



Union Territory of Jammu & Kashmir  
Health and Medical Education Department  
Department of Physiology, GMC Kathua

Email:physiokathuagmc@gmail.com

### 1. General Introduction about the Department:-

*Human Physiology* is one of the basic sciences' subjects of medical education, which lays the foundation of multiple medical branches. It is taught as a part of the medical curriculum to the first-year MBBS students and is also being integrated with multiple medical subjects taught during the subsequent period of MBBS under the new revised UG curriculum. Like the other branches of medicine, *physiology* is also progressing by leaps and bounds. *Today's physiology* is not restricted to classrooms but has entered the clinical settings of the hospitals as *Neurophysiology, Neurophysiological Intra-operative monitoring, Polysomnography (sleep studies), Sports Physiology, Exercise physiology, Yoga related physiology, EEG (Electroencephalography), EMG (Electromyography), etc.*

When the foundations of the *physiology* department were laid as an integral part of GMC, Kathua, in the year 2019, we the members of the *physiology* department aspired to become one of the best *physiology* departments not only in India but Worldwide. The department started with a scratch but with considerable contribution and multitasking by the whole of the team *physiology*, utilizing all the available resources, with rightful directions, guidance. In addition the all possible help from the successive worthy Principals and Administrative heads in the hospital and higher-ups, we have achieved a lot. We are now a well-established & acknowledged department, providing the best of medical education along with the undertaking of a lot of innovative research projects.



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**Core activities of the department:-**

- a) Imparting teaching and training to undergraduate MBBS & paramedical BSc students at its best.
- b) Teaching physiology in an integrated manner with other basic sciences, para-clinical and clinical subjects.
- c) Making students understand the importance & relevance of physiology in providing health care by exposing them to early clinical exposure.
- d) Improving & modifying the soft skills of the medical graduates who are now renamed as Indian Medical Graduate (IMG) by orienting them to AETCOM (Attitude, Ethics & Communication) teaching.
- e) Involving students in extracurricular activities like quizzes, seminars, debates, etc. at local, state, national & international levels. Last year, in 2020 our students won multiple prizes at the online National Physiquiz competition at Lady Harding Medical College, New Delhi, where they competed with students from different medical colleges all over India. The dept, during the COVID pandemic, organized an online video competition among 1<sup>st</sup>-year students in 2020 also, in which they did exceptionally well. The three winner videos were appreciated and shared all over India & Internationally at different online & offline platforms.
- f) Research in all possible fields of medical science, aiding in preventive, promotive, diagnostic & curative aspects leading to better health infrastructure.
- g) Supporting staff and students to enhance their research success, enhancing awareness to research programs along with promoting translational research opportunities.
- h) Developing a culture of leadership in innovation in research and teaching.



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- i) Maintaining the highest standards of scientific research and teaching.
- j) Filling gaps in the curriculum of undergraduate medical education as well as paramedical education as identified by the time to time curriculum review.
- k) Identifying and providing teaching opportunities and learning resources available to staff members.
- l) Guiding & providing better teaching mentorship to the postgraduate students with constructive feedback and recognition( applied for DNB, inspection already done, results awaited & for future post-graduate aspirants).
- m) Establishing and maintaining the latest clinical physiology laboratories like Yoga & meditative physiology, Respiratory physiology, Autonomic nervous system testing, exercise physiology, nerve conduction studies & electromyography, etc. to improve the healthcare facilities at GMC Kathua.
- n) Integrating with other basic sciences, clinical & paraclinical sciences to help provide the best healthcare infrastructure.

## **2. Mission:**

- I. To support a community of educators, researchers, trainees, and staff in a healthy, respectful, and comfortable environment.
- II. To carry out world-class scientific research with evidence-based teaching, dedicated to innovative, advanced research as well as maintaining high standards of medical teaching.

## **3. Vision:**

- I. To provide the best physiology infrastructure for medical education, groom & train the medical students in a way that they are motivated to provide the best health care.



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**II.** To be at the forefront of discovery, raise the profile of the department, not only locally, but at national & international levels, and become one of the top-ranked research and academic departments.

**4. Core values of the department:**

The mission and vision of the departments are guided by the strong core values, which are:-

- Collaboration & teamwork
- Integrity
- Mutual trust and respect
- Strive to excellence
- Value of time
- Never resting attitude
- Commitment to achieving targets & goals
- Aspiring for the latest and the best

**5. Information about the staff:-**

S No.	Name	Designation	Phone Number	Email ID
01	Dr Sabita Yograj	Prof & Head	9419222754; 7006450577	sabyyograj@gmail.com
02	Dr Meenakshi Sharma	Assistant Professor	9469676775	meenakshisharmaappal476@gmail.com
03	Dr Onkar Singh	Assistant Professor	9419132109	onkar_singh31017@yahoo.com
04	Dr Jyoti Rao	Demonstrator	7780934696	doctorjyotirao@gmail.com
05	Dr Jyoti Memoalia	Demonstrator	9797620865	jtimemail15@gmail.com
06	Dr Deepshikha Sharma	Demonstrator	7051109307	deepshikhadr10a@gmail.com
07	Dr Neeraj Sharma	Demonstrator	9622240297	neerajsharma8797@gmail.com



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**6. I) Academic activities of staff:-**

- a) Theory Classes
- b) Practical Classes
- c) Classes for paramedical students (BSc.)
- d) Seminars & CMEs (student & staff)
- e) Specialty physiology laboratories
- f) Integrated teaching
- g) Research Activities
- h) Extra-curricular Activities

