

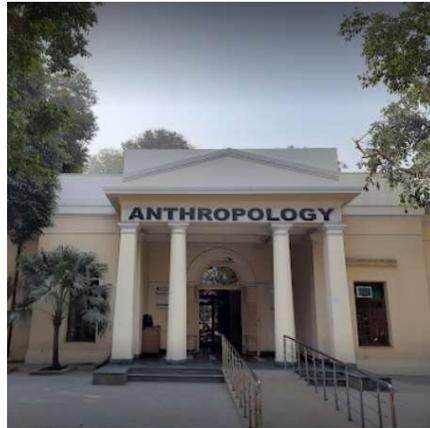
**Platinum Jubilee Celebration**

**Department of Anthropology  
University of Delhi  
Delhi-110007**

**International Workshop on Physiological Anthropology in Public Health  
21-22 January, 2022**

**SUMMARY REPORT**

**[Youtube.com/watch?v=Ij4Zk3reVxc](https://www.youtube.com/watch?v=Ij4Zk3reVxc)**



Department of Anthropology, University of Delhi

This is the summary report of the 2 days International workshop on Physiological Anthropology in public health celebrating platinum jubilee – 75 glorious years of Department of Anthropology by the Physiological Anthropology laboratory, Department of Anthropology, University of Delhi held during 21-22 January, 2022.

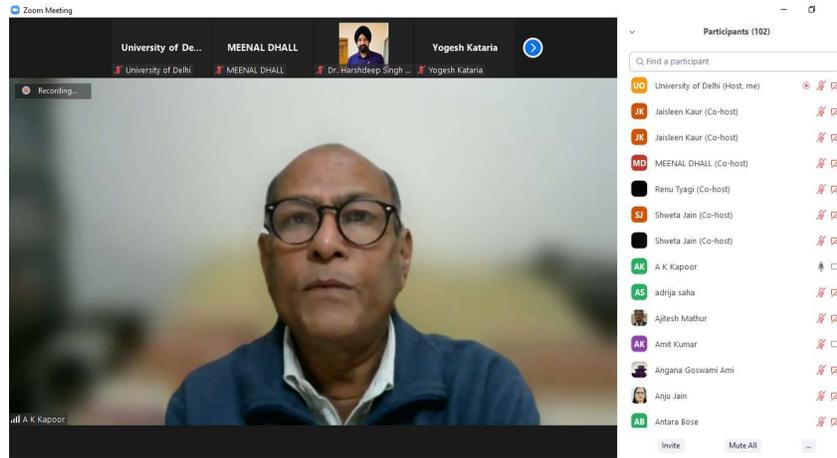


Head (Chairperson of the workshop)  
Department of Anthropology,  
University of Delhi



Dr. Mennal Dhall, Convener of the  
Workshop (Assistant Professor,  
Department of Anthropology,  
University of Delhi)

The introduction of the workshop was given by Convener, Dr. Meenal Dhall. She addressed the importance of physiological Anthropology in Public health



Prof. A. K. Kapoor, Chief Guest (Day1)

Prof. A. K. Kapoor, an eminent anthropologist, Professor (Retired, from Department of Anthropology, University of Delhi) and former Vice Chancellor Jiwaji University, Gwalior inaugurate the workshop as a Chief Guest and enlightened the august audience with his interesting, academic and field experiences. He highlighted the importance of physiological Anthropology and public health in details

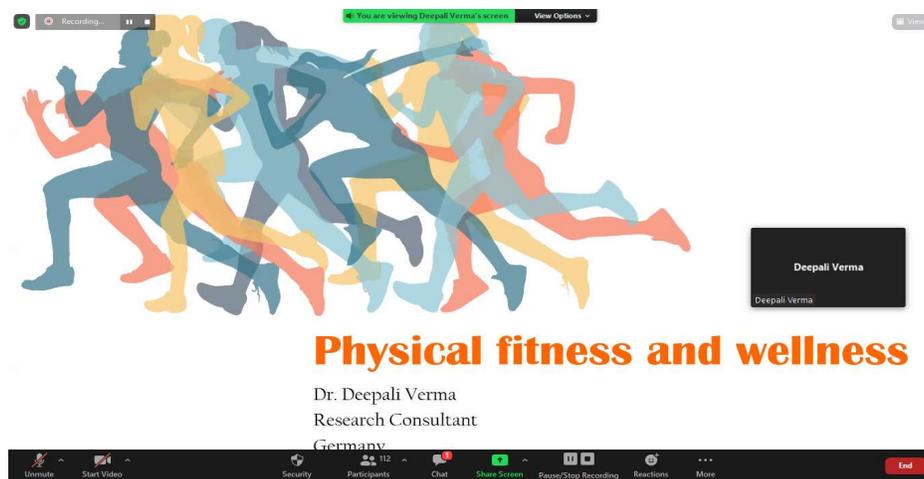
Dr. NK Mungreiphy faculty from Amity University chaired the first session. This session included two lectures and one training session on physical fitness.



