



# SRI BALAJI VIDYAPEETH

DEEMED TO BE UNIVERSITY  
ACCREDITED BY NAAC WITH 'A++' GRADE



## MAHATMA GANDHI MEDICAL COLLEGE AND RESEARCH INSTITUTE



**Shri. M K Rajagopalan**  
Chancellor, SBV



**Prof. S.C. Parija**  
Vice Chancellor, SBV



### PRE-CLINICAL DEPARTMENTS

PRESENT

# APB-ICON 2022

## INTEGRATED INTERNATIONAL CONFERENCE

### " EXERCISE - FITNESS TO THERAPY "

30TH SEP - 1ST OCT 2022

<https://sbvu.ac.in/abpicon22/>

## About the conference

The International integrated conference by the preclinical departments of MGMC & RI (APB i-Con 2022) on “**Exercise - Fitness to therapy**” aims to bring together academicians, scientists and research scholars to exchange and share their research experience on all aspects of exercise from theory to therapeutics. It also provides a premier interdisciplinary platform for researchers, practitioners and educators to present and discuss the most recent innovations, trends, and concerns as well as practical challenges encountered and solutions adopted in the fields of exercise.

The conference consists of scientific talks by eminent speakers and provides opportunity for faculties and students to have an in-depth interaction amongst the researchers. We encourage maximum participation by faculties and students in various fields of exercise with a nominal registration fee.

Faculties, Researchers and Post-graduate students can also present their research work as oral / poster presentation. Best Scientific oral paper and poster presentation will be awarded.

**Theme:** Exercise - Fitness to Therapy

**Scope:** Exploring scientific aspects of exercise in the era of modern medicine

**Beneficial for :**

Faculties, scientists, research scholars, UG and PG students of Medical, Allied health sciences, Physiotherapy, Sports and Physical Medicine, Rehabilitation and Physical education.



## Pre-conference workshop (29-09-2022)

TIME	EVENT	
08:30 - 09:30 AM	Registration	
09:00 - 05:00 PM	Anatomy	<u>Illustrator - A Drawing Software for Medical Teachers to Create Learning Resources: Hands-on training</u>
09:00 - 05:00 PM	Physiology	<u>Body composition analysis and Somatotyping.</u>
09:00 - 05:00 PM	Biochemistry	<u>"Western blotting Technique"</u>

## Scientific Sessions - Day 1 (30-09-2022)

TIME	TOPIC	SPEAKER
<b>08:30 - 09:00 AM</b>	<b>Registration for conference</b>	
09:00 - 09:40 AM	Embryogenesis & Histogenesis of musculoskeletal system & its clinical correlation	<b>Dr. Yogesh A Sontakke</b> <i>Additional Professor, Department of Anatomy, JIPMER, Puducherry.</i>
09:45 - 10:25 AM	Myofascial meridians	<b>Dr. Anup Chellath Kunhippurayil</b> <i>Physiotherapist, Global Medical Solutions, Abu Dhabi, United Arab Emirates.</i>
<b>10:30 - 11:00 AM</b>	<b>Inauguration</b>	
<b>11:00 - 11:20 AM</b>	<b>High Tea</b>	
11:20AM - 12:05 PM	Regulation of metabolism and response to exercise	<b>Dr. Vassilis Mougios Aristole</b> <i>Professor, School of Physical Education and Sport Science, Aristotle University of Thessaloniki, Thessaloniki, Greece.</i>
12:05 - 12:50 PM	Exercise and mitochondrial health	<b>Dr. Dobson Dominic</b> <i>Prof &amp; Head, Sport Medicine, Saveetha Medical College, Chennai, Tamil Nadu.</i>
<b>12:50 - 02:00 PM</b>	<b>Lunch</b>	
<b>02:00 - 02:45 PM</b>	Effect of different exercise regimes on body composition	<b>Dr. Vivek Kumar Sharma</b> <i>Dean Academics, Professor &amp; Head of Physiology, AIIMS, Rajkot, Gujarat.</i>

TIME	TOPIC	SPEAKER
02:50 – 03:35 PM	Importance of exercise and change in biochemical parameters in diabetes patients	<b>Dr. J. S. Kumar</b> <i>Professor and Head, Department of General Medicine, SRM Medical College Hospital and Research Centre, Chennai, Tamil Nadu.</i>
03:35 – 03:45 PM	<b>Tea</b>	
03:45 – 5:00 PM	<b>Oral / e-poster presentation</b>	

