

Scientific Seminar and Annual General Meeting

A p p l i e d P h y s i o l o g y
i n t e g r a t e d a p p r o a c h

Venue: Manikganj Medical College, Manikganj
Date: 11th April, 2025



Bangladesh Society of Physiologists

W e b s i t e : <https://bsp.org.bd/>

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Applied Physiology integrated approach

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Bangladesh Society of Physiologists



BANGLADESH SOCIETY OF PHYSIOLOGISTS

Scientific Seminar and Annual General Meeting

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President

Bangladesh Society of Physiologists (BSP)
Executive committee (2024-2025)

Message from the President of BSP

The Bangladesh Society of Physiologists (BSP) is a non-political, non-profitable, and purely academic organization dedicated to advancing the field of physiology. Our vision is to foster connections among physiologists both nationally and internationally, with the ultimate goal of contributing to the well-being of humanity.

Through the collective efforts of our members, BSP facilitates the exchange of knowledge, skills, and ideas, promoting the evolution of effective pedagogy. We are committed to encouraging honest, critical thinking, logical reasoning and academic excellence.

The BSP offers numerous opportunities for personal and professional growth, such as conferences, seminars, symposia, and workshops. These platforms help cultivate a spirit of friendship and mutual support, encouraging collaboration and the development of compassionate attitudes among all members.

I believe it is time for us to focus on shaping knowledgeable, skilled, and ethical doctors who can serve both nationally and internationally. At the same time, we continue to encourage original research to advance the field of physiology.

BSP is a family of 700 members of all categories (Life members, General members and Associate members). We know unity is strength and division makes us weak.

Let us move forward, setting aside any past grievances, and strengthen the bonds that unite us. We must remember that, as human beings, we all have our imperfections. In the spirit of brotherhood and sisterhood, we should aim for action over words.

Together, let us strive to make the Bangladesh Society of Physiologists the premier society in the country, focused on progress, peace, and success for all.

Prof. Dr. Nasim Jahan



Secretary General

Bangladesh Society of Physiologists (BSP)
Executive committee (2024-2025)

Message from the Secretary General of BSP

First of all, I would like to express my deep gratitude to my creator for the opportunity to write a message as the Secretary General of The Bangladesh Society of Physiologists (BSP). It is with great honor and deep gratitude that I address you as the Secretary General of the Bangladesh Society of Physiologists (BSP) for the term **2024–2025**. I extend my sincere appreciation to all BSP members for entrusting me with this prestigious responsibility. My heartfelt respect goes to **Professor MA Hai**, the visionary founding father of BSP, whose dedication and leadership have shaped this esteemed academic, non-political, and non-profit organization.

Since its inception in **2006**, BSP has been relentlessly working to **advance the science and education of physiology** for the benefit of both professionals and the broader medical community. As a proud member of this society since its early days, I am deeply committed to upholding its mission and contributing to its continued growth.

Vision for BSP (2024–2025)

- During this tenure, our primary objectives include:
 - Organizing SAAP X in Bangladesh** – A significant step in strengthening our global academic ties.
- **Enhancing the Physiology Curriculum** – Making it more clinically oriented to help students bridge the gap between theoretical knowledge and patient care.
- **Strengthening the BSP Journal** – Encouraging high-quality research publications.
- **Promoting Research Culture** – Motivating members to engage in impactful and innovative physiological research.
- **Addressing Faculty Shortages** – Advocating for increased faculty positions to maintain an optimal student-teacher ratio.

Advancing Physiology Education in Bangladesh

Physiology is the foundation of medical sciences, and our responsibilities are immense. We are engaged in training students at **undergraduate and postgraduate levels (M.Phil, MD, and FCPS in Physiology)** while conducting research and organizing academic programs. However, the increasing number of medical colleges (102 in total, with 64 government and 48 private) has created a pressing need for more trained physiology educators.

To address this, BSP is committed to:

- **Ensuring effective integrative teaching and Problem-Based Learning (PBL)** in line with the new medical curriculum.

- **Introducing skill-based practical sessions** (e.g., ECG, EMG, EEG, NCV, Spirometry) to strengthen students' clinical Applications of physiology.
- **Introducing the latest concepts and ideas in teaching physiology.**
- **Creating new faculty positions and promoting career advancements for physiology educators** to sustain academic excellence.

Global Collaborations and Future Goals

BSP is an active member of SAAP, **IUPS and FAOPS**, consistently making significant contributions to international physiology conferences. We aspire to position Bangladesh as a leader in global physiological education and research. By working together, we can elevate our discipline to "World-Class Physiology."

I invite all our esteemed members to join hands in this journey. With collective efforts, commitment, and innovation, we can shape a brighter future for physiology education in Bangladesh and beyond.

"Together, let us take Physiology to new heights!"



Professor Nayma Sultana

BSP Achievements (2024 - 2025)

1. Free and Fair BSP Election 10th December 2023
2. Successfully conducted the 1st General Meeting, with a focus on PBQ, SBA, and other key topics in Shaheed Suhrawardy Medical College.
3. Proposed the reformation of a new Editorial Board.
4. Established the Teacher-Benefit Sub-Committee to enhance the professional welfare of physiologists.
5. Formed the Education Sub-Committee to support academic initiatives.
6. Actively participated in the SAAP IX Conference in Lahore, Pakistan (December 2024).
7. In the EC of SAAP for 2025-2026, the positions of Secretary General, Advisors and two Vice-President posts were secured, along with membership in the Research and Scientific and Education sub-committees.
8. Designated as the host country for the upcoming SAAP X Conference in Dhaka, Bangladesh in 2026.
9. Secured membership in FAOPS (Federation of Asian & Oceanian Physiological Societies).
10. Engaged in SAAP Research Sub-Committee webinars.
11. Actively participated in SAAP Education Sub-Committee webinars.
12. Organized BSP webinars in collaboration with SAAP.
13. Provided financial aid for flood relief efforts in Bangladesh.
14. Successfully managing and publishing the Journal of Bangladesh Society of Physiologists (JBSP).
15. Hosting the BSP Scientific Seminar and Annual General Meeting on April 11, 2025.

Free and Fair BSP Election 10th December 2023

Achievements of BSP in 2024-2025



Achievements of BSP in 2024-2025

THE KEYNOTE SPEAKERS

EFFECT OF GREEN TEA (*Camellia sinensis*) ON PARACETAMOL INDUCED LIVER DAMAGE IN LONG EVANS MALE RATS

Dr. Asfaq Rafeed Rahman
MBBS, M Phil (Physiology)
Assistant Professor
Manikganj Medical College, Manikganj, Bangladesh

Protective effects of *Nigella sativa* oil, *Spirulina platensis* and *Azadirachta indica* leaf extracts on spatial reference memory in ketamine induced memory impaired male Wistar rats: A comparative study

Authors
Dr. Nadia Naharini Islam, Manikganj Medical College, Manikganj
Dr. Tahmina Mumtaz, Enam Medical College, Dhaka
Dr. Md. Ebayedulah, Sheikh Sayera Khatun Medical College, Gopalganj
Dr. Sadia Min, Kumudini Medical College, Dhaka
Dr. Taslima Ali, Bangladesh Sheikh Mujib Medical University, Dhaka



1st Webinar of Bangladesh Society of Physiologists (BSP) Scientific Committee

Assessment of Serum Sodium, Potassium, Magnesium and Selenium Status in Children with Autism Spectrum Disorder

15th January, Wednesday
Time: 7.00 PM (Bangladesh), 6.00 PM (Pakistan), 6.30 PM (India, Sri Lanka), 6.45 PM (Nepal)

Dr. Seima Anwer
Lecturer, Physiology
Sir Salimullah Medical College
Dhaka, Bangladesh
Contact: +88 01712620417
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SAAP X BIENNIAL CONFERENCE

November 2026

Advancing Medical Education & Research Physiology, Innovation and Impact

DHAKA — BANGLADESH —

Organizer: Bangladesh Society of Physiologists (BSP)

5th Regional Webinar
SAAP Research Subcommittee

MEMORIAL LECTURE
Sir John Carew Eccles
Neurophysiologist & Nobel Laureate

by
Dr. Afia Jahan
Associate Professor
Dept. of Physiology
Brahmanbaria Medical College
Brahmanbaria, Bangladesh

3rd February 2024 Saturday
6:30 pm to 7:30 pm IST

ORAL PRESENTATIONS

Effects of Biomass Fuel Smoke on Pulmonary Functions in Rural and Urban Young Adults

Presented By
Dr. Nazherul Jahan
M. Phil (Physiology)
Lecturer (Physiology)
Shahad Ziaur Rahman Medical College
Bogura, Bangladesh

Presenter
Dr. Puja Basak
Assistant Professor
Department of Physiology
Bhawal Medical College, Bhawal, Bangladesh

Can vitamin D prevent and/or alleviate hippocampal oxidative stress induced spatial memory impairment? An experimental study in male Long-Evans rats

Certificate of Appreciation



BSP Scientific Session in ShSMC



BSP General Meeting 2024



Get together by BSP Chattogram Division 2024



BSP Members of SAAP EC (2025-26)

