



**AARUPADAI VEEDU MEDICAL COLLEGE & HOSPITAL**

**Vinayaka Mission's Research Foundation**

(Deemed to be University)

Puducherry - 607 403.



*CME Organized by*

## **Department of Physiology**

*Under the auspices of*

**Association of Physiologists of India (ASSOPI)**



With the divine blessings of the Founder Chairman and with the benevolence of our Honorable Chancellor & Madam Chancellor, The Management, Dean, Faculty and Staff of AVMC

*We cordially invite you to participate in the  
Virtual CME  
on*

### **“CONCEPTS OF SLEEP - DEMYSTIFIED”**

**Registration form link :**

<https://cutt.ly/yhgV1wG>

**CLICK HERE**



**Venue: Virtual Platform - CISCO Webex**

**Date: 21<sup>th</sup> January 2021**

**Time: 08.00 AM to 06.00 PM**

**Join Cisco Meeting :**

<https://cutt.ly/1hXNlna>

**ID: 176 163 0574**

**Password: X7299YpU4Ph**

**CLICK HERE**



**(Tamil Nadu Medical Council credit hours applied)**

# PROGRAMME SCHEDULE

CME ON CONCEPTS OF SLEEP - DEMYSTIFIED  
( Under the Auspices of Association of Physiologists of India)

21.1.2021 (Thursday)

Time	Event	Speaker
8.30 am - 9.30 am	Neurophysiology of sleep	 <b>Dr. Ravindra P. N.</b> , Associate Professor Centre for Consciousness Studies Dept of Neurophysiology, NIMHANS, Bengaluru.
9.30 am - 10.10 am	<b>Inauguration</b>	
9.30 am - 9.35 am	Welcome address	<b>Dr. Lakshmi Jatiya</b> , Professor & Head Department of Physiology, AVMC (Organising chairperson)
9.35 am - 9.40 am	Address by the General Secretary- ASSOPI	 <b>Dr. G. K. Pal</b> , Professor (Senior Scale) Department of Physiology, JIPMER & Dean, School of Medical Sciences Pondicherry University.
9.40 am - 09.50 am	Presidential Address	<b>Dr. P.F. Kotur</b> , Dean, AVMC
9.50 am - 10.00 am	Introduction to CME	<b>Dr. M. Gopinath</b> , Associate Professor Department of Physiology, AVMC. (Organising Secretary)
10.00 - 10.10 am	Felicitations	<b>Dr. V.N. Mahalakshmi</b> , Dean HPE, AVMC <b>Dr. B. Vishnu Bhat</b> , Director - Medical Research, AVMC <b>Dr. K. Jayasingh</b> , Medical Superintendent, AVMC <b>Dr. T. Rajan</b> , Vice Principal, AVMC
10.10 am - 10.20 am	<b>Tea break</b>	
10.20 am - 11.20 am	Sleep deprived human brain: Looking from neural and mental health perspectives	 <b>Dr. Bindu M. Kutty</b> , Professor I/c Human Sleep and Cognition Research Lab & NIMHANS Center for Consciousness Dept.of Neurophysiology, NIMHANS, Bengaluru.
11.20 am - 12.20 pm	Sleep Hygiene and shift work related sleep disorders	 <b>Dr. Uma Maheswari Krishnaswamy</b> Professor & Head, Pulmonology & sleep medicine St. John's National academy of Health Sciences Bengaluru.
12.20 pm - 12.50 pm	<b>Lunch Break</b>	
12.50 pm - 1.50 pm	An overview of sleep disorders	 <b>Dr. Arun Sasidharan</b> , Scientist-C (Neuroscience) Center for Consciousness Studies (CCS) Department of Neurophysiology, NIMHANS.
1.50 pm - 2.50 pm	Panel discussion	Moderator : <b>Dr. M. Gopinath</b> , Associate Professor Department of Physiology, AVMC.
2.50 pm - 3.00 pm	<b>Tea Break</b>	
3.00 pm - 5.30 pm	Poster and essay competition	
5.30 pm	Vote of thanks	<b>Dr. Jothi Marie Feula A</b> , Assistant Professor Department of Physiology, AVMC.