

## SUMMARY REPORT & PHOTOGRAPHS OF THE WEBINAR

Department of Physiology, AIIMS, Rajkot conducted a Webinar on “**Sleep & Polysomnography, Basics to Recent Updates**” on Friday, 06 August 2021. The event was conducted online while our respected Executive Director, Col. Dr. C.D.S. Katoch, AIIMS, Rajkot (Patron of the webinar) presented to the online delegates as well as in campus Faculty and students. Beside this, the program was conducted by organizing chairman Dr. Vivek Kumar Sharma, Professor & Head, Department of Physiology, AIIMS, Rajkot. The main objective of this webinar was to emphasize how sleep is an important part of our healthy life including its neurophysiology & clinical aspects. The program started at 9:00 AM by organizing secretary, Dr. Rajesh Kathrotia welcomed all the speakers & delegates from all over the world. Organizing chairman, Dr. Vivek Kumar Sharma gave overview & objectives of the webinar. Webinar was inaugurated by Executive Director, Dr. Col. C.D.S. Katoch, AIIMS, Rajkot followed by his welcome address. The inauguration session came to an end with vote of thanks by Coordinator Dr. Gaurav Sharma, Assistant Professor, AIIMS, Rajkot.

It was followed by scientific session which was coordinated by Dr. Pradip Barde, Associate Professor, Department of Physiology, AIIMS, Rajkot. Dr. Tripat Deep Singh, International Sleep Specialist talked on “Sleep foundation of Health” which was followed by talk from renowned speaker Dr. Bindu M. Kutty, Professor, Department of Neurophysiology, In charge Professor & Coordinator of NIMHANS Center for Consciousness Studies She explained Neurophysiology of Sleep.

After Tea break, Dr. Arun, Scientist-C (Neuroscience), Department of Neurophysiology, NIMHANS Bangalore enlightened the delegates with the Basics of Polysomnography & Sleep Stages. Dr. P. N. Ravindra, Associate Professor, Department of Physiology, NIMHANS, Bangalore explained the Neural Substrates of Sleep. It was followed by the talk of Dr. (Col) C.D.S. Katoch, MD (Medicine), MD (Pulmonary Medicine), Executive Director, AIIMS, Rajkot about the Overview of Obstructive Sleep Apnea.

Dr. Pradip Barde, Associate Professor, Department of Physiology, conducted a question & answer session which was followed by feedback from the respective delegates.

Special mention for Dr. Vinay Chitturi (Assistant Professor, Department of Physiology, AIIMS, Rajkot) for technical support and making online event possible. The event ended with the vote of thanks to all the participants.

## Few salient feedbacks are:

- “It was very interesting session”; @ Garima Charak
- “Webinar was so knowledgeable”; @ Sabita Yograj
- “Very informative talk”; @ Dr. Vijaya Vageesh
- “Wonderful presentation sir” @ Dr. Amrita Lumbani
- “Thanks, Sir for your excellent talk” @ Dr. Arun
- “Thank you so much sir for an excellent class, you explained it in a way that everyone can understand easily” @ Ranjusha
- “Well explained roll of adenosine & astrocytes by Ravindra Sir” @ Ravindra Wadhwni
- “Very nice & informative session” @ Saran Sanjay
- “Dr. Col. C.D.S. Katoch presented the overview of OSA in a very simple way while mentioning that lack of sleep is a major cause of most of the comorbidities”; @ Dr. Pratik Amrutiya
- “The first session started with basics but very knowledgeable and last session of OSA was explained in a very easy language”. @ Amruta Nitin
- “Thank you, Dr. Vivek, for arranging such a nice webinar” @ Sumana
- “Thank you, speakers & organizers for this enlightening & informative sessions” @ Andrew John Silvester
- “Very well-organized webinar” @ Kaviraja Udupa
- “Excellent webinar, thanks to the speakers & all the best to organizers” @ Dr. Sanjay Kumar