Advisors:

Prof. Dr. Noorzahan Begum (Founder Advisor)

Prof. Dr. Chandra Rani Sarker (New Advisor)

Secretary General:

Prof. Nayma Sultana

Vice President:

Dr. Iffat Jahan

Dr. Shams Ruhani Islam

BSP Members of SAAP Subcommittee (2025-26)

Members of Research & Publication Subcommittee:

Brig. Gen. Prof. Dr. Sharmeen Sultana

Dr. Jenefer Yesmin

Dr. Jawairia Rajwana

Dr. Nadia Mahasinil Islam

Members of Education Subcommittee:

Dr. Sajida Sultana

Dr. Asfaq Rafed Rahman

Scientific Seminar and Annual General Meeting

BANGLADESH SOCIETY OF PHYSIOLOGISTS (BSP)

Date : April 11, 2025 (Friday)

Venue : Manikganj Medical College, Manikganj

Program Schedule

08:00-09:00 AM	Registration [Venue: Auditorium, Manikganj Medical College]
INAUGURAL SESSION Time : 09:00 AM - 11:00 AM Venue: Auditorium, Manikganj Medical College	
09:00-09:10 AM	Recitation from Holy Quran, Bhagavad Geeta, Tripitaka
09:11-09:15 AM	National Anthem
09:15-09:20 AM	Welcome Address by Prof. Nayma Sultana, Secretary General, BSP (2024-25)
09:20-09:25 AM	Invitation to EC Members of BSP (2024-25) to the Dias
09:25-09:30 AM	Speech by Chief Guest Principal, Manikganj Medical College, Manikganj)
09:30-09:45 AM	Award Distribution with Certificates
09:45-10:30 AM	Invited Speaker speech Topic: Research Methodology Dr. Syed Muhammad Baqui Billah MBBS, MPH (Epidemiology), PhD in Public Health (Major in Epidemiology) Deputy Director, Medical Education, DGHS, Mohakhali, Dhaka.
10:30-10:50 AM	Keynote Speech: Presentation on Integrated Teaching by Dr. Farhana Laila Lima (MD, BSMMU)
10:50-11:05 AM	SAAP X Invitation Flyer & Video Presentation
11:05-11:15 AM	Break
HANDS-ON TRAINING Time : 11:20 AM - 12:30 PM Venue: Academic Building, Department of Physiology (Floor- 7th, Lift-6)	
11:20-12:00 PM	Training on Spirometry + NCS Trainers: Dr. Nadia Mahasinil Islam & Dr. Asfaq Rafed Rahman
12:00-12:30 PM	Simulation Lab Training (Floor- 8th, Lift-7) Trainer: Dr. Asfaq Rafed Rahman, Dr. Md. Mijanur Rahman Sardar, Dr. Nadia Mahasinil Islam and Dr. Sumaiya Sadia
12:30-02:00 PM	Prayer & Lunch Break
SCIENTIFIC SESSION Time: 02:00 PM - 03:15 PM Venue: Academic Building, Lecture Gallery 1	
02:00-02:30 PM	Oral Presentations
02:30-03:00 PM	Poster Presentations
03:00-03:15 PM	Crest & Certificate Giving Ceremony for Presenters
ANNUAL GENERAL MEETING (AGM) Venue: Academic Building, Lecture Gallery 1 Time: 03:20 PM - 04:20 PM	
04:20-04:30 PM	Closing Speech Speaker: Prof. Dr. Nasim Jahan
CULTURAL EVENTS 04:30-04:50 PM	
04:50-06:00 PM	Asr Prayer & departure for Dhaka
End of Session	

Abstracts

LIST OF TOPICS

Topics and Speakers	
Speech of Invited Speaker	Overview on Research Method Dr. Syed Muhammad Baqui Billah
Keynote speaker	Impact of Integrated Teaching Compared to Traditional Didactic Teaching on Learning of Clinically Oriented Physiology among Undergraduate Phase One Medical Students Farhana Laila Lima, Sultana Ferdousi
OP-1	Disease Profile among Bangladeshi Hajjes attending Hajj Medical Team, 2019. Md. Mohidur Rahman
OP-2	Effect of Slow Music on Selected Cardiorespiratory Parameters among Stressful Young Individuals. AHM Shahidullah, Momtaz Begum, Shahin Akhter
PP-1	The Effect of Prior Shortening on Residual Force Enhancement after Stretch in Mouse Soleus Muscle. Rifat Ara Adity, Kiisa Nishikawa
PP-2	Autism Support Access: Opportunities and Challenges in Cultural And Financial Contexts Md. Adnan Khan, Salma Begum
PP-3	Slow Breathing Exercise (Sbe) Reduces Oxidative Stress in Hypothyroid Patients Nandita Sarkar, Bipasha Sarkar, Mahua Mannan, Sultana Ferdousi
PP-4	Can Vitamin D Prevent and/or Alleviate Hippocampal Oxidative Stress Induced Spatial Memory Impairment? An Experimental Study in Male Long-Evans Rats Puspita Basak , Fhamida Akter, Rokhsana Binte Amin, Md. Saiful Islam, Kazi Rafiqul Islam, Taskina Ali
PP-5	Assessment of Serum Sodium, Potassium, Magnesium and Selenium Status In Children With Autism Spectrum Disorder. Saima Anwar, Rama Chowdhury
PP-6	Spatial Memory Is Impaired By Environmental Tobacco Smoke - Can it be Prevented By Swimming? – An Experimental Study in Rats. Md. Shaiful Islam Patwary, Adity Ara Trisha, Mahbuba Sharmin Khan Pritom, Taskina Ali
PP-7	Heart Rate Variability Is Reduced In Rheumatoid Arthritis Patients Shuvra Chakraborty, Selina Begum
PP-8	Evaluation of Cardiovascular Autonomic Functions in Lactating Mothers. Sabrina Mashrur, Chandra Rani Sarkar, Sayada Siraj, Rabindra Nath Barman

Speech of Invited Speaker

OVERVIEW ON RESEARCH METHOD

***Dr. Syed Muhammad Baqui Billah**

MBBS, MPH (Epidemiology), PhD in Public Health (Major in Epidemiology)

Deputy Director of Medical Education at DGHS, Mohakhali, Dhaka.

Research is a systematic process of collecting, analyzing, and interpreting data to answer questions or solve problems. This presentation provides a comprehensive overview of research methodology, covering essential steps, types, study designs, and statistical considerations in medical research.

Introduction

Effective research begins with identifying a problem arising from a discrepancy between what exists and what should exist. The process involves reviewing existing literature, formulating research questions or hypotheses, designing a study, collecting data, analyzing results, and disseminating findings.

Types and Levels of Research

Medical research can be **qualitative** (exploring perspectives) or **quantitative** (measuring variables and testing theories). Research is categorized into five levels:

1. **Master's and Doctoral Research** – Small-scale investigations for academic training. These two constitute the first two levels.
2. **Institutional and Multicenter Studies** – Large-scale, often funded, and published in reputed journals. These two constitute the third and fourth level.
3. **Synthetic Studies** – Meta-analyses providing strong evidence. This is the fifth level which has gained importance over time.

Research question/hypothesis and literature review

Every research starts with a question which demands answer hence pulls us to conduct research. When we are encountered with a question, we need to search the available resources whether some other researchers have done that type of study or not. This literature search and review enables us to formulate the question more precisely. Sometimes we turn the question with some targeted answer to establish the relationship between at least two variables. This statement of establishing the relationship is called hypothesis.

Study Designs and Biostatistics

Research methodologies include **non-experimental** (descriptive studies, case-control, and cohort studies) and **experimental** (randomized controlled trials and quasi-experiments). Biostatistics plays a crucial role in analyzing data, ensuring accuracy through hypothesis testing, confidence intervals, and inferential statistics.

Publication and Scientific Writing

Publishing research is essential for knowledge dissemination and professional credibility. The **POWER** principle guides scientific writing: **Planning, Observing, Writing, Editing, and Revising**. A well-structured research report includes an introduction, methodology, results, discussion, conclusion, and references.

Conclusion

Research is vital for medical advancements and policy-making. High-quality research should be methodologically sound, ethically acceptable, and effectively communicated through publication. Researchers are encouraged to publish their findings to contribute to scientific knowledge and evidence-based practice.

Keywords: Research methodology, study design, biostatistics, scientific writing, medical research.

*(Dr. Syed Muhammad Baqui Billah got the MBBS degree from Rajshahi Medical College in 1993, MPH (epidemiology) from NIPSOM in 2000 and PhD (epidemiology major) from Japan in 2011. He has taught in various medical colleges of Bangladesh including abroad. He is an experienced in center and field level public health expert. He worked with the Local Level Planning (LLP) in DGHS, with WHO and US CDC in surveillance and Field Epidemiology Training Program (FETP) respectively. He has more than 50 articles against his name, both in local and international qualified journals. Dr. Billah has published one text book on Epidemiology and has contributed to several chapters of the national level text book of public health in Bangladesh. He is now working as deputy director of Medical Education Department.)

