

Letter from HOD desk giving a brief introduction and overview of the department mentioning the Mission statement/ Achievements of the department:

The department of Physiology is involved in the teaching of undergraduate (MBBS) and Postgraduate (MD physiology) teaching. The department is also involved in teaching of the students pursuing BSC nursing from College of Nursing, LHMC & Associated Hospitals and Post Trauma Training course conducted by LHMC & Associated Hospitals. The faculty members from the department are also involved in various administrative activities concerning the institution and also the Ministry of Health and Family Welfare.

In view of the changing life styles & increasing stress levels in the society the department is carrying on research on the effects of Yoga practices like Pranayama & Meditation on the physiological functions of human body like cardio respiratory physiology, cognition & immunity. The various thrust areas for the research in the department include the studies on respiratory disorders like COPD and lifestyle disorders like Diabetes, Obesity, Hypertension, Depression , ADHD and PCOS. Additionally, the studies have been conducted on the iron deficiency anemia, asthma, thyroid disorders, mental stress, also music therapy. Various parameters like autonomic functions, pulmonary functions, cognitive functions, brainstem auditory evoked potentials, visual evoked potentials, and biochemical parameters have been extensively employed in the above studies. The faculty has published various papers in peer reviewed national and international journals.

Department has established YOGA AND NATUROPATHY OPD AND LIFESTYLE INTERVENTION CENTRE in collaboration with CCRYN (Central Council for Research in Yoga and Naturopathy, Janakpuri), Department of AYUSH under Ministry of Health and Family Welfare. The department has a Pulmonary, Autonomic, Neurophysiology laboratory and providing services for patient care.