



Seeragapadi, Salem-636 308. Tamilnadu, India

**REPORT /DATA REQUIRED ON
CONFERENCES/CME/WORKSHOP/WEBINARS/EVENTS/
PROFESSIONAL DEVELOPMENT TRAINING(Non-Teaching)/ ORIENTATION ETC.,**

1. Name of the department organised: Physiology
2. Name / Title: National webinar on "Sleep"
3. Date: From 16.7.22 To _____ / Hours duration 3.30 hours
4. Name of the Guest Speaker (Name/Designation/Name of the Institution/Place)
 - a. Dr.Harsha N Halahalli, Registrar, NITTE (Deemed to be University) Mangalore, Professor of Physiology, K. S. Hegde Medical Academy, Mangalore
 - b. Dr. N. Balamurugan, Director & consultant Neurologist, SIMS Chellum Hospital, Salem
5. Name of the Resource Persons:
 - a. _____
 - b. _____
6. Name of the organisers:
 - a. Dr. V. Suganthi, Professor & Head, Department of Physiology
 - b. Dr. P P Sheela Joice __ Associate Professor & Head, Department of Physiology
 - c. Dr. S. Waheeda Assistant Professor & Head, Department of Physiology
 - d. Mr. Syed, Tutor, Department of Physiology
 - e. Dr. G. Shriram, Tutor, Department of Physiology
 - f. Dr. R. Gopinath, Tutor, Department of Physiology

No. of participants

- a. Faculty: 21
 - b. Students(VMKVMC&H): PG: 15 UG: 98
 - c. Other Institution: faculty: 119 PG: 15 UG: _____
 - d. Non-Teaching Staffs: _____
7. Certificate Issued: Yes / No ; (If yes, credit points applicable to CME): yes, 0.5 points
 8. Data pertains to criterion metric: 6.3.3



List of attachment:

- One page brief report (100 – 200 words) with three (3) geo-tagged photos (Inauguration, Guest speaker and Participants) with an appropriate caption and signed by the dean.
- List of participants (Faculty; Students / Staffs)
- Certificates (If issued)

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STANDARD OPERATING PROCEDURES (SOPs)

Circular / Invitation to be submitted to IQAC well in advance

Geo-tagged photos to be taken during the programmes / events
<http://bit.ly/gpsmapcameralite>

After the programmes/events the above data/report shall be submitted within five days to
IQAC

Kirupananda
22/7/22.
PROFESSOR AND HOD
Dept. of Physiology,
VMKV Medical College & Hospitals,
Seeragapadi, Salem - 636 308.



VINAYAKA MISSION'S
**KIRUPANANDA VARIYAR
MEDICAL COLLEGE & HOSPITALS**

DEPARTMENT OF PHYSIOLOGY

Report on "National Webinar on SLEEP"

Department of Physiology, Vinayaka Mission's Kirupananda Variyar Medical College, Salem had organized and conducted a National Webinar on Sleep on 16.7.22, Saturday 1.30 – 4 pm. The Webinar was conducted online through zoom platform.

Eminent speaker, Dr. Harsha N Halahalli, Registrar, NITTE (Deemed to be University), Professor in Physiology, K S Hegde Medical Academy, Mangalore spoke about "Sleep – What we Know and What we Don't".

Dr. N. Balamurugan, Director and Consultant neurologist in SIMS Chellum Hospital, Salem was the next speaker and he gave a talk on "Introduction to sleep disorders".

The Department had applied for TNMC Credit points and TNMC points of 0.5 were awarded for the Webinar. Dr. A. S. Kumar was appointed by TNMC as an observer for the session.

The chair persons for the session were Dr. Elizabeth (Renu) Tharion, Professor & Head, Department of Physiology, CMC, Vellore and Dr. R. Shanmugasundaram, Professor, Department of General Medicine, VMKVMCH, Salem.

The session started at 1.30pm with the welcome address by Dr. V. Suganthi, Professor & Head, Department of Physiology, she welcomed the Speakers, the Dean and other VAB members, the chair persons and the delegates.

The Dean, Professor Dr. K. Ezhilvendhan delivered the Dean's address and welcomed the participants and felicitated the gathering.

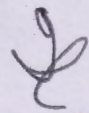
Deputy Dean Dr. Deepti Shastri, felicitated the gathering.

Dr. G. Shriram, Tutor, Department of Physiology, introduced the first speaker of the webinar, Dr. Harsha N Halahalli.

Dr. Harsha N Halahalli presented an interesting talk about the neurobiology of sleep, the chemicals related to sleep, the sleep stages and EEG changes in sleep and switching of sleep patterns in normal conditions. He also explained about the importance of sleep for learning and memory and other physiological functions of the human body. The session was for 55 minutes following which the open house discussion was for 10 minutes.

The second speaker of the Webinar, Dr. N. Balamurugan was introduced by Mr. Syed Liyakath Ali, Tutor in Department of Physiology.

Dr. N. Balamurugan gave an enlightening talk on disorders of sleep. He explained various sleep related disorders and explained it with interesting videos. He also emphasized the importance of sleep, especially for students for learning and memory. His session was interactive with questions for audience. The session was for 50 minutes


Prof. Dr. K. Ezhilvendhan, M.S.,
Dean

Vinayaka Mission's Kirupananda
Medical College & Hospitals

The chair persons started the open house discussion with interesting questions for the speakers and gave their inputs, regarding sleep.

Dr P P Sheela Joice, Associate Professor of department of Physiology along with I MBBS Student Miss. Kamna Pandey, coordinated and conducted the program.

The session was very interactive and the interaction of participants with the speaker was conducted through questions and answers in chat box as well as verbal questioning and participants got their doubts cleared.

Dr. P P Sheela Joice, Associate Professor, delivered the Vote of thanks. The session ended at 4 PM.

250 delegates attended the webinar. Feedback from the participants was obtained through Google forms and the feedback was analyzed.

Prof. P. P. Sheela Joice
18/7/22.
PROFESSOR AND HOD
Dept. of Physiology,
VMKV Medical College & Hospitals,
Seeragapadi, Salem - 636 308.



VINAYAKA MISSION'S
RESEARCH FOUNDATION
DEEMED TO BE UNIVERSITY



VINAYAKA MISSION'S
KIRUPANANDA VARIYAR
MEDICAL COLLEGE & HOSPITALS

Vinayaka Mission's Kirupananda Variyar Medical College & Hospitals, Salem.

Vinayaka Mission's Research Foundation (Deemed to be University)

NATIONAL WEBINAR ON SLEEP

Certificate of Honour

Awarded to

Prof. Dr. N. BALAMURUGAN

for delivering a talk on "Introduction on Sleep disorders" as a guest speaker in the "National Webinar on Sleep" organized by Department of Physiology, Vinayaka Mission's Kirupananda Variyar Medical College & Hospitals, Salem, on 16th July 2022.

Tamilnadu Medical Council has granted 0.5 credit points for this National Webinar.

Dr. V. Suganthi
Organising Secretary
Dept. of Physiology

Dr. Deepti Shastri
Deputy Dean

Dr. S.R. Ranga Dashyam
Medical Superintendent

Dr. K. Ezhil Vendhan
Dean