### Scientific Sessions - Day 2 (01-10-2022)

TIME	TOPIC	SPEAKER
09:00 – 09:40AM	Functional anatomy of musculoskeletal system during exercise	<b>Dr. D. R. Hariharan</b> <i>Assistant Professor, Institute of Orthopaedics and Traumatology, Coimbatore Medical College &amp; Hospital, Coimbatore, TN</i>
09:45 – 10:25AM	Exercise and geriatric health	<b>Dr. Jean Fredrick</b> <i>Associate Professor of Physiology, AIIMS, Kalyani, West Bengal.</i>
<b>10:30 – 11:00AM</b>	<b>High Tea</b>	
11:00 – 11:45AM	Corrective exercise physiology of stability and mobility training	<b>Dr. S. Senthil Kumar</b> <i>Associate professor, AIIMS, Mangalagiri, Andra Pradesh.</i>
11:45AM – 12:25PM	Role of epigenetics in skeletal muscle adaptations to exercise & exercise training	<b>Dr. V. Gladwin</b> <i>Additional Professor, Associate Dean (Academic), Department of Anatomy, JIPMER, Puducherry.</i>
12:30 – 01:15PM	Therapeutic exercise in rehabilitation	<b>Dr. R. Karthikeyan</b> <i>Associate Professor &amp; Head, Dept of Physical Medicine &amp; Rehabilitation, SRM Medical College and Hospital, Chengalput District, Tamil Nadu</i>
<b>01:15 – 02:00PM</b>	<b>Lunch</b>	
02:00 – 02:45PM	Biomarkers in Exercise and Sports Medicine	<b>Dr. M. Balasubramaniam</b> <i>Senior Asst Professor, Govt Kilpauk Medical College, Chennai, Tamil Nadu</i>
<b>02:45 – 3:00 PM</b>	<b>Tea</b>	
03:00 – 04:00PM	<b>Oral / e-poster presentation</b>	
4:00 – 4:30 PM	<b>Valedictory function</b>	

# INTEGRATED INTERNATIONAL CONFERENCE

## " EXERCISE - FITNESS TO THERAPY "

- Anatomy -

**Workshop on Illustrator - A Drawing Software for Medical Teachers to Create Learning Resources: Hands-on training**

TIME	TOPIC	RESOURCE PERSON
9.00 am to 9.15 am	Pretest	<b>Dr Anitha Nancy T</b> <i>Associate Professor, Department of Anatomy, MGMCRI, SBV, Puducherry.</i>
9.15 am to 9.45 am	Basics of Medical Illustrations	<b>Dr Yogesh Sontakke</b> <i>Additional Professor, Department of Anatomy, JIPMER, Puducherry</i>
9.45 am to 10.15 am	Illustrator software: Installation and system requirements	<b>Dr Dharmaraj Tamgire</b> <i>Additional Professor, Department of Anatomy, JIPMER, Puducherry</i>
10.15 am to 11.00 am	Hands-on training: Operating basics of software: (Creating a new document, user interface, toolbar, artboard)	<b>Dr Yogesh Sontakke</b> <i>Additional Professor, Department of Anatomy, JIPMER, Puducherry</i>
<b>11.00 am - 11.15 am</b>	<b>High Tea</b>	
11.15 am to 12.00 noon	Hands-on training: Tools of illustrator software: Selection tool, hand tool, zoom tool, Shape tool, line tool, direct selection tool	<b>Dr Dharmaraj Tamgire</b> <i>Additional Professor, Department of Anatomy, JIPMER, Puducherry</i>
12.00 noon to 1.00 pm	Hands-on training: Tools of illustrator software: Pen tool, Making shapes, Pencil tool, eyedropper tool	<b>Dr Yogesh Sontakke</b> <i>Additional Professor, Department of Anatomy, JIPMER, Puducherry</i>
<b>1.00 pm to 2.00 pm</b>	<b>LUNCH</b>	
02.00 - 03.00 PM	Hands-on training: Tools of illustrator software: Type tool, Fill/stroke and colors, gradient tool, Pathfinder tool, group, transparency, edit panel, Effects	<b>Dr Yogesh Sontakke</b> <i>Additional Professor, Department of Anatomy, JIPMER, Puducherry</i>
3.30 am to 3.45 am	<b>High Tea</b>	
3.45 pm to 4.30 pm	Hands-on training: Tools of illustrator software: Assignment: to draw given figure	<b>Dr Yogesh Sontakke</b> <i>Additional Professor, Department of Anatomy, JIPMER, Puducherry</i>
4.30 pm to 4.45 pm	Post-test	<b>Dr Prabavathy G</b> <i>Professor of Anatomy, MGMCRI, SBV, Puducherry</i>

