



As part of the Diamond Jubilee Celebrations

All India Institute of Medical Sciences, New Delhi
presents

PUBLIC LECTURE & PANEL DISCUSSION

(in Hindi & English)

on

Lack of Sleep: A Public Health Issue Today

Date : 30.11.2016 (Wednesday)

Time : 5:00 PM to 6:00 PM

Venue : Conference Hall, 1st floor, (J.L. Auditorium), AIIMS

Speakers

Dr. M.C. Misra, Dr. K.K. Deepak, Dr. H.N. Mallick
Dr. V. Mohan Kumar, Dr. Deepak Srivastava

Panelists

Dr. Manjari Tripathi, Dr. Garima Shukla

Moderator

Dr. K.P. Kochhar

- How much sleep for good health?
- How to sleep well?
- Sleep in elderly
- What is Insomnia?
- Sleep Apnea: Misery of disturbed sleep
- Snoring can be bad for health
- Drowsy driving
- Children sleeping less and late

All are cordially invited

ENTRY FREE (Please take your seat by 4:45 PM)

Please join us for tea after the lecture

Parking available at Multi Level Underground Parking
(Near AIIMS, Masjid Moth Campus)

For details please contact : Media & Protocol Division, AIIMS

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