**II) Achievements of staff:- Individuals details from page 06 onwards**

**7. CME's, Seminars, Conference, Workshops attended:-** Individuals details from page 06 onwards

**8. List of books in the departmental library:-** Annexure-A

**9. List of equipment in the department/ laboratory:-** Annexure-B

**10. Research publications of the staff members/ paper presentation/book chapters:-** Individuals details from page 06 onwards



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## **Dr. Sabita Yograj**

**Name:** Dr. Sabita Yograj

**Designation:** Prof & Head

Coordinator (MEU & CC)

Academic Registrar

**Phone no.:** 9419222754; 7006450577

**Email ID:** [sabyyograj@gmail.com](mailto:sabyyograj@gmail.com)

**Qualification:** MBBS, MD(physiology), FIMSA, ACME

### **Achievements:**

- I. Member Editorial Board, Translational Clinical Biology. Open access Peer reviewed Scientific Journal.
- II. Executive member, Association of Physiologists of India (ASSOPI)
- III. Member Editorial Board and Reviewer, Anatomy Physiology & Biochemistry International Journal (APBIJ).
- IV. Member Editorial Board, International Journal of Anatomy Physiology and Biochemistry (IJAPB)
- V. Member Editorial Board, Indian Journal of Clinical Anatomy and Physiology (IJCAP).
- VI. Member Executive Board in IESRF(Innovative Education and Scientific Research Foundation)
- VII. Adjunct faculty for ACME
- VIII. Member Editorial Board of Journal of Human Applied Physiology.
- IX. Member Executive Council International Medical Sciences Academy-J &K Chapter, India. The reviewer of the Journal of Physiology and Pharmacology Advances (International).
- X. Coordinator (MEU & CC) GMC Kathua
- XI. Academic Registrar, GMC Kathua



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- XII. As a Principal investigator from GMC, Kathua collaborator hospital to CMC, Ludhiana ICMR - RUMC COVID 19 Study for the Assessment of Prophylaxis for Health Care Worker
- XIII. CBME UG curriculum diploma course by MEU India
- XIV. BCW, rBCW, CISP at nodal center CMCL
- XV. Resource person for FDPworkshopsat GMC Kathua

#### **Membership of Professional Societies/Organization (Mention only)**

- I. Full member of the Physiological Society (International).
- II. Fellow & member of International Medical Sciences Academy.
- III. Life member of Association of Physiologists of India.
- IV. Life member of Association of Physiologists and Pharmacologists of India.
- V. Life member of The Physiological Society of India.
- VI. Life member of Basic Medical Scientists Association.
- VII. Life member of Indian Science Congress.

**External examiner for MBBS and MD examinations in multiple colleges across India and Internal examiner in present college.**

**Chairperson in multiple conferences across India and abroad.**

#### **Paper presentations**

- I. Menopause-And-Autonomic Reactivity, IMSCON-08, Menopause-Horizons & Harmony,13<sup>th</sup>Annual Conference, 14-16th March,2008, GMC, Jammu (J&K) (India).
- II. Assessing the Existing Learning Methodology in Physiology: A Feedback study from Students of Two Medical Colleges in Northern India. IMSACON, 35<sup>th</sup>Annual Conference of International Medical Sciences Academy, 6th - 8<sup>th</sup> Oct. 2016, Mauritius.
- III. Approach of Medical Students to Physiology: A Feedback Study from Two Medical Schools in a Sub-Himalayan State of India. APPICON, 63<sup>rd</sup> Annual National Conference of Association of Physiologists and Pharmacologists of India, "Physiology Beyond Academics in the Era of Translational Research", 10<sup>th</sup> - 14<sup>th</sup> Oct. 2017, JIPMER, Puducherry (India).





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IV. Physiology in UG Curriculum, 1<sup>st</sup> Physiology Leader's Summit, organised by APPI on 24<sup>th</sup> -26<sup>th</sup>Feb 2020 at Goa, India

**CME's, Seminars, Conference, Workshops attended:-**

1. Post Conference Workshop on Endogynae Surgery and Fertility on 9-10th April 2000.at SMGS Hospital & Jeevan Jyoti Nursing home, Jammu, J&K (India).
2. Training Programme on HIV Infection/AIDS, on 28-29th of Jan 2005 at Dept. of Community Medicine, GMC, Jammu, J&K(India).
3. National Symposium on Venoms Toxins.15-16th of Nov.2002. at ASCOMS & Hospital, Sidhra, Jammu (India). Organised by Dept. of Physiology.
4. 52nd National Conference of the Association of Physiologists and Pharmacologists of India, APPICON,19-23rd Dec.2006 at SMIMER, Surat (India).
5. IMSCON-08, Menopause - Horizons & Harmony,13th Annual Conference,14-16th March,2008, (India). Govt Medical College, Jammu, J&K.
6. 57th Annual Conference of Physiologists and Pharmacologists of India, APPICON, 13-17th of Dec.2011 at AIMS, New. Delhi (India).
7. Young Scientist Training Workshop Tools & Techniques in Physiological & Pharmacological Sciences,57th Annual Conference of Physiologists and Pharmacologists of India, APPICON, 14th of Dec.2011 at AIMS, New Delhi (India).
8. Pedi-Pharma Update, 2012.An Academic programme of WHO (SEARO, NEW DELHI) in collaboration with Indian Society for Rational Pharmacotherapeutics(J&K) & IAP (City branch), Jammu (India) 3th-4th March 2012.
9. MCI Nodal Center for faculty development, CMC, Ludhiana (India), Basic Course Workshop in Medical Education Technologies, 29th-31st March 2012.
10. JK Medicon 2013, National CME-cum-Workshop,Oraganised by J&K State Medical Council &Deptt. of Pharmacology, GMC, Jammu (India).15th-16th Nov 2013.





