

CME “chronobiology & sleep: updates”

The Department of Physiology, Dr. Ram Manohar Lohia Institute of Medical Sciences, Lucknow had organized a Continued Medical Education (CME) on theme “Chronobiology and Sleep: Updates” under aegis of Association of Physiologists of India-UP chapter and Indian Society of Chronomedicine on date 7th May, 2022. The presentations, studies and contemplation done on this subject were full of technical excellence and meticulousness. This is an important and unique step taken by the Lohia Institute in the field of public interest and medical education. The CME was inaugurated and chaired by Prof. Soniya Nityanand, Director of RML Institute. The delegates of the CME included faculties and resident doctors from different medical institutions of Uttar Pradesh.

The key speakers of CME were Prof. Narsingh Verma, Head of Department of Physiology at King George Medical University Lucknow; Dr. Tripathi Deep Singh, Director Academy of Sleep wake Science, a renowned Sleep Expert from Patiala, Punjab and Dr. Anand Srivastava, Professor Pulmonary Medicine King George Medical University Lucknow. They shared their expert views on different aspects of Chronobiology and Sleep, the gist of which are as follows. The following seven benefits have been mentioned about taking a good and satisfactory sleep on time:

- Less likely to gain body weight and obesity
- Healthy heart: good sleep reduces the chances of heart attack.
- Adequate sleep reduces mental fatigue and increases work efficiency and well as cognition
- Provides emotional and mental strength
- sharpens the memory
- Increases immunity
- Prevents from illnesses like Alzheimer's in the brain

During this academic function poster and research-paper presentation competitions were also organized among post graduate (MD/MS) residents and MBBS students on various related topics. The prizes and certificates were distributed after completion of CME.