# INTEGRATED INTERNATIONAL CONFERENCE

## " EXERCISE - FITNESS TO THERAPY "

### - Physiology - Workshop on Body composition analysis and Somatotyping

TIME	TOPIC	RESOURCE PERSON
10.00 – 10.20 AM	Fit India Movement- A brief intro	<b>Dr. Jeneth Berlin Raj T</b> <i>Professor and Head of Physiology, MGMCRI, SBV, Puducherry.</i>
10.20 – 11.00 AM	Body composition and somatotyping	<b>Dr Anup Adhikari</b> Exercise Physiologist, Level 4 Anthropometrist and criterion photoscopic somatotype rater (ISAK), Canada.
<b>11:00 - 11:15 AM</b>	<b>High Tea</b>	
11.15 – 12.00 Noon	Role of body composition in health and disease	<b>Dr Jean Fredrick M A</b> <i>Associate Professor of Physiology, AIIMS, Kalyani, West Bengal.</i>
11:45AM – 12:25PM	Different techniques of body composition analysis and demonstration	<b>Dr Aruna R</b> <i>Assistant Professor of Physiology, MGMCRI, SBV, Puducherry</i> <b>Dr Niveetha S</b> <i>Assistant Professor of Physiology, MGMCRI, SBV, Puducherry</i>
<b>01:15 – 02:00PM</b>	<b>Lunch</b>	
02.00 – 03.00 PM	Hands on training -anthropometric measurement	<b>Dr Jean Fredrick M A</b> <i>Associate Professor of Physiology, AIIMS, Kalyani, West Bengal.</i> <b>Dr Aruna R</b> <i>Assistant Professor of Physiology, MGMCRI, SBV, Puducherry</i> <b>Dr Niveetha S</b> <i>Assistant Professor of Physiology, MGMCRI, SBV, Puducherry</i>
03.00 – 3.30 PM	Applications of anthropometric assessment – Body fat assessment and somatotyping	<b>Dr Jean Fredrick M A</b> <i>Associate Professor of Physiology, AIIMS, Kalyani, West Bengal.</i>
03.30 – 04.00 PM	Ultrasonography for assessing body composition	<b>Dr. Arnel Arputha Sivarajan</b> <i>Associate Professor of Radiology, MGMCRI, SBV, Puducherry</i>

