

4th NATIONAL CONFERENCE of ISSR 2010

13th December 2010, Hotel (SP Grand Days)
Thiruvananthapuram, Kerala

INTRODUCTION

The Indian Society for Sleep Research (ISSR) was founded in 1992 during an International Conference on Sleep Research and Sleep Medicine, a pioneer scientific meeting in India organized by Dr V Mohan Kumar in the national capital, New Delhi. The very first National Conference of the ISSR was organized at All India Institute of Medical Sciences, New Delhi, in 1997; subsequently the 2nd and 3rd National Conferences were held in National Institute for Mental Health and Neuro Sciences, Bangalore, in 2002 and 2007. The 4th National Conference of ISSR is being organized by Dr Kamalesh K Gulia in Thiruvananthapuram, Kerala on 13th December 2010.

Sleep is a frontier area for scientific investigation in the current era. The main objective of the conference is to bring medical/ biological researchers, and clinicians onto a common platform to share the scientific views, and achievements under the aegis of ISSR. We plan to have plenary lectures, symposia, and free paper presentations/ poster sessions. This conference is expected to generate wide-spread interest among Neuro-biologists and Clinicians to take up research programmes in our country aimed at improving the basic knowledge of human sleep and sleep disorders. This could in turn help to develop important diagnostic and effective therapeutic strategies. The conference conducted in Thiruvananthapuram would provide an opportunity for PhD students to meet eminent scientists in the field.

Thiruvananthapuram, the capital of Kerala, is a sprawling metropolis built on seven hills. Thiruvananthapuram literally means City of Lord Anantha. According to legend Anantha is the serpent Shesha on whom God Padmanabhan or Vishnu reclines. The city is a wonderful ensemble of a rich heritage of ancient tradition, folklore and literature, encompassing the most beautiful natural hill stations, back waters, beaches, lagoons, and wild life sanctuaries.

Date: 13th December 2010, Thiruvananthapuram, Kerala

Please note: This ISSR conference will be a special attraction as it will be preceded, on 11th and 12th December 2010, by the 5th National Sleep Medicine Course. Those who are registering for ISSR conference can avail of a special concession in registration for the National Sleep Medicine Course.

Patron

Dr. K. Radhakrishnan, Director

Sree Chitra Tirunal Institute for Medical Sciences & Technology
Thiruvananthapuram 695011, Kerala, India

Sponsored by

Indian Council for Medical Research (ICMR)

Ansari Nagar
New Delhi - 110029, India

&

Council for Scientific and Industrial Research (CSIR)

CSIR Complex, Library Avenue, Pusa, New Delhi 110012, India

&

Department of Biotechnology (DBT)

Ministry of Science & Technology
CGO Complex, Block - 2, 6-8th floors, Lodi Road
New Delhi-110 003, India

Welcome Dinner
(Conference Hall - Grand Utsav, SP Grand Days)
12-12-2010, 7.30 PM onwards

Scientific Programme 13-12-2010

Registration: 8.00 AM – 9.00 AM in pre-function area outside the Conference Hall “Grand Utsav”

Inaugural session: 9.00 AM- 9.15 AM in the Conference Hall - **Grand Utsav**

Plenary Lectures 9.15 AM-11.15 AM

Chairperson: Dr. Deepak Shrivastava (Director, San Joaquin General Sleep Center Stockton, California, USA)

