



KERALA ASSOCIATION  
OF NEUROLOGISTS



**PRE CONFERENCE WORKSHOP**



**DECODING SLEEP -  
ROLE IN COGNITION  
AND NEUROLOGICAL DISORDERS**

**10<sup>th</sup> July, 2025**

**Venue:**

**Knowledge Hub, Aster Medcity, Kochi**



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***MONSOON*  
SUMMIT 2025**

**INTERNATIONAL NEUROLOGY UPDATE**

**[www.kanmonsoonsummit.com](http://www.kanmonsoonsummit.com)**

## **Faculty**

### **Dr. Manvir Bhatia**

*Director, Neurology and Sleep Center - New Delhi,  
Former Additional Professor - AIIMS, New Delhi*

### **Dr. Joy Desai**

*Director, Neurology - Jaslok Hospital Mumbai and Consultant,  
Reliance Foundation Hospital and Research Centre, Mumbai*

### **Dr. Manjari Tripathi**

*Head, Department of Neurology - AIIMS, New Delhi*

### **Dr. Tarun Nagpal**

*Senior Consultant, Neurology - Nagpal Neuromedical Center, Jabalpur*

### **Dr. Datta Nadgir**

*Senior Consultant, Neurologist, Director-North Karnataka Sleep Center,  
Hubli*

### **Dr. Sapna Erat Sreedharan**

*Professor, Neurology - Sree Chitra Tirunal Institute for Medical Sciences  
and Technology, Trivandrum*

### **Dr. Sandeep Padmanabhan**

*Senior Consultant, Neurology and Epilepsy - Aster Medcity, Kochi*

TIME	TOPIC	SPEAKER
09:00 am - 01:00 pm	<b>Symposium</b> <b>Didactic lectures with case scenarios and panel discussion</b> Convener - <b>Dr. Joy Desai</b>	
09:00 am - 09:10 am	Introduction and Theme Unveiling	<b>Dr. Reji Paul</b>
09:15 am - 09:45 am	Essentials of Sleep Neurobiology	<b>Dr. Tarun Nagpal</b>
09.45 am - 10.15 am	Broad overview of sleep disorders	<b>Dr. Sapna Erat Sreedharan</b>
10:15 am - 11:00 am	Online Lecture (Recorded) Sleep and cognition - bidirectional link	<b>Dr. Winnie Pao</b> Sleep Medicine Specialist - Mayo Clinic Health System in Mankato
11:00 am - 11:30 am	Sleep and Stroke	<b>Dr. Datta Nagdir</b>
11:30 am - 12:00 pm	Sleep and epilepsy	<b>Dr. Manjari Tripathi</b>
12:00 pm - 12:30 pm	Sleep in Akinetic Rigid Syndromes	<b>Dr. Joy Desai</b>
12:30 pm - 01:00 pm	Panel Discussion on Sleep & Neurological Disorders-unmet needs and take home points	Moderator: <b>Dr. Sandeep Padmanabhan</b> Panelists - <b>All speakers</b>

01:00 pm - 02:00 pm	<b>LUNCH BREAK</b>
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02:00 pm - 04.30 pm	<b>Polysomnography workshop</b> Workshop Director: <b>Dr. Manveer Bhatia</b> Convenor: <b>Dr. Sapna Erat Sreedharan</b>	
02:00 pm - 02.45 pm	Essentials of PSGs types & Interpretation of data	<b>Dr. Manvir Bhatia</b>
02.45 pm - 04:00 pm	Hands-on workshop on scoring and interpretation 5 stations	Overall supervisor <b>Dr. Manvir Bhatia</b> Station 1: <b>Dr. Sandeep Padmanabhan</b> Station 2: <b>Dr. Tarun Nagpal</b> Station 3: <b>Dr. Datta Nagdir</b> Station 4: <b>Dr. Joy Desai</b> Station 5: <b>Dr. Manjari / Sapna Erat Sreedharan</b>
04:00 - 04.30 pm	Concluding remarks	<b>Dr. Sandeep Padmanabhan</b>

❖ Tea / Coffee to be served within the hall.