Prof. Noopur Anand, faculty, Department of Fashion Technology, NIFT, New Delhi

First lecture was delivered by Prof. Noopur Anand, faculty, Department of Fashion Technology, NIFT, New Delhi. Dr. Anand gave a very interesting and elaborative presentation on Size India and Anthropometry. She nicely explained the Size India project which is a national sizing PAN India survey going on in collaboration with the Ministry of Textiles, Government of India. She conveyed that it is a scientific research study to develop a

comprehensive size chart for the ready-to-wear industry, based on the body measurements of the Indian population. She talked about the use of the modern technologies i.e. 3D whole body scanning being used for the project data collection. Besides, she also talked about the traditional and gold standard methods to take measurements on human body. She spoke about all detailed methodologies being used for the project including the kind of costume formulas and females and various postures in which the machine scans and measurements being taken. Dr. Anand explained that how unavailability of standard Indian population size chart for different gender and age groups leads to environmental pollution by disposing unfit clothes. Once this project gets completed the cost goes in unnecessary logistics due to misfit issues at stores or online ordering of clothes.



Physical fitness and wellness presentation by Dr. Deepali Verma

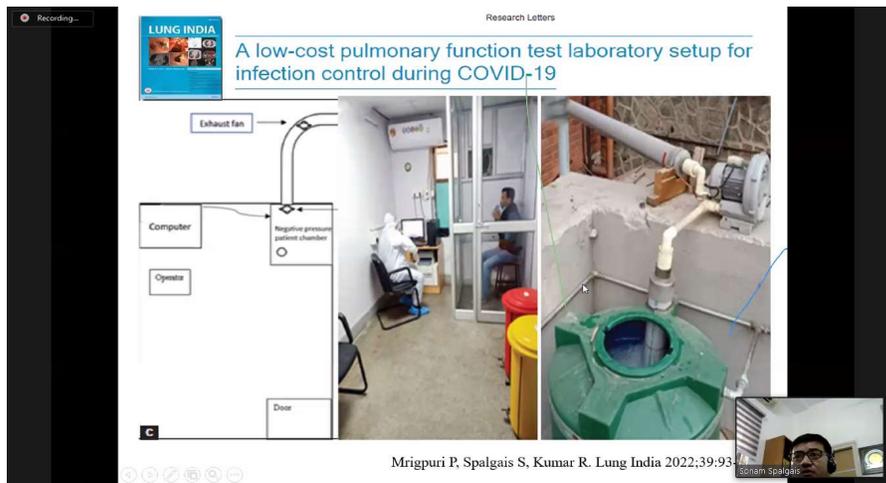
Dr. Deepali Verma, Research Consultant, Germany, elucidated the concept of physical fitness and components of wellness. She explained the benefits of physical activity to maintain cardiovascular, metabolic, mental health and physical fitness components. Dr. Verma explained energy systems, training methods, principles of training and how one can be physically fit by changing his/her daily life activities. She thoroughly clarified the pathways and biological processes occurring in human body during exercise to improve the physical fitness. With the audio-visual teaching aid, she explained the role of physical activity and how it contributes in the physical fitness and wellness.

The lectures were followed by a well presented Training session by Dr. Meenal Dhall on assessment of physical fitness and wellness. Traditional and more advanced instruments for assessing physical fitness were introduced to participants namely Step test and K5 demonstration. She conveyed that the Step test is a traditional method and gold standard for

assessing physical fitness of an individual. Dr. Meenal well explained the Harvard step test protocol. She displayed all the components and working of the K5 instrument to assess the cardio respiratory function and physical fitness of an individual. It was a very interactive session and participants took lot of interest and enthusiasm in the session.

