



Vol. 42 • No. 02 • September 2013

ACBI NEWS BULLETIN

An official In-house magazine
for circulation among members

**Association of
Clinical Biochemists of India**

Regd. No. Patna 29/75-6
www.acbindia.org

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All articles in this News Bulletin reflects
the views of the respective authors.



Dear members,

Greetings.

We bring you the September issue of your very own News Bulletin. It has been the editorial boards endeavor to keep you abreast of all the activities of your association. First and foremost is the Annual national Conference of ACBI which is being held in New Delhi from 3rd. to 6th December 2013 at the Indian Agricultural Research Institute. Dr Jayshree Bhattcharjee, the organizing secretary has lined up a wide variety of scientific programs for you. This conference has taken on the air of an International conference with speakers from IFCC, APFCB, AACC and WASPaLM all agreeing to grace our conference.

As you all might be aware, your association had started the "ACBI BENEVOLENT FUND" to provide some financial help to members who may be in dire need of help. This is an appeal to all members of this association to contribute generously to this fund. Let the Good Samaritan in you shine out !!

Have all of you got your Member ID card made? If not, then this issue carries the Membership ID Card form. Please use it.

Looking forward to meeting you all in New Delhi.

Dr. Rajiv R. Sinha

GENERAL SECRETARY & EDITOR-IN-CHIEF

Contents

• Editorial	3
• ACBI Election Notice	4
• Format of the Nomination Form for Positions in Executive Council	5
• Notice for ACBI Meeting	6
• IFCC Roche Travel Scholarship, 2013	6
• Course for Membership of Indian Board of Clinical Biochemistry (MIBCB)	7
• Message from the IFCC President	9
• Branch Reports	10
• Call for Proposal to host 42nd Annual Conference of ACBI, 2015	12
• ACBI Benevolent Fund : An Appeal	13
• 16th Workshop on Biomedical Informatics and Applied Tools & Techniques	14
• Membership Application Form	15
• Identity Cards for ACBI Members	17
• Looking to Genes for the Secret to Happiness	18

ACBI Election Notice

Call for Nominations to fill up vacancies in Executive Council of ACBI, 2013

Position	Number of Vacancies
1. Vice President	One
2. Joint Secretary (Secretariat)	One
3. Joint Secretary (Head quarters) <i>Applicants must be residing in Head Office City</i>	One
4. Zonal EC Members <i>One from each zone North, South, East, West & Central zone</i>	Five
5. State Representatives	All the States

Duly filled nominations for the above posts are invited from the eligible members duly proposed and seconded by the Members of the Association. Nominations may please be submitted to the President, ACBI in the format given below to :

Dr. Abhay Pratap

PRESIDENT, ASSOCIATION OF CLINICAL BIOCHEMISTS OF INDIA
Dr.(Mrs) Pratap Pathological Lab.
HB-7, City Centre, Near Pali Plaza, Sector IV
Bokaro Steel City - 827 004 (Jharkand)

The Last date for receiving the Nominations: 15th October, 2013

The Last date for withdrawal of Nominations: 20th November, 2013

Dr. Rajiv R. Sinha
General Secretary, ACBI

REQUIRED QUALIFICATIONS FOR VARIOUS POSTS

Vice President-II : A candidate for these posts should be a life member of at least 8 years standing and have been regularly attending Annual Conferences of the Association. He/ She should be holding a senior post in his/her work place. He / she has shown aptitude for working for the association by taking up some responsibilities of the Association in the past.

Joint Secretaries: Should be a Life member of at least 8 years duration and should have attended at least 5 ACBI Annual Conferences in the last 8 years.

Zonal Council Members: Five Elected Committee Zonal Members: Should be a Life Member of at least 5 years standing and who have attended at least 3 ACBI Annual conferences in the last 4 years.

[Background Note : **Zonal Branch**: ACBI would encourage formation of five zonal branches divided broadly on the basis of Government categorization representing **East, West, North, South** and **Central zones** to promote scientific activities.

