

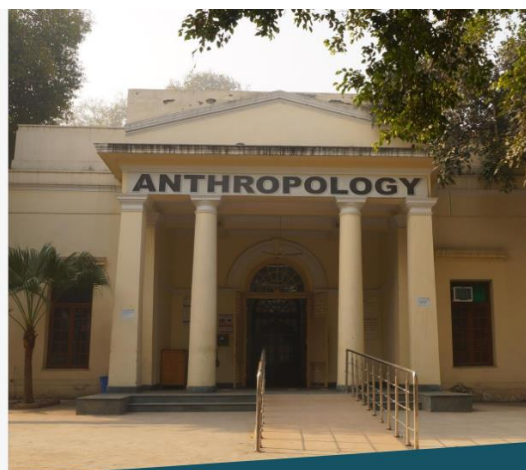
About The Department

The Department of Anthropology, at the University of Delhi, was founded in 1947 with the sole aim of undertaking holistic research and teaching in different aspects of human living.

Anthropology is perhaps the only specialization that studies human beings in relationship with other organisms from a biological, as well as, socio-cultural perspective, providing a viable and appropriate intellectual forum for looking at a phenomenon – an ailment, a custom, or a slice of behaviour, from a bio-cultural approach. It is because of this integrated way of analyzing reality that the anthropological writings have clearly influenced the nature of research and reasoning in other subjects.



Department
of
Anthropology
Celebrating
75
glorious years



About The Lab

Physiology Lab is dedicated to quality teaching and research. Kinanthropometry primarily focuses on the assessment and importance of growth, development, nutrition, physical fitness, and sports science whereas, Ergonomics focuses on the role of anthropometry in designing various products and equipment, mental health of the studied group, occupational health hazards, work postures, and musculoskeletal disorders. Physiological Anthropology focuses on assessing various lifestyle-related health issues by evaluating relevant physiological parameters.

21-22 JANUARY, 2022
FROM 9 AM TO 5 PM

MODE:
Online (ZOOM)

Register Now!
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Last date to register:
18th Jan 2022

INTERNATIONAL WORKSHOP
on

PHYSIOLOGICAL ANTHROPOLOGY IN PUBLIC HEALTH

ANTHROPOMETRY: CARDIORESPIRATORY FUNCTION ASSESSMENT:
PHYSICAL FITNESS

CONVENER
Dr. Meenal Dhall
Assistant Professor
Dept. of Anthropology
University of Delhi

CHAIRPERSON
Prof. M. P. Sachdeva
Head
Dept. of Anthropology
University of Delhi

Organized by:
Department of Anthropology, University of Delhi, Delhi -
110007, India

Concept Note

Physiological Anthropology evaluates human adaptation to modern living environments and helps understand different scientific fields concerned with environmental impact on human life. This applied field of anthropology aids in understanding the process of population adaptation. This workshop will help the participants to understand the standardization and relevance of the various techniques used in Physiological Anthropology.

Anthropometry

It is the science that defines physical measures of an individual's size, form, and functional capacities.

Step Test

It is designed to measure a person's aerobic fitness. Participants step up and down, on and off a high platform for five minutes to increase the heart rate following which, the recovery rate of the heart during the minute immediately following the step test exercise is evaluated. This sub-maximal test provides a measure of endurance fitness.



Treadmill Exercise Test

It is a form of cardiovascular function testing that typically involves blood pressure monitoring during exercise. The test generally involves walking on a treadmill while, the electrical activity of the heart is monitored (speed and inclination are increased throughout the test). The results depict how well the heart responds to the stress of different levels of exercise.

Blood Pressure

It measures the force (pressure) of blood in the arteries as the heart pumps.

Pulse Rate

It refers to the rate of palpable blood pressure throughout the body.

Heart Rate

It refers to the rate of contractions (heart beats) of the heart.

Spirometry

It is a simple, standard, non-invasive, non-painful breathing test that assesses pulmonary functioning. The test measures lung capacity by determining the amount of air one can inhale and exhale.

K5

It is the most popular wearable metabolic system that assesses human performance. The device is designed for measuring the cardio-respiratory and physiological parameters at rest and during exercise.