Keynote Speech

IMPACT OF INTEGRATED TEACHING COMPARED TO TRADITIONAL DIDACTIC TEACHING ON LEARNING OF CLINICALLY ORIENTED PHYSIOLOGY AMONG UNDERGRADUATE PHASE ONE MEDICAL STUDENTS

Farhana Laila Lima, Sultana Ferdousi

Department of Physiology, Bangabandhu Sheikh Mujib Medical University, Dhaka

Email: lailafarhana64@gmail.com

Background: Physiology is one of the basic subjects of medical science, which aims to understand the mechanisms of human body functions. To teach Physiology through visualization and clinical scenarios is a demand of time. The integrated teaching method can help the undergraduate to think analytically, grow interest for self-learning by exposing to real-life situations, which is related to their future professional endeavors. Assessment is an essential part in teaching and learning. **Objective:** The present study evaluated the outcome of integrated teaching incepted in updated curriculum 2021 for the undergraduate phase one medical students in Bangladesh on learning Physiology with clinical focus. **Method:** Approval of the study was obtained from the Institutional Review Board (IRB), Bangabandhu Sheikh Mujib Medical University (BSMMU). This partly analytical and partly descriptive type of study was carried out in the Department of Physiology, BSMMU, Dhaka, after approval from IRB. This study consisted of two parts. Part A evaluated medical undergraduate phase one students' performance on selected topics as prescribed in new curriculum, 2021 after exposure to traditional didactic and integrated session respectively. Part B assessed students' as well as faculties' perceptions, attitudes and experiences regarding integrated teaching in comparison to traditional didactic teaching. For this study, 138 first-and second-year MBBS students of both sexes from a government medical college under the University of Dhaka were enrolled as study participants using a convenient sampling method. In Part A, all students were evaluated before and after the integrated teaching session through a written assessment on three selected topics recommended in curriculum. For this, 20-objective type of questions with 20 marks [10 multiple true-false (MTF) and 10 single-best answer (SBA)] were used with duration of assessment 20 minutes. Bloom taxonomy level 1 to 3 (recall, understanding and clinical application) was used to construct each type objective question. According to the performance after each session, they were divided into group A (pre-integrated session) which included data of mean test score of all students after traditional didactic session which can be considered as pre-integrated evaluation and Group B (post-integrated session) which included data of mean test score of all students after integrated session. Mean test scores between pre- and post-integrated session were compared using a paired sample *t*-test. In addition, frequency of students with correct, incorrect and unattempted responses was calculated and compared using the chi-square test. In Part B, all students were given questionnaire to apply tick mark against the statement reflecting the perception and experience of integrated session after the test of Part A finished in the same place. Responses were assessed by using a Likert scale on 1 to 5 gradations. **Result:** In Part A, the test score obtained by each student was calculated. The overall mean \pm SD test score of all type of question at all level on all topics significantly increased after integrated session. In addition, frequency of students with correct answer significantly increased whereas with incorrect and unattempted response significantly reduced after the integrated teaching. In Part B, students were assessed by a feedback questionnaire to know the perception on integrated teaching. Majority of students agreed that integrated sessions were more productive than traditional didactic session. In a similar way, faculties of Physiology were also assessed for their opinions on the integrated teaching. Most of the faculties had the opinion integrated teaching method as most effective teaching learning method compared to traditional didactic method. **Conclusion:** The integrated teaching is an effective method as well as preferred method over the traditional didactic teaching method for learning physiology with clinical focus.

Keywords: Integrated teaching, Physiology learning, Traditional didactic teaching, Undergraduate medical students

OP-1

DISEASE PROFILE AMONG BANGLADESHI HAJJES ATTENDING HAJJ MEDICAL TEAM, 2019

Prof. Dr. Md. Mohidur Rahman

Dept. of Physiology, Diabetic Association Medical College, Faridpur

email: mdmohidur8@gmail.com

Background: Many Hajj pilgrims travel to Saudi Arabia to perform the Hajj pilgrimage. Most of them suffered from different acute and chronic diseases. These conditions interfered with the pilgrimage, and in some cases, pilgrims were unable to perform Hajj properly. The objective of this study is to identify the diseases that affect and interfere with the Hajj process. Additionally, it aims to raise awareness among pilgrims, doctors, and administrators involved in the Hajj process so that early measures can be taken to prevent the suffering of the pilgrims. **Objective:** to observe the disease pattern of Bangladeshi Hajjes. **Methods:** A cross-sectional survey was conducted among Bangladeshi Hajj pilgrims of both sexes (aged 45 to 68 years) who attended the Hajj Medical Clinic in Mecca, Saudi Arabia, in 2019. The study lasted for 1 month and 11 days (from July 5, 2019, to August 16, 2019). Most cases were treated on an outpatient basis by doctors. A few beds were available for admission, but complicated cases were referred to nearby Saudi hospitals. Diseases were diagnosed based on history-taking, clinical examinations, previous medical records, and some diagnostic tests. **Results:** A total of 5,427 patients visited the doctors, including 4,323 males and 1,104 females. The distribution of diseases was as follows: **Diabetes mellitus** (12.57%), **Peptic ulcer disease** (4.81%), **Respiratory tract infections** (4.79%), **Ischemic heart disease** (4.52%), **Viral fever** (1.58%), **Diarrhea/Dysentery** (1.27%), **Arthritis** (0.70%), **Urinary tract infections (UTI)** (0.40%), **Bronchial asthma** (0.38%), **Abscess** (0.23%), **Hypertension** (0.23%), **Tonsillitis** (0.22%), **Other systemic diseases** (62.54%), **Dental caries** (1.32%), **Gingivitis** (0.03%), **Other dental diseases** (0.31%). A total of 150 complicated cases were referred to nearby Saudi specialized hospitals. These cases included hypertensive complications, paralysis, heart failure, diabetic complications, myocardial infarction, renal failure, severe trauma, fractures, joint dislocations, road traffic accidents, acute abdomen, acute respiratory distress, cirrhosis of the liver, cancer, and animal bites. **Conclusion:** The study revealed that major diseases among the pilgrims included diabetes mellitus, peptic ulcer disease, respiratory tract infections, and ischemic heart disease. Additionally, several complicated cases required referral to specialized hospitals. This study provides valuable insight into the disease patterns among Hajj pilgrims, which can help doctors, pilgrims, and government officials. Pilgrims can better understand their health risks and take necessary precautions. The government can also implement appropriate policies regarding health screenings for Hajj applicants and ensure proper medical management for pilgrims.

Keywords : Disease, Profile, Bangladeshi Hajjis, Hajj Medical team

OP-2

EFFECT OF SLOW MUSIC ON SELECTED CARDIORESPIRATORY PARAMETERS AMONG STRESSFUL YOUNG INDIVIDUALS

AHM Shahidullah, Momtaz Begum, Shahin Akhter

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Background: Stress is an unavoidable universal phenomenon of modern life. Music has been shown to reduce stress and is frequently used as a therapeutic intervention by therapists, psychologists, and psychiatrists. Music has beneficial and therapeutic effects on cardiac and respiratory function in both healthy and diseased individuals. It probably works by modification of autonomic nervous system centrally. **Objectives:** This study was done with the objective to assess the effects of music intervention on cardiorespiratory function in young individuals leading stressful lives. **Methods:** This experimental study was conducted in the Department of Physiology, Chittagong Medical College, Chattagram. Ethical clearance was obtained from the Ethical Review Committee of Chittagong Medical College on 23.02.2021. A total of 60 first-year MBBS students (30 males and 30 females) were selected using a stratified random sampling method based on inclusion and exclusion criteria. General information, about previous diseases, medical and family history were recorded before intervention. Cardiorespiratory parameters-pulse, systolic and diastolic blood pressure, respiratory rate and oxygen saturation were recorded before and after 15 minutes of slow music intervention over 15 days. **Result:** Quantitative or continuous variables were expressed as mean \pm standard deviation. Paired *t*-tests were done to compare pre and post-intervention values of different outcome parameters. $P < 0.05$ was considered as statistically significant. The cardiorespiratory parameters-pulse, systolic and diastolic blood pressure and respiratory rate were significantly reduced and oxygen saturation was significantly increased after music intervention. **Conclusion:** Slow music intervention causes significant improvement of cardiorespiratory parameters in stressful young individuals.

Keywords: Autonomic nervous system, Cardiorespiratory function, Music intervention.