The **Northern Zone** comprising the States of Haryana, Himachal Pradesh, Jammu & Kashmir, Punjab, Rajasthan, National Capital Territory of Delhi and Union Territory of Chandigarh;

The **Central Zone**, comprising the States of Chhattisgarh, Uttarakhand, Uttar Pradesh and Madhya Pradesh;

The **Eastern Zone**, comprising the States of Bihar, Jharkhand, Orissa, Sikkim, West Bengal and North-Eastern states;

The **Western Zone**, comprising the States of Goa, Gujarat, Maharashtra and the Union Territories of Daman & Diu and Dadra & Nagar Haveli;

The **Southern Zone**, comprising the States of Andhra Pradesh, Karnataka, Kerala, Tamil Nadu and the Union Territory of Pondicherry.

One executive member will be elected by Zone members or and if no name comes from zones then they will be elected from each zone in the General Body Meeting. Such zonal executive member shall act as Secretary of the Zone and will be responsible for holding scientific meetings in the zone. One zonal conference should be held every 2 or 3 years.]

State Representative should be a life member who has attended ACBI Annual conferences regularly in the last 5 years and is fairly active in Association activities.

Format of the Nomination Form for Positions in Executive Council

I,
propose the name of Prof./Dr./Mr./Ms.
bearing Membership No. for the post of

PLACE :

SIGNATURE:

DATE:

MEMBERSHIP NUMBER:

I,
second the proposal.

PLACE :

SIGNATURE:

DATE:

MEMBERSHIP NUMBER:

I,
accord my consent to the proposal.

PLACE :

SIGNATURE:

DATE:

MEMBERSHIP NUMBER:

Please attach photocopy of ACBI Member ID card & required number of Conference Attendance certificate along with application to support your nomination.

Notice for ACBI Meeting

Meeting	Date & Time	Venue
Editorial Board of IJCB Meeting & other sub-committees meetings	December 02, 2013 4.00 to 5.00 pm	NASC Complex Pusa, New Delhi
Pre GBM Executive Council meeting	December 02, 2013 5.00 to 8.00 pm	
General Body Meeting	December 04, 2013 5.00 to 8.00 pm	
Post GBM Executive Council meeting	December 05, 2013 8:00 9:00 am (breakfast)	

Note : The **date &** timings of the General Body Meeting & Post General Body Executive Council meeting may change as per conference programme and will be communicated to all members.

Dr. Rajiv R. Sinha
General Secretary, ACBI

Congratulations!

IFCC ROCHE TRAVEL SCHOLARSHIP, 2013

We take pleasure to inform all that ACBI member, **Dr. Namita Parikshit Mahalle**, Biochemist & Quality Manager, Deenanath Mangeshkar Hospital, Erandwane, Pune (Maharashtra) has received the **IFCC ROCHE TRAVEL SCHOLARSHIP 2013** for attending APFCP 2013-the 13th Congress of Asia-Pacific Federation of Clinical Biochemistry and Laboratory Medicine at Bali, Indonesia to be held from 27-30th October 2013.

INVITATION TO MEMBERS FOR CASE HISTORIES

Members are invited to send Case History with Biochemical Investigations of Interesting cases or cases with unusual presentations. Your experience will help others. Please share it with us on ACBI News Bulletin.

Please send your write up to Dr. Shyamali Pal at : shy23_pal@yahoo.co.in.

COURSE LEADING TO THE DEGREE OF Membership of Indian Board of Clinical Biochemistry (MIBCB)

Conducted by the Indian Board of Clinical Biochemistry (IBCB)
under the auspices of Association of Clinical Biochemists of India (ACBI)

Approved by the Quality Council of India (QCI)

Why should you do this course ?

About 70% of the decisions on the medical diagnosis are based on the results generated by clinical biochemistry laboratory. It is absolutely necessary to generate adequate manpower to look after these clinical laboratories in India. Clinical biochemistry is a scientific discipline related to analysis of body fluids, blood, cells and tissues in order to understand disease process. The scope of clinical biochemistry is interrelated with patient care and treatment. The person working in a clinical biochemistry laboratory needs knowledge on biochemistry, molecular biology, hematology, immunology, microbiology and serology.

