Echoes of the Night: Unravelling the Mysteries of Sleep — A Resounding Success

The Department of Physiology at Malabar Medical College Hospital & Research Centre, Ulliyeri, hosted a one-day CME titled "Echoes of the Night: Unravelling the Mysteries of Sleep" on April 5, 2025, at Sapphire Hall. The event drew distinguished speakers and delegates from across the region for an engaging exploration into the science of sleep.

The CME opened with a thought-provoking session by **Dr. Smruthi V**, highlighting sleep's vital role in mental and physical health. The formal inauguration, graced by **Mr. Anil Kumar**, **Dr. Sudha Anil**, and other dignitaries, reinforced the importance of integrating sleep science into medical practice.

Renowned experts including **Dr. Harsha Halahalli**, **Dr. Ravindra PN**, **Dr. Durga Balagopalan**, and **Dr. Fiju Chacko** captivated the audience with sessions on neurophysiology, circadian rhythms, obstructive sleep apnoea, and the link between sleep and neurodegeneration.

The afternoon featured a well-attended oral paper presentation by postgraduate students, judged by a panel of eminent physiologists. The event concluded with a valedictory function and certificate distribution.

With rich discussions, clinical insights, and enthusiastic participation, "Echoes of the Night" successfully advanced awareness and academic engagement in sleep medicine.













