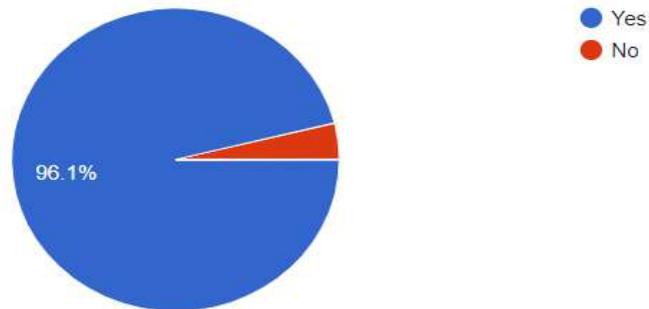
### Time accorded for each session

205 responses



Would you like to undergo for similar or advanced course on this aspect/subject in future?

205 responses

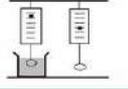


**Some moments captured during CME**



## Underwater Weighing

- Based on body density calculations
  - Density of lean tissue = 1.1 g/cc
  - Density of fat tissue = 0.9 g/cc
- Sources of error
  - Residual lung volume
  - Bone density varies by age, ethnicity and activity level
- General conclusions
  - Gold standard measure (1-2% error)
  - Impractical for most applications

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Anshika	Simran sharma	 Karishma Sharma
Rashi	Dr Prafull K	DR. PANKAJ
Srikant	Varuna	dr basanta m
 Kanchan Bhati	k	 Ankit Vishwakarma



## Speakers during the Conference



On the behalf of whole organizing committee, I sincerely thank Director Sir for all the blessings, support and motivation to successfully conduct the CME cum Hands on Workshop.  
We are grateful to you Sir

Thanks and Regards

A handwritten signature in blue ink, appearing to read 'Vivek', with a small circular mark above the first letter.

Dr. Vivek Kumar Sharma