Although clinical biochemistry is such an important topic, it is sad to state that there are no professional courses conducted by any universities in India on this subject, at the moment. Therefore, the Association of Clinical Biochemists of India (ACBI) has set up the Indian Board of Clinical Biochemistry (IBCB) in order to conduct the course on "Membership of Indian Board of Clinical Biochemistry" (MIBCB), and to conduct the examination and certify the eligible candidates. We are proud to state that this course is approved by the Quality Council of India (QCI).

The aim of the course is to impart training to graduates, to render them proficient to:

- (a) perform the medical biochemical techniques
- (b) interpret the results of various tests
- (c) supervise the medical biochemistry laboratories
- (d) identify biochemical diagnostic agents or tests useful in diagnosis and monitoring response to therapy
- (e) interpret the clinical significance of biochemical lab test results.

The duration of the course shall be 3 years. The total course is divided into 6 modules (or semesters), each of 6 months duration. Each module is comprised of 5 topics; thus the whole course will have 30 topics. At the end of each module (semester), there will be an examination on the 5 topics of that module. The course will be mainly through correspondence. Further, there will be direct contact classes.

New batch of the course will start on January and July of every year. Already two batches (January 2013 and July 2013) of students have been enrolled. **The next 3rd batch will start on the January 2014.**

The detailed syllabus and application form and other details can be download from the ACBI website <www.acbindia.org>



XIIIth International Congress of Pediatric Laboratory Medicine

Istanbul, Turkey
Istanbul Congress Center
June 20-22, 2014



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Phone: +39 0266802323 - Fax +39 026686699 - icplm2014@mzcongressi.com

FIRST ANNOUNCEMENT

MESSAGE FROM THE IFCC PRESIDENT

Labs Are Vital is changing and we want you to be involved.

We are pleased to be able to tell you that, following extensive consultation between Abbott and stakeholders from around the world, a new consortium of international professional bodies has been formed to build on the success of **Labs Are Vital**, and take the program to the next level.

IFCC is part of the new Members Board, together with representatives from WASPaLM (World Association of Societies of Pathology & Laboratory Medicine), ASCP (American Society of Clinical Pathology) and IFBLS (International Federation for Biomedical and Laboratory Science). This is the first time that these four global organisations have collaborated on a single project.

We all stand by the original goals for the program, and are committed to making **Labs Are Vital** a powerful voice in support of the **essential contribution laboratory medicine makes to our healthcare system**.

The success of the new **Labs Are Vital** depends on active engagement from large numbers of individual laboratory medicine specialists. You are actively encouraged to **register on the new program website** at www.labsarevital.com to:

- Post blogs and start discussions
- Comment on stories
- Share your own experiences and contribute to our online toolbox.

By working together, we can continue to spread the message that **Labs Are Vital**.

Graham Beastall
IFCC President

Ellis Jacobs
IFCC Representative on **Labs Are Vital** Board

LABS ARE VITAL™

Clinical Editor role – part-time commitment,
volunteer position, expenses reimbursed



Building on the success of the original program, fresh community ownership is now set to drive LabsAreVital to the next level...

We are looking for an individual to lead the development of high-level, clinically relevant content for the new community website.

www.labsarevital.com

If you have current (or recent) clinical pathology experience, and would like to work with the new team to:

- Scour literature and other sources for proof material that supports the core goals of the program
- Search for examples of 'good practice' where clinical pathology / laboratory medicine has made a real difference
- Network with those outside the program who are also preparing content to encourage the sharing of this information on LabsAreVital platform
- Moderate discussions on our community platform / social media
- Act as a spokesperson for the program

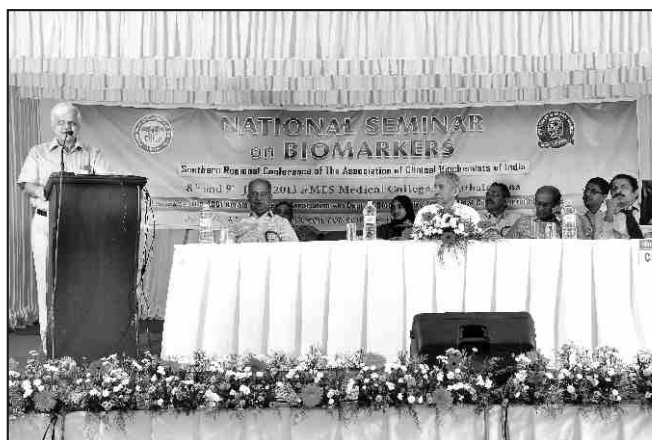
To find out more, email: evolution@labsarevital.com