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11. International Conference of Basic and Applied Physiology, S.M.S. Medical College Jaipur (India) 21st-22nd Dec 2013.
12. ENDO UPDTE-2014. on 22nd Jan. 2014. Organised by Medical Education Unit, ASCOMS & Hospital in association with J&K Endocrine Research Group (JKERG) ASCOMS & Hospital, Sidhra, Jammu, J&K(India).
13. 101st Indian Science Congress, Jammu University, Jammu (India). 3rd -7th Feb.
14. Dr Thukral midterm conference of International Medical Sciences Academy (IMSA) in Association with Medical Education Unit, ASCOMS & Hospital and J&K Council for Science & Technology, Govt. of J&K, ASCOMS & Hospital, Sidhra, Jammu (India) 26th April 2014.
15. Conference of Association of Gynaecologic Oncologists of India, 25th-26<sup>th</sup> May 2014, Jammu, J&K(India).
16. National CME cum Hands-On Workshop on Alternatives to Animal Experimentation on 23rd Sept 2014 at ASCOMS & Hospital, Sidhra, Jammu, J&K(India).
17. CME & 79th Annual Conference of North States Chapter of ASI, on 18th-19th Oct. 2014 at GMC, Jammu, J&K(India).
18. 15th Annual North Zone Conference of Indian Society of Anaesthesiologists, NZISACON, on 31-2nd Nov. 2014, Organised by Dept. of Anaesthesiology and Critical Care, ASCOMS, Hospital, Sidhra, Jammu, J&K(India).
19. CRAB-E-CON, 2015 Breast Cancer Update, organised by Association of Radiation Oncologists of India-North Zone, on 24th Oct. 2015 at Jammu, J&K(India).
20. 25th Biennial Conference of Gastrointestinal Infection Society of India- GISICON 2015 on 6th-7th Nov 2015 at GMC, Jammu, J&K(India).
21. CME/Workshop on Medico-legal Aspects of Rape Trial, on 2nd April 2016, organized by Deptt. of Forensic Medicine & Toxicology, GMC, Jammu, in collaboration with Voice for Rights (Regd. NGO) at GMC, Jammu, J&K(India).
22. CME cum Workshop on Gynecologic & Surgical Malignancies on 8th-9th May 2016 under the aegis of Jammu AGOI Chapter, at Jammu, J&K(India).
23. 1st J&K State Medical Science Congress; Basics to Super specialities: Building the Future Together, on 20th-21st May 2016. J&K Science,



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- Technology and Innovation Council, Deptt. Of Science & Technology. Govt. of J&K. ASCOMS & Hospital, Sidhra, Jammu, J&K (India).
24. CRAB-E-CON, Lung Cancer Update, Association of Radiation Oncologists of India- North Zone, 2016, 3rd Sept 2016 at Jammu, J&K (India).
  25. IMSACON 2016, 35<sup>th</sup> Annual Conference of International Medical Sciences Academy, 6<sup>th</sup> - 8<sup>th</sup> Oct. 2016, Mauritius.
  26. CME cum Skill Development Course, State of the Art Diagnosis and Treatment of Colon, Ovarian and Haematological Cancers & Workshop on Foetal Medicine. 6<sup>th</sup> - 7<sup>th</sup> Nov. 2016, University of Jammu, J&K (India).
  27. BIOCON 2016, International Conference "Emerging Trends in Biomedical Research in the New Millennium" in Association with Indian Academy of Biomedical Sciences, GMC, Jammu, J&K (India).
  28. Horizon-2, Conference on Advances in Infertility, Art, Recurrent Pregnancy Loss, 3<sup>rd</sup> - 4<sup>th</sup> Dec. 2016, Jammu, J&K (India).
  29. PATHCON 2017, under the aegis of NW Chapter of IAPM, organised by PG Dept. of Pathology, GMC, Jammu, J&K (India).
  30. CME on "Clinical and Research Opportunities for Young Budding Physiologists" during the 63<sup>rd</sup> Annual National Conference of Association of Physiologists and Pharmacologists of India. Organised by Dept. of Physiology, JIPMER, Puducherry on 11<sup>th</sup> of Oct. 2017 (India).
  31. APPICON 2017, 63<sup>rd</sup> Annual National Conference of Association of Physiologists and
  32. Pharmacologists of India, "Physiology beyond Academics in the Era of Translational Research" 12<sup>th</sup> - 14<sup>th</sup> Oct. 2017, Organised by the Dept. of Physiology, JIPMER, Puducherry (India). ASSOPICON 2017, 4<sup>th</sup> Annual Conference of Association of Physiologists of India, 1<sup>st</sup> - 3<sup>rd</sup> Dec. 2017, Organised by the Dept. of Physiology, KGMU, Lucknow, UP (India).
  33. CME promoted by ISA (Indian Society of Anaesthesiologists), on 13<sup>th</sup> May 2018, organised by Jammu branch at ASCOMS & Hospital, Sidhra, Jammu (J&K) (India).
  34. CME cum Workshop on "Reforming Physiology Curriculum: A case study for other medical disciplines", organised by Dept. of Physiology at AIIMS, Rishikesh, Uttarakhand (India) on 28<sup>th</sup> of July, 2018.



