

CME on “Body Fluid Homeostasis – The Secret of Body Fluid Balance”

The Department of Physiology successfully organized a Continuing Medical Education (CME) program titled “Body Fluid Homeostasis – The Secret of Body Fluid Balance” on December 4th, 2024, from 8:30 AM to 4:30 PM at the Hospital Block Auditorium, Indira Medical College and Hospitals, Pandur, Tiruvallur, Tamil Nadu.

The CME was well-attended by over 180 delegates, including MBBS students, interns, and faculty members from various departments. The event commenced with an inaugural ceremony presided over by distinguished dignitaries. The keynote address was delivered by Dr. Brinda Venkatraman, Professor and Head of the Department of Physiology, Indira Medical College and Hospitals, who emphasized the clinical importance of understanding body fluid dynamics.

Renowned guest speakers from various prestigious institutions delivered insightful lectures:

- Dr. Suma S, Associate Professor, Saveetha Dental College and Hospitals – on the Physiology of Body Fluids
- Dr. Sarala Premkumar, Professor of Pediatrics, Sri Ramachandra Medical College – on Body Fluid Homeostasis in Children
- Dr. Harikrishnan Jagadeesan, Associate Professor & Head of General Medicine, Government Tiruvallur Medical College – on Clinical Aspects and Management of Body Fluid Imbalance

These sessions explored the significance of fluid regulation in health and disease, covering topics such as fluid physiology, pediatric considerations, and systemic impacts of fluid imbalance.

The afternoon session featured a practical workshop conducted by the Department of Physiology. Participants had hands-on experience using the Health Sense Model BS 2001 Body Composition Analyzer, an 8-electrode smart scale. The workshop allowed delegates to measure and interpret parameters such as body fat percentage, lean mass, and hydration status, which are critical for clinical assessment and preventive health care.

The CME was accredited by the Tamil Nadu Medical Council with 2 credit hours, acknowledging its contribution to continued professional development. The event concluded with a valedictory function, where participants expressed their appreciation for the quality and relevance of the sessions.

The CME was a grand success, combining academic excellence, clinical insights, and interactive learning, leaving a lasting impression on all attendees.