Branch Reports

□ ACBI Kerla Chapter

Southern Regional Conference : Report on National Seminar on Biomarkers

A National Seminar on Biomarkers was organised by the ACBI Kerala chapter in connection with the first south zone meeting of the ACBI at MES Academy of Medical Sciences, Perinthalmanna on 8 & 9 June 2013. The Kerala State Council for Science, Technology & Environment, Govt of Kerala sponsored the program. The Seminar was inaugurated by Dr. K Mohandas, the honourable Vice Chancellor of Kerala University of Health Sciences. Dr. D M Vasudevan, chairman of the organising committee and the past president of ACBI chaired the function. Dr Parvathy, Head Department of Biochemistry delivered the welcome address and Dr T Vijayakumar organising secretary and the ACBI representative of Kerala chapter gave the vote of thanks. The proceeding of the seminar was released by Dr V. Ramachandran Associate Dean MES Medical College, by presenting a copy to Honourable vice chancellor.



The seminar started with a keynote address on Markers of Diabetics and Diabetic complications by Dr D M Vasudevan. The Invited speakers were Dr. V.P. Gangadharan, MD, MD, DM, Senior Consultant in Medical Oncology Lake shore Hospital, Kochi (Tumor Markers); Dr. K. Sivaprasad MD, DM, Prof of Cardiology, Medical College, Trivandrum, (Cardiac Markers); Dr. R. Selvakumar, PhD, Head, Clinical Biochemistry, CMC Vellore, Tamilnadu, (Laboratory Quality Control and

Standardization); Dr. K. Ashok Prabhu, PhD Head Laboratory Medicine, KMC, Mangalore, Karnataka (Thyroid Function Tests); Dr. T. Vijayakumar, MSc, MSc, PhD, FRSC (Markers of Chronic Kidney Disease Acute Kidney Injury); Dr. Sreekumari, S, MD, Gokulam Medical College, Thiruvananthapuram (Markers of Hepatic Injury); Dr. George Abraham, PhD, Head, Laboratory Medicine, MIMS Hospital, Calicut, (Quality Markers Role of GCLP and CQI); Dr. Kannan Vaidyanathan, MD, Pushpagiri Institute of Medical Sciences, Thiruvalla (Disorders of Branched Chain Amino Acids) and Dr. Subir Kumar Das, PhD, Prof of Biochemistry, WBUHS, Kalyani, West Bengal (Markers of Pre Eclampsia).

More than 350 delegates including post graduate students and faculty members participated in the seminar. The delegates included participants from Kerala, Tamilnadu, Pondicheri, Karnataka and Andrapradesh. 50% of the participants were from outside Kerala which included 26 participants from West Bengal, MP & New Delhi. The Medical Council of India sanctioned 6 credit hours for medical practitioners participating in the conference. More than 125 abstracts were received of which the scientific committee selected 17 papers for oral presentation and 48 papers for poster presentation. Mr Riju Mathew of Yenopoya university and Ms Aswathy Sundaresan of Yenopoya university received the best paper awards for oral and poster presentation respectively. The second best paper award for oral presentation was given to Dr Rakhi S Nair of Govt Medical College, Trivandrum and second best paper award for poster presentation to Mr. Nirmal Narayanan of Calicut University. A special award in the under graduate section was given to Dr. Musthaq of Yenopoya university.

The general body meeting of ACBI members of the South Zone was held at the venue on 8-6-2013 at 6.30 PM. More than 30 members from the southern states were present. Dr T Vijayakumar was unanimously elected for the zonal representative of ACBI as instructed by the HO. It was also decided to hold the second zonal conference of the ACBI at Mangalore. Dr Manjula Santharam of Yenopoya University and Dr



Ashok Prabhu of KMC Mangalore have agreed to convene the conference jointly.

The valedictory function of the seminar was held at the conference hall of MES Medical College on 9-6-2013 at 4.30 PM. Dr T Vijayakumar, the organising secretary distributed the awards and certificates. Dr. D M Vasudevan chaired the function. With the vote of thanks by Dr Jithesh. T. K the seminar came to an end with the promise of meeting next year at Mangalore.