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35. ASSOPICON 2018, 5th Annual Conference of Association of Physiologists of India, 27<sup>th</sup> - 29<sup>th</sup>
36. of Oct. 2018, Organised by the Dept. of Physiology, Pramukhswami Medical College, Karamsad, Gujarat (India).
37. Workshop on TECHNIQUES in PHYSIOLOGICAL SCIENCES (TIPS) For SAARC Nations, 5<sup>th</sup> - 7<sup>th</sup> Dec. 2018, organised by Dept of Physiology, AIIMS, New Delhi-110029(India).
38. Symposium on Recent Advances in Parkinson's disease, organised by Department of Physiology, Maulana Azad Medical College, New Delhi (India) on 16<sup>th</sup> Of Feb. 2019.
39. CME cum Workshop on Competency-Based Medical Education: Concept and Application, on 29<sup>th</sup>-30<sup>th</sup> April 2019 organised by Medical Education Dept, CMC, Ludhiana, Punjab (India).
40. ASSOPICON 2019, 6<sup>th</sup> Annual Conference of Physiologists of India, 12<sup>th</sup>-14<sup>th</sup> Sept. 2019, organized by Dept of Physiology, JSS Medical Collge, Mysuru, Karnataka, India.
41. MCI Advanced Course in Medical Education (ACME) Session1:17<sup>th</sup> Sept.-21<sup>st</sup> 2019 at MCI Nodal Centre for Faculty Development at CMC, Ludhiana, Punjab, India.
42. rBCW, 4<sup>th</sup>-6<sup>th</sup> Nov 2019 at MCI Nodal Centre, CMC, Ludhiana, Punjab, India.
43. CIISP, 7<sup>th</sup>-9<sup>th</sup> Nov 2019, at MCI Nodal Centre, CMC, Ludhiana, Punjab, India.
44. CME on Simulation-Based Teaching at CMC Ludhiana (India) on 21<sup>st</sup> Jan 2020 organized by Dept of Med Education.
45. First Physiology Leader's summit, organized by the Association of Physiologists and Pharmacologists of India(ASSOPI) ON 25<sup>th</sup> -26<sup>th</sup> Feb 2020 at Goa, India.
46. Online Webinar on International Day Of Biological Diversity 22<sup>nd</sup> May 2020 organized by Biotechnika, India.
47. International Webinar on Research in Experimental Physiology, Association of Physiologists of India (ASSOPI) Organised by Department of Physiology, JIPMER, Puducherry, India, Webinar titled "Research in Experimental Physiology (with special emphasis on Animal research)" on 22<sup>nd</sup> May 2020.



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48. "Changing trends in Health Professionals Education in the COVID era" organized by Sri Ramachandran Institute of Higher Education & Research, Chennai, Tamil Nadu, India on 2<sup>nd</sup> June 2020
49. Virtual Colloquim on "Health Sciences Professional Courses: Differentiating Factors in Higher education during the Pandemic Crisis" organized by Center for Continuous Learning for Professional Experience JSS Academy of Higher Education & Research, Mysuru on 7<sup>th</sup>- 8<sup>th</sup> Aug 2020.
50. National webinar on "Establishing an Andrology Laboratory in Indian scenario" on 19<sup>th</sup> Aug 2020 organized by Dept of Physiology, AIIMS, Nagpur, Maharashtra, India.
51. International webinar on "What's the value in P-Values" organized by the Dept of Community Medicine, Dr. D Y Patil Medical College, Hospital and Research, Pimpri, Pune, Maharashtra, India on 25<sup>th</sup> Aug 2020.
52. Webinar on "Profiling of Autonomic Functions" on 2<sup>nd</sup> Sept 2020 organized by Dept of Physiology, SMS Medical College, Jaipur, Rajasthan, India.
53. Webinar by A D instruments on "Cardiovascular & VO<sub>2</sub> Max Assessment" on 9<sup>th</sup> Sept 2020.
54. Webinar on 'Presenting the findings of' of a five-webinar series on 'Essentials of Medical Writing' organized by Indian Association of Medical Journal Editors (IAMJE), Springer Nature on 11<sup>th</sup> Sept 2020.
55. Webinar on "Impact & Challenges on Teaching, Learning & Research in Medical Education- The Post pandemic Era" on 12<sup>th</sup> Sept 2020 by Jaypee Publishers.
56. Virtual webinar on "Neurophysiology of Language and Speech" on 22<sup>nd</sup> Sept 2020 by the Department of Physiology, SMS Medical College, Jaipur, Rajasthan, India.
57. Observations of CISP online workshop organized at GMC, Rajouri, J&K, India on 29<sup>th</sup> Sept 2020 under the aegis of CMC Ludhiana Punjab, India.
58. The 6<sup>th</sup> Annual & 1<sup>st</sup> Virtual International Conference of Basic and Applied Physiology (V-ICONBAP) 2020, 5<sup>th</sup>- 7<sup>th</sup> Oct 2020 organized by Dept of Physiology, Sikkim Manipal Institute of Medical Sciences, Gangtok, Sikkim, India.



