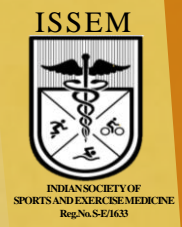




# National CME on Exercise and Lifestyle Medicine: An Odyssey from 'Basics to Intervention'



[In collaboration with Indian Society of Sports and Exercise Medicine (ISSEM)]

**November 30 2021; 10 am – 1.30 pm ( online mode)**

**Organized by**  
**Department of Physiology, All India Institute of Medical Sciences, Raipur, CG**

## **Chief patron**

Prof.(Dr.) Nitin M. Nagarkar  
Director & CEO, AIIMS Raipur

## **Patron**

Prof.(Dr.) S. P. Dhaneria  
Dean ( Academics) , AIIMS Raipur

## **Organizing Chairman**

Dr. Ramanjan Sinha, Prof & Head,  
Department of Physiology, AIIMS  
Raipur

## **Organizing Secretary**

Dr. Arunita T Jagzape  
Assistant Professor, Physiology,  
AIIMS Raipur

## **Joint Organizing Secretary**

Dr. Gagan Kumar Banodhe  
Senior Resident, Physiology,  
AIIMS Raipur.

## **Departmental Advisory Committee**

Dr. Meenakshi Sinha, Professor  
Dr. Avinash Ingle, Additional Professor  
Dr. Ekta Khandelwal, Additional Professor  
Dr. Jayashri Ghate, Additional Professor  
Dr. Dipali Chatur, Assistant Professor

## **Registration and certificates**

Dr. Dipali Chatur,  
Assistant Professor  
Dr. Pravin Gowardipe (SR)  
Dr. Mahavir Jain ( SR)  
Dr. Ketan Barjatiya ( PG)

## **About the CME:**

*Currently, we are not only facing COVID-19 pandemic, but also of Obesity and physical inactivity. India is facing the rapid rise of various non-communicable diseases and diseases due to sedentary lifestyle, which have been even associated with increased morbidity and mortality of COVID-19. Such diseases of lifestyle can be tackled effectively by optimal changes in lifestyle by physiological interventions, the most important of which is regular physical activity and exercise. Exercise is not only essential for health and fitness, but is also an integral part in the management of various diseases of lifestyle. With the launch of "Exercise is Medicine" by American college of Sports Medicine (ACSM), it is expected that each health professional should acknowledge and incorporate exercise as medicine in their practice and teaching. Exercise is medicine along with lifestyle interventions in the form of Lifestyle Medicine is basically based on the principle of clinical exercise physiology. Hence the CME, "Exercise and Lifestyle Medicine: An Odyssey from 'Basic To Intervention'" is planned with the aim to spread awareness and educate the health professionals to the principles and practice of Exercise and Lifestyle Medicine, by the trained faculty in this field.*

**Registration is free but mandatory**

**Registered delegates will be awarded Chhattisgarh Medical  
Council credit points**

## Scientific Sessions

Topic	Speaker	Time
Welcome address	Dr. Ramanjan Sinha Prof & Head, Physiology, AIIMS Raipur	10.00 am - 10.10 am
Inaugural address	Prof (Dr.) Nitin. M. Nagarkar Hon'ble Director & CEO, AIIMS Raipur	10.10 am – 10.20 am
<b>Session 1:</b>		
Exercise Physiology: cardio-respiratory adaptations	Dr. Avinash Ingle Incharge, Exercise Physiology Lab & Additional Professor, Physiology, AIIMS Raipur	10.25 am - 10.45 am
Nomenclatures and nuances in basic sports and exercise physiology research	Col (Dr.) Anup Krishnan Senior Registrar and OC troops, Military Hospital, Jhansi Cantt, Jhansi	10.45 am - 11.05 am
Role of Circadian rhythm in exercise performance	Dr. Meenakshi Sinha Incharge- Chronomedicine Lab & Professor, Physiology, AIIMS Raipur	11.05 am – 11.25 am
<b>Question Answer session</b>		11.25 am - 11.35 am
<b>Session 2:</b>		
Exercise- Functional & Lifestyle medicine (EFLM): An interventional clinical Physiology	Dr. Hanjabam Barun Sharma President, ISSEM, Sports-Exercise Medicine Specialist & Physiologist; Assistant Professor, Physiology, IMS BHU Varanasi	11.40 am – 12.00 pm
Sports Injury assessment and rehabilitation	Col (Dr.) Bibhu K. Nayak Head, Department of Sports Medicine, Sports injury center, Safdurjung Hospital, New Delhi.	12.00 pm - 12.20 pm
Exercise prescription in diabetes and hypertension	Dr. Gagan Kumar Banodhe Treasurer, ISSEM & Senior Resident, AIIMS Raipur.	12.20 pm - 12.40 pm
Importance of nutrition for optimum health and exercise performance	Dr. Arunita T Jagzape Assistant Professor, Physiology, AIIMS Raipur.	12.40 pm – 1.00 pm
<b>Question Answer session</b>		1.00 pm – 1.10 pm
<b>Vote of thanks:</b>	Dr. Gagan Kumar Banodhe	1.10 pm – 1.15 pm

**Registration Link:** <https://forms.gle/X7WmG6ZFTYQUush19>

**Support team:**

Mr. Vinod Sinha,  
Mr. Ramkumar Sen,  
Mr. Rajendra Das,  
Mr. Pushpendra Gautam,  
Mr. Jagannath Nishad,  
Mr. Subhash Yadav,  
Mr. Mahendra Vishwakarma

Registration Deadline: 25<sup>th</sup> November 2021

Contact:

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