❑ **ACBI Uttarakhand Chapter National Symposium on Biomarkers in Health and Disease: Bench to Bedside**

A National Symposium on Biomarkers in Health and Disease: Bench to Bedside was organized by Department of Biochemistry, Shri Guru Ram Rai Institute of Medical & Health Sciences, Dehradun on July 3-4, 2013 under the auspices of Shri Guru Ram Rai Education Mission, Dehradun, Medical Council of India and Indian Council of Medical Research, New Delhi. The symposium was attended by more than 200 delegates from India and abroad. Biomarkers are certain such indicators of any disease that alert the person far before the disease attacks the person. This was the common opinion expressed by experts in a two-day National Symposium.

The Symposium was inaugurated by Dr VM Katoch, Secretary, Department of Health Research, Govt. of India and Director General, Indian Council of Medical Research, New Delhi. Dr Katoch said that from the point of medical science, the subject of biomarkers is very significant. In the coming days, the research on the various types of biomarkers will play a significant role in the treatment of various diseases. Dr Katoch also expressed deep condolence over the natural calamity

that hit Uttarakhand. Prof Rajendra Prasad, Director, V P Chest Institute, Delhi University, Delhi, Prof Rajkumar, Director, AIIMS, Rishikesh and Prof P K Seth, Lucknow were Guest of Honours. Experts alleged that at present the biomarkers are mainly used in order to know about heart-related diseases, blood pressure, diabetes, CNS, neurological disorders, bone-related very minute symptoms and IQ and there is a need to search for cheaper markers.

His Holiness Shri Mahant Davendra Dass Ji Maharaj, Hon. Chairman, Shri Guru Ram Rai Institute of Medical and Health Sciences blessed the occasion with a note that research works should be motivated more in the country. He said that discovery of accurate biomarkers will be able to make the people more alert about their health.

Later, Shri Guru Ram Rai Education Mission Vice-Chairman Prof SP Thapliyal said that the development of health facilities is too slow in state. Addressing the gathering, Dr RK Singh, Acting Principal and HOD of Biochemistry Department, Shri Guru Ram Rai Institute of Medical and Health Sciences appealed the Union Government to establish an advance diagnostic centre and a trauma centre in SGRR Medical College.

It is noteworthy that for the first time, a National level Symposium with the help of Medical Council of India and Indian Council of Medical Research was organized in this Institution. Earlier Dr PK Seth, ex-Director, Indian Institute of Toxicological Research, Lucknow, Prof D.M. Vasudevan, Former President, Association of Clinical Biochemists of India, Prof D.K. Srivastava, Former Dean, Santosh Medical College, Gaziabad, Prof T Malati, Former President, ACBI, Prof Y.N. Rao, Former Deputy Director General, Indian Council of Medical Research, Prof T Venkatesh, Former Director, National Referral Centre for Lead Poisoning and Former President, ACBI, Prof H.P. Pandey, Senior Professor of Biochemistry, Banaras Hindu University inaugurated the Scientific Sessions in the morning with a welcome address by Prof R.K. Singh, Organizing Secretary. In the evening, there was also a book release function of Prof D.M. Vasudevan's book where he handed the 7th edition of his text book to Prof R.K. Singh, Founder President, Uttarakhand Chapter of ACBI and the Organizing Secretary of this symposium.

There was also the formation of Uttarakhand chapter of Association of Clinical Biochemists of India

(ACBI). Following members were elected:

1. Prof. R.K. Singh, Founder President
2. Prof. Vineeta Kalra, Vice-President
3. Dr. Sukhes Mukherjee, General Secretary
4. Dr. Tariq Masood, Treasurer
5. Prof. Vineet Mehrotra, Executive Committee
6. Prof. Archana Prakash, Executive Committee

On the concluding day of National Symposium, the experts highlighted that the recent researches on biomarkers are concentrating on knowing such indicators that release warning even before the origin of disease and such indicators are of extreme use.

