

Sleep CME

Velammal Medical College
IN ASSOCIATION WITH
Association of Physiologists of Tamil Nadu
Under
The Tamil Nadu Dr. MGR Medical University

INVITES YOU TO ATTEND
CME ON SLEEP
"Sleep is Essential for Health"

8.00 AM to 5.00 PM
18th – MARCH, 2023

Venue:
Lecture hall -1 (1st floor)
Velammal medical college

PATRON
Honourable Chairman
Shri M.V. Muthuramalingam

ADVISORS

Dean
Dr. T. Thirunavukkarasu
Med. Superintendent
Dr. S.C. Ganesh Prabu

Vice Principal
Dr. B.G. Mahesh Krishna
CAO
Mr. Er. R. Manivannan

Department of Physiology
VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE – MADURAI-09

Program

TIME	TOPIC	FACULTY	CHAIR PERSONS
8.30am to 8.45 am	Registration		
8.45am to 9.30 am	Welcome Address	Dr. S. Anu MD Prof and Head, Dept of Physiology, VMCHRI – Madurai.	
9.30am to 9.55 am	Inaugural Address	Dr. T. Thirunavukkarasu MD DA Dean, VMCHRI – Madurai.	
9.55am to 9.00 am	Presidential Address	Dr. Dilaw Kamalkhan MD President, APT.	
SCIENTIFIC SESSION – I			
9.00am to 10.00 am	SLEEP AND GIT	Dr. K. Mathu Prabhakar MD Prof and Head, Dept of Physiology, VMCHRI – Chennai.	Dr. R.T. Narendran MD DM Senior consultant, Gastroenterologist, VMCHRI – Madurai.
10.00am to 11.00 am	SLEEP AND MEMORY	Dr. M. Kavitha MD DM Prof and Head, Dept of Neurology, VMCHRI – Madurai.	Dr. V. Ramasudhan MD Prof and Head, Dept of Psychiatry, VMCHRI – Madurai.
11.00am to 11.15 am	Tea Break		Dr. M. Shanthi MD Prof. Dept of Physiology, VMCHRI – Madurai.
SCIENTIFIC SESSION – II			
11.15am to 12.15 pm	SLEEP AND IMMUNITY	Dr. A.S. Meenakshi Sundaram MD Assoc Prof, Dept of Biochemistry, PGIMER – Coimbatore.	Dr. T. Rajendran MD Prof and Head, Dept of Microbiology, VMCHRI – Madurai.
12.15pm to 1.15 pm	SLEEP AND MUSCLE	Dr. P.S.I. Saravanan MD Prof and Head, Dept of Physiology, GDMC – Sivagangai.	Dr. M. Saravanan MD Prof and Head, Dept of Medicine, VMCHRI – Madurai.
1.15pm to 2.00 pm	Lunch Break		Dr. Dilaw Kamalkhan MD Professor, Dept of Physiology, VMCHRI – Chennai.
SCIENTIFIC SESSION – III			
2.15 to 4.30 pm	UG - CROSSWORD PUZZLE COMPETITION		MODERATORS Dr. M. Saravanan MD Dr. R. Durai Arasan MD Dr. S.P. Kausikan MD
4.30 pm to 4.50 pm	PG - CASE PRESENTATION		JUDGES Dr. A. Jaya Jency Selvi MD DGO Prof and Head, Dept of Physiology, TSMC – Theerthkudi.
4.50 pm to 5.00 pm	Vote of thanks	Dr. S. John Rajagthy MD Prof, Dept of Physiology, VMCHRI – Madurai.	Dr. R. Ramesh, M.D., Prof, Dept of Medicine, VMCHRI – Madurai. Dr. R. Senthil Murugan MD DM, Consultant Cardiologist, VMCHRI – Madurai.

REGISTRATION

UG student	Rs - 100
PG student	Rs - 500
Faculty	Rs - 200

<https://docs.google.com/forms/d/1cadNqRS51K1AXeO8h524hubDk2pnaQLrgePUXkQfCM/edit>

Tamil Nadu Medical Council has awarded 02 credit hours and The Tamil Nadu Dr. M. G. R. Medical University, Chennai has awarded 10 credit points under category II.

Organizing Secretary
Dr. S. Anu MD
Scientific Committee
Dr. S. John Rajagthy MD

FACULTY IN CHARGE
PG Case Presentation
Dr. M. Renu Meena MD – 8220612381
Assistant Professor
UG Crossword Puzzle
Dr. R. Durai Arasan MD – 9626208231
Senior Resident
Registration
Dr. S.P. Kausikan MD – 9843099357
Postgraduate



DEPARTMENT OF PHYSIOLOGY
Velammal Medical College Hospital
and Research Institute
Madurai-09

Around 200 undergraduate students, 108 postgraduates and faculties from Velammal and various medical colleges attended the event.

