



CME

“Body and Mind in Motion”

Comparing the Physiology of Sports, Exercise and Meditation



4 CME
Credit
Hours
Applied for

Organised by

DEPARTMENT OF PHYSIOLOGY

SRI GURU RAM DAS UNIVERSITY OF HEALTH SCIENCES

SRI AMRITSAR

12th APRIL, 2025



BIOCHEMISTRY CONFERENCE HALL

SRI GURU RAM DAS INSTITUTE OF MEDICAL SCIENCES & RESEARCH
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SCIENTIFIC PROGRAM

TIME	TOPIC	FACULTY
8:30 - 9:30 am	Registration	
9:30 - 10:00 am	Impact of Meditation on Athletic Performance	Dr.Kiran Professor, Deptt. of Physiology, SGRDIMSR, Amritsar
10:00 - 10:30 am	Exercise - The Physiological aspect	Dr. Mridu Gupta Professor & Head, Deptt. of Physiology, GMC, Amritsar
10:30 - 11:00 am	Welcome and Inauguration High Tea	
11:00 - 11:30 am	Interplay between Physical Exercise, Neurotropins and cognitive function in Humans	Dr.Avjot Kaur Miglani Professor & Head, Deptt. of Physiology PIMS Jalandhar
11:30 - 12:00 noon	FITT for Physical Activity	Dr.Sandeep Kular Professor & Head,Deptt. of Physiology AIMSR Bathinda
12:00 - 12:30 pm	Exercise and Health	Dr. Kawalinder Kaur Girgla Professor, Deptt. of Physiology, SGRDIMSR, Amritsar
12:30 - 1:00 pm	Neuroendocrine Physiology of Sports	Dr.Sukhjinder Kaur Dhillon Professor,Deptt of Physiology, SGRDIMSR,Amritsar
1:00 - 2:00 pm	LUNCH	
2:00 - 3:00 pm	Poster making competition	Dr. Sheveta Dureja Dr. Meena Arora
3:00 - 3:30 pm	Sports Psychology	Dr.Shashi Mahajan Professor,Deptt. of Physiology, SGRDIMSR,Amritsar
3:30 - 4:00 pm	Exercise and GUT Health	Dr. Roopam Bassi Professor,Deptt. of Physiology, SGRDIMSR,Amritsar
4:00 - 4:30 pm	“The Overtrained Brain” Consequences of Sports Addiction	Dr.Deepinder Kaur Professor & Head, Deptt. of Physiology SGRDIMSR, Amritsar
4:30 - 4:45 pm	Reflection and Feedback	
4:45 - 5:00 pm	Valedictory	