The speakers for this Symposium were Prof. D.M. Vasudevan from Kerala, Prof. P.K. Seth from Lucknow, Prof. Balraj Mittal from SGPGI, Lucknow, Prof. Y.N. Rao from Andhra Pradesh, Prof. N. Shashidhara from Bangaluru, Prof. T. Malati from Hyderabad, Prof. R.B.

Singh from Poland, Prof. Rakesh Sharma of USA, Prof. H.P. Pandey from BHU, Prof. Vibhuti Rai from Chhattisgarh, Prof. Arun Raizada from Medanta MediCity, Gurgaon, Prof. Rajiv R. Sinha from Patna, Prof. Suman Bala Sharma, UCMS, Delhi, Dr. T. Venkatesh, Bangaluru, Dr. Ankit Khanduri from Dehradun, Dr. Sukhes Mukherjee from VCSGIMS, Uttarakhand and Dr. Rakesh K. Singh, BHU, Varanasi and Dr. Pracheta from Banasthali Vidyapeeth.

Students from different Institutes of various parts of India working in relevant fields actively participated and shared their work with peers. Awards were given to three best poster of the symposium.

Later Dr. R.K. Singh, HOD, Biochemistry Department, SGRR Institute of Medical and Health Sciences, Dehradun thanked all the distinguished guests that participated in the National Symposium which ended with National Anthem.

Call for Proposal to host 42nd Annual Conference of ACBI, 2015

The proposal to host 42nd Annual conference of ACBI in 2015 should reach the Secretariat latest by 15th November 2013. Please contact Secretary (kpsacbi@yahoo.co.in) or visit www.acbindia.org for rules and format of application.

Note: The proposal for the 41st Annual Conference for 2014 submitted by Dr. Praveen Sharma, Professor & Head, AIIMS, Jodhpur, Rajasthan, was accepted by 39th GB at Ranchi, subject to re-affirmation by Dr. Praveen Sharma. In case he does not reaffirm, then the GB will decide from the available proposals satisfying all requirements. Therefore, if anybody wants to propose for this conference, then they should send their proposal by 15th November 2013 to the General Secretary.

NOTE : Organizing Secretary: The Organizing Secretary should be a Life member of ACBI of at least 15 years standing as member and must be in a senior position in the profession having practiced Clinical Biochemistry/ teaching Biochemistry to medical students for at least 15 years. He/ she should have been regularly attending ACBI conferences and has attended at least 10 conferences. He / She should have shown leadership qualities as evidenced by active participation in activities of ACBI either at state or at national level, organizations of scientific meetings and influenced at least 10 biochemists for enrollment as member of ACBI. He/She is held in high esteem by members of the Association.

ACBI BENEVOLENT FUND : AN APPEAL

The Executive Council and GB were concerned to know the fact that one of our very senior members is suffering due to lack of money for his treatment and upkeep. For such situation many organizations have created 'Benevolent' fund to assist their members in dire need. We should also have compassion when any of our members are in need of help. Therefore the G.B. has decided to create a Fund to help our needy members and has sanctioned Rs. 50,000 from ACBI account for this fund. The IJCB Board has also decided to contribute Rs. 25,000. Many members have agreed to send money for the fund. Dr. B.C. Harinath has contributed Rs. 17000 which includes the money he got as recipient of ACBI-A.J. Thakur award for Distinguished Clinical Biochemist. Some have sent Rs. 1000 / 2000 /3000 as their contribution.

I solicit your support and **appeal** you to send money for this noble work as much as you like. The money be sent to the Treasurer, Association of clinical Biochemists of India, Biochem-Lab, East Boring Canal Road, Patna - 800001 by bank draft in the name of "ACBI Benevolent Fund" payable at Patna. The names of Donors are published in News Bulletin.