PP-1

THE EFFECT OF PRIOR SHORTENING ON RESIDUAL FORCE ENHANCEMENT AFTER STRETCH IN MOUSE SOLEUS MUSCLE

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Introduction: Force enhancement after stretch (residual force enhancement) is a long known but poorly understood property of active muscles. Many theories have been proposed to account for residual force enhancement, including the idea that an elastic element forms in muscles upon activation. If activation of a passive elastic element is responsible for residual force enhancement, then shortening prior to stretch should reduce the extra force that develops upon stretch. Previous research included experiments in which active muscles were shortened prior to stretching and no reduction in residual force enhancement was observed when pre-shortening preceded stretch by ~1 second. The conclusion was that, if an elastic element is formed in muscle during activation, it is not slackened by shortening. **Objective:** The purpose of this study was to evaluate the effect of a pause between shortening and stretch on residual force enhancement in mouse soleus muscles. **Methods:** Muscles were placed initially on the descending limb of the force-length relationship. The muscles were first shortened and then stretched at a fixed amplitude (15% muscle length) and speed (40% L0/s), either immediately following shortening, or 100, 200, 300, 400 or 500 ms following shortening. As the interval between shortening and stretch increased, residual force enhancement increased up 300 ms, and declined thereafter. In contrast to other studies, we found an optimum delay, likely due to stress relaxation. The optimum delay is expected to change with animal size and titin isoform. **Conclusions:** These observations are consistent with the idea that a structural elastic element, possibly titin, develops upon muscle activation in vertebrate skeletal muscle. The result can be explained with the predictions of winding filament hypothesis and that is with every increase of pause between shortening and lengthening, the titin gets more time to wind on to actin. As a result, the titin gets stiffer and with every stretch residual force enhancement gets increased.

Keywords: Active muscles, Residual force enhancement, Shortened prior to stretching, Titin

PP-2

AUTISM SUPPORT ACCESS: OPPORTUNITIES AND CHALLENGES IN CULTURAL AND FINANCIAL CONTEXTS

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Background: Autism spectrum disorder (ASD) affects people worldwide, but getting help is often difficult because of cultural beliefs and financial limitations. Many families face challenges in accessing early diagnosis, intervention, and ongoing support due to variable cultural beliefs and economic limitations. **Objective:** This study aims to explore the opportunities available for autism support while identifying key barriers influenced by cultural attitudes and financial capacity. **Methods:** A mixed-methods approach was done. It involved interviews with families, healthcare workers, and policymakers. It also looked at numbers to understand how money and culture affect access to autism services. **Results:** The results show that awareness and support are getting better. But there are still big gaps, especially in poor and conservative communities. High therapy costs and lack of insurance coverage pose major problems. Cultural stigma and wrong information stop people from getting needed services. **Conclusion:** To fix these problems, we need awareness programs that understand different cultures. Policies are needed to make sure that everyone can get autism support irrespective of their income and ability.

Keywords: Autism support, Autism awareness, Cultural barriers, Financial accessibility, Healthcare equity, Socioeconomic factors

PP-3

SLOW BREATHING EXERCISE (SBE) REDUCES OXIDATIVE STRESS IN HYPOTHYROID PATIENTS

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Abstract

Background: Hypothyroidism is associated with oxidative stress. Slow breathing exercise (SBE), a yoga based relaxation technique can reduce oxidative stress. **Objective:** To assess the effect of slow breathing exercise on oxidative stress in hypothyroid patients. **Methods:** This non-randomized controlled trial was conducted on 50 newly diagnosed female hypothyroid patients (18-45 years of age) recruited by purposive sampling from the outpatient department of the Department of Endocrinology, Bangabandhu Sheikh Mujib Medical University (BSMMU), Dhaka after obtaining ethical clearance from Institutional Review Board (IRB) of BSMMU. Twenty-five apparently healthy female subjects formed the control group. Among the 50 hypothyroid patients, 25 were consecutively assigned with SBE for 90 days (Group SBE) while the remaining 25 patients were without SBE and were followed up for 90 days (Group NSBE). Both groups of patients received thyroid hormone replacement therapy during the follow up period. The control group did not practice SBE. Data were recorded at baseline and after 90 days for all subjects. Based on data recording time, SBE group was designated as SBE₀ (at day 0 or pre intervention) and SBE₉₀ (at day 90 or post intervention). Similarly, group NSBE and the control group were designated as NSBE₀ (day 0), NSBE₉₀ (day 90) and control₀ (day 0), control₉₀ (day 90), respectively. To assess oxidative stress, the pro-oxidant marker serum malondialdehyde (MDA) and the antioxidant serum paraoxonase1 (PON1) level were measured using the ELISA method. Data were expressed as mean±SD. For statistical analysis, ANOVA followed by post hoc Bonferroni test and paired sample t-test were done. **Results:** At baseline i.e. at day 0 before follow up, MDA was significantly higher and PON1 was significantly lower in hypothyroid patients (group SBE₀ and NSBE₀) compared to the healthy control (group control₀). After 90 days of intervention with SBE, MDA levels decreased and PON1 increased significantly in group SBE₉₀ compared to SBE₀. Also, in group NSBE₉₀, after 90 days of follow up, MDA decreased and PON1 increased significantly compared to NSBE₀. Again, after 90 days of follow up/intervention, PON1 was significantly higher and MDA significantly lower in SBE₉₀ compared to NSBE₉₀. A significant difference was present in these parameters between NSBE₉₀ and control₉₀. However, SBE₉₀ and control₉₀ were comparable for these parameters. **Conclusions:** It can be concluded that higher oxidative stress occurred in drug-naïve hypothyroid patients. Thyroid hormone replacement therapy reduced oxidative stress. Moreover, SBE resulted in further reduction of oxidative stress in these patients.

Key words: Heart rate variability, Hypothyroid, Oxidative stress, Slow breathing exercise

CAN VITAMIN D PREVENT AND/OR ALLEVIATE HIPPOCAMPAL OXIDATIVE STRESS INDUCED SPATIAL MEMORY IMPAIRMENT? AN EXPERIMENTAL STUDY IN MALE LONG-EVANS RATS

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Background: Spatial memory is a crucial component of daily life. Therefore, its impairment should be alleviated or prevented. Pharmacological treatments are often less favorable due to their prolonged duration and a wide range of adverse effects. Vitamin D may be a good alternative due to its diverse biological activities, cost-effectiveness, minimal side effects, and easy accessibility. **Objective:** To assess the effects of vitamin D on spatial memory performance and hippocampal oxidative stress markers in colchicine-induced memory-impaired male Long-Evans rats. **Methods:** This experimental study was conducted at the KM Fariduddin Animal Research Laboratory, Department of Physiology, BSMMU, on 30 male Long-Evans rats (8±2 weeks; 225±75 g). Based on treatment, the rats were divided into five groups (6 rats per group): normal control, sham control, colchicine control, pre-colchicine D, and post-colchicine D. Reference memory (RM) was assessed in the Morris water maze, measuring mean escape latency (EL) in the acquisition phase, average EL on the 5th and 6th acquisition days, number of target crossings (TC), and time spent in the target zone (TT) during the probe trial. After sacrifice, hippocampal malondialdehyde (MDA) and glutathione peroxidase (GPx) levels were measured to assess oxidative stress. Data were expressed as mean±SEM and analyzed using one-way ANOVA followed by Bonferroni's post hoc test, with $p \leq 0.05$ considered statistically significant. Ethical clearance was obtained from the Institutional Review Board of BSMMU. **Results:** Colchicine impaired RM learning ability (mean EL in the acquisition phase), consolidation (average EL on the 5th and 6th acquisition days), and retrieval (TC and TT), as well as increased oxidative stress. Vitamin D improved spatial memory impairment and reduced oxidative stress. However, a detailed analysis of RM learning ability and consolidation showed that pre-colchicine D rats performed significantly better than post-colchicine D rats. **Conclusion:** Vitamin D can prevent and alleviate colchicine-induced oxidative stress but it was only found to be preventive, not alleviative in RM improvement. In addition, vitamin D supplementation was sufficient to prevent these alarming consequences to almost normal, but somewhat slowly.

Keywords: Colchicine, Glutathione peroxidase, Hippocampus, Malondialdehyde, Memory impairment, Morris water maze, Oxidative stress, Reference memory, Vitamin D

PP-5

ASSESSMENT OF SERUM SODIUM , POTASSIUM, MAGNESIUM AND SELENIUM STATUS IN CHILDREN WITH AUTISM SPECTRUM DISORDER

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Background: Autism Spectrum Disorder (ASD) is a complex neurodevelopmental disorder that may cause lifelong disability. Nutritional factors are associated with the development and progression of ASD. Minerals and trace elements, such as sodium, potassium, magnesium, and selenium, play important roles in brain development.

Objective: Assessment of serum sodium, potassium, magnesium and selenium status in children with ASD.

Method: This case-control observational study was carried out in the Department of Physiology, Sir Salimullah Medical College (SSMC), Dhaka, from 1st January 2022 to 31st December 2022. Ethical permission was taken from the Institutional Ethics Committee (IEC) of SSMC, Dhaka. A total of 60 children, aged 5–10 years, both male and female, were included in the study. They were divided into two groups: the case group consisted of 30 diagnosed ASD children, while the control group consisted of 30 healthy children. The ASD children were selected from Sishu Bikash Kendro at SSMC and Mitford Hospital, Dhaka as well as from Brain Gym Bangladesh, Adabor, Dhaka. Healthy children were selected from personal contacts in Dhaka city. Data were collected using a pre-fixed questionnaire. Parents were then requested to bring their children to the Department of Biochemistry and Molecular Biology at Bangabandhu Sheikh Mujib Medical University (BSMMU) on scheduled dates for blood sample collection. Under aseptic conditions, 5 mL of venous blood was drawn from the antecubital vein using a sterile disposable syringe from each participant to estimate serum sodium, potassium, magnesium, and selenium levels. Serum sodium, potassium, and magnesium levels were analyzed at the Department of Biochemistry and Molecular Biology at BSMMU, while serum selenium levels were analyzed at the Department of Soil, Water, and Environment at the University of Dhaka. Statistical analysis was done using the Statistical Package of Social Science (SPSS) for Windows, version 22. An unpaired *t*-test was used to compare the data where applicable. A *p* value ≤ 0.05 was considered statistically significant. **Result:** In this study, serum magnesium and selenium levels were significantly ($p < 0.001$) lower in children with ASD than that of healthy children. Serum sodium and potassium levels were also lower in children with ASD than that of healthy children, but these differences were statistically non-significant. **Conclusion:** Serum magnesium and selenium levels were significantly lower in children with ASD.