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Prof Rashmi Sinha, Director, SOSS, IGNOU, Delhi chaired the post lunch session i.e. Session 2 on day 1 of the workshop. This session included two lectures and one training session on spirometry.



Lecture by Dr. Sonam Spalgais, Patel Chest Institute, Delhi

First lecture was delivered by Dr. Sonam Spalgais, faculty, Vallabhbhai Patel Chest Institute, Delhi. He spoke about Human physiological functions and associated health challenges. Dr. Sonam Spalgais explained basics of Spirometry in very simple manner with his presentation. He discussed in detail the various respiratory volumes and capacities and how to interpret and analyse these from the spirometric test results. He nicely explained various health challenges due to impaired lung functions including obstructive, restrictive and mixed type of lung diseases. Dr. Sonam talked about the risk posed by Pulmonary Function Tests in the spread of Covid-19 and suggested setting-up an efficient low-cost pulmonary function test laboratory for infection control during the Corona pandemic.

Recording...

## 1947-2022: Happy 75<sup>th</sup> Birthday!



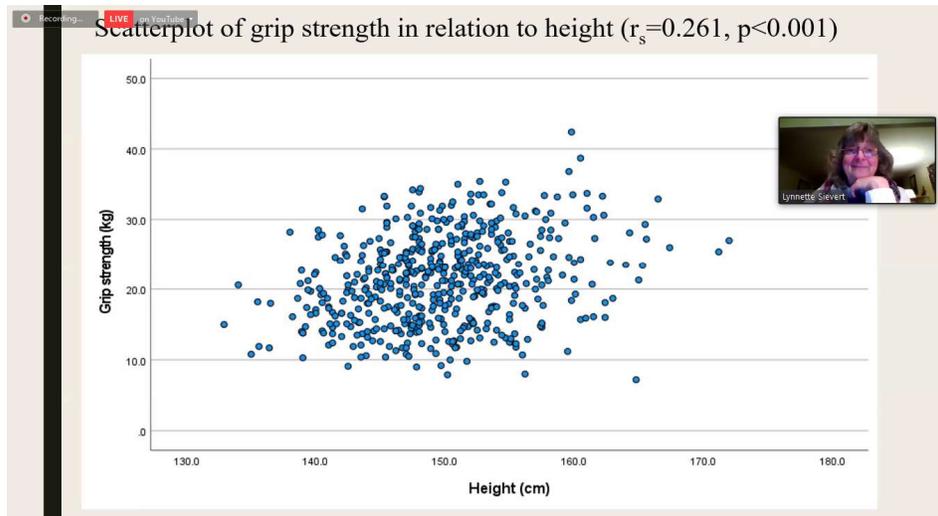
#InspiringWinners since 1909

Prof. Noël Cameron, Prof. Emeritus, Human Biology at Loughborough University, UK

Prof. Noël Cameron, Prof. Emeritus, Human Biology at Loughborough University, UK enlightened the participants on the history and progress of Anthropometry. He discussed the transition from using human dimensions for taking measurements to the use of universal units. Prof. Cameron talked in detail about the main considerations of validity, instrumentation, precision, accuracy, and reliability while recording measurements in Anthropometry.

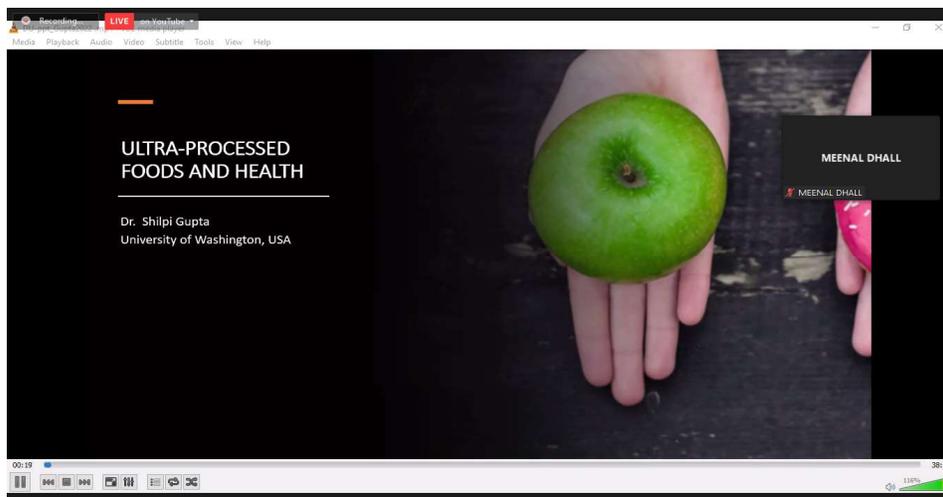
The training session of Spirometry was taken by Dr. Meenal Dhall and her team. Dry and wet Spirometer was demonstrated and portable Spirometer was also demonstrated with importance and use of dynamic and static lung functions.