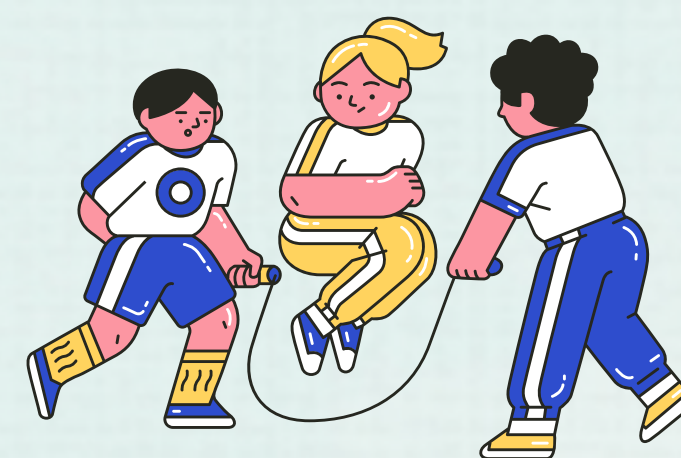
# INTEGRATED INTERNATIONAL CONFERENCE

## " EXERCISE - FITNESS TO THERAPY "

### - Biochemistry - Workshop in "Western blotting Technique"

TIME	TOPIC	RESOURCE PERSON
09.00 – 09.30 am	Introduction to Western blotting	 <b>DR. VICKNESHWARAN. V</b> <i>Assistant Professor, Department of Biochemistry, MGMCRI, SBV, Puducherry.</i>
09.30 – 10.30 am	Tissue Homogenisation & sample preparation	
10.30 – 11.00 am	Gel casting & sample loading	
<b>11.00 – 11.30 am</b>	<b>High Tea</b>	
11.30 – 12.15 pm	Gel removal and Preparation for transfer	
12.15 – 12.45 pm	Discussion – blot transfer protocols	
12.45 – 01.15 pm	Transfer & washing	
<b>01:15 – 02:00PM</b>	<b>Lunch</b>	
02.00 – 03.00 pm	Blocking & discussion	
03.00 – 04.15 pm	Washing & Primary antibody addition	
04.15 – 05.30 pm	Washing & Secondary antibody addition	
05.30 – 06.00 pm	Washing & developing membrane using chromogen	

# REGISTRATION DETAILS



## PRE CONFERENCE WORKSHOP\*

Registration	Anatomy (20 seats)	Physiology (30 seats)	Biochemistry (20 seats)
Faculty / Consultant	₹ 2200	₹ 2000	₹ 3500
PG / Research Scholar	₹ 2000	₹ 1800	₹ 3300

\*Workshop will be conducted only through offline mode

Registration charges are inclusive of conference

Only limited number of participants, it will be first come first serve basis

## CONFERENCE

Registration	Before 25th Sep 2022		After 25th Sep 2022	
	Offline	Online	Offline	Online
Faculty / Consultant	₹ 1300	₹ 1000	₹ 1500	₹ 1300
UG/PG / Research Scholar	₹ 1000	₹ 800	₹ 1300	₹ 1000

Note: Additional ₹ 50 for TNMC credit hours

### BANK DETAILS

A/C Name	SBVCON
A/C No.	6034458221
Bank Name:	Indian Bank
Branch Name	Pondicherry Main Branch
IFSC Code	IDIB000P042

### CONTACT DETAILS

#### Anatomy:

Dr. P. Kalyana Panchakshari  
- 07904748954

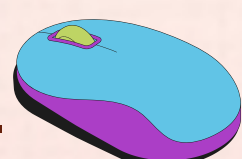
#### Physiology:

Dr. Aruna - 09611615352

#### Biochemistry:

Dr. G. Revathy - 09789442902

[Click for Registration](#)



[Click for Abstract Submission](#)



[Click her to join whatsapp group](#)





## CHIEF PATRON

**SHRI. M K RAJAGOPALAN**  
*Chancellor, SBV*

## PATRON

**PROF. S C PARIJA**  
*Vice Chancellor, SBV*

**PROF. ANANTHAKRISHNAN N**  
*Dean of Faculty, SBV*

**PROF. SEETESH GHOSE**  
*Dean, MGMC&RI*

**PROF. NIRMAL COUMARE V**  
*Director, Hosp. Ser. SBV*

## ORGANIZING CHAIRPERSONS

**PROF. SUMATHI S**  
*HOD Biochemistry, MGMC&RI*

**PROF. JENETH BERLIN RAJ T**  
*HOD Physiology, MGMC&RI*

**PROF. CHANDRA PHILIP X**  
*HOD Anatomy, MGMC&RI*

## MEMBER SECRETARIES

**PROF. REETA R**  
*Dept. of Biochemistry,  
MGMC&RI*

**PROF. RICHA GUPTA**  
*Dept. of Physiology,  
MGMC&RI*

**DR. ANITHA NANCY T**  
*Dept. of Anatomy,  
MGMC&RI*

## ORGANIZING TEAM

### BIOCHEMISTRY

Prof. Srinivasan A R

Prof. Kulkarni Sweta

Dr. Santhoshakumari T M J

Dr. Revathy G

Dr. Kuzhandai Velu V

Dr. Jayanthi R

Dr. Vickneshwaran V

Dr. Ramachandaran K

Ms. Sathiya R

### PHYSIOLOGY

Prof. Jai Ganesh K

Prof. Sobana R

Prof. Nilkhilesh Singh

Dr. Nalini Y C

Dr. Vasanthan S

Dr. Aruna R

Dr. Niveatha S

Dr. Ajit Kumar J T

Mr. Manikandan S

### ANATOMY

Prof. Prabavathy G

Dr. Kalyana Panchakshari P

Dr. Nirmal Kumar K

Dr. Jayanthi S

Mr. Ethiraj R

