



# Department of PHYSIOLOGY



SRI GURU RAM DAS UNIVERSITY OF HEALTH SCIENCES  
SRI AMRITSAR

Organising

CME

## **SLEEP** - *The Hidden Pillar Of Health*

A CME on Sleep Physiology & Health

★ Rest   ★ Relax   ★ Recharge



### NEW ANATOMY HALL

SRI GURU RAM DAS INSTITUTE OF MEDICAL SCIENCES & RESEARCH  
SRI AMRITSAR

"Sleep Well, Live Better"

20<sup>th</sup> JUNE  
2026

CME CREDIT  
HOURS  
Applied for

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Chancellor

Sri Guru Ram Das University of Health Sciences, Sri Amritsar

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### **Dr. Deepinder Kaur**

Professor & Head, Department of Physiology,  
Sri Guru Ram Das Institute of Medical Sciences & Research, Sri Amritsar

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Professor, Dept. of Physiology,  
SGRDIMS, Sri Amritsar

#### **Dr. Shashi Mahajan**

Professor, Dept. of Physiology,  
SGRDIMS, Sri Amritsar

#### **Dr. Roopam Bassi**

Professor, Dept. of Physiology,  
SGRDIMS, Sri Amritsar

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#### **Dr. Kiran**

Professor, Dept. of Physiology,  
SGRDIMS, Sri Amritsar

#### **Dr. Manjeet Kaur**

Professor, Dept. of Physiology,  
SGRDIMS, Sri Amritsar

#### **Dr. Parminder Kaur**

Professor, Dept. of Physiology,  
SGRDIMS, Sri Amritsar

#### **Dr. Dimple Bajaj**

Professor, Dept. of Physiology,  
SGRDIMS, Sri Amritsar

#### **Dr. Sanjeev Saggarr**

Associate Professor, Dept. of Physiology,  
SGRDIMS, Sri Amritsar

## *Registration Committee*

#### **Dr. Meena Arora**

Associate Professor, Dept. of Physiology,  
SGRDIMS, Sri Amritsar

#### **Dr. Sheveta Dureja**

Assistant Professor, Dept. of Physiology,  
SGRDIMS, Sri Amritsar

# Scientific Programme

Time

Topics

Speakers

08:00 - 09:00 am | Registration

09:00 - 09:45 am | Physiology of Sleep

**Dr. Narinder Kaur**

Professor, Dept. of Physiology  
GMC, Amritsar

09:45 - 10:30 am | Beauty Sleep is Real: Sleep, Circadian Rhythm and Skin Health

**Dr. Kawalinder Kaur**

Professor, Dept. of Physiology  
SGRDIMS, Amritsar

10:30 - 11:00 am | Inauguration & Tea Break

11:00 - 11:45 am | Meditation and Sleep: The Science of Rest and Relaxation

**Dr. Kiran**

Professor, Dept. of Physiology  
SGRDIMS, Amritsar

11:45 - 12:30 pm | Impact of Sleep on Health and Well Being

**Dr. Namita Khanna**

Professor, Dept. of Physiology  
GGSMC, Faridkot

12:30 - 01:15 pm | Sleep and Mental Health - Sleep Disorders

**Dr. Malvika Dahuja**

Assistant Professor, Dept. of Psychiatry,  
SGRDIMS, Amritsar

01:15 - 02:15 pm | Lunch

02:15 - 03:30 pm | Debate

**Dr. Deepinder Kaur**

HoD Physiology, SGRDIMS, Amritsar

**Dr. Sukhjinder Kaur**

Prof. Physiology, SGRDIMS, Amritsar

**Dr. Richa G. Thaman**

Prof. Physiology, SGRDIMS, Amritsar

**Dr. Shashi Mahajan**

Prof. Physiology, SGRDIMS, Amritsar

**Dr. Roopam Bassi**

Prof. Physiology, SGRDIMS, Amritsar

03:30 - 04:30 pm | Poster

**Dr. Manjeet Kaur**

Prof. Physiology, SGRDIMS, Amritsar

**Dr. Parminder Kaur**

Prof. Physiology, SGRDIMS, Amritsar

**Dr. Dimple Bajaj**

Prof. Physiology, SGRDIMS, Amritsar

**Dr. Meena Arora**

Assoc. Prof. Physiology, SGRDIMS, Asr.

**Dr. Sanjeev Saggur**

Assoc. Prof. Physiology, SGRDIMS, Asr.

**Dr. Sheveta Dureja**

Asstt. Prof. Physiology, SGRDIMS, Asr.

04:30 - 05:00 pm | Valedictory Function