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59. Webinar by A D instruments on "Vagus- A Clinical Autonomic Window to Neuropsychiatric Disorders" on 9<sup>th</sup> Oct 2020.
60. Workshop on "Techniques in Physiological sciences 2020- Application to translation" for SAARC Nations 1<sup>st</sup> - 3<sup>rd</sup> December 2020, Organized by the Department of Physiology, AIIMS, New Delhi-110029, India
61. One Week Online Training Program on Statistical Data Analysis for Biomedical Research during December 21-27,2020 organized by Science Tech Institute, Lucknow, Uttar Pradesh, India.
62. National physiology webinar 1: achieving positive health during COVID times, 26<sup>th</sup> Dec 2020 organized by MEU, India.
63. Webinar series organized by Dept of Physiology, AIMS B G Nagara, India on the topic of "Utility of skills lab for Physiology skill training and assessment" on 29<sup>th</sup> Dec 2020.
64. CBME physiology of MEU India
65. Lot many online webinars and conferences being attended, not mentioned here.

#### List of Publications:

1. **Yograj S**, Sadhoo AK, Kalsotra L, Bhat A N, Arora A. Effect of Graded Head-up-Tilt & Head Reverse Tilt on the Sympathetic Nervous System Versus Parasympathetic Nervous System. *J K Sci* 2004; 6(3):144-8.
2. Bhat N Anjali, A.K.Sadhoo, **Yograj S**, Kaur G. Autonomic Function in Postmenopausal Women. *J KSci* 2005; 7(3):135-9.
3. Bhat Anjali Nadir, Kalsotra Leela, **Yograj** Autonomic Reactivity with Altered Thyroid Status. *J K Sci* 2007; 9(2):377-81.
4. Bhat A N, **Yograj S**, Sahi M. Presence of Iron deficiency anaemia in adolescent girls of Jammu District and its effect in their physical performance. *Ind J Clin AnatPhysiol* 2015; 2(4):164-8.
5. **Yograj S**, Gupta G, Nomani M G, Bhat A N, Gupta R K. Gender based alteration in autonomic activity in young adults. *Ind J Clin AnatPhysiol* 2016;3(2):155-60.
6. **Yograj S**, Bhat AN, Gupta G, Kalsotra L, Gupta RK. Assessing the existing learning methodology in Physiology: A feedback study from students of two medical colleges in northern India. *Ind J Clin AnatPhysiol*2016; 3(3):260-4.





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7. Bhat A N, **Yograj S**, Bahl R. Alteration in Autonomic reactivity from Hypothyroid to Euthyroid status. *Ind J Clin AnatPhysiol* 2016; 3(3):377-81.
8. Gupta G, **Yograj S**, Gupta Anil K, Langer B, Goni M. Forced Vital Capacity (FVC), Forced Expiratory Volume in 1st second (FEV<sub>1</sub>) and Forced Expiratory Ratio (FEV<sub>1</sub>)/FVC) in automobile spray paint workers. *Int J ResMed Sci* 2016; 4(9):3724-8.
9. **Yograj S**, Gupta G, Gupta V, Bhat AN, Arora A. Flaxseed- A Shield against Diseases? *AnatPhysiolBiochem Int J* 1(4): 555568. DOI:10.19080/APBIJ.2017.01.555568.
10. Gupta G, **Yograj S**, Gupta AK, Langer B, Goni M, Kalsotra L. Relationship between intake of artificial sweeteners and body mass index in young non-diabetic adults: a cross-sectional study. *Int J ResMed Sci* 2016; 5 (4):1208-12.
11. **Yograj S**, Bhat AN, Gupta G, Kalsotra L, Gupta R, Arora A Approach of medical students to **Physiology**: A feedback study from two medical schools in a sub-Himalayan state of India. *Int J Scient Res* 2018; 7(4):506-09.
12. Gupta G, Langer B, Gupta P, **Yograj S**, Gupta AK, Goni M. Association of ABO and Rheseus blood group with Type-2 Diabetes Mellitus in Northern India: A cross-sectional study. *Int J Med Sci InnovativeRes* 2018; 3(2):241-46.
13. Sharma N, **Yograj S**. Case Report: Haemophilia-B. *J Med Sci* 2017; 20(1): e1- e3.
14. Yograj S, Bhat AN, Gupta RK, Gupta G, Kalsotra L. Role of basic sciences in making of a clinician: Perspectives of medical students from North India. *J Edu Health Promotion* 2019; 8:171(1-6).
15. Kotwal SD, Bhat AN, **Yograj S**, Kotwal S. Evaluation of Vitamin D status in premenopausal and postmenopausal Type 2 Diabetic women and its relation to glycemic control. *Int J Res Med Sci* 2020; 8(4): 1292-8
16. **Yograj S**. Sharpening of medical undergraduates' minds under COVID-19 crisis. *J Family Med PrimCare* 2020; 9:6291-2.
17. **Yograj S**, Gupta RK, Bhat AN, Badyal DK, Arora A, Arora A. Perceptions of stakeholders regarding the foundation course. *Indian J PhysiolPharmacol* 2020; 64(Suppl\_1): S51-S8.



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18. Arora A, Sood V K, Chaudhary H K, Banya D K, Kumar S, Devi R, Kumari A, Khushbu, Priyanka, **Yograj S**. Genetic diversity analysis of oat morphological and SSR markers. *Range management Agroforestry (RMA) J* accepted for publication.





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## **Dr. Meenakshi Sharma**

**Name:** Dr. Meenakshi Sharma

**Designation:** Assistant Professor

**Phone no.:** 9469676775

**Email ID:** [meenakshisharmauppal476@gmail.com](mailto:meenakshisharmauppal476@gmail.com)

### **Achievements:**

Successfully enrolled into Biomedical Research & Eligible for exams in July, 2021.

