

Awareness Session on "SLEEP HYGIENE"

IQAC of MBITS has organized an Awareness Session on "Sleep Hygiene" in association with Indian Medical Association (IMA), Indian Academy of Pediatrics (IAP) & Woman Doctor's Wing (WDW). The programme was held on 31st March 2023 from 1.30 pm to 2.30 pm in the Dr. APJ Abdul Kalam Seminar Hall.


Dr. Liza Thomas, Consultant Paediatrician & Adolescent Physician, St. Joseph's Hospital Dharmagiri, Kothamangalam, Secretary, IMA WDW Madhyakerala was the resource person.


A total of 105 first year students and staff members, attended the program.

Dr. Solly George, IQAC Coordinator welcomed the gathering and the session was inaugurated by Secretary Shri C. A Kunjachan. Prof. Johny Joseph, principal In-Charge deliver the Presidential Address

The session includes topics on How to sleep, interesting facts of sleep, Growth hormones, Chemicals in Action during sleep, Different stages of Sleep, Quantity & Quality of Sleep, Sleep Routine/Sleep Hygiene, Bad Habits and Sleep Problems, Sleep Deprivations - Complications etc.

The program concluded by 2.00 PM and vote of thanks was proposed by Ms. Soumya Markose, IQAC Joint Coordinator.

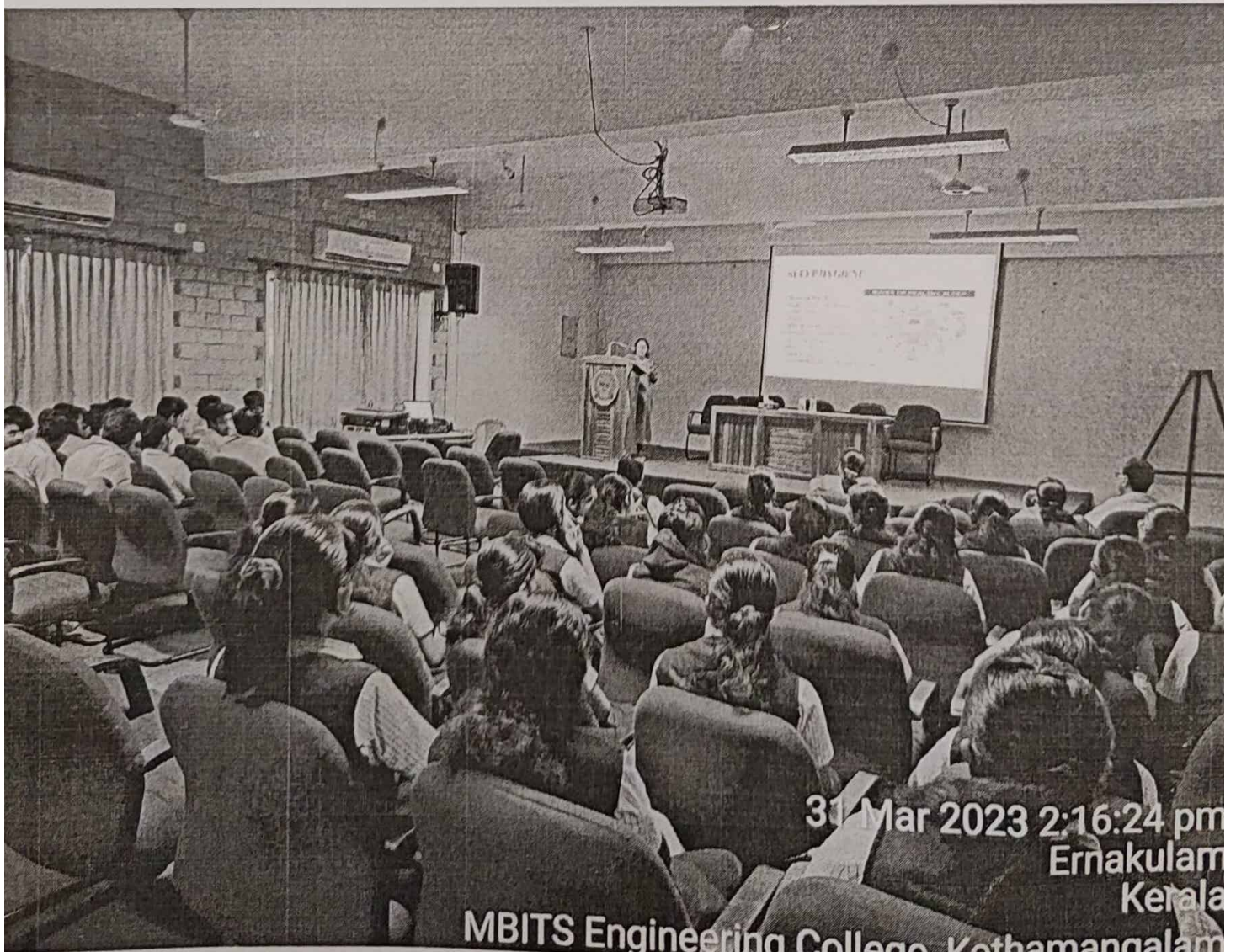

Asst Prof Soumya Markose
(IQAC Joint Co-ordinator)


Dr. Solly George



31 Mar 2023 1:49:58 pm
Ernakulam
Kerala

MBITS Engineering College, Kothamangalam



31 Mar 2023 2:16:24 pm
Ernakulam
Kerala

MBITS Engineering College, Kothamangalam