Key words: ASD, Magnesium, Potassium, Selenium, Sodium

PP-6

SPATIAL MEMORY IS IMPAIRED BY ENVIRONMENTAL TOBACCO SMOKE - CAN IT BE PREVENTED BY SWIMMING? – AN EXPERIMENTAL STUDY IN RATS

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Background: Although pulmonary complications are well-known hazards of environmental tobacco smoke (ETS), many researchers have also found spatial memory impairment as its comorbidity. Different types of physical exercise, especially aerobic exercises, have beneficial effects on cognition. Among them, swimming gets a considerable importance. However, no study was found to observe the effect of swimming on ETS and spatial memory. **Objective:** To assess the effect of swimming on ETS-induced memory impairment in male Long Evans rats. **Methods:** This experimental study was conducted in the department of physiology, BSMMU, on 18 male Long-Evan's rats (8-10th wk age; 175±25 gm body weight). Based on treatments, the rats were divided into normal memory (with fresh air), impaired memory (with ETS exposure by burning two cigarettes for 30 minutes twice daily, in the morning and evening), and experimental (with swimming for 60 minutes daily in the morning and ETS exposure for 30 minutes twice daily in the morning and evening) groups. All treatments were administered for consecutive 30 days. Then for memory evaluation, Morris water maze (MWM) test was done. Working memory (WM) was assessed by measuring escape latency (EL) in the training and test phases, while reference memory (RM) was assessed through EL in the acquisition phase, target crossings (TC), and time spent in the target (TT) in the probe trial. Data were expressed as mean±SEM and statistically analyzed using ANOVA, followed by Bonferroni post hoc test, where $p \leq 0.05$ was considered significant. **Results:** In RM assessment, significantly ($p \leq 0.001$) higher EL & significantly ($p \leq 0.001$) lower TC as well as TT were found in impaired memory rats, in comparison to those of normal memory rats. Conversely, significantly ($p \leq 0.001$) lower EL & significantly ($p \leq 0.001$) higher TC with TT were found in experimental rats, when compared to those of impaired memory rats. Moreover, in WM assessment, significantly ($p \leq 0.001$) higher EL was observed in impaired memory rats in comparison to those of normal memory rats. In addition, significantly ($p \leq 0.001$) lower EL was found in experimental rats when compared to those of impaired memory rats. Most strikingly, all the variables of RM as well as WM were almost similar in experimental rats in comparison to those of normal memory rats. **Conclusion:** Swimming can prevent ETS-induced spatial memory impairment in male Long-Evan's rats.

Keywords: Environmental tobacco smoke, Morris water maze, Reference memory, Spatial memory impairment, Swimming, Working memory

PP-7

HEART RATE VARIABILITY IS REDUCED IN RHEUMATOID ARTHRITIS PATIENTS

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Background: Rheumatoid arthritis (RA) is a chronic multisystem inflammatory disease of unknown aetiology. Low heart rate variability (HRV) found in RA patients indicates reduced cardiac parasympathetic function, which may increase cardiovascular risk. **Objective:** To assess and compare heart rate variability in RA and non RA groups. **Methods:** This analytical cross sectional study was carried out at the Department of Physiology, BSMMU, from March 2020 to February 2021. Approval for the study was obtained from the Institutional Review Board (IRB) of Bangabandhu Sheikh Mujib Medical University (BSMMU), before commencing the study. Thirty non-rheumatoid arthritis subjects were enrolled in group 1 (NRAG), and 30 diagnosed RA patients were enrolled in group 2 (RAG). Both groups fulfilled the inclusion and exclusion criteria for participation in the study. Informed written consent was obtained from each participant. The study was conducted with permission from the appropriate authority in the Rheumatology Department, BSMMU. Heart rate variability parameters of the subjects were measured using a nonlinear method with an ECG-based data acquisition device, Powerlab8/35 (AD instrument, Australia), in the autonomic nerve function lab at the department of Physiology, BSMMU. Data were collected using a pre-designed structured questionnaire developed by the researcher(s). Data were expressed as mean \pm SD. Statistical analysis was done using the independent sample *t*-test, Mann Whitney U test, Chi-squared test. A *p* value of ≤ 0.05 was considered statistically significant. **Results:** In this study, resting pulse rate, mean heart rate, sSD1, SD1/SD2 were significantly lower ($p \leq 0.001$) in RAG compared to NRAG. **Conclusion:** Heart rate variability was significantly lower in RAG patients compared to NRAG.

Keywords: Heart rate variability, Rheumatoid arthritis

PP-8

EVALUATION OF CARDIOVASCULAR AUTONOMIC FUNCTIONS IN LACTATING MOTHERS

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Background: Lactation has a significant impact on women's cardiac autonomic control and various cardiometabolic changes which occurs during lactation that influence women's health. **Objectives:** To assess the cardiovascular autonomic functions in lactating mothers. **Methods:** This cross-sectional analytical study was conducted in the Department of Physiology, Rangpur Medical College, Rangpur from July 2022 to June 2023. Ethical clearance was obtained from ethical committee of Rangpur Medical College, Rangpur. After obtaining approval, a total of 100 subjects, aged 20–30 years, were selected. Group A consisted of 50 lactating mothers, while Group B included 50 non-lactating mothers. Autonomic function status was assessed using six noninvasive autonomic function tests. For statistical analysis, a one-way ANOVA test was performed, with statistical significance set at $p \leq 0.05$. **Results:** Resting heart rate was significantly higher ($p < 0.01$) in Group A than in Group B. There was no significant difference in resting systolic blood pressure, but resting diastolic blood pressure was significantly higher ($p < 0.001$) in two groups. Blood pressure response to sustained handgrip and the cold pressor test were significantly higher ($p < 0.05$), while no significant difference was observed in blood pressure response to standing Group A than in Group B. There was no significant difference in heart rate response to the Valsalva maneuver and deep breathing between the groups. However, heart rate response to the 30th.15th was significantly higher ($p < 0.05$) in Group A than in Group B. Autonomic nerve function alterations were found in 30% of lactating mothers and 2% of non-lactating mothers. **Conclusion:** Lactating mothers showed increased sympathetic activity.

Key words: Autonomic function tests, Lactating mothers, Non-lactating mothers

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Assoc. Prof. Dhaka Community Medical College, Maghbazar.
82. **Dr. Habiba Akter**
Assoc. Prof. Khawaja Yunus Ali Medical College, Sirajganj.
83. **Prof. Dr. Hafiza Akter**
Prof. & HOD, Dr. Sirajul Islam Medical College, Dhaka.
84. **Prof. Dr. Hafizur Rahman**
Prof. & HOD, Islami Bank Medical College, Rajshahi.
85. **Dr. Halima Akter Munni**
Asst. Prof., Enam Medical College, Savar.
86. **Dr. Halima Sadia**
Assoc. Prof. Army Medical College, Chattogram.
87. **Dr. Hosne Ara Eva**
Asst. Prof, Holy Family Red Crescent Medical College, Eskaton.
88. **Dr. Iffat Jahan**
Assoc. Prof. Brahmanbaria Medical College, Brahmanbaria.
89. **Dr. Iffath Meherubin**
Asst. Prof. & HOD, Jamalpur Medical College, Jamalpur.
90. **Dr. Iffat Rejwana**
Asst. Prof., Dhaka Community Medical College, Maghbazar.
91. **Dr. Ismoth Ara Jerin**
Assoc. Prof. Jalalabad Ragib Rabeya Medical College, Sylhet.
92. **Dr. Ishrat Jahan**
Lecturer, Faridpur Medical College, Faridpur.
93. **Dr. Israt Jahan**
Lecturer, Armed Forces Medical College, Dhaka.
94. **Dr. Jabir Ben Rashid**
Lecturer, Tangail Medical College, Tangail.
95. **Dr. Jaber Ahmed Chowdhury**
Assoc. Prof. Jalalabad Ragib Rabeya Medical College, Sylhet
96. **Dr. Jakir Mohammed Hossen**
Asst. Prof. Manikganj Medical College, Manikganj.
97. **Prof. Dr. Jalal Uddin Chowdhury**
Prof. & HOD, Dhaka National Medical College, Dhaka.
98. **Dr. Jannatul Mawa**
Asst. Prof. Institute of Applied Health Science, Chattogram
99. **Dr. Jawairia Rajwana**
Asst. Prof. Chattogram International Medical College, Chattogram.
100. **Dr. Jenefer Yesmin**
Assoc. Prof. National Institute of Ear, Nose & Throat, Tejgaon.
101. **Dr. Kamrunnahar Alo**
Assoc. Prof. Khawaja Yunus Ali Medical College, Sirajganj.