### **CME's Seminars, Conference, Workshops Attended:**

1. CBME physiology of MEU India.

### **Publications:**

1. K. Navneet, S. Meenakshi, Sachdeva S. Study of liver function tests in hyperthyroid patients. Int J Current Adv. Res. 2017; 6(4):3211-13.
2. K. Navneet, S. Meenakshi, Aora S. Effects of Hypothyroidism on Renal Physiology J Med Sci Clin Res. 2018; 6(03): 275-9.
3. S. Meenakshi, Sushil, Hussain S, P Zaheeda. Impact of body mass index on liver enzymes in postmenopausal women. Int J Current Adv. Res. 2017; 6(3)2436-9.



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## **Dr. Onkar Singh**

**Name:** Dr. Onkar Singh

**Designation:** Assistant Professor

**Phone no.:** 9419132109

**Email ID:** [onkar\\_singh31017@yahoo.com](mailto:onkar_singh31017@yahoo.com)

### **Achievements:**

Successfully enrolled into Biomedical Research & Eligible for exams in July, 2021.

### **CME's Seminars, Conference, Workshops Attended:**

1. CBME physiology of MEU India.

### **Publications:**

1. Onkar Singh, Mrityunjay Gupta, Vijay Khajuria. "Evaluation of metabolic syndrome variables in morning walkers." National Journal of Physiology, Pharmacy and Pharmacology 4.2 (2014), 161-164.
2. Singh O, Gupta M, Khajuria V. Lipid profile and its relationship with blood glucose levels in Metabolic Syndrome. Natl J Physiol Pharm Pharmacol 2015;5:134-137.
3. Singh O, Gupta M, Khajuria V. Cardiometabolic risk factors in bank employees. Natl J Physiol Pharm Pharmacol 2015;5:258-262.



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## **Dr. Jyoti Memoalia**

**Name:** Dr. Jyoti Memoalia

**Designation:** Demonstrator

**Phone no.:** 9797620865

**Email ID:** [jtimemail15@gmail.com](mailto:jtimemail15@gmail.com)

### **Achievements:**

- Theory Classes
- Practical Classes
- Classes for Paramedical Students (B.Sc Courses)
- Seminars of Students
- Research Activites
- Extra-Curricular Activities

### **CME's Semnars, Conference, Workshops Attended:**

1. CBME physiology of MEU India.
2. Webinar on "Research in Experimental Physiology".

### **Publications:**

1. Memoalia J, Batul A, Singh N, Gupta M. Decline in Pulmonary Function tests after Menopause J Menopausal Med 2018;24:34-40.



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## **Dr. Jyoti Rao**

**Name:** Dr. Jyoti Rao

**Designation:** Demonstrator

**Phone no.:** 7780934696

**Email ID:** [doctorjyotirao@gmail.com](mailto:doctorjyotirao@gmail.com)

### **Achievements:**

- Theory Classes
- Practical Classes
- Classes for Paramedical Students (B.Sc Courses)
- Seminars of Students
- Research Activities
- Extra-Curricular Activities

### **CME's Seminars, Conference, Workshops Attended:**

1. CISP July 2020 at GMC Kathua.
2. CBME physiology of MEU India.
3. Neurophysiology of language and speech.

### **Publications:**

i) Rao J, Bhat A N, Bhatia A S, Relationship of Anthropometric variables with fasting blood sugar in moderate and sedentary workers. Int J Basic Appl Physio 2017;6(1):112-8.

ii) Rao J, Bhat AN, Bhatia AS. Relationship of anthropometric variables with lipid profile in moderate and sedentary workers. Ind J Clin And Physiol 2018;5(2):161-65.



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## **Dr. Deepshikha Sharma**

**Name:** Dr. Deepshikha Sharma

**Designation:** Demonstrator

**Phone no.:** 7051109307

**Email ID:** deepshikhadr10a@gmail.com

### **Achievements:**

- Practical Classes
- Classes for Paramedical Students (B.Sc Courses)
- Extra-Curricular Activities
- National Medicos Organization Arogya Foundation of India

**CME's Seminars, Conference, Workshops Attended:** Nil

**Publications:** Nil



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## **Dr. Neeraj Sharma**

**Name:** Dr. Neeraj Sharma

**Designation:** Demonstrator

**Phone no.:** 9622240297

**Email ID:** neerajsharma8797@gmail.com

### **Achievements:**

- Practical Classes
- Classes for Paramedical Students (B.Sc Courses)
- Extra-Curricular Activities