Speakers

Prof. Noopur Anand
Dept. of Fashion Technology
NIFT, Ministry of Textiles,
Govt. of India

Prof. Satwanti Kapoor
Former Proctor
University of Delhi, India

Prof. Noel Cameron
Emeritus Professor of Human
Biology School of Sport,
Exercise and Health Sciences,
Loughborough University, UK

Dr. Pankhuri Sharma
Public Health Expert
Scotland, UK

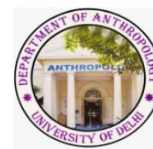
Prof. Lynnette Sievert
Faculty
University of Massachusetts,
Amherst, USA

Dr. Shilpi Gupta
Research Coordinator
University of
Washington, USA

Dr. Deepali Verma
Research Consultant
Jülich, North Rhine-
Westphalia, Germany



Organized by



Kinanthropometry,
Ergonomics, & Physiological
Lab
Department of Anthropology,
University of Delhi,
Delhi - 110007, India

Program schedule

Day 1: Inauguration

Welcome Address	Prof. M. P. Sachdeva, Head of Department, Department of Anthropology, University of Delhi
About the Workshop	Dr. Meenal Dhall, Assistant Professor, Department of Anthropology, University of Delhi
Chief Guest Address	Prof. Anup Kumar Kapoor, Former Head, Department of Anthropology, University of Delhi; Former Vice Chancellor, Jiwaji University, Gwalior
Vote of Thanks	Dr. Renu Tyagi, Post-Doctoral Fellow, Department of Anthropology, University of Delhi

Day 1 Session 1:

Chairperson: Dr. Mungreiphy
Moderator: Ms. Shweta Jain

10:00 AM - 11:00 AM	Prof. Noopur Anand, Dept. of Fashion Technology, NIFT, Ministry of Textiles, Govt. of India	Size India and Anthropometry
11:00 AM - 12:00 PM	Dr. Deepali Verma, Research Consultant, Jülich, North Rhine-Westphalia, Germany	Physical Fitness and Wellness
12:00 PM - 1:00 PM	Training on Assessment of Physical Fitness and Wellness	Step test & K5

Training Coordinators: Dr. Meenal Dhall/Ms. Urvashi Gupta/
Ms. Shweta Jain

Day 1 Session 2:

Chairperson: Prof. Rashmi Sinha
Moderator: Ms. Jaisleen Kaur

2:00 PM - 3:00 PM	Prof. Satwanti Kapoor, Former Proctor, University of Delhi	Spirometry
3:00 PM - 4:00 PM	Prof. Noel Cameron, Emeritus Professor of Human Biology School of Sport Exercise and Health Sciences, Loughborough University, UK	Measurement of Human Growth
4:00 PM - 5:00 PM	Training on Spirometry	Dry and Wet Spirometer, Portable Spirometer

Training Coordinators: Dr. Renu Tyagi/Ms. Jaisleen Kaur/
Ms. Shweta Jain

Day 2 Session 3:

Chairperson: Dr. Meenal Dhall
Moderator: Ms. Peteneinu Rulu

10:00 AM - 11:00 AM	Prof. Lynette Sievert, Faculty, The University of Massachusetts, Amherst, USA	Anthropometry, Strength & Balance at midlife
11:00 AM - 12:00 PM	Dr. Shilpi Gupta, Research Coordinator, University of Washington	Ultra-processed foods and Health
12:00 PM - 1:00 PM	Training on Assessment of Cardiovascular functions	Treadmill test, Heart Rate, Pulse Rate & Blood Pressure

Training Coordinators: Dr. Meenal Dhall/Ms. Urvashi Gupta/
Ms. Shweta Jain

Day 2 Session 4:

Chairperson: Dr. Heemanshu Aurora
Moderator: Ms. Urvashi Gupta

2:00 PM - 3:00 PM	Dr. Pankhuri Sharma, Public Health Expert, Scotland, UK	Cardiovascular Functions and Health
3:00 PM - 4:00 PM	Training on Anthropometry	Anthropometric measurements, Grip strength & Body Composition Assessment

Training Coordinators: Dr. Renu Tyagi/Ms. Jaisleen Kaur/
Ms. Shweta Jain

Valedictory Session: 4:00 PM- 5:00 PM

Summary of Workshop	Dr. Renu Tyagi
Chief Guest	Prof. Susmita Mukhopadhyay, Head of Biological Anthropology Unit, Indian Statistical Institute, Kolkata
Vote of Thanks	Dr. Meenal Dhall

Organizing Committee

Dr. Renu Tyagi
Ms. Urvashi Gupta
Ms. Jaisleen Kaur
Ms. Shweta Jain