



DEPARTMENT OF PHYSIOLOGY

GOVERNMENT MEDICAL COLLEGE, KATHUA

Email: physiokathuagmc@gmail.com

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, Neurophysiologic 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.

CORE ACTIVITIES OF THE DEPARTMENT

- ✓ Imparting teaching and training to undergraduate MBBS & paramedical BSc students at its best.
- ✓ Teaching physiology in an integrated manner with other basic sciences, para-clinical and clinical subjects.
- ✓ Making students understand the importance & relevance of physiology in providing health care by exposing them to early clinical exposure.

- ✓ 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.
- ✓ 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 Physio quiz 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 1st-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.
- ✓ Research in all possible fields of medical science, aiding in preventive, promotive, diagnostic & curative aspects leading to better health infrastructure.
- ✓ Supporting staff and students to enhance their research success, enhancing awareness to research programs along with promoting translational research opportunities.
- ✓ Developing a culture of leadership in innovation in research and teaching.
- ✓ Maintaining the highest standards of scientific research and teaching.
- ✓ Filling gaps in the curriculum of undergraduate medical education as well as paramedical education as identified by the time to time curriculum review.
- ✓ Identifying and providing teaching opportunities and learning resources available to staff members.
- ✓ 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).
- ✓ 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.
- ✓ Integrating with other basic sciences, clinical & paraclinical sciences to help provide the best healthcare infrastructure.

MISSION

- ✓ To support a community of educators, researchers, trainees, and staff in a healthy, respectful, and comfortable environment.
- ✓ 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.

VISION

- ✓ 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.
- ✓ 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.

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

INFORMATION ABOUT THE FACULTY

S No.	Name	Designation	Phone Number	Email ID
01	Dr Meenakshi Sharma	Associate Professor & Head	9469676775	meenakshisharmaupp476@gmail.com
02	Dr Onkar Singh	Assistant Professor	9419132109	onkar_singh31017@yahoo.com

S No.	Name	Designation	Phone Number	Email ID
03	Dr. KL Gupta	Assistant Professor	9419183556	klgupta77@gmail.com

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

FACULTY

Name: Dr. Meenakshi Sharma

Designation: Associate Professor & Head

Phone no.: 9469676775

Email ID: meenakshisharmauppal476@gmail.com

Name: Dr. Onkar Singh

Designation: Assistant Professor

Phone no.: 9419132109

Email ID: onkar_singh31017@yahoo.com

Name: Dr. Kasturi Lal Gupta

Designation: Assistant Professor

Phone no.: 9419183556

Email ID: klgupta77@gmail.com

Publications:

1	Assessment of Awareness among Medical Students about Hand Hygiene Practices Amidst the Covid 19 Pandemic
---	--

	Indian Journal of Public Health Research & Development, October-December 2021, Vol. 12, No. 4 463
2	Assessment of mental well-being in first year medical students National Journal of Physiology, Pharmacy and Pharmacology 2023 Vol 13 Issue 02
3	Evaluation of sleeping patterns during the pandemic National Journal of Physiology, Pharmacy and Pharmacology 2022 Vol 12 Issue 06
4	Impact of COVID-19 Pandemic on Medical Education; Challenges for Faculty and Medical and Paramedical Students in a Medical College of South Kashmir. Indian Journal of Public Health Research & Development Volume 14 Issue 4 October-December 2022
5	Impact of COVID-19-related lockdown on metabolic syndrome variables in healthcare workers with pre-existing metabolic syndrome: A prospective study National Journal of Physiology, Pharmacy and Pharmacology 2023 Vol 13 Issue 06
6	Medical Teaching Online or Offline Journal of Cardiovascular Disease Research ISSN: 0975-3583, 0976-2833 VOL 14, ISSUE 02, 2023
7	Physical Fitness Index of Medical Students in a Tertiary Health Institution Journal of Cardiovascular Disease Research ISSN: 0975-3583, 0976-2833 VOL 14, ISSUE 02, 2023
8	Impact of Covid 19 related lockdown on lipid profile in healthcare workers: A prospective study ISSN: 2250-3137 International Journal of Life Sciences Biotechnology and Pharma Research
9	Pattern of Noise Induced Hearing Loss and its Relation with Duration of Exposure in Traffic Police Personnel Indian Journal of Community Health /Vol 27/Issue No 02/Apr-Jun 2015
10	Are men's and women's visual and auditory reaction times different? Journal of Cardiovascular Disease research Vol 13 issue 05, 2022
11	Is there an association between the ABO blood type and bleeding or clotting times? Indian Journal of Public Health Research & Development,

Conferences Attended

7 th and 8 th of September (CRAB-E-CON PUNJ), 2019
1 st -3 rd of November (33 RD ANNUAL CONFERENCE OF NORTH ZONE OPHTHALMOLOGICAL SOCIETY), 2019.
Curriculum Implementation Support Programme 22 nd to 23 rd July 2020
2 nd -4 th of October (CRAB-E-CON), 2020
Revised Basic course workshop 2 nd to 4 th September 2021.
7 TH to 9 th September 2021 , (7 th Annual national conference of Association of Physiologist of India)
16 th -17 th of April (NZ-AROICON),2022
28 th July 2022, CME (Lab based electives in MBBS curriculum : opportunities and challenges
14 th to 15 th October 2022 Research publication workshop 2022 (INNOVATIVE EDUCATION AND SCIENTIFIC RESEARCH FOUNDATION)
28 th -29 th of October (5JKOACON),2022
11 th 12 th November 2022 Research publication workshop 2022 (INNOVATIVE EDUCATION AND SCIENTIFIC RESEARCH FOUNDATION
Transcon 11 th to 13 th November 2022.
17 th to 19 th November 2022 BMSseCON 2022
7 th to 8 th May 2022 HORIZON -3 (Conference on advances in infertility , Art, Recurrent Pregnancy Loss
05th April 2023 Medical Oncology with special emphasis on Multiple Myeloma: an update".
CME on Dengue "Fight the Bite. Beat dengue right" held at GMC Kathua.
CARCON-24 held at GMC Jammu.
TRAUMACON -24 held at GMC Rajouri