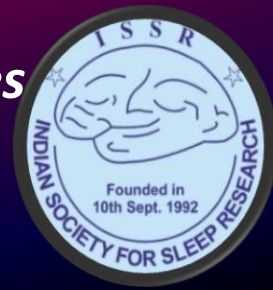




All India Institute of Medical Sciences Bathinda Department of Physiology



Patron

Prof.(Dr.) D.K. Singh
Executive Director & CEO



Co-Patron

Prof.(Dr.) Satish Gupta
Dean



Co-Patron

Prof.(Dr.) Rajiv Kumar
Medical Superintendent

ORGANIZING TEAM

Organizing Chairperson:
Dr. Sonia Kochhar
Additional Prof. & HOD

Organizing Secretary:
Dr. Meena Mirdha
Associate Professor

Organizing members:
Dr. Dipti Magan
Dr. Megha Agrawal
Assistant Professor

Let's celebrate healthy sleep!

CME on
WORLD SLEEP DAY
17 March, 2023 at 2-5 pm

TOPIC:
**SLEEP –A KEY TO GOOD
HEALTH**

Guest Speakers



Dr. H.N. Mallick
ISSR, President
Ex Prof, AIIMS, Delhi



Dr. Tripat Deep Singh
Founder, Academy of
Sleep-wake science

Hybrid
mode

Play by
students

Poster
competition

Interactive
session



ORGANIZED BY

ALL INDIA INSTITUTE OF MEDICAL SCIENCES BATHINDA

SLEEP - A KEY TO GOOD HEALTH

DATE: 17 March, 2023 at 2-5 pm

DETAILED SCHEDULE FOR CME

02:00 to 02:10 pm	Introduction to CME by Organizing Chairperson- Dr Sonia Kochhar, Addl. Prof and HOD Physiology
02:10 to 02:20 pm	Lamp Lighting and Saraswati Vandana
02:20 to 02:30 pm	Welcome Address by Patron Dr D K Singh Executive Director & CEO, AIIMS, Bathinda
02:30 to 02:40 pm	Address by Co-Patron Prof.(Dr.) Satish Gupta Dean, AIIMS, Bathinda
02:40 to 03:15 pm	“ SLEEP HEALTH IN INDIA” by Dr. H.N. Mallick Ex Prof , AIIMS, Delhi
03:15 to 03:45 pm	“ SLEEP:FOUNDATION OF HEALTH” by Dr. Tripat Deep Singh Founder, Academy of Sleep wake science
03:45 to 4:15 pm	Live Interactive Session
04:15 to 04:30 pm	‘Demystifying myths’: Play by students
04:30 to 04:40 pm	Valedictory Session
04:40 to 04:50 pm	Vote of Thanks by Organizing Secretary
04.50 pm onwards	High Tea

Registration is free but mandatory.

Kindly register on link below at CME - World Sleep Day

<https://iecho.org/public/program/PRGM1652680943184CXLRTPBJXJ>