**CME's Seminars, Conference, Workshops Attended:** Nil

**Publications:** Nil



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Annexure-A

**List of Departmental Library Books**

S.No	Accession No.	Book Name	Author
1	1220	Physiology An Illustrated Review	Roger Tanner Thies
2	1221	Physiology An Illustrated Review	Roger Tanner Thies
3	1218	Gastrointestinal Physiology	Leonard R.Johnson
4	1262	Gastrointestinal Physiology	Leonard R.Johnson
5	1263	Gastrointestinal Physiology	Leonard R.Johnson
6	1030	Physiology Prep Manual For Undergraduates	Vijaya D Joshi ,Sadhana Joshi-Mendhurwar
7	1029	Physiology Prep manual For Undergraduates	Vijaya D Joshi, Sadhana Joshi-Mendhurwar
8	1204	Basics of Medical Physiology	D Venkatesh HH Sudhakar
9	1205	Basics of Medical Physiology	D Venkatesh HH Sudhakar
10	1230	West's Respiratory Physiology	John B.West Andrew M.Luks
11	1231	West's Respiratory Physiology	John B.West Andrew M.Luks
12	1273	Instant Physiology	Neil.R.Borley & Vinod Achan
13	1274	Instant Physiology	Neil.R Borley & Vinod Achan
14	1242	Color Atlas of Physiology	Stefan Silbernagl Agamemnon Despopoulos
15	1243	Color Atlas of Physiology	Stefan Silbernagl Agamemnon Despopoulos
16	1228	Textbook of Medical Physiology	John E.Hall
17	1229	Textbook of Medical Physiology	John E.Hall
18	1212	Essential of Human Physiology	Chandrani Sanyal Datta
19	1213	Essentials of Human Physiology	Chandrani sanyal Datta
20	1252	Textbook of Medical Physiology	John E.Hall
21	1253	Textbook of Medical Physiology	John E.Hall
22	1200	Textbook of Medical Physiology	VP Varshney Mona Bedi
23	1201	Textbook of Medical Physiology	VP Varshney Mona Bedi
24	1222	Manual of Practical Physiology	Dr. AK Jain
25	1223	Manual of Practical Physiology	Dr. AK jain
26	1234	Textbook of Medical Physiology	Prof G K Pal
27	1235	Textbook of Medical Physiology	Prof G K Pal
28	1238	Textbook of Physiology Volume 1	Dr. AK Jain
29	1239	Textbook of Physiology volume 1	Dr. AK jain
30	1210	Concise Medical Physiology	Sujit k Chaudhuri
31	1211	Concise Medical Physiology	Sujit k chaudhuri
32	1267	Medical Physiology	Walter F. Boron, Emile L. Boulpaep
33	1268	Medical Physiology	Walter F. Boron Emile L. Boulpaep
34	1260	Concise Textbook of Physiology	Indu Khurana & Arushi Khurana
35	1261	Concise Textbook of Physiology	Indu khurana & Arushi Khurana
36	1254	Medical Physiology	Indu Khurana Arushi Khurana
37	1255	Medical Physiology	Indu Khurana Arushi Khurana
38	1216	Ganong's Review of Medical Physiology	Kim E. Barrett Susan M.Barman, Scott boitano, Heddwen L.
39	1217	Ganong's Review of Medical Physiology	Kim e. Barrett, Susan M. Barman, Scott Boitano, Heddwen L. B
40	1258	BERNE & LEVY Physiology	Bruce M. Koepfen & Bruce A. Stanton
41	1259	BERNE & LEVY Physiology	Bruce M. Koepfen & Bruce A. Stanton
42	1208	Clinical Neurophysiology	UK Misra & J Kalita
43	1209	Clinical Neurophysiology	UK Misra & J Kalita
44	1207	Best & Taylor's Physiological Basis of Medical Practice	O.P. Tandon & Y. Tripathi
45	1206	Best & Taylor's Physiological Basis of Medical Practice	O.P.Tandon & Y. Tripathi





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46	1264	Brain's Diseases of the Nervous System	Michael Donaghy
47	1256	Textbook of Medical Physiology	Indu Khurana & Arushi Khurana
48	1257	Textbook of Medical Physiology	Indu Khurana & Arushi Khurana
49	1244	Textbook of Medical Physiology	Veena Mehta Ahuja
50	1245	Textbook of Medical Physiology	Veena Mehta Ahuja
51	1027	Neurophysiology	Roger Carpenter and Benjamin Reddi
52	1028	Neurophysiology	Roger carpenter and Benjamin Reddi
53	1240	Textbook of Physiology Volume-II	Dr.AK Jain
54	1241	Textbook of Physiology Volume-II	Dr.AK Jain
55	1044	Human Physiology	Gillian Pocock, Christopher D. Richards, and David A. Richards
56	1045	Human Physiology	Gillian Pocock, christopher D.Richards, and David A. Richards
57	1269	Knobil's and Neill's Physiology of Reproduction	Tony M. Plant Anthony J. Zeleznik,
58	1270	Knobil's and Neill's Physiology of Reproduction	Tony M. Plant Anthony J. Zeleznik
59	1271	Knobil's and Neill's Physiology of Reproduction	Tony M. Plant Anthony J. Zeleznik
60	1272	Knobil's and Neill's Physiology of Reproduction	Tony M. Plant Anthony J. Zeleznik
61	1275	Neuroendocrinology in Physiology and Medicine	P.Michael Conn Marc E. Freeman
62	1276	Neuroendocrinology in Physiology and Medicine	P. Michael Conn, Marc E. Freeman
63	1224	MUSCLE Fundamental Biology and Mechanism of disease	Joseph A. Hill & ERIC N. OLSON
64	1226	Muscle fundamental biology and Mechanism of diseases	Joseph A. Hill & ERIC N.OLSON
65	1248	Seldin and Giebisch's The Kidney	Robert J.Alpern, Michael J.Caplan,& Orson W.Moe
66	1249	Seldin and Giebisch's The Kidney	Robert J. Alpern, Michael J. Caplan & Orson W. Moe
67	1250	Seldin and Giebisch's The Kidney	Robert J. Alpern, Michael J. Caplan & Orson W. Moe
68	1251	Seldin and Giebisch's The Kidney	Robert J. Alpern, Michael J. Caplan & Orson W. Moe
69	1202	Neurophysiology	Roger Carpenter and Benjamin Reddi
70	1203	Neurophysiology	Roger Carpenter and Benjamin Reddi
71	1042	Dorland's Illustrated Medical Dictionary	Dorland's
72	1043	Dorland's Illustrated Medical Dictionary	Dorland's
73	1232	Samson Wright's Applied Physiology	Cyril A. Keele, Eric Neil ,Norman Joels
74	1233	Samson Wright's Applied Physiology	Cyril A.keele,Eric Neil , Norman Joels
75	1225	Muscle Fundamental Biology And Mechanism Of Disease	Joseph A.Hill ERIC N. OLSON
76	1227	Muscle Fundamental Biology And Mechanism Of Disease	Joseph A.Hill Eric N. OLSON
77	1246	Pathophysiology of Clinical Symptoms, Signs & Laboratory Parameters	Kanu E.O. Nkanginieme Jude U. Ohaeri Muheez A. Durosinni Temitayo Shokunbi, Rosemary Ugwu
78	1247	Pathophysiology of Clinical Symptoms, Signs & Laboratory Parameters	Kanu E.O. Nkanginieme Jude U. Ohaeri Muheez A. Durosinni Temitayo Shokunbi, Rosemary Ugwu
79	1214	Essentials of Medical Physiology	K Sembulingam Prema Sembulingam
80	1215	Essentials of Medical Physiology	K Sembulingam Prema Sembulingam
81	1041	Pathophysiology The Biology Basis For Disease In Adults And Children	Kathryn L. M c Cance , SUE HUETHER
82	1266	Pathophysiology The Biology Bais For Disease in Adults and Children	Kathyrn L.McCance, SUE HUETHER
83	1031	Neuroscience in the 21st Century	Donald W. Pfaff, Nora D. Volkow
84	1032	Neuroscience in the 21st century	Donald W. Pfaff, Nora D. Volkow
85	1032	Neuroscience in the 21st Century	Donald W. Pfaff, Nora D. Volkow
86	1033	Neuroscience in the 21st Century	Donald W. Pfaff, Nora D. Volkow
87	1035	Neuroscience in the 21st century	Donald W. Pfaff, Nora D. Volkow
88	1036	Neuroscience in the 21st Century	Donald W. Pfaff, Nora D. Volkow
89	1037	Neuroscience in the 21st century	Donald W. Pfaff, Nora D. Volkow
90	1038	Neuroscience in the 21st century	Donald W. Pfaff, Nora D. Volkow