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Lecture by Prof. Lynnette Leidy Sievert, faculty, University of Massachusetts, USA

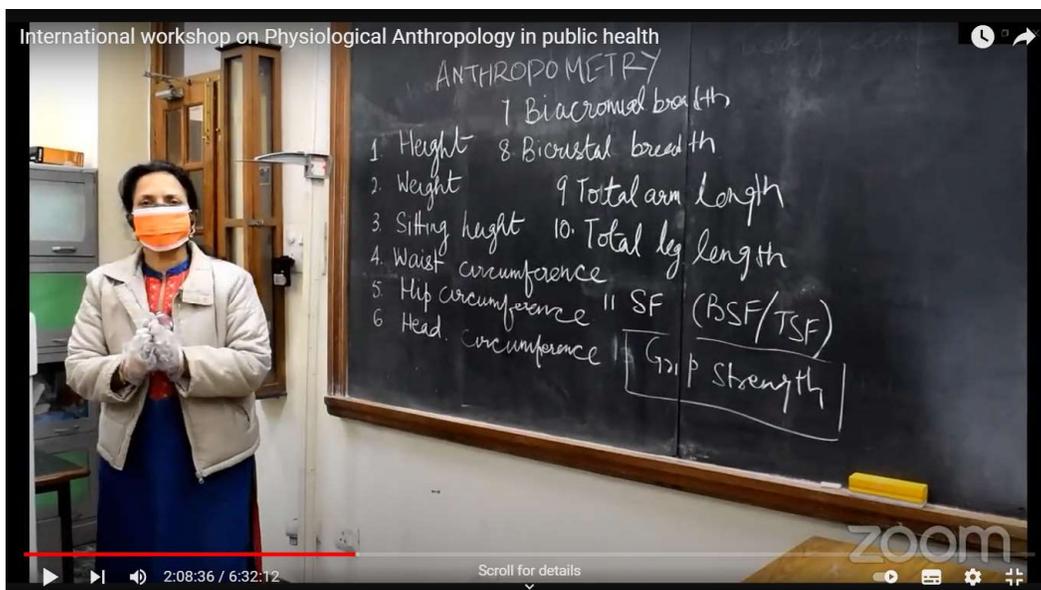
Day 2 session was opened by Dr Meenal Dhall with a lively session by prof. Lynnette Leidy Sievert, faculty, University of Massachusetts, USA. She Spoke about Anthropometry, Muscle strength and balance at midlife in-depth in a simple way with several empirical evidences from her studies conducted in various part of the world including India, Bangladesh, Mexico etc. She explained the midlife through an anthropological approach. She shared her bio-cultural study from Campeche, Mexico on handgrip strength, standing balance on one leg, and foot-tapping in relation to menopausal status, household parameters, and anthropometric variables. Prof. Sievert reported that how post-menopause status was associated with lower grip strength, and higher grip strength among urban women.



Lecture by Dr. Shilpa Gupta, Research Coordinator, University of Washington, USA

Second speaker Dr. Shilpa Gupta, Research Coordinator, University of Washington, USA delivered an interesting and informative presentation about Ultra-processed foods and health. Dr. Gupta conveyed that ultra-processed foods are energy-dense but poor in nutrients. She conveyed that ultra-processed foods were found to cost lower than unprocessed foods and processed food.

She shared one of her studies which reported that lower socioeconomic status is related to higher consumption of ultra-processed food leading to lower nutrient density score. Dr. Gupta told that younger adults, lower-income, and lower residential property value are associated with higher consumption of ultra-processed food. She also told that the diet cost was inversely related to ultra-processed food consumption.

