Theme:
A. Psychophysiological Changes of Indian wintering members in Antarctica – Intervention Strategies.
B. Defining work – rest schedule of the wintering members – in perspective of optimum efficiency.
C. Study on bone density and other mineral metabolism on Indian wintering members in Antarctica.

Aims and Objectives:
A. 1. To study the psycho-physiological changes and psychological well being of expedition members in Antarctica.
   2. To suggest coping strategies to overcome isolation and wintering stress in Antarctica for improved team performance.
   3. Use of suitable intervention techniques such as Yoga, Meditation, Exercise and Herbal preparation for better adaptability to stresses of Antarctica.
B. 1. To study the various aspects of total work content and rest periods of Indian wintering members.
   2. To classify the existing work and determine the proper work periods and rest schedule for optimum performance.
C. 1. To understand the level of bone density and other mineral metabolism of Indian wintering members before their departure and during various phases of their stay in Antarctica.
   2. To suggest metabolic intervention strategies for above.

Expected Results and their Relevance:
1. Understanding the process and extent of human responses in coping and adapting to the condition of life during their stay in Antarctica.
2. To evolve practical solution towards solving the problems of living in Antarctica.
3. Results can be further extrapolated in solving the problems encountered by small and isolated groups in other hostile and unusual environments.