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| Sleep and Epilepsy | Prof. K Radhakrishnan , Director, SCTIMST, Thiruvananthapuram, Kerala, India |
| Sleep and OSA | Prof. VK Vijayan , Director, VP Chest Institute, Delhi, India |
| Procedural memory and sleep | Prof. Sunao Uchida Faculty of Sport Sciences, Waseda Univ., Japan |
| Sleep is neither a passive nor an active process | Prof. V Mohan Kumar , Emeritus Professor, SCTIMST, Thiruvananthapuram, India & President, ISSR |
| 11.15 AM-11.30 AM COFFEE BREAK | |
| Symposium - 1 Hypoxia, sleep and memory. | |
| Chairpersons: Dr. TR Raju & Dr. HN Mallick 11.30AM-1.30 PM | |
| Intermittent hypoxia, sleep fragmentation & neurodegenerative diseases: Is there a link? | Dr. Ramesh Vijay , Univ of Chicago, USA |
| Sleep deprivation, cognitive decline and countermeasures | Dr. Usha Panjwani , DIPAS, Delhi, India |
| Impact of early life stress on fear memory and sleep | Dr. Laxmi Rao , NIMHANS, Bengaluru, India |
| REM sleep and emotional memory | Dr. Masaki Nishida , Tokyo, Japan |
| Spatial learning & sleep wake behavior: Simple vs. Complex tasks | Dr. Bindu M Kutty , NIMHANS, Bengaluru, India |
| Scalp EEG classification on RSVP tasks | Dr. Kaushik Majumdar , ISI, Bengaluru, India |
| 1.30 PM - 2.00 PM Lunch (4th level near Pool area) | |
| 2.00 PM - 3.00 PM | Young Scientists' Colloquium |
| Symposium – 2 Sleep, clinical medicine and management. | |
| Chairpersons: Dr. Deepak Shrivastava & Dr. Bindu M Kutty 3.00 PM - 5.00 PM | |
| Sleep and Parkinson's disorder | Dr Asha Kishore , SCTIMST, Thiruvananthapuram, India |
| Melatonin and melatonergic drugs on sleep | Dr Srinivasan Venkataramanujan , Coimbatore, India |
| Sleep deprivation and adiposity | Dr. Wasim Shaikh , Karamsad, Gujarat, India |
| Yoga, an alternative in sleep management | Dr. Shirley Telles , Vyasa, Bengaluru, India |
| Functions of sleep | Dr. HN Mallick , AIIMS, Delhi, India |
| 5.00 PM - 5.15 PM COFFEE BREAK | |
| 5.15 PM - 6.00 PM | General body meeting & Valedictory session |

Registration form

4th NATIONAL CONFERENCE OF INDIAN SOCIETY FOR SLEEP RESEARCH

1. Full name Prof./Dr./Mr./Ms. _____

2. Address for communication _____

3. Institute address _____

4. Contact numbers: Landline _____ Mobile _____

5. E-mail address _____ FAX number _____

6. Educational qualifications _____

7. Preference for mode of presentation: Oral Poster

8. Registration details: **Please tick your options**

| Category | Early Bird Registration Before 30 th Sept 2010 | Pre-Registration 1 st Oct - 31 st Oct 2010 | Spot Registration 1 st Nov - 11 th Dec 2010 |
|--------------------------|--|---|--|
| ISSR Members | Rs 1,000 <input type="checkbox"/> | Rs 1,200 <input type="checkbox"/> | Rs 1,500 <input type="checkbox"/> |
| Non-Members | Rs 1,200 <input type="checkbox"/> | Rs 1,300 <input type="checkbox"/> | Rs 1,600 <input type="checkbox"/> |
| Post-Graduate Students * | Rs 500 <input type="checkbox"/> | Rs 500 <input type="checkbox"/> | Rs 750 <input type="checkbox"/> |
| Accompanying Member | Rs 600 <input type="checkbox"/> | Rs 600 <input type="checkbox"/> | Rs 700 <input type="checkbox"/> |
| International Delegates | US \$ 100 <input type="checkbox"/> | US \$ 150 <input type="checkbox"/> | US \$ 200 <input type="checkbox"/> |

* Postgraduates should produce endorsement by their respective Departments confirming their student status.

All payments to be made in the form of Demand Draft, payable at Thiruvananthapuram in favour of "ISSR-2010", State Bank of Travancore, Thiruvananthapuram, Kerala, India. International delegates may make their payment in the form of Cheque in favor of "ISSR-2010". Credit cards not accepted.