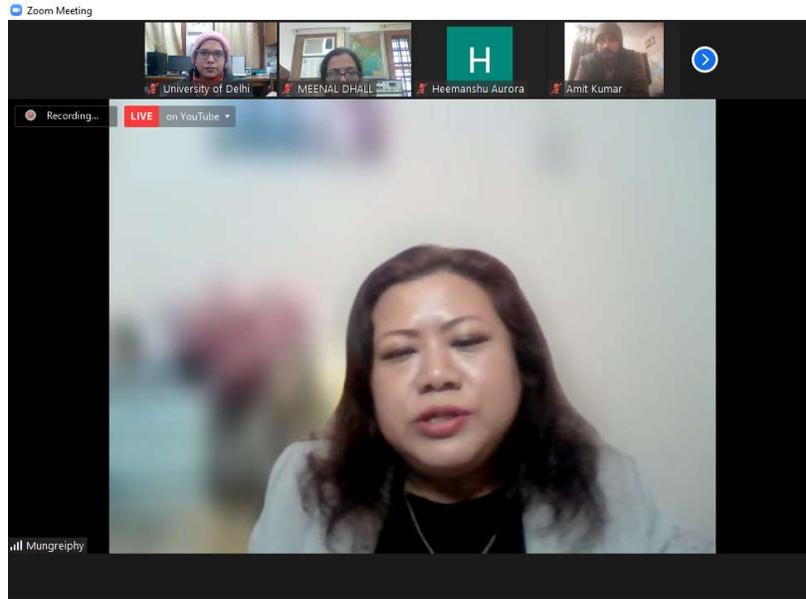


Dr. Renu Tyagi conducting one of the training sessions on Anthropometry

Lectures were followed by a training session on Anthropometry by Dr. Renu Tyagi. It included a visual training with procedure and precautions for basic anthropometric measurements such as height, weight, sitting height, waist circumference, hip circumference, head circumference, biacromial breadth, bicristal breadth, total arm length, total leg length, and skinfolds (biceps skinfold/triceps skinfold). Grip strength and body composition analysis techniques and its demonstration were also conducted in this session.

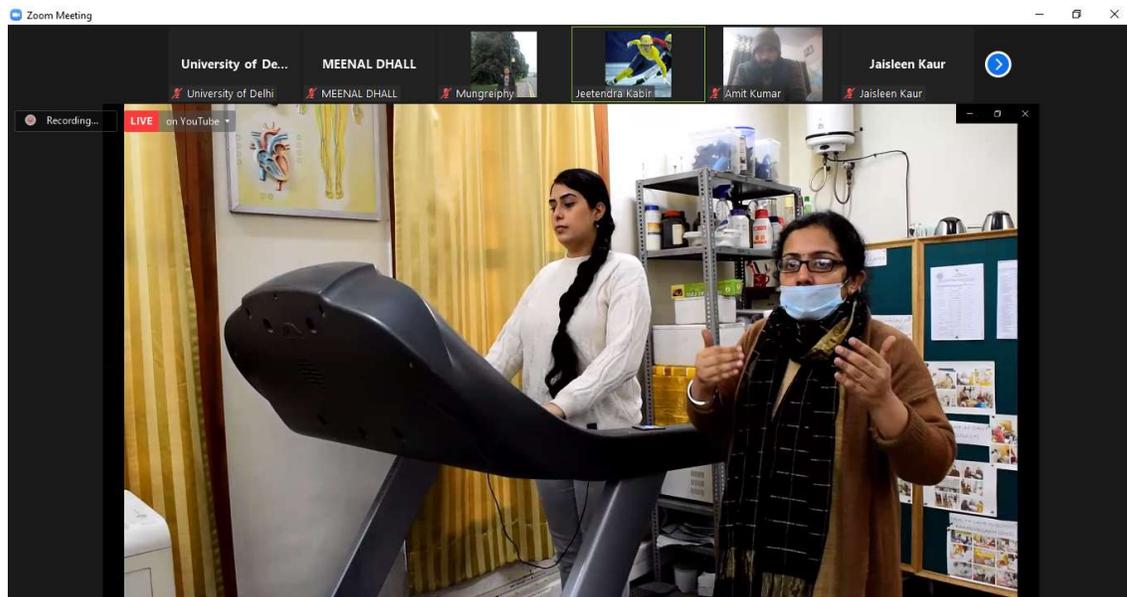
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Post lunch session was chaired by Dr. Heemanshu Aurora, Public Health Researcher at Foundation of Healthcare Technologies Society.