03 Souv - Physio (5)

102. **Dr. Kashfi Anam**
Lecturer, Nilphamari Medical College, Nilphamari.
103. **Dr. Kazi Salma Binte Faruky**
Assoc. Prof. Bangladesh Medical College, Dhanmondi.
104. **Prof. Dr. Khadiza Begum**
Prof. Bashundhara Ad-Din Medical College, Keraniganj.
105. **Dr. Khadijatul Busra**
Lecturer, Jashore Medical College, Jashore.
106. **Dr. Khaleda Akter**
Asst. Prof. Rangpur Medical College, Rangpur.
107. **Dr. Khandaker Nadia Afreen**
Assoc. Prof., Zainul Haque Sikder Women's Medical College, Dhaka.
108. **Prof. Dr. Latifa Afrin Dill Naher**
Prof. & HOD, Universal Medical College, Mohakhali.
109. **Prof. Dr. Lazina Afrin**
Prof & HOD, Delta Medical College, Mirpur.
110. **Dr. Lily Afroz**
Lecturer, Mymensingh Medical College, Mymensingh.
111. **Dr. Lipika Aodhikari**
Asst. Prof. Dinajpur Medical College, Dinajpur.
112. **Dr. Lotifa Hosna**
Lecturer, Rajshahi Medical College, Rajshahi.
113. **Dr. Mahadi Abdur Rouf**
Assoc. Prof. & HOD, Ad-Din Akij Medical College, Khulna.
114. **Dr. Mahbooba Rahman**
Asst Prof, University Dental College, Dhaka.
115. **Dr. Mahbuba Akhter**
Asst. Prof. Cumilla Medical College, Cumilla.
116. **Dr. Mahbuba Akter**
Lecturer, Shaheed Tajuddin Ahmad Medical College, Gazipur.
117. **Dr. Mahbuba Asrin**
Assoc. Prof. Ibn Sina Medical College, Kallyanpur.
118. **Dr. Mahfuja Begum**
Asst. Prof. United Medical College, Gulshan.
119. **Dr. Mahmuda Nasrin Sumi**
Assoc. Prof. Jahurul Islam Medical College, Kishoreganj.
120. **Prof. Dr. Mahmuda Quamrun**
Prof. & HOD, North East Medical College, Sylhet.
121. **Dr. Mahua Mannan**
Lecturer, Shaheed Tajuddin Ahmad Medical College, Gazipur.
122. **Dr. Maksuda Akter**
Assoc. Prof. Army Medical College, Cumilla.
123. **Dr. Maksuda Bintey Mahmud**
Asst. prof., Anwer Khan Modern Medical College, Dhanmondi.
124. **Dr. Maksudur Alam**
MO, Rajshahi Medical College, Rajshahi.
125. **Dr. Manasi Saha**
Asst. Prof. Rajshahi Medical College, Rajshahi.
126. **Dr. Manik Chandra Nath**
Assoc. Prof. BGC Trust Medical College, Chattogram.
127. **Prof. Dr. Mansura Rahman**
Rtd Prof, Shaheed Suhrawardy Medical College, Dhaka.
128. **Dr. Manzurur Rahman Shah Choudhury**
Assoc. Prof. Islami Bank Medical College, Rajshahi.
129. **Dr. Maria Hussain**
Asst. Prof. Community Based Medical College, Mymensingh.
130. **Prof. Dr. Masud Imtiaz**
Prof. & HOD, Khulna City Medical College, Khulna.
131. **Prof. Dr. Masuda Sultana**
Prof. Ibn Sina Medical College, Kallyanpur.
132. **Dr. Masuma Akhter**
Lecturer, Rajshahi Medical College, Rajshahi.
133. **Dr. Masuma Begum**
Assoc. Prof. Prime Medical College, Rangpur.
134. **Prof. Dr. Matia Ahmed**
Prof. Uttara Adhunik Medical College, Uttara.
135. **Dr. Md. Abdul Quddus**
Asst. Prof. Dinajpur Medical College, Dinajpur
136. **Md. Abu Masud**
Physiologist & Additional Secretary, Ministry of Public Administration, Bangladesh Secretariat, Dhaka.
137. **Dr. Md. Abul Hasanat**
Assoc. Prof. Gazi Medical College, Khulna.
138. **Dr. Md. Ashikuzzaman**
MO, Magura Sadar Hospital, Magura.

03 Souv - Physio (6)

139. **Dr. Md. Bahauddin**
Asst. Prof. Sunamganj Medical College, Sunamganj.
140. **Dr. Md. Enayet Ullah**
Asst. Prof. Gopalganj Medical College, Gopalganj.
141. **Prof. Dr. Md. Golam Maula**
Prof. & HOD, Barind Medical College, Rajshahi.
142. **Prof. Dr. Md. Khairul Alam**
Prof. & HOD, Army Medical College, Cumilla.
143. **Prof. Dr. Md. Mahfuzur Rahman Khan**
Prof. Community Based Medical College, Mymensingh.
144. **Dr. Md. Mijanur Rahman Sardar**
Assoc. Prof. & HOD, Khulna Medical College, Khulna.
145. **Dr. Md. Monimul Islam**
Asst. Prof. & HOD, Naogaon Medical College, Naogaon.
146. **Dr. Md. Mujahidul Islam**
Lecturer, Chattogram Maa-O-Shishu Hospital Medical College, Chattogram.
147. **Prof. Dr. Md. Nasim Uddin Chowdhury**
Prof & HOD, Southern Medical College, Chattogram.
148. **Dr. Md. Nazrul Islam Matin**
Asst. Prof. Sylhet MAG Osmani Medical College, Sylhet.
149. **Dr. Md. Rakib Rashed**
Asst. Prof. Rajshahi Medical College, Rajshahi.
150. **Prof. Dr. Md. Rasel Kabir**
Prof. & HOD, Zainul Haque Sikder Women's Medical College, Dhaka.
151. **Dr. Md. Shaiful Islam Patwary**
Asst. Prof., Central Medical College, Cumilla.
152. **Dr. Md. Sirazul Islam**
Superintendent, 250 Bedded General Hospital, Thakurgaon.
153. **Dr. Sharmin Ara Begum**
Asst. Prof. Southern Medical College, Chattogram.
154. **Dr. Md. Tanbir Iqbal**
Assoc. Prof. Barind Medical College, Rajshahi.
155. **Prof. Dr. Md. Uzira Azam Khan**
Prof. & HOD, Noakhali Medical College, Noakhali.
156. **Dr. Mehedi Hasan**
Lecturer, Khulna Medical College, Khulna.
157. **Prof. Dr. Mizanur Rahman**
Prof. TMSS Medical College, Bogura.
158. **Dr. Mita Bhowmik**
Assoc. Prof. Dr. Sirajul Islam Medical College, Dhaka.
159. **Prof. Dr. Mohammad Fazlul Haque Liton**
Prof. & HOD, Central Medical College, Cumilla.
160. **Dr. Mohammad Mozammel Huq**
Asst. Prof., Institute of Health Technology, Dhaka.
161. **Dr. Mohammad Rukunuzzaman**
MO, Mymensingh Medical College, Mymensingh.
162. **Lt. Col. Dr. Mohammad Nesar Uddin**
Assoc. Prof. Armed Forces Medical College, Dhaka.
163. **Dr. Momena Khatun Munna**
Assoc. Prof. Rajshahi Medical College, Rajshahi.
164. **Prof. Dr. Momotaj Begum**
Prof. National Institute of Ophthalmology Hospital, Dhaka.
165. **Dr. Monira Khatun**
Assoc. Prof. Chattogram Maa-O-Shishu Hospital Medical College, Chattogram.
166. **Dr. Monira Razzak**
Assoc. Prof. Dhaka National Medical College, Dhaka.
167. **Dr. Monira Shahnaz**
Asst. Prof. Green Life Medical College, Green Road.
168. **Dr. Monojit Kumar Mondal**
Consultant (Medicine), Autism and NDD service center, Mymensingh.
169. **Dr. Most. Ferdousi Sultana**
Assoc. Prof. Dinajpur Medical College, Dinajpur.
170. **Prof. Dr. Most. Sabinus Sultana**
Prof. & HOD, Ibne Sina Medical College, Kallyanpur.
171. **Dr. Moaumita Das**
Lecturer, North East Medical College, Sylhet.
172. **Dr. Mousumi Majumder**
MO, MCHFP, Gabtoli, Bogura.
173. **Dr. Mousumi Tarin**
Lecturer, Chattogram Maa-O-Shishu Hospital Medical College, Chattogram.