Dr. Abhay Pratap, President



List of Donors to ACBI-Benevolent Fund : As on 15.03.2012

1. Association of Clinical Biochemists of India	₹ 50,000.00
2. Dr. B.C. Harinath, Prof. & Director, JBTDR Centre, Wardha	₹ 16,000.00
3. Dr. S.P. Dandekar, Prof. & Head, Department of Biochemistry, Seth G.S. Medical College, Mumbai	₹ 1,000.00
4. Dr. Sujata W., Biochemistry Deptt., PGI, Chandigarh	₹ 1,000.00
5. Dr. K. P. Sinha, Retd. Professor of Biochemistry, P.M.C.H. & Advisor	₹ 1,000.00
6. Dr. B.N. Tiwary, Patna	₹ 1,000.00
7. Dr. Uday Kumar, Patna	₹ 1,000.00
8. Dr. Anand Saran, Patna	₹ 1,000.00
9. Anonymous Donor, Mumbai	₹ 5,000.00
10. Dr. Rajiv R. Sinha, Patna	₹ 1,000.00
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13. Dr. T.F. Ashavaid, Mumbai	₹ 3,000.00
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19. Dr. M.V. Kodliwadmth, Bangalore	₹ 1,000.00
20. Dr. Harsh Vardhan Singh, Delhi	₹ 10,000.00
21. Dr. M.B. Rao, Mumbai	₹ 2,000.00
22. IJCB	₹ 25,000.00

16th Workshop on Biomedical Informatics and Applied Tools & Techniques

December 2-3, 2013

(Sponsored by DBT)

Organised by

Bioinformatics Centre, Biochemistry & JB Tropical Disease Research Centre

MAHATMA GANDHI INSTITUTE OF MEDICAL SCIENCES

Sevagram (Wardha)-442 102, Maharashtra

ABOUT THE WORKSHOP: 16th Workshop on 'Biomedical Informatics and applied Tools & Techniques' is being organized by Bioinformatics Centre at Mahatma Gandhi Institute of Medical Sciences, Sevagram during December 2-3, 2013. Interesting Lectures on Biomedical Informatics, Genomics, Proteomics, Evidence Based Medicine, Hospital Information System, Healthcare Management, Biomedical Information etc. would be delivered by expert faculty. Besides, Interactive session, Demonstrations and Hands on sessions on different Bioinformatics Tools & Techniques would also be conducted to promote use of Biomedical Informatics in health care management.

Interested Medical Teachers, Scientists, Postgraduate and PhD students who intend to apply Biomedical Informatics approaches in their research or wish to contribute to the developments of this field may apply for attending this Workshop. The number of participants will be restricted to 25. Interested participants can submit workshop theme-based abstracts (250 words in MS Word format) by email (satishkumar@mgims.ac.in) by November 15, 2013. Selected participants will be informed about the details of their presentation. The Faculty will be drawn from Nationwide Universities and Medical & Research Institutes.

HOW TO APPLY & LAST DATE: Applicants are requested to send their brief resume, along with the registration form duly filled in with registration fee on or before November 15, 2013.

REGISTRATION / ACCOMMODATION FEE: Registration fee is Rs.1000/-. Accommodation may be arranged in the Arogyadham complex /Atithi Gruh near the Institute on payment and first come first served basis. In case the accommodation is needed, an advance of Rs 600/- towards two days rent must be enclosed along with the registration fee. The amount towards Registration and Accommodation charge should be paid by DD drawn in favour of "A/C CBI Sevagram No. 1784852036, JBTDRC" payable at Sevagram. The selected candidates will be informed through e-mail.

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Place

Date

Signature of the Applicant

Recommendation by a Member of ACBI (This is essential)

I have verified the information given in this application that are true to the best of my knowledge. He/She fulfils eligibility requirement for becoming a member of ACBI. I recommend that be accorded the membership of the ACBI.

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I have no objection / I object* if my address and full details are put on the ACBI website at www.acbindia.org.

Name & Signature of the Member

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Prescribed fee should be paid by **Bank Draft** only payable to "Association of Clinical Biochemists of India" at Patna. **NO CHEQUE PLEASE**. The completed application (along with enclosures) & draft should be sent to **Dr. Rajiv R. Sinha, Secretary, ACBI, Biochem-Lab, East Boring Canal Road, Patna-800 001**, preferably by registered post.

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PROFORMA

(Please type or write in CAPITAL letters)

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Dr Rajiv R Sinha

Secretary, Association of Clinical Biochemists of India
Biochem-Lab, East Boring Canal Road, Patna 800 001 (Bihar)

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All members are requested to view ACBI website (www.acbindia.org) to check their name and address in Directory of members. If your name does not appear in the Directory, or there is error or discrepancy, please draw our attention immediately either by e-mail (kpsacbi@yahoo.co.in) or by post to Dr. Rajiv Ranjan Sinha, Secretary, ACBI, Biochem-Lab, East Boring Canal Road, Patna - 800001

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The corporate members are invited to send articles on current and future trends in instrumentation and testing techniques in Laboratory Medicine for publication in News Bulletin.