Dr. N.K. Mungreiphy, Faculty, Amity University

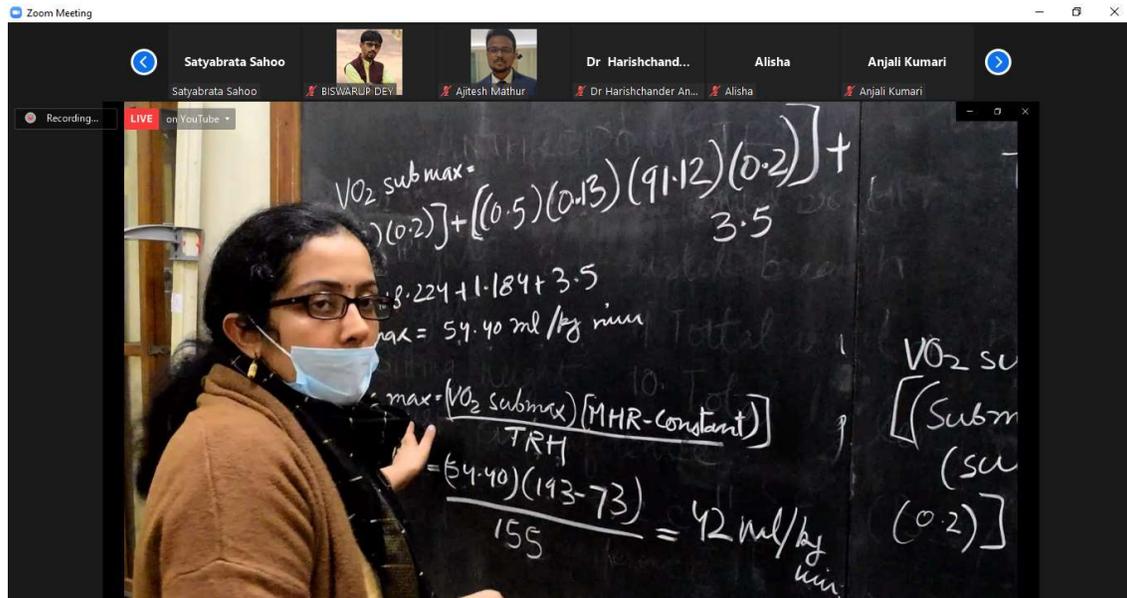
During this session i.e. session 4, lecture was delivered by Dr. N.K. Mungreiphy, Faculty, Amity University. She very well explained the cardiovascular functions and health. She explained various modifiable and non-modifiable risk factors of cardio vascular diseases, their preventive measures and management. Dr Mungreiphy focussed on cardio respiratory endurance.



Treadmill test training session

The lecture was followed by a training session on treadmill test and other cardiovascular functions including heart rate, pulse rate and blood pressure with their protocols by Dr.

Meenal Dhall and her team. She very well explained the modified Balke protocol for treadmill test to assess the cardio vascular fitness of an individual.



Dr. Meenal Dhall giving elaborated explanation in one of the training sessions

On both days, the participants took lot of interest and attended with full enthusiasm in lectures and especially the training session evidenced by an excellent questions answers round in each session.

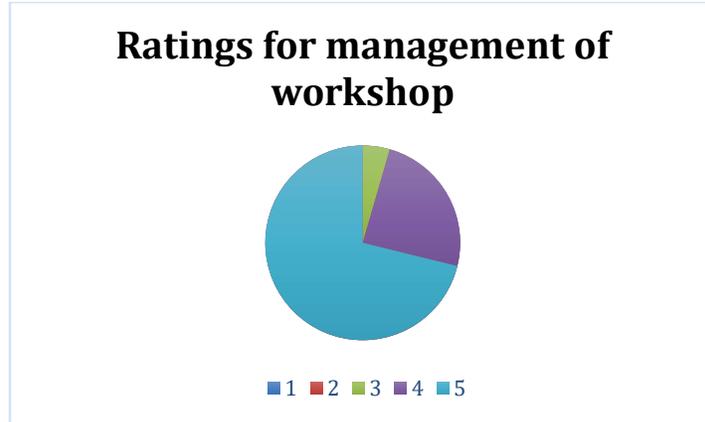


Prof. Sumita Mukhopadhyay (Head of Biological Anthropology unit, ISI, Kolkata), Chief Guest (Day 2)

