

CME on Sleep Physiology – “Rest, Relax, Recharge: The Sleep Science”

The Departments of Physiology and Respiratory Medicine at Indira Medical College and Hospitals (IMCH) jointly organized an enriching Continuing Medical Education (CME) program titled “***Rest, Relax, Recharge – The Sleep Science***” on June 4, 2025, at the IMCH First Floor Auditorium.

The CME witnessed an enthusiastic turnout of over 180 delegates, comprising MBBS students, interns, and faculty members from various departments. The event commenced with a formal inaugural ceremony, graced by esteemed dignitaries. **Dr. Brinda Venkatraman**, Professor and Head of the Department of Physiology, Indira Medical College and Hospitals, delivered the keynote address, highlighting the vital importance of sleep in life.

The morning scientific sessions featured enlightening talks by distinguished faculty members:

- “Physiology of Sleep”
Speaker: Dr. Brinda Venkatraman, Vice Principal & Professor, Dept. of Physiology
- “Obesity-Hypoventilation Syndrome and Obstructive sleep Apnea ”
Speaker: Dr. Dr. Dakshinamurthy B, Senior Asst. Professor, Govt. Medical College, Omandurar.
- “The role of sleep in Mental Health”
Speaker: Dr. D.C. Mathangi, HOD, Department of Mind, Body, Medicine & Lifestyle sciences, SRMC, Porur

The afternoon session included a hands-on workshop on Polysomnography, conducted by Dr. Aravindh Raj and Dr. Lakshan, Department of Respiratory Medicine. Participants were given a practical demonstration of sleep study techniques, interpretation of results, and clinical relevance in diagnosing sleep disorders.

The CME saw enthusiastic participation from undergraduate and postgraduate students, who actively engaged in the sessions and workshop. The CME was accredited by the **Tamil Nadu Medical Council** with **2 credit hours**, recognizing its value in promoting continued professional development. The event concluded with a **valedictory function**, during which participants shared their appreciation for the insightful sessions and the practical relevance of the topics covered. Students expressed great interest and appreciation for the relevance of sleep science in clinical practice.

The CME was a resounding success, serving as a platform for academic exchange, skill development, and fostering deeper understanding of the vital role of sleep in health and disease.