Demand draft (DD) details:

a) DD number _____ b) Name of the bank _____
c) Date _____ d) Amount _____

Duly filled Forms along with the payment, may be sent to

Dr. Kamalesh K. Gulia, PhD

Organizing Secretary

Comprehensive Centre for Sleep Disorders

Biomedical Technology Wing

Sree Chitra Tirunal Institute for Medical Sciences & Technology

Thiruvananthapuram - 695012, Kerala, India

Tel: + 91 471 2520398 Mobile: + 91 9048344712 Fax: + 91 471 2341814

Abstract Submission Guidelines

Abstracts should be submitted for all papers (oral or poster) to be presented during the conference.

Abstract preparation

Abstracts must be submitted in English in single line spacing in Times New Roman font and font size 12. The maximum word limit is 250. A brief title (maximum of 3 lines in bold and caps) should clearly indicate the nature of study. Do not use abbreviations in the title. List the names of authors, co-authors (last name followed by initials, and caps) and their affiliations. The presenting author's name should be underlined. The abstract should include the objectives, purpose of the study, methodology, results and conclusions emphasising the important outcomes of the study. Graphics and tables are not permitted. Please check the spelling and grammar carefully.

Submit the abstract to the Organizing Secretary by e-mail before the deadline.

Abstract submission deadline: 30th September 2010

Intimation on selection of abstract: 15th October 2010

Sample Abstract

TAU PROTEIN ROLE IN SLEEP-WAKE CYCLE

Cantero JL, Hita-Yanez E, Moreno-Lopez B, Portillo F, Rubio A, Avila J

Laboratory of Functional Neuroscience, Spanish Network of Excellence for Research on Neurodegenerative Diseases, University Pablo de Olavide, Seville, Spain.

Evidence has shown that the lack of tau produces subtle changes in neuronal structure and modest impairment in complex behaviors, suggesting compensatory mechanisms carried out by other neuronal microtubule-associated proteins. Here we show major abnormalities in sleep-wake cycle of tau-deficient animals including increased wakefulness duration and decreased non-rapid eye movement (NREM) sleep time, a higher number of state transitions between NREM and wake, and shortened sleep bouts. Altered sleep structure in tau^{-/-} mice was accompanied by a significant decline in delta power together with an enhanced spectral density of sleep spindles during NREM sleep. No significant differences were observed in rapid eye movement (REM) sleep between the two mouse strains. Taken together, these results suggest that tau indirectly participates in the regulation of the sleep-wake cycle modulating not only the control and maintenance of global brain states but also the cerebral oscillatory patterns underlying sleep-wake states.

Details on the poster presentation:

Poster size should be 3 feet width x 4 or 5 feet length. The poster should contain the Title, name of the presenters, and the address of their Institute. This should follow Introduction, Methodology, Results, Conclusions, Acknowledgements if any and References. The results can be presented in form of tables/figures.

TTravel Grants

The ISSR is happy to offer a limited number of travel grants to the postgraduates and doctoral students to travel to Thiruvananthapuram to attend the conference, ISSR-2010. The students should submit their applications for the travel grant forwarded by the Supervisor/ Head of the respective Departments before the deadline. The applicants must submit their abstracts for poster or oral presentation to be eligible for receiving the grant.

Travel Grants submission deadline: 30th September 2010

Intimation on selection for travel grant: 15th October 2010

Young Scientists' Colloquium Award

The ISSR is delighted to announce an Award for the best scientific presentation in Young Scientists' Colloquium. The awardees will be selected by the panelists and the names will be announced during the valedictory function of the ISSR-2010. Each awardee will get a Recognition Certificate and a Prize.

The applicants, below 35 years of age, who are interested in contesting for the Young Scientists' Colloquium Award, should submit their applications with educational qualifications, forwarded by the Supervisor/ Head of the respective Departments before the deadline, i.e. 15th October 2010.

If you have any general questions or queries, please contact:

Organizing Secretary

Dr. Kamallesh K. Gulia, PhD

Comprehensive Centre for Sleep Disorders

Biomedical Technology Wing

Sree Chitra Tirunal Institute for Medical Sciences & Technology

Thiruvananthapuram - 695012, Kerala, India

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