



**VALLABHBHAI PATEL CHEST INSTITUTE**  
University of Delhi, Delhi, India

# **CERTIFICATE COURSE ON PULMONARY REHABILITATION**

**Date**

*8<sup>th</sup> - 9<sup>th</sup> December, 2019*

**Organizing Chairman**

**Prof. Raj Kumar**  
*Director, VPCI*

**Organizing Secretary**

**Dr. Vishal Bansal**  
*Dept. of Physiology, VPCI*

**Co-organizing Secretary**

**Dr. Sonam Spalgais**  
*Dept. of Pulmonary Medicine, VPCI*

**Venue**

**PAIN TAL MEMORIAL GOLDEN JUBILEE AUDITORIUM**  
V.P. Chest Institute, University of Delhi, Delhi

*Website: [vpci.org.in](http://vpci.org.in)      Email : [admin@vpci.org.in](mailto:admin@vpci.org.in)*  
*Tel: 011-27666832, 27402423      Fax : 011-27666549*

## About the Institute

The Vallabhbhai Patel Chest Institute (VPCI) is a unique postgraduate medical institution devoted to research, teaching and patient care in the field of chest diseases. It is a University of Delhi maintained institution and is funded entirely by the Ministry of Health and Family Welfare, Government of India. The Institute is ideally located in the heart of the main campus of the University of Delhi, providing the requisite academic environment. The Institute fulfills the national need for providing relief to large number of patients in the community suffering from Chest Diseases. It has eminently discharged its role and has earned a unique place in the field of Chest Medicine. The main objectives of VPCI are to conduct research in basic and clinical aspects of chest diseases, to train post graduates in Pulmonary and Critical Care Medicine and allied disciplines, to develop new diagnostic technologies and disseminate scientific knowledge related to these areas to personnel of other institutions in the country and to provide specialized investigative and management services to patients.



## Program Overview

The Pulmonary Rehabilitation Scientific Certificate Course is designed for the physician who wants to be trained to develop rehabilitation centre for pulmonary disease patient. This is a program where the physician will be given didactic lectures and hands on experience in the pulmonary rehabilitation centre of our Institute. Pulmonary rehabilitation can help by: reducing breathlessness, increasing the muscle strength in arms and legs, increasing stamina and endurance. This program includes hands on practical session at Vishwanathan Chest Hospital Pulmonary Rehabilitation Centre.



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Organized by: VALLABHBHAI PATEL CHEST INSTITUTE  
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## Scientific Programme

### Day - 1 Sunday, 2019

Time	Topic	Speaker
09:00 - 10:00	Registration	
10:00 - 10:15	Inauguration (Followed by Group Photograph)	
10:15 - 10:30	Introduction to Course & Pre-assessment	
10:30 - 11:00	Overview of Pulmonary Rehabilitation and Burden of Lung Diseases	Dr. Anant Mohan
11:00 - 11:30	Dyspnea & Leg Fatigue in Chronic Lung Disease	Dr. BK Menon
11:30 - 11:45	Tea	
11:45 - 12:30	Components of Pulmonary Rehabilitation	Dr. Vishal Bansal
12:30 - 01:00	Nutrition in Chronic Respiratory Disease	Dr. Parul Mrigpuri
01:00 - 02:00	Lunch	
02:00 - 04:00	Workshop in the Cardio-Pulmonary Rehab.Clinic <b>Components:</b> •Breathing retraining •Assessment of oxygen & six minute walk test •Exercise prescription on different rehab equipments	Rehab.Team
04:00	Tea	

### Day - 2 Monday, 2019

10:00 - 01:00	Hands on Training on Patients •Exposure to the patients in rehabilitation program	Rehab. Team
01:00 - 02:00	Lunch	
02:00 - 02:30	Smoking Cessation	Dr. Raj Kumar
02:30 - 03:00	Challenges in setting up Pulmonary Rehab program in India	Dr. Vishal Bansal
03:00 - 03:30	Oxygen Therapy & NIV in Stable Lung Diseases	Dr. Sonam Spalgais
03:30 - 04:00	How to set rehabilitation centre	Dr. Vishal Bansal
04:00 - 04:30	Patients experience of Rehabilitation	
04:30 - 05:00	Post Assessment followed by Certificate distribution	
05:00	Tea	

# DISTINGUISHED FACULTY



**Prof. Raj Kumar**  
Director  
Vallabhbhai Patel Chest Institute  
University of Delhi, Delhi



**Prof. Anant Mohan**  
Professor & Head  
Dept. of Pulmonary Medicine  
and Sleep Disorders,  
AIIMS, New Delhi



**Prof. B.K. Menon**  
Dept. of Pulmonary Medicine  
VP Chest Institute, Delhi



**Dr. Vishal Bansal**  
Dept. of Physiology  
VP Chest Institute, Delhi



**Dr. Sonam Spalgais**  
Dept. of Pulmonary Medicine  
VP Chest Institute, Delhi



**Dr. Parul Mrigpuri**  
Dept. of Pulmonary Medicine  
VP Chest Institute, Delhi

## Eligibility

*DM/MD/DNB in Pulmonary Medicine*

## Register Now

*For registration & enquiries please contact us at  
[drvishalbansal@hotmail.com](mailto:drvishalbansal@hotmail.com)*

Registration Fees: Rs 3,000/- (No Spot Registration)

*DD/ Cheque should be made in favour of  
"Director, VPCI" payable at Delhi*

*Only 20 Candidates will be registered for the course.  
Travel and accomodation should be born by the candidates.*

*For detail please contact:*

**Mr. PR Santhanam**  
Joint Registrar  
Vallabhbhai Patel Chest Institute  
University of Delhi, Delhi - 110007

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