

- ❖ Name & Designation : Lt. Col (Dr.) Karuna Datta, Ph.D. Student.
- ❖ Address : Dept. of Physiology, AIIMS, New Delhi-110029.
- ❖ Name of the International Conference/ Seminar/Symposium/ Workshop : Associated Professional Societies 2014.
- ❖ Title of the abstract accepted : Yoga Nidra: An innovative approach for management of chronic insomnia.
- ❖ Date & Venue : 31<sup>st</sup> May-4<sup>th</sup> June 2014. Minnesota, USA.
- ❖ Money sanctioned : Rs 81,224/-
- ❖ Money reimbursed : Rs 1,00,000/- (Due to hike the fare of air travel an additional Rs.18,776/- were sanctioned)

### Participation Report

I attended post graduate course on pediatric sleep medicine and circadian rhythm disorders. The courses dealt with the recent updates on diagnosis and therapeutics.

The role of sleep and its importance in society was a highlight of the conference. Road safety, human performance and emerging role of disturbed sleep to various diseases was substantially emphasised. Various sessions pointed to the role of sleep problems and its association to mood and cognition disorders and alterations in metabolism. Non pharmacological treatment strategies for insomnia were discussed and it was supported with evidence as the mainstay of treatment of chronic insomnia.

#### **New development resulting from attending the conference**

Personally I gained immensely from the sessions. The post graduate courses made me aware of handling pediatric population when they report with sleep problems. I gained insight into shift work disorders and jet lag which are so commonly seen in the society. Current trends to overcome these problems were learnt. Various sessions updated my existing knowledge. I attended non pharmacological strategies for insomnia which were from experts across the globe. The problems that one faces as a doctor while treating sleep disorders was discussed and was very encouraging as it helps in day to day functioning and made me wiser.

I feel confident of treatment of patients with updated knowledge and insight into latest technology. I have also understood the problems in practising this relatively latest field of 'sleep medicine' and this exposure would motivate me for many years.

#### **Recommendations-**

Sleep problems are increasing in our country and sleep medicine is an upcoming field. A need exists for a dedicated trained team to help in society. Regular CMEs and updates should be organised at the national level and are a must in this field.

The current diagnostics and therapeutics can be updated in these conferences and more students interested in this field should be encouraged to attend such type of conference specially in sleep medicine.

## Participant's contribution to the conference

My poster particularly went off very well with many inputs from renowned sleep doctors across the globe. I also received congratulatory remarks from some doctors and the interaction was very fruitful for the future.

I interacted with many doctors of the same field in the general meetings and we discussed usual problems faced while treating these patients which were a big learning.