



Bhaarith

MEDICAL COLLEGE & HOSPITAL

A constituent college of Bharath Institute of Higher Education and Research (BIHER)
(Declared as Deemed-to-be-University u/s 3 of the UGC Act,
1956, Accredited with NAAC 'A' Grade)

Department of Physiology, BMCH

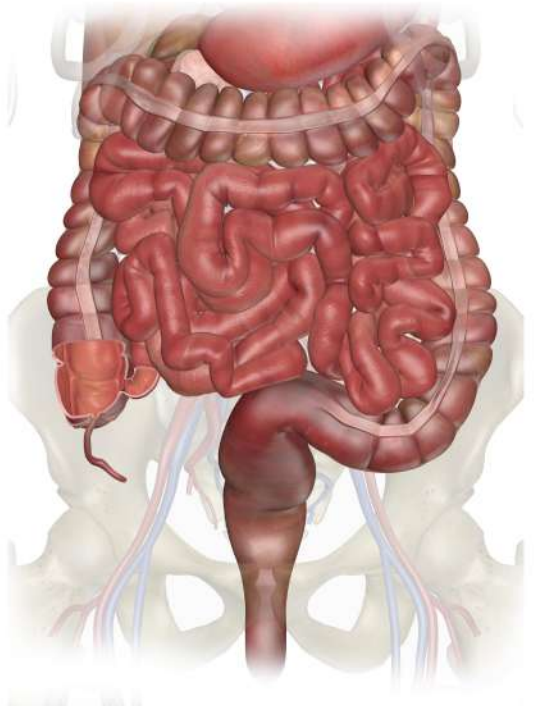
In commemoration of World Irritable Bowel Syndrome day
Virtual CME

“ENTER THE GASTRON”

Date: 24/04/2024.Wednesday

Time : 10.00 am – 4.00 pm

Bhaarith Medical College & Hospital
Selaiyur, Chennai



PROGRAMME SCHEDULE:

10:00 am - 10:30 am: **Session 1. Enter the Gastron-The Preamble.**

DR. ARVIND THANGARASA

Assistant Professor, Dept. of Physiology, BMCH, Chennai.

Objectives :

- Overview of bowel health and consequences of lifestyle changes on bowel health.

10:30 am - 11:15 am: **Session 2. Physiology of GIT motility.**

DR. DEVAKI

Professor and HOD, Dept. of Physiology, SBMCH, Chennai.

Objectives:

- Types of motility and their role in digestion and absorption.
- Electrical basis of GI motility.
- GI motility changes during fasting.
- Gastric emptying
- Motility patterns of colon to evacuate waste.

11:15 am - 12:00 pm: **Session 3. Hunger and Satiety.**

DR. SIVABALAN ELANGO VAN., MD (Psychiatry),

Professor and Head, Department of Psychiatry, Sri Lalithambigai Medical College and Hospital.

Objectives:

- Difference between hunger and desire for food in relation to GIT secretions.
- Post prandial drowsiness in relation to gut brain and digestion.
- How to stop over eating

12:00 pm - 12:45 pm: **Session 4. Irritable bowel syndromes (IBS) and their relationship to modern lifestyle and stress.**

DR. N. A. RAJESH

Professor and Head, Department of MGE, SRM medical college and hospital, Chennai.

Objectives:

- What are the irritable bowel syndromes?
- Lifestyle, habits and IBS.
- Recent understanding as causes for IBS.
- Prevention and treatment of IBS.

12:45 pm - 1:45 pm: **LUNCH BREAK**

01:45 pm - 02:30 pm: **Session 5. Healthy eating for a healthy bowel.**

DR. N. SURESH ANAND MBBS, MS, FRCS (Edinburg),

FRCS (general surgery/breast), consultant breast surgeon, MMM hospital, Chennai

Objectives:

- Ancient traditional eating habits.
- Methods of Fasting and its benefits.
- What to eat, how to eat, how much to eat and when to eat.
- Normal bowel clearance for a healthy brain.

02:30 pm: Vote Of Thanks

02:30 pm - 04:00 pm: **Poster Presentation** by 1st Year MBBS Students

Organizing Chairperson

Dr Latha.R.,
Professor & Head,
Dept. of Physiology

Organizing Secretary

Dr Arvind Thangarasa
Assistant Professor
Department of Physiology

Treasurer

Dr K.Vanathy
Assistant Professor
Department of Physiology

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Department of Physiology

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Note:

Registration free yet mandatory
For TNMC Credit Hours, Rs.100/-

Registration Link: <https://forms.gle/pFJV6mwSCWas82Ym9>

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