



# **Indian Society for Sleep Research (ISSR)**

Invites you all to

National Sleep Medicine Course (NSMC)

&

National Sleep Technology Course (NSTC)

**NSTC Date: 12 Sept 2025**

**NSMC Dates: 13-14 Sept 2025**

**Venue: The International Centre Goa**



**Dr. Deepak Shrivastava**  
**Course Director**



**Dr. Hrudananda Mallick**  
**Course Director**



**Dr. Tripat Deep Singh**  
**Organizing Secretary**

## **Contact Us**

**Ph no- +91-9944816086**

**Email: [nsmcnstc@gmail.com](mailto:nsmcnstc@gmail.com)**

# **NSMC Aims and Objectives**

**The National Sleep Medicine Course (NSMC) Is Organized In Collaboration With Academic Faculty From United States, Japan And India. The Course Is Intended To Provide Basic Science, Technical Aspects And Clinical Science Education To The Indian Audience. The Needs Assessment Analysis During September 2005, 2nd Interim World Congress Of World Federation Of Sleep Research Society And Medical Societies (WFSRSMS), Highlighted The Urgent Need For Sleep Medicine Education Initiative In India. The First Course (NSMC 2006) Was Organized In AIIMS, New Delhi During October 14-15, 2006 As An Experimental Basis Under The Initiative Of Dr Deepak Shrivastava. The Overwhelming Response And Clinical Success Of The NSMC 2006 Has Encouraged Us To Continue The Programme Annually On Regional Basis Since 2006.**



# NSMC History 2006-2024



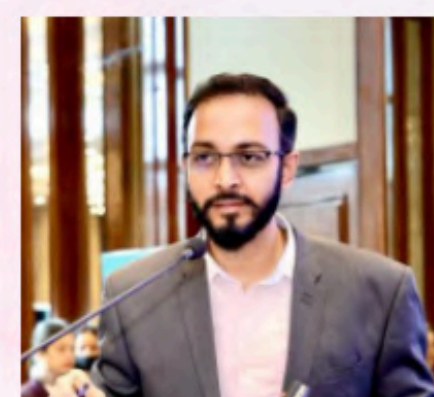
2006: Dr. HN Mallick  
AIIMS New Delhi



2009: Dr. Manvir Bhatia  
Sir Ganga Ram Hospital  
New Delhi



2016: Dr. Ravi Gupta  
HIMS Dehradun  
Uttarakhand



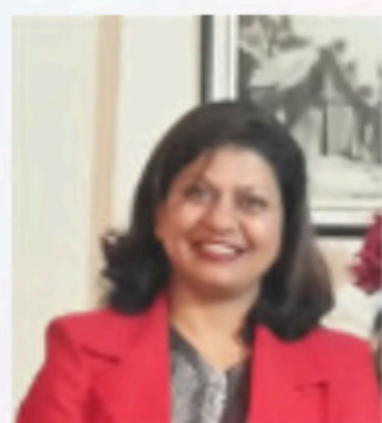
2015: Dr. Kripesh Sarmah  
Guwahati, Assam



2011: Dr. Preeti Devnani  
Mumbai



2022 & 2024: Dr. Tripat Deep Singh  
ICG, GOA



2017 & 2018: Dr. Karuna Datta  
ICG, GOA



2007 & 2012: Dr. Bindu Kutty  
NIMHANS Bangalore



2010: Dr. Kamalesh Gulia  
SCIMST Kerala



2013: Dr. Suresh Kumar  
Sri Balaji Medical College  
Chennai



2019: Dr. Apar Jindal  
Chettinad Academy of  
Research and  
Education, Chennai



2008: Dr. Arpita Priyadarshini  
VSS Medical College Burla  
Odisha

2023: Co-hosted by ISSR  
and AIIMS Kalyani  
Kolkata

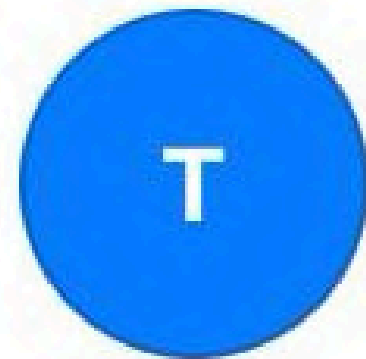




# NSTC and NSMC Registration Fee

	NSTC Only	NSMC only	NSTC & NSMC Both
Sleep technologist	Rs. 3000	Rs. 4000	Rs. 5000
Doctors	Rs. 5000	Rs. 7500	Rs. 9000
Industry participants	Rs. 7500	Rs. 9000	Rs. 12000