Registration for the program started at 08.15 am by the registration committee involving 10 undergraduate students under the guidance of Dr.S.P.Kausikan, Postgraduate, Dept. of Physiology. Compering was done by Velammal students Riya (CRRI) and Arunthathi Priya (3rd year M.B.B.S.). Program started with Tamizh Thai vazhthu and lighting of Kuthuvilakku.

The program commenced at 8.30 am. Dr.S.Anu, Professor and Head, Department of Physiology, VMCH&RI gave welcome address to the faculties, undergraduates and postgraduate students who attended the program. Inaugural address was given by Dr.T.Thirunavukkarasu, Dean, VMCH&RI. Presidential address was given by Dr.Dilara Kamaldeen, President, Association of Physiologists of Tamilnadu. Special address was given by Dr.S.C.Ganesh Prabu, Medical Superintendent, VMCH&RI

The first scientific session started at 09.00 am. Chairpersons Dr.R.T.Narendran and Dr.A.B.Bhaskar introduced the speaker Dr.K.Muthu Prathibha Professor and Head, Dept of Physiology, SVMCH&RC – Chennai and handed over the session. The topic was on ‘Sleep and GIT’. This lecture revisited the basics, appreciated the physiological basis that gets distorted in sleep dysfunctions pertaining to the gut. Chairpersons Dr.V.Ramanujam and Dr.M.Shanthi introduced the speaker Dr.M.Kavitha, Prof and Head, Dept of Neurology, VMCHRI – Madurai and handed over the next session. The topic was on ‘Sleep and Memory’. The role of sleep in memory formation and memory consolidation was discussed. The stages of sleep and the process of memory formation was elaborated.

After tea break “Neelambari” ragam (music for sleep) was played on violin by Amruthavarshini (final year M.B.B.S. student). Chairpersons Dr.T.Rajendran and Dr.M.Saravanan introduced the speaker Dr. A.S.Meenakshi Sundaram, Assoc Professor, Dept of Biochemistry, PSGIMSR – Coimbatore and handed over the next session. The topic was on ‘Sleep and Immunity’. The effects of restricted and prolonged sleep duration on measures of morbidity, mortality, and susceptibility to infectious diseases and role of proinflammatory cytokines were discussed in this session. Chairpersons Dr.M.Virgin Joena and Dr.Dilara Kamaldeen introduced the speaker Dr. P.S.L. Saravanan, Professor and Head, Dept of Physiology, GSMC – Sivagangai and handed over the next session. The topic was on ‘Sleep and Muscle’. The speaker highlighted the physiological process of skeletal muscle strength and function. The importance

of regular sleep in maintaining a normal skeletal muscle function was emphasised.

Preliminary round (written round) for undergraduate students who competed in crossword puzzle competition was conducted in lecture hall - 2 at 11.30 am by Dr.R.Durai Arasan and Dr.S.P.Kausikan. 12 teams participated and 7 teams scoring top marks were selected for the next round.

Afternoon session had three events in four different places – Crossword Puzzle competition, PG Case Presentation and UG model making competition at various college venue at the same time.

7 teams participated in Crossword Puzzle competition and 4 teams advanced to the final round. The final round was conducted by Dr.M.Saravanan. In the final round, first place was secured by Govt. Chengalpattu medical college. Second place was secured by Govt. Sivagangai medical college

24 postgraduate students from various medical colleges attended the postgraduate case presentation competition on the topic 'Sleep'.

14 postgraduates competed in the case presentation event. It was conducted in 2 sessions in two separate halls.

Postgraduate case presentation session 1 was conducted by Dr.S.Anu. 7 postgraduates from various colleges participated. First prize was won by Dr.R.Jemy Adalin, from Govt. Thanjavur medical college on the topic 'Central Hypoventilation Syndrome'. Second prize was won by Dr.A.Ramya, from PSG medical college and research institute on the topic 'Obstructive Sleep Apnoea'. Third prize was won by Dr.K.Darshini, from PSG medical college and research institute on the topic 'REM Sleep Disorder'. Dr.A.Jaya Jancy Selvi, Professor and Head, Dept of Physiology, TKMC, Thoothukudi and Dr.R.Ramesh, Professor, Dept. of Medicine, VMCH&RI, Madurai judged the session.

Postgraduate case presentation session 2 was conducted by Dr.M.Renu Meena. 7 postgraduates from various colleges participated. First prize was won by Dr.T.Preethy, from PSG medical college and research institute on the topic 'Narcolepsy'. Second prize was won by Dr.E.Manimozhi, from Govt. Madurai medical college on the topic 'Restless Leg Syndrome'. Third prize was won by Dr.S.Mohamed Azaarudeen, from Govt. Thanjavur medical college on the topic 'REM Sleep Behaviour Disorder'. Dr.K.Muthu Prathibha, Professor and Head, Dept. of Physiology, Sri Venkateshwara Medical College, Chennai and Dr.R.Senthil Murugan, Consultant Cardiologist, VMCH&RI, Madurai judged the session.