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91	1039	Neuroscience in the 21st century	Donald W. Pfaff, Nora D. Volkow
92	1040	Neuroscience in the 21st Century	Donald W. Pfaff, Nora D. Volkow
93	P001	Textbook of Medical Physiology	A.P Krishna
94	P012	Review of Medical Physiology	William F. Ganong
95	P031	Textbook of Physiology	Mrutyunujay K Guttal
96	P027	Textbook of practical Physiology	AR Chaudhari
97	P026	Manual of Practical Physiology	Prof. A. K Jain
98	P023	Essentials of Medical Physiology	K Sembulingam, Prema Sembulingam
99	P024	Textbook of Medical Physiology	Guyton & Hall
100	P029	Medical Physiology	RK Marya



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Annexure-B

**List of Departmental/Laboratory Equipment**

1.	Binocular Microscope
2.	Monocular Microscope
3.	Magnus Microscope
4.	Haemocytometer
5.	Hb meter
6.	Apparatus for passive Movement
7.	Compass Aesthesiometer
8.	Perimeter priestly smith
9.	Spirometer,ordinary
10.	Algometer
11.	Stethograph
12.	Voltage stabilizer
13.	Von frey hair Aesthesiometer
14.	Van Slyk's Apparatus Manometer
15.	Stag Incubator Electric Co2 Mix Stage
16.	Physiograph 3 Channel
17.	Physiograph single Channel
18.	Myograph Stand
19.	Muscle Trough
20.	Muscle Lever
21.	Hook and Weight Set
22.	Heart Lever Starling
23.	Frog Board Disspection
24.	Frog board crok linked with boss head
25.	Low Bolt unit
26.	Electrodes
27.	X - Blocksh
28.	Demonstration Eye - piece
29.	Basal metabolism Apparatus
30.	Mosso. S. Ergogratch
31.	Parameter with Chart
32.	Ophthalmoscope
33.	Color Perception Lantern Edridge Green
34.	Newton's Color Wheel
35.	Tuning Fork Test Hearing 32 – 10000 CTS
36.	Dynamometer



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37.	OTO Rhino Laryngoscope
38.	Electronic Stimulator
39.	Urino Meter (Mercury Based Instruments) to be Rept.
40.	Kymograph student Electric Independent Unit
41.	Kymograph with drum
42.	Automatic BP apparatus
43.	Manual BP apparatus
44.	Enamel tray
45.	Spirit lamps
46.	Westergren's pipette for ESR on stand
47.	Wintrobe's pipette for ESR
48.	Stethoscopes
49.	Stethoscopes, demonstration with multiple ear pieces
50.	Clinical thermometer (Mercury Based)
51.	Water distillation steel with spare heating elements
52.	Thermometer
53.	Modals and charts
54.	ECG Machine
55.	Microslides
57.	Double Demonstration Eye Piece
58.	Inductorium
59.	Short Circuiting Key
60.	Pohl's Commutator
61.	Vibrating Interrupter
62.	Muscle grip of Femur Clamp

Sd/-

Dr. Sabita Yograj  
Professor & Head  
Department of Physiology  
GMC Kathua