The articles can directly be sent to Executive Editor, ACBI News Bulletin, Dr. K.R. Prasad at : k_ranjan@msn.com, pat_krpd@dataone.in. The articles can directly be sent to

Executive Editor, ACBI News Bulletin, Dr. K. R. Prasad at : k_ranjan@msn.com, pat_krpd@dataone.in.

Looking to Genes for the Secret to Happiness

By GRETCHEN REYNOLDS

Our genes may have a more elevated moral sense than our minds do, according to a new study of the genetic effects of happiness. They can, it seems, reward us with healthy gene activity when we're unselfish—and chastise us, at a microscopic level, when we put our own needs and desires first.

To reach that slightly unsettling conclusion, researchers from the University of North Carolina and the University of California, Los Angeles, had 80 healthy volunteers complete an online questionnaire that asked why they felt satisfied with their lives. Then the researchers drew their blood and analyzed their white blood cells.

Scientists have long surmised that moods affect health. But the underlying cellular mechanisms were murky until they began looking at gene-expression profiles inside white blood cells. Gene expression is the complex process by which genes direct the production of proteins. These proteins jump-start other processes, which in the case of white blood cells control much of the body's immune response.

It turned out that different forms of happiness were associated with quite different gene-expression profiles. Specifically, those volunteers whose happiness, according to their questionnaires, was primarily hedonic, to use the scientific term, or based on consuming things, had surprisingly unhealthy profiles, with relatively high levels of biological markers known to promote increased inflammation throughout the body. Such inflammation has been linked to the development of cancer, diabetes and cardiovascular disease. They also had relatively low levels of other markers that increase antibody production, to better fight off infections.

The volunteers whose happiness was more eudaemonic, or based on a sense of higher purpose and service to others—a small minority of the overall group—had profiles that displayed augmented levels of antibody-producing gene expression and lower levels of the proinflammatory expression.

What this finding indicates, says Steven W. Cole, a professor of medicine at U.C.L.A. and senior author of the study, published last month in *The Proceedings of the National Academy of Sciences*, is that "our genes can tell the difference" between a purpose-driven life and a shallower one even when our conscious minds cannot. Of course, genes cannot actually perceive or judge our behavior, so the shift in gene expression is very likely driven by an evolutionary strategy of working for the common good.

At an individual level, this finding may strike some as hectoring, particularly for those whose stuff really does make them happy. But as Cole points out, different kinds of happiness can coexist; every volunteer in the study displayed elements of both hedonic and eudaemonic wellbeing. Some simply had more of one or the other.

And, he adds, purpose is an elastic concept, not necessarily requiring renunciation but only that "you think first of someone else" or "have a goal greater" than your immediate gratification.

Being a parent, participating in the creative arts or even taking up exercise so that you can live to see your grandchildren may ease you toward eudaemonia, he says. It may even be that this will enable your genes to respond more favorably to how you're conducting your life.

This article appeared in the August 25, 2013 issue of The New York Times Magazine.

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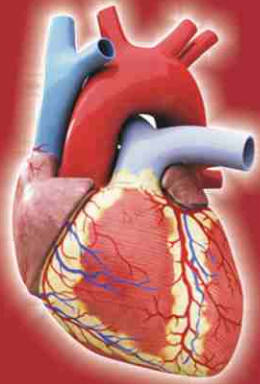
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FROM THE DESK OF ORGANIZING SECRETARY

Dear colleagues,

My Dear Members of ACBI,

I am proud & grateful to you all for conferring me this honour and privilege of organizing ACBICON 2013, our Annual National Conference, in Delhi.

It gives me great pleasure in inviting you all to attend the conference in Delhi from 3rd-6th December 2013 at NASC (National Agricultural Science Centre Complex), Pusa road and make it a grand success.

With Regards,



Dr. Jayashree Bhattacharjee

DIRECTOR, PROFESSOR & PRINCIPAL

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