# NSTC and NSMC Registraion payment UPI link



The Indian Society For Sleep Research

paytm ❤️ UPI



9810755486@ptsbi

# 12 Sept National Sleep Technology Course

## Agenda

8-9am	Registration	
9-9:30am	Sleep architecture from birth to old age	Dr. <u>H.N.Mallick</u>
9:30-10am	Basic Neurophysiology of Sleep EEG, EOG and Chin EMG recording	Dr. V Mohan Kumar
10-10:30am	Sleep waveforms in EEG and EOG	Dr. Deepak Shrivastava
10-30-10:50am	Tea Break	
10:50-11:20am	AASM rules for Sleep staging in adults	Dr. Tripat Deep Singh
11:20-11:50am	AASM rules for scoring Arousals	Dr. Nasreen Akhtar
11:50am-12:20pm	AASM rules for scoring Respiratory events in adults	Dr. Madhavan Chandran
12-20-12:50pm	AASM rules for scoring PLMS	Dr. Karuna Datta
12:50-2pm	Lunch	
2-2:30pm	How to prescribe PAP therapy for OSA patient?	Dr. Ravi Chandra
2:30-3pm	Interpretation of diagnostic sleep report	Dr. Manvir Bhatia
3-3:20pm	Tea break	
3:30-4:30pm	PAP therapy devices and compliance reports Workshop	Dr. Tripat Deep Singh/Dr. Lokesh Saini
4:30-5:30pm	PSG Workshop	Dr. Nasreen Akhtar

# 13 Sept National Sleep Medicine Course

## Agenda

8-9am	Registration	
9-9:20am	Intro to NSMC	Dr. Deepak Shrivastava
9:20-9:40am	Intro to Sleep classical Science	Dr. <u>H.N.Mallick</u>
9:40-10:10am	Sleep Health	Dr. <u>H.N.Mallick</u>
10:10-10:40am	Neurophysiology of Sleep and Wakefulness	Dr. V Mohan Kumar
10:40-11am	Tea Break	
11-11:30am	Intro of Participants	
11:30am-12pm	Circadian Physiology	Dr. Kamalesh Gulia
12-12:30pm	Overview of International Classification of Sleep Disorders	Dr. Madhavan Chandran
12:30-1pm	Insomnia and its management	Dr. Sourav Das
1-1:20pm	Group Photo	
1:20-2:20pm	Lunch	
2:20-2:50pm	Treatment of Insomnia- Yoga Nidra	Dr. Karuna Datta
2:50-3:20pm	Treatment of Insomnia- CBT-I	Dr. Nalini <u>Nagala</u>
3:20-3:50pm	OSA in adults- Clinical presentation and diagnosis	Dr. Deepak Shrivastava
3:50-4:20pm	Tea break	
4:20-4:50pm	OSA management with PAP therapy	Dr. Tripat Deep Singh
4:50-5:20pm	OSA management with oral devices	Dr. Nupur Jhunjunwala
5:20-5:50pm	OSA management with surgery	Dr. Nilesh <u>Madkikar</u>
5:50-6:20pm	Alternate therapies for managing OSA	Dr. Lokesh Saini

# 14 Sept National Sleep Medicine Course

## Agenda

9-9:30am	Central Sleep Apnea- Types, diagnostic criteria and overview of management	Dr. Ravi Chandra
9:30-10am	Obesity Hypoventilation Syndrome	Dr. Ajay Godse
10-10:30am	Narcolepsy and Idiopathic Hypersomnia- Diagnosis and Management	Dr. Manvir Bhatia
10:30-10:50am	Tea break	
10:50-11:20am	NREM Parasomnias	Dr. Sourav Das
11:20-11:50am	REM parasomnias	Dr. Sourav Das
11:50-12:20pm	Restless Leg Syndrome (RLS) and PLMS	Dr. Garima Shukla
12:20am-12:50pm	Circadian Rhythm Disorders of sleep and wakefulness	Dr. Nasreen Akhtar
12:50-2pm	Lunch	
2-2:30pm	Consumer Sleep Technologies- What should clinician know?	Dr. Tripat Deep Singh
2:30-3pm	New Diagnostic methodologies for OSA	Dr. Lokesh Saini
3-3:30pm	New metrics for assessment of OSA	Dr. Deepak Shrivastava
3:30-3:50pm	Tea Break	
3:50-4:30pm	Feedback session from the participants	Dr. H.N Mallick Dr. Deepak Shrivastava Dr. V Mohan Kumar Dr. Tripat Deep Singh
4:30-5pm	Concluding remarks and certificate-giving ceremony	Dr. H.N Mallick Dr. Deepak Shrivastava Dr. V Mohan Kumar