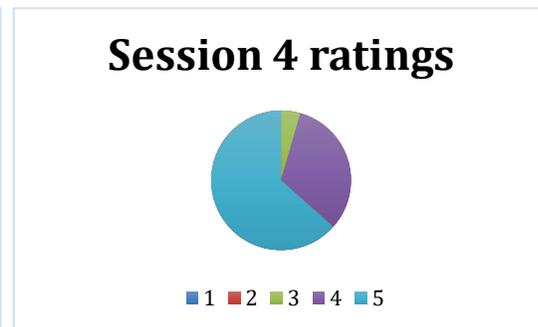
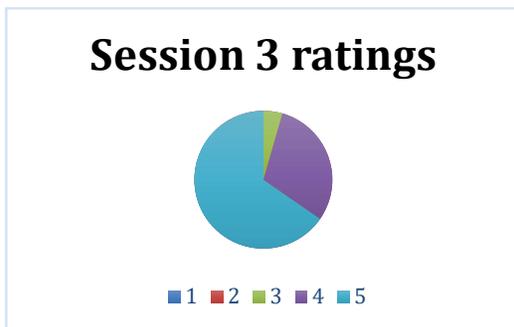
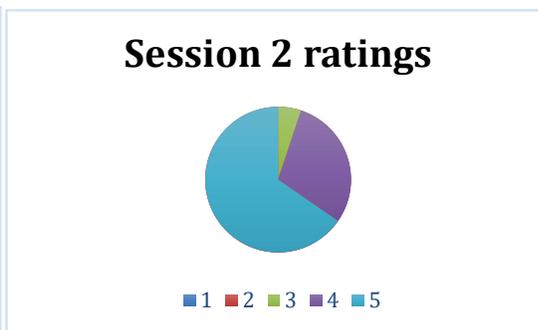
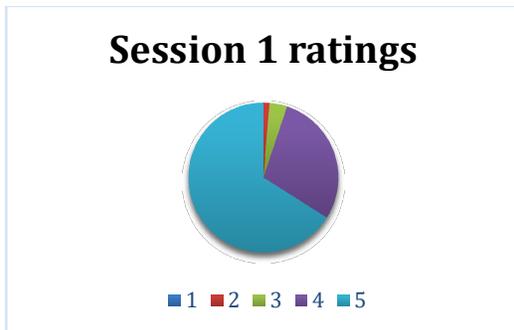
The workshop ended with the valedictory session, where Prof. Susmita Mukhopadhyay was the chief guest and addressed the gathering and shared her experiences. Summary of the workshop was given by Dr. Renu Tyagi. Workshop ended with the vote of thanks given by Dr. Meenal Dhall.

**Feedback from participants (156 registered responses):**

1. How would you rate the management of workshop on a scale of 1 to 5, where 1 stands for poor and 5 stands for excellent?



2. How would you rate sessions on a scale of 1 to 5, where 1 stands for poor and 5 stands for excellent?



How would you rate training sessions on a scale of 1 to 5, where 1 stands for poor and 5 stands for excellent?



Suggestions and comments from participants:

Excellent Sessions
No suggestions. It was organised with a lot of efforts
I really enjoyed. So much to learn and explore.
The sessions were really informative.
If it is possible to share the PPTs to the participants. It will be beneficial to us
Well organised
Please conduct a workshop on data analysis
Make it a minimum 5 days workshop including assignments for participants
Kindly do a workshop specifically about metabolism.
It was the nice session but it was bit boring
It was a very informative workshop. Hope to see more workshops like these in future. Regards.
In upcoming workshops, kindly include more parameters for training demonstration.
To do more physical training like these on anthropometry so that we can directly observe more
All the esteemed guests gave really great insight into the various works, it was really enlightening for me as an anthropology student. Please do organise more of these workshops.
Keep upgrading
Very interesting and helpful session
If it includes Human Muscular Function related topics then it can be useful more.
More hands on training should be there
Excellent to gather knowledge
Overall good management and beneficial workshop.
Its pretty good
Looking forward to attend similar workshops in the near future

