

## The World Sleep Day celebration March 16, 2018

### JOIN THE SLEEP WORLD, PRESERVE YOUR RHYTHMS TO ENJOY LIFE

The World Sleep Day was organized by the Division of Sleep Research, Department of Applied Biology on March 16, 2018 in the Biomedical Technology wing. Dr Prabha D Nair, Head, Dept of Applied Biology and DTERT chaired the session of the event. Dr. Harikrishna Varma, Head of the BMT wing, SCTIMST conferred the inaugural address emphasising the need for good sleep for healthy body. Dr Prabha D Nair pointed out that even though over 100 million persons in the world are reported to have sleep disorders, over 80% of the cases are undiagnosed due to lack of awareness of this important aspect of life. On this occasion, Dr Kamallesh K Gulia, Scientist In-charge of the Division of Sleep Research delivered a talk on "Sleep: Revisit to an understated element of life!". The post-talk session was marked by the enthusiasm of the participants who raised several pertinent questions on the importance and impact of sleep on lifestyle. Dr Gulia handed over to Dr. Harikrishna Varma 2 copies of "*DOWN MEMORY LANE*" by Dr V Mohan Kumar, who initiated the Comprehensive Centre for Sleep Disorders in the SCTIMST, for the Library in Hospital and the BMT wing.



