

CME On "Concepts of Sleep - Demystified" 21st January, 2021



The virtual CME on Concepts of sleep-Demystified was organised by the Department of Physiology under the auspices of Association of Physiologists of India on 21st January 2021.. The platform used for CME was Cisco webex.

The master of ceremony was Dr Jothi Marie Feula and Technical support was provided by Dr Naresh, tutor.

Online registration was completed using goggle forms. A total of 116 faculty & PGs and 100 undergraduate students registered for the CME.

The CME started with the first lecture by Dr Ravindra P N, Associate Professor, Centre for consciousness Studies, Dept of Neurophysiology, NIMHANS , Bengaluru. He spoke on the topic "Neurophysiology of sleep."

His lecture was followed by the inaugural program. Dr G K Pal gave the General Secretary, ASSOPI report.

Dr Lakshmi Jatiya welcomed the dignitaries and guest.

Dr P F Kotur, Dean gave the presidential address. Dr V N Mahalakshmi, Dean HPE, Dr Vishnu Bhat, Director Medical Research, Dr K Jayasingh, MS gave the felicitation addresses.

Dr Gopinath M introduced the CME.

Dr. Bindu M. Kutty, Professor, In Charge Human Sleep and Cognition Research Laboratory, I/C NIMHANS Center for Consciousness, Dept.of Neurophysiology, NIMHANS, Bengaluru spoke on the topic "Sleep deprived human brain: looking from neural and mental health perspectives"

Dr. Uma Maheswari Krishnaswamy, Professor & Head, Pulmonology & sleep medicine, St. John's National academy of health sciences, Bengaluru spoke on "Sleep Hygiene and shift work related sleep disorders".

Last talk of the day was taken by Dr. Arun Sasidharan, Scientist-C (Neuroscience), Center for Consciousness Studies (CCS, Department of Neurophysiology, NIMHANS. He gave an overview of sleep disorders.

Dr Gopinath moderated the panel discussion. The panellists were Dr Ravindra P N, Dr. Bindu M. Kutty and Dr. Arun Sasidharan.

Dr Manju, Professor, Department of Biochemistry judged the essays in the UG and PG category. The topics for essay competition were: **“Sleep Drenched mind - Impact on academics” for UGs and – “Cognitive impairment and sleep deprivation – Early action on patient care” for PGs.**

Dr John Dinesh, Prof & Head, department of Psychiatry was judge for poster competition. The topics for UGs was **“Good sleep for good health” and “Cardiovascular morbities and Obstructive Sleep Apnoea”.**

Results were announced on the same day.

Essay competition winners

PG category

1st place: Miss. Ritika Sharma, AIIMS, Jodhpur

2nd place: Dr. Anantha K.N.R, Kurnool Medical college bagged

UG category

1st place: Mr. Paranthaman, I year MBBS, AVMC

2nd Place: Miss N. Abitha, I year MBBS, AVMC

3rd Place: Miss Sweta Das, I year MBBS, AVMC

Poster competition winners

PG category:

1st Place: Miss Sutirtha Ghosh, AIIMS, Jodhpur

2nd Place: Miss Ritika Sharma, AIIMS, Jodhpur

UG category

1st place: Miss Parvathy, I year MBBS, AVMC

2nd Place: Miss Bujja Lakshmi Lalima, I year MBBS, AVMC

3rd Place: Miss Muthayee, I year MBBS, AVMC

The CME came to an end with vote of thanks by Dr Jothi Marie Feula, AP, Department of Physiology.

