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Vice-Chancellor, KLE University ,Belgaum

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Registrar, KLE University, Belgaum
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Principal, JNMC, KLE University, Belgaum

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Dr.Jagdish Ratnakar

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Ms. Kavita Koli

Book Post

To –

From:

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KLE University's

**Jawaharlal Nehru Medical College,
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Karnataka, India.

**WORKSHOP ON
"BASICS OF SLEEP AND
SLEEP DISORDERS"**

27TH February 2010

Organized by

**Association of Physiologists & Pharmacologists of India
(APPI), Belgaum Branch**



Dear Colleagues/Friends,

We take great pleasure in informing you that a workshop on "**Basics of sleep and sleep disorders**" is being organized, by APPI, Belgaum branch at J.N.Medical College, Belgaum on 27th February 2010.

Humans spend one third of their life in sleep. Sleep is a very dynamic and complicated behavior, fulfilling important functions like physical and mental rejuvenation, consolidation of memory etc...

The field of sleep and sleep disorders are extremely interesting and it is the area of thrust for young researchers. The relationship with thought processes, like cognition is being examined in a variety of clinical and basic research settings. However only few centers in our country conduct sleep research and have sleep medicine departments. In this initiative, we have invited two experts in sleep research, who will be conducting the workshop with the following objectives.

Workshop Objectives

- To know the basics of sleep Physiology, Pharmacology and sleep disorders.
- To learn the method of sleep scoring with the help of Polysomnograph.
- To strengthen the knowledge of the participants to take up more studies in various areas of sleep research.

Looking forward for your active participation in the workshop.

Prof. A.D.Taranalli
President -APPI
Vice-Principal,
KLE's Pharmacy College, Belgaum.

Scientific Programme

Venue –Physiology Lecture Hall JNMC
Belgaum.

BASICS OF SLEEP AND SLEEP DISORDERS

8.00 am-9.00 am	: BREAKFAST
9.00 am-10.00 am	: INAGURATION
10.00 to 10.45 am	: 'Sleep- A dynamic state - A revisit' <i>Dr. Bindu M Kutty, Addl. Prof. NIMHANS, Bangalore.</i>
10.45 am to 11.00 am	: TEA BREAK
11 am to 11.45 am	: 'Neural, Endocrine & Autonomic correlates of NREM and REM sleep' <i>Dr.Ravindra P.N. Asst. Prof. S.S. Medical College, Tumkur.</i>
11.45 am to 12.30pm	: 'Circadian and Homeostatic regulation of sleep' <i>Dr. Bindu M Kutty, Addl. Prof. NIMHANS, Bangalore.</i>
12.30 to 1.15 pm	: 'Common sleep disorders -- An overview' <i>Dr.Ravindra P.N. Asst. Prof. S.S. Medical College, Tumkur.</i>
1.15 pm – 2.00 pm	: LUNCH
2.00 to 4.00pm	: 'Hands on experience -Identification of different EEG waves & sleep scoring' <i>Dr.Ravindra P.N. Asst. Prof. S.S. Medical College, Tumkur.</i>
4.00 pm to 4.45 pm	: 'Yoga and sleep' <i>Dr. Bindu M Kutty, Addl. Prof. NIMHANS, Bangalore.</i>
4.45 pm to 5.15 pm	: OPEN DISCUSSION
5.15 pm to 5.45 pm	: VALEDICTORY FUNCTION & HIGH TEA

Registration Form

APPI Belgaum Branch, Workshop-2010.
J.N. Medical College, Belgaum.

Name (in capitals):

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Qualification:

College Address and Phone:

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E-mail:

Phone :

Date: Participant's Signature

ELIGIBILITY:

This workshop is intended for enthusiastic researchers, postgraduate students & faculty in basic sciences, clinicians seeking to augment their knowledge of 'sleep' and planning for future research.

Last date for registration– **22/ 02/ 2010.**

REGISTRATION:

Registration fee of Rs **200/-** should be sent by DD drawn in favor of – A/C, APPI, Belgaum Branch.

D.D.No.....Date.....

Bank.....Rs.....

(Photocopies of the registration form may be used if needed.)

Please note: Spot registration will be entertained only on prior intimation to Secretary, either by phone or by email on or before **20th Feb 2010.**