

Summary report of the webinar
on
**“Body Composition & Exercise: An Update on Physiological and
Pharmacological Aspects”**

Department of Physiology and Department of Pharmacology, AIIMS Rajkot conducted a webinar on “Body Composition & Exercise: An update on physiological and pharmacological aspects” on 7th of July, 2022 under the aegis of “Association of Physiologists and Pharmacologist of India (APPI) Gujarat Chapter”. Dr. (Col) CDS Katoch, MD (Medicine), MD (Pulmonary Medicine), Executive Director, AIIMS, Rajkot was the Patron of the event. The program was conducted under the guidance of organizing chairman Dr. Vivek Kumar Sharma, Dean Academics I/C, Professor & Head, Department of Physiology, AIIMS Rajkot.

The program started at 2:00 PM by welcoming all the speakers and delegates from all over India by Organizing Secretary, Dr. Rajesh Kathrotia, Additional Professor, Department of Physiology, AIIMS, Rajkot. Joint Organizing secretary, Dr. Rima Shah, Associate Professor and in-charge head of the Department of Pharmacology, AIIMS, Rajkot welcomed the guests of honour Dr. R.S. Trivedi and Dr. Dimple Mehta along with brief introduction. The Organizing Chairman Dr. Vivek Kumar Sharma gave an overview of the program, elaborated the objectives of the webinar and possible future directions out of it.

The program was inaugurated by Dr. R.S. Trivedi, Professor and Head, Department of Physiology and Medical Superintendent, PDU medical college and Civil hospital, Rajkot President APPI, Gujarat chapter and Dr. Dimple Mehta, Professor and Head, Department of Pharmacology, C.U. Shah Medical College, Surendranagar and Executive member APPI, Gujarat Chapter along with the Organizing Chairman Dr. Vivek Kumar Sharma, Professor and Head, Department of Physiology and Dean Academics I/C, AIIMS, Rajkot.

The inaugural session was followed by the scientific sessions. Dr. Kiran Piparva, Assistant Professor, Department of Pharmacology, AIIMS, Rajkot introduced the speaker for the first session. The scientific advisor, Dr. Pradip Barde, Associate Professor, Department of Physiology, AIIMS, Rajkot took a wonderful session on “Introduction to Body Composition”

The next speaker was introduced by Dr. Siddhartha Dutta, Assistant Professor, Department of Pharmacology, AIIMS, Rajkot. Dr. Hanjabam Barun Sharma, President of Indian Society of Sports and Exercise Medicine took an excellent interactive session on “Effect of Different Exercise on Body Composition”

Both the sessions were highly appreciated by the delegates. Dr. Rajesh Kathrotia co-ordinated the question-answer session and it was an interactive session which cleared several doubts raised by the participants.

The third speaker was introduced by Dr. Siddhartha Dutta and Dr. Tejas K. Patel, Associate Professor, Department of Pharmacology, All India Institute of Medical Sciences, Gorakhpur, Uttar Pradesh took an excellent session on “Drug Pharmacokinetics -Pharmacodynamics & Body Composition” to explain the various parameters essential for drug dosage and therapy.

The last speaker for the webinar was introduced by Dr. Naresh Parmar and Dr. Ravindra G. Shukla, Associate Professor, Department of Endocrinology, AIIMS Jodhpur took a brilliant session on “Drug therapy for Obesity and Its Recent Advances” and explained the drugs with his personal clinical experience. The session was interactive and highly informative and was well received by all the delegates.

The Question –Answers session was coordinated by Dr. Rima Shah and several questions and doubts were answered beautifully by Dr. Tejas Patel and Dr. Ravindra G. Shukla in elaborative manner to the satisfaction of all the delegates.

Dr. Vivek Kumar Sharma summarized the program and highlighted importance of the topic regarding body composition, diet, exercise and aspects of lifestyle modifications towards happy and healthy life for all participants.

The webinar was concluded by the vote of thanks by Dr. Shubha Singhal with words of gratitude for the Executive Director sir, guests of honour, speakers, faculty members, students and all online participants for their active participation in the webinar.

Special mention for Team Physiology and Pharmacology - Dr. Chitturi Vinay, Dr. Gaurav Sharma, Dr. Naresh Parmar, Dr. Shubha Singhal, Dr. Kiran Piparva, Dr. Siddhartha Dutta, Dr. Mayank Chudasama, Dr. Vivekkumar Mendapara, Dr. Aditya Kadewal and all non-teaching staffs for excellent organizational and technical support.

Some feedback shared by the delegates in their own words

Dr Sabita Yograj ,Professor ,Govt Medical College Kathua, J& K: *This webinar has touched the latest and hot topics, thanks organisers at AIIMS Rajkot*

DEBAJYOTI BISWAS ,Lecturer ,Pragathi College Of Nursing, Bangalore :*Very useful session. We have gained new knowledge after Attending this webinar.*

Dr. Savita Bansal ,Professor ,FDS, MRDC, MRIIRS: *Informative and engrossing session*

Biju bahuleyan,Professor and head,Jubilee mission medical college and research institute: *Well organised webinar.BMI and body composition importance and mainly the difference was highlighted .exercise effects were detailed quite well*

Dr Abid Ahsan ,Assistant Professor,MRA Medical College Ambedkar Nagar :*Waiting for more such webinars*

Dr. Has Mukh Shah,Professor & Head,Pramukhswami Medical College, Bhaikaka University, Karamsad, Gujarat :*Excellent webinar and it is organized second time. Please do it in series with new cases every time.*

Lt.Dr.SALEEM MK,Assistant Professor ,Ansar Training College for Women, Perumbilavu :*Such wonderful sessions and waiting for more events*

Dr Jiji U Nair,PhD scholar,All India Institute of Ayurveda: *sessions were very informative.really thankful to the organisers*

SREEDHAR GANGA ,Assistant professor ,Pratima institute of Medical Sciences :*"Thank you entire team*

Suchitra R Patil ,Associate Professor ,KLE'S JGMMC Hubli :*Lot's to learn from u all about body composition. topic.thank you so much*

Dr AMITA KUMARI ,SENIOR RESIDENT ,Aiiims patna :*Webinar was very well conducted. Please conduct other important topics also so that we update ourselves.*

Dr Punam Verma , Additional professor, AIIMS Bilaspur, HP: *it was very well organised event. thanks to organizers*

Dr. SANJIV KUMAR, Assistant Director, Central Ayurveda Research Institute :*Learnt a lot from webinar. One should keep himself fit by doing physical exercise*

Namita Shrivastava , Associate Professor , Pt.J.N.M. Medical College, Raipur : *Very nicely organized webinar. A great learning experience. Hope It should be organised in future as well*

Dr. Shital A. Patel , Assistant professor , AMCMET MEDICAL COLLEGE, LG hospital, Maninagar, AHMEDABAD.: *I would like to thank all faculties involved in this webinar. Please keep sharing knowledge. Regards.*

Rajanand Gaikwad, Professor, Santhiram Medical College, Nandyal, AP : *Useful and informative webinar. Thanks for nice academic treat.*

SOME MOMENTS CAPTURED DURING WEBINAR