03 Souv - Physio (7)

174. **Dr. Mst. Fahmiah Begum**
Assoc. Prof. & HOD, Nilphamari Medical College, Nilphamari.
175. **Dr. Mst. Fatema Khatun**
Asst. Prof. TMSS Medical College, Bogura.
176. **Dr. Mst. Merina Akter**
Asst. Prof. Rangpur Medical College, Rangpur.
177. **Dr. Mst. Mostana Nazma Begum**
Asst. Prof. TMSS Medical College, Bogura.
178. **Prof. Dr. Mst. Salina Akhtar**
Prof. Sapporo Dental College, Dhaka.
179. **Dr. Mst Umme Salma**
Asst. Prof. Netrokona Medical College, Netrokona.
180. **Dr. Mukulika Paul**
Speech Therapist, Department of Physiotherapy, Mymensingh Medical College, Mymensingh.
181. **Dr. Mumtaz Parvin**
Asst. Prof. Ad-Din Akij Medical College, Khulna.
182. **Dr. Munmun Ghosh**
Asst. Prof. Bashundhara Ad-Din Medical College, Dhaka.
183. **Dr. Nabila Rahman**
Asst. Prof. Ad-Din Sakina Medical College, Jashore.
184. **Dr. Nadia Mahasinil Islam**
Lecturer, Manikganj Medical College, Manikganj.
185. **Dr. Nadia Noor**
MO, Rangpur BGB Hospital, Rangpur.
186. **Dr. Nahid Sultana**
MO, Sylhet MAG Osmani Medical College, Sylhet.
187. **Dr. Nahida Sultana Nipa**
Assoc. Prof. North East Medical College, Sylhet.
188. **Prof. Dr. Najneen Akhter**
Prof. & HOD, Holy Family Red Crescent Medical College, Eskaton.
189. **Dr. Nandita Sarkar**
Lecturer, Shaheed Tajuddin Ahmad Medical College, Gazipur.
190. **Dr. Naoreen Khan Nova**
Lecturer, United Medical College, Gulshan.
191. **Prof. Dr. Nasima Khatun**
Prof. & HOD, Mymensingh Medical College, Mymensingh.
192. **Dr. Nasima Khatun Runa**
Lecturer, Rangpur Medical College, Rangpur.
193. **Prof. Dr. Nasreen Sultana Lovely**
Prof. & HOD, Mainamoti Medical College, Cumilla.
194. **Dr. Nasrin Akter**
Asst. Prof. Shaheed Ziaur Rahman Medical College, Bogura.
195. **Dr. Nasrin Nahar**
Commanding Officer, 55 Field Ambulance, Ramu Cantonment, Coxsbazar.
196. **Dr. Nayma Jahan**
Asst. Prof. Rangpur Community Dental College, Rangpur.
197. **Prof. Nayma Sultana**
Prof., Manikganj Medical College, Manikganj.
198. **Dr. Nazia Nusrat Ria**
Asst. Prof. Institute of Health Technology, Rajshahi.
199. **Dr. Nazma Parvin**
Asst. Prof. Shaheed M Mosur Ali Medical College, Sirajganj.
200. **Dr. Naznin Sultana**
Asst. Prof. Dinajpur Medical College, Dinajpur.
201. **Dr. Nihad Rownak**
Assoc. Prof. Chattogram Maa-O-Shishu Hospital Medical College, Chattogram.
202. **Dr. Nilima Jafrin**
Assoc. Prof. & HOD, Rangamati Medical College, Rangamati.
203. **Dr. Nilofar Yasmin**
Assoc. Prof., Holy Family Red Crescent Medical College, Eskaton.
204. **Dr. Nilufar Yasmin**
Lecturer, Ad-Din Women's Medical College, Dhaka.
205. **Dr. Nishat Anjum**
Asst. Prof. Bikrampur Bhuiyan Medical College, Munshiganj.
206. **Dr. Noor-E-Akhter Mukta**
Assoc. Prof. Shaheed Ziaur Rahman Medical College, Bogura.
207. **Dr. Nowrin Kashem**
MO, Sylhet MAG Osmani Medical College, Sylhet.
208. **Dr. Nur Aktar Banu**
Lecturer, Rangpur Medical College, Rangpur.

03 Souv - Physio (8)

209. **Lt. Col. Dr. Nurjahan Akter**
Assoc. Prof. Armed Forces Medical College, Dhaka.
210. **Dr. Nur Mohammad Hossain**
MO, Rangpur Medical College, Rangpur.
211. **Dr. Nur Naher**
MD, BSMMU.
212. **Dr. Nushrat Jahan**
Lecturer, Shaheed Ziaur Rahman Medical College, Bogura.
213. **Dr. Nusrath Jahan**
Assoc. Prof. Parkview Medical College, Sylhet.
214. **Dr. Nuzat Tasnim**
Senior Lecturer, Ashiyan Medical College, Khilkhet.
215. **Dr. Nusrat Jahan**
Asst. Prof., Bashundhara Ad-Din Medical College, Dhaka.
216. **Dr. Pankaj Kanti Gislam**
MO, Sylhet MAG Osmani Medical College, Sylhet.
217. **Prof. Dr. Pervin Akter**
Prof. & HOD, Bashundhara Ad-Din Medical College, Dhaka.
218. **Dr. Pragwa Permita Chakraborty**
Assoc. Prof. Rangamati Medical College, Rangamati.
219. **Dr. Pranoy Kumar Chakraborty**
MO, Upazila Health Complex, Feni.
220. **Dr. Promitti Sarker**
MO, Sylhet MAG Osmani Medical College, Sylhet.
221. **Dr. Puspita Basak**
Asst. Prof. Monno Medical College, Manikganj.
222. **Dr. Qazi Farzana Akhter**
Assoc. Prof. Uttara Adhunik Medical College, Uttara.
223. **Prof. Dr. Rafia Shameem**
Prof. & HOD, MH Samorita Medical College, Dhaka.
224. **Dr. Raheena Akter**
Asst. Prof. Bangladesh Medical College, Dhanmondi.
225. **Dr. Rahnuma Hossain**
Lecturer, Dhaka National Medical College, Dhaka.
226. **Dr. Rahatul Jannat Nishat**
Asst. Prof., Asgar Ali Medical College, Gandaria.
227. **Dr. Rajoana Chowdhury**
Lecturer, Noakhali Medical College, Noakhali.
228. **Prof. Dr. Rama Chaudhury**
Prof. & HOD, Sir Salimullah Medical College, Dhaka.
229. **Prof. Dr. Rawshan Ara Begum**
Prof. Rangpur Community Medical College, Rangpur.
230. **Prof. Dr. Rayhana Sultana**
Prof. & HOD, Asgar Ali Medical College, Gandaria.
231. **Dr. Razia Habib**
Lecturer, Rangpur Medical College, Rangpur.
232. **Dr. Razia Sultana**
Assoc. Prof. Popular Medical College, Dhanmondi.
233. **Dr. Razwana Parvin**
Asst. Prof. Naogaon Medical College, Naogaon.
234. **Prof. Dr. Rezina Mustarin**
Prof. & HOD, Jalalabad Ragib Rabeya Medical College, Sylhet.
235. **Prof. Dr. Rezina Sultana**
Rtd Prof. Dhaka.
236. **Dr. Ridwana Rahman**
Asst Prof, Saphena Women's Dental College, Dhaka.
237. **Dr. Ridwana Rahman**
Asst. Prof., Ad-Din Women's Medical College, Maghbazar.
238. **Dr. Rifat Chowdhury**
Lecturer, Govt. Homeopathic Medical College, Dhaka.
239. **Dr. Rifath Nawrin Ovi**
Asst. Prof. Jalalabad Ragib Rabeya Medical College, Sylhet.
240. **Dr. Roksana Islam**
Lecturer, Chittagong Medical College, Chattogram.
241. **Dr. Rono Mollika**
Assoc. Prof., Enam Medical College, Savar.
242. **Dr. Rubaiya Jahan**
Lecturer, Tangail Medical College, Tangail.
243. **Dr. Rubyat Mostofa**
Lecturer, Shaheed Ziaur Rahman Medical College, Bogura.
244. **Dr. Rubiat Naznin**
Asst. Prof. Community Based Medical College, Mymensingh.
245. **Dr. Ruhul Amin**
Lecturer, Netrokona Medical College, Netrokona.