Materials of the training session should provide to the participant through mail. Time management should be taken into consideration.
All nice informative and interactive sessions please keep it up and organise as much as you can.
May be through poor network connection the experiment videos were not flowing smoothly.
It was very wonderful workshop and all the sessions and presentations were very amazing. It was amazing to see doing treadmill test by Dr. Meenal Dhall ma'am and having lot of expertise and practical knowledge in her domain. Hats off to all the organisers and Particularly Prof. Sachdeva Sir. I love to be the part of department.
Looking forward to more workshops for knowledge, it's a great platform always from the University of Delhi.
Wish to join more sessions like this. So please update whenever this kind of sessions will be conducted.
Thank you
It was an enriching experience.
The workshop was very good knowledgeable and fruitful.
In the time of this covid epidemic, there should be a workshop on the subject of human lifestyle and psychology.
Many thanks to organizer.
Trainings can be followed by a brief MCQ exam
Everything is very perfectly done, if it will held offline it will be better for us.
Speaking ability should be more clear and precise.
It was very informative
Very informative and interesting workshop
More classes to be included
I am grateful and honoured to be part of the international workshop. Delighted to attend excellent, well informative presentations from across the globe as well as the training sessions which are so elaborative and practical. As a participant, I felt motivated and encouraged to explore in the domain.
I congratulate the team for conducting such a successful and wonderful workshop with innovative sessions.
I suggest the team to conduct more such workshops in the domain.
Thanks and Regards
It was a very good workshop. Keep it up
Good
One of the best workshop attended...
The sessions were beautifully presented. I heartily thank you for the opportunity. The guest speakers addressed the program in a holistic manner. One suggestion is that the videos during the practical sessions would have been better.
Video quality for the training sessions could be a bit better. It was a fantastic experience to be able to learn new techniques and understand the current paradigm of the specialisation.
Can conduct such workshop in future too in offline mode
Very interactive and knowledgeable workshop
The two days' workshop was excellent and it will help to us for future studies.
Would like to have more such experiences
Best workshop on Physiological Anthropology 2022
Perfect
Would really look forward to joining more such sessions
It was a very good experience of this webinar please conduct this type of webinar in future also

A little more interactive session
Nice
It was excellent
To provide the seminar recording
Goodluck for future
Please upload the training videos on department YouTube channel so that it can help online studying students.
Please do offline workshop, if possible <input type="checkbox"/>
No, everything was nice.
More workshops are needed in future too
It was great
useful one
The videos were repeatedly pausing and pictures were hazy often. Rest of the things were really appreciating.
Kindly keep organizing such amazing workshops from time to time and upload on your official website for everyone to benefit.
Quality of videos showing for training session can be more clear and transparent
Very good experience
Kindly share recording also so revises our knowledge.
Thank you...I need another same type symposium
The workshop was very enlightened
Please conduct the more workshops on combination with medical Anthropology and Public Health.
It was good overall
It was a good one and actually a topic for 10 days workshop. Hope the department can make it in the coming future.
Everything was fine.
Keep organizing such amazing events.
Nice sessions very informative.
Nice session
Highly appreciable Program
Best wishes for further sessions
Best wishes
Nice workshop!!
More such workshops to be conducted in future.
No suggestion. Can you please send me the video link of the training session?
Thank you for organizing this workshop. It was of great importance to me. These sort of workshops and programmes should be held in future too.
Expecting for offline workshop in near future.
Video recording and streaming requires a bit more work.
Nice and very informative sessions. Thanks to the Organizer Team for organizing such a wonderful workshop.
If reading material be provided it be of much greater use.

I really appreciate the workshop conducted by the Department. It was very practical, useful and not boring at all. One of my suggestions would be to think of ways in which you can keep the participants engaged after the workshop for the entire scholarly community interested in this area to come together (May be an online session for an hour or so once every 15 days inviting academics from university departments across India - I know it's too wishful, but I appreciate your leadership).Thanks !

Excellent webinar

This type of academic programme should be organized regularly.

Please share session recording

Well organised no issue

Heartiest Congratulations to the team for organizing wonderful workshop.

It was good.

Well management

The time limit of workshop can be increased further for better understanding especially for training sessions.

It was very inspirational and knowledgeable lecture Hope to join this type of webinar in near future

Good workshop. This kind of workshop helps us

Fruitful knowledge

Please Organise such workshop in future also.

It's good and expect more of such training in future

Training session can be improved.

Making audio clearer next time

Next Workshop Need Social Cultural Anthropology prospect

Amazing session and lots of new learning.

Need more highlight on the application based work of Anthropometry in relation to physiology

More workshop

Video for training is quite slow due to internet connection. Please provide link through Google drive. Overall sessions is very interactive and knowledge gaining.

Perfectly organised and enriching workshop.

Please go for more intensive sessions on epidemiology and infectious diseases

It was perfect really liked the workshop