03 Souv - Physio (9)

246. **Dr. Rukhsana Tasnim**
Asst. Prof. Army Medical College, Rangpur.
247. **Dr. Rumana Ferdous**
MO, Rajshahi Medical College, Rajshahi.
248. **Dr. Rumana Kabir**
Assoc. Prof. MH Samorita Medical College, Dhaka.
249. **Dr. Sabina Yesmin**
Lecturer, Mymensingh Medical College, Mymensingh.
250. **Prof. Dr. Sabina Yesmin**
Prof. Dr. Sirajul Islam Medical College, Malibag.
251. **Dr. Sabira Tabassum**
Assoc. Prof. Delta Medical College, Mirpur.
252. **Dr. Sabrina Fahmida Azim**
Assoc. Prof. Kumudini Women's Medical College, Tangail.
253. **Dr. Sabrina Mashrur**
Asst. Prof. Rangpur Community Medical College, Rangpur.
254. **Dr. Sadia Afrin Rimi**
Lecturer, Sylhet MAG Osmani Medical College, Sylhet.
255. **Dr. Safina Akhter**
Asst. Prof. Rangpur Medical College, Rangpur.
256. **Dr. Saima Anwar**
Lecturer, Sir Salimullah Medical College, Dhaka.
257. **Dr. Saima Haque Lisa**
Assoc. Prof. Parkview Medical College, Sylhet.
258. **Dr. Sajeda Afrin**
Asst. Prof. Rangpur Medical College, Rangpur.
259. **Dr. Sajia Parvin**
Lecturer, Pabna Medical College, Pabna.
260. **Dr. Sajida Sultana**
Assoc. Prof. Dinajpur Medical College, Dinajpur.
261. **Dr. Salsabil Nahar**
Asst. Prof. Noakhali Medical College, Noakhali.
262. **Dr. Salma Anjum**
Asst Prof. Shaheed Tajuddin Ahmad Medical College, Gazipur.
263. **Dr. Salima Akhter**
Assoc. Prof. Ahsania Mission Medical College, Uttara.
264. **Dr. Samia Hasan**
Asst. Prof., Anwer Khan Modern Medical College, Dhanmondi.
265. **Dr. Samsunnahar**
Assoc. Prof, Holy Family Red Crescent Medical College, Eskaton.
266. **Prof. Dr. Sangita Mithun**
Prof. ADMS, Army Head Quarter, Savar.
267. **Dr. Sanzida Firoz**
Lecturer, Mymensingh Medical College, Mymensingh.
268. **Dr. Sara Jabeen Khandaker**
Asst. Prof. Nilphamari Medical College, Nilphamari.
269. **Dr. Sara Jahan**
Asst. Prof., Marks Medical College, Mirpur.
270. **Safina Zahan**
Physiologist & Commissioner of Tax, Taxes Zone-5, National Board of Revenue, Dhaka.
271. **Dr. Sayada Siraj**
Assoc. Prof. & HOD, Rangpur Medical College, Rangpur.
272. **Dr. Sayeda Sultana Jolly**
Asst. Prof. Khulna City Medical College, Khulna.
273. **Dr. Sayeda Sultana Suchi**
Lecturer, Jamalpur Medical College, Jamalpur.
274. **Dr. Sayeka Haque**
Asst. Prof. Rangpur Community Dental College, Rangpur.
275. **Dr. Sayema Ainan**
Assoc. Prof. & HOD, Brahmanbaria Medical College, Brahmanbaria.
276. **Prof. Dr. Shahanara Yasmin**
Prof. & HOD, Dhaka Medical College, Dhaka.
277. **Dr Shahnaz Akhter**
Asst. Prof. Islami Bank Medical College, Rajshahi.
278. **Dr. Shahanaz Khan Shimul**
Lecturer, Hobiganj Medical College, Hobiganj.
279. **Prof. Dr. Shaheda Khanam**
Prof. & HOD, Chattogram Maa-O-Shishu Hospital Medical College, Chattogram.
280. **Dr. Shahinara Akter Saki**
Asst. Prof. North East Medical College, Sylhet.

03 Souv - Physio (10)

281. **Dr. Shaikh Manna Yesmin**
Asst. Prof. Jalalabad Ragib Rabeya Medical College, Sylhet.
282. **Dr. Shaila Sharmin Shanta Hai**
Lecturer, Army Medical College, Jashore.
283. **Lt. Col. Dr. Shahida Akhter**
Assoc. Prof. Army Medical college, Jashore.
284. **Dr. Shahin Akhter**
Assoc. Prof. & HOD, Chittagong Medical College, Chattogram.
285. **Prof. Dr. Shahin Mahmuda**
Prof. & HOD, Rajshahi Medical College, Rajshahi.
286. **Prof. Dr. Shahanaz Parveen**
Prof. & HOD, Community Based Medical College, Mymensingh.
287. **Dr. Shahriar Masood**
Asst. Prof. Jahurul Islam Medical College, Kishoreganj.
288. **Dr. Shakila Israt**
Asst. Prof., Shaheed Tajuddin Ahmad Medical College, Gazipur.
289. **Dr. Shameema Akhter**
Lecturer, Dhaka Medical College, Dhaka.
290. **Dr. Shamima Nasreen**
Asst. Prof. Army Medical College, Bogura.
291. **Dr. Shamima Nazneen Rupa**
Asst. Prof. Rajshahi Medical College, Rajshahi.
292. **Dr. Shamima Sultana**
Assoc. Prof. Bangabandhu Sheikh Mujib Medical University, Shahbagh.
293. **Dr. Shams Ruhani Islam**
Lecturer, Chandpur Medical College, Chandpur.
294. **Dr. Shapna Rani Roy**
Asst. Prof. Rangpur Medical College, Rangpur.
295. **Dr. Sharkia Khanam Rosy**
Asst. Prof. Shaheed Suhrawardy Medical College, Dhaka.
296. **Brig. Gen. Prof. Sharmeen Sultana**
Prof & HOD, Armed Forces Medical College, Dhaka.
297. **Dr. Sharmin Afroze**
Asst. Prof. Bangabandhu Sheikh Mujib Medical University, Shahbagh.
298. **Dr. Sharmin Akhter**
Assistant Professor, South Apollo Medical College, Barishal.
299. **Dr. Sharmin Jahan**
Assoc. Prof. Chattogram International Medical College, Chattogram.
300. **Dr. Sharmin Khan**
Assoc. Prof. Mainamoti Medical College, Cumilla.
301. **Dr. Sharmin Khan**
Assoc. Prof. Nilphamari Medical College, Nilphamari.
302. **Dr. Sharmin Nahar**
Assoc. Prof. & HOD, Shaheed Suhrawardy Medical College, Dhaka.
303. **Dr. Sharmin Salam**
Lecturer, Shaheed Suhrawardy Medical College, Dhaka.
304. **Dr. Sharmin Sultana**
Assoc. Prof. Marks Medical College, Mirpur.
305. **Prof. Dr. Sharmin Sultana**
Prof. & HOD, Ad-Din Sakina Medical College, Jashore.
306. **Dr. Sharmin Sultana**
Asst. Prof. Rangpur Medical College, Rangpur.
307. **Dr. Sheley Akter**
Asst. Prof. Chittagong Medical College, Chattogram.
308. **Prof. Dr. Shipra Sinha Roy**
Prof. & HOD, Faridpur Diabetic association Medical College, Faridpur.
309. **Dr. Shehrina Nazmin**
Asst. Prof. MH Samorita Medical College, Dhaka.
310. **Dr. Shomia Farid Tanni**
Assoc. Prof. Mainamoti Medical College, Cumilla.
311. **Dr. Shuvra Chakraborty**
Lecturer, Mugda Medical College, Dhaka.
312. **Dr. Shyamal Chandra Banik**
Assoc. Prof., Dhaka National Medical College, Dhaka.
313. **Major. Rtd. Prof. Dr. SM Mahbubul Quadir**
Prof. Institute of Applied Health Sciences, Chattogram.

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314. **Prof. Dr. SM Suhrawardy**
Prof. & HOD, Army Medical College, Chattogram.
315. **Prof. Dr. Sohel Baksh**
Prof. & HOD, Coks bazar Medical College, Coks bazar.
316. **Dr. Sultana Alam**
Asst. Prof. Sylhet Central Dental College, Sylhet.
317. **Dr. Sultana Razia**
Senior Lecturer, Universal Medical College, Mohakhali.
318. **Dr. Sumayra Jhumu**
Lecturer, Rajshahi Medical College, Rajshahi.
319. **Dr. Sumaiya Khan**
Lecturer, Magura Medical College, Magura.
320. **Dr. Sumaiya Mohammad**
Asst. Prof. Shaheed Syed Nazrul Islam Medical College, Kishoreganj.
321. **Dr. Sumaiya Sadia**
Lecturer, Manikganj Medical College, Manikganj.
322. **Dr. Sumona Tanu**
Assoc. Prof. & HOD, Sylhet MAG Osmani Medical College, Sylhet.
323. **Dr. Suparna Bhowmik**
Assoc. Prof. Green Life Medical College, Green Road.
324. **Dr. Supriya Das**
OSD, DGHS.
325. **Dr. Suraiya Parvin**
Asst. Prof. Prime Medical College, Rangpur.
326. **Dr. Swarnali Chakrabarty**
Lecturer, Hobiganj Medical College, Hobiganj
327. **Dr. Swati Sarker**
Lecturer, Rajshahi Medical College, Rajshahi.
328. **Dr. Syeda Fadia Tasnim**
Assoc. Prof., United Medical College, Gulshan.
329. **Dr. Syeda Muslema Akhtery**
Assoc. Prof., Dhaka Central International Medical College, Shyamoli.
330. **Dr. Syed Nadim Ahmed**
Asst. Prof. Sylhet Women's Medical College, Sylhet.
331. **Dr. Tahmina Munmun**
Asst. Prof. Enam Medical College, Savar.
332. **Prof. Dr. Tahmina Yeasmin**
Prof. & HOD, Mugda Medical College, Mugda.
333. **Dr. Tajkia Sultana**
Lecturer, Bashundhara Ad-Din Medical College, Dhaka.
334. **Dr. Tania Akter**
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